

Prime Time

FREE

June 2020/Volume 28/Number 10

NEWS & OBSERVER

FOR AND ABOUT SENIOR CITIZENS IN ANTRIM, BENZIE, GRAND TRAVERSE, KALKASKA AND LEELANAU COUNTIES

Inside

- **The Power of Flowers**
Page 2
- **BATA Resumes Service**
Page 3
- **Senior Services**
Page 4
- **Prime Time Marketplace**
Page 5
- **Senior Marketplace**
Page 6
- **Games & Puzzles**
Pages 7
- **Expert Advice**
Page 8



Flower Power!

See page 2

NOW AVAILABLE

Check your local Senior Center or Commission on Aging office for your FREE copy!



CHECK US OUT ONLINE
www.gtprimetime.com

Current Issue
Back Issues
Special Publications

The Power of Flowers

By Kathleen Gest

Down through time, spring has been a metaphor for the renewal of life. We find pleasure watching trees erupting into bloom and fields of daffodils dancing in the wind. Leaving winter behind, we celebrate a floral revitalization where our world becomes fresh and reborn – except this year things are not quite normal. Although we have been dealt a cruel blow, Mother Nature is still capable of great beauty. Now, more than ever, we need flowers in our lives.

As the world's champion for the power of flowers and plants, the International Association of Horticultural Producers shares the scientific evidence that flowers are good for you: flowers put you in a better mood – they stimulate positive emotions such as gratitude, hope, empathy, joy, love, pride, calmness, surprise and awe; flowers reduce stress and stress-related depression and generate a more optimistic outlook on life; and flowers make you heal quicker – studies have shown that visible flora stimulates the mind to focus less on pain.

“I think that having anything growing around you is beneficial for your sole and for your wellbeing,” Robin Smillie, General Manager of Garden Goods, emphasizes. “Especially now, because you can't spend time with your friends or see your families, it is nice to have something to care for. It's nice to nurture something and flowers are perfect for doing just that.”

“First of all, I think that gardeners are the most optimistic people in the world and northern Michigan gardeners are the most optimistic gardeners, because we live in a community where we have a very short summer,” Smillie explains. “It is only 90 days. Our frost free date is June 6 and our first frost date is September 15, so in that three month period we have to do all of

our gardening, making things grow and putting them to bed, so they will come back the next year.”

“Probably because we live in, I would say, such a harsh climate with the cold temperatures in the spring, plants teach us that there is hope and they will come back every year. I like that a lot about plants – you plant them one year and they will come back the next year and the year after that.”

Gordy and Julie Sovereign started Garden Goods in 1995. Because of COVID-19, they closed down for five weeks. During the time they were closed, people are usually getting back into the gardening mode, planting cold tolerant plants such as pansies, adding amendments to their soil – going through the process of getting ready for planting. Garden Goods missed that opportunity for their customers.

“The season is compressed anyway,” Smillie admits. “Our busiest time, the time that makes or breaks us, is a six-week period, from the second week of May until the end of June.”

“We were prepared to open Garden Goods the second Governor Whitmer called. We are open all year – this is a year-round business and in the winter time we get all of our fertilizers, our giftware, our soil amendments, etc...so when we closed on March 23, we were mostly ready to be open when we needed to be,” Smillie recalls. “Plants were the only thing missing.”

“We have plants custom grown for us. We had plant material in green houses in southern Michigan waiting for us, when the time was right to have the product brought in. We really have not missed a beat – we are completely full both in the nursery yard with trees and shrubs and in our pre-annual and annual houses.”



Customers shop for flowers at Garden Goods.

“Julie and Gordy worked tirelessly with our vendors via phone to line up the trucks, so they could come at a moments notice. When the governor lifted the ban on that Friday at 11:00 a.m., they were on the phone at 11:15 arranging for the delivery of our plants. I was at work by 1:00 that same day and we opened at 9:00 a.m. Saturday morning. Our staff was amazing – we were able to call some staff back. They dropped what they were doing, changed their plans and got to work. It was really rushed, but it was a great feeling to get back to work again.”

Following the Governor's guidelines, Garden Good employees all wear face masks and sanitize the register, the credit card readers, door handles, cart handles, etc. plus are enforcing social distancing inside the store and out. They changed the way they check out, so people can stay the correct distance apart.

“People are not holding back at all, they are spending money on flowers and improving their yard,” Smillie contends. “We have had customers say, since they can't go on vacation, they are going to spend their money on their garden. Some even say they are spending their stimulus check here, which is keeping the money local and adding to the local economy.”

“You really don't know the impact you have on someone's life until something like this happens. Everything we sell is discretionary. When you think about it, it is not food, shelter, clothing, or gasoline. It is something that enriches and enhances a person's life and for people to welcome us back so heartedly was very heart warming. I never realized it as much as I do now, even after 23 years, how important our business is to the mental wellbeing of people and our community.”

Prime Time

NEWS & OBSERVER

Prime Time News & Observer is published monthly by Forest Home Publications, L.L.C.

Editor / Publisher: Jeffrey Hallberg

Contributors: Kathleen Gest & Bob Simpson

Prime Time News & Observer
P.O. Box 1071
Bellaire, MI 49615

Phone: 231-631-5651

manager@gtprimetime.com
editor@gtprimetime.com
advertising@gtprimetime.com
art@gtprimetime.com
billing@gtprimetime.com

Prime Time News & Observer is not responsible for unsolicited contributions. Address all inquiries and letters to the editor. Prime Time News & Observer welcomes letters to the editor. Letters should be no longer than 200 words. PTNO reserves the right to edit letters for grammar and clarity. We look forward to hearing from you.

BATA Begins to Resume Service

Starting the week of June 1, the Bay Area Transportation Authority is phasing in additional services as public transit demand increases, businesses re-open and coronavirus (COVID-19) restrictions ease. BATA is taking its responsibility to the community seriously, and returning riders will find new hand sanitizers stations installed on all buses and at all facilities, facial covering and social distancing requirements and other health and safety initiatives designed to create a safe, clean and comfortable environment for everyone.

Services resuming the week of June 1 include:

- **Bayline:** BATA's free Bayline route returns to service resuming 15-minute frequency, operating hours from 7 a.m. to 11 p.m. seven days a week.
- **City Loop:** Additional City Loop frequency with routes in and around Traverse City is being added and operating hours are extended.
- **Village Loop:** Weekday frequency increases on Route 10 – Suttons Bay, Route 12 – Interlochen, Route 13 – Kingsley and Route 14 – Acme/Williamsburg providing odd hour departures from Traverse City. Weekend Village Loop service is also resuming.
- **Transfer Stations:** Hours are being expanded at both stations located at Hall Street and Cass Road.
- **NOTE:** Service levels may be adjusted at any time as coronavirus (COVID-19) impacts vary. BATA plans to make additional announcements regarding returning service in the next couple weeks. Riders may also notice a few routes will have a couple of minor updates starting the first week of June. Visit www.bata.net for more details and updated schedules. "We are cautiously optimistic to resume service in key areas of our community as more businesses and people slowly return to normal activities," said

Kelly Dunham, BATA Executive Director. "BATA is taking every precaution to make sure our riders return to clean and reliable transportation, and that our staff has the proper protection to operate safely. I cannot thank our entire staff enough for their amazing performance during this pandemic to keep BATA operational that has allowed us to continue to provide essential transportation for this community."

BATA is continuing to take the following actions to help prevent the spread of COVID-19:

- Requiring riders to provide their own facial covering to use public transit. Bus operators and all essential BATA staff are also required to wear a facial covering.
- Adding hand sanitization stations to all BATA vehicles and facilities and installing vinyl separators between the driver and passenger areas of the bus.
- Increasing cleaning and sterilization efforts on all vehicles and facilities (including bus shelters and benches) at all levels of the organization with hourly and daily deep cleanings.
- Encouraging social distancing practices on all buses and at bus stops. Every other row on



each bus has a sticker indicating that row is blocked off for social distancing.

- Continuing to educate both staff and riders regarding the

CDC's recommended mitigation practices such as continually washing hands, avoiding touching your face and staying home if sick.

Curbside Meals for those 60 years of age or older

LOCATION: Weekly service available in Traverse City, Interlochen, Kingsley, and Fife Lake

INFORMATION: Call the Senior Center Network for more information. Five frozen, delicious, nutritious and well-balanced meals available. Reservations required.



For more information call 922-4911 or email dmikowski@grandtraverse.org

Our State. Our Town.
Our Hospice.

The sooner you call, the more we can help.

24/7 Support
888-247-5701 or hom.org

Serving northern Michigan since 1981

A member of the **northstar** Care Community

SENIOR SERVICES

LEELANAU COUNTY SENIOR SERVICES

VIRTUAL SENIOR EXPO 2020

Tuesday, June 16, 2020 10:00 a.m. - 2:00 p.m.

The best COVID event from the comfort of your home!!

Go to: www.leelanau.cc/seniorservices.asp

Click on the link "Virtual Expo"

*Videos from businesses, agencies along with Leelanau County departments sharing information relating to you

*Door prizes will be raffled off live at 2:00 p.m.

*Prizes will be posted on our web site as well as our Facebook page

*Call LCSS to sign up for your door prize! (231) 256-8121



Fabulous, Fun and Free!



ASI
Community Center & Park
Located behind the COA Senior Center
Non-Profit Organization

P.O. Box 146
Bellaire, MI 49615
(231) 350-8835
www.arcaseniorsinc.org
arcaseniorsinc@gmail.com
www.facebook.com/arcaseniorsinc

JUNE 2020 CALENDAR OF EVENTS



Due to the current State-mandated stay-at-home order, we are unable to give you exact dates that events will resume as the Community Center is closed (as of the date of production of this flyer).

Please call the contacts ahead of time to learn of when their event will commence.

The Bellaire Farmers Market IS open Fridays from 8:00 am – 1:00 pm

Mondays ~ Antrim County Bridge (Duplicate) Club. Contact Judy King for opening date at 231-590-7293

Wednesdays ~ Yoga with Daryl Allison-Busch, Licensed Instructor (231-564-0010)

Fridays ~ BELLAIRE FARMERS MARKET OPEN! New hours! **8:00 am – 1:00 pm** Based on CDC social distancing guidelines, we will (currently) only allow a minimum number of individuals through at a time, and will have a manned ENTRANCE and EXIT.

Curbside pick-up service via the **TORCH LAKE CO-OP!**
Please visit www.torchlakecoop.com to order products from local farms that you can drive-through and pick up on Friday mornings at the Bellaire Farmers Market.

SINGULAR EVENTS BY DATE:

Tuesday, June 9th ~ American Legion Post 247 monthly meeting. Contact Ed Boyer at (231) 533-4530.

Wednesday, June 10th ~ ASI Board of Directors Meeting at 9:00 am.

! BINGO !

6/10, 7/8, 8/12, 9/9, & 10/14

6/10 is tentative, so call ahead to confirm if we're able to host gaming.

Doors open at 5 pm and gaming starts at 6:15 pm. \$18 gets you 32 chances to win! You must be 18 or older to play.

Senior Project Fresh Is Back

Senior Project Fresh is a program offered through the USDA Food and Nutrition Services. It provides funding for local agencies to help seniors who qualify, purchase locally grown produce from Farmer's Markets and roadside stands.

All seniors who are **60 years of age or older**, live in **Antrim County**, and have a total household income at or **below 185%** of federal poverty guidelines, qualify for this program.

1 person household: \$23,606

2 person household: \$31,894



You will be **expected** to do the following:

- ⇒ Provide information to determine eligibility.
- ⇒ Sign the coupons to redeem at the farm stand.
- ⇒ Use coupons like cash. However, you can **not** get any change back from your coupons.
- ⇒ You may put cash with your coupons for the best use of your coupons.
- ⇒ Coupons can **not** be given to anyone else to use unless you have named a proxy.
- ⇒ Coupons can be used at any **Michigan Farmers Market** that displays the sign "PROJECT FRESH ACCEPTED HERE".
- ⇒ All coupons **must** be spent by **October 31st**.

Due to **COVID-19**, our building is closed to the public. Therefore, applications will be done over the phone and we will determine how you will receive your coupons (mail, curbside pickup or delivery) at that time. Please call the COA office (231-533-8703) to sign up for your \$20 book of coupons.

Coupons will be available (on a first call, first served basis) beginning in June and until all books have been distributed.

- Antrim County COA phones are open 5 days a week 8:30 am 'til 4:00 pm PH# 231-533-8703
- Home Delivered Meals, Hot meals delivered 3 days a week with supplemental frozen meals
- Hot Meals are available curbside in Bellaire 5 days per week, M-F.

Oliver Art Center Hosts 'Make a Mask, Make a Difference'

Oliver Art Center is helping give back to our frontline workers and healthcare professionals. They have created a 'Make a Mask, Make a Difference' contest for handmade masks. Now through July 6, they are accepting donations



to work for us while risking not only their health but that of their family as well," said Kelly Winter, OAC board member and project coordinator.

"We are hoping to gather 200 masks during this contest.

Cash prizes have been donated by an anonymous donor to help encourage folks to create masks as well as provide financial assistance to local creators in a small way. We are always saying how art is beneficial to your health, and this contest is bringing that to light," says Mercedes Michalowski, Executive Director of Oliver Art Center. Once the masks are collected, they will be photographed and featured in an online exhibition via the art center.

Masks may be mailed to the art center at P.O. Box 1513 Frankfort, MI 49635 now through the July 6 deadline. Contact the art center at info@oliverart.org for more information on how you can participate in the contest.

"COVID-19 has impacted so many people and we would like to support all of the health professionals and essential workers going

PrimeTime Marketplace



MORTENSEN FUNERAL HOMES
Our Family Serving Yours for over 30 Years!
 Personalized Traditional Funeral Services
 Cremation Services • Pre-Planning Service • Monuments & Markers

Bellaire 106 South Bridge 533-8215	Central Lake 2333 S. Main 544-3600	Mancelona 205 W. State 587-8591
--	--	---------------------------------------



Fitzpatrick Insurance Agency
SHARON H. FITZPATRICK
 INDEPENDENT AGENT
 PERSONAL • COMMERCIAL • LIFE • HEALTH

112 4th St., Ste. 1
 Elk Rapids, MI 49629

Ph 231.264.0333
 Fax 231.264.0336
 sharon@fitzinsurance.com



REYNOLDS JONKHOFF
 Funeral Home & Cremation Services

LOCALLY-OWNED, FAMILY-OWNED FUNERAL HOME
 305 Sixth Street, Traverse City, MI 49684

231-947-6347
 Dan Jonkhoff, Manager
 www.reynolds-jonkhoff.com

Pictured at top: Dan Jonkhoff (fifth generation funeral director/co-owner), Peg Jonkhoff (Administrative Director/co-owner). At bottom: Christy Jonkhoff-Hater and Lindsey (Jonkhoff) Rogers (sixth generation funeral directors).

CELEBRATING
15 YEARS
 OF PROFESSIONAL HOME CARE.



MONARCH
 HOME HEALTH SERVICES

231.932.0708 | monarchhomehealth.com



BELLAIRE EYE CENTER
 Doctors of Optometry

CARE for the ENTIRE FAMILY

Services Available

Complete Family Eye Care	Large Frame Selection
Contact Lenses	Laser Refractive Surgery
Lab on Site	Vision Therapy

Board Certified to diagnose and treat injuries and diseases of the eye.
 Robert J. Slezak, O.D.
 Peter J. Oppermann, O.D.

211 N. Bridge St. • PO Box 219 • Bellaire, MI 49615
 (231)533-6283



WISE OWL
 estate sales


Kathy Dittenbir
 9700 E Traverse Hwy | Traverse City, MI 49684
 cell: 231-735-5373
 wiseowlestate@gmail.com
 The smart choice.



806 Hastings Street
 Traverse City, MI 49686

(231) 943-8777
 1-888-470-6591
 Fax (231) 943-9909


"A Family Business That Cares"
 -Established 1913- www.swensenmemorials.com



Guardian Services of NWM
 Treating everyone like family

Lee Storch
 Owner
 P.O. Box 7128
 Traverse City, MI 49686

231-392-9320
guardianservicesnwm@gmail.com
guardianservicesnwm.com



Life Story FUNERAL HOME
 Traverse City

LeVon M. Seavolt
 Manager/Owner

Be an informed consumer...
 Call to see why your friends and neighbors choose Life Story

Have your viewing, gathering & funeral/ceremony or Memorial Service at Life Story
 We can help with Cemetery Burial, Body Donation and CREMATION
 Cost friendly, Locally owned and not franchised

752 Munson Ave. Traverse City, MI • 231-941-9034

Traditional Funerals
 Dignified Affordable Cremations
 Monuments & Markers
 FREE Pre-planning Services

Covell
 Funeral Homes

232 E. State Street, Traverse City - (231) 946-6515
 312 Pine Street, Elk Rapids - (231) 264-5666
 200 N. Brownson Avenue, Kingsley - (231) 263-5522
www.dignitymemorial.com

Dignity
 MEMORIAL

BrightStar®
 MAKING MORE POSSIBLE

- > Homemaking
- > Personal Care Services
- > Skilled Nursing Services

231 929 7827 • www.brightstarcare.com



PAT HALLBERG, CISR
 Agent
 800-453-6170
pat@fischerins.com

FISCHER
 INSURANCE

Fiduciary Services North, Inc.

- Conservator/Guardian
- Trustee
- Personal Representative
- Bill Pay Services
- Estate Settlement
- Independent Third Party


Brenda M. Miller
 P. O. Box 878
 Elk Rapids, MI 49629
 Office/Fax 231.421.3921
 Cell 231.499.0134
brenda@fiduciaryservicesnorth.com

PLANT YOUR BUSINESS HERE
 and watch it grow!
 Call 231-631-5651



ROBIN VANDERKAAY
 Realtor
www.robinrocksrealestate.com
 248-321-2409
 2312644500
robinvk@c21northland.com
 116 River St.
 Elk Rapids, MI 49629

CENTURY 21
 Northland

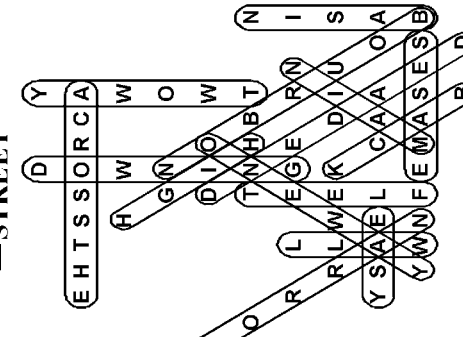


King Crossword
 Answers

Solution time: 25 mins.

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

STREET



Y
D
E
H
T
S
S
O
R
C
A

W
O
W

N
O
R
T
H
L
A
N
D

F
I
R
E
S
T

A
M
B
L
I
N
G

R
I
V
E
R

C
O
U
N
T
Y

L
A
K
E

S
T
R
E
E
T

Y
A
M
S

N
I
S

A
O
A

E
M
A
S

S
E
B

D
B

Weekly SUDOKU
 Answer

7	5	6	3	9	1	4	8	2
4	1	9	6	2	8	3	7	5
3	8	2	4	5	7	6	1	9
6	9	4	5	7	2	1	3	8
5	2	8	1	3	6	7	9	4
1	7	3	9	8	4	5	2	6
2	6	5	8	1	3	9	4	7
9	3	7	2	4	5	8	6	1
8	4	1	7	6	9	2	5	3



DEAR DR. ROACH: I am a 69-year-old white male. I take one 20-mg pravastatin per day to manage my cholesterol. One of the side effects is joint pain. Are you aware of a substitute that does

not have this joint pain side effect? -- H.L.

ANSWER: Statins are one of the most common medicines used, and although they have relatively few side effects, so many people take them that there are many reported untoward effects.

Muscle aches are common. Muscle breakdown is serious and, fortunately, rare. But joint aches are not a common side effect. In the package insert, "arthritis" is listed in less than 1% of people.

Of all the statins, pravastatin tends to have relatively few side effects. It is metabolized differently from how the others are, so have a discussion with your doctor about taking a different statin, such as atorvastatin (Lipitor). Lipitor is much more potent than pravastatin (Pravachol), so the dose you will need is likely to be much lower.

DEAR DR. ROACH: What is your opinion on screening for ovarian cancer in a woman with a family

history (in my case, a sister)? One gynecologist stressed an annual ultrasound, while the other discouraged me from doing so. I am worried that if I wait until symptoms develop, the cancer might be pretty advanced. -- W.

ANSWER: I really understand why people with increased risk for ovarian cancer are interested in screening. Unfortunately, we still don't have any screening tests, such as an ultrasound or CA-125 blood test, that are good enough to recommend yet. I hope this changes soon. Promising work is progressing.

Consider genetic testing for a familial cancer syndrome, such as BRCA or Lynch syndrome. People with one of these cancer syndromes are at high enough risk that screening may be of benefit, and there are ongoing studies to help identify the best strategy. Speak to your gynecologist about a referral to a genetic counselor. If you test negative for these genetic syndromes, you are at lower risk (but unfortunately, even low-risk women still may get ovarian cancer).

You certainly should be vigilant for even mild symptoms of ovarian cancer; these are nonspecific and may include abdominal discomfort, bloating or swelling. Urinary urgency (a sense of needing to get to the bathroom right away) also should prompt a visit to your gynecologist, more so than in people without a family history.

(c) 2020 North America Synd., Inc. All Rights Reserved

Retired Bellaire Public Library Director Jan Gyulveszi receives statewide award

Sometimes the Loleta Fyan Small and Rural Libraries Conference Committee receives a nomination that demonstrates exceptional service, creativity, or community impact but that doesn't necessarily fit in any one awards category. In these cases, the committee has chosen to honor a nominee with a special acknowledgement of their contributions to their library and community. Jane Gyulveszi, recently retired Director of the Bellaire Public Library, is this year's Community Programming Innovator Award winner.

Jane Gyulveszi came to the Bellaire Public Library as Director in 2015 after two years of service at the Devereaux Public Library and many years owning a bookstore in Ann Arbor. Bellaire Public Library is a Class I Public Library located in a village of 1,000 people. In the five years that Jane was at Bellaire Public Library, she transformed services, managing growth in circulation, patron visits, program attendance and community partnerships. She also transformed the library's physical space to make it possible to hold many different kinds of activities in the library's 3,000 square foot building.

Jane's work at Bellaire Public Library reaffirms that small libraries can offer big services. Her creativity and innovation in programming have inspired her staff and her community to think big. Kay Rankin, President of the Bellaire Friends of the Library described Jane as "a creative, enthusiastic, and energetic leader . . . She makes people feel needed and appreciated. Jane has simply transformed our library into a thriving, vital part of our community."



Jane Gyulveszi

Senior Living Marketplace

Two Great Locations

Culver Meadows

Adult Foster Care 231-943-9421

Senior Living 231-943-9430

A family owned & operated business since 1994

Manager 231-633-9430
Trina Jewett 231-633-5840

manager@culvermeadows.com Trina@culvermeadows.com

Specializing in Alzheimer & Dementia Care

- Medical Team, Chronic Care Management
- Total Case Management Available
- Located in Traverse City
- Near Munson & Shopping
- In Home Care, Physical, Occupational & Speech Therapy
- Dietary Management • Podiatrist
- Medical Management
- Homemade Nutritional Meals
- Whole Building Generator
- Memory Care • Hospice Care
- ALL Levels of Care Provided
- Long Term Care Insurance Accepted

"Your Home Away From Home"

FOR SPECIALS & TO TAKE A VIRTUAL TOUR, VISIT: WWW.CULVERMEADOWS.COM

Call us today to schedule a visit and enjoy lunch on us!

Charlevoix (231) 622-7144
615 Petoskey Ave.
Charlevoix, MI 49720

American House SENIOR LIVING COMMUNITIES

AmericanHouse.com

Quality Senior Care at Affordable Rates

FRENCH MANOR ASSISTED LIVING

908 & 919 W. 7th St. (near Munson Medical Center)
3735 Yorkshire Dr. (near S Mills Road)
3090 LaFranier Rd • New Location • Opening in August
415 S. Elmwood

231-929-8131

www.FrenchManorSeniorLiving.com

THIS SPACE FOR RENT

CALL TODAY 231-631-5651

Call Ann Today to Schedule A Tour 231.225.4903

BOARDMAN LAKE GLENS

Senior Assisted & Independent Living on the Water

1400 Brigadoon Court, Traverse City • BoardmanLakeGlens.com

ORCHARD CREEK SENIOR LIVING AND HEALTH CARE

ASSISTED LIVING 231-932-9060

NURSING/REHABILITATION 231-932-9272

DEMENTIA CARE 231-932-9020

SENIOR APARTMENTS 231-932-9121

One place to call home. www.orchardcreektc.com

Cherry Hill Haven ASSISTED LIVING

CHERRY HILL HAVEN OF TRAVERSE CITY

4885 N. Long Lake Rd. Traverse City, MI 49684
PH: 231-645-2341
FX: 231-933-0706

Effie's Place ASSISTED LIVING

EFFIE'S PLACE

300 Grand Ave Leland, MI 49654
PH: 231-256-8874
FX: 231-994-2258

Woodside Village Senior Apartments

Semi-Assisted Senior Living

Southridge Assisted Living

Quality Care at an Affordable Price
3020 La Franier • Traverse City
(Next to Birchwood Nursing Facility)

231-933-4339

Continuum of care • Lovely wooded setting • Safe, secure environment
Locally owned and operated • Chef-prepared meals - Pet friendly

THIS SPACE FOR RENT

CALL TODAY 231-631-5651

CHERRY HILL HAVEN OF KALKASKA

3412 American Way Williamsburg, MI 49690
PH: 231-258-5900

Programs of Baruch Senior Ministries

THIS SPACE FOR RENT

CALL TODAY 231-631-5651

FUN & games

King Crossword

Monthly SUDOKU

by Linda Thistle

	5			1		8		
		9		2		3		
3	8		4					9
		4		7				3
	2		1		6			4
1				8		5	2	
	6				3		4	
		7	2					1
8				6		2		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

© 2020 King Features Synd., Inc.

Answer on page 5

MAGIC MAZE ● — STREET

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: **Most Crooked Street in the World**

Across the Back	Dead-end	High	Sesame
Basin	Downing	Main	Two-way
Bourbon	Easy	Narrow	Wall
	Fleet	One-way	

©2020 King Features Syndicate, Inc. All rights reserved.

Answer on page 5

ACROSS

- 1 Work units
- 5 Urban carrier
- 8 Wanders
- 12 Hoodlum
- 13 Bobby of hockey
- 14 Leave out
- 15 Atmosphere
- 17 With skill
- 18 Godlike
- 19 Indefinite interval
- 21 To and —
- 22 Regimen
- 23 Sheepish comment
- 26 Mess up
- 28 Manicurist's concerns
- 31 Mater preceder

- 33 Insult (Sl.)
- 35 Nike slogan, "Just —"
- 36 Unpaid bills
- 38 1960s Pontiac
- 40 Homer's neighbor
- 41 Faraway fleet?
- 43 Actress Thurman
- 45 Help
- 47 Least adorned
- 51 Physicist Niels
- 52 Food of the gods

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15				16					17			
18							19	20				
				21			22					
23	24	25		26		27		28			29	30
31			32		33		34		35			
36				37		38		39		40		
			41		42		43		44			
45	46						47			48	49	50
51					52	53						
54					55				56			
57					58				59			

- 54 Tourney situations
- 55 Wire measure
- 56 Soda fountain treat
- 57 Right on the map?
- 58 Snoop
- 59 Arctic diving birds
- 5 Massachussetts city
- 6 Joan of —
- 7 The staff of life
- 8 Proceed
- 9 Drive
- 10 Pickling herb
- 11 Eyelid woe
- 16 Ireland
- 20 Victory
- 23 Evil
- 24 Brewery product
- 25 Surprise attacks
- 27 Tractor-trailer
- 29 Falsehood
- 30 Norm: Abbr.
- 32 Originally
- 34 Unshaven, in a way
- 37 "Mayday!"
- 39 Mr. Sharif
- 42 Postage buy
- 44 Scent
- 45 Singer Lane
- 46 Protein-rich bean
- 48 Birthright barterer
- 49 Symbol of smoothness
- 50 Body pics
- 53 Russian space station

DOWN

- 1 "Zounds!"
- 2 Jim of sports radio
- 3 Asian desert
- 4 Express disdain nasally

© 2020 King Features Synd., Inc.

Answers on page 5

The Spats



by Jeff Pickering

RECIPE

COMFORT FOODS MADE FAST AND HEALTHY!
By Healthy Exchanges

(c) 2020 King Features Synd., Inc.

American Cheese Meatloaf

Here is a wonderful new version of one of our favorite comfort foods to try. We predict that it will become a favorite in your family too.

- 16 ounces extra-lean ground turkey or beef
- 1 cup plus 1 tablespoon dried fine breadcrumbs
- 1 cup finely chopped onion
- 1/4 cup finely chopped green bell pepper
- 1 (10 3/4-ounce) can reduced-fat tomato soup
- 1 teaspoon prepared yellow mustard
- 1 teaspoon dried parsley flakes
- 1/8 teaspoon black pepper
- 3 (3/4-ounce) slices reduced-fat American cheese

1. Heat oven to 350 F. Spray a 9-by-5-inch loaf pan with butter-flavored cooking spray.
2. In a large bowl, combine meat, breadcrumbs, onion, green pepper and 1/3 cup tomato soup. Mix well to combine. Pat mixture into prepared loaf pan. Bake for 45 minutes.
3. Stir mustard, parsley flakes and black pepper into remaining tomato soup. Spread soup mixture evenly over partially baked meatloaf. Evenly arrange cheese slices over top. Bake for an additional 15 minutes or until meatloaf is cooked through and cheese is melted.
4. Place loaf pan on a wire rack and let set for 5 minutes. Cut into 6 servings. Freezes well.

* Each serving equals: 200 calories, 8g fat, 17g protein, 15g carb., 484mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 Starch.

Harbor Care Associates, LLC

HOME HEALTH CARE

SERVING TRAVERSE CITY, PETOSKEY & NORTHWEST MICHIGAN
"Changing Lives One Visit At A Time"

Home Health Care Services for Traverse City, Petoskey, and Northwest Michigan

We offer in-home care for clients throughout the areas of Traverse City, Petoskey, and Northwest Michigan. We specialize in elder care, spinal cord & closed head injury, and dementia.



We're available 24 hours a day, 7 days a week. One of our helpful staff members will answer your call personally!

Please call for more information ~
231-373-5772

Visit us at www.harborcareassociates.com for more information

For generations...
the Jonkhoff family and
caring staff are the ones you
can trust and depend on...
today and tomorrow.



Pictured at top: Dan Jonkhoff (fifth generation funeral director/co-owner), Peg Jonkhoff (Administrative Director/co-owner). At bottom: Christy Jonkhoff-Hater and Lindsey (Jonkhoff) Rogers (sixth generation funeral directors).



305 Sixth Street, Traverse City, MI 49684 • 231-947-6347
Dan Jonkhoff, Manager • www.reynolds-jonkhoff.com

Summer Outside Tips for Seniors

The weather has shifted and Summer is upon us. With that comes longer days and warmer temps. In many of us, it evokes a desire to get outside and enjoy life to the fullest- why wouldn't you?! However, taking some precautions while doing so is always a good idea. Exterior house, yard and garden projects are at the top of the list! If you are intending to work in your yard on some home improvement or aesthetic improvements, make sure you:

- Dress in light layers of clothing, wear a hat and comfortable shoes if you're working in differing elevations
- Hydrate and fuel your body before going outside & bring some water outdoors with you
- Don't forget to Wear sunscreen, bug spray and a hat
- If you're working outside alone, call a friend or family member to let them know. Make sure your cell phone is handy nearby



Kellie Sergent
Realtor®
Senior Real Estate Specialist®
Cell: 231-499-1814
Office: 231-264-4500
www.c21northland.com

CENTURY 21
Northland



CHERRY HILL HAVEN
OF TRAVERSE CITY
4885 N. Long Lake Rd.
Traverse City, MI 49684

PH: 231-645-2341
FX: 231-933-0706

*Specializing in Dementia
& Memory Care*

CHERRY HILL HAVEN
OF KALKASKA
3412 American Way
Williamsburg, MI 49690

PH: 231-258-5900

Assisted living is right for you. True or False!

True or False: When I run out of money, I must move into a nursing home?

False! Cherry Hill Haven offers an income-based program to allow seniors to age in place. The Income Based Program will reduce the monthly fee of a qualified prospective or current resident to the amount of his or her actual monthly income, and will allow a resident to remain at Cherry Hill Haven Assisted Living as long as he or she wishes, regardless of financial circumstances

True or False: I need more care today than when I moved in. Now, I must pay more or move to a nursing home.

False! Cherry Hill Haven is set up in small home like environments that can absorb increases in care, allowing residents to age in place. Also, due to our flat rate structure, there are no increases in a resident's room rate due to care.

True or False: After I move into an assisted living or memory care facility there is nothing to do!

False! Cherry Hill Haven offers a robust schedule of activities and events put on by our volunteers and life enrichment department. One of our main attractions is our music therapy provided by Young at Heart Music weekly!

Check us out on Facebook to see recent events and activities! @cherryhillhaventraverse

If you or your loved one is struggling with the idea of moving into an assisted living community for any reason, please contact us and we will try to help as best we can!

Watch Out for Financial Scams Related to Virus

On one hand, the coronavirus has brought out the best in us. People across the country are pitching in to help others, from providing protective masks to health care workers to holding video chats with confined residents of assisted living homes to simply buying gift cards to support local businesses. On the other hand, a small number of bad actors are taking advantage of the situation to try to defraud people. How can you guard against these virus-related scams?

For starters, be aware of three common scams connected to the coronavirus:

- **Websites claiming to help and track the pandemic** — Look out for websites that claim to help you work remotely or provide financial resources to the afflicted. These sites may try to trick you into giving up personal information, donate money or load malware onto your computer. Don't trust information technology (IT) "helpdesk" agents you don't know. And check out any obscure organization claiming to help virus victims. You can easily find many legitimate groups that actually work to alleviate suffering, and that deserve your support. To find these reputable organizations, go to an online clearinghouse, such as charitynavigator.org, which rates thousands of groups on

their financial health, accountability and transparency.

- **Products claiming to prevent or cure the disease** — When there's a real treatment or vaccination for COVID-19, it will be big news, and you will hear about it. Until then, ignore any claims for pills, potions, prescriptions or other products that promise "miracle" cures. Not only will they waste your money, but, if you click on attachments from "phishing" emails advertising these fake treatments, you could end up supplying crooks with sensitive data, such as your online account logins, passwords, and credit card and bank account details. You can find a great deal of health information on the virus at the Center for Disease Control website (www.cdc.gov), of course, but if you or your loved ones are feeling ill, please contact a physician.



John Elwell
Financial Advisor

3588 Veterans Dr.
Traverse City, MI 49684-4569
231-947-0079

Edward Jones
MAKING SENSE OF INVESTING

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.



Assisted Living – When's the Right Time?

You've made the choice to care for your loved one, and that choice is home. At times, caring for someone can change due to circumstances or crisis. Below are poignant questions to ask yourself:

Questions about yourself (the caregiver):

1. Am I continuously exhausted?
2. Is my health becoming a factor in being able to care for my loved one?
3. Am I short tempered or resentful with my loved one or other family members?
4. Are you so burned out that doing something for yourself feels like one more thing to do?
5. Is the situation affecting your life

with other family members? Such as: spouse, children, grandchildren

6. Have you had to stop activities that you truly enjoy, to care for your loved one? Such as: volunteering, church work, employment, etc.

If you answered yes to any of these it's time to consider assisted living. For information on cost and funding, please call or email.



Connie Hintsala
Owner & President

231-263-4040
connie@AllianceforSeniorHousing.com
www.AllianceforSeniorHousing.com