

Leelanau County Senior Services

8527 E Government Center Dr. Ste. 106
Suttons Bay, MI 49682

Phone: (231) 256-8121

Fax: (231) 256-8129

www.leelanau.gov/seniorservices.asp

seniorinfo@leelanau.gov

Hours: 9:00 a.m. - 5:00 p.m.

Monday - Friday

Lena Vander Meulen

Director

Gail Carlson

Care Coordinator

Victoria Maggio

Care Coordinator

Armanda Krantz

Account Clerk

Richard Lewis

Interim County Administrator
(231) 256-8100

County Commissioners

Jamie Kramer

District #1 (Elmwood Township
& a portion of the City of Traverse City)
(231) 709-3703
jkramer@leelanau.gov

James O'Rourke

District #2 (Bingham Township
& a portion of Elmwood Township)
(231) 645-4811
jorourke@leelanau.gov

Doug Rexroat

District #3 (Suttons Bay Township
& a portion of Bingham Township)
(231) 866-4449
drexroat@leelanau.gov

Ty Wessell

District #4 (Leelanau Township
& a portion of Suttons Bay Township)
(231) 432-0066
twessell@leelanau.gov

Kama Ross

District #5
(Leland & Centerville Townships)
(231) 920-4055
krross@leelanau.gov

Gwenne Allgaier

District #6
(Cleveland, Empire &
Glen Arbor Townships)
(231) 228-6763
gallgaier@leelanau.gov

Melinda Lautner

District #7
(Solon & Kasson Townships)
(231) 649-1131
mlautner@leelanau.gov

May / June 2024

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community

Dear Leelanau County Seniors and Families,

My favorite time of year is finally here! What I look forward to the most as the seasons shift is that the days grow longer, the sun shines brighter, and my family gets to enjoy quality time outside! May is especially special in Leelanau County, as cherry blossoms begin popping, spring greenery shows up along M-22, and local gardens begin to be prepared in anticipation of a fruitful harvest. May is also significant to my family because the name "May" has been passed down 5-generations dating back to my great-great-grandmother, Lena May. We named our daughter May to honor our family and our favorite season.

June brings the arrival of summer, and in our house, that means no school and more flexibility for late-night bonfires, flashlight tag, camping, and running barefoot for the next three months. June 20th is the official first day of summer and marks the year's longest day. But what makes June truly special for our department is our annual Senior Expo. This event, scheduled for June 18th from 10:00 to 2:00 at Suttons Bay High School, is filled with informative sessions, interactive exhibits, and, most importantly, opportunities to connect with local senior care providers. I hope to see all of you there at this year's event!

As the days grow longer and the weather turns warmer, I am excited about additional events that celebrate our community. From initiatives promoting sustainability and wellness to gathering together for lunch, there are plenty of opportunities to connect, learn, and grow. Here are some important dates to remember:

May 15th: Mindfulness-Based Stress Reduction for Seniors

May 21st: Senior Housing Options

June 18th: Senior Expo

June 19th: Outdoor Adventuring for Beginners

TBD: Caregiver Support Seminars

At LCSS, we believe it takes a village to meet our senior's ever-changing needs. As we move through May and June together, let's embrace the beauty of the changing seasons and the opportunities they bring for connections and growth. I look forward to seeing you at our upcoming events.



2024 Spring Programming

In partnership with ShareCare of Leelanau, wellness programs are offered throughout the County.

**For questions or to sign up,
please call Erin Gysbers**

ShareCare Senior
Wellness Liaison
(231) 256-0221 ext. 305

Mindfulness-Based Stress Reduction

with Wendy Weckstein

May 15th, 2024

1:00 pm - 2:30 pm

Glen Lake Community Library

10115 W. Front St. Empire

Senior Housing

with Connie Hintsala

May 21, 2024

12:30 pm - 2:30 pm

Leland Township Library

203 Cedar St. Leland

Come learn about the types of housing available, including their cost, level of care, and amenities offered.

Outdoor Adventuring for Beginners

with Vince & Stacie Sadowski

June 19th, 2024

12:30 pm - 2:30 pm

Leelanau Township Meeting Room

119 E. Nagonaba St. Northport

What does it take to get out and have adventures when you are a senior?

Caregiver Support Seminars/Series



From May 1st to September 30th, there will be Caregiver Education Seminars and Dementia

Caregiver Series presentations held throughout

the county. Both in-person and virtual opportunities will be available to attend.

By attending these events, you can gain valuable knowledge and information about dementia, as well as access to tools and resources for caregivers.

Please call ShareCare at (231) 256-0221 or LCSS at (231) 256-8121 for more information!

The program was developed in partnership with Area Agency on Aging Association of Michigan and the Michigan Department of Health and Human Services Bureau of Aging and Community Living Supports and funded in part by Older American's Act dollars.



Travel with *ShareCare!*

We're heading to...

CHICAGO **NEW YORK CITY**
July 15 - 19, 2024 *December 12 - 18, 2024*

Packages include transportation on a spacious motorcoach, lodging, meals, guided tours, and more!

For more information contact:
Dawn at 231-256-0221 ext. 302 or go to
ShareCareLeelanau.org

LEELANAU COUNTY SENIOR SERVICES

SENIOR EXPO 2024

Tuesday, June 18, 2024

10:00 a.m. to 2:00 p.m.

Suttons Bay High School

310 Elm Street in Suttons Bay

This fun filled event brings in over 100 vendors showcasing the latest in information, resources, products and services; giving you the tools to live a full life as you age.

- Photo Booth
- Veterans Affairs
- Blood Pressure Checks
- "A Taste Of Leelanau"
- Leelanau County Department representatives
- Door prizes
- Volunteer and employment opportunities
- Tons of resources
- Much, much more



*Fabulous, Fun
and Free!*

**LCSS is looking for volunteers to help make our
2024 Senior Expo successful.**

**If you would like to sign up to be a volunteer,
call the office at (231) 256-8121.**

Who We Are

Leelanau County Senior Services provides a variety of programs and services to meet the growing needs of seniors. We recognize that all needs are different and strive to take a holistic approach to provide a range of services and programs that address the unique physical, social, and emotional needs of our seniors.

Our programs are designed to support our senior's lives:

- ◆ Personal Care*
- ◆ Respite Care*
- ◆ Homemaker*
- ◆ Medication Management*
- ◆ Medical Transportation
- ◆ Foot Care Vouchers

We also offer limited financial assistance for seniors who meet certain income and asset guidelines:

- ◆ Dental Assistance *
- ◆ Eye Glass Assistance*
- ◆ Hearing Aid Assistance*
- ◆ Heating/Utility Assistance*
- ◆ Legal Assistance*
- ◆ Unmet Needs Assistance*
- ◆ Project Fresh Coupons**

Promoting Safety:

- ◆ PERS (Personal Emergency Response System)
- ◆ File of Life
- ◆ Medical Equipment Loan Closet

Social Activities:

- ◆ Bitesize Learning
- ◆ Senior Expo
- ◆ Lunch Bunch
- ◆ Meals on Wheels Congregate Sites
- ◆ Wellness Programs

* Income and asset tested through application and home evaluation process.

** Funded by USDA

ESTATE PLANNING

Planning for your future with your family and loved ones can be stressful. Leelanau County Senior Services is working with Marshall & Bruce Law Firm to help with your estate planning.

The initial appointment is a free service to discuss your individual needs and plans.

Call LCSS (231) 256-8121 to schedule your appointment today.

ALZHEIMER'S ASSOCIATION®

Caregiver Support Group

Presented by Alzheimer's Association of Michigan and

Leelanau County Senior Services

Please join us by phone or Zoom

May 22, 2024

June 26, 2024

2:00—3:00 p.m.

For questions and information call LCSS (231) 256-8121 and ask for Victoria.

Grief Support with Heartland Hospice

May 21 & June 18, 2024

3:30 p.m.

**Leelanau County Government Center
Main floor - Law Library**

Call LCSS for more information
(231) 256-8121

Heartland 
HOSPICE

Veterans Services **and Support**

Veterans Affairs

Disability, Pension, Death

Benefits, etc.

(231) 995-6070

A VA representative is at the

Leelanau County

Government Center

on Tuesdays only.

Call for appointment

Grand Traverse County

Chapter Disabled American Veterans

Coordinates

transportation to VA

medical facilities

(231) 313-9357

VA Clinic

Health Care

(231) 932-9720

Vet Center

Readjustment

Counseling-PTSD

(231) 935-0051

Supportive Services for

Veteran Families

Homeless Veterans

(844) 900-0500

Please contact one of these
service providers if you or

someone you know can
benefit from any or all of

these resources.

Veterans In Crises

(231) 493-6717

veteransincrisis.org

A community-Based Effort to
Help Veterans in Northern

Michigan

38th Annual

Parkinson's Summer Forum

"Essential Connections"



Thursday, May 23, 2024

8:15 a.m. - 3:00 p.m.

NMC Hagerty Center

715 E. Front Street, Traverse City, MI

Questions? Forum Scholarships?

Chris Esper (231) 392-4216

Registration 2024

Register on-line, deadline is May 11, 2024

Online credit card payment: <https://events.bytepro.net/pnn-forum>

Or, by mail: envelope post-marked by May 6

- Mail your form and check payable to PNN
Parkinson's Summer Forum
P.O. Box 5734, Traverse City, 49696-5734

*Note: mail delivery takes longer these days.

Accommodations

Bayshore Resort www.bayshore-resort.com

Tel. 1(800) 634-4401

Mention the Forum to receive a special rate!

Fee: \$25 per person, includes program and lunch

Capacity is limited at this year's Forum.

Please register early to ensure your place!



Participant's Name (please print)

Participant's Name (please print)

Address

Address

City, State, Zip

City, State, Zip

Email

Email

Phone

Phone

Food Corner

Leelanau County Farmers Markets Schedule

Spring has sprung in Northern Michigan, and so have the Farmers Markets. Enjoy locally grown fruits, vegetables, and home made goodies. Opening day is May 13, in Suttons Bay, where you can enjoy locally grown fresh lettuce, spring onions, radishes and more.

The Farmers Markets accepts **Senior Project Fresh, G.T.B. Elders Vouchers, Snap Anytime.**

Listed below is the schedule for Leelanau County Farmers Markets.

All markets are open from 9:00 a.m. - 1:00 p.m. Hope to see you there. - Armanda

For more information, please visit our website: www.leelanaufarmersmarkets.com

<u>Town</u>	<u>Location</u>	<u>Dates</u>
Suttons Bay	North Park, intersection of M-22 & M-204 601 Front St	Saturdays, May 11 - Oct. 19 9:00 a.m. - 1:00 p.m.
Empire	Next to the Post Office 10234 W Front St	Saturdays, June 8 - August 31 9:00 a.m. - 1:00 p.m.
Glen Arbor	Behind the Township Office 6394 W Western Ave	Tuesdays, June 4 - September 10 9:00 a.m. - 1:00 p.m.
Leland	Immanuel Lutheran Church parking lot 303 E Pearl St	Thursdays, June 6 - September 5 9:00 a.m. - 1:00 p.m.
Northport	Across from Marina 105 Bay St	Fridays, June 7 - September 20 9:00 a.m.—1:00 p.m.

Senior Project Fresh

The Senior Project Fresh program is aimed at helping older adults eat healthier as they age. The program provides participants free nutrition education and up to \$25.00 in coupons that can be exchanged for fresh fruits, vegetables, and other healthy foods sold at local farmers' markets and roadside stands.

Residents who are aged 60 or older with a total household income of \$26,973 or less for one in a household or \$36,483 for two, are eligible to apply for the program.

Applicants must live in the county where coupons are obtained.

The program runs from May 1 to October 31 each year. If you think you are eligible and would like to participate in the program, please contact LCSS for your application and coupons.

Fire and Rescue

Non Emergency Numbers:

Sheriff's Office	(231) 256-8800	Cedar Fire and Rescue	(231) 228-5396
Elmwood Twp Fire & Rescue	(231) 941-1647	Glen Lake Fire Dept. Station 1: Glen Arbor	(231) 334-3279
		Station 2: Empire	(231) 326-5250
Grand Traverse Band Fire/Rescue	(231) 534-7666		
Leelanau Township Fire	(231) 386-5343	Leland Fire and Rescue	(231) 256-7760
Suttons Bay-Bingham Fire/Rescue	(231) 271-6978		



Greetings, Grandparents!

In April, we celebrate the Month of the Young Child

The relationship between grandparents and their grandchildren is a unique and special bond. It is a loving and trusting relationship that benefits the health and well-being of everyone involved.

Children learn and grow best in safe, loving, healthy environments with lots of opportunities to interact, play and explore. By communicating, playing, and showing affection to your grandchildren, you are fostering their healthy brain development. And, by maintaining a stable, loving, supportive and committed relationship, you are helping your grandchildren build resiliency, an invaluable skill when navigating life's stressors.

Parenting Communities of Leelanau County would love to invite you to participate in our playgroups and events with your grandchildren, ages 0-6. It's a great opportunity to spend time with your grandchild, engaging with them as they explore the world around them.



Find out how to get involved on our website: bldhd.org/parenting-communities

Or give us a call at 231-256-0227

FUNDED BY THE EARLY CHILDHOOD MILLAGE





Memorial Day

service honoring our fallen veterans.

Leelanau County Veterans' Memorial,
Government Center Drive, Suttons Bay

**Monday, May 27, 2024,
at 9:00 a.m.**

Do you have eyeglasses you no longer use? Donate them so others can see!!!

The Suttons Bay-Leelanau County Rotary Club will be present at the Senior Expo to collect prescription eyeglasses, prescription sunglasses, and readers. The donated glasses are refurbished, cleaned, and inventoried, and are then given to a new owner with an appropriate prescription. These glasses are sent with a medical relief team to Esperanza, Honduras, led by Traverse City optometrist, Dr. Bob Foote, in association with the Volunteer Optometric Services (VOSH) organization. Rotary has been collecting used eyeglasses for VOSH since the early 1980s. The club has gathered almost 45,000 pairs of glasses for reuse. Rotary's blue rectangular collection boxes can be found at various locations around the county. If you forget to bring your glasses to the Expo, you can drop them off at the Senior Services office, which is the newest drop-off location.

Tips for Surviving a Power Outage from the Leelanau County Energy Futures Task Force



Spring showers help bring the beauty of new leaves and May flowers, but the transitional season can also mean an increase in storms and extreme weather. To prepare for the possibility of a power outage in your home, consider the following tips:

- If you get advance notice of extreme weather or thunderstorms, and live with well water at your home, fill up the bathtub or buckets for toilet flushing and make sure you have a couple of gallons of drinking water.
- Keep a water filled plastic bottle frozen in the freezer to use in a cooler to keep perishables like medications cool.
- Keep LED flashlights and small LED camping lanterns handy in the bedroom, kitchen and bathroom, and make sure you have plenty of extra batteries.
- Fill the gas tank on your car so you have a charge point for your phone or computer (or charge up your EV).
- Minimize opening and closing of the fridge and/or freezer to hold in the cold.
- If you want to install a gas or propane generator, or electric batteries to hold a day or two of reserve energy, remember you can reduce the cost by only focusing on the most important circuits, rather than the whole home.

Medicare/Medicaid Corner

Identify Billing Errors

Health care providers and their billing departments sometimes make billing errors or honest mistakes. They should correct these errors if you tell them. If you think your doctor or their billing department made an error or mistake, contact them directly to resolve the issue.



You can spot these errors by keeping an appointment calendar or using a My Health Care Tracker to keep track of your medical appointments and services. You can call your local Senior Medicare Patrol (SMP) for a My Health Care Tracker if you don't already use one. The tracker can help you compare your appointments, services, and notes to your Medicare statements.



If something does not seem right on your Medicare statement, remember to first call your provider. Here are just a couple examples of potential errors:



Your provider billed Medicare for an office visit on a day when you did not see them.

Your provider billed you for a service that was different than what you received.

If your provider does not resolve the issue, or if you notice a pattern or errors, contact **Michigan Medicare Assistance Program 1-(800) 803-7174** or **Leelanau County Senior Services (231) 256-8121**

MMAP: Medicare/Medicaid Assistance Program

We are fortunate to have Bruce Barnes, a MMAP counselor from the Area Agency on Aging, available to assist seniors with Medicare and Medicaid. Bruce can meet with you in person or over the phone during his office hours at the Government Center. He can help you sign up for Medicare or Medicaid, choose a health care or drug plan, and determine if you are eligible for state assistance to pay for your part B Medicare premiums or prescription drug plans based on your income and assets.



To schedule an appointment with Bruce, please call the LCSS office at (231)256-8121.

This valuable service is provided at no cost to you.

Watch Out for Scams

The latest scam is concerning property taxes. The fraudulent letters inform residents that they are "delinquent on taxes owed to the county or state and that failure to take immediate action could result in consequences". If you or someone you know receives this letter, it is a scam. Do not respond. Below are parts of the letter to watch out for. If you have any questions, feel free to call LCSS.

Benefits Suspension Unit
Leelanau County
Public Judgment Records
April 01, 2024

Issuer: J.S.BROWN
Contact: (800)215-3854
Hours: Mon- Fri 6am-6pm



Tax Processing Unit - Tax Group
Leelanau County
Public Judgment Records

1030 N Center Parkway, Kennewick, WA 99336
PENALTY FOR PRIVATE USE \$300 39 u.s. code § 3202

2024 Important Documentation Enclosed
Filed in Leelanau County

If addressee name is incorrect, please forward this document to an authorized representative immediately.

May 2024

The VA Representative is at the Government Center every Tuesday, call 995-6070 to schedule your appointment

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Estate Planning Blood Drive	3 Elmwood Foot Care Clinic	4
5	6	7	8	9 MMAP Specialist	10	11
12 Happy Mothers Day	13	14	15 Elmwood Foot Care Clinic	16 MMAP Specialist	17	18 Armed Forces Day
19	20	21 Grief Support	22 Alzheimer's Zoom	23 MMAP Specialist Northport Footcare Clinic Parkinson's Forum Traverse City	24	25
26	27 Memorial Day Office Closed Memorial Day Celebration	28	29	30	31	

Food Commodity or Surplus every 3rd Tuesday of every month

June 2024

For more information on surplus & commodities: 1 (800) 632-7334

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 Estate Planning MMAP Specialist	7 Elmwood Foot Care Clinic	8
9	10	11	12	13 MMAP Specialist	14 Flag Day 	15
16 Happy Fathers Day	17	18 EXPO Suttons Bay School Office Closed Grief Support	19	20	21	22
23 30	24	25	26 Alzheimer's Zoom	27 MMAP Specialist Northport Foot Care Clinic	28	29

Pantries/Food Assistance in Leelanau County:

C.S.F.P.

The Commodity Supplemental Food Program

(CSFP) is a nutrition education program providing monthly supplemental foods to help promote health for people 60 years of age or older who meet income guidelines.

Q. INCOME REQUIREMENTS

Less than
\$1,396 Month or \$16,744 Yr

Q. WHAT DO I NEED TO SIGN UP?

Picture Identification
(driver's license, state ID, or passport)
Proof of household income

Q. HOW DO I SIGN UP?

Call: Northwest Michigan
Community Action Agency
1-800-443-2297

or
Leelanau Christian
Neighbors
7322 E Duck Lake Rd
Lake Leelanau, MI 49653
During distribution date/
time

Q. WHEN DO I SIGN UP AND PICK UP FOOD?

The third Tuesday of every
month from
12:00 p.m. - 1:00 p.m.

Q. WHAT WILL I RECEIVE?

Your monthly food package
may contain:

Juice
Canned fruits
Canned vegetables
Milk (dry or evaporated)
Cereal
Cheese
A varied starch item
A varied protein item

Leelanau Christian Neighbors: Provides food pantry services every Monday from 2:00 to 6:00 p.m. LCN is located at 7322 E Duck Lake Rd in Lake Leelanau. If you have any questions you can call (231) 994-2271. If you require food assistance but are unable to drive or do not have anyone to pick up food for you, please contact LCSS. We will work together to make sure you receive the food you need.

The Empire Food Pantry: Provides food pantry services every Tuesday at 4:30 p.m. The pantry is located at the Glen Lake Reformed Church, 4902 W MacFarlane Rd in Glen Arbor. If you have any questions, you can call them at (231) 334-4563. If you cannot pick up the food yourself or find someone to do it for you, please contact LCSS, and we'll coordinate the efforts to make sure you get the food you need.

Meals on Wheels: Meals on Wheels services are continuing with the delivery of five to seven frozen meals once a week. If you, or someone you know could benefit from receiving MOW please contact MOW (231) 947-3780 or LCSS (231) 256-8121.

Meals on Wheels Congregate Site: Every Friday at 12:00 pm, Meals on Wheels provides a hot meal at the Friendship Center located at 201 W Broadway in Suttons Bay. To sign up, please call LCSS at (231) 256-8121 by 10:00 am the Thursday prior.

5Loaves2Fish Northern Michigan: Serves people in Grand Traverse, Leelanau, and Benzie Counties, who are hungry or who live with food insecurity.

Homemade, pre-packaged meals-to-go by 5Loaves2Fish are served at the following Leelanau County locations:

- **Mondays** from 2:00 to 6:00 pm at **Leelanau Christian Neighbors**
- **Tuesdays** starting at 4:30 pm at the **Empire Food Pantry**
- **Wednesdays** from 4:00 to 6:00 pm at the **Friendship Community Center in Suttons Bay**
- **Thursdays** from 4:00 to 6:00 pm at **Bethany Lutheran Church in Northport**

Paper Pantry Ministry: Paper pantry items are provided every 4th Thursday of the month from 5:00 to 6:30 PM at Empire United Methodist Church. The purpose of this service is to supplement the Empire Area Food Pantry which is operated at Glen Lake Reformed Church. The pantry shelves are stocked with personal toiletries and hygiene products, including bath and hand soap, toothbrushes and toothpaste, shampoo, deodorant, razors, and feminine hygiene products. Additionally, household products such as toilet paper, tissues, paper towels, laundry detergent, and dish detergent are also available. If you require any further information, please feel free to call (231) 326-5510 and leave a message.

LEELANAU COUNTY SENIOR SERVICES
8527 E. Government Center Drive, Suite 106
Suttons Bay, MI 49682

PRSR STD
U.S. POSTAGE
PAID
LAKE LEELANAU, MI
PERMIT # 12

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community



Leelanau County Senior Services

www.leelanau.gov/seniorservices.asp