

## 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](http://www.leelanau.gov/seniorservices.asp)

[seniorinfo@leelanau.gov](mailto: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

**Deborah Allen**

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](mailto:jkramer@leelanau.gov)

**James O'Rourke**

District #2 (Bingham Township  
& a portion of Elmwood Township)  
(231) 645-4811

[jorourke@leelanau.gov](mailto:jorourke@leelanau.gov)

**Doug Rexroat**

District #3 (Suttons Bay Township  
& a portion of Bingham Township)  
(231) 866-4449

[drexroat@leelanau.gov](mailto:drexroat@leelanau.gov)

**Ty Wessell**

District #4 (Leelanau Township  
& a portion of Suttons Bay Township)  
(231) 432-0066

[twessell@leelanau.gov](mailto:twessell@leelanau.gov)

**Kama Ross**

District #5  
(Leland & Centerville Townships)  
(231) 920-4055

[krross@leelanau.gov](mailto:krross@leelanau.gov)

**Gwenne Allgaier**

District #6  
(Cleveland, Empire &  
Glen Arbor Townships)  
(231) 228-6763

[gallgaier@leelanau.gov](mailto:gallgaier@leelanau.gov)

**Melinda Lautner**

District #7  
(Solon & Kasson Townships)  
(231) 649-1131

[mlautner@leelanau.gov](mailto:mlautner@leelanau.gov)

November / December 2023

# THE LEELANAU CONNECTION

*Striving to celebrate and support seniors within our community*

Dear Leelanau County Seniors and Families,

I hope the change of seasons is finding you well. I love summertime, and we certainly had an extended summer with beautiful temps into October. As Autumn is in full swing, and winter is right around the corner, I love to embrace the cooler temps with sweaters, soups, and filling my home with decor to embrace the shift. During the last few weeks of September and into October, my tomatoes finally started to ripen on the vine. I was able to stock my shelves with around 130 jars of vegetables and fruit from my garden. It will taste so good in the months to come.

Looking ahead to the cooler months, I am preparing for November, the month of reflection, daylight saving, and Thanksgiving. I am preparing for snow, by putting the lawn mowers away and getting the snowblower ready. There are to-do-lists to prepare for the Holidays. As much as I am looking forward to the seasons changing and winter activities like sledding, snowshoeing, Y league basketball, and continuing to teach Joseph and May how to downhill ski; I am not looking forward to brushing the snow off my car, and cleaning the snowballs that form on my dog's paws.

During this transition and change of seasons, weather is an unpredictable element for which to prepare. Personally, my family is working on plans to handle the unexpected. We have been talking about fires, power outages, and what we would do in the event of an emergency. I want to ask you what your emergency plan is? Also, who is your support system? If you find yourself without answers to these questions, please call us at LCSS so we can help you navigate your options and help you to prepare for an emergency. I am working with Leelanau County Emergency Management to create a voice/text call to landlines and cell phones if bad weather is expected so we can be proactive and help prepare our seniors.

As we settle into winter, right around the corner is the flip of the calendar into 2024! To finish the year and beyond, I look forward to keep growing with Leelanau County Senior Services. This includes introducing an opportunity for you. Please refer to page 3 in this newsletter, which will detail an exciting opportunity to participate in Wellness programs throughout the County in partnership with Sharecare. Secondly, I am pleased to share that we are starting our Meals on Wheels congregate sites again. We will be starting in Suttons Bay at the Friendship Center through the rest of 2023, and hoping to add another site or two in 2024. Additionally, we hope to continue looking for ways to support our seniors in 2024, as we remain committed to providing the best services we can offer to our Leelanau County Seniors.

May you find peace and happiness this holiday season.



## **October is Open Enrollment**

**Open enrollment runs from October 15, 2023 - December 7, 2023**

Fall Open Enrollment is the time of year when you can change your Medicare coverage.

- ◆ Join a new Medicare Advantage Plan or stand-alone prescription drug plan (Part D) plan
- ◆ Review your current Medicare health and drug coverage. If you are dissatisfied with your coverage for next year, make changes during Fall Open Enrollment.
- ◆ Help is out there: Bruce Barnes, Medicare/Medicaid Specialist offers one on one meetings at our office to discuss your options.
- ◆ Call LCSS to schedule your appointment with Bruce.



**Appointments are required.  
Call LCSS to make your appointment  
(231) 256-8121**



## **Protecting Yourself from Marketing Violations**



During Medicare's Open Enrollment Period (OEP), you will likely experience more marketing from private Medicare plans, like Medicare Advantage Plans and Part D plans. Companies try to reach consumers in various ways, like television commercials, radio ads, events, mailings, phone calls, and texts. The government has rules, though, to protect you from aggressive or misleading marketing. Knowing the rules can help you make the best choices for yourself during OEP.

### **Watch out for people who:**

- **Ask for your Medicare number, Social Security number, or bank information, especially before you decide to enroll.**
- **Say they represent Medicare.**
- **Send you unsolicited text messages or phone calls.**
- **Pressure you to enroll in their plan.**
- **Offer you gifts to enroll in their plan.**

**Report potential marketing violations to your Senior Medicare Patrol (SMP) or State Health Insurance Assistance Program (SHIP).**

Please contact for any assistance: Leelanau County Senior Services at (231) 256-8121 or MMAAP (Michigan Medicare/Medicaid Assistance Program) **1-800-803-7174**

## 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 2024

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

\*\* Funded by USDA

## Grief During the Holidays

The holiday season is a time of celebration and a season of giving, but they can also be emotion filled and difficult to navigate when we are missing a loved one. If you are missing the presence of someone and the traditions you have celebrating with them, please join April Missias, M.A., LLPC to learn and share some tips of how to meet your needs as you move through the season.

**Join LCSS and April Missias Thursday, November 9, 2023**

**11:00 a.m. - 12:00 p.m.**

**Lower Level Government Center**

**Call Senior Services to sign up (231) 256-8121**

## 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.

## New in 2024

### Wellness Programs

Leelanau County Senior Services in partnership with ShareCare of Leelanau will be offering 90-minute workshops starting January 2024.

The first workshop will be Mindfulness-Based Stress Reduction. MBSR is an evidence-based practice that offers training and techniques to assist people with stress-related conditions. Learn about the practice of mindfulness and attain positive coping tools to help support a strong, resilient body and mind.

For details and to sign up, please call Erin or Dawn at ShareCare. (231) 256-0221

Give ShareCare a call if you have an idea for a program in your area of Leelanau County.

**Veterans services**  
**and support**

**Veterans Affairs**

(Disability, Pension, Death  
Benefits, etc.)

1-231-995-6070

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)

1-231-313-9357

**VA Clinic**

(Health Care)

1-231-932-9720

**Vet Center**

(Readjustment  
Counseling-PTSD)

1-231-935-0051

**Supportive**

**Services for**

**Veteran Families**

(Homeless Veterans)

1-844-900-0500

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

**Veterans Day Ceremony**



**November 11, 2023**

**11:00 a.m.**



**VFW Little Finger Post 7731**

7475 E Duck Lake Rd

Lake Leelanau

“Our debt to the heroic men and valiant women  
in the service of our country can never be repaid.

They have earned our undying gratitude.

America will never forget their sacrifices.” — Harry Truman

**THANK YOU**

for the sleepless nights.

for sacrificing time with your family.

for your giving nature to help those in need.

for the missed holidays at home.

for the sacrifice of everyday comfort.

for risking your wellbeing for me.

for rising to the challenge of recovering.

for honoring your fallen brothers and sisters.

for having faith in a cause larger than yourself.

for knowing that every individual matters.

for being a role model worthy of admiration.

***I thank you today and everyday.***

**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 COUNTY SENIOR SERVICES**

**CHRISTMAS PARTY**

Leland Lodge  
565 Pearl St.  
Leland



**Thursday, December 14, 2023**

Traditions of Christmas include great friends, wonderful food, singing of Christmas carols and lunch.

Catch up with old friends, make new ones, and enjoy a great meal while enjoying the ambience.

Doors open at 11:30 a.m. with plenty of time to mingle and jingle before the lunch at approximately 12:00 p.m.

**Get your tickets now!**



**Christmas party tickets are**  
**\$12.00 per person**

Tickets can either be picked up at the LCSS office or obtained by mail.



Leelanau County Senior Services  
8527 E. Government Center Drive, Suite 106  
Suttons Bay, MI 49682



# Comfort and Joy 2023

## **The holiday season is fast approaching.**

Leelanau County Senior Services has a tradition of delivering comfort and joy to Leelanau County seniors who could use some cheer during the holiday season.

If you are interested in joining your fellow neighbors and community members in the spirit of giving, LCSS would appreciate contributions of non-perishable food, toiletries, and other fun or useful items to fill bags for delivery to seniors.

Monetary gifts are also greatly appreciated and will be used to purchase additional food items and/or gift certificates to local grocery stores.

We are taking contributions at this time.

Also, if you know of someone that could use some comfort and joy, please let us know.

We are hoping to deliver bags the second week in December. Please have your donated gifts to LCSS by the end of November.

**Thank you!!**



## Ideas for Comfort and Joy Items

### FOOD ITEMS

Canned food, Soup, Tuna fish

Individual containers of fruit

Pudding cups, Jell-o

Hot Cocoa, Tea bags

Boxes of Juice

Granola type bars

Cookies

Candy

### TOILETRIES

Toothpaste,  
Toothbrushes

Shampoo, Conditioner

Deodorant, Aftershave

Paper towels, Toilet  
Paper, Tissues

Dish Detergent,  
Liquid hand soap

Razors, Shaving cream

Combs, Hairbrushes

Nail Clippers, Emery  
boards, Polish

### MISCELLANEOUS

Puzzle Books

Socks

Playing Cards

Flashlights, Batteries

Night Lights

Stationery, Note cards

Pens, Pencils

Backscratchers, Long  
handled shoe horns



## Food Corner

The holidays are filled with family, friends as well as foods filled with calories. I love this dish to enjoy the whole year. It's easy, fast and healthy. Bring it to your next potluck or when you just want something simple. Enjoy ~ Armanda



### **Festive Shrimp Salad**

#### Salad Ingredients:

2 lb. bag of cooked shrimp thawed (if they are large I cut them in half)  
1 medium red onion, sliced thin in 1/2 moons  
1 sweet onion, sliced thin in 1/2 moons  
1 can pitted Kalamata olives, drained  
2 small jars of marinated artichoke hearts, drained and cut in smaller bite size pieces  
1/3 cup fresh minced parsley  
1-2 small Bay leaves (optional)  
1 Tbs. minced fresh basil or 1 tsp. of dried basil  
1 lemon sliced thin in 1/2 moons

#### Dressing:

1/2 cup olive oil  
3 Tbs lemon juice (1/2 of a lemon)  
3 Tbs red wine vinegar  
2 cloves garlic, minced  
1 tsp salt  
1 tsp dry mustard  
1/2 tsp ground pepper

#### Reminder:

Some foods do not mix well with medication. Please remember to check with your doctor or pharmacist on what foods to avoid while taking certain medications.

Mix all ingredients together. Add dressing.  
Marinate in refrigerator overnight.  
Remove Bay leaves, Mix before serving

Mix dressing ingredients either in a blender or use a hand blender.

#### **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

*Join Us!*  
for a free  
community event  
for all who are  
grieving

THURSDAY, NOVEMBER 16  
4:30-6:00 PM  
AT THE HAGERTY CENTER  
TRAVERSE CITY, MI



*music · refreshments · support*

*Made possible by*

PROMEDICA



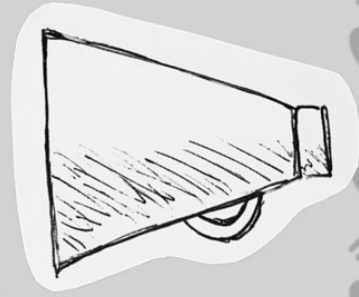
Michael's Place  
*let the healing begin*



DINING  
SENIOR  
STYLE

Coming

soon



# MEALS ON WHEELS OF NMCAA

WILL SOON BE BRINGING HOT  
CONGREGATE MEALS TO THE  
FRIENDSHIP CENTER  
201 W. Broadway  
Suttons Bay, MI

FOR MORE INFORMATION CALL  
LEELANAU COUNTY SENIOR SERVICES  
AT (231) 256-8121





## Grief with the Holidays

As the fall colors fade and we look ahead to the holiday season, it may be a difficult time for those who are grieving. Whether the loss of a loved one is recent, or it's been years, the holidays can touch off tender emotions. For some, it will be difficult to decorate the home or prepare holiday treats and meals without thinking of that special person who used to help with the many projects of the season.

For others, it may mean missing pieces of important traditions that were led by a loved one who has died. In any case, it's important to recognize these feelings and allow them some space. As difficult as it can seem, inviting memories of years past may be helpful in facing the upcoming season without that special person.

If you are anticipating difficulty as the holiday season approaches, here are some tools to help you:

**Prepare** – Whether you'd like time alone or it would be helpful to have people around you, let your loved ones know your needs. They may be concerned for you but not sure what to say to you.

Let those closest to you care for you during this time.

**Decorating** – Perhaps this year you don't feel like adorning your home the way you have in the past. That's ok. Tell your loved ones you'd rather not go through the motions this year and maybe you will next year. Or, if decorating is a priority for you, ask for help in doing the things your loved one used to help do. Allowing family and close friends to step into this role will give them a sense of purpose in serving you during this time.

**Spend time with others who are grieving** – It's possible to unintentionally isolate ourselves when we're feeling sad. Make an effort now to reach out to others who may be spending the holidays

differently this year and check in on each other. A simple note or phone call can mean a lot!

**Be gentle with yourself** – Don't feel like you have to do everything perfectly. Choose to do only what is most important or meaningful to you instead of trying to "do it all". Take the holiday activities and events at a pace you can manage, so you can enjoy fully enjoy them.

Heartland/ProMedica Hospice offers grief and bereavement services to the community and we can be reached at 231-935-3089. You can also contact Leelanau Senior Services at 231-256-8121.

For additional resources on your computer, check out the website called, "What's Your Grief" at

<https://whatsyourgrief.com/> This website is wonderful for those who are grieving or supporting someone who is grieving.

*Elizabeth Bradfield, Account Liaison, Heartland/ProMedica Hospice*

# November 2023



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> MMAP Specialist	<b>2</b> MMAP Specialist	<b>3</b> Elmwood Foot Care Clinic	<b>4</b>
<b>5</b>  Fall Back	<b>6</b> MMAP Specialist LCN Food Pantry	<b>7</b> Empire Food Pantry	<b>8</b> MMAP Specialist	<b>9</b> MMAP Specialist Grief Support with April Missias	<b>10</b> Office Closed to Observe Veterans Day	<b>11</b>  Veterans Day
<b>12</b>	<b>13</b> MMAP Specialist LCN Food Pantry	<b>14</b> Empire Food Pantry	<b>15</b> MMAP Specialist	<b>16</b> MMAP Specialist	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> MMAP Specialist LCN Food Pantry	<b>21</b> Empire Food Pantry Grief Support Commodities	<b>22</b> Alzheimer's Zoom Meeting 2:00	<b>23</b> Office Closed Thanksgiving Day	<b>24</b> Office Closed	<b>25</b>
<b>26</b>	<b>27</b> MMAP Specialist LCN Food Pantry	<b>28</b> Empire Food Pantry	<b>29</b>	<b>30</b> MMAP Specialist		

*Food Commodity or Surplus every 3rd Tuesday of every month*

# December 2023

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> MMAP Specialist Elmwood Foot Care Clinic	<b>2</b>
<b>3</b>	<b>4</b> MMAP Specialist LCN Food Pantry	<b>5</b> Empire Food Pantry	<b>6</b> MMAP Specialist	<b>7</b> Estate Planning MMAP Specialist Pearl Harbor Remembrance Day	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b> LCN Food Pantry	<b>12</b> Empire Food Pantry	<b>13</b>	<b>14</b> MMAP Specialist LCSS Christmas Party Office Closed	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b> LCN Food Pantry	<b>19</b> Empire Food Pantry	<b>20</b>	<b>21</b>  Winter Begins	<b>22</b> Office Closed to observe the Holiday	<b>23</b>
<b>24</b> Christmas Eve	<b>25</b> Office Closed Christmas Day	<b>26</b> Empire Food Pantry	<b>27</b> Alzheimer's Zoom Meeting 2:00	<b>28</b> MMAP Specialist Northport Foot Care Clinic	<b>29</b>	<b>30</b> 

## **Food Pantries:**

**Leelanau Christian Neighbors** is continuing to provide food pantry services on Mondays 2 p.m. to 6 p.m. If you are in need of food and are unable to drive and do not have someone to pick up food for you, please call LCSS and we will coordinate efforts to ensure you receive the food you need.

**The Empire Food Pantry** is continuing to provide food pantry services on Tuesday evenings at 4:30 p.m. The food pantry is operating out of the Glen Lake Reformed Church at 4902 W MacFarlane Rd. You can call them with any questions at (231)334-4563. If you are unable to drive or have someone pick up food for you please contact LCSS and we will coordinate efforts to ensure you receive 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 our office for assistance.

# Happy Holidays



*Leelanau County Senior Services staff:  
Armanda, Lena, Gail and Victoria*



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

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U.S. POSTAGE  
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PERMIT #568

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*Striving to celebrate and support seniors within our community*



**Leelanau County Senior Services**

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