



# BENZIE SENIOR RESOURCES

October 2021

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October is...  
 Breast Cancer Awareness Month  
 Computer Learning Month  
 National Pasta Month  
 National Popcorn Popping Month  
 National Diabetes Month  
 Physical Therapist Month  
 National Pizza Month  
 National Arts & Humanities Month  
 Adopt a Shelter Dog Month



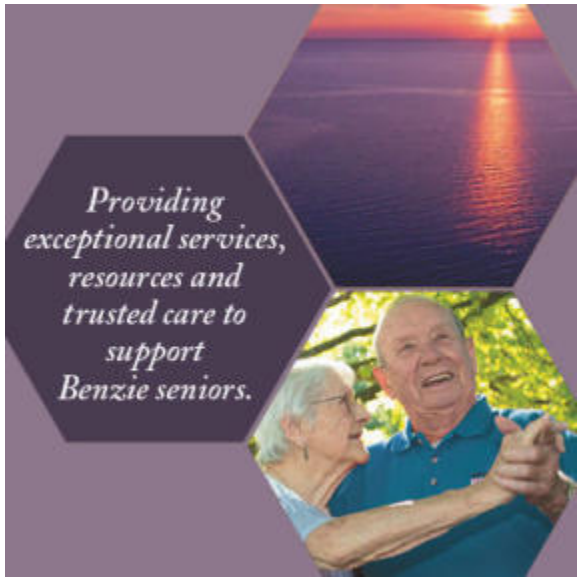
ABOVE: The button craft was a hit! Hope to see you at our next craft event. See our Calendar of Events on page 6 for dates and times.

Pink Day at  
 The Gathering Place  
 October 13th

Wear pink to honor  
 those we have lost to  
 Breast Cancer.

\*You will be entered into  
 a drawing to win a  
 Papa J's giftcard.





## BENZIE SENIOR RESOURCES BOARD OF DIRECTORS

<p>Nancy Mullen Call, <i>President</i>          Leo Hughes, <i>Interim Secretary</i>          Pamela Howe-Perry          Rosemary Russell          Linda Ringleka</p>	<p>Ronald Dykstra, <i>Vice President</i>          Deborah Rogers, <i>Treasurer</i>          Ingrid Turner          Paul Turner</p>
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### DIRECTORY

Phone: 231-525-0600 or  
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 Fax: 231-325-4855  
 Email:  
[info@BenzieSeniorResources.org](mailto:info@BenzieSeniorResources.org)  
 Website: [www.BenzieSeniorResources.org](http://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, Assistant Director/ Editor**

**Angela Haase copy/finish edits**

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## From Our Director

Hello Friend and Happy Fall!

Here comes October with its beautiful colors and crisp mornings! One of my favorite fall activities is to go to a farm that has a large pumpkin patch, corn maze and especially homemade donuts and cider! In fact, my wife and I took our two grandsons to Lewis Adventure Farm and Zoo September 18<sup>th</sup>. It was a beautiful September day and as usual, they wore me out! Bonus, we brought home some homemade cinnamon donuts and apple cider!

With the transition to fall, it's also a transition for Benzie Senior Resources. Our new fiscal year begins starts October 1<sup>st</sup>, and we begin planning for the following programs once again:

Medicare Open Enrollment begins October 15th, and this is especially an important time to have your Medicare Prescription Plan reviewed. Please refer to page 10 of this newsletter for more information. We will also be planning for the upcoming Snow Removal Program.

Also, beginning October 1<sup>st</sup>, for those who come to The Gathering Place Senior Center for lunch, you will need to complete a National Aging Program Information System (NAPIS) form.

I know that many of you are thinking since we just reopened the Senior Center back on July 6<sup>th</sup>, "*Why are we being asked **again** to complete the NAPIS form **again**?*" Well, the short answer is that it has always been a requirement that begins October 1<sup>st</sup> of each year and is mandated by the federal government for several reasons.

- To track how many meals and people are served;
- To better understand the needs and situations of the people we serve;
- To help evaluate the effectiveness of our services; and
- To help our Legislators set priority funding for the Older Americans Act Programs.

### **We are committed to protecting your confidential information.**

BSR submits this information to the State of Michigan Aging and Adult Services Agency to receive funding. When we enter your information, it is in a secure database, and your name is assigned an ID number. This information is only used in the data to describe the demographics of the population using this state and federally funded services. It is never shared with any other agency. So, please complete the NAPIS Form when asked to do so by the front desk volunteers or Susan. It is important that **everyone** cooperates.

I want to touch base about the most recent updates with COVID-19. MDHHS and the CDC is strongly encouraging people to mask no matter their vaccination status. Currently, Benzie County is at a HIGH RISK for Community Transmission of COVID-19. At this time, I want to **strongly encourage/ recommend to everyone to wear a mask when inside The Gathering Place Senior Center and our Administrative Office.** The only time that wearing a face mask is not necessary is to eat and drink. I would like to remind everyone that if things change with the regulations, we will be keeping you posted. So please keep in mind that the rules with all of this can change and will be posted on the front door of TGP and the BSRAdministrative Office, and on our website and Facebook page.

We are working hard to ensure your safety and the safety of our staff and volunteers, and I really do appreciate your patience.

Take care, Doug

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>We accept cash, Visa, Mastercard and Discover. Personal Checks also accepted made out to BSR.</i></p>	<p>Lunch ~ \$4.00 suggested donation for age 60 and older.</p> <p>Under 60 ~ \$7.50</p> <p>Caregivers under 60 are \$5.00</p>	<p>Lunch inside or on our patio 11:30am - 1:00pm. Takeout meals available ~ please order in advance.</p> <p>Call 231.525.0601</p>	<p><b>Menu is subject to change based on product availability</b></p>	<p>1</p> <p>Roasted Veggie Lasagna Key West Vegetable Blend Steamed Sweet Corn Soft Baked Bread Sticks Fresh Banana</p>
<p>4</p> <p>Seasoned Beef Taco Bar Authentic Refried Beans Oven Baked Pears Tortilla Chips with Fire Roasted Salsa</p>	<p>5</p> <p>Classic Beef Stroganoff Oven Roasted Brussel Sprouts Steamed Parisian Carrots Stoneground Wheat Bread Fresh Plums</p>	<p>6</p> <p>Spaghetti with Hearty Meat Sauce Capri Vegetable Blend Steamed Sweet Peas Whole Wheat Garlic Toast Diced Peaches</p>	<p>7</p> <p>Pecan Encrusted Tilapia Oven Baked Tater Tots Normandy Vegetable Blend Stoneground Wheat Bread Fresh Banana Homemade Coleslaw</p>	<p>8</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Malibu Vegetable Blend Stoneground Wheat Bread Pineapple Tidbits Birthday Cake Bites</p>
<p>11</p> <p>Crispy Cod Sandwich Sweet Potato Bites Japanese Vegetable Blend Classic Fruit Cocktail</p>	<p>12</p> <p>Creole Style Chicken Gumbo Black Eyed Peas with Bacon Steamed Spinach Stoneground Wheat Bread Diced Peaches</p>	<p>13</p> <p>Homestyle Turkey Stew European Vegetable Blend Steamed Sweet Corn Fresh Baked Biscuits Cranberry Applesauce Classic Pumpkin Pie</p>	<p>14</p> <p>Beef Stir-fry over Rice Crispy Egg Roll Asian Vegetable Blend Lucky Fortune Cookie Mandarin Oranges</p>	<p>15</p> <p>Classic Chicken Cacciatore Italian Style Green Beans Steamed Parisian Carrots Whole Wheat Garlic Toast Diced Pears</p>
<p>18</p> <p>Pineapple Dijon Baked Ham Whipped Sweet Potatoes Scandinavian Vegetable Blend Sweet Hawaiian Rolls Classic Applesauce</p>	<p>19</p> <p>Hawaiian Style Chicken &amp; Rice Caribbean Vegetable Blend Steamed Broccoli Florets Stoneground Wheat Bread Tropical Fruit Blend</p>	<p>20</p> <p>Baked Penne with Italian Sausage Sicilian Vegetable Blend Pesto Infused Cauliflower Whole Wheat Garlic Toast Apricot Halves</p>	<p>21</p> <p>Cincinnati Style Chili Steamed Sweet Corn Oven Baked Peaches Stoneground Wheat Bread</p>	<p>22</p> <p>Rosemary Garlic Roasted Pork Herb Buttered Potatoes Southern Style Succotash Stoneground Wheat Bread Fresh Banana</p>
<p>25</p> <p>Classic Hot Beef Sandwich Herbed Mashed Potatoes Steamed Cauliflower Florets Fresh Cut Oranges</p>	<p>26</p> <p>Homestyle Goulash Steamed Sweet Peas Steamed Parisian Carrots Stoneground Wheat Bread Fresh Cut Oranges Soft Pretzel</p>	<p>27</p> <p>Country Breakfast Skillet Savory Sausage Links Oven Baked Spiced Apples</p>	<p>28</p> <p>Hand Baked Baked Chicken Parmesan Garlic Mashed Potatoes California Vegetable Blend Pineapple Tidbits</p>	<p>29</p> <p>Classic Chicken Marsala Oven Baked Potato Italian Vegetable Blend Whole Wheat Garlic Toast Fresh Grapes</p>

# The Kitchen Uncovered

We are all very proud of all the delicious and nutritious food that come out of our kitchen each day. The majority of everything we make is made from scratch. These recipes were created, tested, and tweaked by us. It is a constant process based on feedback from staff and clients alike, as well as our regional dietitian. I think the results speak for themselves. There is also a less glamorous side of our nutrition program that deserves some attention, as well--it is the limited use of processed food.

Processed food has a bad reputation. It is known to be loaded with preservatives, fats, sodium, and sugars. Many times, these foods hardly resemble the original product or ingredient that was used. Like we do here, I highly recommend always defaulting to from-scratch cooking whenever possible. Sometimes though, in order to keep such a varied and expansive selection of the menu items we offer, we occasionally must opt for a processed item. Some of the reasons we may do so is because there isn't the staff available to make something labor-intensive from scratch. Other times it is a distribution problem. There are many items that are either not available at the time we need them, or in some instances not available anymore. The global supply chain is in chaos and likely will be for quite some time. Also, some items are simply too specialized. For example, we won't be grinding our own sausage to smoke anytime soon.

With all that said, there is still a lot of pride involved with sourcing, procuring, and incorporating new menu items. It can be a very overwhelming process--which is why other agencies or businesses keep less than desirable items on their menus forever. There can be hundreds of items to investigate. There are price, nutrition, availability to consider. There are different cooking options-- local vs imported, even sustainability standards to consider. There is the testing of new items, listening to both positive and negative feedback, and adjusting or starting over in order to get the best fit for our nutrition program.

Today we are serving a pecan encrusted tilapia. (September 9<sup>th</sup>) This is a great example of our procuring a processed food that meets our standards because grinding the pecans, seasoning and hand-breading 300 some tilapia filets isn't feasible for just one meal here. However, after searching through countless fish products ranging from ground up dinosaur-shaped nuggets to fine dining quality fresh caught fish, we have a great product that is a whole muscle filet, with a healthy whole grain and pecan breading that is fairly easy to prepare and doesn't break the bank. Now as long as this product isn't suddenly discontinued due to hurricanes, ports under quarantine, or lack of factory workers, we are all set. We hope you enjoy! (We're serving this again October 7<sup>th</sup>)

Take care,

David Main  
Executive Chef





**Support Groups**  
*Growing Through Grief*

**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**

**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)**

# October Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>9:30 BUNCO 10:30 Thompsonville Lunch &amp; Music 11:30-1:00 Lunch 1:30 Wii Bowling</p>
<p>4</p> <p>10:00 Stretching &amp; Balance 11:30 Lunch—Music with Lester 5:30 Zumba</p>	<p>5</p> <p>10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga</p>	<p>6</p> <p>8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo</p> 	<p>7</p> <p>10:00 Craft with Susan 11:30-1:00 Lunch 1:30 BUNCO</p> 	<p>8</p> <p>9:30 BUNCO 11:30-1:00 Lunch—October Birthday Celebration 1:30 Wii Bowling</p>
<p>11</p> <p>10:00 Stretching &amp; Balance 11:30 Lunch 1:30 Craft—Dollars by Debbie 5:30 Zumba</p>	<p>12</p> <p>10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga</p>	<p>13</p> <p><b>PINK DAY!</b></p> <p>8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo</p>	<p>14</p> <p>10:00 a.m.—Flu Shot Clinic 11:30-1:00 Lunch 1:30 BUNCO</p> 	<p>15</p> <p>9:30 BUNCO 11:30-1:00 Lunch 1:30 Wii Bowling</p> 
<p>18</p> <p>10:00 Stretching &amp; Balance 11:30-1:00 Lunch—Music with Lester 1:00 Movie Monday 5:30 Zumba</p>	<p>19</p> <p>10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga</p>	<p>20</p> <p>8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo</p> 	<p>21</p> <p>10:00 Craft with Susan 11:30-1:00 Lunch 1:30 BUNCO</p> 	<p>22</p> <p>9:30 BUNCO 11:30-1:00 Lunch 1:30 Wii Bowling</p> 
<p>25</p> <p>10:00 Stretching &amp; Balance 11:30-1:00 Lunch 1:30 Calligraphy with Lester 5:30 Zumba</p>	<p>26</p> <p>10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga</p>	<p>27</p> <p>8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo</p> 	<p>28</p> <p>10:00 Book Group 11:30-1:00 Lunch Cider and Donuts Social 1:30 BUNCO</p>	<p>29</p> <p>9:30 BUNCO 11:30-1:00 Lunch <b>Halloween Party!</b> 1:30 Wii Bowling</p>



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**Carol Dye**, REALTOR®  
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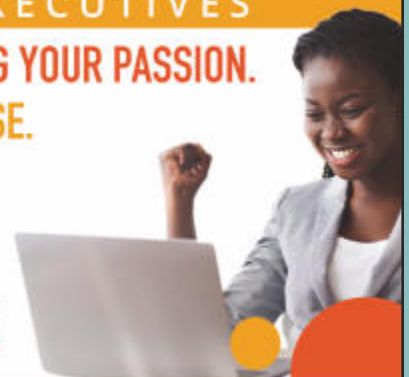
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15-0688



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3-D-5-5

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15-0688

# Milestones

## Staff Birthdays



Susan Glass—October, 17th  
Happy Birthday to our fabulous Senior Center Coordinator! Susan is always on the move whether she is making The Gathering Place festive, teaching a craft class or planning the next adventure.



Jenya Cobb—October 21st  
You will never find Jenya without her beautiful smile. Fun loving and full of spunk, we are grateful to have her on our Home Health team. Jenya, we wish you well on your special day!

## Staff Anniversaries



David Main, 9 years  
Dave, our Executive Chef has worked hard to incorporate fresh, local fruits and vegetables in our menu. He enjoys the outdoors and new adventures with his family.



Angela Haase, 5 years  
Whose smiling voice do you hear when you call our main office? Our wonderful administrative assistant, Angie, of course. We are grateful for her attention to detail when caring for those who come to us for help.

## Welcome to the Team!



Kylie Habedank, RN has joined Benzie Senior Resources as the Director of Home Health Services. Her work experience covers almost two decades in the medical field starting out as a Nursing Assistant at Munson in 2003. She earned her degree at Baker College in 2015. She and her family enjoy traveling, camping, boating, fishing/hunting, and their “funny farm” (cows, goats, chickens). She loves photography, walking the beach looking for rocks and baking. She has a 14 year old son who attends Benzie Central and a one-year-old daughter, who is full of spice. She has been with her partner Scott for over 12 years, and he is her best friend.



We are in need of **front desk volunteers** to greet people, answer the phone and count money. One day a week from 11:00 a.m. to 1:30 p.m. and your lunch is on us. Interested? Please give Susan a call at 231.525.0601.

We are in need of **Home Delivered Meals Drivers**. Drive our vehicles, use our gas and enjoy a free lunch! Share a few hours of your day delivering meals to the most vulnerable seniors in Benzie County. You decide your availability. Call Jeff at 231.525.0601.

**Music by**  
**The Melody Makers**  
Tuesdays at  
The Gathering Place  
10:30 a.m. to 1:30 p.m.

**Thompsonville Music & Lunch**  
The first Friday of every month ~  
October 1st  
The Thompsonville Fire Hall  
Music starts at 10:30 a.m.  
Lunch served at Noon.

**Games at TGP**  
Wii Bowling  
Fridays at 1:00 p.m.  
  
Bunco  
Thursdays at 1:00 p.m.  
Fridays at 9:30 a.m.

## Halloween Party!

**Where: The Gathering Place**  
**When: October 29, 2021**  
**Time: 11:30 a.m.—1:00 p.m.**



**Wear a costume and you'll be entered into a drawing to win a lunch punch card! (\$40 value)**

## FREE PIANO

If interested, please call  
The Gathering Place  
Senior Center.  
231.525.0601

## October Birthdays

Gary Herbert	1	Lavonne Ballard	11	Terry Montgomery	21
Lawrence O'Blenis	2	Pamela Koski	11	Alda Cook	22
Craig Pusey	2	Carole Evans	12	Betty Mathias	22
Charlotte Worden	2	Susana Green	12	James Ptak	24
David Johnson	3	Geoffrey Allen	13	Janet Wynne	24
Kurt Zschering	3	Lynette Grimes	13	Barbara Riegler	25
Randy Boyd	4	John Hancock	13	Jeff Sattler	25
Tina Clark	4	Janice Klemp	13	Thomas Smeltzer	25
Merryleesa Wilkins	4	Marleen McPhearson	13	Barbara Baltazar	26
Phyllis Crowell-		Marc Rosseels	13	Mary Lagerfeldt	26
VanHammen	5	Terry Cheeseman	13	Adele Maher	26
Craig Dixon	6	Michelle Leines	14	Cynthia Scott	27
Gene Kerby	6	Bob Presley	14	Paul Turner	27
James Loucks	6	Vicki Sager	14	Betty Gardner	28
Myra Milligan	6	Shirley Sexton-Damore	14	Sharon Hyll	28
Chris Pietrusza	6	David Sharman	14	Julia Hyll	28
Dianne Burnett	7	Tom Burgess	15	Jim Gauthier-Warinner	29
Joyce Card	7	Clyde Kastl	15	Verl Koski	29
Cathy Bodell	8	Josephine Swiecki	15	Bruce Toms	29
Lisa Gates	9	Margaret Marcum	16	Don Lousignau	30
Terri Milarch	9	George Hillier	17	Robert Swanson	30
William Tarker	9	Rob Janusch	17	Robert Dipzinski	31
Terry VanHeyningen	9	Elizabeth Demers	17	Gloria Ellis	31
Judy Ann Gauld	10	John Tuohimaa	17	Robert Scholl	31
Sandy Gill	10	Carol Bishop	19	Jim VanHammen	31
Audrey Swisher	10	Fred Poynor	19		
Judy Acha	11	Sharon McCollum	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*

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? Email us at: [bousamrad@BenzieSeniorResources.org](mailto: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

Name \_\_\_\_\_ Anniversary Date \_\_\_\_\_

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

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



Have an idea for the newsletter?

Want to write a guest column?

Email Dawn at:

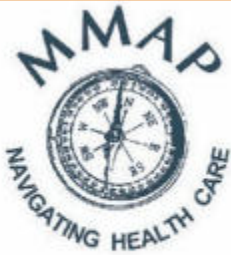
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Are you a Veteran?  
Need benefit help?  
Call Karen Korolenko,  
the Director at Benzie County  
Department of Veterans Affairs.

231.882.0034 or

Email [kkorolenko@benzieco.net](mailto:kkorolenko@benzieco.net).



## Now is the time to shop for your Medicare Prescription Plan...

**Save money and get the best coverage!**

If you have Medicare, you can choose a new plan during open enrollment. Coverage begins January 1

### Open Enrollment October 15 - December 7

**It's worth it to take the time to compare**

A local MMAP Counselor can:

- Help you compare your current plan with other Medicare drug plan choices
- Help you sign up for a new Medicare drug plan

To schedule a FREE appointment with a certified MMAP counselor, call Benzie Senior Resources at 231.525.0600.

This is a free service. MMAP, Inc. is funded by grants from the U.S. Department of Health & Human Services – the Administration for Community Living, the Michigan Department of Health and Human Services and the Michigan Aging and Adult Services Agency. MMAP does not receive funding from, nor is it affiliated with, any insurance companies.

I love a brisk fall breeze, especially when the leaves blow into the neighbors yard.



Movie Monday at The Gathering Place  
Monday, October 18  
1:00 p.m.

Now showing—*Bee Season*  
starring Richard Gere and Juliette Binoche  
\*FREE popcorn & pop!

**WANTED: Sweaters, all sizes, preferably with some wool content; sweater vests; wool coats; wool fabric; fleece fabric; buttons; thread wool and fleece blankets. Drop off at The Gathering Place. Please, do NOT drop off items not listed here.**



## Fall Produce Picks

The sun is setting sooner, the nights are getting cooler and wool socks are starting to sound like a good idea. This is the perfect time to celebrate the seasonal gems of autumn! Head to your local market and fill your basket with these fall produce picks.

### Pumpkin

Pumpkin is full of fiber and beta-carotene, which provides it vibrant orange color. Beta-carotene converts into vitamin A in the body, which is great for your skin and eyes. To balance pumpkin's sweetness, try adding savory herbs, such as sage and curry.



### Beets

Beets are edible from their leafy greens down to the bulbous root. The leaves are similar to spinach and are delicious sautéed. The grocery store most likely will carry red beets; your local farmers market may have more interesting varieties, such as golden or bull's blood, which has a bullseye pattern of rings. The red color in beets is caused by a phytochemical called betanin, making beet juice a natural alternative to red food coloring. Beets are a source of naturally occurring nitrates and may help to support healthy blood pressure. Roasting or steaming beets whole takes the fuss out of peeling — the skin easily slides off after cooking. They also are delicious raw, shredded and tossed in salads or thinly sliced and baked into chips.

### Sweet Potato

Sweet potatoes are full of fiber and vitamin A. Sweet potatoes also are an excellent source of potassium and vitamin C. Try them as a breakfast side dish, or serve them at any meal.

### Spaghetti Squash

Spaghetti squash is a lower-calorie and gluten-free alternative to grain-based pasta. Cut it in half to reveal a pocket of seeds; scoop those out and pop the two halves into the microwave or oven and cook until tender. Scrape a fork into the flesh and spaghetti-like strands appear! Voilà! Toss with pesto or marinara sauce for a quick veggie side dish.

### Kale

Kale is a nutrient powerhouse. It tastes sweeter after a frost and can survive a snowstorm. If you plant kale in your garden, you can dig it out of the snow and serve fresh salad in January! One cup of raw kale has only 8 calories and is loaded with vitamins A, C and K as well as manganese. Kale is great sautéed and cooked in soup, but also is excellent raw in salad; simply remove tough stems, slice into thin slivers and pair with something a bit sweet such as carrots or apples. One advantage of using kale for your leafy greens is that you can add your dressing ahead of time; the kale becomes more tender and delicious, not wilted.

### Pears

When we can buy fruits year-round, we tend to forget they have seasons. Pears are the most delicious in the fall when they're at their peak. Pears are unique in that they do not ripen on the tree; they will ripen at room temperature after they're picked. How do you know when they are ready to eat? Check the neck! If the fruit near the stem gives to a little pressure, it is ripe. There are a wide range of pear flavors and textures. And, just like apples, some are excellent eaten fresh while others are best cooked or canned for the winter. Try pears on the grill, poached in red wine, tucked into a panini, pureed into soup or a smoothie, or simply sliced with cheese and wine. If you eat the peel too, one medium pear has 6 grams of fiber.

### Cranberries

Fall is the time to get to know these tart berries and their wealth of nutritional benefits. Cranberries may help protect from urinary tract infection. They contain a compound called proanthocyanidin which may prevent harmful bacteria from sticking to your bladder wall. Fresh and dried cranberries pair well with a variety of meats and poultry. Fresh cranberries can be eaten raw but often are cooked. Dried cranberries are delicious in grain and vegetable salads and make a healthy snack on the go.

*Holly Larson, MS, RD, is a registered dietitian and nutrition copywriter.*

# Word Search

## The Addams Family

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

HOMER  
 PUGSLEY  
 EYE OF NUTE  
 GOMEZ  
 MORTICIA  
 GRANDMAMA  
 SPIDER  
 TOADSTOOL  
 GOTH  
 WEDNESDAY  
 SPOOKY  
 BATS  
 BLACK  
 CREEPY  
 LURCH  
 FAMILY  
 ADDAMS  
 UNCLE FESTER  
 FRUMP



Play this puzzle online at : <https://thewordsearch.com/puzzle/58879/>

### Free Computer Help

The Darcy Library in Beulah

Thursdays, 12:00 p.m.—4:00 p.m.

Use your computer or one at the library.

Questions? Call Carol at 231.882.4037

### Benzie Senior Resources' Benzie Bus Passes

Do you have any pink Benzie Bus Passes? If yes, please drop them off at either the Benzie Senior Resources office or The Gathering Place. We have a different system now with Benzie Bus that does not require the passes anymore as long as you are age 60 or older and a resident of Benzie County. Just call us at 231.525.0600 and we'll get you on their list. No more pesky passes to keep track of! We did pay for them, so if you return the unused ones, we'd really appreciate it, so we can get credit for them. THANKS!

# Donation Information

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. 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](mailto:info@BenzieSeniorResources.org).

## Donations made to Benzie Senior Resources:

In Honor of:

Leo Wilcox  
Happy 100th Birthday  
Leo!

**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.

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### 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

Address Service Requested

## FOOT CLINIC

Wednesdays at  
Benzie Senior  
Resources  
Administration Office.



Please call 231-525-0600 for  
your appointment.

We don't charge a fee, but  
donations are appreciated.

## Essential Estate Planning

When: 4th Tuesday each month  
Where: 9:00 a.m. to 4:00 p.m.  
Place: Benzie Senior Resources  
Office, **by appointment only**

This is an opportunity to speak with an  
experienced estate planning  
attorney for free to review, update and/  
or create an estate plan.  
Call 231-525-0600 to  
schedule your appointment.

Get the  
**FLU**  **SHOT**  
not the flu!

Flu Shot Clinic  
Date: October 14, 2021  
Who: Hometown Pharmacy  
Where: The Gathering Place  
When: 10:00 a.m.—3:00 p.m.

Please call 231.525.0601 to  
schedule yours!

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