

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

April Missias

Director

Gail Carlson

Aging Well Resource 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

July / August 2023

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community

Dear Friends,

Summer has arrived! The change of seasons is a continual and constant change in our lives. Trees always serve as a reminder for me with their gradual and continual growth; blossoming and slowly letting go. Like the trees, Leelanau County Senior Services has grown, weathered storms of change and continued to blossom to offer protection, fruit and beauty to seniors as they strive to live their best life.

I have been a steward of LCSS for the past ten and a half years; pruning, and coaxing its growth to ensure sustainability for years to come. It has been a labor of love and great privilege to serve Leelanau County and all of you. I began my tenure in Winter and have gone through many seasons of life within this position, personally, and have been honored to bear witness to the seasons of life many of you have traversed as well. So, it is with a heavy heart that I inform you I will be leaving my position as Director of Leelanau County Senior Services. My last day is to be Tuesday, July 11th.

I am grateful for all of my experiences as they have molded me into the person I am today. My mind has been schooled on the technical aspects of my job and how to navigate the politics of running a service oriented department within a government entity. My biggest take aways are the relationships I developed over the years and the wisdom of how to live. When I say live, I don't mean how to stay alive. I mean how to truly live: staying active, being passionate about what makes you tick, loving deeply, the importance of forgiveness, how to put one foot in front of the other after great losses, laughter is the best medicine at every age, positivity and a faith in God, Spirit, or humanity will take you beyond the expected life span, and lastly conversations at the kitchen table over a meal will not only fill your belly, but also your soul. I will forever carry the corresponding stories and images of this collection of wisdom in my heart.

As I have said before, the only thing we can count on in life is change. I am not alone when I say I was impacted by the pandemic. The pandemic afforded me the time to reflect on what is important to me and what I need to ensure a balanced life. The decision to leave was difficult, but your wisdom, and storytelling reminded me I was forgetting to truly live. My children are 6, 9, and 12. I only have six more years before my oldest child may be launched into the world. So, I am going to use my counseling degree and license to provide counseling in Traverse City. This work will allow me a schedule that will ensure I have as much time as possible to impart my and your life wisdom upon them.

I am excited for this next season of my life and look forward to the new blossoms that emerge on my tree of life. Thank you for being you and for your presence within your community and the County. Continue to share your stories and wisdom with whomever crosses your path. It makes a difference and reminds us to see not only the beauty of the Leelanau County landscape, but the beauty of those who inhabit and contribute to our communities.

Gratefully,

April

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:

- ◆ Emergency 911 Cell Phone
- ◆ PERS (Personal Emergency Response System)
- ◆ File of Life
- ◆ Medical Equipment Loan Closet

Social Activities:

- ◆ Euchre
- ◆ Bitesize Learning
- ◆ Senior Expo
- ◆ Coffee Connections
- ◆ Lunch Bunch

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

** Funded by USDA

Senior Day at the Fair



Monday, August 7, 2023

9:00 a.m. - 6:00 p.m.

Free Admission & Parking for seniors over the age of 60

Gift bags for the first 150 guests

Door Prizes, Cardio-Drumming, Health Screenings

Don't forget the animals!

Sponsored by:

B • A • S • A

Bay Area Senior Advocates



Household Hazardous Waste, Electronics & Document Shredding Collections



MONDAY, September 25 Noon—5:30pm at Peshawbestown

Saturday, October 14 8am—1:30pm at Elmwood Twp. Park

Visit Leelanau.gov to schedule your appointment and to view a list of acceptable & unacceptable items.

Appointments are required for each collection & collections are for Leelanau County Households only.

Cost for these collections are covered under

P.A. 69 of 2005—a charge placed on Winter Tax Bills

Contact Leelanau County Planning for assistance at
(231)256-9812 or email planning@leelanau.gov

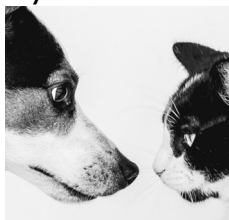
**Fire and Rescue
Non Emergency
Numbers:**

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

**Think twice before
taking "Fido" for a
car ride for errands.**

On a mild 80° day, the temperature inside a car parked in the shade with the windows cracked open can reach 99° within 10 minutes.

Leaving your pet at home while running errands will help keep them cooler and healthy during the "dog days of summer".



Summer is here.....so is the heat

It's important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients from food, and then get rid of the unused waste. Water is found in foods - both solids and liquids, as well as in its natural state.

With age, you might lose some of your sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids. Remember, water is a good way to add fluids to your daily routine without adding calories.

Try these tips for getting enough fluids:

- ◆ Don't wait until you feel thirsty to drink water or other fluids.
- ◆ Take sips of water, milk, or juice between bites during meals.
- ◆ Add liquids throughout the day.
- ◆ Have a cup of low-fat soup as an afternoon snack.
- ◆ Drink a full glass of water when you take a pill.
- ◆ Have a glass of water before you exercise.
- ◆ Drink fat-free or low-fat milk, or other drinks without added sugars.
- ◆ If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men
- ◆ Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.
- ◆ "When you pass the sink....take a drink." - Cathy Hartesvelt

10 Reasons To Drink More Water

1. Keeps skin healthy and glowing
2. Energizes the muscles
3. Suppresses over eating
4. Helps to lose weight
5. Fights bloating
6. Regulates body temperature
7. Boosts immune system
8. Keep kidneys healthy
9. Detoxifies
10. It is the best non-calorie beverage



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

Foot Care Program **Foot Care Vouchers Are Available** **\$15.00 ea**

Seniors can purchase up to 6 vouchers annually.

There are 3 ways to purchase your vouchers.

1. Mail a check
2. Call and pay by credit card
3. Purchase in the office



LCSS is collaborating with Comfort Keepers
to provide foot care clinics:

Elmwood Township Hall

the first Friday of each month
from 10:00 a.m. to 1:00 p.m.

Trinity Church-United Church

103 N Warren St., Northport
the fourth Thursday of each month
From 11:30 a.m. - 2:30 p.m.

If you are interested in receiving foot care at the clinic, **please call LCSS at 256-8121 to schedule an appointment.**

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.
Her phone number is (231) 883-4529.

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

LEELANAU COUNTY
SENIOR SERVICES

Need Help With Health Insurance?

Medicare

New to Medicare?
What if I'm still working?
Need Drug Coverage?
Advantage Plans?
Medicare Supplements?

Medicaid

Help with Medical Costs?
High Prescription Prices?
Questions about your bills?
Medicaid Forms Confusing?



Call Leelanau Co. Senior Services
231-256-8121

No Cost. No Sales Pitch!
**Just help from a certified
Medicare Counselor**

LEELANAU COUNTY SENIOR SERVICES

8527 E Government Center Drive, Suite 106—Suttons Bay MI 49682
231-256-8121



Area Agency on Aging
of Northwest Michigan

Dignity. Independence. Choice.

FOR IMMEDIATE RELEASE

Contact:

Kandi Lannen
lannenk@aaanm.org
(800) 421-1713

AREA AGENCY ON AGING OF NORTHWEST MICHIGAN
Medicaid Eligibility Redeterminations

TRAVERSE CITY, MICHIGAN, May 19, 2023 – Area Agency on Aging of Northwest Michigan wants to remind Medicaid beneficiaries that due to the end of the COVID-19 public health emergency you could be at risk of losing your Medicaid coverage.

Nationwide, Medicaid beneficiaries will have to renew their coverage to comply with [federal legislation](#). Annual renewals will begin in June 2023 and will continue through May 2024. Michigan Department of Health and Human Services (MDHHS) will review the Medicaid eligibility of more than 3.1 million Michigan residents, and those who are no longer eligible for benefits must take action to maintain healthcare coverage to protect themselves and their families.

For information about Medicaid eligibility renewals, visit www.Michigan.gov/2023BenefitChanges. Information about coverage options for those losing Medicaid coverage is available at www.Michigan.gov/StayCovered or call the Michigan Department of Insurance and Financial Services at (877) 999-6442.

If you are a Medicaid beneficiary, you should take the following steps to prepare for redetermination:

- Make sure your address, phone number, email address and household income are up to date at www.michigan.gov/MIBridges. You can also call your [local MDHHS office](#) listed below. If you do not have an online account for MI Bridges to access your Medicaid case or report changes, visit www.michigan.gov/MIBridges to sign up for an account.
- If you get a renewal packet, be sure to fill it out, sign the forms and return it by the due date with any proof needed. **NOTE:** If you do not complete and return the renewal, you may lose Medicaid coverage.

If you do not have internet access, there are other options for assistance. If you are 65 and older, and have both Medicare and Medicaid coverage, call our Medicare and Medicaid Assistance Program (MMAP) for help at (800) 803-7174. If you only have Medicaid coverage, call your local Department of Health and Human Services office listed below or call the Michigan Department of Insurance and Financial Services at (877) 999-6442.

Department of Health and Human Services – Local Offices

County	Phone Number
Antrim	231-533-8664
Benzie	231-882-1330
Charlevoix, Emmet	231-348-1600
Grand Traverse, Leelanau	231-941-3900
Kalkaska	231-258-1200
Manistee	231-723-8375
Missaukee, Wexford	231-779-4500

*LCN: Leelanau Christians Neighbors
Food Pantry

July 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
						1
2	3 LCN Pantry	4 <i>Independence Day</i> Office Closed	5 Laundry Project	6	7 Elmwood foot care clinic	8
9	10 LCN Pantry	11 VA* Empire Pantry	12	13 MMAP Specialist	14	15
16	17 LCN Pantry	18 VA* Empire Pantry Grief Support 10:30-LCSS	19 Laundry Project	20	21	22
23 30	24 LCN Pantry 31 LCN Pantry	25 VA* Empire Pantry	26 Alzheimer's Zoom Meeting	27 MMAP Specialist	28 Northport foot care clinic	29

Food Commodity or Surplus every 3rd
Tuesday of every month

August 2023

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 VA* Empire Pantry	2 Laundry Project	3 Estate Planning	4 Elmwood foot care clinic	5
6	7 LCN Pantry	8 VA* Empire Pantry AARP Smart Drivers Class	9 AARP Smart Drivers Class	10 MMAP Specialist	11	12
13	14 LCN Pantry	15 VA* Empire Pantry Grief Support 10:30-LCSS	16 Laundry Project	17 LCSS Picnic	18	19
20	21 LCN Pantry	22 VA* Empire Pantry	23 Alzheimer's Zoom Meeting	24 MMAP Specialist Northport foot care clinic	25	26
27	28 LCN Pantry	29 VA* Empire Pantry	30	31		

Food Corner

I was looking for a fast healthy meal for after work and watering the gardens. This looked interesting and ended up being delicious and will be on my make again list.
Enjoy ~Armanda

Mediterranean Baked Cod

<https://www.savorynothings.com/mediterranean-baked-cod/>

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.

- 1 1/2 pounds cod fillets
- 1 small red onion or large shallot, sliced
- 3 cloves garlic, crushed
- 1 pound cherry tomatoes, halved
- 1/4 cup sliced black olives
- 1 Tbs olive oil
- 1 tsp Italian seasoning
- Salt and pepper to taste
- 1/4 cup white wine or water
- 4 Tbs butter chopped (I used 2 Tbs)



- **Prep:** Preheat the oven to 400°. Lightly grease a rectangular baking dish that will comfortably hold all your cod pieces and tomatoes. Place the fish inside.
- **Add vegetables:** Scatter the onion, garlic, tomatoes and olives around the fish.
- **Season:** Drizzle the olive oil all over the ingredients in the dish. Sprinkle with Italian seasoning and season with salt and pepper.
- **Finish and bake:** Pour the water into the dish. Scatter the butter evenly over the dish. Bake for 15 - 20 minutes, or until the tomatoes and fish are cooked.

Picnic

Join LCSS for a picnic and fellowship at

North Park in Suttons Bay

the north end of the village of Suttons Bay (on the water)



Thursday, August 17, 2023
at 12:00 p.m.

Vouchers \$5.00 available at LCSS

The \$5.00 cost covers the lunch which includes your sandwich, veggies, beverage and dessert.



AARP Smart Driver Course

Why Take a Driver Safety Course?

“Because driving has changed since you first got your license”

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation’s largest classroom and online driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course you'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. This should increase your confidence and improve awareness of situations.

The Smart Driver Course is a driver refresher designed to help you learn:

- Research-based safety strategies that can reduce the likelihood of having a crash.
- Proper use of technology in the vehicle when linked with the driver and road environment.
- How age-related changes, medications, alcohol or health issues affect driving ability.
- Know the importance of eliminating distractions when sharing the road with others.
- Discover the newest or latest safety and advanced features in vehicles.
- Ways to monitor your own and others’ driving skills and capabilities.
- Explore other options for travel, when driving may no longer be safe.
- Plus, there are no tests to pass.

After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and injuring yourself or others.

**** Upon completion you may be eligible to receive an Auto Insurance discount. Consult your Insurance Agent.**

Learn more by signing up to take the AARP Smart Driver Course. **The classroom course costs \$20 for AARP members and \$25 for non-members (cash or check only).** Please bring a valid Michigan Driver License and an AARP card, if you have one.

Upcoming AARP Smart Driver Course

Course Location:

**Leelanau County Senior Services
8527 E Gov’t Center Dr., Suttons Bay**

To reserve a seat today:

**Contact LCSS at (231) 256-8121
Leelanau County Senior Services**

**Space is limited*

August 8, 2023 and August 9, 2023

Both sessions: 12:30PM-4:30PM

**8 hour course: must attend both sessions*

To locate other courses in your area, visit aarp.org/driving36 or call (888) 773-7160.

Since 1979 AARP Driver Safety has helped older drivers stay safer, be educated and remain confident behind the wheel.

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 5 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. Due to COVID-19, and the number of people struggling to access food, we have temporarily signed up a number of people for MOW during this time. If you, or someone you know could benefit from receiving MOW please contact our office for assistance.

Independence Day celebrations can trigger PTSD in veterans

Independence Day fireworks is an American tradition, but mental health professionals say that holiday revelers should be mindful of their neighbors who served in the Armed Forces, as it could be a source of stress and a reminder of wartime.

Bradley Jacobs, a suicide prevention coordinator for the Department of Veteran's Affairs, says that Independence Day celebrations can trigger some PTSD reactions. "That could be from large crowds, to bright lights, certain smells and the sounds of explosives," Jacobs says. It's important for a veteran who might be suffering from PTSD to learn their warning signs and also know who they can talk with if they're experiencing a crisis.

"Who are the people you reach out to for help? Have those numbers available. Having any kind of human connection when you're experiencing an emotional reaction is just vitally important," says Jacobs. Veterans as well as their friends, family and neighbors are encouraged to call the veterans crisis line if there's a suspicion of PTSD.

As the holiday approaches, mental health providers want to remind Americans to be mindful of their friends, family or neighbors who served. PTSD can look different for every person, but some signs to look out for can include but not limited to, clenching teeth or fists, pacing, shortness of breath and strong emotional reactions.

Veteran's crisis line: 800-273-8255, press option 1

Text: 838255

Webchat: [veteranscrisisline.net](https://www.va.gov/new-jersey-health-care/news-releases/independence-day-celebrations-can-trigger-ptsd-in-veterans/)

<https://www.va.gov/new-jersey-health-care/news-releases/independence-day-celebrations-can-trigger-ptsd-in-veterans/>

Leelanau Laundry Project

Suttons Bay Laundromat

99 4th St

Suttons Bay, MI 49682

- ◆ Low-income families, seniors and individuals with disabilities can meet their basic laundry needs
- ◆ Machine use, soap, bleach, softener, and dryer sheets provided at no cost twice a month



July 5 & 19, 2023

August 2 & 16, 2023

6:00 - 10:00 p.m.

Last Wash in at 8:30 p.m.

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.

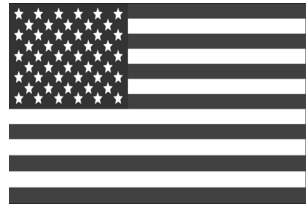
Veterans In Crises

(231) 493-6717

veteransincrisis.org

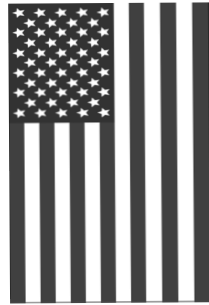
A community-Based Effort to
Help Veterans in Northern
Michigan

American Flag Etiquette



When the flag is displayed on the flag
pole, it should be raised quickly
and lowered slowly.

The flag should never touch the ground.



To display the flag horizontally,
the blue square must be on the
upper left side from the viewer's
point of view.

It is proper to fly the flag at night,
but only if it is spotlighted.

July 4, 2023

Flag Raising Ceremony: 10:00 a.m. - 11:00 a.m.

Old Settler's Park

South Dunns Farm Road (County Rd 675)

Empire Township, MI

Parade: 12:00 p.m. - 2:00 p.m.

Downtown Glen Arbor

Glen Arbor, MI

Parade: 3:00 p.m. - 4:00 p.m.

Downtown Leland

Leland, MI

Boat Parade: 4:00 p.m. - 6:00 p.m.

Glen Lake Yacht Club

6617 Sunset Dr

Glen Arbor, MI



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

PRSR STD
U.S. POSTAGE
PAID
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