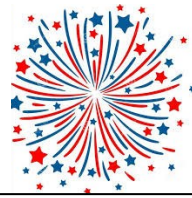


# THE SENIOR SCOOP

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## BENZIE SENIOR RESOURCES

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From our Friends at Benzonia Area Historical Museum

### "YOU'RE A GRAND OLD FLAG" - SPECIAL EXHIBIT AT BENZONIA AREA HISTORICAL MUSEUM

In 2026 we celebrate the United States Semi-quincentennial, and the flags that have represented our country. The museum's exhibit for this year focuses on these flags that have signified the growth of a nation. The flags are from the museum's collection and on loan from flag collector, Paul Burns of Thompsonville.

Generally, when a new state was admitted to the Union a new flag was designed with the additional star. There have been 27 different American flags.

To see many of these flags on display, and to learn more about their important role in U.S. history, plan a visit to the Benzie Area Historical Museum!

**Come see us Wednesday to Saturday 11-4 at 6941 Traverse Ave., (River Rd.) Benzonia**



July's full moon is the Buck Moon or Hay Moon, sometimes the Thunder Moon, falls on July 29th.

July is National Share a Sunset Month, UV Safety Awareness Month, Sarcoma and Bone Cancer Awareness Month, National Park & Recreation Month, National Blueberry Month. It's National Ice Cream Month, National Hotdog Month, and it's Wild About Wildlife Month. July starts the dog days of summer which go through August as it's the warmest time of the year and is tied to the rising of Sirius, the dog star.



## 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.— 3:00 p.m. with exception  
for special events and inclement weather.

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!

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Benzie Senior Resources  
10542 Main Street  
Honor, MI 49640

Angela Haase, Editor

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**Benzie Senior Resources 231.525.0600**



Driver Safety



## *AARP Smart Driver Course*

Why Take a Driver Safety Course?

**“Because driving has changed since you first got your license”**

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation’s largest classroom and online driver safety course and is designed especially for drivers aged 50 and older. By taking the AARP Smart Driver Course, you’ll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today’s increasingly challenging driving environment. This should increase your confidence and improve awareness of situations.

The Smart Driver Course is a driver refresher designed to help you learn:

- Research-based safety strategies that can reduce the likelihood of having a crash.
- Proper use of technology in vehicles when linked with the driver and road environment.
- How age-related changes, medications, alcohol or health issues affect driving ability.
- Know the importance of eliminating distractions when sharing the road with others.
- Discover the newest or latest safety and advanced features in vehicles.
- Ways to monitor your own and others’ driving skills and capabilities.
- Explore other options for travel, when driving may no longer be safe.
- Plus, there are no tests to pass.

After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and injure yourself or others.

**\*\* Upon completion you may be eligible to receive an Auto Insurance discount. Consult your Insurance Agent.**

Learn more by signing up to take the AARP Smart Driver Course. The classroom course costs \$20 for AARP members and \$25 for non-members (cash or check only). Bring a valid Michigan Driver License and AARP card, if you have one.

### *Upcoming AARP Smart Driver Course*

**Course Location:**

**To reserve a seat today:**

**The Gathering Place**

**Contact: Debbie Sieck**

**10579 Main St, Honor, MI**

**231.525.0601**

**Thur. Aug. 20. & Fri. Aug. 21, 2026**

*\*space is limited*

**Both sessions: 1:30 PM - 5:30 PM**

*\*8-hour course: must attend both sessions*

To locate other courses in your area, visit [www.aarp.org/findacourse](http://www.aarp.org/findacourse) or call (877) 846-3299.

***Since 1979 AARP Driver Safety has helped older drivers stay safer, be educated and remain confident behind the wheel.***

# July 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
<b>\$4.00</b> suggested donation for age 60 and older. Under 60 is <u>\$8.00</u>	<b>We accept cash,                      Visa, Mastercard,                      &amp; Discover.                      Personal Checks                      also accepted —                      made out to BSR                      Lunch @ 11:30                      am - 1:30pm M-F</b>	1 Philly Style Chicken Sandwich, Sweet Potato Bites, Steamed Cauliflower Florets, Fresh Grapes	2 Smokehouse BBQ Chili, Steamed Sweet Corn, Oven Roasted Asparagus, Oyster Crackers, Diced Peaches	3 <b>Closed for Holiday</b> 
6 Chicken Cordon Bleu, Herb Buttered Potatoes, Malibu Vegetable Blend, Stoneground Wheat Bread, Fresh Banana	7 Spaghetti & Meatballs, Italian Style Green Beans, Pesto Infused Cauliflower, Whole Wheat Garlic Toast, Fresh Peach	8 Hand Rolled Sweet & Sour Meatballs, Japanese Vegetable Blend, Steamed Broccoli Florets, Stoneground Wheat Bread, Fresh Plums	9 Deluxe Chicken Sandwich, Crispy Smashed Potatoes, Scandinavian Vegetable Blend, Fresh Grapes	10 Classic Homemade Lasagna, Normandy Vegetable Blend, Steamed Sweet Peas, Soft Baked Breadsticks, Fresh Apricot
13 Build Your Own Hotdog Bar, Baked Beans w/ Bacon, Steamed Sweet Corn, Fresh Cut Watermelon	14 Belgian Waffle w/ Berries & Cream, Freshly Scrambled Eggs, Savory Sausage Links, Oven Baked Spiced Apples	15 Chicken Tenders w/ House Dip Sauce, Parmesan Garlic Mashed Potatoes, Caribbean Vegetable Blend, Stoneground Wheat Bread, Fresh Plums	16 Potato Encrusted Tilapia, Herb Buttered Potatoes, Southern Style Succotash, Stoneground Wheat Bread, Fresh Cut Cantaloupe	17 New Orleans Bourbon Chicken w/ Rice, Japanese Vegetable Blend, Steamed Cauliflower, Sweet Hawaiian Rolls, Apricot Halves
20 Loaded Mac & Cheese, Key West Vegetable Blend, Steamed Broccoli Florets, Fresh Nectarine	21 Freshly Made Submarine Sandwich Bar, Raspberry Carrot Salad, Homemade Potato Salad, Fresh Blueberries	22 Homemade Sloppy Joes, Cheddar Bacon Mashed Potatoes, Caribbean Vegetable Blend, Stoneground Wheat Bread, Fresh Plums	23 Freshly Chopped Chef's Salad, Soft Baked Breadsticks, Fresh Cherries	24 Slow Roasted Beef, Herbed Mashed Potatoes, Italian Vegetable Blend, Stoneground Wheat Bread, Diced Pears
27 Homemade White Chicken Chili, Steamed Sweet Corn, Roasted Asparagus, Oyster Crackers, Fresh Banana	28 Southern Style Pork Fritters & Gravy, Herbed Mashed Potatoes, California Vegetable Blend, Stoneground Wheat Bread, Fresh Apricot	29 Zesty Chicken Fajitas, Fire Roasted Corn & Black Beans, Tortilla Chips w/ Fire Roasted Salsa, Oven Baked Peaches	30 Crispy Crab Cakes, Steamed Spinach, Steamed Parisian Carrots, Stoneground Wheat Bread, Pineapple Tidbits	31 <b>Monthly Barbecue</b> BBQ Ribs Whipped Sweet Potatoes, Steamed Cauliflower, Sweet Hawaiian Rolls, Classic Applesauce

## Nutrition Notes

Summer vacations are here and it's time to unwind, relax, and enjoy the sunshine. For many, travel means more dining out and different foods. Restaurant meals are almost always higher in calories, and fat and salt than meals prepared at home. So here are some strategies for a healthier break away from home:

### 1. Pack snacks.

Even with great intentions, if it's been more than 5 hours since your last meal and you're really hungry, you're more likely to impulsively eat something unhealthy like those cookies at the rest stop. And it's just so easy to eat too much, too quickly. Avoid this by having a small snack between meals that are many hours apart so you can make smart choices later. I always bring multiple pre-portioned snack bags in my purse or suitcase when traveling. Some good, easy travel snacks:

- Mixed nuts. Pre-portion it in snack-sized Ziploc bags. You can also add Cheerios, dried banana chips, and raisins to make a trail mix.
- Fruit. You can easily travel with certain firmer fruits, like apples or Asian pears, because they are less likely to get bruised.
- Oatmeal. Bring individual packets with less than 6 grams of sugar per serving. All you need is hot water to make a quick and healthy breakfast or snack. If you're staying in a hotel, the in-room coffeemaker or microwave can be very helpful!
- Granola bars. Look for the ones where you can see whole ingredients like nuts, fruit, or whole oats. Also choose those with less than 6 grams of sugar per bar. Avoid ones that look like a candy bar.
- Roasted beans. Dry roasted chickpeas or edamame are great because they can satisfy a salty/crunchy craving, while being good sources of protein and fiber which will help keep you full for longer.

### 2. Scope out menus ahead of time.

Before going to a restaurant, review the menu online if possible. Look for items that are grilled or baked and avoid mixed dishes like pasta, burritos or stews. Swap the starch in your dish for an extra vegetable. If you order a salad, ask for oil and vinegar on the side and use mostly vinegar as the dressing. You can also share meals to stick with a healthy portion size.

### 3. Stay active.

Trips are a great opportunity to be active. Stay in a location where you can walk to sites and plan activities that will keep you moving. Try a walking tour in a city (most cities offer free ones!), go canoeing or kayaking, plan a hike or get in the water and go snorkeling. If you are staying in a hotel, choose one with free access to a gym or pool.

### 4. Be realistic.

You should enjoy yourself – it's vacation! Allow some treats, but be selective. Pick just a couple favorite items to "splurge on" and eat slowly and mindfully so you savor every bite. If you indulge aim to eat light the rest of the day and stay active. —*Sonja Goedkoop, MSPH, RD, is the lead registered dietitian at Zesty, Inc.*



# Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Unable to make it on Mondays to participate in the crafts? Join us for Make Up Craft time on the 10th &amp; 24th and this month.</b></p>	<p>On 7/15 our morning Zumba will be held off site so Produce Bingo set-up is easier. If you need to reach Suz, check in with Debbie at TGP. Thanks!</p> <p style="text-align: center;">***</p> <p><i>If you'd like to help with planning for Coho Festival contact Debbie at TGP. Thanks!</i></p>	<p>1</p> <p>8:30 Zumba 11:30-1:30 Lunch <b>12:30 Bingo—wear Cherries! \$2.00 to play</b> When you wear something for the theme, you are entered for a special prize drawing!</p> <p><b>2-4 Tai Chi For Better Sleep —First Session</b></p>	<p>2</p> <p><b>9:00 Riverside Ramblers—Join us!</b></p> <p>11:30-1:30 Lunch 1:00 BUNCO</p>	<p>3</p> <p><b>Closed for Holiday</b></p> <div style="text-align: center;">  </div>
<p>6</p> <p>9:30 Stretch and Balance 11:30-1:30 Lunch 1:00 Craft—Make one, take one Snowflake Ornaments <b>5:00 Zumba</b></p>	<p>7</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch</p> <p>2:00 Summer Movie Series “Grumpy Old Men”</p> <p><b>NO CHAIR YOGA!</b></p>	<p>8</p> <p>8:30 Zumba 11:30-1:30 Lunch <b>12:30 Bingo—Waer a Floral! \$2.00 to play</b></p> <p><b>2-4 Tai Chi For Better Sleep</b></p>	<p>9</p> <p><b>9:00 Riverside Ramblers</b> 10:00 Coffee and Donuts w/ Vets 10:00 Altered Books w/ Pam 11:30-1:30 Lunch 1:00 BUNCO</p>	<p>10</p> <p>9:30 BUNCO</p> <p>11:30-1:30 Lunch 1:00 Wii Bowling <b>1:00 Make Up Craft time*</b></p>
<p>13</p> <p>9:30 Stretch and Balance 10-2 Mobile Sec. of State 11:30-1:30 Lunch 1:00 Craft-Embroidery Hoop Suncatchers <b>5:00 Zumba</b></p>	<p>14</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch</p> <p>2:00 Summer Movie Series “Julie &amp; Julia”</p> <p><b>NO CHAIR YOGA!</b></p>	<p>15</p> <p>8:30 Zumba 11:30-1:30 Lunch <b>1:00 &amp; 2:30 2 sessions of Produce Bingo Wear some Fish! \$2.00 to play</b></p> <p><b>2-4 Tai Chi For Better Sleep</b></p>	<p>16</p> <p><b>8:30 CASINO trip Depart TGP \$10/ person to go-sign up ahead for this please 9:00 Riverside Ramblers</b></p> <p>11:30-1:30 Lunch 1:00 BUNCO</p>	<p>17</p> <p>9:30 BUNCO</p> <p>11:30-1:30 Lunch 1:00 Wii Bowling</p> <p><b>1:00 Helping Hands Workshop</b></p>
<p>20</p> <p>9:30 Stretch and Balance</p> <p>11:30--1:30 Lunch 1:00 Paint an Apron \$3.00 for aprons to keep. <b>5:00 Zumba</b></p>	<p>21</p> <p>10:30 The Melody Makers</p> <p>11:30-1:30 Lunch 2:00 Summer Movie Series “Moneyball”</p> <p><b>NO CHAIR YOGA!</b></p>	<p>22</p> <p>8:30 Zumba</p> <p>11:30-1:30 Lunch <b>12:30 Bingo Wear something Sunny &amp; Bright! \$2.00 to play</b></p> <p><b>2-4 Tai Chi For Better Sleep</b></p>	<p>23</p> <p><b>9:00 Riverside Ramblers</b></p> <p>11:30-1:30 Lunch 1:00 BUNCO</p>	<p>24</p> <p>9:30 BUNCO</p> <p>11:30-1:30 Lunch 1:00 Wii Bowling</p> <p><b>1:00 Make Up Craft time*</b></p>
<p>27</p> <p>9:30 Stretch and Balance</p> <p>11:30--1:30 Lunch 1:00 Craft-Air-dry Clay Craft <b>5:00 Zumba</b></p>	<p>28</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p>29</p> <p>8:30 Zumba</p> <p>11:30-1:30 Lunch <b>12:30 Bingo Wear Cats &amp; or Dogs \$2.00 to play 2-4 Tai Chi For Better Sleep</b></p>	<p>30</p> <p><b>9:00 Riverside Ramblers</b> 10:00 TGP Book Group <i>Everything I Never Told You</i> by Celeste Ng 11:30-1:30 Lunch 1:00 BUNCO</p>	<p>31</p> <p>9:30 BUNCO</p> <p>11:30-1:30 Lunch 1:00 Wii Bowling <b>1:00 Helping Hands Workshop</b></p>

## Staff Milestones



Angie's birthday is July 8th. "Yellow Submarine" by the Beatles was released the week she was born. She's freaking out a little bit at this birthday—60. Yikes. That is how old the Super Bowl is, too. She and Dick and Meggie are trying to be more active this summer. You've got to keep moving to move! Have fun & stay away from the lemon meringue pie Ang. It's never been a favorite. Happy Birthday!



Stacey's birthday is July 10th. She is our Director of Home Health Care. Stacey clocks more miles than most, helping our seniors and keeping up with her busy family! Lake Michigan is her happy place, listening to the waves. Happy Birthday Stacey!



Born on a Friday, the 13th...best day ever! Amy loves to smile & hang out at home with her singing pooch, Fritz. Or jump in the car to go for a ride so Fritz can enjoy the wind on his face. "I love working at Benzie Senior Resources and I look forward to getting to know as many of you as possible!" Happy birthday Amy!



Debbie's birthday is July 15th. When she was born her parents brought her home the day of the moon landing. She likes a good floral print. Debbie can make just about anything when it comes to crafts and well, everything. She is a blessing! Happy birthday Debbie!



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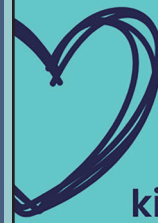
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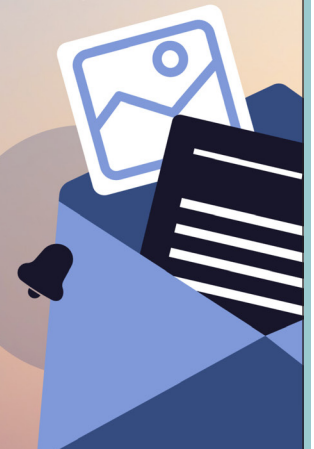
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## Move of the Month! And More...

### July Move of the Month – The Letter “L” stretch

**Why it matters:** This stretch gently decompresses the spine and stretches the calf and hamstring muscles to help with comfort and activities that involve bending forward.

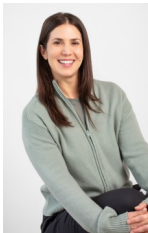
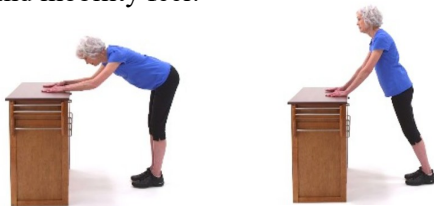
#### How to do it:

1. To perform it, stand at the kitchen counter with your hands on the counter and feet hip-width apart.
2. Walk your feet backward as you gently hinge forward at the hip. Your body will start to look like an uppercase “L”
3. Feel the gentle elongation through your spine, the back of your legs, and calves.
4. Take some deep slow breaths and try to release any muscles holding tension in your spine, shoulders, hips, or legs.
5. Hold for 10-30 seconds depending on what feels comfortable to you.
6. Keeping hands on the counter, slowly walk yourself forward to safely come out of the stretch.

**Make it easier:** Always practice safely, if you aren't steady on your feet without support try a modification below 1.

If standing isn't comfortable or safe, try this seated at the dining room table. Pull the chair out away from the table so you have room to slide your hands forward onto the table and feel a nice gentle stretch in the back.

**Be Safe:** If this movement doesn't feel right for your body don't do it! If you experience dizziness with this activity and are unsure of the cause or management, talk with your doctor. Try it: Try it a few times each day and see if you notice a subtle shift in how your body, posture, and mobility feel!



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Call 231-525-0600  
to schedule your appointment.

**FOOT CARE CLINIC**  
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Wednesdays at Benzie Senior Resources with our RN Stacey for age 60 and over for Benzie residents.  
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\$20.00/person each visit

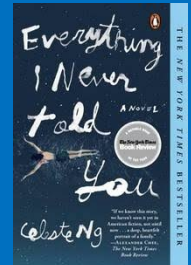
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The Gathering Place Book Group  
will meet 10:00 a.m. 7/30/26

We'll be reading/sharing:  
*Everything I Never Told You*  
By: Celeste Ng

Call TGP to get a copy, or one of our local libraries may have it.



# Celebrating 100!

Evelyn Rommell will be 100 years old on July 4<sup>th</sup> this year! She will serve as the Grand Marshall of the Frankfort 4th of July parade on her 100th birthday.

Evelyn was born in North Carolina on July 4th, 1926. She moved to Benzie County, Michigan when she was a young child and has lived here all the years since. Evelyn married Bob Rommell in 1946, shortly after he returned from WWII. They owned the Elberta Sport Shop and Tiny Bubbles Charter Service for many years. They were married for 63 years until his passing in 2009. Together they raised 6 children in Elberta. Her life has always been centered around family and community. In addition to six children, she has 5 grandchildren, 10 great grandchildren, and 8 great, great grandchildren...with another arriving in August!

Evelyn has been always active in her community - 17 years on Elberta Village Council, a founding member of the Elberta Parks and Recreation Commission, Girl Scout Leader, active in PTA , and a chaperone for Elberta dances at the old gym.

**Evelyn's family will celebrate her milestone birthday with a picnic at her home on the 4th of July. Friends are invited to stop by and say hi and share some birthday cake 2:00-5:00 pm at 1212 Valley in Elberta.**

*The pictures are of Evelyn by herself, with her husband, Bob, with her 6 kids, and with her youngest great, great grandchild, Dallas.*



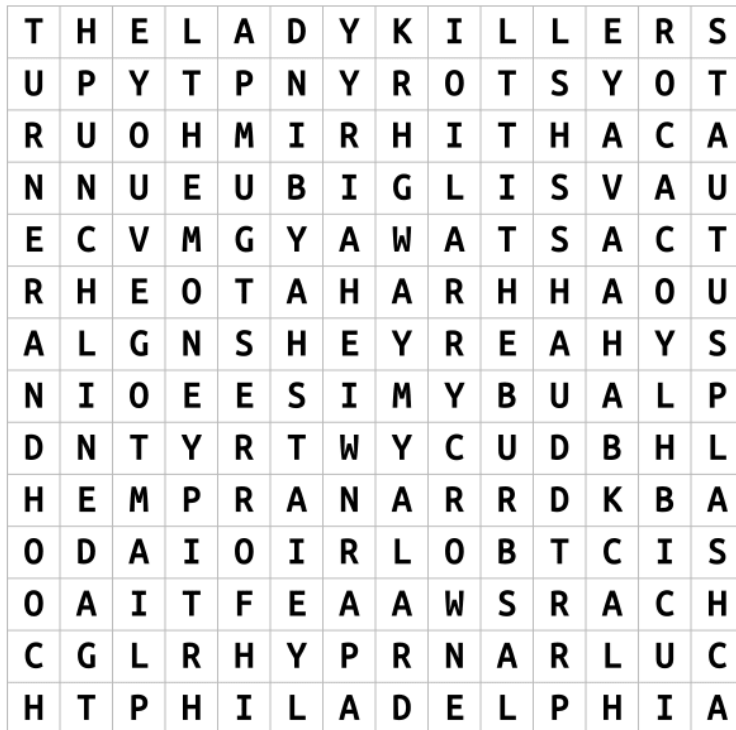
We realize this may not get to you before her birthday, but please, if you'd like to send a card to congratulate Evelyn on this important birthday, please send it to us at:

**Benzie Senior Resources 10542 Main St., Honor, MI 49640** We'll be sure to get your cards to her to enjoy!



# Word Search

## Tom Hanks Movies



LARRY CROWNE  
 PUNCHLINE  
 THE MONEY PIT  
 SPLASH  
 ITHACA  
 YOU'VE GOT MAIL  
 TURNER AND HOOC  
 CAST AWAY  
 THE LADYKILLERS  
 PHILADELPHIA  
 FORREST GUMP  
 BIG  
 CARS  
 THE 'BURBS  
 TOY STORY



Play this puzzle online at : <https://thewordsearch.com/puzzle/10890/>

**Music in the Streets**  
**Each Thursday**  
**June 25th –August 13th**  
**at 7:00 p.m. there will be**  
**music in the streets in**  
**downtown Beulah.**

**Some of our team will be**  
**attending and we encour-**  
**age you to come listen,**  
**see others you may**  
**know, & have some fun!**  
**Bring you, bring a chair!**  
**See you there!**  
**Check the paper or**  
**online for line-up.**



## 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)



## July Birthdays

Cleo Finch	1	Clint Hoxie	11	David Weiss	21
Fred Kerby	1	Carol Johnson	11	Linda Allen	22
Nancy McKinley	1	Cathy Liakopoulos	11	Nancy Mullen Call	22
Dale Rineer	1	Doug Fink	12	Tom Harrett	22
John Collins	2	DeAnn Loll	12	Benjamin Pelch	22
Ginger Reed	2	Diane Cox	13	Whit Carris	23
Debra Forrester	2	Dick Bell	13	Jackie Fine	23
Barbara Dougherty	3	Elaine Hinkle	13	Ann Howell	23
Lori Talo	3	Imogene Luxford	13	Paul May	23
Marilyn Wareham	3	Maudie Anderson	14	Gwen VanDorp	23
<b>Evelyn Rommell</b>	<b>4</b>	Kathryn Fishburn	14	Barbara Gannon	24
Paul Zavitz	4	Monica Henry	14	Dianna Giro	24
John Bounker	5	John Johnson	14	Diane Goodson	25
Donna Canfield	5	Susan Mead	14	Lois Link	25
Rick Scott	5	Judey Pendencygraft	14	Dan Sheffer	26
Mark Coon	6	Ben Taylor	14	John Ufer	27
Fred Goethals	6	Joan Cheeseman	15	Mary Brownell	28
Terri Hoxie	6	Marsha Cogburn	15	Judy McQuilkin	28
Terry McArthur	6	Nellie Thomas	15	Tony Paladino	28
Kathy Monroe	6	Denise Favreau	16	Wayne Prowdley	28
Paul Hammond	7	Barbara Lofstrom	16	Frank Sanchez	28
Jeremy Morris	7	Bob Prance	16	Judy Welch	28
Linda Munn	7	Carrie Everhart	17	Grace Wuerzinger	28
Julie Sobacki	7	Shirley Klein	17	Mary Chandler	29
Kristin Tebo	7	Helen O'Blenis	17	Luana Denzel	29
Lois Bounker	8	Christine Wear	17	Jim Fredrickson	29
Ann Forrester	8	Arlis Bryan	18	Mary Jane Nelson	29
Jean Blumbaugh	9	Karen Cunningham	18	Phyllis Barth	30
Kim Fairchild	9	Zelda Hodge	18	Sandi Gravis	30
Kirk Lorenz	9	Zoraida Kenner	18	Linda Kassab	30
Gerrie Milarch	9	Charlie Priest	18	Fred Milliron	30
Beth Miller	9	Gail Randall	18	Chris Sullivan	30
Chloe McGehee	10	Sarah Webb	19	David VanHammen	30
Bob Mullen	10	Ellen Harcourt	20	Jan Howe	31
Pam Yee	10	Gloria Ptak	20	Jane Kennedy	31
Dan Bolling	11	Ron Revolt	20	Laurie Ottenbacher	31
Rosetta Cain	11	Joyce Sauer	20		
		Ray Shamel	21		



A hero is somebody who voluntarily  
walks into the unknown.

— Tom Hanks —

Tom Hanks' birthday is July 9th. He's 70 this year!



## Medicare Minute

### The Medicare GLP-1 Bridge Program (July 2026 – Dec 2027)

The Centers for Medicare & Medicaid Services (CMS) will provide eligible Medicare beneficiaries access to certain GLP-1 medications for \$50 per month beginning July 1, 2026, through December 31, 2027.

GLP-1s (glucagon-like peptide-1 receptor agonists) are highly effective prescription medications that mimic a natural gut hormone to regulate appetite, slow digestion, and control blood sugar. They are prescribed for Type 2 diabetes management and chronic weight management. [[1](#), [2](#), [3](#), [4](#)]

Under the Medicare GLP-1 Bridge, a time-limited demonstration, CMS is expanding access to innovative, evidence-based weight-loss treatments. Eligible individuals enrolled in Medicare Part D prescription drug plans will be able to access these medications at a predictable and affordable cost—\$50 for a monthly supply. This approach reflects CMS’ continued focus on improving access to high-value treatments that support better long-term health outcomes.

“These treatments are a major medical advancement, but too many seniors are currently unable to access them due to high cost,” **said CMS Administrator Dr. Mehmet Oz.** “The Medicare GLP-1 Bridge changes that by making these medications more affordable and accessible, while advancing our broader goal of helping Americans live healthier lives.”

“GLP-1s can be life-changing for patients managing obesity and related conditions,” **said Chris Klomp, Director of Medicare and Chief Counselor at the U.S. Department of Health and Human Services.** “This demonstration is designed to make accessing those medications simpler, more predictable, and more consistent across the Medicare program, which means better quality of life for seniors and better value across the health care system.”

The Medicare GLP-1 Bridge operates under the Secretary’s authority to test new approaches to care delivery under Medicare and is supported by CMS, including centralized processes for claims adjudication and payment to pharmacies. This structure allows CMS to expand access while working closely with providers, pharmacies, and other partners to support a consistent and coordinated experience for patients.

#### What to know before July 1

Beginning July 1, Medicare beneficiaries with Part D coverage may be eligible to access certain GLP-1 medications at \$50 for a monthly supply. Beneficiaries can talk to their doctor to determine whether a GLP-1 medication is right for them. CMS will share additional information for beneficiaries as the program begins.

In addition, CMS continues to work with stakeholders—including providers, pharmacies, and manufacturers—to support implementation and ensure all partners have the information they need ahead of launch.

The Medicare GLP-1 Bridge builds on CMS’ broader efforts to improve access to innovative therapies and support healthier outcomes for Medicare beneficiaries. For additional demonstration details, visit: <https://www.cms.gov/medicare/coverage/prescription-drug-coverage/medicare-glp-1-bridge>

# 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



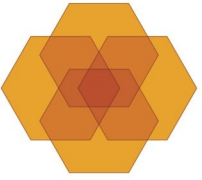
Check here if you wish to remain ANONYMOUS \_\_\_\_\_

***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

10542 Main Street, Honor, MI 49640



Address Service Requested

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Honor, MI  
Permit No. #1

MICHIGAN STATE UNIVERSITY | Extension

## Tai Chi for Better SLEEP



This program combines the benefits of **Tai Chi for Arthritis and Fall Prevention and Sleep Education for Everyone**. Tai Chi has been shown to increase strength, improve balance, and prevent falls.

Participants will also learn techniques to improve the quality and quantity of their sleep.

The program consists of an **hour-long information session** and **8, 2-hour sessions**. Each session will include:

- Sleep Education: the relationship between pain and sleep, sleep hygiene, and techniques to improve sleep.
- Goal Setting
- Tai Chi Warm-ups
- Tai Chi Lesson
- Tai Chi Cool Downs

*This work is supported by the Rural Health and Safety Education program, project award no. 2024-46100-42884, from the U.S. Department of Agriculture's National Institute of Food and Agriculture.*

**DATES/TIME:** Wednesdays, July 1, 8, 15, 22, 29, August 5, 12 & 19 From 2-4 p.m.  
*\*Participants should plan to attend all 8 sessions!*

**LOCATION:**  
**The Gathering Place**  
Benzie Senior Center  
10579 Main St. Honor, MI

**REGISTRATION:**  
Please pre-register at the Gathering Place front desk or by calling: 231-525-0601

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

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