

THE BENSON BUZZ

Quarterly Newsletter for Members



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HOLIDAY LUNCH!



WE ARE THANKFUL FOR YOU

Join us for a special
“drive-through”
Holiday Lunch!!

Friday, November 12, 2021

Drive by the center between
11:30 AM - 1:00 PM
and pick up a special lunch. It's
free and you don't even have to
get out of your car!

Please RSVP by
Monday, November 1st
(404) 613-4900





**FACILITY MANAGER
SABRINA HUDSON**

When will the pool be opened?

The Benson Pool is in the process of being re-plastered. It will take a few more months before we can safely open the pool by reservations. We are working hard to get this work done.

Why are masks now required inside the center?

In August, Fulton County reinstated its policy requiring all employees and those visiting Fulton County facilities to wear a mask indoors until further notice. Of course, the Benson Center wants to reopen and “go back to the way it was” as much as anyone; however, the truth is our membership is part of the most vulnerable group of people susceptible to infection, and those who suffer the most severe outcomes.

Here are some truths to consider: the vaccines are not 100% effective; even previously infected people can still become infected again, and natural immunity is only present in very, very few people. Also, because of pre-existing health issues, religious beliefs, personal fear or distrust of vaccinations, there may be some around you who may not be protected at all; you cannot know the true condition of those around you.

We do not want to stop the few indoor activities that we have been able to resume such as Grab and Go Lunch and Reservations for the Gym, so we are compelled to continue to implement preventative measures.

The following measures are fully supported by the CDC: For best protection, require masks for everyone, implement reasonable distancing and have good air circulation. To help us keep the doors open, please put your mask on over both mouth and nose before you enter the building and maintain a respectful distance between yourself and others who do not live in your home. Enjoy whichever activity you come in for, and please heed any requests from our staff about these preventative measures. It is only with your help that we can protect one another and enjoy being with our friends again.

Feel free to give us a call at 404-613-4900 if you any questions, suggestions or concerns. It is our pleasure to assist you!

NEWS YOU CAN USE



HEALTH & FITNESS

Fall is in the air, and it is full of fun outdoor activities that can keep you active and healthy! In October we will resume the Benson Tennis Program, we look forward to Bocce also starting soon and we have implemented a new “Walking Program.”

Outside activities allow you to breathe fresh air, which helps clean your lungs and strengthen your immune system. Getting outside also offers a change of scenery from all the time we are spending at home.

Daily virtual fitness classes with Diane and Jennifer continue and the fitness room is also open daily by appointment.

For more information on our programs please call 404-613-4900 or 404-612-2306

Nicole Wyche, Health and Fitness Coordinator

LIFE ENRICHMENT

As we enter the last quarter of year, we remain committed to the mission of keeping older adults active and engaged as we continue to embrace the virtual world. Despite our centers not being fully accessible, we hope you taking advantage of learning or gaining a new skill by participating in our weekly virtual classes. Charles will continue to take his students to new artistic heights through classes such as Painting and Mixed Media, Hellenne will introduce how to make pre-Colombian pots through the art of clay hand building. Learn the ins and outs of sewing with knits and gaining new stitching methods. Jeff’s technology skills classes will zone in on how to use your devices, helping you stay connected or simply surfing through apps on your phone. The Life Enrichment team looks forward to seeing you engaged in one of these awesome classes. Stay safe, active and mask up!

Sherita Bennett, Life Enrichment Coordinator



NEWS YOU CAN USE



SOCIAL SERVICES

Greetings to our Dorothy C. Benson Senior Multipurpose Facility Members! I know it has been a long and trying journey from the day in 2019 that the world around us changed and caused us to change the way go about our daily lives. You have all been extremely adaptable in adjusting to the “new-normal.” You have made it this far, so keep doing what you have been doing to stay safe and well. We have hope that we can return to “in person” social activities soon.

Keep checking your emails for the Virtual Schedule Updates and additional information about upcoming events. This Fall, assistance will be available for those who qualify with help on Heating for the Winter. More information will be coming soon.

For now, stay safe and have a great quarter.

Ronald MacAuley, Social Services Coordinator



NUTRITION TIP

America’s favorite season is right around the corner. Color changing leaves, cooler weather, and loads of heavenly produce are just a few of the things we can look forward to. When fall comes around, you have an opportunity to delve into the unique differences of autumn produce. Here are a few of my favorites:

- Apples:** Sweet or tart are at their best in fall. When choosing, look for solid apples with no mushy spots, bruises, or holes.
- Beets:** Look for solid beets with healthy tops, which are also edible. Best when roasted with olive oil, then eaten warm or cold as a side.
- Brussel Sprouts:** They are sweeter when harvested after a frost, so buy local when possible. Pick firm and solid heads. Best when steamed or roasted with olive oil; add a drizzled of maple syrup for a great twist.

Chef Quentin Boswell, Head Cook



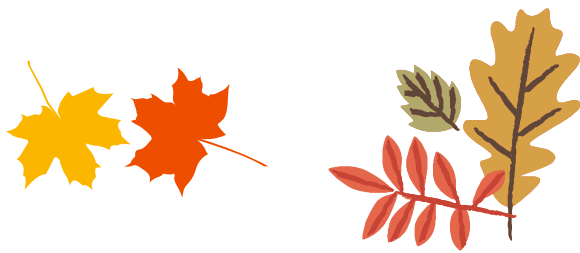
FRIENDS OF BENSON, INC.

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 (such as the upcoming Anniversary Lunch event) and supplies for the programs and activities at the Benson Center. In addition, 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 the leaves start to turn, the days get shorter and the weather cools, it is time for personal assessments such as health benefit selections and travel plans for the holiday season. Many people also determine and make their annual charitable donations before the end of the year. If you are among them, 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

After raising six children and owning an exercise business, Kaethe turned to the Benson Center to continue her active lifestyle. She has enjoyed the camaraderie on the tennis court and the informality and flexibility of its round robins for many years. Choosing walkability through living at the Blue Stone Lofts in the city center further contributes to her commitment to remain fit.

Kaethe Solomon



FUN FACTS

- 483 Million!! Current population of people 65 and older in the world!
- Studies indicate that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% is controlled by chosen lifestyle factors.
- There's less stress after 65. Despite citing other health and money concerns, those 65 and older experience less stress.
- We lose a few bones along the way. We are born with 350 bones in our skeleton. Over the course of time and during our aging process, our bones fuse together leaving us with 206 bones as adults.
- Seniors hold the most voting power. When it comes to voting in the United States, those 60 and over, cast more ballots than any other age group.