

# THE SENIOR SCOOP



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Be home.*

## BENZIE SENIOR RESOURCES

### May 2026

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We had a big winter! According to the Benzie County Road Commission, snowfall this year totaled 153.5” as of March 31st. Recent years have been much milder. Snow in 2017-18 was a bit more with a total of 167.8.” We have earned the upcoming summer and the greening of the natural world around us, the beauty of where we call home.

Here’s hoping your month of May and your summer are wonderful!

"May is the month of expectation, the month of wishes, the month of hope." — *Emily Brontë*

—AKH

May is: Older Americans Month, Gardening for Wildlife Month, Be Kind to Animals Month, American Cheese Month, No Mow May, Better Speech & Hearing Month, Mental Health Awareness Month, ALS Awareness Month, and it is the Month of Grace.

May 1st is the first moon of May known as the Flower Moon or Corn Planting Moon, sometimes the Milk Moon or the Hare Moon. There is a second full moon on the 31st, the Blue Moon. The Eta Aquarids Meteor Shower will peak on May 6th. National Star Wars Day is May 4th—may the 4th be with you!



layersofink.blogspot.com

art by Ann-Karin at www.layersofink.blogspot.com





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

**BENZIE SENIOR RESOURCES**

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**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.

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

**Angela Haase, Editor**  
**Benzie Senior Resources**  
 10542 Main Street  
 Honor, MI 49640

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**Benzie Senior Resources 231.525.0600**

## Looking Ahead

We are taking registrations for our Blueberry Dash now!

Join us Saturday, August 1st for the 2026 Blueberry Dash 5K! (Formerly the Benzie Senior Resources Walk-A-Thon).

This is our **major fundraiser** for the year! All proceeds from this event support our programs and our services.

The race route begins at the South Shore Drive crosswalk in front of Bellows Park (intersection of Bellows Avenue and Thomas Road, Frankfort), and follows the picturesque Crystal Lake shoreline to the marked 1.55 mile turnaround point (and then doubling back).

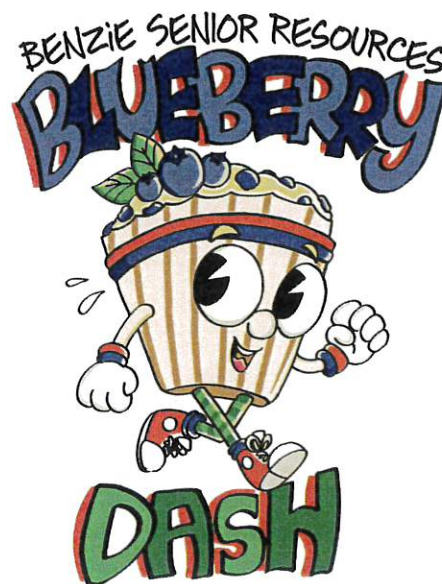
The race has its own Facebook page (Blueberry Dash 5K) where updates will be available, as well as our thanks to our sponsors.

Registration can be done before the race at this link:

<https://runsignup.com/Race/MI/Frankfort/BlueberryDash5K>

Registration may also be completed on Race Day beginning at 7:00 a.m.

Children ages 17 and under are welcome to run or walk with parents or other adult supervisors, at no cost. For more information, please contact Kelly Ottinger, [ottingerk@benzieseniorresources.org](mailto:ottingerk@benzieseniorresources.org)



## Who We Are: Our Core Values



### Relationships/Teamwork

We communicate effectively and achieve shared goals.



### Trustworthiness/Integrity

We demonstrate honesty, reliability, transparency and consistency.



### Respect/Dignity

We treat people politely, appreciatively and with acceptance.



### Innovation

We improve lives by trying new ideas and better ways to serve.

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

**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>We accept cash, Visa, Mastercard, &amp; Discover. Personal Checks also accepted — made out to BSR Lunch @ 11:30 am to 1:30pm</p>		<p><b>\$4.00 suggested donation for age 60 and older. Under 60 is \$8.00 Caregivers under 60 are \$4.00</b></p>	<p><b>There will not be a meal at TGP on May 22nd. We will provide our Meals on Wheels. Please plan accordingly.</b></p>	<p>1 Slow Roasted Beef, Herbed Mashed Potatoes, Italian Style Green Beans, Stoneground Wheat Bread, Fresh Banana</p>
<p>4 Asian Style Chicken Salad, Raspberry Carrot Salad, Croissant, Cranberry Applesauce</p>	<p>5 Beef Empanadas w/ Latin Rice, Authentic Refried Beans, Tortilla Chips w/ Fire Roasted Salsa, Diced Peaches</p>	<p>6 Whole Wheat Cinnamon French Toast, Savory Sausage Links, Freshly Scrambled Eggs, Oven Baked Spiced Apples</p>	<p>7 Classic Philly Steak Sandwich, Oven Roasted Potatoes, Scandinavian Vegetable Blend, Classic Fruit Cocktail</p>	<p>8 Caribbean Style Roasted Pork, Whipped Sweet Potatoes, Malibu Vegetable Blend, Multi-Grain Dinner Roll, Mandarin Oranges</p>
<p>11 Boneless Pork Chops w/ Herbed Stuffing, Oven Baked Potato, Key West Vegetable Blend, Old Fashioned Strawberry Shortcake</p>	<p>12 Country Style Beef Fritters &amp; Gravy, Herb Buttered Potatoes, California Vegetable Blend, Stoneground Wheat Bread, Diced Pears</p>	<p>13 Loaded Baked Potato Bar, Steamed Broccoli Florets, Stoneground Wheat Bread, Classic Applesauce</p>	<p>14 Potato Encrusted Tilapia, Crispy Smashed Potatoes, Caribbean Vegetable Blend, Stoneground Wheat Bread, Fresh Grapes</p>	<p>15 Jamaican Style Chicken, Whipped Sweet Potatoes, Malibu Vegetable Blend, Sweet Hawaiian Rolls, Pineapple Tidbits</p>
<p>18 Authentic Chicken Shawarma Wrap, Oven Baked Tater Tots, Steamed Cauliflower Florets, Classic Fruit Cocktail</p>	<p>19 Stuffed Cabbage Rolls, Capri vegetable Blend, Steamed Sweet Peas, Stoneground Wheat Bread, Diced Pears</p>	<p>20 Crispy Crab Cakes, Cheddar Bacon Mashed Potatoes, Japanese Vegetable Blend, Stoneground Wheat Bread, Mandarin Oranges</p>	<p>21 Bratwurst w/ Sauteed Peppers &amp; Onions, Baked Beans w/ Bacon, Normandy Vegetable Blend, Fresh Banana</p>	<p><b>22</b> <b>FOR HDM ONLY</b> <b>No TGP meal</b> Spaghetti &amp; Italian Meatballs, Venetian Vegetable Blend, Steamed Spinach, Soft Baked Breadsticks, Pineapple Tidbits</p>
<p>25 <b>Closed For Memorial Day</b></p> 	<p>26 Chicago Style Italian Beef Sandwich, Sweet Potato Bites, Steamed Broccoli Florets, Tropical Fruit Blend</p>	<p>27 Classic Chicken Marsala, Oven Roasted Asparagus, Steamed Sweet Corn, Stoneground Wheat Bread, Apricot Halves</p>	<p>28 Deluxe Pizza, Italian Vegetable Blend, Steamed Spinach, Soft Baked Breadsticks, Fresh Cut Oranges</p>	<p>29 <b>BSR BBQ!</b> <b>It may well be Smoked Pork, Baked Beans, Sausage, Coleslaw, Whole Wheat Dinner Roll, and more...</b></p>

## Food Safety at Home

### Food Safety! The Core Four Practices

Right now, there may be an invisible enemy ready to strike. It's called BAC (bacteria) and it can make people sick. In fact, even though consumers can't see BAC – or smell it, or feel it – it and millions more like it may already be invading food products, kitchen surfaces, knives and other utensils. But you have the power to Fight BAC!® and to reduce your risk of foodborne illness. It's as easy as following these core four Fight BAC!® practices for food safety:

**Clean! Wash hands and surfaces often** Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food. To Fight BAC!® always use food safety practices: Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets. Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food. Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine. Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.


**Separate--Don't cross-contaminate** Cross-contamination is another way bacteria can be spread. Improper handling of raw meat, poultry, seafood and eggs can create an inviting environment for cross-contamination. As a result harmful bacteria can spread to food and throughout the kitchen leading to a foodborne illness. Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator. Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood. Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

**Cook to the safe internal temperature** Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. Use a food thermometer to measure the internal temperature of cooked foods. The best way to Fight BAC!® is to: Use a food thermometer which measures the internal temperature of cooked meat, poultry and egg dishes, to make sure that the food is cooked to a safe internal temperature. Cook roasts and steaks to a minimum of 145 °F. All poultry should reach a safe minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer. Cook ground meat, where bacteria can spread during grinding, to at least 160 °F. Information from the Centers for Disease Control and Prevention (CDC) links eating undercooked ground beef with a higher risk of illness. Remember, color is not a reliable indicator of doneness. Use a food thermometer to check the internal temperature of your burgers. Cook eggs and dishes containing eggs until the internal temperature reaches 160 °F on a food thermometer. Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked. Cook fish to 145 °F or until the flesh is opaque and separates easily with a fork. Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave oven. For best results cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cook time. Bring sauces, soups, and gravy to a boil when reheating. Heat other leftovers thoroughly to 165 °F.

**Chill-- Refrigerate promptly** Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40 °F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40 °F or below. The freezer temperature should be 0°F or below. Refrigerate or freeze meat, poultry, eggs, and other perishables as soon as you get them home from the store. Never let raw meat, poultry, eggs, cooked food, or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90 °F). Never thaw food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to thaw food: (1) in the refrigerator, (2) in cold water, and (3) in the microwave. Food thawed in cold water or in the microwave should be cooked immediately. Always marinate food in the refrigerator. Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator. **Use or discard refrigerated food on a regular basis.**



# Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Produce Bingo</b> will be on the 20th during the day. We will have two sessions— 1:00 pm and 2:30 pm</p> <p>Come join us for fun!</p> <p>\$2.00 to participate</p>	<p>Starting this month, Dr. Aubrey Jabour, physical therapist, will be leading us in movement sessions twice a week starting May 18th. She may have a meet &amp; greet at TGP early in May. So, come meet Aubrey and come to her sessions at TGP!</p>	<p>May 1st we will have Quilt Block Class w/ Joan. It's from 1:00 to 3:30pm. She asks that people bring their own supplies and sewing machine. If you need to use one of our machines, there will not be time to train you on one due to the time limits. This will recur two Fridays/month. But just once in May.</p>	<p>We are changing up from our Holistic Nutrition &amp; Fitness time to "Riverside Ramblers." Each Thursday at 9:00 am we will get together and walk Riverside Drive together. It's Spring! Let's get out &amp; move together!</p>	<p>1 9:30 BUNCO 11:30-1:30 Lunch</p> <p><u>Birthday Celebration with Cake and Song</u></p> <p>1:00 Wii Bowling</p> <p><b>1:00-3:30 Quilt Block Class w/ Joan</b></p>
<p>4 9:30 Stretch and Balance</p> <p>11:30-1:30 Lunch</p> <p>1:30 Craft—Canning Ring Sunflower</p> <p>5:00 Zumba</p>	<p>5 10:30 The Melody Makers 11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p> <p><b>Fiesta Fun throughout the Day!</b></p>	<p>6 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo—wear Your May flowers</p> <p>Each of these bingo days, when you wear something for the theme, you are entered for a special prize drawing!</p>	<p>7 9:00 Riverside Ramblers 10:00 Coffee and Donuts w/ Vets</p> <p>11:30-1:30 Lunch 1:00 BUNCO</p>	<p>8 9:30 BUNCO 11:30-1:30 Lunch</p> <p>2:00 Mother's Day Event—come join us!</p>
<p>11 9:30 Stretch and Balance 11:30-1:30 Lunch 1:30 Craft—Angel Ornament Make one take one 5:00 Zumba</p>	<p>12 10:30 The Melody Makers 11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p>13 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo—Wear your favorite color!</p>	<p>14 9:00 Riverside Ramblers 10:00 Altered Books W/ Pam</p> <p>11:30-1:30 Lunch 1:00 BUNCO</p>	<p>15 9:30 BUNCO <b>10:30 Honor Bank Online Banking Safety Class w/ Brooke (Nevin will join us and help clients, too.)</b></p> <p>11:30-1:30 Lunch 1:00 Wii Bowling</p>
<p>18 9:30 Stretch and Balance 10:30 Movement w/ Aubrey 11:30--1:30 Lunch 1:30 Craft— Wire Butterflies</p> <p>5:00 Zumba</p>	<p>19 10:30 The Melody Makers 11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p>20 8:30 Zumba</p> <p>11:30-1:30 Lunch <b>Produce Bingo at 1:00 and 2:30 sign up! \$2 to participate Bingo theme—wear Red, White, and Blue!</b></p>	<p>21 9:00 Riverside Ramblers 10:00 TGP Book Group</p> <p>10:30 Movement w/ Aubrey 11:30-1:30 Lunch 1:00 BUNCO</p>	<p>22 <b>No Activities—No lunch at TGP. Meals on Wheels will be delivered. We will have snacks. TGP will have a one-day Art Exhibit w/ work by clients, You! 10-4</b></p>
<p>25</p> <p><b>Closed For Memorial Day</b></p> 	<p>26 10:30 The Melody Makers 11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p>27 8:30 Zumba</p> <p>11:30-1:30 Lunch</p> <p>12:30 Bingo—Wear an animal print or theme!</p>	<p>28 9:00 Riverside Ramblers 10:00 TGP Book Group</p> <p>10:30 Movement w/ Aubrey 11:30-1:30 Lunch 1:00 BUNCO</p>	<p>29 9:30 BUNCO</p> <p>11:30-1:30 Lunch</p> <p>1:00 Wii Bowling</p>

## Staff Milestones



Michelle Francis has her birthday on May 2nd. All things bright, especially if they're green are Michelle's thing! As our Director of Operations at The Gathering Place, Michelle's experience is so very valuable. Her enthusiasm has brought us to some wonderful ideas and continues to support our seniors as much as possible. Michelle and her family enjoy traveling north for hiking and being somewhere to get grounded. Thanks so much Michelle and Happy Birthday!



Felicia's 5th anniversary as one of our Home Health Care's RN's is on May 3rd. When Felicia has time of her own she's rock hunting, hiking, and creating. She especially treasures time with her grown children and if they can go camping it's a huge bonus! We are grateful for Felicia's continued help for our clients' assessments, and however else she can help us keep going. Thanks and Happy Anniversary Felicia!



Tammy Jenkins Finney's 15th anniversary is on 05/31/26! Tammy loves working for our agency. Some of her favorites in life—Snoopy, Peanuts, ladybugs, vintage Pyrex (preferably pink) tacos, the color pink, and especially her grandbabies. She and hubby Mike also are crazy about their Yorkie, Lacey! She even goes to the beach with them. Thanks big bunches Tammy and Happy Anniversary!



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## Move of the Month! And More...

### May Move of the Month

#### The Wall Push-Up

**Why it Matters:** Pushing motions are a part of daily life such as when opening a door, getting out of bed, or pushing a wheelchair. Wall push-ups are a safe, low-impact way to strengthen the chest, triceps, and core muscles that help with these functional movements.

**How to do it safely:**

1. **Setup:** Stand facing a wall, about an arm's length away. Place your hands on the wall at shoulder height.
2. **Stance:** Keep your body in a straight line from head to heels. Engage your core slightly to avoid arching your back.
3. **The Lower:** Slowly bend your elbows to bring your chest toward the wall, keep your elbows at about a 45-degree angle from your body and your neck relaxed.
4. **The Push:** Press firmly through your palms to push your body back to the starting position. Focus on controlling the movement rather than rushing.

**Wheelchair Modification:** If you use a wheelchair, lock your brakes and place hands on the arm rests. Push down through the arm rests to lift your buttocks off the seat. Lower down and repeat.

**Try it:** Do 3–10 repetitions, rest, and repeat for 2–3 rounds.

**Make it easier:**

- Walk your feet in closer to the wall

**Make it harder:**

- Walk your feet further away from the wall

**Senior Wellness Tip:** *Listen to your joints.* If you feel discomfort pain in your wrists or shoulders, adjust your hand position or step closer to the wall to reduce the load.

If you have pain, instability or difficulty with this motion, don't push it. A physical therapist can help you work on strategies to improve this skill and your functional mobility.



Aubrey Jabour, PT, DPT, CEAS  
Northbound Physical Therapy and Wellness, PLLC  
Phone: 231-331-3311

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.

### FOOT CARE CLINIC BY APPOINTMENT

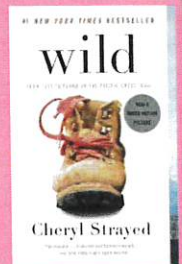
Wednesdays at Benzie Senior Resources  
with our RN Stacey  
for age 60 and over for Benzie residents.  
Call 231-525-0600 to set yours up.  
\$20 service fee/ each client session

### 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

*Are you in need of Notary services?  
We do have an onsite Notary  
at Benzie Senior Resources.  
Check to make sure our Notary  
is in and available before you come by.  
Office Hours are 9:00 a.m. to 3:00 p.m.  
Call 231.525.0600*

The Gathering Place Book Group  
will meet 10:00 a.m. Thursday  
We'll be reading/sharing  
*Wild* by Cheryl Strayed  
Call TGP to get a copy, or one of  
our local libraries may have it!





## Walk With Ease Self-directed Program



The Arthritis Foundation's **Walk With Ease** program is a gentle exercise program shown to reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can succeed with Walk With Ease.

MSU Extension offers the **Self-Directed Enhanced** version, where participants start and finish the six-week program together. Join with a friend or form your own walking support group.

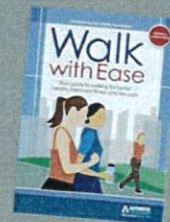
An MSU Extension leader helps keep the group organized and motivated. Participants are encouraged to walk **10–35 minutes at least three times per week**.

### During the six-week program, participants will:

- Understand arthritis & the relationship between arthritis, exercise, and easing pain
- Exercise safely and comfortably and make walking fun
- Make a personal walking plan with realistic goals for improved fitness.
- Get tips and resources to overcome barriers & continue to be physically active
- Learn about programs & resources to maintain walking & other physical activity

### Walk With Ease will help you:

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength and stamina
- Reduce pain and feel great



*"When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse."*

— Walk With Ease participant

### SPONSORS:

This program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

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### Stepping into Spring: A 6-week walking reset

*If you are interested in joining us as we walk our way to health, register now!*

**When:** Wednesdays at 9 a.m.  
E.T. May 6 – June 10, 2026

**Where:** Self-paced via weekly email communication with instructor

**Instructor:** Naomi Hyso  
MSUE Health Educator  
[hysonaom@msu.edu](mailto:hysonaom@msu.edu)

**NO COST!!!**

**Register by May 1st 2026**

<https://events.anr.msu.edu/WWESPRING26/>



# Word Search

## John Wayne

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

SHOOTIST  
LEATHER NECKS  
KATEY ELDER  
TRUE GRIT  
YELLOW RIBBON  
HONDO  
RIO BRAVO  
GREEN BARET  
QUIET MAN  
WAR WAGON  
KENTUCKYENS  
BATON  
EL DORADO



If you are one of our wonderful volunteers, thank you again for how you help our clients, how you make each day better, help us connect the dots in different ways at both The Gathering Place and our office. In April we celebrated our volunteers to show our appreciation. We will do so again through the year because you can never really say "Thank You!" enough.



Play this puzzle online at : <https://thewordsearch.com/puzzle/1724/>



**FRIDAY, MAY 22**  
SAVE THE DATE!

ARE YOU AN OLDER ADULT (60+) WHO CREATES ART OF ANY MEDIUM? CALLING THOSE WHO PAINT, SCULPT, MAKE JEWELRY, WOODWORK, WELD, WEAVE, DRAW AND MORE. JOIN US TO SHOWCASE YOUR WORK AT THE GATHERING PLACE

## CREATIVE ARTS SHOW

CELEBRATING THE WORK OF OLDER ADULT ARTISTS. CREATIVITY KNOWS NO AGE!

NO COST TO DISPLAY YOUR WORK

10 AM UNTIL 4 PM

FOR GUIDELINE AGREEMENT AND TO RESERVE SPACE, EMAIL

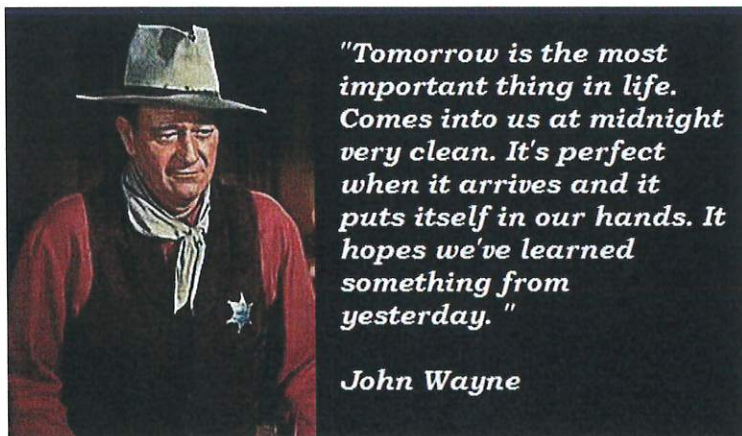
10579 MAIN ST., HONOR MICHIGAN

OTTINGERK@BENZIESENIORRESOURCES.ORG OR CALL 231-525-0600, EXT. 107

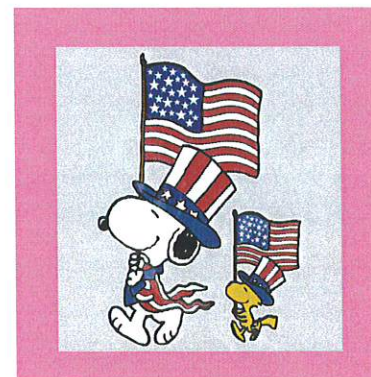


## May Birthdays

David Mead	1	Dot Cline	10	AnnMarie	
Kent Chipman	2	Mike Sheronick	10	Parson McNamara	23
Kay Gossens	2	Roger Blue	12	Kay Chandler	24
Mike Bishop	3	Michael Fought	12	Larry Hall	24
Kimberly Allen	3	Barbara Gauthier		Sharon Kennedy	24
Nancy Ellis	3	Warinner	12	Julie Dye	25
Leonard		Judy Groll	12	Sigrid Gray	25
Kastenschmidt	3	Sandra Kelly	12	Jack Howell	25
Mary Lathwell	3	Gene Lindgren	12	Blane Krupa	25
Susan Mark	3	Hope Clifton	13	Laura Scramlin	25
Candace Nostrandt	3	Creg Hillier	13	Frank Clarke	26
Dick Robotham	3	Claudia Bailey	14	Victoria Alvarez	27
Bev Holbrook	4	Katie Conley	14	Marilyn Argue	27
Rosalie McLenithan	4	Jane Elzerman	14	Mike Mazeika	27
Donna Chalmers	6	Donald Gensman	14	Donna Phillips	27
Trevor Danford	6	Henry Cordell	15	Daniel Remahl	27
Mary Dykstra	6	Bob Talbott	15	Patty Fagan	28
Leo Hughes	6	Patricia Dawson	16	Dave Grimes	28
Carolyn McPherson	6	Robert Fitzke	17	Lindi Milner	28
Michael Mead	6	Jeanne Strathman	17	Arlene Rawls	28
Warren Putney	6	Robin Talsma	17	Vince Kulawiak	29
Don Shadwick	6	Bill Goodband	18	Jerry Philo	29
Kory Tomey	6	Diana Heller	18	Patty Adams	30
Karen Sue Yagle	6	Rhonda Kittleson	18	James Curtis	30
Kay Boyne	7	Carolyn Davis	19	Dick Hitchingham	30
Dorr Bugbee	8	Peggy Pawlak	19	Alfred Nagel	30
Sandy Campbell	8	Ray Tate	19	Paula Showers	30
Darryl Milarch	8	David Taylor	19	Yvonne Feldman	31
Chuck Ottenbacher	8	Steve Tebo	19	Jerry Machesky	31
John VanLaeken	8	Vince Rogers	21	James Parkhurst	31
Lynette Curtis	9	Lillian Killeen	22	Carol Wiggins	31
Victoria Deruyscher	9	Millie Smith	22		
Katherine McArthur	9	Marsha LaTour	22		
Alma Penfold House	9				



John Wayne was born as Marion Robert Morrison May 26th, 1907.



## Medicare Minute

Spring is an ideal time to review and optimize Medicare coverage. As the seasons change, it's important for Medicare beneficiaries to ensure their health plans align with their needs. Here are some essential tips for the spring season:

### Review Your Coverage

- Assess your current Medicare plan to ensure it meets your healthcare needs. Consider any changes in your health status or medications that may require adjustments in your coverage.

### Stay Active and Healthy

- Engage in physical activities suitable for your fitness level to enhance overall well-being. Incorporate seasonal foods into your diet for better nutrition.

### Manage Allergies

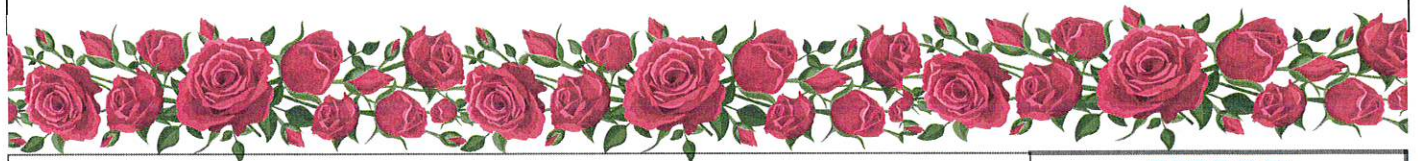
- Spring often brings allergies; consult with healthcare providers for effective management strategies. Stay informed about local pollen counts and take preventive measures.

### Utilize Preventive Services

- Take advantage of preventive services covered by Medicare, such as screenings and vaccinations. Regular check-ups can help catch potential health issues early.

### Self-Care

- Don't forget to hydrate!
- Skincare is crucial as our daylight lengthens daily! Apply an appropriate SPF factor when going outside for activities. Remember to re-apply at advised intervals.
- Healthy meals with fresh veggies and fruit will be easier as we come into summer. Locally grown produce is a great choice to make for you and your family! Enjoy!



MMAP is a free counseling service for Medicare and/or Medicaid beneficiaries and their caregivers. MMAP counselors are not associated with any health insurance company and can provide you with unbiased information and assistance on public benefits and health insurance issues. They are trained in Medicare and Medicaid law and regulations and related insurance products. Our volunteer is available for appointments either over the phone or in-person by calling our office at 231.525.0600.

**MMAP**

MICHIGAN MEDICARE/MEDICAID  
ASSISTANCE PROGRAM



*Navigating Medicare*

**Benzie Senior Resources 231.525.0600**

## 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).

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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



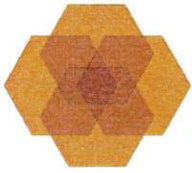
Check here if you wish to remain ANONYMOUS \_\_\_\_\_

***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





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**Traverse City Senior Expo**  
**SENIOR EXPO**

Traverse City Senior Expo  
Northern Michigan's Largest Senior Event  
Grand Traverse County Civic Center

**Benzie Bus**  
**Round-Trip Shuttle**

Wednesday May 13<sup>th</sup> 2026  
Departs: 12:30  
Returns: 3:30  
Pickup Location:  
The Gathering Place  
10579 Main Street, Honor, MI 49640

**Reserve Your Seat Today!**  
**(231) 325-3000**

\$3.00 R/T (or 2 BSR ticket punches)  
Space is limited

**BENZIE SENIOR RESOURCES PRESENTS**  
**Shippstown, Indiana Countryside Amish Adventure**

**\$489\***  
3 Days • 8 Nights  
(Tue - Thu)  
Aug 11 - 13  
2026  
\*PRIVACY, DOUBLE OCCUPANCY

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

**INCREDIBLE PRICE INCLUDES:**  
Motorcoach transportation  
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2 meals 2 breakfasts and 2 lunches  
FULL DAY GUIDED TOUR OF INDIANA'S AMISH COUNTRY & TOUR OF AN AMISH HOMESTEAD  
Authentic AMISH HOMEMADE DINNERS  
Admission to MENDOTA "The Amish & Mennonite Story"  
Admission to MENDOTA "The Amish & Mennonite Story"  
Authentic Amish Region Tour & Feeding at Cook's Black Market  
Visit Mennonite Kingdoms SHIPPSTOWN TRADING PLACE & Amishone Region Tour & Feeding at Cook's Black Market  
Visit Mennonite Kingdoms SHIPPSTOWN TRADING PLACE & Amishone Region Tour & Feeding at Cook's Black Market  
Explore Amish Country Guided at Each Day and 2 B Foods  
For more pictures, video, and information visit: [www.GroupTrips.com/benzieseniorresources](http://www.GroupTrips.com/benzieseniorresources)

**Day 1:** Depart your group's location in a pedaler, video and restroom equipped motorcoach as you head for your destination: Shippstown, at the heart of Amish Country, Indiana. Upon arrival, you will have time for shopping and lunch on your own at the SHIPPSTOWN 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 home for an unforgettable experience. Take a SCENIC MAISON TOUR of their majestic ranch with seeing the blown-up doors and even feeding them too you wish! Your tour will conclude at "Butter's Treatery 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 Shippstown 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 downtown Shippstown, where you'll have lunch on your own and time for some shopping. Then, your guide will take you to a scenic garden, known as the Shippstown area, here, you'll enjoy a visit to a Farmhouse. You'll also have an opportunity to experience an expedition to visit an Amish craftsman at work, such as a Furniture Maker, a Bag 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 narrated culture make handcrafted home decor. 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 FLAVOR OF MIND TO YOUR TRIP...**  
With Standard Tours Exclusive Travel Package & Protection Plan, double occupancy, Add \$124 for single occupancy. See separate advertisement.

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

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