



BENZIE SENIOR RESOURCES

October 2022

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October is...

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

Benzie Senior Resources 231.525.0600

THE SENIOR SCOOP

*Be connected.
Be supported.
Be home.*



We celebrated National Teddy Bear Day at The Gathering Place. We were excited by how many teddy bears came to visit us! Thank you to all who participated in this event.

**Flu Shot Clinic at
The Gathering Place**

**October 12th
10:00 a.m. to 2:00 p.m.**

For seniors 60 and older

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Benzie seniors.

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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

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Angela Haase copy/finish edits

NEWSLETTER SUBSCRIPTION FORM

NAME _____ DOB: ____/____/____

ADDRESS _____

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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

Hello Friends and Happy Fall!

Well, here we are into fall with the crisp air, Friday Night Football under the lights, and soon to be colorful leaves. October is also a celebration month for my wife and me. It's our wedding anniversary celebration—this year we are celebrating our 40th. It's been a great ride over these years with our three children and four grandchildren and we just learned a few weeks ago that there is going to be a number five coming into this world in the middle of next April. We are very excited and can't wait for the arrival our newest grandchild!

I want to thank the Senior Center Staff for going the extra mile in celebrating Senior Center Month during the month of September. We are very fortunate to live in Benzie County as there are so many wonderful businesses, people and groups who are always willing to help us out and by helping BSR out, they are helping the many seniors in Benzie County. For example, during the celebration of National Senior Month many local businesses donated merchandise and gift cards to be used as give- aways during this celebration for our senior friends. See the last page of the newsletter and visit our Facebook page for a complete list of business that provided prizes and please do visit their establishments in support of their willingness to support our seniors.

October 1st is also the beginning of our fiscal year and for those of you who come to The Gathering Place for lunch, you will need to complete a National Aging Program Information System (NAPIS) form. Now before you all start to ask, "Why do we need to fill out this form again?" the short answer is that it has always been a requirement that begins October 1st of each year. It is in place to help us obtain funding from both the Older American's Act and Older Michiganiaan's Act. The form also helps to:

1. Track how many meals and people are served
2. Better understand the needs and situations of the people we serve
3. Help evaluate the effectiveness of our services
4. Help our legislators set priority funding for the Older Americans Act Programs

As an agency, we also focus on if an individual answers yes to the question, "Does care recipient have tooth or mouth problems that make it hard to eat?" We can then offer a voucher to help with the costs of visit to the dentist through Dental Clinics North and NW Michigan Health Services. If we see that the individual eats too few fruits, vegetables or dairy products or does not have enough money to buy food they need, we can sign that person up for our fresh produce bag program or even assist with the commodity food program. There are other nutritional programs in our community, too, that we can direct them to. So, by fully completing the NAPIS form, you may be eligible for other programs that you might not be aware of.

Just so you know, we are committed to protecting all the information you disclose on the NAPIS Form and will not share with any other entity other than for its intended purpose. So, please complete the NAPIS form when asked by the front desk volunteers or Susan. It is important that everyone cooperates.

I also want to thank those who responded to my "ASK" in last month's newsletter to help us with the cost of another expensive Home Delivery Meals vehicle repair--a transmission rebuild. Due to the generosity of others, we were able to pay for this repair and get our meal delivery vehicle back on the road again. Thank you very much!

Take care,

Doug



October Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Classic Beef Stroganoff</p> <p>Oven Roasted Asparagus</p> <p>Steamed Parisian Carrots</p> <p>Stoneground Wheat Bread</p> <p>Fresh Plums</p>	<p>4</p> <p>Seasoned Beef Taco Bar</p> <p>Authentic Refried Beans</p> <p>Oven Baked Pears</p> <p>Tortilla Chips with Fire Roasted Salsa</p>	<p>5</p> <p>Pecan Encrusted Tilapia</p> <p>Oven Baked Tater Tots</p> <p>Normandy Vegetable Blend</p> <p>Stoneground Wheat Bread</p> <p>Fresh Banana</p> <p>Homemade Coleslaw</p>	<p>6</p> <p>Spaghetti with Hearty Meat Sauce</p> <p>Capri Vegetable Blend</p> <p>Steamed Sweet Peas</p> <p>Whole Wheat Garlic Toast</p> <p>Diced Peaches</p>	<p>7</p> <p>Slow Roasted Beef</p> <p>Herbed Mashed Potatoes</p> <p>Malibu Vegetable Blend</p> <p>Stoneground Wheat Bread</p> <p>Pineapple Tidbits</p>
<p>10</p> <p>Classic Hot Beef Sandwich</p> <p>Herbed Mashed Potatoes</p> <p>Steamed Cauliflower Florets</p> <p>Fresh Cut Oranges</p>	<p>11</p> <p>Homestyle Turkey Stew</p> <p>European Vegetable Blend</p> <p>Steamed Sweet Corn</p> <p>Fresh Baked Biscuits</p> <p>Cranberry Applesauce</p>	<p>12</p> <p>Creole Style Chicken Gumbo</p> <p>Black Eyed Peas with Bacon</p> <p>Steamed Spinach</p> <p>Stoneground Wheat Bread</p> <p>Diced Peaches</p>	<p>13</p> <p>Beef Stir-fry over Rice</p> <p>Crispy Egg Roll</p> <p>Asian Vegetable Blend</p> <p>Lucky Fortune Cookie</p> <p>Mandarin Oranges</p>	<p>14</p> <p>Classic Chicken Cacciatore</p> <p>Italian Style Green Beans</p> <p>Steamed Parisian Carrots</p> <p>Whole Wheat Garlic Toast</p> <p>Diced Pears</p> <p>Birthday Cake Bites</p>
<p>17</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>18</p> <p>Hawaiian Style Chicken & Rice</p> <p>Caribbean Vegetable Blend</p> <p>Steamed Broccoli Florets</p> <p>Stoneground Wheat Bread</p> <p>Tropical Fruit Blend</p>	<p>19</p> <p>Homemade Glazed Meatloaf</p> <p>Herbed Mashed Potatoes</p> <p>Sicilian Vegetable Blend</p> <p>Whole Wheat Garlic Toast</p> <p>Apricot Halves</p>	<p>20</p> <p>Cincinnati Style Chili</p> <p>Steamed Sweet Corn</p> <p>Oven Baked Peaches</p> <p>Stoneground Wheat Bread</p>	<p>21</p> <p>Rosemary Garlic Roasted Pork</p> <p>Herb Buttered Potatoes</p> <p>Southern Style Succotash</p> <p>Stoneground Wheat Bread</p> <p>Fresh Banana</p>
<p>24</p> <p>Crispy Cod Sandwich</p> <p>Sweet Potato Bites</p> <p>Japanese Vegetable Blend</p> <p>Classic Fruit Cocktail</p>	<p>25</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>26</p> <p>Hand Breaded Baked Chicken</p> <p>Parmesan Garlic Mashed Potatoes</p> <p>California Vegetable Blend</p> <p>Pineapple Tidbits</p>	<p>27</p> <p>Country Breakfast Skillet</p> <p>Savory Sausage Links</p> <p>Oven Baked Spiced Apples</p>	<p>28</p> <p>Classic Chicken Marsala</p> <p>Oven Baked Potato</p> <p>Italian Vegetable Blend</p> <p>Whole Wheat Garlic Toast</p>
<p>31</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>We accept cash, Visa, Mastercard and Discover.</p> <p>Personal Checks also accepted made out to BSR.</p>	<p><i>Menu is subject to change based on product availability</i></p>	<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 \$4.00</p>

The Kitchen Uncovered

If my personal records are correct, my 10-year anniversary is coming up on October 15th. It is strange to look back over that time to see all that has changed. It could be because I recently turned 40, but it seems like I was just a kid when I started here. In that amount of time, I've had another daughter, who turns 9 in a couple of weeks, had many adventures with my family, built an addition to our home, gone through a lot of vehicles, and recently got a puppy! Benzie County Council on Aging merged with Benzie Home Health Care to create Benzie Senior Resources in 2016, created many other partnerships, and fine-tuned the services we offer. We have lost some great staff but have also gained new team members along the way, upgraded much of our kitchen equipment to keep pace with growing numbers, and created a lot of new menu items. A historic school has closed and a new one is under construction, there have been 3 presidents, three governors, and I'm running for school board. We have all lost loved ones but have also welcomed new lives into the world. Our nutritional program has grown and changed for the better, and many members of our community have been served countless hot nutritious meals.

While so much has changed, it is reassuring to know that there is so much that remains the same, or that has even improved. We all are still very fortunate to live in this great community with all that it offers and all of the amazing nature that surrounds us throughout the seasons. I hope to write a similar article in another 10 years!

Take care,

David Main
Executive Chef



Something New...

October 26th at 5:00 p.m. we're serving Spaghetti Dinner and salad at The Gathering Place. We'll be playing Produce Bingo afterwards, at 6:00 p.m.! We hope you'll join us for both. There is no charge for Produce Bingo.

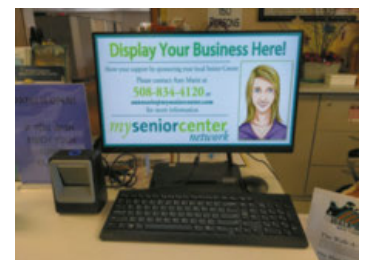
Dinner is \$4.00 suggested donation for age 60 and older.

MySeniorCenter

Have you noticed this screen at our front desk at The Gathering Place? It's a system called myseniorcenter and it's a way for us to save paper and collect data for our grants and reports.

Don't worry! We are not replacing our incredible desk volunteers.

Some of you already have your keycard and have learned how to check-in. Please let our desk volunteer know if you don't have one and we'll have it ready for you the next time you come in. And if you volunteer as a meal delivery driver or in any other capacity you also need one!



October Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Stretch & Balance 11:30-1:30 Lunch 5:30 Zumba	4 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	5 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo	6 10:00 Altered Book w/ Pam 11:30-1:30 Lunch 12:00—1:00 Rosie (DOG) with her handler Krystal 1:30 BUNCO	7 9:30 BUNCO 10:30 Thompsonville Lunch & Music 11:30-1:30 Lunch 1:00 Wii Bowling
10 10:00 Stretch & Balance 11:30-1:30 Lunch 1:30 Pumpkin Class with Susan 5:30 Zumba	11 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	12 8:30 Zumba 10–2 Flu Shots with Hometown Pharmacy 11:30-1:30 Lunch 12:30 Bingo	13 10:00 Blood Pressure/ Glucose Tests 11:30-1:30 Lunch 1:30 BUNCO	14 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet Group
17 10:00 Stretch & Balance 11:30-1:30 Lunch 5:30 Zumba	18 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	19 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 4:30 Board of Directors Meeting	20 10:00 Altered Book w/ Pam 11:30-1:30 Lunch 12:00—1:00 Rosie (DOG) with her handler Krystal 1:30 BUNCO	21 PINK DAY! Wear pink and show your support for Breast Cancer Awareness! 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling
24 10:00 Stretch & Balance 11:30-1:30 Lunch 5:30 Zumba 1:30 Pebble Art w/ Cindy	25 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	26 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 5:00 Evening meal 6:00 Produce Bingo!	27 10:00 Book Group 11:30-1:30 Lunch 1:30 BUNCO	28 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet Group
31 10:00 Stretch & Balance 11:30-1:30 Lunch—Halloween Party! Wear a costume. Prize drawings. 5:30 Zumba		Join us October 26th for dinner at 5:00 p.m. Stay for Produce Bingo starting at 6:00 p.m. Prizes are fruits, veggies, and other food choices.		



Staff Milestones

Staff Birthdays



Terry Crawford, October 6
Terry is part of our Home Healthcare crew and enjoys spending time with her grandchildren.



Susan Glass, October 17
Susan is always on the move whether she is making The Gathering Place festive, teaching a craft class, or planning the next adventure. She is a gifted quilter and is great for a hug and a smile.



Jenya Cobb, October 21
You will never find Jenya without her beautiful smile. Fun loving and full of spunk, we wish her a very Happy Birthday!



Nicole Olney, October 29
Nicole is kept in line by her cat Babe. She enjoys spending time with her nieces and nephews as well as reading, crafting, and kayaking.



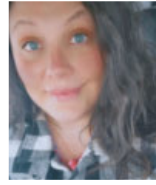
Welcome to the Team!
Please help us welcome Kathleen Torresan to our Home Healthcare Team. She loves ceramics and watching movies. Her favorite foods are Italian and Chinese. She has 23 grandchildren and might be convinced to sing karaoke.



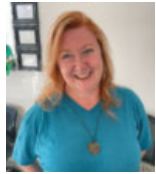
If you happen to shop at Amazon.com, please start out at smile.amazon.com and choose Benzie Senior Resources as your charity. Amazon will donate 0.5% of your order dollars to our agency!

Benzie Bus passes are no longer necessary to ride the bus. You must be 60 or older and a resident of Benzie County. Call 231.525.0600 and we'll get you on the list. Drop your old pink bus passes at either Benzie Senior Resources or The Gathering Place. You can also mail them to us at: BSR, 10542 Main Street, Honor, MI 49640. Thanks!

Staff Anniversaries



Amanda Miner, 2 years. We are fortunate that Amanda is part of our Home Health team. When not caring for our seniors, Amanda enjoys spending time with her family, reading and listening to music.



Angela Haase, 6 years, retains her sense of humor and calm daily for us at the front desk at BSR. She collects ski poles all year to keep our seniors safe and is trying to get back to writing.



David Main, 10 years. Happy Decade to Dave who has worked tirelessly as our Chef to incorporate fresh, local fruits and veggies in our menu. He enjoys the outdoors and new adventures with his family.

FOOT CLINIC

Wednesdays at Benzie Senior Resources Office,
BY APPOINTMENT.

Please call 231-525-0600 to schedule yours.
We don't charge a fee, but donations are appreciated.

Book Group Book List for Upcoming Months

October—*How Beautiful We Were* by Imbolo Mbue

November—*Isadore's Secret* by Mardi Link

December—*Christmas Train* by David Baldacci



Are you a Veteran? Need benefit help?

Call Karen Korolenko,

Director at Benzie County

Department of Veterans Affairs.

231.882.0034 or Email kkorolenko@benzieco.net.

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

Benzonia Library has a Talking Library. They partner with Traverse Area District Library and will mail you books on CD. They are open M-F 10am to 6 pm with curbside service available Monday thru Friday 12-4pm. Free WiFi is available there 24/7. For more information they can be reached at 231.882.4111.



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15-0688

Bulletin Board & Recipe



Upcoming Little River Casino Dates—November 16th and December 21st. Leave The Gathering Place at 8:30 a.m. Trip fee is \$10. The dates are on Senior Day so

after 10:00 a.m. if you get two points you can go to the kiosk machine to win Little River credits. Sign-up sheet is at the front desk at The Gathering Place or call 231.525.0601.



Benzie Senior Resources has partnered with Benzie Bus to offer Health Rides for

Benzie seniors age 60 and older. Personalized, door-to-door rides to medical appointments and procedures. Fees are income-based and are on a sliding scale. Call us for more information at 231.525.0600.

Essential Estate Planning

Benzie Senior Resources offers Essential Estate Planning **by appointment only**. Meet 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.



33rd Annual

ZONTA FESTIVAL

October 15, 2022

8:30 a.m. – 1:00 p.m.

At Mills Community House

19 New classes – beading, papercrafts, wreath making & more
Same great day of exploration, awareness, friendship, learning and fun!

For registration and class information booklet email us at
benziezonta@hotmail.com

Zonta Festival is a service project of the "Benzie Area Zonta Club" to enhance the lives of women in Benzie County and beyond. For membership information call 231-651-5000.



Do you have a talent that you would like to share as an activity at The Gathering Place? Call Susan at 231.525.0600.

Yarn and buttons needed!
See Susan for details. Thanks!

Tasty Pumpkin Dip for Apples

Ingredients

$\frac{3}{4}$ cup (6 ounces) $\frac{1}{3}$ less-fat cream cheese
 $\frac{1}{4}$ cup packed brown sugar
 $\frac{1}{2}$ cup canned pumpkin puree
2 teaspoons maple syrup
 $\frac{1}{2}$ teaspoon ground cinnamon

What to Do...

Heat cream cheese in microwave for 20 seconds or until soft enough to mix well. Mix in sugar, pumpkin, maple syrup, and cinnamon. Serve immediately or chill in the refrigerator for later consumption. Eat with slices of apple. Enjoy!



Open Enrollment/ Mammogram

MMAP

MICHIGAN MEDICARE/MEDICAID
ASSISTANCE PROGRAM



Navigating Medicare

Every year October 15th through December 7th 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, assuming your current plan will continue to be available. (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 15th)

Even if you're confident that you want to keep your current coverage for next year, it's important to make sure you understand any changes that may apply, and that you've double checked to make sure that your current plan is still the best available option. The available plans and what they cover changes from one year to the next, so even if the plan you have now was the best option when you shopped last year, it's important to verify that again before you lock yourself in for another year. If you want help reviewing your options during open enrollment you can make an appointment to talk with a certified MMAP counselor at Benzie Senior Resources. Just call (231) 525-0600 to make an appointment.

For every **1,000** women who have a screening mammogram

100*
out of the 1,000

will return for additional
mammogram and/or ultrasound
due to something seen in the
initial mammogram

61

out of the 1,000

will have the additional imaging and
find nothing is wrong



20*

out of the 1,000

will find what was seen in the imaging
is likely not cancer and return in 6
months to keep watch on the finding

When
breast
cancer is
found
this way
the **cure
rate is
very high**



19

out of the 1,000

will have a minimally
invasive needle biopsy



5

out of the 1,000

will be diagnosed with breast cancer

To learn more about the benefits
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*This will be lower for women who have had prior mammograms and higher for women who are having their first mammogram.

Fall Foods Pack A Nutritional Punch!



Pumpkins—Full of fiber, omega-3 fatty acids and beta-carotene, which boost the immune system and aids in eye and skin health. The tasty seeds, called pepitas, are rich in phytosterols and may help lower cholesterol.

Brussel Sprouts—Rich in protein, dietary fiber, vitamins, minerals and antioxidants. They offer protection from vitamin A deficiency, bone loss and iron-deficiency anemia. They are also believed to help protect against cardiovascular disease as well as colon and prostate cancer. Brussels sprouts are best when dressed with olive oil and salt and then roasted in the oven to caramelized perfection.



Cauliflower—This cruciferous veggie is packed with fiber, potassium, vitamin B6, vitamin K, and is an excellent source of vitamin C. A flower head contains several anticancer phytochemicals and has a proven antioxidant that helps fight against free radicals while boosting immunity and preventing infections. Cauliflower might be one of the most versatile vegetables. You can roast it, steam it, grill it, purée it like mashed potatoes, grate it, and eat it like rice or use for a pizza crust.

Sweet Potatoes—These naturally sweet spuds provide generous helpings of vitamins B6, vitamin C, fiber, magnesium, iron, potassium, and beta-carotene (a vitamin A precursor). In fact, a single potato can supply nearly three to five times of your daily needs of vitamin A, which is essential to healthy eyes, skin, and bones. This is a vegetable that is easy to keep it basic and just bake in the oven topped with some cinnamon and brown sugar.



Apples—These sweet, crunchy fall favorites have many health benefits such as reducing cholesterol, improving bowel function, and lowering the risk of type-2 diabetes. A single apple packs about 20% of your daily recommendation of fiber. They are rich in vitamins A and C, and minerals such as phosphorus, potassium, and calcium which all have positive effects on health. Your apples can be great as a topping on your salads or for a healthy snack between meals!

Pears—One of the highest fiber filled fruits, offering about six grams of soluble fiber, which helps lower “bad” LDL cholesterol. Pears also contain vitamins C, K, B2, B3 and B6 in addition to calcium, copper, magnesium, potassium, and manganese. Pears can be great for a simple snack, topping on your salads or in comforting desserts.



Pomegranate—The seeds of pomegranates are called “arils” and are packed full of nutrients. This slightly sour fruit has gotten a lot of press as a “superfood” powerhouse. The nutrient benefit of pomegranates comes from powerful antioxidants called punicalagins and punicic acid. These antioxidants are highly anti-inflammatory and may help prevent a variety of diseases from cancer to Alzheimer’s. To get the seeds out of a whole pomegranate at home, cut the fruit in half and use a spoon to dislodge the seeds. You can also buy the seeds pre-packaged

at your grocery store. Try adding the seeds to a fall kale salad or mix in with your oatmeal, quinoa, or favorite dessert.

Beets—These rich, vibrant vegetables hit their prime in the fall when they’ve had plenty of time to develop complex, earthy flavors. Betalain, the compound found in beets, is linked to a wealth of health-promoting benefits- including reduced risk of cognitive decline, improved immunity, and protection from cellular damage that can lead to chronic disease. Beets are rich in naturally occurring nitrates and may help support healthy blood pressure.



Mushrooms—High in vitamin D, folate, and antioxidants, mushrooms contain selenium which is a mineral that plays a role in liver enzyme function and helps detoxify some cancer-causing compounds in the body. Selenium also prevents inflammation.

Think of the new season as a fresh start to healthy habits. Enjoy the seasonal produce that makes this season so tasty. Fall foods are packed with the nutrients and antioxidants our body wants, so what better time to start than now? InformationAlyssa Hall, RDN, LD



October Birthdays

Faith Dulaney	1	Judy Ann Gauld	10	Carol Bishop	19
Annie Beeman	2	Sandy Gills	10	Evelyn Blosssey	19
John Fortine	2	Judy Acha	11	Fred Poynor	19
Shorty O'Blenis	2	Lavonne Ballard	11	Danny Shields	20
Craig Pusey	2	Kenneth Bochenek	11	Sharron McCollum	21
Charlotte Worden	2	Ruth Pedersen	11	Terry Montgomery	21
David Johnson	3	Carole Evans	12	Alda Cook	22
Doug Peterson	3	Susana Green	12	Betty Mathias	22
Randy Boyd	4	Geoffrey Allen	13	James Ptak	24
Tina Clark	4	Terry Cheeseman	13	Janet Wynne	24
Carol McAnulty	4	John Goff	13	Barbara Riegler	25
Merryleesa Wilkins	4	Lynette Grimes	13	Thomas Smeltzer	25
Deborah Jones	5	Janice Klemp	13	Barbara Baltazar	26
Terry Crawford	6	Joyce MacGirr	13	Cynthia Scott	27
Craig Dixon	6	Jill McPherson	13	Paul Turner	27
Gene Kerby	6	Marc Rosseels	13	Betty Gardner	28
James Loucks	6	Bob Presley	14	Julia Hyll	28
Myra Milligan	6	Shirley Sexton-Damore	14	Ruth Ann Bailey	29
John Shelder	6	David Sharman	14	Bruce Toms	29
Dianne Burnett	7	Tom Burgess	15	Don Louisignau	30
Joyce Card	7	Clyde Kastl	15	Robert Swanson	30
Larry Mortenson	7	Margaret Marcum	16	Robert Dipzinski	31
Cathy Bodell	8	Joanne Rackow	16	Gloria Ellis	31
David Friend	9	Elizabeth Demers	17	Bill Kulback	31
Lisa Gates	9	George Hillier	17	Robert Scholl	31
William Tarker	9	Rob Janusch	17	Beverly Thomsen	31
Terry VanHeyningen	9	John Tuohimaa	17	Jim VanHammen	31

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 your story. 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.



What do ghosts wear when their eyesight gets blurred? Spooktacles.

What's a zombie's favorite cereal? Rice Creepies.

Where do ghosts like to travel on vacation? The Dead Sea!

What did the fisherman say on Halloween? Trick or trout.



Halloween Word Search



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

Afraid
 Boo
 Coffin
 Frankenstein
 Halloween
 Mummies
 RIP
 Trick or Treat

Bats
 Broomstick
 Dracula
 Ghosts
 Haunted House
 October
 Skeleton
 Vampire

Beware
 Candy
 Eyeballs
 Goblins
 Hocus Pocus
 Poltergeist
 Spells
 Warlock

Bewitched
 Clowns
 Fangs
 Graveyard
 Jack O Lantern
 Potions
 Spirits
 Werewolves

Black Cat
 Cobwebs
 Fog
 Grim Reaper
 Monsters
 Pumpkins
 Spook
 Witches



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

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We celebrated National Senior Center Month with parties, prizes and treats! Thanks to several local businesses, we were able to give prizes to throughout the month to our seniors who join us at The Gathering Place for lunch and activities.

Thank you to the following businesses for their support and generosity:

Crystal Gardens
Family Fare
A Papanos in Beulah
Honor Family Market
Ursa Major Bistro
Honor & Onekema Building Supply
Corner Toy Store
Anet and Ollie's Five and Dime
Hometown Pharmacy in Honor
State Savings Bank
Sweet's Bar & Grill
The Fusion

Infinite Beauty Salon
L'Chayim
254 South
Papa J's in Honor
Cricket Salon
Shirley's Countryside Salon
Honor Bank
Jim's Joint
Lucky Dog Bar & Grill
Market Basket