

THE BENSON BUZZ

Quarterly Newsletter for Members



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We are half-way through
2022!!

More new and exciting things
are happening at the Benson
Center

The center is opened daily
8:30 AM - 4:00 PM.

Breakfast is Back!!

And for 3rd Quarter, additional
in-person classes have been
added.



Greetings and Happy Summer,

**FACILITY MANAGER
SABRINA HUDSON**

At every stage of life, people are drawn to a community of peers for recreation, socialization, and support. For many of you that community is the Benson Complex. We are dedicated to enriching the lives of older adults, providing a place where you can socialize, increase your knowledge, enhance your well-being, and support one another.

The staff and I are delighted that so many of you have come back to the center for a meal or classes since our reopening. We also appreciate all our members that continue to engage virtually. And a warm welcome to all new members.

What's Happening in the 3rd Quarter?

Just when we think we have put COVID behind us, another variant evolves and a surge happens, so we must also evolve to keep you safe. The Fulton County Department of Senior Services has therefore updated the COVID policy for the multi-purpose centers. It is provided on the next page. Please read and adhere to it. If you have any questions, please contact me or a member of the Benson staff. We are here to assist as needed.

We are also asking if you have not done so in the last 12 months, please renew your membership and make sure that your address and contact information is up to date. You must be a member to register for classes or participate in programs. Please call or come by to receive instructions on registration or how to renew your membership, 404-613-4900.

Nutrition Services

Breakfast- Yes, Breakfast is back! Lunch options to Grab and Go or Dine-In continues. Also available is a Frozen Meal at no cost for those who may need it.

Health and Wellness and Life Enrichment

Additional classes have been added to the schedule. You can find the complete 3rd quarter class and workshop schedule posted on our website: <https://bensoncenter.org>

More than just activities, the Benson Complex also serves as a gateway to the "aging network," connecting older adults to vital community services that help them stay healthy and independent. Older adults and the community at large can access multiple services all in one place, including:

- Information and assistance to help navigate services
- Health, fitness, and wellness programs
- Educational and enrichment classes
- Social activities
- Volunteer and civic engagement opportunities

For easy access to the above services check out this link:
<https://www.fultoncountyga.gov/fultoncares>

The Benson Center staff wishes you continued wellness and safety and hope you enjoy your home away from home as much as we enjoy having you!

**Thank-You,
Sabrina Hudson
Your Facility Manager**



**Department of Senior Services
COVID-19 Fact Sheet
Multipurpose Facilities**

We hope for a wonderful experience as you return to our facilities. Although we are returning, the safety and wellbeing of participants and staff remain a priority. In addition to frequent sanitizing, we wanted to make you aware of some other procedures.

- You will be required to complete a COVID-19 Questionnaire on an iPad (or you can use your cellphone) as you enter the facility each day. Participants who have been exposed to COVID-19 or have active COVID-19 symptoms will not be allowed to enter the facility.
- If you test positive for COVID-19 please notify your facility manager ASAP. you will receive a call from the Department of Senior Services Nurse Manager, Milrinette Nelson, RN (404-731-7451) to conduct contact tracing. Do not return to the center until 5 days from your positive test date and you are fever and symptom free.
- Participants who have been exposed to COVID-19 or are showing signs and symptoms of the virus are asked to remain home for 5 days before returning to the facility.
- Participants are encouraged to practice social distancing, frequent handwashing/sanitizing and adhere to any room capacity limitations.
- Participants are also encouraged to wear masks throughout the program day.
- Please contact your facility regarding additional on- site Multipurpose Facility Program and Virtual Programming updates.

We appreciate your cooperation with our new safety procedures and look forward to a safe return.

NEWS YOU CAN USE

HEALTH AND WELLNESS

Summer is here and boy is it **HOT!** An important factor to staying safe and healthy during these hot summer months is staying hydrated! One way to stay hydrated is to drink water, but do you really know how much water to drink?

According to doctors, there's no one-size-fits-all formula for daily water intake. The amount you should drink everyday depends on your individual body, age, sex, activity level, health conditions, medications, weather conditions and other factors. One way you can determine how much water to drink to stay hydrated is to divide your body weight in pounds by two and drink that number of ounces each day. A question often asked is "does it have to be just water?" No, in fact most non-caffeinated, non-alcoholic, liquids without added sugar contribute to hydration, even the water found in fresh fruits and vegetables.

Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. This condition is especially dangerous for older adults. Some signs of dehydration include headache, feeling dizzy or fatigued, muscle cramps, dark urine, rapid breathing and fainting. Staying properly hydrated will not only help you avoid those negative side effects, but it can help you feel better overall by improving your mood, boosting brain function, and preventing fatigue.

Nicole Wyche, Health and Wellness Coordinator

LIFE ENRICHMENT

As we head into the 3rd quarter, we have the same mission: keeping older adults active and engaged as we continue to embrace the virtual world. We have added some new and exciting classes; some will be offered onsite as well as virtually. Whether it's technology or exploring your artistic side, there is plenty to choose from.

Charles will continue to take his students to new artistic heights through classes such as Painting, Mixed Media and Plein Air, where artists get to explore a new location every week for artistic motivation. And there is so much more: printmaking and Molas, macrame, knitting, piano, Mahjone, clay wheel throwing, creative writing and a variety of computer classes.

The Life Enrichment team looks forward to seeing you engaged in one of these awesome classes whether it may be onsite or virtually.

Check out all on-site classes being offered on our website:
<https://benssoncenter.org>

Sherita Bennett, Life Enrichment Coordinator



NEWS YOU CAN USE

SOCIAL SERVICES

Since the start of the pandemic, you have received regular wellness calls from our Social Services Coordinator, Ronald (Ronnie) MacAuley. Here's a little background on Mr. MacAuley.

Ronnie has a wealth of experience in the areas of Marketing and Customer Service from the United Kingdom Leisure Industry, Behavioral Health in the US and since 2019, Social Services with Fulton County Department of Senior Services.

Ronnie holds an (HND) or Associate degree in Commercial Management from the UK, a Bachelor of Science in Business Administration (Magna Cum Laude) with a major in Healthcare Management and a minor in Psychology from DeVry University in Decatur Georgia USA. He also obtained an MBA (Distinction) with a Concentration in Health Services from the Keller Graduate School of Management in Marietta Georgia.



Ronnie was one of the 4 pioneer Social Services Coordinators contracted by the Fulton County Department of Senior Services in March of 2019. He has been instrumental in creating the Standards of Operations for the Social Services Coordinator position and in developing viable relationships with numerous community partners such as Northside Hospital, Emory Hospital, Humana, and several legal and social entities. Effective this month, these positions are now permanent staff.

Ronnie is married and has a teenage daughter; he loves traveling on vacations to a select few overseas locations to wind down with his family and take breaks from working extremely hard.

He considers himself as a lifelong learner, always looking to continue learning and growing.

NUTRITION TIP

Greetings Benson participants!

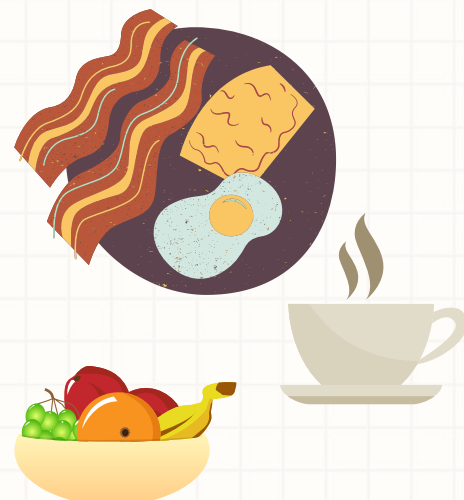
I would like to extend a warm welcome back on behalf of the entire Kitchen staff. Thank you for continuing to dine in or take out the nutritious meal offerings. We've added some delicious & healthy meal options.

Starting in July, we will restart our breakfast meal period. The serving time is 8:30am-9:30am daily, Monday-Friday. The cost for breakfast is \$2.00 +tax, which includes a choice of meat, 2 breakfast sides, choice of Bread, and a Beverage.

We will also offer an A La Carte menu. If you have any questions about the dining services, please feel free to shoot me an email at qboswell@fultoncountyga.gov.

I look forward to seeing all of you back and don't forget, we're still Frying up Fish on Catfish Friday!

Chef Quenton Boswell



ADULT DAY HEALTH PROGRAM

While we were closed because of the pandemic, for many families who are caregivers, this put an additional stress on them. For those caregivers who are still working and for whatever other reasons needed relief, our reopening was a way of showing the community that we understand their need, we care and we're there for them. So when we re-opened in March of this year, it was pertinent we did so under COVID-19 safety guidelines, as the population we serve are seniors who usually have some underlying disease which places them at a higher risk to COVID-19. We're grateful it all seems to make a positive difference.

Before reopening, we determined which activities we could engage them in safely, which includes fitness at a lower level, arts and crafts, word games, current events and incorporating some of our Virtual Programs. We are now expanding our offering to bring back using keyboards in our music sessions and restarting our vegetable and flower gardens.

The Adult Day Health Program staff—Brenda Russell, Program Coordinator; Nurses Tiffany Ferguson and Deborah Hogsed; Nurse Technicians Yolanda Jackson, Fresha Jones and Pamela Smith; Brandy Hester, Senior Services Fitness Instructor; Jemila Bridges, Nutrition Service Worker; and Lesia Gooden, Administrative Specialist—want to thank all of the Multipurpose staff for the cooperative work rendered, as well as the Friends of Benson Board for the financial support. We could not do all that we do without you!

Thanks again for all that you do.

Brenda Russell, CTRS, CPM® | Adult Day Health Program Coordinator



FRIENDS OF BENSON, INC.

The purpose of the Friends of Benson (FOB) is to advocate, raise funds and support programs and services at the Benson Center so members can live more active and independent lives.

We are a non-profit, 501 (C)(3) charitable corporation and our sole mission is to provide supplemental funding for various programs, events and supplies for the programs and activities at the Benson Center. The newly launched Virtual Senior Center is an example. In fact, for over 20 years FOB has advocated and implemented many new and innovative programming at the center that was later implemented across the county.

As inflation continues to challenge family finances, it is still prudent to support non-profit organizations who support the community and those who might be in need. If you are able, please consider adding the Friends of Benson, Inc. to your consideration list.

To learn more about us and how you can make a donation, please visit our page on the center website: <https://friendsofbenson.org/friends-benson-inc>



MEMBER SPOTLIGHT

Ava (Sue) Colonka was born in Bakersfield, CA and grew up in Oklahoma. She moved to Atlanta as a new bride and completed her nursing degree at Emory University. She has been married to her husband George for 53 years!! They have 2 children and 4 wonderful grandchildren.

After working several years as an RN, she returned to Emory for post graduate studies and was a part of the university's first Nurse Practitioners class.

After a nursing career that spanned over 30 years, working in many of the Atlanta area's major hospitals including Emory, Atlanta Medical, and Grady. Sue retired from Piedmont Hospital in 2014.

Like many, she soon found aspects of retirement boring. Sue was looking for a place to stay active and some volunteer opportunities and fortunately, she found both at the Benson Center! At the center she is a regular participant in many of the fitness classes and a tireless volunteer. Sue is a member of the Bread Gang and supports meal service during especially busy times. Her professional nursing background has also been invaluable during several medical emergencies.

Sue says being a member of the center has allowed her to make new friends and she is always energized by the passion for seniors shown by the Benson staff and fellow volunteers.

Ava (Sue) Golonka

