



BENZIE

SENIOR RESOURCES

November 2021

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November is...

National Hospice & Palliative Care Month
National Diabetes Awareness Month
National Alzheimer's Awareness Month
COPD Awareness Month
National Caregiver Appreciation Month
Native American Heritage Month
National Adoption Awareness Month

THE SENIOR SCOOP



*Be connected.
Be supported.
Be home.*



Volunteers Jimmy, Jo and Darlene enjoy a break outside. They volunteer at The Gathering Place every day cleaning off our tables and helping with any task we throw their way.



Veterans Day is November 11th. Lunch is served from 11:30 a.m.—1:00 p.m. and is FREE to all Veterans.



BENZIE SENIOR RESOURCES BOARD OF DIRECTORS

Nancy Mullen Call, <i>President</i> Leo Hughes, <i>Interim Secretary</i> Pamela Howe-Perry Rosemary Russell Linda Ringleka	Ronald Dykstra, <i>Vice President</i> Deborah Rogers, <i>Treasurer</i> Ingrid Turner Paul Turner
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Benzie Senior Resources is funded by Benzie County residents through a property tax millage, federal and state funds through the Aging & Adult Services Agency, Area Agency on Aging of Northwest Michigan, and private donations and grants from GT Band of Ottawa and Chippewa Indians 2% Allocation, Benzie County Community Chest, Delta Dental Foundation, Grand Traverse Regional Community Foundation, Benzie County Sunrise Rotary Foundation, Cherryland Cares and Meals on Wheels of America. 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
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Angela Haase copy/finish edits

NEWSLETTER SUBSCRIPTION FORM

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If you would like a copy of this newsletter mailed to your home OR emailed to you each month, please mail this form to the Benzie Senior Resources office, 10542 Main St, Honor, MI 49640. For annual mailing the subscription fee is \$10.00. There is no charge for emailing. Subscription expiration dates are listed on the bottom of the mailing label. You can also find this newsletter on our website at benzieseniorresources.org under the NEWS tab, at our Benzie Senior Resources office and at The Gathering Place.

From Our Director

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 many navigate their own health challenges. Each give selflessly to bring comfort, social engagement, and stability to those they love.

While caregiving for a friend or family member is rewarding, it is also challenging and demanding. It's easy to neglect one's own health and well-being when you are focused on meeting your loved one's needs. Caregivers need time off from their responsibilities to relieve stress and prevent burnout. You want to be there for your loved one, so let us be there for you. Help is available, so please contact us today to find out how our respite services can improve your well-being and help you continue to care for those who need you most by taking care of yourself.

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. They contain a 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 that will help assist them with the struggles they may face and learn about the disease process of dementia and Alzheimer's Disease. The material is available at each of the libraries and our own office at BSR.

Veterans Day is an important day 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 pay 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 behalf of all of us. Here and now: Thank you all for your service. We salute you!

Please join us in celebrating our veterans on November 11th for Veterans Day. We will have a special program to honor them and lunch is on us for our both veterans and their spouses/significant others.

Also, I am wishing everyone a safe and wonderful Thanksgiving Holiday!

Take care,

Douglas



November Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Authentic U.P. Beef Pasties</p> <p>European Vegetable Blend</p> <p>Steamed Cauliflower Florets</p> <p>Stoneground Wheat Bread</p> <p>Apricot Halves</p>	<p>2</p> <p>Spaghetti with Hearty Meat Sauce</p> <p>Italian Vegetable Blend</p> <p>Steamed Sweet Corn</p> <p>Whole Wheat Garlic Toast</p> <p>Classic Fruit Cocktail</p>	<p>3</p> <p>Grilled Turkey Reuben (Rachel)</p> <p>Oven Baked Tater Tots</p> <p>Capri Vegetable Blend</p> <p>Diced Pears</p> <p>Homemade Coleslaw</p>	<p>4</p> <p>Seasoned Beef Nacho Bar</p> <p>Authentic Refried Beans</p> <p>Oven Baked Peaches</p> <p>Tortilla Chips with Fire Roasted Salsa</p>	<p>5</p> <p>Hawaiian Style Chicken & Rice</p> <p>Malibu Vegetable Blend</p> <p>Steamed Spinach</p> <p>Stoneground Wheat Bread</p> <p>Pineapple Tidbits</p>
<p>8</p> <p>Pecan Encrusted Tilapia</p> <p>California Vegetable Blend</p> <p>Green Bean Blend</p> <p>Stoneground Wheat Bread</p> <p>Cranberry Applesauce</p>	<p>9</p> <p>Homestyle Goulash</p> <p>Steamed Sweet Peas</p> <p>Steamed Parisian Carrots</p> <p>Stoneground Wheat Bread</p> <p>Fresh Cut Oranges</p>	<p>10</p> <p>Roasted Veggie Lasagna</p> <p>Italian Style Green Beans</p> <p>Pesto Infused Cauliflower</p> <p>Soft Baked Bread Sticks</p> <p>Diced Pears</p>	<p>11</p> <p>Rosemary Garlic Roasted Pork</p> <p>Parmesan Garlic Mashed Potatoes</p> <p>Venetian Vegetable Blend</p> <p>Stoneground Wheat Bread</p> <p>Fresh Banana</p>	<p>12</p> <p>Beef Stir-fry over Rice</p> <p>Asian Vegetable Blend</p> <p>Steamed Broccoli Florets</p> <p>Lucky Fortune Cookie</p> <p>Mandarin Oranges</p> <p>Birthday Cake Bites</p>
<p>15</p> <p>Pineapple Dijon Baked Ham</p> <p>Whipped Sweet Potatoes</p> <p>Scandinavian Vegetable Blend</p> <p>Sweet Hawaiian Rolls</p> <p>Classic Applesauce</p>	<p>16</p> <p>Classic Beef Stroganoff</p> <p>Key West Vegetable Blend</p> <p>Oven Roasted Brussel Sprouts</p> <p>Stoneground Wheat Bread</p> <p>Fresh Grapes</p>	<p>17</p> <p>Southwestern Chicken Alfredo</p> <p>Italian Style Green Beans</p> <p>Fire Roasted Corn & Black Beans</p> <p>Whole Wheat Garlic Toast</p> <p>Fresh Cut Oranges</p>	<p>18</p> <p>Crispy Cod Sandwich</p> <p>Sweet Potato Bites</p> <p>Southern Style Succotash</p> <p>Stoneground Wheat Bread</p> <p>Fresh Plums</p>	<p>19</p> <p>Slow Roasted Beef</p> <p>Herbed Mashed Potatoes</p> <p>Normandy Vegetable Blend</p> <p>Stoneground Wheat Bread</p> <p>Diced Peaches</p>
<p>22</p> <p>Italian Meatball & Cheese Sub</p> <p>Sicilian Vegetable Blend</p> <p>Pesto Infused Cauliflower</p> <p>Fresh Banana</p>	<p>23</p> <p>Country Breakfast Skillet</p> <p>Savory Sausage Links</p> <p>Oven Baked Spiced Apples</p>	<p>24</p> <p>Roasted Turkey with Herbed Stuffing</p> <p>Parmesan Garlic Mashed Potatoes</p> <p>Green Bean Blend</p> <p>Classic Pumpkin Pie</p>	<p>25</p> 	<p>26</p> 
<p>29</p> <p>Tangerine Chicken Over Rice</p> <p>Caribbean Vegetable Blend</p> <p>Steamed Spinach</p> <p>Lucky Fortune Cookie</p> <p>Tropical Fruit Blend</p>	<p>30</p> <p>Classic Hot Beef Sandwich</p> <p>Herbed Mashed Potatoes</p> <p>Steamed Sweet Peas</p> <p>Fresh Banana</p>	<p><i>Menu is subject to change based on product availability</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><i>We accept cash, Visa, Mastercard and Discover. Personal Checks also accepted made out to BSR.</i></p>

TRIP & Vitamin D

Lancaster Show Trip & the Dutch Country
\$685 per person, double occupancy
September 18-28, 2022

Price includes:

- Motorcoach transportation
- 6 nights lodging including 4 consecutive nights in the Lancaster area
- 10 meals: 6 breakfasts and 4 dinners
- Admission to the "DAVID" show at the Sight & Sound Millennium Theater
- Admission to the Landis Valley Museum & Village
- Guided Tour of Philadelphia
- Visit to charming Kitchen Kettle village
- Visit to Park City Center
- Admission to The Amish Experience & Jacob's Choice at The F/X Theater
- Guided tour of Lancaster



For more details, stop by Benzie Senior Resources office to pick up a trip flyer or call 231.525.0600.

Vitamin D Deficiency: Why Seniors Are at Increased Risk during the Winter

Vitamins and minerals are essential for optimum health. Unfortunately, many older adults are at increased risk of deficiencies for many reasons. A leading cause is that the body's ability to absorb essential nutrients decreases with age. It can put the senior at risk for illnesses such as osteoporosis, heart disease, asthma, multiple sclerosis, and even some forms of cancer.

One vitamin that older adults are more deficient in during the winter is vitamin D. Seniors in colder climates spend less time outdoors during these icy, snowy months. That means they aren't exposed to direct sunlight. A lack of sunlight results in less vitamin D being produced in the body. The following are vitamin D guidelines but as always, please consult your physician before starting any medication or vitamin.

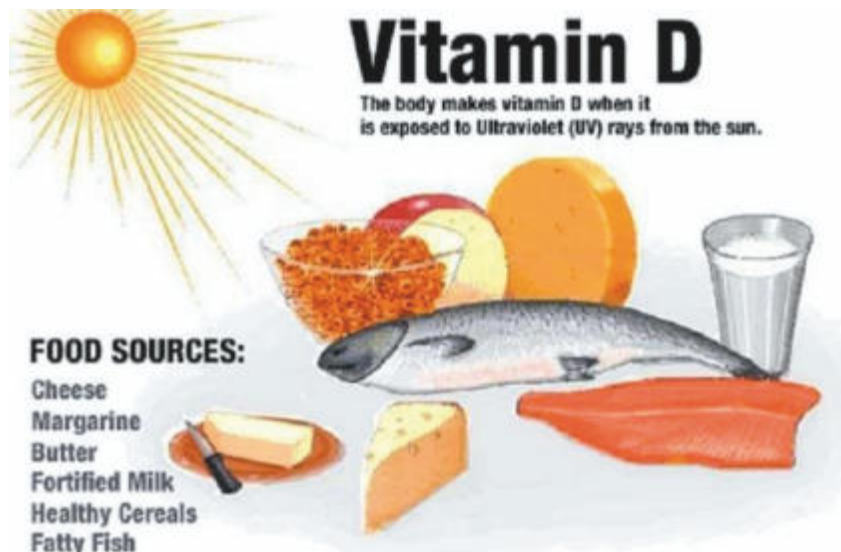
- 600 international units (IU) per day for children and adults up to the age of 70
- 800 international units per day for adults over the age of 70
- Some physicians say 1,000 IUs a day should be the target for older adults to have optimum bone health.

Symptoms of a Vitamin D Deficiency

Recognizing a vitamin D deficiency is difficult because the symptoms are vague and can be easily overlooked or mistaken for something else.

Symptoms of Vitamin D deficiency include:

- fatigue and overall weakness
- muscle pain and muscle fatigue
- swelling and pain in bones and joints
- difficulty concentrating
- sweating despite not feeling hot.



November Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Stretching & Balance 11:30 Lunch 5:30 Zumba	2 10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga	3 8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo	4 11:30-1:00 Lunch 1:30 BUNCO	5 9:30 BUNCO 10:30 Thompsonville Lunch & Music 11:30-1:00 Lunch 1:00 Wii Bowling
8 10:00 Stretching & Balance 11:30 Lunch 5:30 Zumba	9 10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga	10 8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo 2:00 Grief discussion	11 Veteran's Day 10:00 Wreath Making 11:30-1:00 Lunch 1:30 BUNCO	12 9:30 BUNCO 11:30-1:00 Lunch— November Birthday Celebration 1:00 Wii Bowling
15 10:00 Stretching & Balance 11:30 Lunch 1:00 Movie Monday 5:30 Zumba	16 10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga	17 8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo 1:30-4:00 OPEN SEW	18 10:00 Book Group 11-1-2 Blood Pressure Checks 11:30-1:00 Lunch 1:30 BUNCO	19 9:30 BUNCO 11:30-1:00 Lunch 1:00 Wii Bowling 
22 10:00 Stretching & Balance 11:30-1:00 Lunch 1:30 Fun Fall Craft 5:30 Zumba	23 10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga	24 8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo 		
29 10:00 Stretching & Balance 11:30-1:00 Lunch 1:30 Craft with Blanche 5:30 Zumba	30 10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga			



Staff Celebrations

Staff Birthdays



Happy Birthday to Felicia Hilliard on November 3rd! Felicia is an R.N. on our staff who enjoys camping and new adventures. We appreciate her hard work and dedication to Benzie seniors.



Dawn Bousamra, November 20th. Happy Birthday to Dawn our Assistant Director. Dawn appreciates quiet walks in the woods with her dogs and typically is found chauffeuring her three children to various events.

Staff Anniversaries



Ryan Couturier, 2 years. Happy work Anniversary to Ryan one of our valued kitchen staff. Ryan's sense of humor keeps us on our toes! He enjoys spending time with his family especially his daughter Lumi who is almost 2!



In search of a seamstress for local senior. Contact Dawn at 231.525.0600. Thanks!

Ultimate Winter Weather Preparedness — HOME CHECKLIST —

☐ **Nonperishable foods**
(cereal, canned meat, soup, protein bars, etc.)

☐ **Paper cups, plates, and utensils**

☐ **Flashlights with extra batteries**

☐ **Can opener**
(coats, hats, blankets, etc.)

☐ **One gallon of water for each person**
(5 day supply)

☐ **First aid kit**

☐ **Prescription medications**
(5 day supply)

☐ **Extra warm clothing**
(hats, mittens, scarves, coats)

☐ **Rock salt**



☐ **Pet food and water**

☐ **Battery-powered clock**

☐ **Battery-powered radio**

☐ **Basic toiletries**

☐ **Backup power generator**

☐ **Coil lighter & waterproof matches**

☐ **Portable camp stove**

☐ **Games**
(playing cards, board games, etc.)

☐ **Shovel**

☐ **Snow melting cable**



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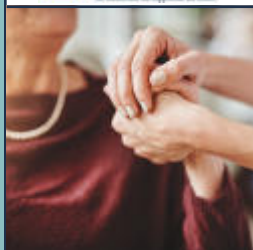
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3-D-5-5

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15-0688

Annual Christmas Gift Bags



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 231.525.0600 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!

Inclement Weather Closing

When the weather is poor and Benzie Central Schools are closed, Home Delivered Meals will not be delivered. We send each client a 5-day supply of shelf stable food for these days as well as extra frozen meals for reheating. The Gathering Place Senior Center will remain open and the meal served at The Gathering Place Senior Center will consist of soup and the salad bar. The scheduled activities may change. Call The Gathering Place Senior Center to verify if an activity is still scheduled at 231.525.0601.

When Benzie Central Schools are on a 2-hour delay, regular business hours will continue and meal delivery will continue as scheduled.

The Executive Director or their designee will monitor weather conditions and if a general alert is issued by the Michigan State Police, Benzie County Sheriff's Office or the Benzie County Road Commission requesting drivers to remain off the roads, then The Gathering Place Senior Center will be closed. The closure of The Gathering Place will be announced on 9 & 10 News, 7 & 4 News, WTCM 103.5 & WCCW 107.5. Look for updates on our Facebook page at www.facebook.com/BenzieSeniorResources.



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.

Games at TGP
Wii Bowling
Fridays at 1:00 p.m.

Bunco
Thursdays at 1:00 p.m.
Fridays at 9:30 a.m.

FREE PIANO

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



Parkinson's Disease Caregiver information

The Michigan Parkinson Foundation's (MPF) goal is to ensure that all people with Parkinson's receive compassionate quality care. Parkinson's is a complicated disease that can present a variety of symptoms. It's important for caregivers to understand the various symptoms and learn how to provide aid when needed. After discussion and feedback received from stakeholders throughout Michigan, it was apparent to MPF that caregivers are not adequately prepared to care for people with Parkinson's. To address that problem MPF developed the Parkinson Caregiver Education Program, an online training module for direct care workers who provide assistance for people with Parkinson's. Our **free** training program will provide critical care information for direct care workers, family caregivers, home health aides and others who assist individuals with Parkinson's to ensure better quality care. The entire program can be completed in under an hour.

The free training module consists of (7) five-to-ten-minute videos. Here are the topics:

1. Overview of Parkinson's, what causes the disease, no cure, medication for symptoms, slow progressive.
2. Medication: The importance of medication administered on time; unique for each individual
3. Managing "freezing" and off episodes (gait freeze, transferring, bed issues, prevent suffocation)
4. Ensuring good nutrition, good eating practices for a person with PD, swallowing, choking hazards
5. Mealtime atmosphere, eliminate social isolation, maintain dignity.
6. Verbal communication problems: Dysarthria (soft speech, weak speech or no speech)
7. Managing anxiety, hallucinations, psychosis, delusions, and night terrors

The videos will be hosted **free of charge** on Relias Academy's website,

<https://michiganparkinsonfoundation.academy.reliaslearning.com/>. They are happy to provide you with access to the training videos. E-mail AlisonC@parkinsonsmi.org with your name, address, e-mail, and phone number and they will send you the links to the videos.



BENZIE BUS

Benzie Bus offers prescription delivery from all Benzie County pharmacies. (Disclaimer: prescriptions requiring a signature are not eligible for this service)

It's as easy as 1-2-3!

Step 1: Call your pharmacy and make sure your prescription is ready. Pay for your prescription over the phone, and let them know Benzie Bus will be picking it up for you.

Step 2: Call Benzie Bus (231-325-3000 ext. 1) and give them your name, date of birth, and the name of the pharmacy.

Step 3: Sit back and relax, knowing your prescription will be delivered safely to your door!



We have laptops available for use at The Gathering Place. Please let Susan know if you would like to use one.



Crabby Road

11-20-07



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**Now is the time to
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If you have Medicare, you can choose a new plan during open enrollment. Coverage begins January 1

**Open Enrollment
October 15 - December 7**

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

Open Sew



Something new at TGP! We are starting an open sew time giving folks a place to gather and work on their own projects. A great way to make new friends and learn

from our fellow crafters! Bring whatever you wish to work on – sewing, knitting, crocheting, scrap booking – the choice is yours.

Our first Open Sew will be on November 17th from 1:30 p.m. to 4:00 p.m. Please join us for the fun and fellowship.



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.

**Movie Monday at
The Gathering Place
Monday, November 15
at 1:00 p.m.
*FREE popcorn & pop!**

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.



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!



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.



Don't forget to change your clocks back an hour on Sunday, November 7th!



November Birthdays

Helen Robotham	1	Betty Coote	12	Sonja Reitan	20
Carol Claypool	2	Leah Erickson	13	Walter Gauthier	21
Beryl Krasner	2	Pam Lorenz	13	Don Olney	21
Myrna Mallison	2	Kathleen McManus	13	Linda Booher	22
Joan Oderkirk	2	Donald K Bock	14	Ronald Dykstra	22
Carol Pelky	2	Edward Fifield	14	Arlene Paul	22
Loy Putney	2	Joyce Gatrell	14	Jimmy Ray Thomas	22
Linda Cutsinger	3	Terry Tolar	14	Warren Wood	22
Don Winters	3	Karlin Corey	15	Dale Ritter	23
Sharon Beechcraft	4	Wanda Curtis	15	Jan Jaynes	24
Mary Rineer	4	Dorothy Hallock	15	Edward Smith	24
Robert Larson	5	Mike Malecki	15	Mary Centlivre	25
Dorothy Mead	5	Randall Stortz	15	Patricia Miehlike	25
Steven Thompson	5	Frances Strickland	15	Gary Richter	25
Howard Yost	5	Maxine Winters	15	Sally Bobek	26
Jan Glatzer	6	John Parkin	16	Joy Jensen	26
Bryan Black	7	Charlotte Fink	17	Mary Haan	27
John Jenkins	8	Chris Bobek	18	Shirley Ransom	27
Lois Huntley	9	Christi Flynn	18	John Bird	29
Scott Kubit	10	Douglas Gleason	18	Vickie Ely	28
Butch McKeen	10	Tammy Grostick	18	George Gottschalk	28
Joseph Prance	10	Betty Orr	18	Bert Lappe	28
Mel Adams	11	Bob Short	18	Ron Nostrandt	28
Mary Clifton	11	Al Bryant	19	Mary Jane Putney	28
Diane McKeen	11	Deb Cordell	19	Katherine Houston	29
Donald Quisenberry	11	Lynn Horvath	20	Jim Laarman	29
Ted Smigiel	11	Connie Jaquish	20		
David Wynne	11	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

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 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:

Bousamrad@BenzieSeniorResources.org



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.

Thanksgiving

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

BLACK FRIDAY
 FAMILY
 TURKEY
 GRAVY
 STUFFING
 HARVEST
 CELEBRATE
 PUMPKIN PIE
 PILGRIMS
 MASHED POTATOES
 NOVEMBER
 FEAST
 CORN
 GREEN PEAS
 THANKSGIVING
 FALL
 AUTUMN
 PLYMOUTH



Play this puzzle online at : <https://thewordsearch.com/puzzle/193/>

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. You can also mail them to BSR, 10542 Main Street, Honor, MI 49640. 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.

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.

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



Pink Day at
The Gathering Place is an
annual event to help
bring awareness to
Breast Cancer.
We remember those we've
lost and honor those who
are still going through
treatment. Thank you to all
who participated this year!

