

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

May / June 2023

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community

Dear Friends,

The expo season is upon us. After a three-year hiatus due to the Pandemic, Leelanau County Senior Services is preparing to once again offer our beloved senior expo. The excitement for the expo has been building the last couple of months with vendors and community members inquiring as to whether an expo will be held this year. We are thrilled to finally be able to say, "Yes!". We are looking forward to celebrating our 30th Senior Expo on Tuesday, June 20, from 10:00 a.m. to 2:00p.m. with you! The expo provides a fun filled event where the community can access resource information that may accentuate their lives either through health services, planning for the future, as well as opportunities to engage in the community through volunteerism and social activities. We are excited to offer an opportunity to participate in a cooking demonstration provided by Nutritionist, Jane Rapin as well as other fun health promoting activities.

Our expo is not only beloved within Leelanau County, but also by our vendors who appreciate the quality interactions with attendees who show a genuine interest in their organization and the services they provide.

Expos can sometimes have a reputation as being likeable to trick or treating for seniors, but I assure you that the greatest freebie you will receive at our expo from a vendor or an attendee is a smile, information exchanges, storytelling, wisdom, tips & tricks, and sometimes even a hug. The vendors and your community want to hear about what is inspiring and assisting you in living life on your terms, because you are often their greatest resource.

Many vendors will also feature work and volunteer opportunities for seniors. The value of your time, knowledge, and wisdom is a priceless gift and would hold a high value to many organizations within Leelanau County.

May this year's expo be an opportunity to meet up with friends and family, learn something new, share some of your insights and wisdom, and spark some joy and inspiration within our community. I can't wait to see the gift exchange at Leelanau County Senior Services' Senior Expo on June 20th, from 10:00 a.m. to 2:00 p.m. at the Suttons Bay High School.

Warmly,

April

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 a foot care clinics:

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

Beginning May 25, 2023 a new foot care clinic is available

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.

Medicare/Medicaid Assistance Program (MMAP)

We are very lucky to have Bruce Barnes, a MMAP counselor from the Area Agency on Aging, sharing his expertise while providing assistance to seniors regarding Medicare and Medicaid. He holds office hours here 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 to talk with Bruce.

There is no charge for this invaluable service.



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

Veterans Crisis Line

Dial 988, press 1

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

(850) 294-3230

veteransincrisis.org

A community-Based Effort to
Help Veterans in Northern
Michigan



Newsletter Update



If you would like to have our newsletter e-mailed
to you instead of mailed, just drop us an e-mail at
seniorinfo@leelanau.gov or give us a call and
let us know. (231) 256-8121

2023 COLLECTIONS

Household Hazardous Waste, Electronics, & Document Shredding:

Saturday, May 20, 8am-1:30pm at Government Center

Saturday, June 24, 8am-1:30pm at Glen Lake School

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

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

Scrap Tire & Mattress Recycling Collections:

Friday, May 19, 5pm-7pm at Government Center

Friday, June 23, 5pm-7pm at Glen Lake School

Call Planning Dept. at **(231)256-9812** to schedule an
appointment. Prepayment required for tires and mattresses.

Vaccine Information

As of January 1st, residents with Medicare drug coverage will
pay nothing out-of-pocket for adult vaccines recommended
by the Advisory Committee on Immunization Practices (ACIP),
including the shingles and Tetanus-Diphtheria-Whooping
Cough vaccines.

Vaccines Are the Best Way to Protect Yourself and Your Loved Ones from Preventable Disease.

If you do not currently have health insurance, we have
a program to help cover the cost.

For information or to schedule appointment
please call: 231-256-0200



The Effects of Medical Marijuana

Older Adults and Marijuana

The use of cannabis by older adults has increased sharply over the past two decades in the United States with the legalization for medical and recreational purposes in many states. Studies show that older adults commonly use medical cannabis for the same conditions younger patients do: pain, insomnia, neuropathy, and anxiety.

What are the risks for older people using medical cannabis?

Cardiac health and cannabis use

Cannabis is known to increase heart rate and can increase blood pressure, though there doesn't seem to be much, if any, quality evidence directly linking cannabis use with coronary events, according to a recent review by the Journal of the American College of Cardiology. But a concerning possible scenario is an older patient, with underlying coronary disease, taking a very high dosage of cannabis (perhaps by mistake via edibles) and then having an anxiety attack, which could trigger a coronary syndrome or an arrhythmia.

Medication interactions

Older people tend to have comorbid health conditions and may be taking multiple medications; the potential for drug interactions with cannabis is an important concern.

People should be particularly cautious using cannabis with anti-seizure medications and with blood thinners, as these medications tend to have serious side effects and not as much room for error, and it is important that you always communicate with your medical providers about your cannabis use. Disclosing marijuana use is particularly important if you plan to have surgery, as the drugs used for anesthesia and post-surgical pain management may need to be adjusted.

Changes in thinking, both pro and con

The psychoactivity, or the high that cannabis causes, is another potential concern for older adults, especially those at risk for confusion and dementia. These days, with the ability to buy cannabis in medical dispensaries, there is more control over the types or strains of cannabis that one can buy and consume, and it is easier to avoid the high by controlling the dose and by keeping the THC content low. Using strains that are low in THC (the chemical that causes the high) and higher in CBD, which is non-intoxicating, may avoid the psychoactive experience of marijuana. Still, if an older person has experienced delirium, or any psychiatric conditions, they and their doctors should proceed with caution. Interestingly, there is some research that cognitive functioning can actually improve when patients use medical cannabis, due to, among other things, improved sleep and pain control. It seems plausible that older patients might be using lower doses of pain and sleep medications, which can affect thinking, and they are combatting the negative effects of chronic pain and insomnia, which also have an effect on cognitive functioning. However, as with most things cannabis-related, this too needs further study to confirm and clarify.

What's the bottom line?

Cannabis use among the elderly is growing. Medical cannabis is increasingly viewed as an effective option for managing insomnia and chronic pain. It's key to have an informed discussion with your doctor to weigh the safety risks, especially if you have cardiac issues, are taking multiple medications, or have cognitive changes due to aging.

Sources:

<https://health.ucsd.edu/news/press-releases/2023-01-09-cannabis-related-emergency-department-visits-among-older-adults-on-the-rise/>
<https://www.ncbi.nlm.nih.gov/books/NBK549545/>

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



A Memorial Day service for honoring our fallen veterans.

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

**Monday, May 29, 2022,
at 9:00 a.m.**

37th Annual

Parkinson's Summer Forum

"In the Mood"

Thursday, May 25, 2023

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

NMC Hagerty Center

715 E. Front Street, Traverse City, MI

Cost: \$30.00 includes program and lunch

For more information contact:
Hettie Molvang (231) 947-7389



June is Alzheimer's Awareness Month

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research. Their mission is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health.

June is Alzheimer's and Brain Awareness Month. The Alzheimer's Association is associated with the color purple and encourages people to "Go Purple with a Purpose" during the month of June. Wearing purple during the month of June is a simple act that can bring awareness to this brain disease.

The Alzheimer's Association is promoting this year's summer solstice on June 20, the longest day of the year with the saying, "The day with the most light is the day we fight." Every year, people from across the world will fight the darkness of Alzheimer's through educational awareness and fundraising activities to advance the care, support and research efforts of the Alzheimer's Association with a mission to reduce the risk of dementia through the promotion of health.

If you are interested in learning more about the Alzheimer's Association, the programs they offer or ways to support their efforts you can visit www.alz.org/gmc or call 1-800-272-3900.

- 6.7 Million Americans are living with Alzheimer's disease.
- 1 in 3 seniors dies with Alzheimer's or another dementia
- It kills more people than breast cancer and prostate cancer combined
- By 2050, this number is projected to rise to nearly 13 million.
- In 2023 Alzheimer's and other dementias will cost the nation \$345 billion
- By 2050 these costs could rise to nearly \$1 trillion

Over 11 million Americans provide unpaid care for people with Alzheimer's or other dementias.

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

<u>Town</u>	<u>Location</u>	<u>Dates</u>
Suttons Bay	North Park, intersection of M-22 & M-204 601 Front St	Saturdays, May 13 - Oct. 22
Empire	Next to the Post Office 10234 W Front St	Saturdays, June 10 - Sept. 2
Glen Arbor	Behind the Township Office 6394 W Western Ave	Tuesdays, June 6 - Sept. 12
Leland	Leland School parking lot 200 N Grand Ave	Thursdays, June 8 - Sept. 7
Northport	Marina 105 Bay St	Fridays, June 9 - Sept. 15

LEELANAU COUNTY SENIOR SERVICES

SENIOR EXPO 2023

Tuesday, June 20, 2023

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.

- Veterans Affairs
- Blood Pressure Checks
- “A Taste Of Leelanau” – local restaurants will be providing their fare.
- Interactive demonstrations and presentations:
Cooking demonstrations at 11:30 a.m. & 12:30 p.m.
- Leelanau County departments - Look for representatives throughout the expo.
- Door prizes will be raffled off at various times.
- Learn about volunteer and employment opportunities available in Leelanau County.



Fabulous, Fun and Free!

Eyeglasses to Donate

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

The Suttons Bay-Leelanau County Rotary Club will have a table at the Senior Expo to collect your glasses - - prescription eyeglasses, prescription sunglasses and even readers.

All donated glasses are prepared for a new owner! The prescription is measured and the glasses are refurbished, cleaned, and inventoried.

The spectacles accompany a medical relief team to Esperanza, Honduras under the leadership of Traverse City optometrist, Dr. Bob Foote. Dr. Foote coordinates the effort in conjunction with the Volunteer Optometric Services (VOSH) organization.

Rotary began collecting eyeglasses for the VOSH team in the early 1980s. Since then the club has collected nearly 45,000 pairs of used eyeglasses for reuse.

Keep an eye out for Rotary's blue rectangular collection boxes at various locations around the county.

And, if you forget to bring your glasses to the Expo, you can take them to the newest drop-off location - - the Senior Services office!

Food Corner: Chicken Veggie Packets

May and June call for yard work, vegetable/flower garden planting, airing out the house with no time or energy to make a fun dinner. I love making foil packet dinners in the summer. Just put everything in the packet, set the oven timer and when it's time to come in, dinner is ready. Enjoy ~ Armanda

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.

4 boneless skinless chicken breast halves
(approximately 4 ounces each)
1/2 pound sliced fresh mushrooms
1 1/2 cups fresh baby carrots
1 cup pearl onions (I used sliced onions)
1/2 cup julienned sweet red pepper
1/4 tsp pepper
3 tsp minced fresh thyme
1/2 tsp salt, (optional)
Lemon wedges, (optional)

1. Preheat oven to 375°. Flatten chicken breasts to 1/2 inch thickness (I slice my chicken to the thickness); place each on a piece of heavy-duty foil (about 12 inch square). Layer the mushrooms, carrots, onions and red pepper over chicken; sprinkle with pepper, thyme and, if desired, salt.
2. Fold foil around chicken and vegetables and seal tightly. Place on a baking sheet. Bake until chicken juices run clear, about 20 minutes. If desired, serve with lemon wedges.

Nutrition Facts:

1 serving: 175 calories, 3g fat (1g saturated fat), 63 mg cholesterol, 100mg sodium, 11g carbohydrate (6g sugars, 2g fiber), 25 g protein.

Diabetic Exchanges: 3 lean meat, 2 vegetable

<https://www.tasteofhome.com/recipes/chicken-veggie-packets/>

*LCN: Leelanau Christians Neighbors
Food Pantry

May 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 LCN 2-6	2	3	4	5 Elmwood foot care clinic	6
7	8 LCN 2-6	9 VA* Empire Food Pantry 4:30-5:30	10	11 MMAP Specialist	12	13
14 Happy Mother's Day	15 LCN 2-6	16 VA* Empire Food Pantry Grief Support 10:30	17	18	19	20 Armed Forces Day
21	22 LCN 2-6	23 Empire Food Pantry 4:30-5:30 Commodities	24 Alzheimer's Zoom Meeting	25 MMAP Parkinson's Forum Northport foot care clinic	26	27
28	29 Memorial Day Office Closed	30 VA* Euchre 1:00 Empire Food Pantry	31			

Food Commodity or Surplus every 3rd
Tuesday of every month

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

June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Estate Planning	2 Elmwood foot care clinic	3
4	5 LCN 2-6	6 VA* Empire Food Pantry 4:30-5:30	7	8 MMAP Specialist	9	10
11	12 LCN 2-6	13 VA* Empire Food Pantry 4:30-5:30	14 Flag Day 	15	16	17
18 Happy Father's Day	19 LCN 2-6	20 Senior Expo 10:00 - 2:00	21	22 MMAP Specialist	23	24
25	26 LCN 2-6	27 VA* Euchre 1:00 Empire Food Pantry	28 Alzheimer's Zoom Meeting	29	30	

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.

Euchre Update

Euchre is back!!
Tuesday, May 30, 2023
Tuesday, June 27, 2023
Government Center - Lower Level

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 or you can check out their web site at
mblawtc.com

Grief Support with ProMedica Hospice

May 16, 2023

10:30 a.m. - 11:30 a.m.

Leelanau County Government Center
Main floor - Law Library

Call LCSS for more information
(231) 256-8121

Alzheimer's Caregiver Support Group

Presented by Alzheimer's Association of Michigan and Leelanau County Senior Services

Please join us by phone or Zoom

May 24, 2023

June 28, 2023

2:00 p.m.-3:00 p.m.

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

Kinship Caregiver Grant

Do you or someone you know qualify?

*Are you 55 or older and caring for a relative under the age of 18?

*Do you live in one of our covered counties?

*Do you have financial needs requiring assistance?



For more information or to see if you qualify please

Call 231-774-6330 or

Visit cfsnwmi.org/kinship-caregiver



Exercise Your Brain

Brain exercises can be as simple as actively engaging the brain in everyday tasks.

Others are targeted workouts for the brain, specifically designed to enhance memory, cognition, or creativity.

Exercising the brain may help improve brain function and boost connectivity between the different areas. This may help protect the brain from age-related degeneration.

22 brain exercises that may improve memory, cognition, and creativity.

Meditation Visualizing more Playing games Card Games Crosswords Puzzles
Sudoku Chess/Checkers Video games Socializing Learning new skills
Increasing vocabulary Learning a language Listening to music
Musical instruments Engaging hobbies Regular exercise Dancing Sports
Tai chi Sleeping

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8527 E. Government Center Drive, Suite 106
Suttons Bay, MI 49682

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THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community



Leelanau County Senior Services

www.leelanau.gov/seniorservices.asp