



BENZIE

SENIOR RESOURCES

November 2022

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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



*Be connected.
 Be supported.
 Be home.*

Veterans Day is November 11th. Lunch is served from 11:30 a.m. to 1:30 p.m. and is FREE to all Veterans and their spouses. A short presentation honoring our veterans will begin at 11:00 a.m. All ages are welcome!



Every month these ladies fold, tape, label and count over 300 newsletters for us to mail out to our subscribers. It saves us HOURS of work and we appreciate them. Pictured are Judy, Maren and Lynn. Carol helps too, but she wasn't in this one.





BENZIE SENIOR RESOURCES BOARD OF DIRECTORS

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Website: www.BenzieSeniorResources.org
facebook: [@benzieseniorresources.org](https://www.facebook.com/benzieseniorresources.org)
The Gathering Place: 231-525-0601

Benzie Senior Resources Office Hours
Monday – Friday: 8:30 a.m. – 4:00 p.m.

The Gathering Place Senior Center Hours
are Monday — Friday 8:00 a.m.— 4:00 p.m.
with exception to special events and inclement weather.

THE SENIOR SCOOP IS A MONTHLY PUBLICATION BROUGHT TO YOU BY:

Benzie Senior Resources
10542 Main Street
Honor, MI 49640

Douglas Durand, Executive Director

Dawn Bousamra, Assistant Director/ Editor

Angela Haase copy/finish edits

NEWSLETTER SUBSCRIPTION FORM

NAME _____ DOB: ____/____/____

ADDRESS _____

CITY/ST/ZIP _____ DATE _____

EMAIL _____

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

From Our Director

Hello Friends,

It's hard to believe that we are into November and the big holiday season is almost upon us! The fall came on strong during the past several weeks and I enjoyed watching the colors pop vivid reds, oranges, and yellows. The M-115 drive has been spectacular as well as the areas around Copemish, Thompsonville, and Crystal Mountain. Truly Mother Nature's works of art!

If you're interested in joining your fellow neighbors and community members in the spirit of giving, BSR would appreciate your help. We have a tradition of delivering Christmas Cheer through our Holiday Christmas Gift Bag to Benzie County seniors who are homebound and could use some cheer during the holiday season.

Our goal this year is to deliver at least 250 holiday gift bags and we are off to a great start with the following church congregations partnering up to help accomplish this undertaking: St. Andrews Presbyterian Church; Trinity Lutheran Church; Crystal Lake Church; First Congregational Church of Frankfort; Frankfort & Elberta Methodist Churches; St. Phillip's Episcopal; Blaine Christian; First Congregational Church of Benzonia and Cornerstone Assembly of God. New this year to the project is the Michigan Department of Health and Human Services--their Benzie office staff will be collecting items.

Each bag will have the following useful items in them:

Hand Lotion • Kleenex • Large Print Word Search or Crossword Puzzle Books • Note Pads • Pens/Pencils
Socks • Liquid Hand Soap • Paper Towel • Disinfect Wipes • Protein Bars • Breakfast Bars Pudding cups, Jell-o
Lip Balm • Trail Mix/Granola Type Bars • Cheese Crackers • Toilet Paper

Monetary gifts are also greatly appreciated and will be used to purchase additional items. Please have your donated gifts to either The Gathering Place Senior Center or our Administrative Office by Friday, December 9, 2022.

Other highlights for November:

November is National Family Caregivers Month and National Alzheimer's Awareness Month. Spouses, partners, children, family, and friends so often become caregivers to the ones they love even as they navigate their own health challenges. Each give selflessly to bring comfort, social engagement, and stability to their loved ones. Through a grant from the Seabury Foundation back in 2020, we were able to collaborate with Benzie Shores District Library in Frankfort, Benzonia Public Library, Betsie Valley District Library of Thompsonville, and Darcy Library in Beulah and a "Caregivers' Resource Library" was created. The BSR Administrative Office is also home to the Caregivers Resource Library.

Each "Caregivers' Resource Library" contains a large catalog of books and videos designed by Teepa Snow, an occupational therapist with forty years of clinical practice experience. She is one of the world's leading educators on dementia and the care that is necessitated by the condition. 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 that many encounter and learn about the disease process of dementia and Alzheimer's.

Also this month, please join us in celebrating our veterans on November 11th for Veterans Day. We will have a special program to honor our veterans and lunch is on us for our veterans and their spouses/significant others. We can never fully repay our debt of gratitude to the more than 1.1 million American service members who died in combat or the 1.5 million who were wounded. We can, however, recognize and thank the 19 million veterans still living today.

As we near the holiday season, I am wishing everyone a safe and wonderful Thanksgiving Holiday!

Douglas



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

Monday	Tuesday	Wednesday	Thursday	Friday	
We accept cash, Visa, Mastercard and Discover. Personal Checks also accepted made out to BSR.	1 Spaghetti with Hearty Meat Sauce Italian Vegetable Blend Steamed Sweet Corn Soft Baked Breadsticks Classic Fruit Cocktail	2 Pecan Encrusted Tilapia California Vegetable Blend Green Bean Blend Stoneground Wheat Bread Cranberry Applesauce	3 Grilled Turkey Reuben (Rachel) Oven Baked Tater Tots Capri Vegetable Blend Diced Pears Homemade Coleslaw	4 Hawaiian Style Chicken & Rice Steamed Spinach Stoneground Wheat Bread Pineapple Tidbits	
	7 Italian Meatball & Cheese Sub Sicilian Vegetable Blend Pesto Infused Cauliflower Fresh Banana	8 Homestyle Goulash Steamed Sweet Peas Steamed Parisian Carrots Stoneground Wheat Bread Fresh Cut Oranges	9 Tangerine Chicken over Rice Caribbean Vegetable Blend Steamed Spinach Lucky Fortune Cookie Tropical Fruit Blend	10 Crispy Cod Sandwich Sweet Potato Bites Southern Style Succotash Stoneground Wheat Bread Fresh Plums	11 Slow Roasted Beef Herbed Mashed Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Diced Peaches Birthday Cake Bites
	14 Seasoned Beef Nacho Bar Authentic Refried Beans Oven Baked Pears Tortilla Chips with Fire Roasted Salsa	15 Classic Beef Stroganoff Key West Vegetable Blend Oven Roasted Asparagus Stoneground Wheat Bread Fresh Grapes	16 Southwestern Chicken Alfredo Italian Style Green Beans Fire Roasted Corn & Black Bean Salsa Soft Baked Breadsticks Fresh Cut Oranges	17 Beef Stir-fry over Rice Asian Vegetable Blend Steamed Broccoli Florets Lucky Fortune Cookie Mandarin Oranges	18 Rosemary Garlic Roasted Pork Parmesan Garlic Mashed Potatoes Venetian Vegetable Blend Stoneground Wheat Bread Fresh Banana
	21 Pineapple Dijon Baked Ham Whipped Sweet Potatoes Scandinavian Vegetable Blend Sweet Hawaiian Rolls Classic Applesauce	22 Country Breakfast Skillet Savory Sausage Links Oven Baked Spiced Apples	23 Roasted Turkey with Herbed Stuffing Parmesan Garlic Mashed Potatoes Green Bean Blend Stoneground Wheat Bread Bonnie's Famous Cranberry Sauce Classic Pumpkin Pie	24 	
	28 Whole Wheat Cinnamon French Toast Savory Sausage Links Freshly Scrambled Eggs Oven Baked Peaches	29 Classic Hot Beef Sandwich Herbed Mashed Potatoes Steamed Sweet Peas Fresh Banana	30 Chicken Cordon Blu Oven Baked Potato Steamed Spinach Stoneground Wheat Bread Classic Fruit Cocktail	Menu is subject to change based on product availability	
			Meal price is a \$4.00 suggested donation for age 60 and older Under 60 is \$7.50 Caregivers under 60 are \$4.00		

The Kitchen Uncovered

The Kitchen Uncovered

I recently attended a food show in Grand Rapids. It was pretty exciting as there hasn't been one since before COVID. Such things used to be annual events with smaller shows at different locations. There was even one up here in Traverse City. It was a great way to get new ideas, free samples, and a chance to talk with many of our vendors. I have been to a handful of these events, but this one was billed as a *high-tech futuristic experience*. When I arrived, there was a robot cruising around offering hors d'oeuvres. Later, I saw an animatronic arm assembling salads. There was a display of a sci-fi like container garden that uses the newest agricultural science to create the perfect environment to produce fresh herbs and vegetables anywhere in the world! One of the main focuses/themes was plant-based meats. The samples were impressive. The flavors were very good, the texture was pretty good and some of the "meats" even pulled apart in your fingers as chicken or pork would. However, as I walked around from vendor to vendor, it became apparent to me that what our kitchen crew does at BSR is the real deal --i.e., the chopping and slicing and measuring and baking that we do every day by hand translate into the quality of food we are proud to serve our friends and family. The effort that we put into the food from our kitchen shows with every bite. Sure, we could probably find a cutting-edge product that magically transforms into a meatless, effortless, quick pre-packaged meal when the right amount of water and heat is added, but we think you will appreciate our homemade glazed meatloaf and mashed potatoes made "the traditional way" instead, even if it's not served by a robot.

Take care,

David Main
Executive Chef



Who you Gonna Call?

A presentation on the Continuum of Care, programs and services available to Benzie County seniors.

Where? The Gathering Place in Honor

When? 10:00 a.m. on Thursday, November 10th

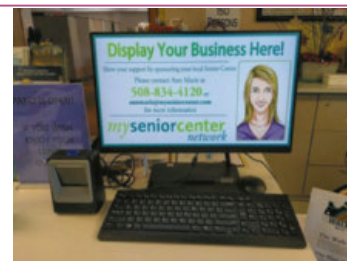
What? Suddenly, life changes. You or someone you care about needs help.

Learn who can help you and how to get the support needed.

Presenters: Area Agency on Aging of Northwest Michigan, Benzie Senior Resources and PACE North

Please register at the front desk!

My **Senior** Center—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 visit. And if you volunteer as a meal delivery driver or in any other capacity you also need one! **We have reached a point where everyone must scan their keycard for all activities, lunches and volunteering. Thank you!**

November Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
NEW! Euchre on Monday, November 14th. No experience necessary. We'll teach you.	1 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	2 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo	3 11:30-1:30 Lunch 12:00—1:00 Rosie (DOG) with her handler Krystal 1:30 BUNCO	4 9:30 BUNCO 10:30 Thompsonville Lunch & Music 11:30-1:30 Lunch 1:00 Wii Bowling
7 10:00 Stretch & Balance 11:30-1:30 Lunch 5:30 Zumba	8 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	9 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo	10 10:00 PACE and Area Agency on Aging talk 10:30 Blood Pressure/ Blood Sugar Clinic 11:30-1:30 Lunch 1:30 BUNCO	11 VETERANS DAY 9:30 BUNCO 11:30-1:30 Lunch— Free for ALL Veterans and their spouses 1:00 Wii Bowling 1:30 Crochet Circle
14 10:00 Stretch & Balance 11:30-1:30 Lunch 1:30 Euchre 5:30 Zumba	15 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	16 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 4:30 Board of Directors Meeting	17 10:00 Book Group 11:30-1:30 Lunch 12:00—1:00 Rosie (DOG) with her handler Krystal 1:30 BUNCO	18 Princess Day! 9:30 BUNCO 11:30-1:30 Lunch 12:00 Benzie Middle School club here to help 1:30 Benzie Bucks Auction
21 10:00 Stretch & Balance 11:30-1:30 Lunch 1:30 Movie Monday 5:30 Zumba	22 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	23 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo	24 	25 
28 10:00 Stretch & Balance 11:30-1:30 Lunch 1:30 Craft Class 5:30 Zumba	29 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	30 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo	November 18th is Princess Day! Come dressed as a princess and you will be entered in a drawing to win prizes. Let your royal self shine!	



Staff Milestones

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.



Happy Birthday on November 20th to Dawn Bousamra our Assistant Director. Dawn's kids still keep her on her toes at ages 17, 15 & 11. She enjoys trips to the U.P. to see family and stolen moments of quiet.



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.



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

Ryan Couturier, 3 years. Happy work Anniversary to Ryan one of our valued kitchen staff. Ryan's sense of humor keeps us smiling! He enjoys spending time with his family especially his daughter Lumi who is almost three!



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.

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

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

Caregiver Support

AAANM Supports Older Adults and Caregivers

When “Margaret” visited her mother for the Thanksgiving holiday, she noticed that “Alice” had become forgetful and, at times, confused. Alice asked Margaret repetitive questions and occasionally did not know where she was. The home that Alice had always kept tidy was in disarray. Dishes and clothes were strewn about the house. And Alice had lost a significant amount of weight. Margaret surmised that her mother was forgetting to eat. She worried that her once vibrant and independent mother might need to move into a nursing home where someone could assist her with daily needs. A visit to the physician’s office confirmed that Alice was experiencing cognitive impairments and needed assistance to live safely.

Alice’s physician made a referral to the Area Agency on Aging of Northwest Michigan (AAANM). Margaret spoke with an Access and Eligibility Specialist at AAANM, discussing the changes she observed in her mother. In talking with the Access and Eligibility Specialist at AAANM, Margaret and Alice learned that there are options for nursing home level of care to be provided in Alice’s home through the MI Choice Waiver program. Alice did not have to move to a nursing home to receive the assistance that she needed.

Within a few weeks, a nurse and social worker team from AAANM visited with Alice and Margaret to assess Alice’s needs. A plan was developed, and services began including assistance with daily personal care, home making and transportation to medical appointments. The care plan, in combination with more support from Margaret, created a structure for Alice to rely on a routine (know what to expect) and live safely at home. Staff from Benzie Senior Resources come to Alice’s home weekly to help her with home making, and meal preparation. Additionally, AAANM arranged for Alice to have home delivered meals through the Benzie Senior Resources Nutrition Program. A nurse from AAANM routinely calls to check in with Alice and Margaret and to make adjustments to Alice’s care when needed. Additionally, through the Medicare/Medicaid Assistance Program (MMAP) at AAANM, Alice was able to reduce the cost of her Medicare prescription plan!

Established in 1974, AAANM is the place to turn to when needing assistance with complex aging or caregiver issues. Serving ten counties in northwest Michigan, the Agency helps people access the services and programs needed to remain independent at home or with a caregiver for as long as possible. Nurses and social workers are available to answer questions and provide unbiased options about programs and services available in the region. To speak with someone at AAANM, please call 800-442-1713, visit www.aaanm.org or email info@aaanm.org.



Happy Belated 75th Birthday Phylliss Crowell-VanHammen! (October 5th). We are so sorry that your birthday was not in our October Senior Scoop. We aren't sure how that happened as you've been in it every year!

Please accept our sincere apologies and we hope that you had a wonderful day and have many more to come.

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!



AARP /Healthy Holidays

55 OR OLDER, UNEMPLOYED AND LOOKING FOR WORK? WE CAN HELP!



For more than 50 years, AARP Foundation Senior Community Service Employment Program (SCSEP) has provided people over age 55 with opportunities to fill entry-level and mid-level positions in their local communities.

HOW IT WORKS

SCSEP trainees are placed in a variety of community service activities at nonprofit organizations, public facilities like day care and senior centers, libraries, schools and hospitals. Participants work an average of 20 hours a week and are paid the highest federal, state or local minimum wage.

WHO'S ELIGIBLE?

Seniors must be age 55 and older, unemployed and seeking work and meet the income qualification to apply. Program participants receive support services that include Individual Employment Plan (IEP) development, specialized training to prepare for job placements and assistance in securing future employment.

For more information or to find out if you qualify, contact the AARP Foundation SCSEP program office at 231-252-4544.



MICHIGAN STATE
UNIVERSITY

Extension

Healthy Holidays

DATE & TIME:

December 15th
10:00 AM—11:45 AM

LOCATION:

The Gathering Place
10579 Main St.
Honor, MI 49640

CONTACT:

Caitlin Lorenc
lorencca@msu.edu

AUDIENCE:

Adults

REGISTER HERE:

With Susan Glass

Join us for a **FREE**
presentation to learn about
healthy eating during the
holidays!

PRESENTATION SUMMARY:

Holidays can be a difficult time to stay active and eat healthy. Let MSU Extension be your guide to a healthy holiday.

- Learn tips and tricks to make delicious and healthy foods.
- Make small recipe substitutions to your favorite dishes, without losing the fabulous flavor.
- How to avoid mindless eating at the buffets and snack bowls.
- Substitutions for less healthy holiday dishes, how to deal with unhealthy snacks and more tips to help keep those holiday pounds away!

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National Diabetes Month

Coming out as a Diabetic

I was diagnosed with Type II diabetes in 2018. I was angry with myself for that and I still am. Years ago, because of my father's death at 71 due to complications from his own battle with this self-inflicted disease, I swore I would do everything I could to avoid it. I grew up witness to his struggles and his failures with it. I knew where he hid his Twinkies and that he would sneak many things he wasn't supposed to have. I remember how my mother tried so hard to prepare healthful meals and he thwarted her efforts time and again by exerting one of his last independences. One time he was found in his car at a shopping center in a diabetic shock...thank God he hadn't started out driving from there. I was one of his caregivers after amputation surgeries. Saline rinses of open limb wounds is not pretty or easy. I was there ignorantly arguing with him about the importance of self-control. Little did I realize how incredibly difficult it is to stop making poor choices in one's own diet when food becomes your only vice, sometimes one's only comfort. I remember when my dad had a blood sugar level of over 700 and was hospitalized in ICU to get it lowered. He almost died. I'm certain his diabetes was a huge factor in his heart disease which did end up being his end in November of 1997. Twenty-five years ago, this year, this month.

I didn't and don't want this disease. My initial A1C was 10.2, I think. Horrifying to me as 5.7 to 6.5 is PRE-diabetic. But, hey, food had been my comfort and pleasure. I was also categorized as morbidly obese at 5'4 and 240 pounds, with a BMI of 41.9 (a whole other scale of guilt and shame). I once had it (my A1C) down to 5.9-- but upon that success, I went back to making food a "reward" for my temporary, short-lived good behavior. Four years later and trying harder, my A1C is down to 6.3 and I finally broke the deuce on my weight. Part of it is med management with metformin, and the other part is a note I asked my new primary care physician to write me for the refrigerator which says, "Stop eating crap!" and I had him sign it. I laminated it and put it on my fridge and made a copy for my desk area at work. So far it has been helping me to remember what not to do. Plus, I have regular check-ups with him to keep myself accountable and on track.

Trouble is, I like to cook, and I like to eat. I guess where I'm going with this is -- at times we are our own worst enemies, and we don't even realize it when it's happening. I use real butter. I love good and tasty everything. But knowing when to say when and when to get on the stationary bike are crucial to this life. I test my glucose each morning to see how I'm trending. I try to ignore the little candy bars in the freezer at home, and to only have half a slice of toast if I'm putting granola on my yogurt or avoid toast altogether. I try to have no or darn few carbs through the day, so I can have a piece of pie later. If I have a treat, I know I should walk longer or ride the bike further. Sometimes I actually accomplish that. Negotiation is a constant. The obstacles and challenges are like a bad gameshow sometimes.

November is National Diabetes Awareness month. Yay...the kick-off to holiday feasts and such is also in November. May the carbs begin... I'm here to say, yes, it's a daily struggle, but I'll keep trying to make better, healthier choices as I navigate through this life. I hope you can do the same. -AKH

Inclement Weather

If Benzie Central Schools are closed, Home Delivered Meals will not be delivered. 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 at 231-525-0601 to verify if an activity is still scheduled and if we are open. 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.



November Birthdays

Wendy Dobson	1	Eileen Meredith	12	Ron Dykstra	22
Beverly Lyons	1	Leah Erickson	13	Connie Lapham	22
Helen Robotham	1	Pamela Lorenz	13	Ilene Hill	22
Carol Claypool	2	Kathleen McManus	13	Arlene Paul	22
Doug Durkee	2	Donald K Bock	14	Camille Vettraino	22
Beryl Krasner	2	Joyce Gatrell	14	Warren Wood	22
Myrna Mallison	2	Thor Goff	14	Jan Jaynes	24
Joan Oderkirk	2	Terry Tolar	14	Edward Smith	24
Carol Pelky	2	Karlin Corey	15	Mary Centlivre	25
Loy Putney	2	Wanda Curtis	15	Brenda Measel	25
Roger Klabunde	3	Dorothy Hallock	15	Patricia Miehle	25
Don Winters	3	Mike Malecki	15	Gary Richter	25
Sharon Beechcraft	4	Donald Schmidt	15	Sally Bobek	26
Linda Reed	4	Randall Stortz	15	Joy Jensen	26
Mary Rineer	4	Frances Strickland	15	William Shields	26
Dorothy Mead	5	Maxine Winters	15	Mary Haan	27
Bob Larson	5	Mary Jane Hall	16	Deb Hewitt	27
Sandra Rockwell	5	John Parkin	16	Shirley Ransom	27
Steven Thompson	5	Charlotte Fink	17	Anna Toms	27
Howard Yost	5	Christi Flynn	18	Vickie Ely	28
Jan Glatzer	6	Douglas Gleason	18	George Gottschalk	28
Bill Waring	6	Tammy Grostick	18	Bert Lappe	28
Bryan Black	7	Jeannette Miller	18	Gary Lathwell	28
Gayle Rayle	8	Betty Orr	18	Mary Jane Putney	28
Sherry Wilson	8	Robert Short	18	John Bird	29
Lynda Steele	9	Al Bryant	19	Kathi Houston	29
Joseph Prance	10	Connie Jaquish	20	Jim Laarman	29
Mel Adams	11	Shirley Mortenson	20	Marcie Day	30
Diane McKeen	11	Kay Reed	20	Julia Deemer	30
Donald Quisenberry	11	Sonja Reitan	20	Lorraine Martin	30
Ted Smigiel	11	Ron Schmidt	20		
David Wynne	11	Don Olney	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 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.



Veterans Day



MONUMENT
AIRFORCE
NOVEMBER
UNIFORM
COURAGE
SERVICE
BRAVERY
TROOPS
PEACE
FREEDOM
VETERANS
NAVY
THANKS
FLAG
MARINES



Play this puzzle online at : <https://thewordsearch.com/puzzle/1597206/>

BENZIE BUCKS!

When is the next Benzie Bucks Auction? I'm glad you asked! It's Friday, November 18th at 1:30 p.m. So...now is the time to bring your items for the auction down to The Gathering Place! What can you bring? Anything but, NO CLOTHES, please. Benzie Bucks are given out daily to those who join us for lunch and/or an activity. Collect your bucks, save them up and get ready for some crazy bidding!

MEDICARE OPEN ENROLLMENT

Every year October 15th through December 7th is Open Enrollment for Medicare prescription drug and Medicare Advantage plans. 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.



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.

SCAN ME





BENZIE
SENIOR RESOURCES

10542 Main Street, Honor, MI 49640

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

Address Service Requested

Pigeon Forge and Smoky Mountains Show Trip

When? May 15-20, 2023—6 days and 5 nights

Cost? \$715 based on double occupancy

What's included?

- * 7 meals—5 breakfasts and 2 dinners
- * Shows! See Smith Morning Variety Show; Magic of Terry Evanswood; Soul of Motown & Country Tonite
- * Admission to Dollywood
- * Guided tour of The Great Smoky Mountains National Park
- * Free time to explore Historic Downton Gatlingsburg



Stop by Benzie Senior Resources for a full trip itinerary and to sign up today!

Only \$144 deposit is needed to get on the list.