

THE BENSON BUZZ

Quarterly Newsletter for Members



IN THIS ISSUE

- IMPORTANT REOPENING INFORMATION
- HEALTH & SAFETY MESSAGE
- NEWS FROM THE LIFE ENRICHMENT TEAM
- NEWS FROM THE HEALTH AND FITNESS TEAM
- NUTRITION TIP FROM CHEF Q
- NEW VIRTUAL SENIOR CENTER
- FRIENDS OF BENSON UPDATE
- MEMBER SPOTLIGHT
- FUN FACTS

"We are so excited to welcome you back to Benson"

WELCOME BACK!

AFTER BEING CLOSED FOR MORE THAN 15 MONTHS, THE BENSON CENTER WILL REOPEN ON MONDAY, **JULY 12, 2021**. THE INITIAL HOURS OF THE MULTIPURPOSE FACILITY WILL BE **9:00 AM - 1:30 PM**. WE HOPE FOR A WONDERFUL EXPERIENCE AS YOU RETURN TO OUR FACILITIES AND PLEASE KNOW THE SAFETY AND WELLBEING OF PARTICIPANTS AND STAFF ARE A TOP PRIORITY. IN ADDITION TO FREQUENT SANITIZING, WE WANTED TO MAKE YOU AWARE OF SOME OTHER CHANGES: UPON ARRIVAL, PARTICIPANTS WILL ACCESS THE BUILDING BY WAY OF THE MAIN ENTRANCE. WE HIGHLY ENCOURAGE VACCINATIONS.



Please remember the following in our desire to keep everyone safe:

- Participants should take their temperatures and monitor for other signs of illness before leaving the home.
- Participants who are visibly ill or have any of the following symptoms are encouraged to speak with their medical provider before returning to the facility:
 - Fever of 100.4 or greater and chills
 - New or worsening cough
 - Shortness of breath or difficulty breathing
 - Loss of smell, taste, or appetite
 - Vomiting or diarrhea
 - Sore throat
 - Muscle aches
- Participants who report active symptoms will not be allowed into the building. 911/EMS will be called if required or further action will be taken.
- Participants who have been exposed to the COVID 19 virus or any of its variants or are showing signs and symptoms of the virus are asked to remain home for 14 days before returning to the facility.
- Participants are required to practice social distancing, frequent handwashing/sanitizing and adhere to room capacity limitations.
- Participants are encouraged to wear masks throughout the program day.



Due to social distancing, reservations will be taken for open swim and use of the fitness room. Time slots allow for 30 minutes of activity followed by 15 minutes of sanitation.

- Participants are limited to (1) one session per week, of each activity. Facilities will start receiving reservations on Tuesday, July 6, 2021, at 9:00AM. Call: (404) 613-4900.

Paid “Grab and Go” lunch will be served 11:30AM-1:30PM.

- Participants should arrive no earlier than 11:15 AM for lunch service. Social distancing limitations prohibits earlier access to the building.
- Please contact us 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.



**FACILITY MANAGER
SABRINA HUDSON**



LIFE ENRICHMENT

On behalf of the Life Enrichment team, I would like to welcome you back! I know it has been a while and it may take some time to get back in the groove of things, but we are here to make sure we uphold the mission of keeping older adults active and engaged. For the rest of July, we will continue with virtual classes, instructed by some very familiar faces.

Charles Scogins will continue to take his students to new artistic heights through classes such as Painting and Mixed Media, **Hellenne Vermillion** will help you build sculpturing skills with a Clay Hand Building class (Small Sculptures) and to enhance your tech knowledge, **Jeff Kalwerisky** will instruct on how to better use Windows 10 and surf through apps on your phone. Benson members will receive an email soon with the class schedule and ZOOM links.

Sherita Bennett,
Life Enrichment Coordinator

HEALTH & FITNESS

Greetings Benson Participants! We are so excited to welcome you back! Maintenance service is being conducted on the pool and the fitness equipment so you will be able to enjoy open swim and open fitness. Reservations will be taken for 30 minutes slots.

- Participants are limited to (1) one session per week, of each activity. We will start receiving reservations on Tuesday, July 6, 2021, at 9:00AM. Call: (404) 613-4900.

I am also excited to announce our dynamic fitness instructors **Jennifer Jones** and **Diane Adams** will be getting us back in shape with virtual fitness classes during the remainder of July! Benson members will receive an email soon with the class schedule and ZOOM links.

I have sincerely missed you and I look forward to safely reconnecting with everyone soon.

Nicole Wyche
Health and Fitness Coordinator

NUTRITION TIP

Greetings Benson Seniors! I hope you have remained nutritionally aware while the center was closed. Eating well is one of the most important things to do as we age. Here's a great dish to start your day off with, or for lunch or a side with dinner. **A Carrot, Apple, and Beet Detox Salad** It's super easy to make and rich in flavor.

- 1 cup: peeled and shredded carrots
- 1 cup: peeled and shredded red beets
- 1 tart apple: peeled and shredded
- ½ lemon: juiced
- 1 tbsp: avocado oil
- ¼ cup: roasted sunflower seeds
- Pinch of sea salt

Place all of the ingredients in a bowl, toss and serve. This dish is high in fiber, vitamins C and A, beta carotene, magnesium and potassium. Enjoy!

Quinten Boswell (Chef Q)
Head Chef





Our new Virtual Senior Center

During the last 15 months, many of us have had to add virtual interaction to our way of life. From staying in touch with family and friends, business meetings, worship services, doctor visits, to fitness and art classes. For some of you, the convenience of taking a class from the comfort of your home and not having to deal with traffic on Roswell Road or finding a parking spot, is now preferred. We also know that some of you may not be ready to return to large crowds. Whether you now prefer virtual classes or a combination of in person and virtual classes, this new application is for you! **Most important, it is a private, secure, members only platform!!**

To enroll, please click the link below to be directed to register for The Benson Virtual Senior Center. Once you complete the form click the signup button. Our staff will be notified of your interest in becoming a member. You will receive a call or email to provide you with the next steps.

<https://virtual.bensoncenter.org/register/>

24/7
Open

- Register
- Live Stream Classes & Replays
- Seminars & Forums
- Membership Roster
- Interact with other Members
- Provide Feedback
- Reserve & purchase Tickets
- Site security & secure login

FRIENDS OF BENSON UPDATE

by Jennifer Jones

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 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.

The organization remained active during the center closure, meeting monthly via Zoom focusing on how to continue to support the goal of improving the intellectual, physical, and social needs of Benson Center members. One of the major focuses has been the funding and beta testing of the new virtual center.

Although FOB has for years maintained a website for the center: <https://bensoncenter.org/>, it is primarily a one-way communication vehicle. It will continue to be a public information site. Going beyond that and creating a "members only" virtual option for live stream classes, class replays on demand and social interaction is the primary goal of this initiative. Learn more about us and how you can support our mission on the website or the new virtual center app: <https://virtual.bensoncenter.org/>

Oh, and we have a new logo!!



MEMBER SPOTLIGHT

STEVE LUNDBERG



WHAT DREW YOU TO THE BENSON CENTER?

THE CHANCE TO CONNECT WITH AND SUPPORT OTHER SENIORS.

WHAT DO YOU ENJOY MOST ABOUT THE CENTER?

FAVORITE ACTIVITIES AT THE BENSON CENTER: WATER AEROBICS. EXERCISE CLASSES, MEDITATION, DRAWING, BOCCE, BREAD GANG AND LUNCH WITH MEMBERS.

FUN FACT ABOUT YOU?

I HAVE LIVED AT VARIOUS TIMES IN THE MIDWEST - MINNESOTA, WEST - CALIFORNIA, THE EAST - NEW YORK, MOUNTAINS - UTAH, AND THE SOUTH - GEORGIA.

MY FAVORITE PLACE OF COURSE IS ATLANTA!

- *Age doesn't determine success: The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders), started Kentucky Fried Chicken at the age of 65!*
- *Creativity doesn't diminish with age: Laura Ingalls Wilder didn't publish Little House in the Big Woods until 65. Millard Kaufman didn't publish his first novel until 90!*
- *Learning can save your brain: In response to learning, senior citizens can grow new neurons over time which can help fight off dementia.*
- *Studies show that physical activity can slow the elder aging process.*
- *There are more than 11,400 senior centers across the country that together serve more than 1 million older adults every day.*

