

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

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

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

January / February 2024

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community

Dear Leelanau County Seniors and Families,

Happy New Year! As we flip the calendar to 2024, I can't help but reflect on this past year. I have watched May bravely tackle soccer, kindergarten and begin new friendships as she opens up to others. Joseph has confidently enjoyed soccer, baseball, basketball, sleepovers, and becoming a great friend and brother. Most recently, my greatest achievement, and perhaps my biggest challenge, was leaving a job that I had known for 10 years and joining Leelanau County Senior Services as the director. In 2024, I look forward to personal and professional growth, continuing to get to know my staff, and continuing to build on ways to support our Leelanau County seniors!

What's New in 2024? Leelanau County Senior Services will partner with ShareCare of Leelanau to provide Wellness programming to Leelanau County seniors. On January 11th, we are kicking off our Pilot Wellness Program with a Mindfulness-Based Stress Reduction presentation. Our Wellness program encompasses many different dimensions, including physical, social, and intellectual programs. It is our goal to support our seniors now and in the future by providing a variety of programs throughout Leelanau County. It is my hope that these programs will aid in the overall well-being of our seniors. Those who embrace these programs as part of their everyday lives can see significant benefits in longevity and quality of life. We are here to support Leelanau County seniors' health, happiness, and engagement. We are looking forward to seeing everyone at these programs.

Lastly, some end-of-year thank yous are due. First, I want to thank those of you who have contributed to our Comfort and Joy Program in 2023. Without your support we couldn't do what we do! I also want to take this time and thank my staff and the Board of Commissioners for their guidance over the last 5 months. My staff always goes above and beyond for our seniors to provide them with the best services and resources we have to offer. I have so much to learn and I am grateful for a great team to stand with, and behind me.

Here's to a great year ahead!



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

Meet Our Team

Lena Vander Meulen **Director**

A desire to make a difference Lena is an advocate for everyone she meets. "I really enjoy all the different aspects of this role. I love what I do and it makes work fun, meaningful, and rewarding."



Armanda Krantz **Account Clerk**

A 10 year veteran of LCSS, and a wealth of knowledge, Armanda is very loyal to our office and our community.

"I have worked with all ages, and I found my niche. I love working where I grew up and serving our local seniors."



Victoria Maggio **Gail Carlson** **Care Coordinators**

Both RN's, Gail and Victoria both have a passion for helping others and they are proud to be serving their community.

"Being here, so far away from my family, gives me an opportunity to pay it forward in hopes that one day, someone will be there for my loved ones." -Victoria

"I belong here, I fit into the infrastructure of LCSS. I enjoy serving seniors and providing them with the resources they need. Each day is different, and I enjoy the challenges that I am presented with."

-Gail



**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

Food Pantries:

Leelanau Christian Neighbors 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 provide food pantry services on Tuesday evenings at 4:30 p.m. Glen Lake Reformed Church at 4902 W MacFarlane Rd. (231)334-4563.

Meals on Wheels If you, or someone you know could benefit from receiving MOW please contact our office for assistance.

Wellness Program Schedule

Leelanau County Senior Services and ShareCare of Leelanau

Mindfulness-Based Stress Reduction for Seniors with Wendy Weckstein

Glen Lake Community Library in Empire
10115 W Front St, Empire
January 11, 2024, 12:30 pm - 2:00 pm

Safe Mobility and Fall Prevention presented by Aubrey Jabour, PT, DPT, CEAS

Leelanau County Government Center
8527 E Government Center Dr, Suttons Bay
January 26, 2024, 2:00 p.m. - 3:30 p.m.

Ageless Grace® Neuroplasticity Exercises with Lisa Hawkins George

Sleeping Bear Bay Club
172 W Burdickville Rd, Maple City
February 5, 2024, 4:00 pm - 5:30 pm

Wildfire Fitness Inside Studio 9
10781 E Cherry Bend Rd, Traverse City
February 8, 2024, 12:30 pm -2:00 pm

Cooking For One with Jane Rapin

The Friendship Center
201 W Broadway, Suttons Bay
March 14th, 12:30 pm - 2:30 pm
April 11th, 12:30 pm - 2:30 pm
May 9th, 12:30 pm - 2:30 pm
June 13th, 12:30 pm - 2:30 pm

This will be a 4 part series in which attendees are encouraged to attend each offering.

To sign up, please call Erin at ShareCare of Leelanau (231) 256-0221 ext. 305.

Class space is limited, so please call today!

Foot Care Program

**Foot Care Vouchers Are Available
After January 2, 2024 for \$15.00 each**



*We are only scheduling through June 2024.

Leelanau County residents, who are 60 years and older may purchase up to 6 vouchers annually. There are 3 ways to purchase your vouchers.



I. Mail in a check
Leelanau County Senior Services
8527 E Government Center Dr. Suite 106
Suttons Bay, MI 49682

2. Call and pay by credit card *\$1.50 surcharge will apply

3. Purchase in the office

At this time, LCSS is collaborating with Comfort Keepers to provide 2 foot care clinics. One at the Elmwood Township Hall, the other at Trinity Church in Northport. To Schedule an appointment at one of our clinics, **please call LCSS at (231) 256-8121**

Linda Lingaur will continue to provide foot care services at her salon
Linda Lou's in Lake Leelanau.
You may contact her directly to schedule an appointment (231) 883-4529

AARP Tax Preparation Service

Leelanau County Senior Services is partnering with AARP to offer free federal and state income tax return preparation services.

The AARP volunteers will be providing this service at the Leelanau County Government Center in Suttons Bay, on a **by appointment basis.**

This service is available to all seniors age 60 or older whose federal income tax return consists primarily of wages, interest, dividends, simple capital gains or losses and retirement income.

There is no charge for this service.

Call Leelanau County Senior Services to schedule your appointment. Appointments are limited and fill up fast.
(231) 256-8121

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
(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

Food, Fun & Friendship

STARTING JANUARY 12, 2024 MEALS ON WHEELS OF NMCAA

Will be bringing HOT congregate meals to
FRIENDSHIP CENTER OF SUTTONS BAY

201 W Broadway, Suttons Bay, MI 49682

Fridays at 12:00pm



Reservations Required by Thursdays at 10:00AM
Leelanau County Senior Services at 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.

Medicare/Medicaid Assistance Program (MMAP)

We are very lucky to have Bruce Barnes, a MMAP counselor from the Area Agency on Aging, share his expertise while assisting seniors to navigate the intricacies of Medicare and Medicaid.

He holds office hours at the Government Center and can work with you in person or over the phone. He can help you get signed up for Medicare or Medicaid, choose a health care or drug plan, or see if you may be eligible to have your part B Medicare premiums or prescription drug plans paid for through a state assistance Medicaid benefit if you meet income and asset levels.

Please call the LCSS office at (231) 256-8121 to make an appointment

**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



VOLUNTEERS NEEDED



AARP Tax Aide Program will be partnering with Leelanau County Senior Services to provide federal and state income tax return preparation services to Leelanau County seniors.

AARP Tax Aide is looking for volunteers to function as tax return preparation counselors in Suttons Bay.

If you are interested in volunteering for this program or would like additional information please call Leelanau County Senior Services at (231) 256-8121.

Comfort and Joy

LCSS would like to express our gratitude and appreciation to those who made contributions toward our Comfort and Joy program this holiday season. Because of your generosity we were able to deliver to over 150 seniors with an expressed or quiet need. We can assure you that the value of your contributions were high, but the joy we were able to bring was priceless.
Thank You!

Dates the Government Center is Closed

Monday	01/02/24	New Year's Day Observed
Monday	01/15/24	Martin Luther King, Jr. Day
Monday	02/19/24	Presidents' Day
Friday Noon	03/29/24	Good Friday Afternoon
Monday	05/27/24	Memorial Day
Thursday	07/04/24	Independence Day
Monday	09/02/24	Labor Day
Monday	11/11/24	Veterans Day
Thursday	11/28/24	Thanksgiving Day
Friday	11/29/24	Friday after Thanksgiving Day
Tuesday	12/24/24	Work Day before Christmas
Wednesday	12/25/24	Christmas Day

Winter Energy Efficiency and Cost Savings

As we begin a new year in the heart of a beautiful up north winter, the first ever Leelanau County Energy Futures Task Force aims to help you boost the energy efficiency of your home and save money on your heating bills. Our 14-member group, co-chaired by Joe DeFors of Leelanau Energy and Gwenne Allgaier, County Commissioner for District 6, has a stated mission “to identify opportunities and facilitate implementation of energy efficiency and renewable energy in Leelanau County.” Consider the following tips from LeelanauEnergy.org as a first installment of suggestions to help you increase energy efficiency, stay warm, AND save on heating costs during the chilliest time of the year:

- Check for air leaks around your walls, ceilings, windows, doors, lights and plumbing fixtures, switches and electrical outlets and seal/cover with products available at hardware and home improvement stores.
- Make sure you have adequate insulation in attics, walls, ceilings, floors and crawl spaces.
- Install a programmable, “smart” thermostat (both Cherryland Electric and Consumers Energy customers can take care of great deals found on their websites)
- Use ceiling fans to evenly distribute warm air.
- Clean or replace filters regularly.
- Clean warm-air registers, baseboard heaters and radiators routinely.
- Wrap older electric water heaters with an insulating blanket and insulate the first 6 feet of supply lines with foam pipe wrap.
- Switch your lightbulbs to LEDs; **replacing 5 of your most used incandescent bulbs with LEDs can save up to \$75 per year.**
- Save on energy costs by recycling less efficient refrigerators and freezers. Both utility companies offer free old appliance pick up and rebates for new energy efficient appliances.

In addition, consider requesting a **free in-home energy audit** from your utility company. Both Consumers Energy and Cherryland Electric Cooperative have easy to navigate and information rich websites with tips and information about valuable rebates:

For more information and **help setting up an appointment for a free home energy analysis, contact::**

Consumers Energy: (888) 685-1312 or www.consumersenergy.com

Cherryland Electric: Call Tammy Haworth 231-486-9200 or www.cherrylandelectric.coop

Also, consult the Energy Star website for further information about cost saving rebates, energy efficient appliances, and more: <https://www.energystar.gov/saveathome>

Finally, a friendly voice can be the most neighborly way to begin your journey toward greater energy efficiency. For further help or questions, contact Energy Task Force member and Leelanau County Commissioner, District 5, **Kama Ross: 231-920-4055;**
kross@leelanau.gov.

Read your Medicare statements to find potential fraud, errors, or abuse.

An **Explanation of Benefits (EOB)** is the statement that your Medicare Advantage Plan or Part D prescription drug plan typically sends you after you receive medications, services, or items. An EOB is not a bill.



An EOB is also different from a Medicare Summary Notice (MSN), which you receive if you have Original Medicare. You may receive both statements if you have Original Medicare and a stand-alone Part D plan—an MSN for your Original Medicare and an EOB for your Part D plan.



If potential errors are not corrected by your provider, contact Michigan/Medicare Medicaid Assistance Program at 1-800-803-7174 or LCSS at (231) 256-8121. The SMP program empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and

Part D appeals:

What to do when your medication isn't covered



Part D appeals at a glance:

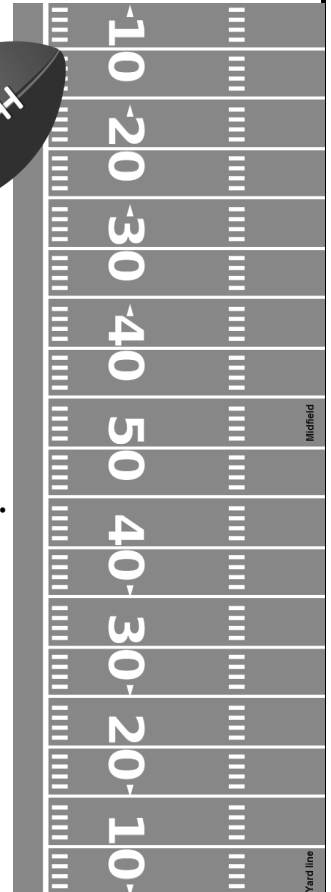
- If your plan won't cover your medication, you can appeal the decision.
- The process is the same whether you get your drug coverage through a stand-alone Part D plan or a Medicare Advantage Plan.
- Instructions for how to appeal will always be on your denial notice.
- Your doctor can appeal on your behalf or write a letter of support to help your appeal, but they aren't required to do so.
- There is more than one level of appeal, and you have the right to continue appealing if you aren't successful at the first level.
- Keep documentation throughout and pay attention to deadlines.



If you need help understanding the appeals process, call Michigan Medicare/Medicaid Assistance Program at 1-800-803-7174 or LCSS at (231) 256-8121. A SHIP Medicare counselor can provide you more information and guide you through the process.

Join us for the 2024 “Souper Bowl” Party

VI Grill
201 N. St. Joseph St.
Suttons Bay



Wednesday
February 7, 2024 at 12:00 pm

We will gather at the VI for a “Souper” soup and sandwich buffet.

Tickets are \$7.00** each includes buffet,
soft drink/coffee and gratuities.

Purchase tickets in the LCSS office or obtained by mail

****There will be 2 different rates for our Lunch Bunch events
Leelanau County resident rate & non-resident rate**

Food Corner

The cold winter months make me want to hibernate and eat comfort foods. My all-time favorite dish is goulash. I know everyone has their own version, today I thought I would share mine. Enjoy ~ Armanda

Goulash

Olive oil
1 # ground beef
1 lg. onion chopped
1 bell pepper (your choice of color)
1 pkg fresh mushrooms sliced
2-4 cloves of garlic minced
1 sm can of tomato paste
1 jar (26 oz jar) pasta sauce (your favorite)
1 qt. jar of canned stewed tomatoes
Italian seasoning to taste
Salt and pepper to taste
1/2 - 3/4 box pasta - cooked
(I use either elbow or twist)
1/2 - 2 c shredded cheese

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.

Pre-heat oven to 350°

- ◆ Place a large Dutch oven on stovetop and heat, add a bit of olive or canola oil.
- ◆ Cook beef, onion, pepper, mushrooms and garlic until beef is done. (You can drain the fat. I don't)
- ◆ Add tomato paste, mix until well incorporated in beef mixture
- ◆ Add pasta sauce and tomatoes
- ◆ Season to taste
- ◆ Add cooked pasta, stir well
- ◆ Sprinkle shredded cheese on top and place in oven.
- ◆ Bake until goulash is heated through and cheese is starting to brown.

January 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 Office Closed	2	3	4 Estate Planning	5 Elmwood Foot Care Clinic	6
7	8 LCN Food Pantry	9 Empire Food Pantry	10	11 MMAP Specialist <hr/> Wellness Program pg. 3	12	13
14	15 Office Closed	16 Empire Food Pantry	17	18	19	20
21	22 LCN Food Pantry	23 Empire Food Pantry	24 Alzheimer's Zoom Meeting 2:00	25 MMAP Specialist <hr/> Northport Foot Care Clinic	26 Wellness Program pg. 3	27
28	29 LCN Food Pantry	30 Empire Food Pantry	31			

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

February 2023

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Estate Planning	2 Elmwood Foot Care Clinic	3
4	5 LCN Food Pantry <hr/> Wellness Program pg 3	6 Empire Food Pantry	7	8 MMAP Specialist <hr/> Wellness Program pg 3	9	10
11	12 LCN Food Pantry	13 Empire Food Pantry	14	15	16	17
18	19 Office Closed President's Day	20 Empire Food Pantry	21	22	23	24
25	26	27 Empire Food Pantry	28 Alzheimer's Zoom Meeting 2:00	29 Northport Foot Care Clinic		



10 Surprising Foods You Should Be Refrigerating

You may already know milk, meat and eggs belong in the fridge. But what about less obvious foods? Storing these 10 foods in the fridge will help to keep them safe and taste great longer.

1. Tortillas - Some tortillas are prone to molding. That's why the fine print on many tortilla packages recommends refrigerating after opening. Chill tortillas to help them stay fresh.
2. Salami - Cured meats including salami are less likely to harbor bacteria than cooked meats, but that doesn't mean they're always 100% safe. Refrigeration can slow potential bacterial growth, but people who are at higher risk of foodborne illness, such as pregnant women, older adults, and people with weakened immune systems should reheat ready-to-eat foods like lunch and deli meats. Store unopened salami in the refrigerator for up to two weeks. After opening, it should be consumed within three to five days.
3. Ripe Bananas - It's fine to ripen bananas on the kitchen counter. Trouble is, they keep ripening, and ripening and ripening. Once they're ready to eat, pop them in the fridge for up to three days. Their skins may turn brown, but they're still fine to eat.
4. Nuts - Nuts' fragile unsaturated fats can go rancid quickly. While that may not hurt your health, it can definitely be bad news for flavor. Keep nuts tasting fresh by stowing them in a sealed plastic or glass container in the refrigerator for four to six months.
5. Maple Syrup - Maple syrup has a surprisingly short shelf life. So if yours is sitting in your pantry, it's time to relocate it to the fridge. Stored in the refrigerator, maple syrup usually can stay fresh for up to a year. However, if you notice any mold growth, be sure to toss it immediately.
6. Dried Fruit - Dried fruit has less moisture than fresh fruit, so it doesn't spoil as quickly, but refrigeration can help it maintain its freshness longer. Keep it in the main compartment of your refrigerator for up to six months.
7. Ketchup - Restaurants may leave their ketchup on the table, but that doesn't mean you should. While its high acid content will keep most bacteria at bay, cool temperatures help maintain flavor and freshness. Refrigerate ketchup for up to six months.
8. Corn on the Cob - After picking, corn begins to lose its sugar content dramatically when left at room temperature. Unless you're going to cook it right away, keep corn in the fridge – husks and all – for one to two days.
9. Chocolate Syrup - Chocolate syrup is an easy way to make a glass of milk taste even better. But not if it has developed funny flavors. Chill yours after opening and you can enjoy it for six months.
10. Pecan and Pumpkin Pies - Made with eggs, these treats are magnets for bacteria. Fresh from the oven, they're okay to eat at room temperature for up to two hours and only one hour if it is over 90 degrees Fahrenheit. After that, they should go straight into the fridge and eaten within three to four days or frozen for another time.

Source: eatright.org

Written by: Karen Ansel, MS, RDN, CDN

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

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TRAVERSE CITY, MI
PERMIT #568

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community



Leelanau County Senior Services

www.leelanau.gov/seniorservices.asp