



BENZIE SENIOR RESOURCES

December 2020

Inside This Issue

Directory/Subscription	2
From our Director	3
Winter Weather Preparedness	4
Menu	5
Bulletin Board	6
Word Search/ Sunshine Visits	7
Ads	8, 9
The Kitchen Uncovered	10
Flu Shots & Nutrition	11
Staff Milestones/ Christmas Story	12
December Birthdays	13
Share the Love	14
Donation Information	15



THE SENIOR SCOOP

*Be connected.
Be supported.
Be home.*

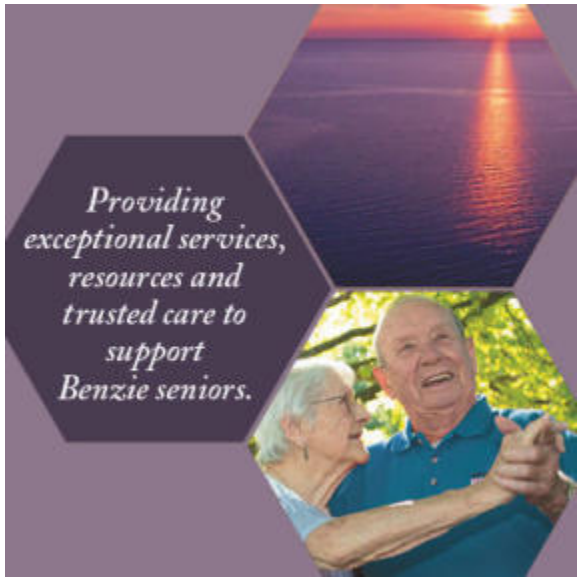


Julia Hyll decorates our Christmas tree at The Gathering Place in 2018.

December is...

- ◆ Read a New Book Month
- ◆ Stress-Free Family Holiday Month
- ◆ Fruit Cake Month
- ◆ Human Rights Month
- ◆ Safe Toys and Gift Month
- ◆ Write a Friend Month
- ◆ Drunk and Drugged Driving Prevention Month





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,

Another year is ending, and it certainly has been like no other. It's surreal not setting up for the holiday season at The Gathering Place. We miss all of you, the laughter, hugs, sharing your stories and the fun. I keep reminding myself we will overcome COVID-19 and life will gradually return to some kind of normal. It will! But in the meantime, we must come together to protect one another.

If you know of anyone who needs dental care, we now offer two dental programs. The Benzie County Senior Oral Healthcare Program and In-Home Dental Program. assists with up to a \$300 voucher with three dental clinics in our area. Recently, we just added an in-home dental program for those who are homebound and would benefit from a specially trained dental hygienist to provide a dental evaluation and dental cleaning at your home at no cost. This new program is a result of a grant from the Delta Dental Foundation. Call our office for additional information.

The predicted second wave of COVID-19 is upon us and spreading rapidly throughout our communities, family, and friends. I know I have said this often, but our number one priority is the safety of our community-- especially our seniors, staff, and volunteers. While we cannot predict outcomes, we can protect those we serve. It is no secret that the most vulnerable population affected by the Coronavirus is our older adults, especially those who are more susceptible to illness because of a weakened immune system, heart disease, diabetes, respiratory conditions, etc. It is because of our concern for our community seniors, we will keep The Gathering Place Senior Center and our Administration Office closed until further notice.

I am proud of how the staff, volunteers and contractors have responded to protect themselves, their families and you, our senior friends. We are committed to providing our essential services to help support our seniors remain in their homes and independent. As winter approaches, if you are sheltering in place, please accept **this invitation** to call us at 231.525.0600 to receive a hot meal Monday-Friday through the Home Delivered Meals Program or if you know someone who could benefit from this essential program please let them know we are here for them.

One area that the staff and I are concerned about is social isolation during these times. For many, winter isolation/Seasonal Affective Disorder is real and now with COVID-19, it is of even greater concern. We are trying to address this concern with our new "Sunshine Visit Program." We are also looking at other avenues to address this issue in the future. Please, if you know someone who lives alone-- send them a note, or give them a call, connect with them so they know someone cares.

I hope you have a Very Merry Christmas and a wonderful New Year! Please be Safe and Stay Healthy.

Take Care,

Doug



An advertisement for Benzie Senior Resources. On the left, it says "Celebrating 45 YEARS Of Service to BENZIE COUNTY SENIORS". On the right, there is a photo of an elderly man and woman high-fiving at a table. Below the photo is the Benzie Senior Resources logo, which consists of a stylized orange and yellow flower shape. The text "BENZIE SENIOR RESOURCES" is written in blue, with the tagline "Be connected. Be supported. Be home." underneath. At the bottom, a red banner contains the text "Find out more: 231-525-0600 • BenzieSeniorResources.org".

Winter Weather Preparedness



Please remember that when Benzie Central Schools close for inclement weather, we will be closed for curbside meal pick up and home delivered meals delivery.

Here's What to Keep at Home for an Emergency

Every home should have an emergency supply kit located in an accessible storage area. It's best if you store the items in plastic containers that are easy to grab and carry. Kits should be checked every six months, and expired items should be replaced to keep the kit up to date.

Emergency kits are meant to help you survive not only during an emergency, but also during the aftermath. According to a study by the Centers for Disease Control and Prevention, after a tornado in Marion, IL, 50% of the tornado-related injuries were suffered during rescue attempts, cleanup and other post-tornado activities.

Home emergency supply kits should include:

- One gallon of water per person per day for at least three days
- Enough nonperishable food for at least three days and a can opener. Keep protein-packed foods you can cook without electricity, such as tuna, peanut butter and granola bars, and don't forget about food for your pets
- Hand-crank or battery-powered radio with extra batteries to stay up to date on the latest weather alerts
- Flashlight with extra batteries
- First aid kit with gauze, tape, bandages, antibiotic ointment, aspirin, a blanket, Non-Latex gloves, scissors, hydrocortisone cream, thermometer, tweezers and instant cold compress
- Tool kit with basic tools, in case you need to shut off utilities
- Hand sanitizer and garbage bags for sanitation
- Plastic sheeting and duct tape in case of broken windows or a leaky roof
- Whistle to signal for help so rescuers can locate you



Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.



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 or might be a carrier and develop the disease within the 14-day timeframe. The CDC encourages 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.



December Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meal price is a \$4.00 suggested donation for age 60 and older</p> <p>Under 60 is \$7.50</p> <p>Caregivers under 60 are \$5.00</p>	<p>1</p> <p>Homestyle Beef Stew California Vegetable Blend Steamed Sweet Corn Fresh Baked Biscuits Cherry Pie Slice</p>	<p>2</p> <p>Savory Sausage Cassoulet Capri Vegetable Blend Steamed Cauliflower Florets Stoneground Wheat Bread Apricot Halves</p>	<p>3</p> <p>Chicken N' Dumplings Southern Style Succotash Italian Style Green Beans Stoneground Wheat Bread Classic Fruit</p>	<p>4</p> <p>Cheddar & Chive Encrusted Cod Crispy Smashed Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Fresh Plums Homemade Cherry</p>
	<p>7</p> <p>Chicago Style Italian Beef Sandwich Oven Baked Tater Tots Caribbean Vegetable Blend Diced Pears</p>	<p>8</p> <p>Classic Hot Turkey Sandwich Herbed Mashed Potatoes Key West Vegetable Blend Cranberry Applesauce</p>	<p>9</p> <p>Cornmeal Dusted Catfish Oven Baked Potato Steamed Spinach Stoneground Wheat Bread Diced Peaches</p>	<p>10</p> <p>Beef & Broccoli Lo Mein Japanese Vegetable Blend Green Bean Blend Lucky Fortune Cookie Mandarin Oranges</p>
<p>14</p> <p>Smoked Sausage & Sauerkraut Italian Vegetable Blend Steamed Sweet Peas Stoneground Wheat Bread Chunky Applesauce</p>	<p>15</p> <p>Classic Liver & Onions with Bacon Herbed Mashed Potatoes Oven Roasted Brussel Sprouts Stoneground Wheat Bread Fresh Cut Oranges</p>	<p>16</p> <p>Laurie's Famous Chicken Bake Scandinavian Steamed Parisian Carrots Stoneground Wheat Bread Fresh Banana</p>	<p>17</p> <p>Whole Wheat Blueberry Pancakes Freshly Scrambled Eggs Savory Sausage Links Oven Baked Pears</p>	<p>18</p> <p>Slow Roasted Beef Herb Buttered Potatoes Steamed Broccoli Florets Stoneground Wheat Bread Apricot Halves</p>
<p>21</p> <p>Roasted Turkey with Herbed Stuffing Herbed Mashed Potatoes Venetian Vegetable Blend Multigrain Dinner Roll Bonnie's Famous</p>	<p>22</p> <p>Homestyle Shepard's Pie Steamed Parisian Carrots Steamed Sweet Peas Stoneground Wheat Bread Fresh Banana</p>	<p>23</p> <p>Pineapple Dijon Baked Ham Whipped Sweet Potatoes European Vegetable Blend Sweet Hawaiian Rolls Fresh Cut Oranges</p>	<p>24</p> <p>Closed</p>	<p>25</p> <p>Closed</p>
<p>28</p> <p>Sweet & Sour Chicken over Rice Crispy Egg Roll Asian Vegetable Blend Lucky Fortune Cookie Pineapple Tidbits</p>	<p>29</p> <p>Grand Rapids Style Wet Burrito Authentic Refried Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa</p>	<p>30</p> <p>Smothered Chicken Breast Cheddar Bacon Mashed Potatoes Pesto Infused Cauliflower Soft Baked Breadsticks Fresh Grapes</p>	<p>31</p> <p>Closed</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>31</p> <p>Closed</p> 				

Bulletin Board



Support Groups

Growing Through Grief

FOR MORE INFORMATION CALL: **231-935-3089**
We are here to support you. Please contact us.

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)



Evening Grief

THURSDAY'S

5:15 PM - 6:15 PM

***BY PHONE**

**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)



We are collecting unwrapped, new toys for Toys for Tots until Monday, December 6th. The collection box is inside at The Gathering Place Senior Center. Although we aren't open, you can still drop a gift off between the hours of 11:30 a.m. and 1:00 p.m., Monday –Friday. **Call us at 231.525.0601 to let us know when you are coming and we'll come out and get it.** Please help us make a child's Christmas just a little brighter!



'Tis the season to do some Christmas shopping! If you happen to shop at Amazon.com, please start out at smile.amazon.com and choose Benzie Senior Resources as your charity. Amazon will donate 0.5% of your order dollars to our agency! Please let your friends know this great news. Remember, always start at smile.amazon.com and Amazon will donate 0.5% of the price of your eligible purchases to Benzie Senior Resources.

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.

Want Soup?

Wednesdays at The Gathering Place we'll have soup available during lunch curbside pick-up from 11:30 a.m.— 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.



Santa Claus

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

- ELVES
- SLEIGH
- BELLY
- REINDEER
- CUPID
- PRANCER
- DANCER
- DASHER
- RUDOLPH
- SACK
- BLITZEN
- SANTA
- COOKIES
- CHIMNEY
- MILK
- DONNER
- VIXEN
- CLAUS
- NORTH POLE



Play this puzzle online at : <https://thewordsearch.com/puzzle/125/>



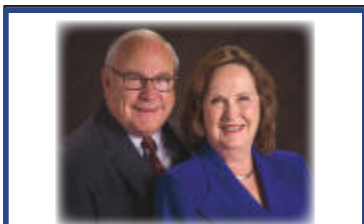
Sunshine Visits with Dawn & Susan

We are delivering treats and treasures from your friends at TGP. We'll be socially distant and wear masks. 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!

Pictured: Susan, Julia and Dawn smiling behind masks



SWOGER & BRUCE
LAW FIRM, P.C.
Estate Planning
- (231) 947-6800 -
www.swoggerandbruce.com
10691 East Carter Rd., Ste. 103
Traverse City, MI 49684



Randy Dye, Associate Broker
231-920-6208

Carol Dye, REALTOR®
231-392-4005

randy@randydye.com
www.randydye.com

Dye Real Estate

244 Benzie Blvd
Beulah, MI 49617

Bennett-Barz Funeral Home
Kirk & Courtney Barz - Owners
Benzie County's only funeral home
with an on-site crematory
1417 Beulah Highway • Beulah, MI 49617
Tel: (231) 882-5502
www.bennett-barzfuneralhome.com

Ask us about our Values Program **HOMETOWN PHARMACY**

COPPER RIDGE - TRAVERSE CITY 4000 Eastern Sky Dr Ste 1 Traverse City, MI 231-947-6921	SUTTONS BAY 321 BN St Joseph Rd Suttons Bay, MI 231-271-3881	HONOR 10587 Main St Honor, MI 231-325-2735	TRAVERSE CITY EAST 1128 S Garfield Ave Traverse City, MI 231-946-0900
---	--	--	---

PRESCRIPTIONS • MEDICAL EQUIPMENT • UNIQUE GIFTS • YANKEE CANDLES • CARDS
www.hometownpharmacy.com

RON BROWN & SONS

ASPHALT PAVING
231-864-2275 • 1-800-968-2275
FREE ESTIMATES
ronbrownandsons@gmail.com
P.O. Box 254
17443 Pleasanton Hwy. • Bear Lake

GREAT LAKES HOME CARE UNLIMITED

Superior service and compassionate care in the comfort of your own home.

Call us Today! 231-668-4171
Or go to WWW.GLHCU.COM

PAPA J'S & BEER

DINE IN • CARRY OUT • DELIVERY

Papa J's is located in the Honor Shopping Plaza
US-31, Honor, MI 49640
(231)325-7070
Stop in for a good family bite.

Serving all your Insurance Needs

WEBBER INSURANCE AGENCY
BENZONIA * 231.882.9655

Auto-Owners INSURANCE
LIFE • HOME • CAR • BUSINESS

830 East Front Street Suite 320
Traverse City, MI 49686

Our Services:

- Alzheimer's and Dementia Care
- Non-Skilled Nursing
- Meal Preparation
- Respite
- And More!
- Skilled Nursing Care
- Medication Reminders
- Housekeeping
- Companionship
- Parkinson's Care
- Traumatic Brain Injuries

SPREAD THE WORD:

A Thriving, Vibrant Community Matters

Support Our Advertisers!

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Jen Zalinski to place an ad today!
jzalinski@4LPi.com or (800) 477-4574 x6633

#1 Medicare Advantage plan provider in America

1-855-844-2078, TTY 711
ExploreUHC Medicare.com

United Healthcare

Y0066_200813_013109_M SPRJ58101

No one can tell your story as well as you can.



806 Hastings Street
Traverse City, MI 49686
231-943-8777
888-470-6591
www.swensenmemorials.com

Trustworthy and compassionate service for monuments, mausoleums and cremorials.



231-651-0473

Email: jgcolby73@yahoo.com

www.colbysorchardhouse.com

THIS SPACE IS AVAILABLE



Justin C Keillor

Financial Advisor
1505 Benzie Hwy Suite 105
Benzonia, MI 49616
Bus: 231-882-4822
Fax: 877-843-3746



Justin.Keillor@edwardjones.com
www.edwardjones.com/justin-keillor

**Shop-N-Save
Pharmacy**

1747 Benzie Hwy.
Benzonia, MI



- Prompt, Courteous Service
- Most insurances accepted

(231) 882-0254



UPGRADE TO A
VIBRANT ad

Contact us for details • 800-477-4574

**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

1-855-225-4251

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed
to you at www.ourseniorcenter.com



3-D-5-5

For ad info. call 1-800-477-4574 • www.lpiseniors.com

15-0688/o

The Kitchen Uncovered

This is my favorite time of year in Northern Michigan. The heat and humidity are replaced with crisp cool weather. Road construction and summer traffic are replaced with school busses and color tours. And frantic summertime activities are replaced with crackling campfires and leaf piles. For me the holiday season brings all of this together. The smells, food, sounds and colors all come together one last time before the long winter begins. This is also the last time many families gather before hunkering down in preparation for the winter ahead.

This year is very different for all of us. Just following an incredibly scaled-back version of Halloween, my family and I made the painful decision to cancel our Thanksgiving dinner. This will be the first one we have missed in my entire life. It was a hard decision, but it was made with the health and safety of our family and community being the most important factors. As depressing as this decision was, it really put things into perspective for me. The parts of life we take for granted like sitting next to a family member for dinner or handshakes and hugs are some of the most valuable things we are all craving these days. But for most of us, normal will be back before we know it, and we will get back into our routines and traditions. However, there is a large part of our community who deal with this loneliness and isolation every day.

We take a lot of pride in delivering an old-fashioned Thanksgiving dinner to those who might not have other opportunities for a holiday meal. We slow roast real herb basted turkey and serve it alongside savory stuffing, our famous mashed potatoes, fresh baked bread, green bean blend, and even a slice of pumpkin pie! And it wouldn't be thanksgiving without Bonnie's Famous Cranberry Sauce! We will be serving a Pineapple Dijon Baked Ham for Christmas with Whipped Sweet Potatoes, European Vegetable Blend, Sweet Hawaiian Rolls and Fresh Oranges. (There may even be some Christmas cookies too!)

There may be many more people for whom these are the only holiday meals they receive. When things eventually get back to normal, we should all remember these feelings of loneliness and isolation so many feel throughout the year, especially around the holidays, and give our neighbors and family members a phone call or visit. Maybe bring them an extra slice of pumpkin pie!

Take care,

David Main,
Executive Chef, The Gathering Place
Benzie Senior Resources



OPEN ENROLLENT

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. Call Area Agency on Aging at 800-442-1713 with questions.

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.



Have an idea for the newsletter?



Want to write a guest column?

Email Dawn at Bousamrad@BenzieSeniorResources.org

Flu Shots/ Nutrition In the Winter

While much of the world's focus this year has been on the pandemic, it's once again time for the influenza virus to begin making the rounds. Like COVID-19, older adults are at higher risk for contracting it. According to the Centers for Disease Control and Prevention (CDC), older adults account for 70% to 85% of seasonal flu-related deaths in the United States during a typical flu season. They also make up between 50% and 70% of flu-related hospital admissions.

Every year, more than 200,000 people are admitted to hospitals with the flu. Another 36,000 people lose their lives because of flu-related complications. Older adults comprise the bulk of those numbers.

While we know some members of our population, such as children, pregnant women, and people aged 40 or older, are at higher risk for the flu and its complications, anyone can catch it. Even if you don't feel sick, you might be. You can spread the virus to people you come in contact with who may have a weaker immune system.

Where can you get your flu shot?
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.

Healthy Eating Tips for the Winter Months

Take Advantage of Root Vegetables. Winter is peak season for root vegetables, considered to be some of the most nutrient rich veggies you can eat. Parsnips, yams, beets, and carrots are just some of the root vegetables readily available from fall to spring that are easy to cook and that pack a nutritional punch. Root vegetable are high in vitamins A, B, and C as well iron. Plus, they are high in fiber and slow-burning carbohydrates, so you'll stay fuller longer after a meal.

Stock up on Citrus. Oranges, grapefruit, pineapple and all other citrus fruits are in season during the winter months, so you can often find top quality citrus fruits at the best prices. High in vitamin C, citrus is a great addition to winter diets for seniors, to help you keep cold and flus at bay.

Omega Three Fatty Acids. Next time you visit the grocery store, consider adding walnuts, avocados, and flax seed to your cart. These foods are full of omega three fatty acids, known to reduce inflammation and help curb heart disease, arthritis, and even cancer. Flax seeds can be crushed in a food processor and added to cereals, yogurt and even salads.

Include Dark, Leafy Vegetables. The winter months are a great time to add more dark leafy vegetables that are high in vitamins and antioxidants to your diet. Include spinach, broccoli or chard to your meals for extra fiber, and stock up on green veggies by keeping plenty of frozen or canned selections readily available.

More Vitamin D Rich Foods. Our main source of Vitamin D is sunlight. During winter months, nutritionists recommend adding more Vitamin D rich foods, including egg yolks, seafood, healthy grains, and Vitamin D fortified milk.

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, BSR welcomes monetary gifts to assist us in this project. Your safety and wellbeing are a high priority for us. Gifts are needed by December 4th. Please help us spread some Christmas Cheer!



Staff Milestones

Staff Birthdays



Traci Hultman, December 2nd
Traci loves listening to country music and is always ready to share a laugh. Thank you for your dedication to your clients!



Jessica Rastelli, December 9th
Jessica works as a Home Health Aide always giving her clients the best care and genuine kindness they deserve.



Jeff Stockman, December 13th
Jeff works hard to ensure our Home Delivered Meals clients receive their hot meals every weekday. For fun, ask him about his goats!

Staff Anniversaries



Megan Francis, 2 years
Megan is our Director of Home Health. She ensures our seniors are safe and receiving necessary services to keep them living in their own homes.



Traci Hultman, 4 years
Traci works on the front lines as a Home Health Aide helping our most vulnerable seniors stay safe and home.



Kathy Frederick, 7 years
Kathy is our Assistant Cook and sure to make your meal with love and deliciousness. We appreciate her extra touches and genuine thoughtful nature.

A Christmas Story by Bob Lucas

As I sit here watching the Detroit Lions win, a commercial jogs my memory. I'm taken back to Christmas, 1951 in Kunsan, Korea.

Everyone was in a nostalgic mood. Christmas season, when you are a long way from home, seems to be more important than usual. We were told we were going to have some special guests for our upcoming Christmas Dinner. Speculation ranged from politicians to big brass to Hollywood movie stars. None of these seemed very exciting to me.

Christmas morning arrived and there was a commotion near our front gate of "C" company 809th Engineer Aviation Battalion, SCARWAF (Special Category Army with Air Force). Everyone clamored to see what was going on. Coming in were about twenty Korean orphans. Boys with blue shorts, suspenders and white shirts. Girls with long skirts and white blouses. All ages 5-10 years. We couldn't help but admire and appreciate the two Korean teenagers, ages 14 and 16, who were the only ones looking after these clean and polite orphans.

You wouldn't believe the excitement this generated! Better than politicians, big brass or movie stars.

During Christmas dinner, over 100 gifts all wrapped in Christmas paper, materialized on the mess hall tables. It's surprising to see what 225 men had in their footlockers or had just received from home.

The highlight of the day was when a young orphan, about age 5, stood on the mess hall table and sang, "Silent Night" in English. There wasn't a dry eye in the "C" company. We had everything imaginable for our Christmas dinner, including tons of peanuts and candy which we fully enjoyed watching the children stuff their pockets with it all.

It was the best Christmas I ever had.



December Birthdays

Rick St. Pierre	1	Shelley Fast	9	James Foote	23
Ed Fay	2	Dan Skurski	9	Patricia Hudson	23
Andree Emig	2	Jan Dennis	10	Melborn Chick	24
Steve Post	2	Edward Suhy	11	Niel Haugen	24
Kathleen Crosby	3	Claudia VanBrocklin	12	Eugene Nowak	24
Loris Root	3	Matt Erlewein	13	Edward Osga	24
Gerald Schroeder	3	David Kilian	13	Tanya Struble	24
Barb Skurdall	3	Judy Mead	14	Marjorie Braem	25
Cheryl Suppnick	3	Christina Beeler	15	Alvin Gray	25
Tom Burton	4	Corliss Mick	15	Carol VanSlambrouck	25
William Dawe	4	Eric Baatz	16	Rena Johnston	26
Bill Higman	4	Kay Hammond	17	Karen Packer	27
Denis Crosby	5	Jean Johnson	17	Lewis Small	27
Al Francik	5	Fred Taylor	17	Steve Walton	27
Dino Kortesis	5	Gloria Walterhouse	17	Susan Baughman	28
Luann May	5	Bill Ward	17	Gayle Dixon	28
Flo Moutsatson	5	Patricia Matyas	18	Dan Haswell	28
Virginia Richey	5	Paul Stiles	18	Keith Jewell	28
Sven Wright	5	Joanne Brown	19	Diane Thompson	28
Cherrie Engelbertson	6	Art Gauthier	19	Lole Kring	29
Paula Smeltzer	6	Jeannette Huddleston	19	Peggy Witzke	29
John Stubbs	6	Rosemary Abbett	20	Cindy Boyd	30
Shirley Dudinetz	7	Randy Bond	20	Vera Carmien	30
Ricky Frederick	7	Phil Gagliano	20	Jimmie Davis	30
Craig Jackson	7	Robert G. Kelly	20	Allen Forrester	30
Jerry Heiman	7	Carol Prowdley	20	Janice Miner-Heniser	30
Jim Brownell	8	Elizabeth Rodgers Hill	20	Nancy Adadow-Gray	31
Tom Cone	8	George Walker	20	Shelly Foote	31
Phillip Johnson	8	Elizabeth Kimbrough	21	Peggy Nostrandt	31
Delphine Sullivan	8	Scott Wills	21		

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.



Subaru Share the Love Event

Share the Love with Vulnerable Seniors This Year



Exciting news! For the 13th year running, the Meals on Wheels network is participating in the 2020 Subaru Share the Love Event. Over the past twelve years, Subaru and its retailers have helped Meals on Wheels to deliver more than 2.3 million meals nationwide to seniors in need.

Why does Subaru support Meals on Wheels? Too many seniors are struggling to stay independent and healthy. **One in four seniors lives alone in isolation and one in seven seniors might not know from where their next meal is coming.** This is simply unacceptable, which is why Benzie Senior Resources provides the nutritious meals, friendly visits and safety checks to the seniors of area. This vital support keeps seniors in their own homes, where they want to be.

We're incredibly grateful to Subaru and its Retailers for supporting our organization and the seniors we serve. With that in mind, we thought you might want to learn a little bit more about the Subaru Share the Love Event.

HERE'S HOW IT WORKS

This November 19, 2020, through January 4, 2021, for every new Subaru vehicle purchased or leased, Subaru will donate \$250 to the customer's choice of participating charities.* Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, Organization Name will receive a share of the donation from Subaru vehicles sold at participating Subaru Retailers.

You might not be in the market to purchase a new car, but if you are, please look into the Subaru Share the Love Event to learn more. If you're not shopping for a new vehicle, *you can still help* by spreading the word to your family and friends. A few quick and easy ways to do that:

- Share this newsletter article!
- Share our posts about the Share the Love Event on Facebook. If you haven't liked our page yet, just type in @BenzieSeniorResources in the search bar and our page will pop up.
- Share our webpage, www.BenzieSeniorResources.org where you'll find information on this event.

And remember: this holiday season you can ensure our senior neighbors are not forgotten, when you purchase or lease a new Subaru and select Meals on Wheels as your charity of choice.

*Disclaimer: Subaru will donate \$250 for every new Subaru vehicle sold or leased from November 19, 2020, through January 4, 2021, to four national charities designated by the purchaser or lessee. Pre-approved Hometown Charities may be selected for donation depending on retailer participation. For every new Subaru vehicle sold or leased during the campaign period, participating retailers will donate a minimum of \$50 in total to their registered Hometown Charities. Purchasers/lessees must make their charity designations by January 15, 2021. The four national charities will receive a guaranteed minimum donation of \$250,000 each. See your local Subaru retailer for details or visit subaru.com/share. All donations made by Subaru of America, Inc.

Donations

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

*Recent donations made to Benzie Senior Resources in memory of:
Alger Luckham*

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, 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!

