



BENZIE

SENIOR RESOURCES

November 2019

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Our Tranquility Garden Dedication was a success! We had great weather, donuts, & apple cider. Thank you Robert Swanson for DJ'ing our event. A special thank you to the following donors: Rosie & Harry Friend; Rick Cook & Pat Lull; Linda & Jeff Stockman; Betty Orr; Warren Putney & Gail LeTourneau; Susan Glass; Douglas Durand; Lester & Mary Brownell; Jack Cramer; Susan Steben; Bill Ward; Cynthia Clark; Lori & Mark Richmann; Faith Dulaney; Larry and Carol Poulisse; Linda Saffron; Josie Pape; John & Margie Jenkins and Tanya Struble. Congrats to prize winners: Janice Cooney, Barbara Baltazar and Peggy Nostrandt!



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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, Grand Traverse 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)
The Gathering Place: 231-525-0601

Benzie Senior Resources Office Hours
Monday – Friday: 8:30 a.m. – 4:00 p.m.

The Gathering Place Senior Center
Hours are 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

Angela Haase copy/finish edits

NEWSLETTER SUBSCRIPTION FORM

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ADDRESS _____

CITY/ST/ZIP _____ DATE _____

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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. There is no charge for emailing. 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, at our Benzie Senior Resources office and at The Gathering Place.



From our Director

Greetings,

It's hard to believe that we are into November and the big holiday season is almost upon us! The fall colors have come on strong during the past several weeks and I enjoyed watching them develop on my commute to work. The Thompsonville Road and M-115 corridors from Cadillac to Copemish have been spectacular. Truly Mother Nature's work of art!

It's that time of year again, too, when we reach out to our giving community for help in spreading the spirit of Christmas to Benzie County homebound seniors for our Annual Holiday Christmas Gift Bags. Benzie Senior Resources is making the season extra special by assembling and delivering holiday gift bags to 200+ seniors. This is our way of reminding our homebound seniors that they are not forgotten. Each bag is filled with a variety of items such as: lip balm; hand lotion; facial tissue; socks; large print crossword/word search puzzle books; protein/breakfast bars; handkerchiefs and paper towel. Many recipients often say this is the only gift they receive all season. If you're interested in donating any of the above items, you can drop them off at either The Gathering Place Senior Center or at Benzie Senior Resources by December 9th. Please help us spread some Christmas Cheer!

Okay, I hate to bring up the subject of snow, but we are getting ready for our Snow Removal Program. The season is from November 11, 2019 through April 30, 2020 and we will continue to use a voucher system for this service. To participate in this program, you must provide proof of the total monthly gross household income. Based on the gross monthly **household** income (Social Security income, retirement/pensions, etc.), a sliding scale fee will be used to determine your cost per voucher. Please bring in your most recent bank statement, 2019 Social Security benefit amount letter or 2018 income tax return forms. It is possible to purchase up to 15 vouchers for the season. Vouchers will be available to purchase beginning November 4th.

November is also National Family Caregivers Month. This is a great opportunity to honor those who are the primary caregiver for an aging or disabled loved one. Caring for a friend or family member is rewarding and challenging. Caregiving is a demanding task and it is easy to neglect one's own health and well-being when you are involved with meeting your loved one's needs. Caregivers need time off from their responsibilities to relieve stress and prevent burnout. Dangers of Caregiver Burnout – Perhaps you feel guilty because you think you aren't doing enough, and you're frustrated that you can't do more. If you're feeling depressed, anxious or overwhelmed, that is understandable—this is a difficult time for you.

Help is available for the caregiver so please contact us today to find out how our respite services can improve your well-being and help you continue to care for those who need you most by taking care of yourself. You want to be there for your loved one, so let Benzie Senior Resources be there for you. Respite care provides relief. Our home health care aides can come to the home and care for your loved one while you take a break. You can have peace of mind while running errands, shopping, or just relaxing. For a free confidential assessment for services, please call 231.525.0600.

Please join us in celebrating our veterans on November 11th for Veteran's Day. We will have a special program to honor our veterans and lunch is on us for ALL veterans and their spouses/significant others. We can never fully repay our debt of gratitude to the more than 650,000 American service members who have died in battle or the 1.4 million who were wounded. We can, however, recognize and thank the 25 million veterans still living today. Thank you from us all at Benzie Senior Resources and the Gathering Place Senior Center.

I am wishing everyone a safe and wonderful Thanksgiving Holiday!

Douglas

November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch is served Monday thru Friday at The Gathering Place 11:30 a.m. — 1:30 p.m.</p> <p>Menu is subject to change without notice</p>	<p>Meal price is a \$4.00 suggested donation for age 60 and older</p> <p>Under 60 is \$7.50 Caregivers under 60 are \$5.00</p>			<p>1</p> <p>Hand Breaded Baked Chicken Parmesan Garlic Mashed Potatoes Capri Vegetable Blend Stone Ground Wheat Bread Tropical Fruit Blend</p>
<p>4</p> <p>Five Cheese Stuffed Manicotti Italian Vegetable Blend Steamed Sweet Corn Whole Wheat Garlic Toast Diced Peaches</p>	<p>5</p> <p>Country Style Beef Fritters Herbed Mashed Potatoes Malibu Vegetable Blend Stone Ground Wheat Bread Pineapple Tidbits</p>	<p>6</p> <p>National Nacho Day! Seasoned Beef Nacho Bar Authentic Refried Beans Oven Baked Spiced Apples Tortilla Chips with Fire Roasted Salsa</p>	<p>7</p> <p>Chicken Stir-fry over Rice Asian Vegetable Blend Lucky Fortune Cookie Egg Roll Mandarin Oranges</p>	<p>8</p> <p>Caribbean Style Roasted Pork Whipped Sweet Potatoes Capri Vegetable Blend Stone Ground Wheat Bread Cranberry Applesauce</p>
<p>11</p> <p>Veteran's Day Meal Pineapple Dijon Glazed Ham Oven Baked Potato Tarragon Carrots Stone Ground Wheat Bread Apricots</p>	<p>12</p> <p>Classic Chicken Parmesan Steamed Spinach Capri Vegetable Blend Whole Wheat Garlic Toast Fresh Banana</p>	<p>13</p> <p>Homestyle Goulash Steamed Green Peas Key West Vegetable Blend Stone Ground Wheat Bread Fruit Cocktail in Juice</p>	<p>14</p> <p>Crispy Cod Sandwich Oven Baked Tater Tots Steamed Broccoli Florets Pineapple Tidbits BONUS: Homemade Coleslaw</p>	<p>15</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Cauliflower Florets Stone Ground Wheat Bread Chunky Applesauce</p>
<p>18</p> <p>Baked Pollock Almondine Sweet Potato Bites Normandy Vegetable Blend Stone Ground Wheat Bread Pineapple Tidbits</p>	<p>19</p> <p>Oven Roasted Chicken Herb Buttered Potatoes Green Bean Blend Stone Ground Wheat Bread Diced Pears BONUS: Homemade Potato Salad</p>	<p>20</p> <p>Whole Wheat Cinnamon French Toast Savory Sausage Links Fresh Scrambled Eggs Oven Baked Potatoes</p>	<p>21</p> <p>Steakhouse Cheeseburger Bar Baked Beans with Bacon Steamed Spinach Fresh Banana</p>	<p>22</p> <p>Spaghetti & Italian Meatballs Italian Style Green Beans Steamed Sweet Corn Whole Wheat Garlic Toast Apricots</p>
<p>25</p> <p>Homemade Sloppy Joe Sweet Potato Bites California Vegetable Blend Classic Fruit Cocktail</p>	<p>26</p> <p>Homestyle Shepard's Pie Steamed Green Peas Tarragon Carrots Stone Ground Wheat Bread Fresh Banana</p>	<p>27</p> <p>Thanksgiving Dinner! Homestyle Roasted Turkey Herb Mashed Potatoes Green Bean Blend Stone Ground Wheat Bread Bonnie's Famous Cranberry Sauce</p>	<p>28</p>	<p>29</p> 



November Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We accept Cash, Visa, Mastercard and Discover.</p>	<p>Small bills are appreciated.</p> <p>Personal Checks are also accepted made out to BSR.</p>		<p>1</p> <p>9:30 BUNCO</p> <p>10:30 Thompsonville Lunch, Bingo and Music</p> <p>11:30 Lunch</p> <p>1:00 Wii Bowling</p>	
<p>4</p> <p>10:00 YOGA & MORE</p> <p>11:30 Lunch</p> <p>1:00 Christmas Craft with Susan</p> <p>2:30 Zumba & Toning—\$3</p>	<p>5</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch</p> <p>3:30 Chair Yoga—\$5</p> <p>5:15 Zumba & Toning—\$3</p>	<p>6</p> <p>8:30 Zumba & Toning—\$3</p> <p>9:00 Foot Clinic at the Admin. Office—By Appointment only</p> <p>10:00 Balance & Stretching</p> <p>11:30 Lunch</p> <p>1:15 PLARN</p> <p>12:30 Bingo</p>	<p>7</p> <p>11:00—Grief Support at the Administration Office</p> <p>11:30 Lunch</p> <p>1:00 BUNCO</p>	<p>8</p> <p>9:30 BUNCO</p> <p>11:30 Lunch—November Birthday Party</p> <p>1:00 Wii Bowling</p>
<p>11</p> <p>Veteran's Day</p> <p>10:00 YOGA & MORE</p> <p>11:15 Veteran's Day Program</p> <p>11:30 Lunch</p> <p>2:30 Zumba & Toning—\$3</p>	<p>12</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch</p> <p>3:30 Chair Yoga—\$5</p> <p>5:15 Zumba & Toning—\$3</p>	<p>13</p> <p>8:30 Zumba & Toning—\$3</p> <p>9:00 Foot Clinic at the Admin. Office—By Appointment only</p> <p>10:00 Balance & Stretching</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p> <p>1:15 PLARN</p> <p>4:30 Board of Directors Meeting</p>	<p>14</p> <p>8:45 Little River Casino</p> <p>11:00—Grief Support at the Administration Office</p> <p>11:30 Lunch—The Maples Blood Pressure Clinic</p> <p>1:00 BUNCO</p>	<p>15</p> <p>9:30 BUNCO</p> <p>11:30 Lunch</p> <p>1:00 Wii Bowling</p>
<p>18</p> <p>10:00 YOGA & MORE</p> <p>11:30 Lunch</p> <p>12:30 Movie Monday</p> <p>2:30 Zumba & Toning—\$3</p>	<p>19</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch</p> <p>3:30 Chair Yoga—\$5</p> <p>5:15 Zumba & Toning—\$3</p>	<p>20</p> <p>8:30 Zumba & Toning—\$3</p> <p>9:00 Foot Clinic at the Admin. Office—By Appointment only</p> <p>9:15 State Theater Trip</p> <p>10:00 Balance & Stretching</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p> <p>1:15 PLARN</p>	<p>21</p> <p>9:30 Memory Support</p> <p>11:00—Grief Support at the Administration Office</p> <p>11:30 Lunch—Munson Paul Oliver Blood Pressure/ Med Check</p> <p>11:30 Lunch—Medical Moment with Megan</p> <p>1:00 Bunco</p>	<p>22</p> <p>9:30 BUNCO</p> <p>11:30 Lunch</p> <p>1:00 Wii Bowling</p>
<p>25</p> <p>10:00 YOGA & MORE</p> <p>11:30 Lunch</p> <p>1:00 Thanksgiving Craft with Susan</p> <p>2:30 Zumba & Toning—\$3</p>	<p>26</p> <p>9:00 Estate Planning at Admin. Office—By Appointment only</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch</p> <p>3:30 Chair Yoga—\$5</p> <p>5:15 Zumba & Toning—\$3</p>	<p>27</p> <p>8:30 Zumba & Toning—\$3</p> <p>9:00 Foot Clinic at the Admin. Office—By Appointment only</p> <p>10:00 Balance & Stretching</p> <p>11:30 Lunch—Thanksgiving Dinner</p> <p>NO BINGO</p> <p>1:15 PLARN</p>	<p>28</p> <p>Closed</p> 	<p>29</p> <p>Closed during the day</p> <p>6:00 'Ol Time Gathering</p>

Dawn's Dish

The Gathering Place Senior Center and the Benzie Senior Resources office are closed on Thursday, November 28th & Friday, November 29th for the Thanksgiving holiday.

There is NO BINGO on Wednesday, November 27th.

If you are interested in taking a painting class, please contact Susan or myself at (231) 525.0601. We are working on this activity and the cost is dependent on the number of participants.

Monday, November 4—Christmas craft with Susan. 1:00 p.m. No charge! Check out a sample at the front desk.

Wednesdays, November 6, 13, 20 & 27—1:15 p.m. PLARN is back! Crochet plastic mats to donate for the homeless. No experience is necessary. If you aren't a crocheting person, you can always help by cutting and tying the bags.

Thursdays, November 7, 14 & 21 11:00 a.m. to 12:00 p.m. Grief Support Group at the Administration Office. Kristi Spencer, MA, LPC is the Bereavement Coordinator for Heartland Hospice and she's offering free support in the private atmosphere of our office. You don't have to navigate a loss alone. Call 231-525-0601 with questions.

Monday, November 11—11:15 a.m. Veteran's Day celebration. All veterans and their spouses eat free! Please join us as we thank our veterans for their sacrifice to our country. Benzie Central High School band student Tyler Iverson will play TAPS to start off our short program.

Thursday, November 14—Little River Casino Trip. Only one trip date in November so be sure to sign up early! Leave The Gathering Place at 8:30 a.m. and Shop-n-Save at 8:45 a.m. Trip fee \$10. \$20 in River Credits The credits will download automatically on your 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 you must pay the trip fee.**

Thursday, November 14—Blood Pressure and Blood Sugar Checks with Sharon and the staff from The Maples during lunch. A great time to check your numbers. Knowledge is power!

Monday, November 18—12:30 p.m. Movie Monday. We play a movie in-house at The Gathering Place with free popcorn and drinks! See table flyers for this month's movie.

Wednesday, November 20—***State Theater Trip.*** Join Susan and head to TC for the 25¢ Matinee. We'll be seeing Grand Prix starring James Garner. Leave at 9:15 a.m. and return about 2:00 p.m. Lunch is at the Grand Traverse Pie Company. You are responsible for your lunch and movie costs. Trip fee is \$5.

Thursday, November 21—9:30 a.m. **Memory Support Group.** This is a new group for The Gathering Place. The goal is to meet monthly to share memory loss concerns as well as offer support and resources. Group is led by Nancy Kasperzak.

Thursday, November 21—Medical Moment with Megan. Have medical questions? Megan Francis, our Director of Home Health Services will be here during lunch (11:30 a.m. to 1:30 p.m.) to answer your questions. Have some topics you'd like her to cover? Please leave your ideas/ questions at the front desk and we'll pass them on to her.

Thursday, November 21—Blood Pressure and Blood Sugar checks with Kate from Paul Oliver Living & Rehabilitation Center during lunch. Another great, convenient opportunity to check your numbers for free.

Thursday, November 25—1:00 p.m. Thanksgiving Craft with Susan. Gobble...Gobble! No charge. Check out a sample at the front desk.

Wednesday, November 27—11:30 a.m.—1:30 p.m. Join us for Thanksgiving Dinner at lunch. Turkey, mashed potatoes and all the trimmings. Be sure to bring your friends and family!

Friday, November 29 — 6:00 p.m. Ol' Time Gathering party. 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. and potluck dinner at 7:00 p.m.

Bulletin Board

FOOT CLINIC—Weekly at Benzie Senior Resources Administration Office. November dates are: Wednesdays, 6, 13, 20 & 27. Please call 231-525-0600 for your appointment. We don't charge a fee, but we do appreciate donations.



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Did you know?

There are medication drop boxes located at all Munson Hospital locations and at the Benzie Sheriff's Department. It's easier than ever to clear out old, expired medications safely.



Every year October 15 through December 7 is shopping season (Open Enrollment) for Medicare prescription drug and Medicare Advantage plans. If you want help reviewing your options during open enrollment you can make an appointment to talk with a certified MMAP counselor at Benzie Senior Resources.

Just call (231) 525-0600 to schedule your appointment.

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Word Search



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

Autumn	Cook	Family	Harvest	November	Prayer	Stuffing	Tradition	Turkey
Blessings	Cornucopia	Feast	Holiday	Pie	Pumpkin	Thanksgiving	Travel	
Carve	Cranberries	Gobble	Indians	Pilgrims	Squash	Thursday	Tray	



November Birthdays

Larry Bryan	1	Sherry Wilson	8	Randall Stortz	15	Ronald Dykstra	22
Beverly Lyons	1	Arthur Koenig	9	Maxine Winters	15	Jimmy Ray Thomas	22
Donald Cook	2	William McKeen	10	Coleen Thomas	16	Melvin Blausey	23
Beryl Krasner	2	Sandra LaFever	10	Char Fink	17	Barbara Ward	24
Carol Pelky	2	Diana View	10	Chris Bobek	18	Patricia Miehlke	25
Loy Putney	2	Mel Adams	11	Douglas Gleason	18	Gary Richter	25
Margaret Jones	3	Diane Leitgeb	11	Tammy Grostick	18	Sally Bobek	26
Don Winters	3	Donald Quisenberry	11	Betty Orr	18	Joy Jensen	26
Sharon Beechcraft	4	Ted Smigiel	11	Robert Short	18	Donna Olney	26
Joseph Stain	4	Don Bondarenko	12	Doug Wynkoop III	18	William Shields	26
Alice Brown	5	Betty Coote	12	Al Bryant	19	Don R. Bock	27
Robert Larson	5	Donald Winegarden	12	Deb Cordell	19	Anna Toms	27
Dorothy Mead	5	Kathleen McManus	13	Connie Jaquish	20	Vickie Ely	28
Chuck Retallick	5	Diane Thoma	13	Shirley Mortenson	20	Bert Lappe	28
Melissa Taetsch	5	Donald K. Bock	14	Kay Reed	20	Ron Nostrandt	28
Steven Thompson	5	Ann Dawe	14	Sonja Reitan	20	Judy Putney	28
Howard Yost	5	Joyce Gatrell	14	Larry Brown	21	Lloyd Stevens	28
Jan Glatzer	6	Terry Tolar	14	Walter Gauthier	21	Maria Siebertz	29
Bill Waring	6	Karlin Corey	15	Don Olney	21	Julia Deemer	30
Robert Burnett	8	Dorothy Hallock	15	Donald Amenson	22	<i>If we forgot your birthday we are truly sorry. If you'd like your name removed from the birthday list, please let us know.</i>	
John Jenkins	8	Mike Malecki	15	Paul Arlene	22		
Helen Puscas	8	Barbara Mitchell	15	Warren Wood	22		

Staff Anniversaries

Nancy Chmielewski—One year!

Nancy works at our Administration Office offering information and assistance with your questions and helping guide you in choosing services that fit your needs.

Be sure to stop in and congratulate Nancy!



November is...

National Hospice & Palliative Care Month

National Diabetes Awareness Month

National Alzheimer's Awareness Month

Spinach & Squash Month

COPD Awareness Month

National Caregiver Appreciation Month

Family Stories Month

Native American Heritage Month

National Adoption Awareness Month

Diabetes Management

7 TIPS FOR MANAGING DIABETES

From stress to self-care, life can be up and down when you're living with diabetes. These seven tips can help you stay healthy and lead a balanced life while managing your diabetes.

Communicate with your care team. Make sure you connect with your nurse educator, endocrinologist, and dietician, reaching out to them with your questions.

Get involved. Groups such as Diabetes Sisters, JDRF, TuDiabetes, and BeyondType1 offer ways to connect with others living with diabetes in person or on social media.

Keep doing what you love. Make efforts to continue sports, travel, and other hobbies, even if there is a learning curve to adapting with diabetes at first.

Get into a routine. Find a routine that works and stick with it. This way you don't have to make new decisions each day.

Make self-care a priority. Remind yourself that one of the best things you can do for yourself, and for your loved ones, is stay healthy. Use your family as motivation to exercise daily, eat better-for-you foods, and maintain a healthy weight.

Manage stress. Find an easy and effective tool for stress relief and do it often. Even 5-10 minutes of guided meditation daily can have a big impact on stress management.

Maintain good oral health. People living with diabetes are two times more likely to develop gum disease, according to the Centers for Disease Control.

For more information and ways to lead a balanced life with diabetes, visit OralHealthandDiabetes.com.

(Courtesy of Family Features) ©LPi



Tech Support!

Benzonia Library on Mondays from
11:00 a.m.—1:00 p.m.
Please call 231-882-4111 for more information.
There is no charge.

Darcy Library on Thursdays from
12:00 p.m.—4:30 p.m. with Carol McAnulty.
Please call 231-882-4037 for more information.

Bulletin Board

The Benzie Village Singers will be doing a benefit concert for Benzie Senior Resources on Saturday, November 23rd from 2 p.m.- 4:30 p.m. at St. Philip's Episcopal Church in Beulah.

Can't Hear on the Phone?

The CapTel® Captioned Telephone allows people with hearing loss to listen to their caller and read everything the caller says. Like captions on TV—for your phone! **Free with verified hearing loss**, you get the phone plus installation, providing you with better phone conversations.

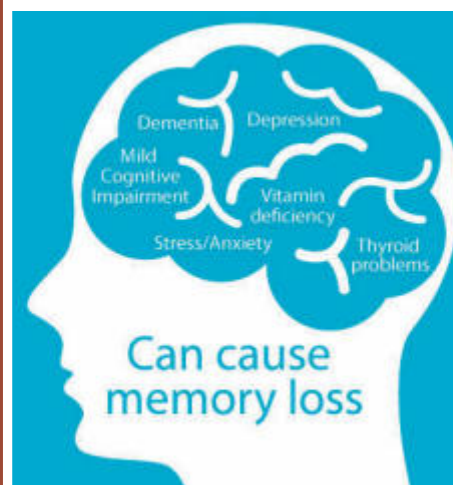
Includes free captioning service with no monthly fees or contracts required. Don't miss another word! Did I mention this phone saves all of your conversation you have with your caller.

Forms are available at Gathering Place in Honor
*Requirement – for no cost- Internet and phone line.
Non Internet phone also available for one time fee of \$42.40 requirement analog home phone line.

Contact Your Local Outreach Representative
Tina Caldwell • 517-898-4401



We are making the season extra special by assembling & delivering gift bags to our homebound neighbors. Each bag is filled with lip balm, hand lotion, facial tissue, socks, large print crossword/word search puzzle books, protein/breakfast bars, handkerchiefs and paper towels. Please help us gather any of the above items or consider a monetary donation and let us do the shopping. You can drop them off at either The Gathering Place Senior Center or Benzie Senior Resources by December 11th. Please help us spread some Christmas Cheer this holiday season!



Memory Support Group.

November 21st.
This is a new group for The Gathering Place. The goal is to meet monthly to share memory loss concerns as well as offer support and resources.
Meeting time is 9:30 a.m. and our

group is led by Nancy Kasperzak.

Euchre Happenings...

Weekly:

Wednesdays—Geno's Sports Bar in Thompsonville at 2:00 p.m.
231.378.2554 \$5.00

Thursdays—Doubles at The Platte River Inn, Honor. 7 p.m. Singles Sunday at 1:00 p.m. Sign ups are 30 minutes prior.

Sundays—Manistee Moose snack potluck at 1:00 p.m.
231.723.2432 \$5.00

Sundays—Singles at The Platter River Inn, Honor at 1:00 p.m. Sign ups are 30 minutes prior.

Monthly:

1st Sunday Kaleva Lions Potluck 5'ish
Cards 6:00 p.m. \$6.00

2nd Tuesday Kaleva Sportsmen's Club Potluck 5'ish Cards 6:00 p.m. \$6.00

1st & 3rd Tuesday The old Bendon Township Hall Potluck at 5:00 p.m. and cards start at 6:00 p.m. \$6.00 entry

Seasonal: Call for dates.
Sunday Interlochen Eagles potluck and snack
231.275.7189 at 2:00 p.m. \$5.00

When is the next Benzie Bucks Auction? I'm glad you asked! It's Friday, December 6th 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.

Benzie Bucks are given out daily to those who join us for lunch and/or an activity starting on November 1st. See Dawn or Susan if you didn't receive yours when you were at The Gathering Place. Collect your bucks, save 'em up and get ready for some crazy bidding!

Recipe and Bulletin Board

Make-Ahead Mashed Potatoes

Servings: 10-12

Entertaining for the holidays? These potatoes can be made a day in advance and then baked when you're ready.

- | | |
|--|-----------------------------------|
| 4 cups mashed potatoes (about 8-10 large) | 1 cup (8 ounces) light sour cream |
| 1 package (8 ounces) fat-free cream cheese | 1 tablespoon chopped green onions |
| 1/4 teaspoon garlic powder | 1 tablespoon butter, melted |

In a large bowl, combine potatoes, sour cream, cream cheese, green onions, and garlic powder. Transfer to a 2-qt. casserole. Cover and refrigerate overnight. Remove from the refrigerator 30 minutes before baking. Top with melted butter. Bake at 350 for 50-60 minutes until heated through.

©LPi



Have an idea for the newsletter? Want to write a guest column? Email or call Dawn at Bousamrad@BenzieSeniorResources.org or 231.525.0601 ext. 201.



Helping Our Veterans

Karen Korolenko is the Director at the Benzie

County Department of Veterans Affairs. She can be reached at 231.882.0034 or by email at kkorolenko@benzieco.net.



Thank you to Jim Noffsinger of Beulah for your generous donations of freshly grown vegetables. For most of the summer, Jim showed up with a load of fresh produce for our seniors!

WINTER WEATHER PREPAREDNESS



ON THE ROAD

Do not drive unless absolutely necessary. If you must drive:

- › Slow down
- › Don't stop on a hill
- › Avoid abrupt steering maneuvers
- › Don't use cruise control

AT HOME

- › Allow faucets to drip to avoid freezing
- › Open cabinet doors to allow heat to get to uninsulated pipes
- › Use flashlights instead of candles to prevent the risk of fire
- › Never use an oven to heat your home
- › Use portable generators, camp stoves and grills outdoors - at least 20 feet away from windows, doors and vents to prevent deadly carbon monoxide poisoning



Indoor Winter Safety

Check your smoke/carbon monoxide (CO) detectors. The danger of CO poisoning is greater during winter storms when doors and windows stay closed and fireplaces and gas heaters are in use. You can also be exposed to deadly CO levels when "warming up" your car in the garage or when snow covers your tail pipe.



weather.gov



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 used only by BSR when processing your donation and supplying you with BSR information.





BENZIE SENIOR RESOURCES

10542 Main Street, Honor, MI 49640

Nonprofit Org.
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Permit No. #1



← Tunnel of Trees Trip

Wine Cork Craft →



← Peter, Paul
and Mary
Remembered
Concert

Empty Bowls
Soup Nite →

