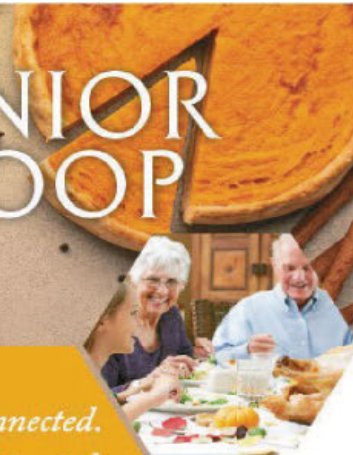




BENZIE

SENIOR RESOURCES



THE SENIOR SCOOP

*Be connected.
Be supported.
Be home.*

November 2023

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November is ...

National Family Caregivers Appreciation Month, National Diabetes Awareness Month, Peanut Butter Lovers Month, National Hospice & Palliative Care Month, National Gratitude Month, National Healthy Skin Month, Lung Cancer Awareness Month, Native American Heritage Month.

The full moon is November 27th, and look up for the Leonid meteor showers 11/3 – 12/2, peaking 11/17/2023.



**We will be honoring our veterans for Veterans Day
Friday November 10th at The Gathering Place.**

Veterans & their spouses will eat free.

**We will do an announcement at the beginning of lunch
to thank them for their service.**

Lunch is served 11:30a.m. to 1:30 p.m.



Benzie Senior Resources is currently seeking independent contractors for the upcoming snow removal season. This will be for snow removal at private senior residences in various locations throughout Benzie County – as a service to qualified seniors.

Please visit our website at www.benzieseniorresources.org and go to the support tab and scroll down to “Independent Contractors Application” for additional information or call Sabra at 231.525.0600.



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Fax: 231-325-4855
The Gathering Place: 231-525-0601

Email: info@BenzieSeniorResources.org
Website: www.BenzieSeniorResources.org
Facebook: [@benzieseniorresources.org](https://www.facebook.com/benzieseniorresources.org)

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

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

BENZIE SENIOR RESOURCES BOARD OF DIRECTORS

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Leo Hughes, *Secretary*
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Rosemary Russell
Ingrid Turner

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Victor Dinsmoore, *Treasurer*

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, Oleson Foundation, Grand Traverse Regional Community Foundation, Benzie County Sunrise Rotary Foundation, Cherryland Cares, Meals on Wheels of America, The Herbert H. and Barbara C. Dow Foundation, and Rotary Charities of Traverse City. Benzie Senior Resources will not discriminate against any individual or group because of race, sex, religion, age, national origin, sexual orientation, marital status, disability, or political beliefs.

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

Benzie Senior Resources
10542 Main Street
Honor, MI 49640

Douglas Durand, Executive Director
Angela Haase, Editor

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 in November and the big holiday season is almost upon us!

With November comes our tradition of preparing for our annual Holiday Gift Program for the upcoming Christmas Season.

Our Christmas gift bag outreach focuses on those seniors who are homebound and have mobility or health concerns. It is always difficult for these wonderful individuals to be constrained to their homes, but loneliness during the holiday season can be uniquely painful. These lovingly assembled community gift bags help our residents know they are not forgotten. It is so gratifying each year to receive so many notes, thank you cards, and phone calls from the thankful recipients.

Each bag is filled with a variety of items, such as: hand lotion; facial tissue; socks; large print crossword/word search puzzle books; small note pads; protein/breakfast bars; trail mix; cheese crackers; pencils/pens; hand sanitizer; disinfectant wipes; hand soap, paper towel, non-refrigerated Jello and pudding cups and plug-in wall night lights. Our goal this year is to distribute at least 250 bags.

If you are interested in joining your fellow neighbors and community members in the spirit of giving, BSR would appreciate your help. If you have limited time to run to the store, we accept monetary donations to purchase items for the gift bags. A \$50 donation can fill 3 holiday gift bags. Please have your donated gifts to either The Gathering Place Senior Center or our Administrative Office by Friday, December 8, 2023.

Other highlights for November:

November is a time to show support and to honor our nation's vital caregivers during National Family Caregivers Month with "Caregiving Happens" as this year's theme. Spouses, partners, children, family, and friends become caregivers to the ones they love even as they navigate their own health challenges. Over 53 million family caregivers give selflessly to bring comfort, social engagement, and stability to those they love.

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 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 many encounters and learn about the disease process of dementia and Alzheimer's Disease.

Please join us in celebrating our Veterans on November 10th for Veterans Day. We invite our Veterans and their spouses/significant others to a free lunch on us!

We can never fully express or repay our debt of gratitude to the more than 651,000 American servicemembers who died in battle or the 1.43 million who were wounded. We can, however, recognize and thank the 21 million veterans still living today. . .

I wish everyone a safe and wonderful Thanksgiving Holiday!

Douglas



November Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
We accept cash, Visa, Mastercard, & Discover. Personal Checks also accepted — made out to BSR Lunch is served 1130am to 130pm	\$4.00 suggested donation for age 60 and older. Under 60 is \$8.00 Caregivers under 60 are \$4.00	1 Pecan Encrusted Tilapia, California Vegetable Blend, Green Bean Blend, Stoneground Wheat Bread, Cranberry Applesauce	2 Grilled Turkey Reuben (Rachel), Oven Baked Tater Tots, Capri Vegetable Blend, Housemade Coleslaw, Diced Pears	3 Hawaiian Style Chicken & Rice, Malibu Vegetable Blend, Steamed Spinach, Stoneground Wheat Bread, Pineapple Tidbits
		8 Tangerine Chicken Over Rice, Caribbean Vegetable Blend, Steamed Spinach, Lucky Fortune Cookie, Tropical Fruit Blend	9 Crispy Cod Sandwich Sweet Potato Bites, Southern Style Succotash, Stoneground Wheat Bread, Fresh Plums	10 Slow Roasted Beef, Herbed Mashed Potatoes, Normandy Vegetable Blend, Stoneground Wheat Bread, Diced Peaches, Birthday Cake Bites
6 Italian Meatball & Cheese Sub, Sicilian Vegetable Blend, Pesto Infused Cauliflower, Fresh Banana	7 Homestyle Goulash, Steamed Sweet Peas, Steamed Parisian Carrots, Stoneground Wheat Bread, Fresh Cut Oranges	15 Southwestern Chicken Alfredo, Italia Style Green Beans, Fire Roasted Corn & Black Beans, Soft Baked Breadsticks, Fresh Cut Oranges	16 Beef Stir-fry Over Rice, Asian Vegetable Blend, Steamed Broccoli Florets, Lucky Fortune Cookies, Mandarin Oranges	17 Rosemary Garlic Roasted Pork, Parmesan Garlic Mashed Potatoes, Venetian Vegetable Blend, Stoneground Wheat Bread, Fresh Banana
13 Seasoned Beef Nacho Bar, Authentic Refried Beans, Tortilla Chips with Fire Roasted Salsa, Oven Baked Pears	14 Classic Beef Stroganoff, Key West Vegetable Blend, Oven Roasted Asparagus, Stoneground Wheat Bread, Fresh Grapes	22 Roasted Turkey with Herbed Stuffing Parmesan Garlic Mashed Potatoes, Green Bean Blend, Stoneground Wheat Bread, Bonnie's Famous Cranberry Sauce, Classic Pumpkin Pie	23 Closed—Thanksgiving 	24 Closed—Thanksgiving 
20 Pineapple Dijon Baked Ham, Whipped Sweet Potatoes, Scandinavian Vegetable Blend, Sweet Hawaiian Rolls, Classic Applesauce	21 Country Breakfast Skillet, Savory Sausage Links, Oven baked Spiced Apples	29 Chicken Cordon Bleu, Oven Baked Potato, Steamed Spinach, Stoneground Wheat Bread, Classic Fruit Cocktail	30 Crispy Chicken Quesadillas, Latin Style Rice, Authentic Refried Beans, Tortilla Chips with Fire Roasted Salsa, Oven Baked Peaches	<i>Celebrating</i> 48 YEARS of Service to BENZIE COUNTY SENIORS
27 Whole Wheat Cinnamon French Toast, Savory Sausage Links, Freshly Scrambled Eggs, Oven Baked Peaches	28 Classic Hot Beef Sandwich, Herbed Mashed Potatoes, Steamed Sweet Peas, Fresh Banana			

Fun at The Gathering Place!



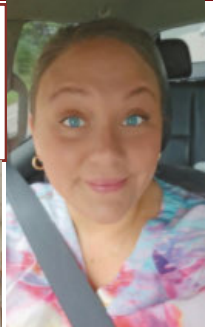
Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*For Nov. 13th Sewing Machine Maintenance Class Learn the basic needs of your sewing machine - How to clean, oil, thread, load bobbin, etc. You can also have your questions answered about basic sewing. Please bring in your sewing machine. If you do not have one, you can use one of ours.</p>	<p>*** For Nov. 16th Join us for a Brownie Bar Open House! 2-4:30 pm at TGP</p> <p>See where we serve lunch & hold activities. Craft sale table with items made by our seniors!</p>	<p>1</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes</p>	<p>2</p> <p>11:30-1:30 Lunch 1:30 BUNCO</p>	<p>3</p> <p>9:30 BUNCO 10:30 Bingo, Music and Lunch in Thompsonville 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle</p>
<p>6</p> <p>9:30 Stretch & Balance (Qi Gong) 11:30-1:30 Lunch 1:00 Euchre 1:30 Rope bowls w/ Joan #2 5:30 Zumba</p>	<p>7</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>8</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes</p>	<p>9</p> <p>10:00 Alter a book w/ Pam #10 10:30 BP Clinic 11:30-1:30 Lunch 1:30 BUNCO <u>5:00 Dinner</u> 6:00 Produce Bingo (PINGO)</p>	<p>10</p> <p>9:30 BUNCO 11:30-1:30 Lunch Celebrate Veterans Day! Veterans and their spouses eat free! 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle</p>
<p>13*</p> <p>9:30 Stretch & Balance (Qi Gong) 11:30-1:30 Lunch 1:00 Euchre 1:30 Sewing Machine Ed. w/ Joan 5:30 Zumba</p>	<p>14</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>15</p> <p>8:00 leave TGP for Little River Casino 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00 -4:00 Mexican Train Dominoes 4:30 Board of Directors Meeting</p>	<p>16**</p> <p>9-12 Energy Healing w/ Kris by appt. 10:30 BP clinic 11:30-1:30 Lunch 1:30 BUNCO 2:00 -4:30 *** Open House event</p>	<p>17</p> <p>9:30 BUNCO 10-12 Higgins Hearing at BSR 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle 5:30 Ol' Time Gathering</p>
<p>20</p> <p>9:30 Stretch & Balance (Qi Gong) 11:30-1:30 Lunch 1:00 Euchre 1:30 Shell Ornament w/ Susan 5:30 Zumba</p>	<p>21</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>22</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes</p>	<p>23</p> <p>CLOSED</p> 	<p>24</p> <p>CLOSED</p> 
<p>27</p> <p>9:30 Stretch & Balance (Qi Gong) 11:30-1:30 Lunch 1:00 Euchre 1:30 Scarf Dyeing w/ Sandy 5:30 Zumba</p>	<p>28</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>29</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes</p>	<p>30</p> <p>10:00 Book Group 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>** Join us for an energy healing session with Kris. This will be a 30-minute session – with or without touch, your choice. Please call 231.525.0601 to schedule your session. We can also answer any questions you may have.</p>

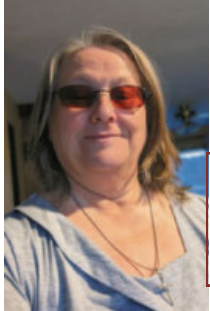
Staff Birthdays & Anniversaries and More



Amanda Miner has been with BSR for 3 years! Her actual anniversary was on 10/12. She loves animals (especially her 3 dogs and 4 cats), reading, and making memories with her husband and two children. Thanks for all that you do as one of our Home Health Aides!



Felicia Hilliard celebrates her birthday on November 3rd. As one of our RN's we appreciate her for her care and commitment to our clients. Felicia loves crafting and camping, hunting for rocks, and soaking in the beauty of our beautiful area. Happy Birthday Felicia!

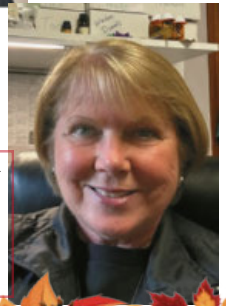


Happy 4-year anniversary on 11/4 to Ryan Couturier! Ryan is a great go-to for help and a good laugh. His spirited nature keeps our days brighter. Thanks Ryan!



Happy 1-year anniversary 11/22 Lori Cook! Lori is one of our Home Health Aides and we are grateful for her help and her beautiful smile! Lori's motto is *Take care of God and he will take care of you!* Thanks Lori!

Cindy Falter's 1st work anniversary is on 11/29. She & husband Gary w/ puppy Skye are living in the land they love on Little Platte Lake. She enjoys looking for rocks at Pt. Betsie. She's a quilter & loves all sorts of craft making. Congratulations Cindy!



BENZONIA PUBLIC LIBRARY

Preserving yesterday, enriching today, inspiring tomorrow in our community.

Since 1994 the Smithsonian's traveling exhibit series, Museum on Main Street has crisscrossed the nation, enriching, educating, and boosting civic pride. The Benzonia Public Library (BPL) and the Mills Community House (the Mills) are proud to have been chosen to host their brand new exhibit: *Spark! Places of Innovation*. This exposition takes place from **October 14 through November 25** and explores the unique combination of places, people, and circumstances that sparks innovation and invention in rural communities. Inspired by an exhibition at the National Museum of American History, this traveling exhibition features stories gathered from diverse communities across the nation. Photographs, engaging interactives, objects, videos, and augmented reality bring a multilayered experience to reveal the leaders, challenges, successes, and future of innovation in each featured town. Every sort of innovation story is as unique as each community is and will be represented in *Spark! Places of Innovation*.

In addition to the state of the art Smithsonian display, the Mills and BPL have partnered with 21 local organizations to provide a community wrap-around exhibit. Our organization, Benzie Senior Resources & The Gathering Place are part of this. Over 20 programs will be offered throughout the duration of the exhibition to highlight a slice of our community's amazing innovators and organizations.

This project is funded in part by Smithsonian, and Michigan Humanities— an affiliate of the National Endowment for the Humanities. Michigan Humanities strives to bring people together through stories, histories, cultures, and conversations. In carrying out this mission, Michigan Humanities builds awareness and excitement for humanities in everyday life, achieves best practices and sustainability for all humanities programs and services in Michigan, and upholds the following key values: inclusion, diversity, and equity; discovery and understanding; authentic conversation; respectful collaboration; and meaningful experiences. Michigan Humanities' vision is for a more thoughtful, connected, engaged, and informed Michigan.



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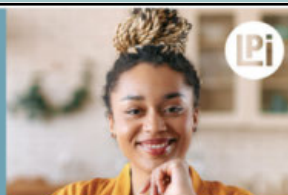
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15-0688

Bulletin Board

List for The Gathering Place Book Club Book Group at TGP

It meets the last Thursday each month 10:00 a.m.
November—**Saving Arcadia** by Heather Shumaker
December—**A Woman is No Man** by Etaf Rum

Thompsonville lunch, music, and bingo
is the **First Friday each month! Next on 11/03**

Join us at the Thompsonville Firehall. The fun
begins 10:30 a.m. Lunch
is served at noon.
Call 231.525.0601
to sign up! We hope to
see you there!



FOOT CARE CLINIC BY APPOINTMENT

Wednesdays at Benzie Senior Resources Office,
Call 231-525-0600 to set yours up
We don't charge a fee,
but donations are appreciated.



Frankfort Area Vet to Vet Group is held the 1st
Monday every month 6:30pm at Trinity Lutheran
Church in Frankfort at 955 James Street.
Come join us! Welcome home...



Join us for a Brownie Bar Open House!
Thurs., Nov. 16, 2-4:30 p.m.
The Gathering Place Senior Center
10579 Main Street Honor (Next to Papa J's)

See where lunch is served M-F, from 11:30 till 1:30 p.m., along with fun
activities each day. Craft sale table--items made by senior center
participants. All proceeds support The Gathering Place activities.



Free Computer Help—Fall hours

The Darcy Library in Beulah
Thursdays 10 am to 12pm Noon
Use your computer or one at the library.
Questions? Call Carol at 231.882.4037

Benzie Senior Resources has
partnered with Benzie Bus to
offer Health Rides for Benzie
seniors age 60 and older.



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
estate planning attorney for free to review, update
and/or create an estate plan.

Call 231-525-0600

to schedule your appointment.

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.

Kinship Caregiver Grant *up to \$500*

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*Do you live in one of our covered counties?

*Do you have financial needs requiring assistance?



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to see if you qualify please

Call 231-774-6330 or

Visit cfsnwmi.org/kinship-caregiver



Nutrition Notes

Benefits of Peanut Butter



November is National Peanut Butter Lovers Month. It's part of many people's daily diets. As long as you don't have nut allergies, consider adding it to your menu, if it's not one of your regular foods. There are many reasons including these:

Peanut butter is loaded with so many good, health-promoting nutrients, including vitamin E, magnesium, iron, selenium and vitamin B6. Research shows that people who regularly eat nuts and nut butter, including peanut butter, are less likely to develop heart disease and type 2 diabetes.

Peanut butter is a concentrated source of nutrition that may offer potential health benefits. One study showed that eating peanuts every day can lower the overall risk of death by up to 21%—and reduces the occurrence of heart disease by 38%.

Research has shown that consuming foods that are high in fiber can improve digestive regularity and reduce the risk of constipation. As previously mentioned, peanut butter is a good source of dietary fiber, which means that it can help to support digestive regularity.

It's good for the brain! When it comes to choosing the right healthy foods for your brain peanuts and peanut butter are a nutritious option. They can help with improving memory, cognitive function and concentration, they can give your mood a boost, and they can even support the prevention of Alzheimer's disease.

However, eating too much peanut butter can increase a person's daily intake of saturated fat, sodium, and calories--eating too much of anything isn't good for you. So, make your best judgement and try to follow the recommended daily nutritional allowances.

There are endless ways to eat peanut butter. Next time you're tired of your good ol' PB&J, try one of these combinations. Don't be afraid to get a little creative with it.

Add it to yogurt or hummus. Add it to sauces or salad dressings. Add it to stir-fry for a savory spin. Enjoy it with granola bars. Add them to overnight oats for a breakfast treat. Snack on veggies & fruit with it as a spread (Remember ants on a log?). But one of the best ways to enjoy peanut butter? With a spoon!



The 2nd Thursday each month,
dinner is at 5:00 p.m.
& **Produce Bingo** at 6:00 p.m.
This month it's on—11/9

We thank our anonymous donors for supporting this fun & nutritious program! Thanks too, to Ginger Reed! We really appreciate your help! Our meal is to be: Sloppy Joes, Coleslaw, Potato Chips, & Cake.

We also thank Bobbi Smeltzer for her continued support of our Bingo program! Thanks Bobbi! Thanks to Honor Bank, as well!

Ol' Time Gathering is happening 11/17/23
Dinner & dancing & fun! Dinner @ 6:00 p.m.
We will have Stuffed Peppers!

You must sign up for both in advance. Call 231.525.0601 or stop by TGP!

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 our salad bar. The scheduled activities may change, or be cancelled. Call The Gathering Place Senior Center at 231.525.0601 to verify if an activity is still scheduled and if we are open. When the 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.

Word Search

Types of Gemstones

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

TOPAZ
 EMERALD
 KUNZITE
 AQUAMARINE
 ONYX
 AZURITE
 CITRINE
 SAPPHIRE
 AMETHYST
 JASPER
 DIAMOND
 PEARL
 RUBY
 GARNET
 TANZANITE
 PERIDOT
 JADE
 OPAL

Play this puzzle online at : <https://thewordsearch.com/puzzle/17/>



*Don't forget
to turn
your clocks
back 1 hour
November 5th*



Did you know that TGP has a group of volunteers who are very busy sewing items for our continuous fundraiser? Many items will make nice gifts! Currently, our volunteers are making mittens out of repurposed wool sweaters. These mittens have been very popular with our community. Feel free to stop in and check out our boutique area. Proceeds from this fundraiser go toward programming right here at TGP. We will also gratefully accept donations of your wool sweaters and buttons to help with this cause. With these donations, the items that we sell are 100% profitable to this cause!! Many thanks, Susan

November Birthdays

Wendy Dobson	1	Lynda Steele	9	Ron Schmidt	20
Helen Robotham	1	Joe Prance	10	Syd Beechraft	21
Jane Lean	1	Brenda Wade	10	Don Olney	21
Carol Claypool	2	Mel Adams	11	Connie Lapham	22
Doug Durkee	2	Diane McKeen	11	Arlene Paul	22
Beryl Krasner	2	Don Quisenberry	11	Dale Ritter	23
Myrna Mallison	2	Ted Smigiel	11	Bernadine Ryder	23
Joan Oderkirk	2	David Wynne	11	Mary Centlivre	25
Carol Pelky	2	Leah Erickson	13	Gary Richter	25
Loy Putney	2	Kathy McManus	13	Sally Bobek	26
Don Winters	3	Terry Tolar	14	Joy Jensen	26
Margaret Stooksberry	3	Karlin Corey	15	John Loree	26
Margaret Teegardin	3	Wanda Curtis	15	William Shields	26
Richard Hendricks	4	Maxine Winters	15	Mary Haan	27
Sharon Beechraft	4	Dottie Hallock	16	Shirley Ransom	27
Kim McKenzie	4	Mary Jane Hall	16	Jill VanDyke	27
Linda Reed	4	John Parkin	16	Vickie Ely	28
Mary Rineer	4	William Scott	16	George Gottschalk	28
Bert Lappe	5	Charlotte Fink	17	Bert Lappe	28
Dorothy Mead	5	Christi Flynn	18	Gary Lathwell	28
Sandy Rockwell	5	Tammy Grostick	18	Judy Putney	28
Steve Thompson	5	Betty Orr	18	Mary Jane Putney	28
Howard Yost	5	Nancy Page	18	John Bird	29
Jan Glatzer	6	Robert Short	18	Kathi Houston	29
Bill Waring	6	Al Bryant	19	Jim Laarman	29
Bryan Black	7	Connie Jaquish	20	Julia Deemer	30
Amy Esch	7	Shirley Mortenson	20	Lorraine Martin	30
Gayle Rayle!	8	Kay Reed	20	Grace Williams	30
Sherry Wilson	8	Sonja Reitan	20		

If we forgot your birthday we are truly sorry. Please remind us for next year. If you prefer your name be removed from the birthday list, please let us know. You can indicate this on your NAPIS form, too.

55 OR OLDER, UNEMPLOYED AND LOOKING FOR WORK?



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.



Protect your Medical Identification, especially now During Open Enrollment

During Open Enrollment you may receive more soliciting phone calls. Some may be legitimate calls from your plan. However, scammers may take advantage of the Open Enrollment Period to try to steal your personal and/or medical information. Medical identity theft happens when someone steals your information and uses it to get medical treatment or equipment. For example, someone may use your name, Medicare number, and date of birth to get medical equipment and then bill your Medicare for it. This can affect your medical and health insurance records, as well as result in erroneous costs for both you and the Medicare program. It's important to protect your Medicare number and only share it with your health care provider or trusted representatives. Scammers have various ways of stealing your Medicare number and other personal information.

Here are some tips to remember to help you avoid medical identity theft:

Remember that Medicare will not contact you to say that there has been suspicious activity on your card. If someone from an unfamiliar organization does contact you about this, contact your insurance provider to check on it. Don't give them personal information, don't use caller ID to call the caller back, and don't email them directly. Contact **your insurance provider** directly to discuss the call.

Be aware of texts from unknown numbers and avoid clicking on links.

Be aware of calls from unknown numbers and voices that are automated or sound robotic.

Look out for scammers who use social media.. They may already have personal information when they call you and use that information to confirm this information, obtain more, or to gain your trust.

Be aware of people who try to scare or threaten you or offer things that are "free" or too good to be true.

Protect your Medicare and/or health ID number and only share it with your health care provider or trusted representative. Protect your Medicare card like you would a credit card. Scammers have various ways of stealing someone's Medicare number and other personal information

MMAP is a free counseling service for Medicare and/or Medicaid beneficiaries and their caregivers. MMAP counselors are not associated with any health insurance company & can provide you with unbiased information and assistance on public benefits and health insurance issues. They're trained in Medicare and Medicaid law and regulations and related insurance products. Our volunteer is available for appointments either over the phone or in-person by calling our office at 231.525.0600.

Local DHS office numbers by county	Phone Number
Antrim	231-533-8664
Benzie	231-882-1330
Charlevoix, Emmet	231-348-1600
Grand Traverse, Leelanau	231-941-3900
Kalkaska	231-258-1200
Manistee	231-723-8375
Missaukee, Wexford	231-779-4500



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: _____

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

☐ Check here if you wish to remain ANONYMOUS

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.

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

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WM

Tour#: 2080145

**Lynn Vanderplow @ (231) 944-5463 or
Judy Fast @ (248) 425-5849**

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Final Payment Due: 7/20/2024

Amazing Alabama Theatre

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: Beautiful Myrtle Beach! Tonight, check into an en route hotel for a good night's rest.
Day 2: After enjoying a Continental Breakfast, you will depart for the Kentucky Artisan Center in Berea, KY -- a 20,000 square foot facility where you can explore Kentucky crafts, history, and shop for Kentucky products. Later in the day, enjoy Dinner and check into your en route hotel.
Day 3: Today after enjoying a Continental Breakfast, you will continue towards your destination. Tonight, you'll enjoy Dinner before checking into your Myrtle Beach area hotel for a four night stay.
Day 4: Enjoy a Continental Breakfast before brightening your morning with a visit to the amazing L.W. PAUL LIVING HISTORY FARM. Guests on this working farm will be able to observe activities that would have been commonplace on traditional family farms in the period of 1900 - 1955. Exhibits include farming tools and implements, household items and clothing, and wildlife specimens and photographs. Next, you'll enjoy a visit to the MYRTLE BEACH BOARDWALK and PROMENADE. This impressive attraction not only provides you with opportunities for shopping and eating, it's an oceanfront view of the pristine beach make this part of your day special. Later, you'll enjoy Dinner at a local restaurant before going to the fabulous CAROLINA OPERA SHOW. Thrilling Myrtle Beach visitors for nearly 30 years, this award winning show blends two hours of high-energy music, comedy, and dance. Its awards include Most Outstanding Attraction.
Day 5: Start your day with a Continental Breakfast before departing to see the show "THE MAN OF A THOUSAND VOICES" at Asher Theatre, starring James Stephens III. For those not already aware, Mr. Stephens has been seen on many major television and cable television networks. His incredible ability to transform himself into rock stars, comedians, American Presidents, piano players, trumpet players, dancers, and more has given Mr. Stephens international fame and notoriety. Afterwards, you'll head to BAREFOOT LANDING, one of the more unique and popular shopping, dining and entertainment destinations you will ever experience. Set along the Intracoastal Waterway and featuring a 27 acre lake, Barefoot Landing combines beautiful scenery with an outstanding selection of places to enjoy your day. Immerse yourself in the atmosphere of a quaint Southern shopping village. This evening, enjoy Dinner at a local Myrtle Beach-area restaurant before seeing LEGENDS IN CONCERT in their new, state of the art theatre. This production features a line of tributes of today and yesterday's greatest musical legends, all backed by a live band and electrifying dancers.
Day 6: Enjoy a Continental Breakfast before departing to see the show "LE GRAND CIRQUE" at the Broadway Theatre. This amazing show includes virtual tour of breathtaking acrobatics, contortionists, aerialists, roller skating stunts and much more to keep you on the edge of your seat. Next, you'll visit BROADWAY AT THE BEACH, an exciting shopping, dining and entertainment complex. With over 50 shops, 30 restaurants, and a variety of entertainment choices -- all amidst a beautiful lakefront view, this is a great way to enjoy the outdoors. Later, you'll enjoy Dinner at a local restaurant before seeing an EVENING SHOW at the ALABAMA THEATRE.
Day 7: Enjoy a Continental Breakfast before leaving for the South Carolina State Museum in Columbia, SC. Later that day, after a relaxing Dinner, you'll check into your en route hotel.
Day 8: Enjoy a Continental Breakfast at your hotel before leaving for the Market Square District in Knoxville, TN. Tonight, relax in your en route hotel.
Day 9: Today, after enjoying a Continental Breakfast, you depart for home...a perfect time to chat with your friends about all the fun things you've done, the great shows you've seen and where your next group trip will take you!

Exciting Legends in Concert

16 years of

Fabulous Carolina Opry

Le Grand Cirque

9 Days 8 Nights
*PER PERSON, DOUBLE OCCUPANCY
(Sat - Sun)
Apr 27 - May 5
2024

\$1150*

INCREDIBLE PRICE INCLUDES:

Myrtle Beach Show Trip

BENZIE SENIOR RESOURCES PRESENTS

Myrtle Beach Show Trip



- * Motorcoach transportation
- * 8 nights lodging including 4 consecutive nights in the Myrtle Beach area
- * 14 meals: 8 breakfasts and 6 dinners
- * Three Evening Shows: LEGENDS IN CONCERT, CAROLINA OPERA, & ALABAMA THEATRE
- * "LE GRAND CIRQUE" at Broadway Theatre
- * "THE MAN OF A THOUSAND VOICES" at Asher Theatre
- * BAREFOOT LANDING, a Unique and Popular Shopping, Dining & Entertainment Experience
- * Visit to MYRTLE BEACH BOARDWALK and PROMENADE
- * Amazing L.W. PAUL LIVING HISTORY FARM

For more pictures, video, and information visit:
www.GroupTrips.com/benzieseNIORresources

Departure: Save A Lot, 1579 Michigan Ave, Benzonia, MI @ 8 am