



# THE SENIOR SCOOP

## BENZIE SENIOR RESOURCES

*Be connected.  
Be supported.  
Be home.*

### November 2024

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### When Giving Is All We Have

We give because someone gave to us.  
 We give because nobody gave to us  
 We give because giving has changed us.  
 We give because giving could have changed us.  
 We have been better for it,  
 We have been wounded by it—  
 Giving has many faces.

— Alberto Rios



This is what The Gathering Place looks like on the day we're closed to package our holiday gift bags. Please help us if you can with your donation of items or funds to purchase items. It will help bring much happiness!



The full moon is 11/15 and is a **SUPER MOON** again, the last for this year. It's known as the Beaver or Mourning moon. The Leonid meteor showers peak 11/17 & 11/18.

It's National Hospice & Palliative Care Month, Lung Cancer Awareness Month, Native American Awareness Month, National Diabetes Month, National Family Caregivers Appreciation Month, National COPD Awareness Month, National Novel Writing Month, & National Gratitude Month.





## BENZIE SENIOR RESOURCES BOARD OF DIRECTORS

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Benzie Senior Resources is funded by Benzie County residents through a property tax millage, federal and state funds through the Aging & Adult Services Agency, Area Agency on Aging of Northwest Michigan, 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, Rotary Charities of Traverse City, The Wayne & Joan Webber Foundation, The Father Lovett Foundation, The Allen Foundation, The Willoughby Rotary Foundation, The Seabury Foundation, and the generous support of community businesses, churches, service clubs, and individuals. 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:**

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**Benzie Senior Resources**  
**10542 Main Street**  
**Honor, MI 49640**

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 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.

### NEWSLETTER SUBSCRIPTION FORM

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CITY/ST/ZIP \_\_\_\_\_ DATE \_\_\_\_\_

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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](http://benzieseniorresources.org) under the NEWS tab, at our Benzie Senior Resources office and at The Gathering Place.

## From our Director

Hello Friends,

As I compose this article, the fall colors have really come alive along my daily commute to work. The M-115 corridor from Copemish to Cadillac has been spectacular! Truly Mother Nature's work of art.

Each November we reach out to our giving community for help in spreading the spirit of Christmas to Benzie county's homebound seniors for our Annual Holiday Christmas Gift Bags. 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 confined 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 grateful recipients.

Each bag is filled with a variety of items, such as: unscented hand lotion; facial tissue; socks; large print crossword/word search puzzle books; playing cards; protein/breakfast bars; trail mix; cheese crackers; pencils/pens; hand sanitizer; hot cocoa packets; disinfectant wipes; hand soap, paper towel, non-refrigerated Jello and pudding cups and small jigsaw puzzles. 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 6th.

November is also National Family Caregivers Month. This is a great opportunity to honor those who are the primary caregiver for an aging or disabled loved one. Caring for a friend or family member is rewarding and challenging. Caregiving is a demanding responsibility, and it is easy to neglect one's own health and well-being when you are involved with meeting your loved one's needs. Caregivers need time off from their responsibilities to relieve stress and prevent burnout. You want to be there for your loved one, so let Benzie Senior Resources be there for you.

Respite care provides relief. Our home health care aides can come to the home and care for your loved one while you take a break, allowing you peace of mind while running errands, shopping, or just relaxing. Dangers of Caregiver Burnout – Perhaps you feel guilty because you think you aren't doing enough, and you're frustrated that you can't do more. If you're feeling depressed, anxious or overwhelmed, that is understandable—this is a difficult time for you.

Help is available for the caregiver so please contact us today to find out how our services can improve your well-being and help you continue to care for those who need you most by taking care of yourself. For a free confidential assessment of services, please call 231.525.0600.

Please join us in celebrating our veterans on Monday, November 11<sup>th</sup> 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 1.4 million who were wounded. We can, however, recognize and thank the 18 million veterans still living today. We are eternally grateful for your service.

I wish everyone a safe and wonderful Thanksgiving Holiday!  
Douglas





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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We accept cash, Visa, Mastercard, &amp; Discover. Personal Checks also accepted — made out to BSR</p> <p>Lunch is served 11:30am – 130pm</p>	<p><b>\$4.00 suggested donation for age 60 and older.</b></p> <p><b>Under 60 is \$8.00</b></p> <p><b>Caregivers under 60 are \$4.00</b></p>	<p><b>Please join us for Veterans Day!</b></p> <p><b>We will have a tribute and special lunch on 11/11/24 here at TGP!</b></p> 		<p>1</p> <p>Chicken Cordon Bleu, Steamed Sweet Corn, Steamed Broccoli Florets, Stoneground Wheat Bread, Tropical Fruit Blend</p>
<p>4</p> <p>Loaded Oatmeal Bar, Savory Sausage Links, Oven Baked Peaches</p>	<p>5</p> <p>Pecan Encrusted Tilapia, California Vegetable Blend, Green Bean Blend, Stoneground Wheat Bread, Diced Pears</p>	<p>6</p> <p>Cincinnati Style Chili, Steamed Sweet Corn, Stoneground Wheat Bread, Oven Baked Spiced Apples</p>	<p>7</p> <p>Grilled Turkey Reuben (Rachel), Oven Baked Tater Tots, Capri Vegetable Blend, Homemade Coleslaw, Cranberry Applesauce</p>	<p>8</p> <p>Hawaiian Style Chicken, Malibu Vegetable Blend, Steamed Spinach, Stoneground Wheat Bread, Pineapple Tidbits</p>
<p><b>11</b></p> <p><b><u>Veteran's Day!</u></b> <b>Pineapple Dijon Baked Ham, Whipped Sweet Potatoes, Scandinavian Vegetable Blend, Sweet Hawaiian Rolls, Classic Applesauce</b></p>	<p>12</p> <p>Homestyle Goulash, Steamed Sweet Peas, Steamed Parisian Carrots, Stoneground Wheat Bread, Fresh Cut Oranges</p>	<p>13</p> <p>Tangerine Chicken Over Rice, Caribbean Vegetable Blend, Steamed Spinach, Lucky Fortune Cookie, Tropical Fruit Blend</p>	<p>14</p> <p>Crispy Cod Sandwich, Sweet Potato Bites, Steamed Broccoli Florets, Stoneground Wheat Bread, Fresh Plums</p>	<p>15</p> <p>Slow Roasted Beef, Herbed Mashed Potatoes, Normandy Vegetable Blend, Stoneground Wheat Bread, Diced Peaches</p>
<p>18</p> <p>Seasoned Beef Nacho Bar, Authentic Refried Beans, Tortilla Chips w/ Fire-Roasted Salsa, Oven Baked Pears</p>	<p>19</p> <p>Classic Beef Stroganoff, Key West Vegetable Blend, Oven Roasted Asparagus, Stoneground Wheat Bread, Fresh Cut Oranges</p>	<p>20</p> <p>Southwestern Chicken Alfredo, Steamed Spinach, Fire-Roasted Corn &amp; Black Beans, Soft Baked Breadsticks, Fresh Grapes</p>	<p>21</p> <p>Beef Stir-Fry Over Rice, Asian Vegetable Blend, Steamed Broccoli Florets, Lucky Fortune Cookies, Mandarin Oranges</p>	<p>22</p> <p>Rosemary Garlic Roasted Pork, Parmesan Garlic Mashed Potatoes, Venetian Vegetable Blend, Stoneground Wheat Bread, Fresh Banana</p>
<p>25</p> <p>Italian Meatball &amp; Cheese Sub, Sicilian Vegetable Blend, Pesto Infused Cauliflower, Fresh Banana</p>	<p>26</p> <p>Country Breakfast Skillet, Savory Sausage Links, Oven Baked Pears</p>	<p>27</p> <p>Roasted Turkey w/ Herbed Stuffing, Parmesan Garlic Mashed Potatoes, Green Bean Blend, Stoneground Wheat Bread, Bonnie's Famous Cranberry Sauce, Classic Pumpkin Pie</p>	<p>28</p> <p><b>Closed for Thanksgiving</b></p> 	<p>29</p> <p><b>Closed for Thanksgiving</b></p> 

# The Kitchen Uncovered

Cathy Sanders will be retiring in November. She has been with The Gathering Place for six years! I feel like it's longer than that because she used to ring me up at Honor Family Market when I would have to run down there in an emergency! She has been a familiar face to everyone here and a constant throughout all of the changes and growth of the agency. It's rare to find someone so reliable these days, especially someone who is such a hard worker. We will miss Cathy's expertise in all things related to The Gathering Place.

Cathy is the 6<sup>th</sup> staff member to retire from The Gathering Place since I began 12 years ago, which I think shows that working here is often valued as appealing employment— sometimes it's a last stop after a long work history. I tend to think that it is the joy that comes from knowing how many of our clients we serve every day that makes it such a hard job to leave. That gratitude is something that's hard to beat with other forms of compensation. Which leads me to the fact that *we are hiring!*

Being part of our nutrition department here at The Gathering Place/Benzie Senior Resources is rewarding, fun, and educational. You will be well compensated for a flexible, mostly Monday through Friday, mostly day-shift career. You will learn about your community, about nutrition, about many aspects of kitchen work, and hopefully why so many choose this job as their "last stop." If you or someone you know is looking for a great job within our community, stop by and fill out an application, or print one from our website:

[www.benzieseniorresources.org](http://www.benzieseniorresources.org)

Take care,

David Main  
Executive Chef  
Benzie Senior Resources



# Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please bring us items for crafts, and prizes for Bingo. We appreciate it as these are self-supporting activities at our facility! Your help is needed! Thanks!</p>	<p><b>Please join us for Veterans Day!</b>  <b>We will have a tribute and special lunch on 11/11/24 here at TGP!</b></p> 	<p><b>Elizabeth Bradfield, a hospice consultant, has two more classes at TGP. November 7th &amp; 14th.</b> Classes are at No charge. This is valuable info!</p>		<p style="text-align: center;">1</p> <p>9:30 BUNCO            10:30 Line Dancing            11:30-1:30 Lunch            1:00 Wii Bowling            1:30 Crochet, Knit &amp; Sew Circle</p>
<p style="text-align: center;">4</p> <p>9:30 Stretch &amp; Balance            11:30-1:30 Lunch</p> <p><b>1:30 Walking Sticks w/ Carol &amp; Rebecca</b>            5:30 pm Zumba</p>	<p style="text-align: center;">5</p> <p>10:30 The Melody Makers            11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p style="text-align: center;">6</p> <p>830 Zumba            11:30-1:30 Lunch</p> <p>12:30 Bingo            2:00-4:00 Mexican Train Dominoes</p>	<p style="text-align: center;">7</p> <p>10:00 Snowflakes w/ Blanche            10:30 Christian Book Club            11:30-1:30 Lunch</p> <p>1:30 BUNCO  <b>1:30 Dealing w/ Dementia Class w/ Elizabeth</b></p>	<p style="text-align: center;">8</p> <p>9:30 BUNCO            10:30 Line Dancing            11:30-1:30 Lunch</p> <p>1:00 Wii Bowling            1:30 Crochet, Knit &amp; Sew Circle</p>
<p style="text-align: center;">11</p> <p>9:30 Stretch &amp; Balance  <b>11:30-1:30 Special Veteran's Day Meal, with an Ice Cream Social</b>  <b>1:30 Repurposed Wool Mittens w/ Joan</b>            5:30 pm Zumba</p>	<p style="text-align: center;">12</p> <p>10:30 The Melody Makers            11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p style="text-align: center;">13</p> <p>8:30 Zumba            11:30-1:30 Lunch</p> <p>12:30 Bingo            2:00-4:00 Mexican Train Dominoes</p>	<p style="text-align: center;">14</p> <p>10:00 Coffee w/ Vets            10:30 Christian Book Club            10:30 BP Clinic            10:30 Altered Books            11:30-1:30 Lunch            1:30 BUNCO  <b>1:30 Intro to Hospice w/ Elizabeth</b></p>	<p style="text-align: center;">15</p> <p>9:30 BUNCO            10:30 Line Dancing            11:30-1:30 Lunch</p> <p>1:00 Wii Bowling            1:30 MITTEN KITTENS Workshop</p>
<p style="text-align: center;">18</p> <p>9:30 Stretch &amp; Balance            10:30-11:30 Dynamic Movement            11:30-1:30 Lunch</p> <p><b>1:30 Candy Cane Wreath w/ Sandy</b>            5:30 pm Zumba</p>	<p style="text-align: center;">19</p> <p>10:30 The Melody Makers            11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p style="text-align: center;">20</p> <p><b>8:30 Leave for Little River Casino- \$10 w/ sign up</b>            830 Zumba            11:30-1:30 Lunch            12:30 Bingo            2:00-4:00 Mexican Train Dominoes  <b>4:30 Board of Director's Meeting</b></p>	<p style="text-align: center;">21</p> <p><b>10:00 Dementia Support Group</b>  <b>10:00 Book Group</b>  <b>10:30 Christian Book Club</b>            11:30-1:30 Lunch            1:30 BUNCO  <b>5:00 Dinner</b>  <b>6:00 Produce Bingo (PINGO)</b></p>	<p style="text-align: center;">22</p> <p>9:30 BUNCO            10:30 Line Dancing            11:30-1:30 Lunch</p> <p>1:00 Wii Bowling            1:30 Crochet, Knit &amp; Sew Circle</p>
<p style="text-align: center;">25</p> <p>9:30 Stretch &amp; Balance            11:30-1:30 Lunch</p> <p><b>1:30 Quilt Block Potholder Class w/ Joan</b>            5:30 pm Zumba</p>	<p style="text-align: center;">26</p> <p>10:30 The Melody Makers            11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p style="text-align: center;">27</p> <p>830 Zumba            11:30-1:30 Lunch</p> <p>12:30 Bingo            2:00-4:00 Mexican Train Dominoes</p>	<p style="text-align: center;">28</p> <p style="text-align: center;"><b>Closed for Thanksgiving</b></p> 	<p style="text-align: center;">29</p> <p style="text-align: center;"><b>Closed for Thanksgiving</b></p> 



## Bulletin Board

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—Darcy Library in Beulah**  
**Thursdays 10:00 a.m. until Noon**  
We recommend that you call ahead  
231.882.4037 and speak with Carol

### List for The Gathering Place Book Club

Book Group meets next on  
at TGP  
10:00 a.m.

November's Book—*Love Medicine*  
by Louise Erdrich

December's Book—*Hour of the Witch*  
by Chris Bohjalian

Our Thompsonville  
lunch, music, and  
bingo is cancelled until  
further notice.

### 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.

**IMPORTANT: Call our office to  
cancel your BSR worker/contractor  
for Home Healthcare or for your  
Homemaking Service if you're sick  
or need to reschedule. Let's keep  
each other healthy! (231) 525-0600**

Join us to make wool mittens from wool sweat-  
ers and cool buttons at TGP with Joan &  
Marleen...check the calendar!

This is for fundraising for more  
activities, so if you learn & join  
in you can make a difference &  
have fun! We usually meet at  
TGP on Friday afternoons.

Come see what else we have for sale at TGP!



### FOOT CARE CLINIC

BY APPOINTMENT

Wednesdays at Benzie Senior Resources  
office, for Age 60 and over.

Call 231-525-0600 to set yours up.

Starting October 1st,  
each session will be \$20.00/client.

Have you considered where your volunteer hours might  
have the most local impact? We'd love to chat with com-  
passionate people who could help us deliver daily meals  
to Benzie County home-bound seniors. Our Home De-  
livered Meals Program helps ensure seniors are food se-  
cure, and also provides a caring check-in on delivery  
days--such peace of mind for out of town family mem-  
bers. We have the delivery vehicles, and purchase the  
gas. **Learn more by calling Michelle at 231-525-0601,**  
**ext. 202.** She may be out delivering meals, so please  
leave a message!



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# Word Search

## Sounds

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

- BELLOW
- ZIPPER
- SQUAWK
- SPLITTING
- POUNDING
- WHINNIE
- WHISTLES
- CROAK
- SCREECH
- THUMP
- SCREAM
- LIGHTNING
- JANGLE
- MUSIC
- HOLLER
- SWISHING
- WHISPER
- CRACKING
- CHATTER
- THUNDER



Don't forget  
to turn  
your clocks  
back 1 hour  
November  
3rd



Play this puzzle online at : <https://thewordsearch.com/puzzle/9030/>



From Teddy Bear Day at TGP...



## November Birthdays

Wendy Dobson	1	Lynda Steele	9	Christi Flynn	18
Helen Robotham	1	Maria Garza	10	Tammy Grostick	18
Carol Claypool	2	Larry Nunemaker	10	Jeannette Miller	18
Doug Durkee	2	Lee Streeter	10	Betty Orr	18
Myrna Mallison	2	Mel Adams	11	Deb Cordell	19
Joan Oderkirk	2	Jeffrey Bowers	11	Sue Littler	19
Carol Pelky	2	Diane McKeen	11	Shirley Mortenson	20
Loy Putney	2	Ted Smigiel	11	Kay Reed	20
Roger Klabunde	3	Dave Wynne	11	Sonja Reitan	20
Margaret Stooksberry	3	Rex Dunlop	13	Ron Schmidt	20
Don Winters	3	Leah Erickson	13	Mary O'Connor	21
Robin Fortine	4	Jeanne Hafer	13	Don Olney	21
Kim McKenzie	4	Dorothy Manning	13	George Petritz	21
Gary Rankin	4	Kathleen McManus	13	Connie Lapham	22
Linda Reed	4	Carleen		Arlene Paul	22
Mary Rineer	4	Wojciechowski	13	Camille Vettraino	22
Jeanette Woods	4	Linda Johnson	14	Barbara Wilson	22
Bob Larson	5	Gil Markus	14	Dale Ritter	23
Dorothy Mead	5	Terry Tolar	14	Gary Richter	25
Sandy Rockwell	5	Karlin Corey	15	Lisa Trudell	25
Steve Thompson	5	Wanda Curtis	15	Joy Jensen	26
Howard Yost	5	Dottie Hallock	15	William Shields	26
Jan Glatzer	6	Don Schmid	15	Shirley Ransom	27
Chris Neihardt	6	Maxine Winters	15	Jill VanDyke	27
Charlene Spohn	6	Gerry Blood	16	Vickie Ely	28
Bill Waring	6	Mary Jane Hall	16	George Gottschalk	28
Bryan Black	7	Marsha Kerby	16	Bert Lappe	28
Amy Esch	7	Mary Stroba	16	Judy Putney	28
Mina Jenner	7	Nancy Boehm	17	John Bird	29
John Jenkins	8	Char Fink	17	Julia Deemer	30
Jane Gary	9	Joyce Templin	17	Lorraine Martin	30
Greg Noah	9	Christeen Bint	18	Grace Williams	30

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.

### Produce Bingo

Produce Bingo is Thursday November 21st  
 We'll be having: Lasagna, Garlic Toast,  
 Tossed Salad, and Cookies  
 Please sign up in advance if possible

Ol' Time Gathering is on hold until January

Call 231.525.0601 or stop by TGP!





## Easy Ways to Boost Fiber in Your Daily Diet

Fiber is an essential nutrient. However, many Americans fall short of the recommended daily amount in their diets. Women should aim for about 25 grams of fiber per day, while men should have a target of about 38 grams.

Dietary fiber contributes to health and wellness in a number of ways. First, it aids in providing fullness after meals, which helps promote a healthy weight. Second, adequate fiber intake can help to lower cholesterol. Third, it helps prevent constipation and diverticulosis. And fourth, adequate fiber from food helps keep blood sugar levels within a healthy range.

### Natural Sources of Fiber

Fiber is found in plant foods. Eating the skin or peel of fruits and vegetables provides a greater dose of fiber, which is found naturally in these sources. Fiber also is found in beans and lentils, whole grains, nuts and seeds. Typically, the more refined or processed a food is, the lower its fiber content. For example, one medium apple with the peel contains 4.4 grams of fiber, while ½ cup of applesauce contains 1.4 grams, and 4 ounces of apple juice contains no fiber.

When increasing fiber, be sure to **do it gradually and with plenty of fluids**. As dietary fiber travels through the digestive tract it is similar to a new sponge-- it needs water to plump up and pass smoothly. If you consume more than your usual intake of fiber but not enough fluid, you may experience nausea or constipation.

Before you reach for the fiber supplements, consider this: Fiber is found naturally in nutritious foods. Studies have found the same benefits, such as a feeling of fullness, may not result from fiber supplements or from fiber-enriched foods. If you're missing out on your daily amount of fiber, you may be trailing in other essential nutrients as well. Your fiber intake is a good gauge for overall diet quality. Try to reach your fiber goal with unrefined foods so you get all the other benefits they provide as well.

By including certain foods, you can increase your fiber intake in no time. For breakfast, choose steel cut oats with nuts and berries instead of a low-fiber, refined cereal. At lunch, have a sandwich or wrap on a whole-grain tortilla or whole-grain bread and add veggies, such as lettuce and tomato, or serve with veggie soup. For a snack, have fresh veggies or whole-grain crackers with hummus. With dinner, try brown rice or whole-grain noodles instead of white rice or pasta made with white flour.

Here are a few foods that are naturally high in fiber:

- 1 large pear with skin (7 grams)
- 1 cup fresh raspberries (8 grams)
- ½ medium avocado (5 grams)
- 1 ounce almonds (3.5 grams)
- ½ cup cooked black beans (7.5 grams)
- 3 cups air-popped popcorn (3.6 grams)
- 1 cup cooked pearled barley (6 grams)

Again, when increasing fiber, do it gradually & with plenty of fluids! Enjoy!



Source: eatright.org and Holly Larson, MS, RD

## Staff Milestones



Felicia's birthday is 11/3. She's one of our RNs and a blessing as such. She enjoys spending time with her adult children and traveling with them. Her passions in life are being a nurse, artist, and lover of the great outdoors. Have a wonderful birthday Felicia!



Ryan's anniversary with us is on 11/4. It's his 5th! Ryan brings his humor and kindness each day with our staff and clients. For that we are grateful. Ryan is an adventurer with his beautiful daughter often along with him. Thanks Ryan and congrats!



Davina's first anniversary with us is 11/7. She and her husband James enjoy the outdoors together and have much fun! We appreciate all that she does and her beautiful smile as she's helping our clients at The Gathering Place. Thanks and happy anniversary Davina!



Lori's second anniversary as one of our Home Health Aides is on 11/14. Lori's motto is "Help those who can't help themselves, for every action of kindness passes on to someone else." Lori, thanks so very much! Have a happy anniversary!



# Welcome!



Monica started with us as a Home Health Aide September 16th. We are so happy she's joined our staff, as are the clients she is helping and will be helping.

She leads a very busy life with two daughters and a fiancé. Monica is going to school for nursing and enjoys spending time with her family. Her dad is her hero and was her biggest fan.



# Medicare Minute

Each year in September, CMS sends out notices to Medicare beneficiaries to inform them that they will no longer qualify for the Low-Income Subsidy (LIS/Extra Help) starting January 1st.

## **Introduction to the Loss of Deemed Low Income Subsidy (Extra Help) Status Notice**

### **What's the purpose of the notice?**

The purpose of the notice is to inform some people with Medicare that they no longer automatically qualify for Extra Help for the following year, and encourage them to apply for Extra Help to see if they'll continue to qualify.

### **Who gets this notice?**

Some people with Medicare won't automatically qualify for Extra Help next year, because they no longer qualify for Medicaid, no longer belong to a Medicare Savings Program (help from their state Medicaid program to pay Medicare Part B premiums), or no longer get Supplemental Security Income (SSI).

### **When do people get this notice?**

The notice (on grey paper) and an application for Extra Help were mailed in September.

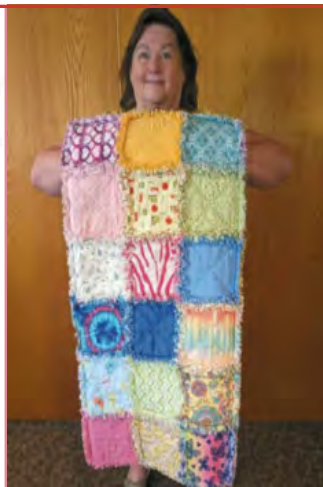
### **What should people do next?**

People who have limited income and resources may still qualify for Extra Help, but they must apply to find out. If they apply and qualify, they'll continue to get Extra Help next year. They should apply as soon as possible so there will be no gap in the help they get with their prescription drug costs.

An application for Extra Help is included with the notice. People should fill it out and mail it to Social Security in the enclosed postage-paid envelope. If they have questions about the notice or about Medicare prescription drug coverage, they can:

- Visit [Medicare.gov](http://Medicare.gov).
- Read the "Medicare & You" handbook.
- Call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

Or set an appointment with us at BSR for our counselor to help you with your questions and insurance needs.



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 and can provide you with unbiased information and assistance on public benefits and health insurance issues. They are 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.





# Donation Information

Giving is not just about making a donation. It's about making a difference.

## We Need Your Help!

Benzie Senior Resources is an independent 501 c-3 nonprofit organization. We depend on donations to sustain our programs and we need **your** support to continue providing reliable and professional services to the seniors of Benzie County. Traditional funding sources are failing to keep up with the growing needs of the rapidly increasing population of people over age 60. Your donation will help us continue our important work!

We are dedicated to supporting older adults and the friends, family and community who surround them. No matter the age or situation, we have professional, reliable services to help keep Benzie seniors living independently—with dignity—in their own homes. You can be assured we will continue to be good stewards of all tax-deductible gifts. If you would like to designate your gift as a Legacy or Memorial Gift, please call or email us with your wishes. If you have any questions, please feel free to call us at (231)525-0600 or toll free 888-893-1102, or email at [info@BenzieSeniorResources.org](mailto:info@BenzieSeniorResources.org).

### DONOR INFORMATION:

**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.

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.

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November is National Gratitude Month. We share these pictures of our stand-out fund raisers for our summer event, our Blueberry Dash. We are very grateful for their help! On the top left is Charlotte Putney and below her is Barb Skurdall, who've helped us for a number of years by sharing their network of supportive friends and family.

On the right is our client Silvia Bolado and her brother Alex. Silvia worked very hard to raise over a \$1000 this year in support of our programs. She started very early in the year as she is very dedicated. She built a network by doing this for us and we are very appreciative. Silvia comes to participate in our event as do Charlotte & Barb. Thanks so very much!!!