BENZIE
SENIOR RESOURCES

November 2026

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The full moon is 11/24 and is a SUPER MOON. It's known as the Beaver or Frosty or Mourning moon. The Leonid meteor showers will peak 11/17 & 11/18. It's National Hospice & Palliative Care Month, Lung Cancer Awareness Month, Native American Awareness Month, National Diabetes Month, N10.8ational Family Caregivers Appreciation Month, National COPD Awareness Month, National Novel Writing Month, & National Gratitude Month.

The title of this work is "Secret Beach."
It is pastel on paper by Susana Green. Susana says that the local landscapes are her inspiration.

We are thankful and grateful for your support at our recent fundraiser at The Gathering Place. Please join us for fellowhip, fun, and great food on Veterans Day 11/11 and for a Thanksgiving Meal on 11/24. It will be good to see you and be in your company!

Meaningfully engaging and supporting Benzie County residents age 60 and over to enhance their quality of life physically, socially, and intellectually.

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Benzie Senior Resources is a 501 (c) 3 organization 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 grants from: Allen Foundation, Art & Mary Schmuckal Foundation, Benzie County Community Chest, Benzie County Sunrise Rotary Foundation, Cherryland Cares Electric Co-op, Father Lovett Foundation, Grand Traverse Band of Ottawa and Chippewa Indians, Grand Traverse Regional Community Foundation, Herbert H. and Barbara C. Dow Foundation, John L. Mulvaney Foundation, Seabury Foundation, Wayne and Joan Webber Foundation, and Willoughby Rotary Foundation. In addition, we are supported by generous donations from individuals, community businesses, churches and service clubs. We are grateful for each and every gift! Thank you for helping us with our mission!

DIRECTORY

Phone: 231-525-0600 BSROffice
Fax: 231-325-4855
The Gathering Place: 231-525-0601
Email: info@BenzieSeniorResources.org
Website: www.BenzieSeniorResources.org
Facebook: @benzieseniorresources.org

Benzie Senior Resources Office Hours
Monday – Friday: 9:00 a.m. – 3:00 p.m.

The Gathering Place Senior Center
Hours: Monday — Friday
9:00 a.m.— 3:00 p.m.

The Senior Scoop is
a monthly publication brought to you by
Benzie Senior Resources
10542 Main Street
Honor, MI 49640
Angela Haase, Editor

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 under the NEWS tab, at our Benzie Senior Resources office and at The Gathering Place.

It's Time to Put Good Things Together

Each November we reach out for help in the spirit of Christmas for our Annual Holiday Christmas Gift Bags. This program focuses on seniors who are homebound and have mobility or health concerns. Isolation is always difficult but loneliness during the holiday season can be uniquely painful. These lovingly assembled gift bags help our recipients know they're remembered.

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, small flashlight w/ batteries, microwave popcorn, and small games.

New for this year: Beginning in early November, we will have a trailer parked outside the BSR office (10542 Main St., Honor), where in addition to the items named above, we hope to collect some special treats.

Some suggestions include tins of mixed nuts or coffee, warm throws, hat/scarf/mitten sets, pajama sets or bath robes. Our goal this year is to distribute at least 250 bags, each with some nice gift items in addition to the variety of staple needs mentioned above. The trailer will be open for donations M-F during business hours through December 7th.

If you wish to support the project but don't have time to shop, we will gratefully accept financial donations so we may buy items in bulk. Thank you for helping brighten the holidays for our most vulnerable older adults!

November Menu

Benzie Senior Resources is committed to providing nutritious, enjoyable meals for all participants. Please be aware our meals are prepared in a shared kitchen where common allergens--including dairy, eggs, wheat, soy, peanuts, tree nuts, fish, and shellfish--may be present. While we take every reasonable precaution to minimize cross sontact/contamination, we cannot guarantee that any meal is completely free of allergens. Your health, safety, and comfort are very important to us. Thank you for your understanding & support.

2 Famous TGP Chicken Bowl, Fresh Baked Biscuits, Apricot Halves	3 Crispy Cod Sandwich, Sweet Potato Bites, Japanese Vegetable Blend, Classic Fruit Cocktail	4 Country Breakfast Skillet, Oven Roasted Potatoes, Oven Baked Spiced Apples	5 Greek Style Pita Sandwich, California Vegetable Blend, Steamed Sweet Peas, Apricot Halves	6* Baked Penne w/Smoked Sausage, Pesto Infused Cauliflower, Italian Green Beans, Soft Baked Breadsticks, Banana
9 Steakhouse Cheeseburger Bar, California Vegetable Blend, Oven Baked Tater Tots, Diced Pears	10 Classic Chicken Cacciatore, Malibu Vegetable Blend, Italian Green Beans,Whole Wheat Garlic Toast, Fresh Cut Oranges	**11** **Homemade Glazed Meatloaf, Cheddar Bacon Mashed Potatoes, California Vegetable Blend,Stoneground Wheat Bread, Diced Peaches**	12 Georgia Style BBQ Pork Sandwich, Crispy Smashed Potatoes, Key West Vegetable Blend, Fresh Peach	13 Hand Breaded Baked Chicken, Southern Style Succotash,Sicilian Vegetable Blend, Stoneground Wheat Bread, Fresh Cut Cantalope
16 Classic Beef Stroganoff, Steamed Broccoli, Steamed Parisian Carrots, Stoneground Wheat Bread, Diced Pears	17 Potato Encrusted Tilapia, Herb Buttered Potatoes, Normandy Vegetable Blend, Stoneground Wheat Bread, Fresh Banana	18 Thai Style Peanut Chicken, Asian Vegetable Blend, Green Bean Blend, Lucky Fortune Cookie, Mandarin Oranges	19 Homestyle Turkey Stew, Steamed Spinach, Steamed Sweet Corn, Fresh Baked Biscuits, Cranberry Applesauce	20 Slow Roasted Beef, Herbed Mashed Potatoes, Italian Vegetable Blend, Stoneground Wheat Bread, Fresh Grapes
23 Classic Hot Beef Sandwich, Herbed Mashed Potatoes, Venetian Vegetable Blend, Stoneground Wheat Bread, Diced Pears	24 Roasted Turkey w/ Herbed Stuffing, Herbed Mashed Potatoes, Italian Green Beans, Stoneground Wheat Bread, Bonnie's Famous Cranberry Sauce, Classic Pumpkin Pie	**Closed for the Holiday** 	**Closed for the Holiday** 	**Closed for the Holiday**
30 Hawaiian Style Chicken & Rice, Spinach, Caribbean Vegetable Blend, Sweet Hawaiian Rolls, Tropical Fruit Blend	***Birthday celebration will be on 11/6 with cake & song. Join us!**	$4.00 suggested donation for age 60 and older. Under 60 $8.00 Caregivers under 60 are $4.00	****Veterans and spouses eat free on 11/11. Join us for lunch & a treat. You've earned it!**	We accept cash, Visa, Discover, & Mastercard.--your checks too, made out to 'BSR" Our lunch is M-F 11:30am -1:30pm

Nutrition Notes

Enjoying a nutritious Thanksgiving is all about balancing cultural traditions with mindful eating habits. You can easily navigate the holiday feast by implementing practical, clinician-backed strategies for prep, plating, and behavior.

The "Balanced Plate" Visual Strategy

Instead of skipping your favorite holiday foods, focus on how you build your plate. Dietitians recommend aiming for the following proportions: 50% of the plate (Vibrant Colors): Fill half your plate with fiber-packed, nutrient-dense fruits and vegetables (e.g., leafy green salads, roasted Brussels sprouts, or carrots).
25% of the plate (Lean Protein): Choose a quarter-plate of white turkey breast meat, which is lower in fat and calories than dark meat legs or thighs. Remove the skin to significantly cut back on extra saturated fat and sodium. 25% of the plate (Starches & Grains): Reserve the final quarter for rich, carb-heavy favorites like stuffing, mashed potatoes, or sweet potato casseroles.

Easy Ingredient Swaps to Lower Fat & Sodium

You can dramatically reduce hidden calories, sugar, and sodium without sacrificing flavor:

- Stuffing: Swap standard white bread cubes for 100% whole-wheat or whole-grain bread to boost dietary fiber. Mix in nutrient-dense celery, mushrooms, or onions.
- Mashed Potatoes: Substitute heavy cream and butter with low-fat sour cream, plain Greek yogurt, or unsalted chicken broth. Alternatively, try a creamy mashed cauliflower blend to lower total carbohydrates.
- Gravy: Skip the flour and heavy fat drippings. Opt for a clear, thin gravy made with reduced-fat, low-sodium turkey stock and savory herbs.
- Cranberry Sauce: Ditch canned jellies that are high in refined sugar. Make a quick homemade version using fresh cranberries, orange zest, and a low-calorie sweetener like stevia or monk fruit.

Mindful Eating Behavior Tips

- Never Starve Yourself Beforehand: Avoid skipping breakfast to "save room" or conserve calories. Starving drops your blood sugar and almost always leads to rapid overeating later. Start your morning with a small, satisfying meal rich in protein and fiber (like eggs and whole-wheat toast) to keep your appetite steady.

- Pace Yourself and Stay Hydrated: It takes your brain about 20 minutes to realize your stomach is full. Eat slowly, put your fork down between bites, and talk with family. Drink plenty of water throughout the meal to aid digestion and control your appetite.
- Incorporate Post-Meal Movement: Instead of heading straight to the couch, organize a group walk or light backyard activity after eating. Walking for just a few minutes after a heavy meal drastically improves digestion and helps lower post-meal blood sugar levels.

Have happy & safe holidays!

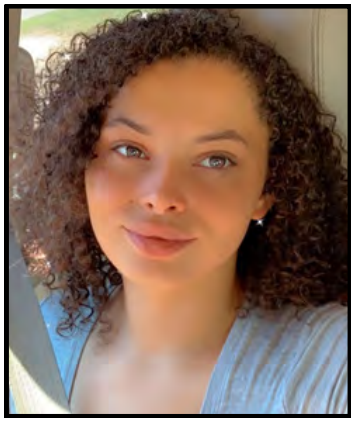
Calendar of Events

2 9:00 Stretch & Balance 11:30-1:30 Lunch **1:00 Craft--Puzzle Piece Ornaments, Make one/take one*** 5:00 Zumba	3 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	4 8:30 Zumba 11:30-1:30 Lunch **NO BINGO**	5 9:00 Riverside Ramblers 11:30-1:30 Lunch 1:00 BUNCO	6 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:00 Make-Up Craft Time
9 9:00 Stretch & Balance 11:30-1:30 Lunch **1:00 Craft--Big Paper Stars** 5:00 Zumba	10 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	11 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo--Wear Stars & Stripes	12 9:00 Riverside Ramblers 10:00 Coffee w/ Vets 10:00 Altered Books 11:30-1:30 Lunch 1:00 BUNCO	13 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:00 Make-Up Craft Time
16 9:00 Stretch & Balance 11:30-1:30 Lunch **1:00 Craft--Sock Snow People w/ Sherri Burgess** 5:00 Zumba	17 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	18 8:30 Zumba 11:30-1:30 Lunch **12:30 Produce Bingo-- One session only.** Wear--Safety Orange	19 9:00 Riverside Ramblers 11:30-1:30 Lunch **12:30 Tech Help w/ Nevin** 1:00 BUNCO	20 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:00 Make-Up Craft Time
23 9:00 Stretch & Balance 11:30-1:30 Lunch **1:00 Craft--Button Santas** 5:00 Zumba	24 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga **Thanksgiving Celebration!**	**Closed for the Holiday** 	**Closed for the Holiday** 	**Closed for the Holiday**
30 9:00 Stretch & Balance 11:30-1:30 Lunch **1:00 Craft--Snowman Door Decor--$5 for materials** 5:00 Zumba	**Our Make One--Make One Ornament Tree goes to the Benzonia Museum for the Habitat for Humanity Auction...look for it, maybe bid on it!**		**Please donate to our collection box for Toys for Tots. You can do so thru 12/1, new unwrapped toys Thank you!**	Sometimes there are changes in what we're doing...check our postings at TGP and on Facebook. They're also good reminders for what's happening!

Staff Milestones

Felicia's birthday is 11/3. As one of our RNs she brings her skills and experience to our Home Health Care team. Felicia enjoys camping, rockhounding, and being with her grown kids. Happy Birthday Felicia!

Ryan is a laid back kind of guy...he celebrates his 7th anniversary on 11/4 with us! Ryan works hard and keeps everything moving through the day at TGP! And he keeps us laughing, and thinking. Thanks & happy anniversary Ryan!



Tyra's birthday is 11/4 and her 1st anniversary is 11/14! We are so blessed & grateful to have her help & experience at TGP! Have a Happy Birthday & Anniversary Tyra!

Lori's 4th anniversary is 11/14. Lori is one of our Home Health Aides, always helping our clients and busy with her family. Happy Anniversary Lori!

Phillip's first anniversary is 11/19. He's been a lot of help as we've been going though further transitions. He's all about family and traditions! Happy Anniversary Phillip!

Brian started with us last year on 11/24, and has been making things somehow more fluid in our daily tasks. He makes things make sense. Happy Anniversary Brian!

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Please consider helping us...

We at BSR are in dire need of homemakers for our clients. While this is not an hourly position, it is a rewarding and important job for our community. It helps our seniors stay safely in their homes.

The program provides basic cleaning services, light housekeeping every two weeks to help clients better maintain their living area safely. Our contractors visit every other week for up to two hours each visit. It is $50/visit, that is what pay is, not what the client rate is. It is a millage supported program for our agency.

Advantages, pluses include being able to make your own schedule, be part of making life easier and better for our seniors, and connecting with community. Please consider applying and trying this adventure. We hope to hear from you. Please call for an application. 231.525.0600 x100 --Angie Haase

Essential Estate Planning
Benzie Senior Resources offers
Essential Estate Planning
by appointment only
for Benzie residents age 60 and over.
Meet with an estate planning attorney
for free to review, update and/or create
an estate plan.
Call 231-525-0600

FOOT CARE CLINIC

BY APPOINTMENT
Wednesdays at Benzie Senior Resources
forage 60 and over for Benzie residents.
Call 231-525-0600 to set yours up.

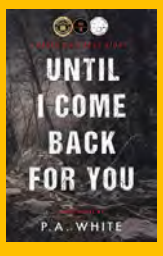
$20.00/person each visit

Free Computer Help
The Darcy Library in Beulah
Thursdays 10 a.m. to 12 Noon
Bring your computer or use one at the library. Questions? Call Carol at 231.882.4037

Are you in need of Notary services?
We do have a Notary onsite
at Benzie Senior Resources.
Check to make sure our Notary
is in and available before you come by.
Office Hours are 9:00 a.m. to 3:00 p.m.
Call 231.525.0600

The Gathering Place Book Group
will meet 10:00 a.m.
November 19th

We'll be reading/sharing:
Until I Come Back For You



By P.A. White
Call TGP to get a copy, or one of our local libraries may have it.

Good to Know

FOOD PRODUCT DATING

Have you ever wondered what the dates on packaged foods in the grocery store mean? Understanding these labels can help reduce food waste and save money, while keeping food safety a top priority.

Generally speaking, "sell by" and "best by" dates = food quality & freshness and "use by" dates = food safety. According to the U.S. Food and Drug Administration, food date labels help manufacturers and retailers manage quality and inventory. Many foods continue to be safe after the printed date as long as they were stored and handled properly!

Remember, YOUR SENSES - looking for changes in smell, texture, or appearance are just as important as the date on the package!

Sell By: This date tells retailers how long to display a product for sale. Foods are often perfectly good to eat after the "sell by" date as long as they've been stored properly. For example, milk or yogurt may still be safe for several days past the "sell by" date if kept refrigerated.

Best By or Best If Used By: This date is about quality rather than safety. It indicates when a food is expected to be at peak flavor or texture. After this date, a product like crackers or cereal might become stale or lose crunch. If there are no signs of spoilage, the product is still typically safe to eat.

Use By: This is the most important label to pay attention to because it is more closely tied to food safety, especially for highly perishable foods like deli meats, fresh dairy, or prepared refrigerated items. After the "use by" date, the risk of spoilage increases. It is best to be more cautious and avoid eating the product if the date has passed.

Sources:
Food Product Dating | Food Safety and Inspection Service Food Waste FAQs | USDA

Area Agency on Aging of Northwest Michigan
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Word Search

Tom Sawyer

T	R	O	U	B	L	E	G	D	U	J	E	O	B
E	I	A	U	N	T	P	O	L	L	Y	E	K	W
P	T	R	B	E	C	K	Y	R	B	P	Y	L	E
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G	I	F	U	N	E	R	A	L	E	K	C	S	C
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ADVENTURE
MURDER
PETERSBURG
HUCK FYNN
GRAVEYARD
TOM SAWYER
JUDGE
MARRY
CAVE
BECKY
WHITE
KILLED
TOBACCO
WIDOW
MISSISSIPPI
BOYS
PIRATES
AUNT POLLY
FUNERAL
TRAPPED
TROUBLE

Play this puzzle online at : https://thewordsearch.com/puzzle/7269/

Don't forget to turn your clocks back 1 hour Saturday November 1st for Daylight Savings Time

BENZIE
SENIOR RESOURCES

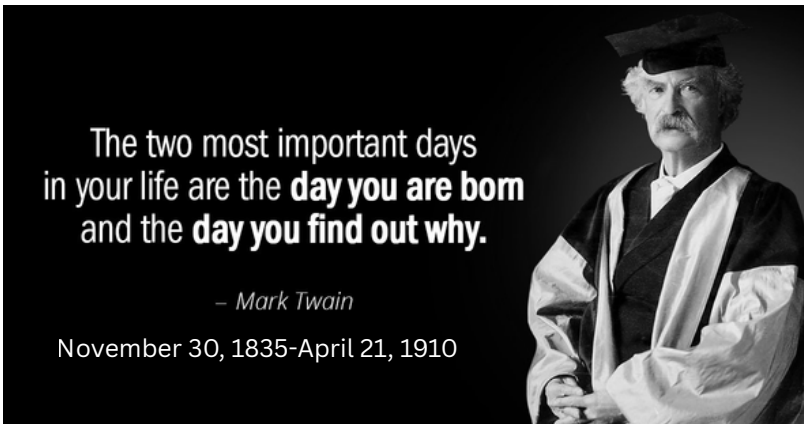
We need volunteers!
Help us deliver **Meals on Wheels**!

You get a free lunch, use **OUR** vehicles, and help our community! You might even have some fun!

Please call Jessica Lindsay
231.525.0601 x 202

November Birthdays

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



Fundraiser Fun! BBQ @TGP 10-22-2026

Benzie Senior Resources 231.525.0600

Donation Information

Giving is not just about making a donation. It's about making a difference.
We Need Your Support!

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 are 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 ques- tions, please feel free to call (231)525-0600 or toll free 888-893-1102, or email info@BenzieSeniorResources.org.

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--Walt Whitman