

THE BENSON BUZZ

Quarterly Newsletter for Members



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HOLIDAY LUNCH!



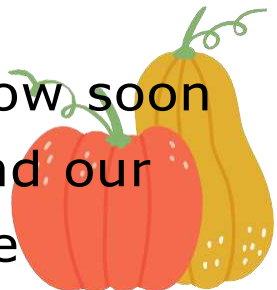
**THURSDAY, NOV 17,
2022**

NOON - 2:30 PM

Come and enjoy a delicious buffet style meal and reconnect with friends.

**FUN-MUSIC-DANCING
GAMES and PRIZES**

Details to follow soon via email and our website





**FACILITY MANAGER
SABRINA HUDSON**

The 4th Quarter will be super busy at the Benson Complex, with multiple events going on along with new classes and workshops. We hope you will take advantage of them. Please visit our website to see the 4th Quarter Schedule: Bensoncenter.org.

It is great seeing so many old and new members beautiful smiling faces enjoying the center again.

We all know we need the routine of everyday activities to keep us busy and personally fulfilled. Surviving this pandemic has taught us to never take these things for granted and to appreciate the things in life that bring so much joy. I want you all to know that we are giving great thought to re-starting more of our in-person activities and serving our community of Active Older Adults in a way that ensures safety, appropriate space, and structured organization that you can count on.

Important Updates

The Benson Center is a Fulton County EARLY VOTING site.

- Monday, October 17 to Friday, November 4, 2022
- Monday - Friday 7 a.m. to 7 p.m.
- Saturday, October 22 & October 29: 7 a.m. - 7 p.m.
- Sunday, October 23 & October 30: 11 a.m. - 5 p.m.

Classes that are not held in the Dining Hall are operating as usual.

Breakfast and Lunch are Grab and Go during this time. Please check your weekly menu email for your choices.

All regularly scheduled activities in the Benson Multipurpose Dining Hall will resume on Monday, November 7th, 2022

Benson Complex Improvements: Safety Upgrades

- New Automated fixtures (sinks, paper towel dispensers, hand sanitizers and water fountains)
- Air Purifiers throughout the Building
- Installation of Security Cameras inside and outside

Returning Services

- AARP Defensive Driving Course November 2022 (re-occurring dates TBA)
- Tag Office to reopen January 2023
- AARP Tax Aide tentatively scheduled for February 2023 (Monday and Wednesday 10am-2pm in the Game room)
- Low Income Heating and Energy Assistance November 22, 2022 9am-3:30pm

Save the Dates

- Breast Cancer Awareness Event: 3K Walk Thursday October 27th at 9am
- ATL Senior Home Share Workshop Nov 2, 2022 in the conference room (1:00 PM)
- HOLIDAY LUNCHEON: Nov 17, 2022. More details coming soon!



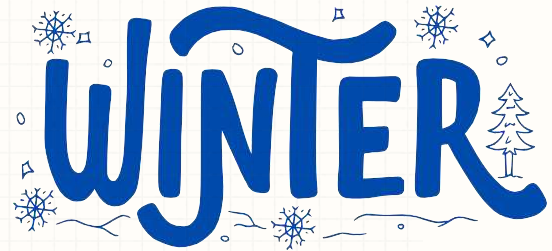
NEWS YOU CAN USE

HEALTH & WELLNESS

The smell of pumpkin spice, the taste of crunchy apples, and the sight of yellow leaves are all signs of autumn. As we notice the days are getting shorter it is also important to notice changes in our moods. If the colder weather and shorter days gives you the "winter blues" you are not alone. However, it is important to note the "winter blues" can start in the fall.

The "Winter Blues" or SAD (seasonal affective disorder) is a type of depression that starts in the late fall or winter and goes away in the spring. It can come in many forms, from mild winter blues to a debilitating condition. SAD can affect people of any age from children to senior adults. Some symptoms of SAD in older adults include:

- Feelings of sadness that don't go away
- Lethargy or a loss of energy
- Problems sleeping including both insomnia and sleeping too much
- Unintended weight gain or weight loss
- Withdrawing from favorite activities
- Difficulty concentrating and maintaining attention span
- Change in personal hygiene
- Short-tempered and irritable



If you or a senior you care about is exhibiting one or more of the symptoms listed above, it is time to talk with their primary care physician. Seasonal affective disorder is a treatable mental health condition. If you or someone you know is struggling with SAD, help is available.

Nicole Wyche, Health and Fitness Coordinator

LIFE ENRICHMENT



Awesome news! We have added some new and exciting classes. They will not only be offered onsite but virtually as well. Whether you want to improve your tech skills or explore your artistic side, there are plenty of options.

Trace your family tree with Genealogy taught by Dee Notaro. Painting and Mixed Media with Charles Scogins will continue. We have 5 different technology classes taught by Jeff Kalwerisky. There's also knitting, Mahjong, Chess, Wheel Throwing, Creative Writing, Keyboard and more!



The Life Enrichment team, including our wonderful volunteer instructors, look forward to seeing you engaged in one of these awesome classes soon.

Stay safe, active, and healthy!

Sherita Bennett, Life Enrichment Coordinator

NEWS YOU CAN USE



SOCIAL SERVICES

Hello Ladies and Gentlemen, I trust you are all doing great.

We have been diligently working to expand activities and services at the Benson Senior Center with your health and safety in mind under the guidance of the Fulton County Board of Health.

A big "Thank You" to all of you who have been patient. Although we have a way to go before we can say that it's back to business as usual, I believe with your continuing support, we will be there soon!

I'm on a special mission to have more men seize the opportunity to stay healthy by making a concerted effort to participate in physical activities at the center. We owe it to the people we love to take better care of ourselves. If your schedule is preventing you from registering for classes, you can always make time once or twice a week to exercise during our daily Open swim and/or Open Gym hours.

Remember the season is changing so don't forget to get your Flu shot.

Be sure to check the Weekly Virtual Schedule for Zoom Workshops. There are always interesting health topics with expert presenters willing to bring you priceless information and answer your questions.

Ronald MacAuley, Social Services Coordinator

NUTRITION TIP

Greetings Benson Participants!

On behalf of the entire Culinary Team, thank you for coming back and dining with us.

Fall is here and it's time to indulge in the amazing seasonal fresh food items available this time of year. Traditionally, they can't miss favorites are pumpkin, cranberry, and apples. I'm challenging you all to step outside your comfort zone & tap into your creative side when it comes to food choices and preparation. Utilize the free social media resources available such as YouTube & TikTok for ideas.

I'd love to hear about your culinary journey. If you have any questions **about** the dining services, please feel free to shoot me an email at quentinboswell@fultoncountyga.gov.

I look forward to hearing from you!

Take care!

Chef Quentin Boswell, Head Cook



INTRODUCING ERYN DAVIS



Eryn is the Benson Center's new Administrative Specialist.

She was born and raised in Atlanta, Georgia and is a graduate of the University of West Georgia where she earned a Bachelor of Arts Degree in Communications.

Her favorite color is blue, and in her spare time she enjoys spending it with family and friends. She is the oldest of 3 and loves being a big sister.

In her first 2 months, Eryn has already become a valuable member of the team. A ray of sunshine smiles each morning, with great administrative skills to match, the next time you are at the center, please say hello and welcome her!

MEMBER SPOTLIGHT

Constance "Connie" Perry was born in eastern Pennsylvania. She has 2 adult daughters and 5 grandsons and is a retired medical coordinator. Connie worked for Emory Healthcare, Grady Hospital and Cancer Treatment Centers of America before retiring in 2015.

Connie is a graduate of the University of Delaware and while a student there, she interned at the Delaware Family Court as a Docket Clerk. One of the lawyers she supported was a recent law school graduate known around the office as Joey Biden, who was later elected Senator, Vice President and is currently President of the United States.

In retirement, Connie has made several passions a priority: her family, sign language and mission work. After a nephew was born deaf, the extended family learned sign language and it became a passion for her. She not only teaches it, but also volunteers to sign for many organizations, churches, and events. Her desire to help those most in need has driven her to go on mission trips. Locations where she has provided medical and housing support include Haiti, Cuba, Dominican Republic and most recently, Jamaica. The work she says is hard, but it is also fulfilling and a blessing to be able to do it.

Connie joined the Benson Center in 2015 at the urging of a friend and loves it. She has participated in and enjoyed many of the classes offered including several Computer courses, Keyboard and Line Dancing. She has met new friends; travel friends and it has improved her physical and mental well-being.

Her message to others considering joining the center or taking on something new: "Take the leap"!



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. 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.

For many, the 4th Quarter is a time for reflection, being grateful and making annual charitable donations to causes important to them. If you are among them, please think about adding the Friends of Benson, Inc. to your consideration list.

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



Whatever and however you celebrate this holiday season,
ENJOY!!



NOVEMBER 24TH



DECEMBER 18TH - 26TH



DECEMBER 25TH



JANUARY 1, 2023



DEC 26TH - JAN 1ST