



BENZIE SENIOR RESOURCES

November 2020

Inside This Issue

Directory/Subscription	2
From our Director	3
Emergency Plan	4
Menu	5
Support Groups	6
Word Search	7
Ads	8, 9
From the Kitchen	10
Open Enrollment	11
Staff Milestones/ Bulletin Board	12
Birthdays	13
Christmas Bags & Super Foods	14
Donation Information	15



What are YOU Thankful For?



(Below) Our reliable fleet getting ready to head out for the daily meal delivery.

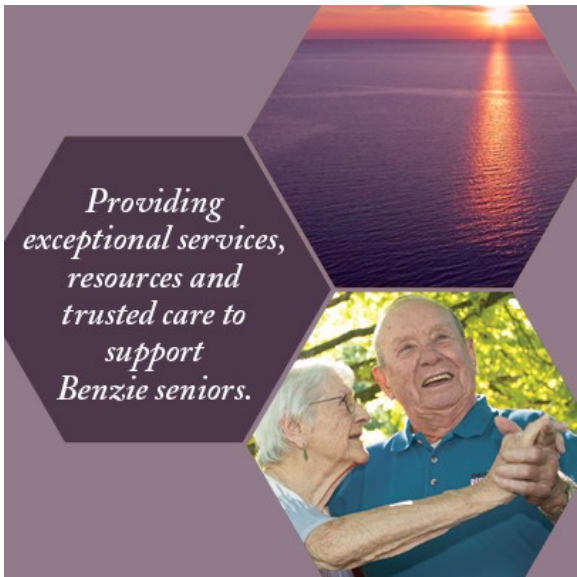


November is...

National Hospice & Palliative Care Month
 National Diabetes Awareness Month
 National Alzheimer's Awareness Month
 Spinach & Squash Month

COPD Awareness Month
 National Caregiver Appreciation Month
 Native American Heritage Month
 National Adoption Awareness Month





Providing exceptional services, resources and trusted care to support Benzie seniors.

BOARD OF DIRECTORS BENZIE SENIOR RESOURCES

Nancy Mullen Call, <i>President</i>	Ronald Dykstra, <i>Vice President</i>
Denise Favreau, <i>Secretary</i>	Deborah Rogers, <i>Treasurer</i>
Al Amstutz	Linda Ringleka
Pamela Howe-Perry	Ingrid Turner
Leo Hughes	Paul Turner
Rosemary Russell	

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, Benzie County Community Chest, Delta Dental Foundation, and Grand Traverse Regional Community Foundation. 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

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. 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 benzieseniorresources.org under the NEWS tab, at our Benzie Senior Resources office and at The Gathering Place.



From our Director

Hello Friends!

It's been a long year, and everything is so different right now. It now appears the predicted 2nd wave of COVID-19 is upon us and we will keep both The Gathering Place and Administrative Office closed until further notice. Rest assured, even though we may not be open to the public, we are still providing services to our senior friends in Benzie County. In doing so, we have put in place many safety precautions to assure your safety and the safety of our staff and volunteers.

Our fiscal year ended on September 30th and we delivered just over 60,000 meals through the Home Delivered Meals Program. This is a new milestone for our agency! I am proud to brag that BSR was a leader in keeping this program operating five days week with three options of delivery for our clients. The volunteer drivers who elected to continue to deliver meals followed the extra safety protocols and are the saviors of this program for our clients. I am so grateful to the staff and volunteers for their dedication in meeting the over 50% increase in number of clients and meals since the beginning of the Pandemic.

Other services that we are providing are Curbside Meals, Homemaking, Personal Care, Medication Management and Respite Care. We are also here to help you navigate Medicare Open Enrollment questions. Fran is taking appointments by phone. For those with questions regarding estate planning, our friends at Swogger, Bruce & Millar can assist you by phone. Financial assistance for your dental needs through the Oral Healthcare Program is available as is the Senior Essential Needs Program to help with financial support for shelter, vehicle and appliance repairs. These funds can also be used to help with eyeglasses, dentures and hearing aids. Please call our office to see how we can help you. Please know that if you need any services or just to talk, we are here Monday through Friday 8:30 a.m. - 4:00 a.m. by calling us at 231.525.0600.

Other highlights for November:

November is National Family Caregivers Month and National Alzheimer's Awareness Month. Spouses, partners, children, family and friends become caregivers to the ones they love even as they navigate their own health challenges. Each give selflessly to bring comfort, social engagement and stability to those they love. I am pleased to announce that through a grant and in collaboration with Benzie Shores District Library in Frankfort, Benzonia Public Library, Betsie Valley District Library of Thompsonville and Darcy Library in Beulah a "Caregivers' Resource Library" has been established. The "Caregivers' Resource Library" will be in each library and also at Benzie Senior Resources, and will contain a large catalog of books and videos designed by Teepa Snow, an Occupational Therapist with forty years of clinical practice experience. She is one of the world's leading educators on dementia and the care that accompanies it. In 2005, she founded Positive Approach to Care® (PAC), a company that provides dementia care training, services, and products around the world. I encourage caregivers to check out these resource materials.

Veterans Day is an important day set aside to honor and show appreciation for ALL who have served in the United States military—in wartime or peacetime, living, or deceased. We can never fully repay our debt of gratitude to the more than 650,000 American servicemembers who died in battle or the 1.4 million who were wounded. We can, however, recognize and thank the 25 million veterans still living today. Please reach out to our Veterans and thank them for their service on our behalf.

I am wishing everyone a safe and wonderful Thanksgiving Holiday!

Take Care,

Doug

Celebrating
45
YEARS
Of Service to
BENZIE COUNTY
SENIORS



Find out more: 231-525-0600 • BenzieSeniorResources.org

Emergency Plan

Preparing an Emergency Plan for Your Unique Needs

Disasters such as hurricanes, floods, fires and other emergency situations are all too common these days. In fact, about 4 out of 5 Americans live in counties hit by weather events since 2007, according to disaster declaration data from the Federal Emergency Management Agency (FEMA). That illustrates how these events can impact nearly everyone and the importance of having a plan.

This is particularly true for older people and people with disabilities. Health issues, mobility concerns and use of assistive devices can create additional challenges during emergencies. However, there are simple steps everyone can take to prepare now for what may come later.

Discuss your plan. Talk about preparedness with friends, neighbors and family members. Contact your city or county emergency management office as well as service providers, such as meals programs. Discussing the topic can help you create a support network, find local resources for preparation and identify contents for a custom emergency kit.

Create a contact list. Make a list of people and places you can turn to for support in an emergency, including people you may need to help or notify of your safety. Include phone numbers, email addresses and physical addresses. Also include insurance providers, health care professionals and medical supply companies. Keep one copy on hand and put another copy in a watertight container in your emergency kit.

Prep for power outages. Ask your health care providers about how to prepare for power outages, especially if you depend on medical devices that use electricity, such as oxygen, dialysis or a power wheelchair. Write down your plan, along with information about your devices, and keep a copy in your emergency kit.

Make a list of all medications and medical supplies. Keep a list of your medicines, including dosages and allergies, along with other essential supplies like extra eyeglasses, hearing-aid batteries and at least a week's supply of all prescription medicines in your emergency kit.

Plan for transportation. Have a plan in place in case you need to evacuate or get to health care services during an emergency. Know what equipment you need and how you will transport it. Perhaps a neighbor or family member can include you in their evacuation plans. Set this up beforehand and plan how to coordinate in the event of a disaster.

Plan for pets and service animals. Include food, medications and other supplies your pets may need in your emergency kit, too.

Pack the essentials. In addition to your medical information and needs, don't forget essentials such as non-perishable food, water, a weather radio, a flashlight, extra batteries, blankets, cash, extra clothing and personal hygiene items. Keep your emergency kit in an easy-to-access location.

Self-Quarantining

Are you still out-of-town or just returning? We want to remind you of the importance of a 14-day quarantine when returning home to Benzie County. Health officials continue to advocate for a 14-day quarantine after you have traveled. This is a long-time health practice. You may not have any symptoms of COVID-19, but could have been exposed, be a carrier and develop the disease within the 14-day timeframe. The CDC is encouraging everyone to voluntarily self-quarantine after travel to prevent the spread of COVID-19. WE understand this may be challenging. Please contact our office at 231.525.0600 or the Benzie-Leelanau District Health Department at 231.256.0200 with questions.



November Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Authentic U.P. Beef Pasties European Vegetable Blend Steamed Cauliflower Florets Stoneground Wheat Bread Apricot Halves</p>	<p>3</p> <p>Grilled Turkey Rueben (Rachel) Oven Baked Tater Tots Capri Vegetable Blend Diced Pears Homemade Coleslaw</p>	<p>4</p> <p>Spaghetti with Hearty Meat Sauce Italian Vegetable Blend Steamed Sweet Corn Whole Wheat Garlic Toast Classic Fruit Cocktail</p>	<p>5</p> <p>Hawaiian Style Chicken & Rice Malibu Vegetable Blend Steamed Spinach Stoneground Wheat Bread Pineapple Tidbits</p>	<p>6</p> <p>Seasoned Beef Nachos Authentic Refried Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa</p>
<p>9</p> <p>Baked Tilapia Almondine California Vegetable Blend Green Bean Blend Stoneground Wheat Bread Cranberry Applesauce</p>	<p>10</p> <p>Homestyle Goulash Steamed Sweet Peas Steamed Parisian Carrots Stoneground Wheat Bread Fresh Cut Oranges</p>	<p>11</p> <p>Veteran's Day Rosemary Garlic Roasted Pork Parmesan Garlic Mashed Potatoes Venetian Vegetable Blend Stoneground Wheat Bread Fresh Banana</p>	<p>12</p> <p>Chicken Enchiladas Verde Fire Roasted Corn & Black Beans Oven Baked Pears Tortilla Chips with Fire Roasted Salsa</p>	<p>13</p> <p>Beef Stir-fry over Rice Asian Vegetable Blend Steamed Broccoli Florets Lucky Fortune Cookie Mandarin Oranges Birthday Bites</p>
<p>16</p> <p>Pineapple Dijon Baked Ham Whipped Sweet Potatoes Scandinavian Vegetable Blend Sweet Hawaiian Rolls Chunky Applesauce</p>	<p>17</p> <p>Classic Beef Stroganoff Key West Vegetable Blend Oven Roasted Brussel Sprouts Stoneground Wheat Bread Fresh Grapes</p>	<p>18</p> <p>Southwestern Chicken Alfredo Italian Style Green Beans Fire Roasted Corn & Black Beans Whole Wheat Garlic Toast Fresh Cut Oranges</p>	<p>19</p> <p>Crispy Cod Sandwich Sweet Potato Bites Southern Style Succotash Stoneground Wheat Bread Fresh Plums</p>	<p>20</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Diced Peaches</p>
<p>23</p> <p>Italian Meatball & Cheese Sub Sicilian Vegetable Blend Pesto Infused Cauliflower Fresh Banana Homemade Potato Chips</p>	<p>24</p> <p>Cheesy Breakfast Bake Oven Roasted Potatoes Oven Baked Spiced Apples</p> 	<p>25</p> <p>Roasted Turkey with Herbed Stuffing Parmesan Garlic Mashed Potatoes Green Bean Blend Stoneground Wheat Bread Bonnie's Famous Cranberry Sauce Classic Pumpkin Pie</p>	<p>26</p> <p>Closed</p> 	<p>27</p> <p>Closed</p>
<p>30</p> <p>Tangerine Chicken over Rice Caribbean Vegetable Blend Steamed Spinach Lucky Fortune Cookie Tropical Fruit Blend</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>You can still get your daily meals from us either by Curbside Pick-up or Home Delivered Meals. Call us at 231.525.0601 or 231.525.0600 for more Information!</p>	<p>We accept cash, Visa, Mastercard and Discover. Personal Checks also accepted Made out to BSR</p>	



Support Groups

Growing Through Grief

Grief is a journey and not an event. The process is experienced uniquely by each individual. Upon losing a loved one, you will experience a period of bereavement. During this time, a wide range of emotions can be felt, which is normal. The source of grief (kind of loss) is often different among individuals, but the substance of grief (how we feel) contains common elements. Heartland Hospice is committed to supporting you during this journey of grief and loss. Our services are open to the community and are designed to address the unique needs of the bereaved.

FALL/WINTER 2020

Kalkaska

WEDNESDAY'S

10:30 AM - 11:30 AM

***MUST WEAR A MASK IN PERSON*
OR CONNECT BY PHONE**

Kalkaska Commission on Aging
303 S. Coral St. Kalkaska, MI

Mindfulness & Grief

THURSDAY'S

11:30 AM - 12:30 PM

***BY PHONE**

We are using Mindfulness & Grief
book by Heather Stang
(Please call ahead to receive a copy)



**To prevent the spread of COVID-19,
Kalkaska group is available by phone or in-
person (MUST WEAR A MASK). Other groups
are by phone only for fall and winter.**

Please call during a scheduled group time:

For Phone Conference Dial

1-877-381-1617

Enter Conference Code:

423-157-6795#

State name and Press #

(You'll be placed on hold until the conference begins)

Evening Grief

THURSDAY'S

5:15 PM - 6:15 PM

***BY PHONE**

FOR MORE INFORMATION CALL: 231-935-3089

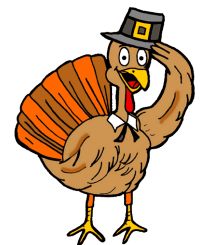
We are here to support you. Please contact us.



Thanksgiving

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

- NOVEMBER
- GIVING
- THANKFUL
- TURKEY
- FAMILY
- LOVE
- PUMKIN
- FALL
- GOODEATS
- HISTORY
- HAM
- PILGRIMS
- YAMS
- FOOD



Play this puzzle online at : <http://thewordsearch.com/puzzle/887/>

Want Soup?

Wednesdays at The Gathering Place we'll have soup available during lunch curbside pick-up between 11:30 a.m. and 1:00 p.m. Just call us on Tuesdays at 231.525.0601 or 231.525.0600 to order yours. We'll be able to tell you what kind of soup we're having when you call.



IT'S FLU SHOT SEASON!
Where can you get yours?

Hometown Pharmacy in Honor. Call 231.325.2735

Benzie-Leelanau Health Department in Benzonia. Call 231.882.4409 to schedule your appointment. Curbside vaccines are available.

Don't delay. Get yours today!

The Kitchen Uncovered

As I write this article, the kitchen staff is hard at work hand rolling our famous homemade meatballs. They will roll just under 1,000 meatballs today! I chose to write about our meatballs because it is a great example of what the kitchen strives to do every day here at the Benzie Senior Resources kitchen. It might not be the fanciest meal we offer, but what goes into it in terms of effort and ingredients is what we are so proud of. There is an impressive assembly line of preppers, mixers, scoopers, and rollers. While they might not be as happy by the time they are done, they will all be proud that they helped create one of our most popular dishes. A dish that highlights our philosophy here in the kitchen: to make each meal as delicious and nutritious as we possibly can, and that often means taking the harder route.

One of a few aspects of our homemade meatballs that you won't find anywhere else is that there are 6 different vegetables in our recipe! I think vegetables are too often overlooked as the beneficial ingredients that they can be. They add so much flavor, moisture and nutrition without the added sodium and harmful fats that come from salty seasonings or more meat-centric cooking. We also use mostly steel-cut oats as our binder instead of common breadcrumbs that most store-bought meatballs would use. Combining high fiber and cholesterol lowering properties, steel cut oats are known as the healthiest form of oatmeal, and a much healthier option than ordinary breadcrumbs. There are 3 types of meat that we use as well. While the beef is the majority of the meat used, lean ground turkey and pork add texture while lowering the fat content.

The next time you enjoy our Hand Rolled Meatballs, weather they are BBQ, Swedish, or Sweet & Sour, I hope you will appreciate and enjoy all the effort that went into each meatball to make them as delicious and nutritious as possible.

Take care,

David Main
Executive Chef, The Gathering Place
Benzie Senior Resources



P.S. There are a lot of quick, easy, and even healthy processed foods available these days, especially for commercial kitchen use. Some of these are actually really great. We proudly serve a few of them here. Our Baked Tilapia Almondine is one of my favorite examples. However, I think you'll agree there is no substitute for good 'ol, made from scratch, ingredient measuring, favorite recipe using, homemade cooking, which we try to do here as often as possible. In fact, of the 22 entrees offered in October, only 3 were not made entirely by hand here in our kitchen! (They were meticulously chosen and carefully prepared, but that is another article altogether...)



Miss The Gathering Place (TGP)? Well, we miss you! Dawn & Susan are delivering treats and treasures from your friends at TGP. Don't worry! We won't come in your house. We'll just drop it off at your front door and say howdy through a window. We'll be socially distant and wear masks too. Maybe you have a few questions for us or a bit of news you'd like to share. Give us a call at 231.525.0601 to schedule your visit!



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.



Open Enrollment

October 15 through December 7 is Open Enrollment for Medicare prescription drug and Medicare Advantage plans. If you're already enrolled in a Medicare, Part D prescription plan, or a Medicare Advantage Plan and you don't want to make changes to your coverage for the coming year, you don't need to do anything during Open Enrollment. If your plan is being discontinued and isn't eligible for renewal, you will receive a non-renewal notice from your carrier prior to October 15.

What can I do about Part D coverage during the annual Open Enrollment period?

Anyone who has or is applying for Medicare Part A or B can join or drop a Part D prescription drug plan. Anyone with a Part D prescription drug plan can switch to a new Part D prescription drug plan. Switching your drug coverage—or add drug coverage for the first time can make crucial medications that you need less expensive. It can also ensure that your drug plan still covers the drugs you need (as your prescriptions may not be included on your current plan's formulary for next year). If you use the Open Enrollment period to choose a new Part D plan, that new coverage will begin on January 1, 2021.

What can I do about Medicare Advantage coverage during the annual Open Enrollment period?

Anyone with Original Medicare (Parts A & B) can switch to a Medicare Advantage plan. Anyone with Medicare Advantage can drop it and switch back to just Original Medicare (Parts A & B). Anyone with Medicare Advantage can switch to a new Medicare Advantage plan.

You cannot use Open Enrollment to enroll in Part A and/or Part B for the first time.

Insurance companies sometimes make changes to Medicare Advantage plans that effect how much you pay out-of-pocket—monthly premiums, deductibles, drug costs, and provider or pharmacy “networks.” You should double-check your current plan before you lock yourself in for another year. A way to lower your medical costs is to check that your current doctors, hospital, and pharmacy are “in-network” with whatever Medicare Advantage plan you choose. If your insurance company has changed your plan's provider or pharmacy network for next year (and your doctor or other resources will no longer be included), you can use Open Enrollment to switch to a plan that will include your current doctors, hospital and/or pharmacy in-network, thereby lowering your medical costs. If you use the Open Enrollment period to choose a new Medicare Advantage plan, that new coverage will begin on January 1, 2021.

If you want help **during Open Enrollment** to review your options you can make an appointment with a certified MMAP counselor through Benzie Senior Resources. Appointments are more limited this season as there are no in-person appointments in our office because of COVID-19.

When you call us at 231.525.0600 we have a referral/intake form to complete with you so we can “triage” or prioritize the type of help you are needing. It will take longer for us to get you set up with an appointment, but we are trying to make sure we are able to determine the best way to help you.

If you are soon to be 65, soon to lose employer coverage, looking for help with an application for Medicaid, have questions on retiree coverage, need help with nursing home Medicaid or MI Choice waiver applications, have questions on TriCare for Life coverage, or would like to find a less expensive Medigap plan we will do our best to help with those focuses **before Open Enrollment starts or after Open Enrollment ends.**



Have an idea for the newsletter?
Want to write a guest column?

Email Dawn at Bousamrad@BenzieSeniorResources.org



Staff Milestones/ Veterans Day

Staff Birthdays

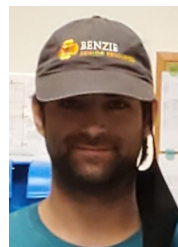


Dawn Bousamra
November 20th
If you want to see pictures of kids, just ask Dawn and she'll share hers!

Staff Anniversaries



Nancy Chmielewski
2 years anniversary on November 26th
Nancy works in our main office and cherishes time with her grandchildren.



Ryan Couturier
1 year, November 4th
Ryan has been adding spunk to our kitchen crew for a year now! We appreciate his dedication to Benzie seniors.

Happy Veterans Day

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

-John F. Kennedy

thank you

for your service, protection and support

Change is in the Air

DON'T FORGET
TO FALL BACK

TIME CHANGE: NOVEMBER 1, 2:00 AM

Home Delivered Meals Drivers Needed!

Once a month or once a week—you decide. Must possess a valid driver's license. Go to our website: BenzieSeniorResources.org and grab an application there. We guarantee you will make a difference on day one!

Facts about Alzheimer's Disease

Alzheimer's is a degenerative brain disorder, **NOT** a normal part of aging



More than **5.8 MILLION** Americans are living with Alzheimer's

Alzheimer's is projected to nearly **TRIPLE** by 2060

Now

5.8 million

2060

14 million



No one should be afraid to speak about **Alzheimer's disease**

Connect with information.
Connect with support.

Learn more at www.alzfdn.org
or call 866-232-8484.



November Birthdays

Jane Lean	1	Lee Streeter	10	Kay Reed	20
Beverly Lyons	1	Mel Adams	11	Sonja Reitan	20
Helen Robotham	1	Diane Leitgeb	11	Ron Schmidt	20
Carol Claypool	2	Donald Quisenberry	11	Don Olney	21
Doug Durkee	2	Ted Smigel	11	Ron Dykstra	22
Mary R. Johnson	2	David Wynne	11	Edith Hill	22
Carol Pelky	2	Betty Coote	12	Arlene Paul	22
Loy Putney	2	Donald Winegarden	12	Jimmy Ray Thomas	22
Thomas Megna	3	Leah Erickson	13	Camille Vettraino	22
Margaret Teegardin	3	Pamela Lorenz	13	Jan Jaynes	24
Don Winters	3	Kathleen McManus	13	Barbara Ward	24
Sharon Beechcraft	4	Donald Bock	14	Patricia Miehke	25
Linda Reed	4	Joyce Gatrell	14	Gary Richter	25
Mary Rineer	4	Terry Tolar	14	Sally Bobek	26
Jeanette Woods	4	Dorothy Hallock	15	Joy Jensen	26
Tim Frederick	5	Mike Malecki	15	William Shields	26
Robert Larson	5	Maxine Winters	15	Mary Haan	27
Lorie Lenhard	5	John Parkin	16	Vickie Ely	28
Dorothy Mead	5	Charlotte Fink	17	George Gottschalk	28
Steven Thompson	5	Christi Flynn	18	Bert Lappe	28
Howard Yost	5	Douglas Gleason	18	Gary Lathwell	28
Jan Glatzer	6	Tammy Grostick	18	Ron Nostrandt	28
John Jenkins	8	Betty Orr	18	Mary Jane Putney	28
Gayle Rayle	8	Nancy Page	18	Keith Vanduzen	28
Sherry Wilson	8	Helen Puscas	18	Katherine Houston	29
Arthur Koenig	9	Robert Short	18	Jim Laarman	29
Lynda Steele	9	Gary Geering	20	Marcy Day	30
William McKeen	10	Lynn Horvath	20	Grace Williams	30
Joe Prance	10	Shirley Mortenson	20		

If we forgot your birthday we are truly sorry. Please remind us for next year.
If you'd like your name removed from the birthday list, please let us know.

Anniversary Dates and Stories Wanted

Please, email us or snail mail us this form and tell us your story. We'd love a picture and a chance to share a little more than just your name and anniversary date. Where did you meet? Where did you go on your first date? When did the proposal happen? Where were you married? Children? Grandchildren? Great-grandchildren? Favorite memories, trips, etc.

Email us at: bousamrad@BenzieSeniorResources.org or call Dawn at 231.525.0601.

Mail the form to: Benzie Senior Resources, 10542 Main Street, Honor, MI 49640 ATTN: Dawn Bousamra

Name _____ Anniversary Date _____

Yes, I'd love to share my story with you! Please call me at _____

I don't want a story but please share my anniversary date.

Christmas Bags and Super Foods



It's that time of year when we ask for help 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. Items needed include: hand lotion; facial tissue; socks; large print crossword/word search puzzle books; protein/breakfast bars; trail mix; cheese crackers; sugar-free cough drops; pencils/pens; hand sanitizer; small package of disinfectant wipes; liquid hand soap and paper towel. Many recipients often say this is the only gift they receive all season. Please drop off donations at The Gathering Place Senior Center between 11:30 a.m. and 1:00 p.m. Monday – Friday. If this time doesn't work please call Dawn at 231.525.0601 to schedule a different drop off option. If you are uncomfortable shopping for these items due to COVID-19, BSR welcomes monetary gifts to assist us in this project. Your safety and wellbeing is a high priority for us. Gifts are needed by December 4th. Please help us spread some Christmas Cheer!



Super Foods for a Nutritious Diet

The health community has long praised the benefits of vitamins and nutrients derived from natural sources. For those looking to improve their health or take preventative measures, these 10 natural super foods can be incorporated into your daily diet to help support your health:

Green Tea – Armed with a special type of antioxidants called polyphenols, green tea can decrease plaque formed in the arteries and can fight prostate cancer.

Rosemary – Studies have shown this powerful spice can reduce the risk of stroke, as well as protect against Alzheimer's disease.

Almonds – Full of plant sterols and amino acids, almonds can help lower high cholesterol and promote muscle growth. These handheld treats are also rich in vitamin E, which can protect skin from sun damage.

Fatty Fish – Rich in omega-3 fatty acids, fatty fish such as salmon, flounder and sardines can lower the risk of heart disease.

Bananas – This easy, portable snack is loaded with essential potassium, which regulates the nervous system. Bananas also offer loads of vitamin B-6, which aids immunity and metabolism.

Whole Grains – These powerful body defenders have been known to boost immunity, protect against various cancers and reduce cholesterol.

Eggs – These energy-packed breakfast favorites contain a special type of protein that helps build muscle strength more than other proteins. When compared to other breakfast foods, eggs can also keep you feeling fuller longer with fewer calories and fat.

Spinach – Chock-full of magnesium, potassium and various vitamins and nutrients, spinach can prevent clogged arteries and protect against prostate and colon cancers.

Soy – This protein-packed food contains isoflavones, which can aid in treatment and prevention of prostate cancer. Also, research from the Food and Drug Administration shows that 25 grams per day can help lessen the risk of heart disease.

Dark Chocolate – Satisfy your sweet tooth and improve blood flow to the brain at the same time. Dark chocolate can also lower blood pressure and increase skin's resistance to UV rays.

(Courtesy of Family Features) ©LPi



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.

Recent donations made to Benzie Senior Resources in memory of:

Mary K. Bishop	Lois Hammond
Susan Breuer	Marce Keillor
Donald Cook	Lee Kimbrough
Bonnie Fast	Suzy Middleton
Ward Griffen	

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.

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.

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: _____

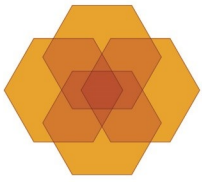
Phone Number: _____ Amount Enclosed: _____

Type of Donation (please circle): Legacy Tribute Other

Make Checks Payable To: Benzie Senior Resources, Mail to: 10542 Main Street, Honor, MI 49640

Benzie Senior Resources is an independent 501 (c) 3 not-for-profit organization. Gifts to Benzie Senior Resources are tax deductible under appropriate I.R.S. regulations. Consult your tax or legal advisor for details.

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.
U.S. Postage
Paid
Honor, MI
Permit No. #1



NEED DENTAL HELP?



We are creating a list of those who need dental care but cannot go to the dentist. Please call **Jennifer** at **(231) 721-5337** to **register** & be ready with answers to these questions:

- Do you have insurance? (We can help with funding.)
- What makes it hard for you to go to the dental office? (We can help provide transportation for you **or** bring dental services to you.)
- What is the dental problem that you need help with? (We need to know if you are in pain, if something broke, or if you just want a check-up, etc.)
- Where do you live? (We need to determine if we can go to your house.)

When you call to discuss your dental problems, Jennifer will ask you more detailed questions in order to create a list and make a plan to get you dental care, whether it's coming to your house with the mobile dental van, or helping you get to the office. Please only call if you do not currently have dental care and need it.

Thank you!

