



THE SENIOR SCOOP



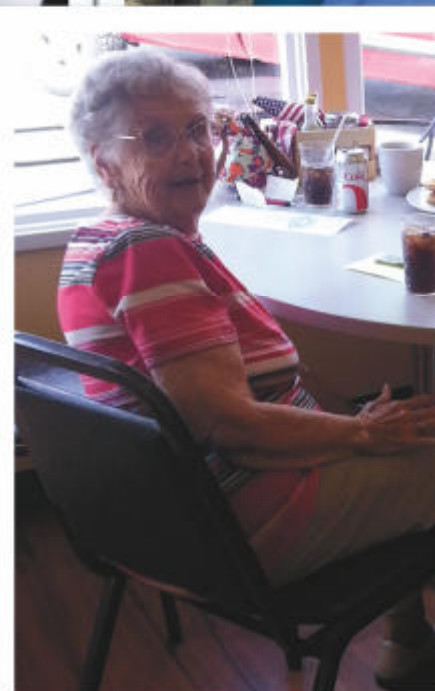
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Be supported.
Be home.*



October 2018

INSIDE THIS ISSUE

Directory/Subscription	2
Caregiver Training	3
Eating a Rainbow	4
Crossword Puzzle	5
Menu	6
Calendar of Events	7
Dawn's Dish	8
Bulletin Board	9
Election Information	10
Recipe/ Benzie Bucks	11
Birthdays	12
Donation Information	13



If you have eaten at The Gathering Place in the past decade, you probably met Geri Killeen. She greeted folks at the door and rolled out silverware. She brought coffee to those whose mobility was failing. She was also known to shovel snow and send us notes when she travelled. Geri passed away on September 4th, 2018 and will be dearly missed. She was 94 years old.





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Benzie Senior Resources is 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 private donations and grants from GT Band of Ottawa and Chippewa Indians 2% Allocation; Delta Dental Foundation, GT Regional Community Foundation, Rotary Charities of Traverse City & Benzie County Community Chest.

Benzie Senior Resources will not discriminate against any individual or group because of race, sex, religion, age, national origin, marital status, disability, or political beliefs.

DIRECTORY

Phone: 231-525-0600 or
Toll Free: 888-893-1102
Fax: 231-325-4855
Email: info@BenzieSeniorResources.org
Website: www.BenzieSeniorResources.org
facebook: [@benzieseniorresources.org](https://www.facebook.com/benzieseniorresources.org)

Benzie Senior Resources Office Hours

Monday – Friday:
8:30 a.m. – 4:00 p.m.

The Gathering Place Senior Center Hours

Monday–Friday
8:00 a.m.–4:00 p.m. with exception to
special events and inclement weather.

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

Benzie Senior Resources
10542 Main Street
Honor, MI 49640

Douglas Durand, Executive Director

Dawn Bousamra, Editor

NEWSLETTER SUBSCRIPTION FORM

NAME _____ DOB: ____/____/____

ADDRESS _____

CITY/ST/ZIP _____ DATE _____

EMAIL _____

If you would like a copy of this newsletter mailed to your home OR emailed to you each month, please mail this form to the Benzie Senior Resources office, 10542 Main St, Honor, MI 49640. For annual mailing the subscription fee is \$10.00 which helps to cover printing and mailing costs. Subscription expiration dates are listed on the bottom of the mailing label. You can also find this newsletter on our website at www.benzieseniorresources.org under the NEWS tab.

Caring for Someone Living with Dementia or Memory Loss?

What is Creating Confident Caregivers®?

Based on the university-tested Savvy Caregiver program, Creating Confident Caregivers® offers information and skill-building activities to increase participants' effectiveness as caregivers.

YOU WILL LEARN:

- Dementia & its effects on the brain
- Reducing caregiver stress
- Improving caregiver self-confidence
- Creating a positive caregiving environment
- Planning activities for your family member based on their strengths

Workshops meet for 6 weeks, in 2 hour sessions each week. Workshops are offered in convenient, easily accessible community locations, and are offered for free, or at very low cost to participants.

WHO CAN ATTEND?

Any caregiver of a family member that still resides at home and is living with Alzheimer's disease, memory loss, or other form of dementia.

FREE RESPITE CARE

Care for a family member with dementia or memory loss may be available, free of charge, while the caregiver is attending the workshop. Please ask for details when registering.

2018 Workshop to be held at the

Area Agency on Aging of Northwest Michigan

1609 Park Drive,
Traverse City, MI 49696

Meet once a week for 6 weeks

Wednesdays, 1:00-3:00 pm

October 31, November 7, 14, 21, 28
and December 5, 2018

No cost to attend. Optional donations appreciated. Space is limited (12 participants) and pre-registration is required. Register with Sharon at

1-800-442-1713

Or online at www.aaanm.org/workshop-registration

AREA AGENCY ON AGING
— of Northwest Michigan —

For more information about CCC workshops offered in Northwest Michigan, please visit www.aaanm.org/caregiver-workshops.

If you received Senior Project Fresh coupons please note they expire on October 31st.



Eating A Rainbow

GREEN

Eat, juice & blend more green for these potential health benefits:

- Up-regulate detox enzymes in the liver
- Slow macular degeneration
- Improve eye health
- Reduce risk for certain cancers like colon, bladder and breast



MICRONUTRIENTS:

Sulforaphane
Magnesium
Iron
Calcium
Lutein
Potassium
Vitamin K
Folate

RED

Eat, juice & blend more red for these potential health benefits:

- Reduce risk of stroke and macular degeneration
- Reduce inflammation
- Promote heart health
- Help protect against prostate cancer



MICRONUTRIENTS:

Lycopene
Anthocyanin
Ellagic acid
Vitamin C
Quercetin

ORANGE/YELLOW

Eat, juice & blend more orange and yellow for these potential health benefits:

- Boost antioxidant intake
- Promote anti-inflammation
- Keep eyes and skin healthy
- Provide electrolytes and anti-inflammatory compounds to reduce post-exercise sore muscles



MICRONUTRIENTS:

Beta carotene
Alpha carotene
Potassium
Vitamin C
Vitamin A

BLUE/PURPLE

Eat, juice & blend more blue and purple for these potential health benefits:

- Increase antioxidant consumption
- Promote anti-inflammation in the heart and blood vessels
- Support the immune system
- Improve skin health and help prevent wrinkles



MICRONUTRIENTS:

Vitamin C
Potassium
Folate

Crossword Puzzle

Ghostbusters



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

MARSHMALLOW MAN
ECTO
RAY
GESTATION
GHOST
GATEKEEPER
PETER
PKEMETER
WINSTON
FIRE STATION
STREAM
GOZER
TRAP
DANA
ZUUL
JANINE
TOBIN
NEW YORK
EGON
SLIMER

Play this puzzle online at : <http://thewordsearch.com/puzzle/12684/>

DID YOU KNOW?

- THE FIRST "JACK-O-LANTERNS" WERE ACTUALLY MADE FROM TURNIPS
- SAMHAINOPHOBIA IS THE FEAR OF HALLOWEEN
- MORE SWEETS ARE SOLD ON 28TH OCTOBER THAN ANY OTHER DAY OF THE YEAR IN THE USA
- HALLOWEEN IS THE SECOND HIGHEST GROSSING COMMERCIAL HOLIDAY AFTER CHRISTMAS
- THE WORLD'S LARGEST PUMPKIN WEIGHED 850KGS
- 99% OF ALL PUMPKINS SOLD ARE USED FOR JACK-O-LANTERNS FOR HALLOWEEN



October Menu

Lunch is served Monday thru Friday at The Gathering Place from 11:30 a.m. — 1:00 p.m.

Menu is subject to change without notice

Meal cost is \$4.00 suggested donation for those age 60 and older

Under 60 is \$7.50 and \$5.00 for Caregivers under 60

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Parmesan Spinach Capri Blend Garlic Toast Apricots	2 Shepard's Pie Green Peas Carrots Bread Banana	3 Bratwurst and Peppers on Bun Green Beans Cauliflower Fruit Cocktail	4 Seasoned Beef Tacos Refried Beans Baked Peaches	5 Caribbean Pork Roast Sweet Potatoes Malibu Blend Bread Tropical Fruit
8 Manicotti Italian Blend Corn Garlic Toast Peaches	9 Greek Pita Sandwich Pesto Cauliflower Carrots Banana	10 Sweet Potato Encrusted Pollock Malibu Blend Roasted Brussel Sprouts Bread Pineapple	11 Chicken Stir-fry over Rice Far East Blend Broccoli Fortune Cookie Mandarins	12 Slow Roasted Beef Herb Mashed Potatoes California Blend Bread Applesauce
15 Homestyle Roasted Turkey Herb Mashed Potatoes Green Beans Bread Bonnie's Cranberry Sauce	16 Steakhouse Burger Baked Beans Spinach Banana	17 Baked Penne with Sausage Green Peas Key West Blend Garlic Toast Fruit Cocktail	18 BBQ Meatballs Tater Tots Broccoli Bread Pineapple	19 Baked Chicken Parmesan Garlic Mashed Potato Carrots Bread Plum
22 Sloppy Joes Sweet Potato Tots California Blend Aprcots	23 Salisbury Steak Herb Mashed Potatoes Roasted Brussel Sprouts Bread Banana	24 Whole Wheat Blueberry Pancakes Breakfast Sausage Scrambled Eggs Cinnamon Apples	25 Pollock Almondine Roasted Potatoes Normandy Blend Bread Pineapple	26 Homemade Lasagna Italian Beans Pesto Cauliflower Garlic Toast Peaches
29 Crispy Cod Sandwich Sweet Potato Tots Normandy Blend Plum	30 Homemade Meatloaf Herb Mashed Potatoes Broccoli Pear	31 Ghoulash (boo!) Rest in Green Peas Carrot Fingers Goblin Bread Frightful Fruit Cocktail		



October Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba—\$3	2 10:30 Music by The Melody Makers 11:30 Lunch NO CHAIR YOGA 5:15 Zumba—\$3	3 8:30 Tunnel of Trees Trip 8:30 Zumba—\$3 9:00 Foot Clinic at Admin. Office by Appointment only 10:00 Stretch w/Doris 11:30 Lunch—October Fest! 12:30 Bingo 1:15 PLARN	4 9:00 Hearing Clinic at Admin. Office by Appointment only 10:00 Bible Study 11:00 Flu Shot Clinic 11:30 Lunch 1:00 BUNCO	5 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support
8 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba—\$3	9 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5 5:15 Zumba—\$3	10 8:30 Zumba—\$3 9:00 Foot Clinic at Admin. Office by Appointment only 10:00 Stretch w/Doris 11:30 Lunch NO BINGO OR PLARN 1:00 CLOSING for Empty Bowls Soup Nite 4:00 Empty Bowls	11 8:30 Little River Casino 10:00 Bible Study 11:30 Lunch—The Maples Blood Pressure Clinic 1:00 BUNCO	12 9:30 BUNCO 11:30 Lunch—October Birthday Party 1:00 Wii Bowling 1:00 Tech Support
15 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba—\$3	16 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5 5:15 Zumba—\$3	17 8:30 Zumba—\$3 9:00 Foot Clinic at Admin. Office by Appointment only 10:00 Stretch w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN 4:30 Board of Directors Meeting	18 10:00 Bible Study 11:30 Lunch—Blood Pressure and Blood Sugar Clinic with Kate 1:00 BUNCO	19 9:30 BUNCO 11:30 Lunch—PINK DAY 1:00 Wii Bowling 1:00 Tech Support 
22 10:00 Yoga 11:30 Lunch—Mr. Potato Head Pumpkin Decorating 12:00 CARDS 2:30 Zumba—\$3	23 9:00 Estate Planning at Admin. Office by Appointment only 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5 5:15 Zumba—\$3	24 8:30 Zumba—\$3 9:00 Foot Clinic at Admin. Office by Appointment only 10:00 Stretch w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN	25 8:30 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	26 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support 6:00 Ol' Time Gathering
29 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba—\$3	30 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5 5:15 Zumba—\$3	31 HAPPY HALLOWEEN 8:30 Zumba—\$3 9:00 Foot Clinic at Admin. Office by Appointment only 10:00 Stretch w/Doris 11:30 Lunch—COSTUME PARTY 12:30 Bingo 1:15 PLARN		

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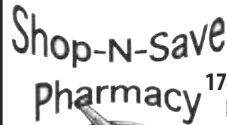
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Christopher Charland
Western District Manager

231-409-0648 cell
christopher_charland@us.aflac.com



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3-D-5-5

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15-0688/o

Dawn's Dish

Please note: The Gathering Place Senior Center is closing at 1:00 p.m. on Wednesday, October 10th to prepare for Empty Bowls Soup Nite fundraiser. We will not have Bingo or PLARN.

All participants in the Congregate Meal Program (The Gathering Place) must fill out a **NEW NAPIS** form starting October 1st. We are **REQUIRED** to have an updated form each year. Please don't give my fabulous front desk volunteers a hard time when they ask you to fill it out. This form is part of us maintaining our guidelines set in place by Area Agency on Aging of Northwest Michigan.

Wednesday, October 3—Tunnel of Trees Trip. Our yearly excursion to this beautiful drive is leaving at 8:30 a.m. and will return around 5:00 p.m. We'll stop at Good Hart General Store where you can buy a Homemade Chicken Pot Pie (if you'd like—they are AMAZING!) for later and we'll grab lunch at Legs Inn. Call to sign up at (231) 525-0601. Trip fee is \$10.00 and you are responsible for buying your own lunch at Legs Inn.

Wednesdays, October 3, 10, 17, 24, 31—Foot Clinic at the Benzie Senior Resources Administration Office. Call 231-525-0600 for your appointment. While we don't charge a fee, we really appreciate donations toward this service by those who use it.

Wednesdays, October 3, 17, 24, 31—1:15 p.m. PLARN. Crochet plastic mats to donate for the homeless. No experience is necessary. Remember there is NO PLARN on October 10.

Thursday, October 4—Flu Shot Clinic with Rosemary Russell, R.N. sponsored by Hometown Pharmacy. 11:00 a.m.—1:00 p.m. Bring your insurance cards.

Fridays, October 5, 12, 19, 26—Tech Support with Robert. Call 231.525.0601 to schedule your appointment.

Thursdays, October 11 & 25—Little River Casino Trip. **Please note the change in departure time.** Leave The Gathering Place at 8:30 a.m. and Shop-n-Save at 8:45 a.m. Trip fee \$10. You will still receive a \$5 food voucher but now guests have to earn 10 points on their card before earning the \$20 in River credits. The credits will download automatically on their card. Return by 3:00 p.m. Space is limited so call now to reserve a seat. 231-525-0601 or toll free at 877-277-1306. **Cancel within 24 hours of trip or pay trip fee.**

Friday, October 12—Birthday Party! Join us during lunch for cake to celebrate those born in October!

Thursday, October 18—Blood Pressure and Blood Sugar Checks with Kate from Paul Oliver Living & Rehabilitation Center during lunch.

Friday, October 19—Pink Day! October is Breast Cancer Awareness Month. Wear pink (yes, men too!) whether it's your whole outfit, a ribbon, socks, hat, bracelet or lipstick. Let's show our support!

Monday, October 22—Decorate your pumpkin with Mr. Potato Head pieces and get ready for Halloween!

Friday, October 26—Ol' Time Gathering music, dancing and potluck. Please bring a dish to pass. All ages are welcome. No charge to attend and donations are accepted. Music starts at 6:00 p.m. with a potluck dinner at 7:00 p.m.

Wednesday, October 31—Halloween Party during lunch! Wear your favorite costume and you'll get a prize! What do you have to lose? Get creative and impress me. All ghosts, goblins and witches are welcome.



Bulletin Board

THE EDMUND FITZGERALD

The Stories - The Song

Monday, Oct. 29, 2018

6:30 pm

@ Mills Community House-Upper Level

Home of Benzonia Public Library
891 Michigan Ave., Benzonia

2018 Self-Management Workshops

Area Agency on Aging of Northwest Michigan

1609 Park Drive, Traverse City, MI 49686

Meet once a week for 6 weeks*

Chronic Pain PATH

Sundays, 1:30-4:00 PM

September 9, 1, 23, 30, October 7 & 14, 2018

Diabetes PATH

Mondays, 1:00-3:30 PM

October 29, November 5, 12, 19, 26,
And December 3, 2018

No cost to attend. Donations appreciated. Space is limited
(10-15 participants) and registration is required.

Register with Sharon at **1-800-442-1713**

Or online at www.aaanm.org/workshop-registration

*Participants must join the workshop in session 1 or 2.

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The Benzie Area Alzheimer's Caregivers Support
Group meets at 2:00 p.m. on the first
Wednesday of each month in the REMEC room at
Paul Oliver Memorial Hospital in Frankfort. Friends
and family members of those with memory loss, Al-
zheimer's or other dementia issues are welcome. For
information, contact Nancy VanderLinde 231-399-
0253 or
vanderlinde1233@gmail.com or Jeanette McNinch at
POMH, 231-352-9621.



VOTING

- 1. This is a pivotal election.** All 435 seats in the U.S. House of Representatives, 35 U.S. Senate seats, 36 governorships, about 80 percent of state legislative posts, and scores of mayors and judgeships are on the ballot this fall.
- 2. You must be a citizen to vote.** American citizens — whether born here or naturalized — who will be at least 18 years old on Election Day are eligible to vote.
- 3. You must be registered** in order to vote. Not sure if you are registered? You can check your status through your state board of elections or at vote.org.
- 4. Cast your ballot:**
 - **In person.** You can go to your polling place on Election Day, Tuesday, Nov. 6. Most election boards will notify you by mail of your polling place and voting times or you can find that information on their websites.
 - **Via an absentee ballot:** Every state will mail you an absentee ballot upon request. The applications are often available online.
- 5. You will need an ID to vote.** Voters must show some form of identification at the polls, such as a driver's license or passport.
- 6. There are many ways to learn about a candidate.** Many states provide sample ballots to voters before the election, and some publish voter pamphlets that include profiles and backgrounds of the candidates. AARP's [Know Your Candidates](#) guide has links to websites for all federal and statewide candidates. In addition, there are several organizations that provide election information: Votesmart.org; RealClearPolitics.com; Ballotpedia.org; and PolitiFact.org.
- 7. There are more than 150 measures on state ballots across the country.** To learn about initiatives in your area, visit your secretary of state's website. Many states ask nonpartisan groups, including AARP, to write objective descriptions of ballot initiatives, as well as give supporters and opponents the opportunity to write pro and con statements.
- 8. You can research how incumbents voted.** If you are interested in a particular bill or topic, you can look up roll call votes for the Senate or House of Representatives on the Congress.gov page of the Library of Congress website.
- 9. Federal laws are in place to help people with disabilities vote.** The Americans With Disabilities Act requires that voting be accessible to people with disabilities. What's more, the Help America Vote Act mandates that every polling place have at least one accessible voting station and that poll workers be available to help people who need assistance. Each polling place must have equipment that can mark the ballot for someone who cannot do so and feature large type for voters with visual difficulties.
- 10. AARP and TurboVote team up to make voting easy.** You can be the difference and vote to hold the politicians accountable on issues such as Medicare, Social Security, prescription drugs, caregiving and financial security.

Excerpt from AARP website



Recipe

PUMPKIN ALFREDO

INGREDIENTS

- 8-12 ounces fettuccine egg pasta
- 2 tablespoons butter
- 5 garlic cloves, minced
- 1 cup pumpkin puree (canned pumpkin)
- 2 1/2 cups heavy whipping cream
- 1/2 cup grated Parmesan cheese



INSTRUCTIONS

1. Cook the fettuccine according to package directions. Reserve 1 cup of the cooking liquid in case you want to thin out your sauce.
2. Heat the butter over medium heat. Add the garlic; saute until soft and fragrant. Add the pumpkin and heavy whipping cream. Simmer until slightly thickened. Add the cheese and stir to combine.
3. Toss the pasta in the sauce and thin as needed using the reserved cooking liquid. Top with additional Parm and season to taste.



When is the next Benzie Bucks Auction? I'm glad you asked! It's Friday, November 30th at 1:00 p.m.

So...now is the time to bring your items for the auction down to The Gathering Place! What can you bring? Anything but clothes please.

The Benzie Bucks will be given out daily to those who join us for lunch or an activity starting on October 15th. Please see me if you didn't receive your Bucks when you were at The Gathering Place. Collect your bucks, save 'em up and get ready for some crazy bidding!



October Birthdays

Faith Dulaney	1	Geoffrey Allen	13	Terry Montgomery	21
Sylvia Bennett	1	Terry Cheeseman	13	Alda Cook	22
Donald Champine	2	Bonnie Forbes	13	Bob Grooters	22
Charlotte Warden	2	Lynette Grimes	13	Betty Mathias	22
Laurie Rivera	3	Marleen McPherson	13	Dale Boughner	23
Merryleesa Wilkins	4	Michelle Leines	14	Kurt Giddis	25
Phyliss Crowell-	5	Bob Powell	14	Ed Gipson	25
VanHammen		Shirley Sexton-	14	Lawrence Muzzarelli	25
James Loucks	6	Damore		Jeff Sattler	25
Chris Pietrusza	6	Clyde Kastl	15	Barbara Baltazar	26
Barbara Knight	8	Carol Ebright	16	Charles Hicks	26
Judith Parker	9	Doris Loll	16	Cynthia Scott	27
Terry VanHeyningen	9	Margaret Marcum	16	Betty Gardner	28
Tom Marsden	10	George Hillier	17	Julia Hyll	28
Linda Remington	10	Rob Janusch	17	Flavia Nicolanti	28
Judy Acha	11	John Tuohimaa	17	Bruce Toms	29
Betty Croft	11	Jim Vanhammen	17	Robert Dipzinski	31
Lois Ballard	11	Elizabeth Norris	19	Gloria Ellis	31
Susana Green	12	Fred Poynor	19	Robert Scholl	31
Kathy Maddasion	12	Sharron McCollum	21	Beverly Thomsen	31

If we forgot your birthday we are truly sorry. If you'd like your name removed from the list, let us know.



Donations

Giving is not just about making a donation. It's about making a difference.

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 will continue to be 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.

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.

If you have any questions, please feel free to call us at (231)525-0600 or toll free 888-893-1102, or email at info@BenzieSeniorResources.org

DONOR INFORMATION:

Name: _____

Check here if you wish to remain ANONYMOUS

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Amount Enclosed: _____

Type of Donation (please circle): Legacy Tribute Other

Make Checks Payable To: Benzie Senior Resources

*Benzie Senior Resources is an independent 501c3 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.*

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



BENZIE

SENIOR RESOURCES

10542 Main Street, Honor, MI 49640

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According to the USDA about three-fourths of Americans has an eating pattern that is low in vegetables, fruits, dairy and oils. More than half is meeting or exceeding total grain and total protein foods recommendations and most exceed the recommendations for added sugars, saturated fats and sodium. Making **six food choice shifts** over time can result in huge improvements in weight and health.

The 2015-2020 Dietary Eating Guidelines recommends that we:

- Shift to decrease calories (sugar, fat and high calorie protein) in your diet.
- Shift to whole fruit which contain less sugar and calories than products with sugar added.
- Shift to whole grains that have not been overly processed like refined grains. Whole grains are high in major nutrients and fiber which is needed for a healthy digestive system.
- Shift to choosing unsalted snacks that are healthy snacks, not sugar laden snacks and high in carbohydrates and calories.
- Shift to cooking with oils that are either polyunsaturated or monounsaturated. These oils are better to use in cooking and are heart-healthy.
- Shift to limiting sugary beverages in your eating pattern as a way to decrease extra calories that can lead to weight gain and obesity.

**Please, share this
newsletter!
Thank you!**