

## 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)

September / October 2023

# THE LEELANAU CONNECTION

*Striving to celebrate and support seniors within our community*

## Meet Our New Director

Dear Leelanau County Seniors and Families,

My name is Lena Vander Meulen and I am the new Director of Leelanau County Senior Services. It is a great honor to be selected to serve in this role and I am excited to grow with LCSS.

I have called Leelanau County home for 10 years, after moving to Suttons Bay in 2013. Before then, I frequently visited the area, as many members of my husband's family reside in Northport. Since then, our family has grown and now includes our son Joseph (7), our daughter May (5), and Labradoodle Oakley (9). My husband also works in Leelanau County at Glen Lake Community Schools and this is where our kids attend as well.

My family loves sports and being outdoors. Our son is active in multiple Leelanau County athletic leagues, and our daughter is just getting started in some. Personally, I love being at the beach and on the water. Some of my favorite places are Pyramid Point and the Lake Michigan shore line. Additionally, I enjoy relaxing at our home and growing and canning vegetables from our garden. However, what I love the most is spending time with my family.

Professionally, my path to this position started post-graduation from Central Michigan University, where I obtained a degree in Therapeutic Recreation. After this, my husband and I moved to Traverse City in 2008, where I worked as a Program Director for a company that ran multiple Adult Foster Cares and In Home Help programs. Beginning in 2013, I changed positions and began working at Medilodge of Leelanau, formerly Tendercare, in Suttons Bay as the Activity Director. Throughout my 10 years at Medilodge, I also served as Admissions Director, and most recently Administrative Assistant and Resident Advocate. This helped me to learn so much about providing care to our seniors. This includes serving with honesty and integrity so that I can be an advocate and voice to those who need one. I believe in focusing on abilities versus disabilities, and that everyone deserves the best care, love and compassion available.

If you find the time, please stop in and introduce yourself. I would love the opportunity to get to know each and every one of you. We have a great team at Leelanau County Senior Services and I am looking forward to this next adventure!

*Lena*



## 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:

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

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

\*\* Funded by USDA

## 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're hoping to deliver bags the second week in December, please have your donated gifts to LCSS by the end of November.***

***Thank you!!***

## 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

## Committee for Living and Aging Well in Leelanau County

Is working with Marshall & Bruce Law Firm to present the following workshops:

**September 12, 2023:** Planning for incapacity  
Powers of Attorney vs Guardian/conservatorship

**September 19, 2023:** Wills vs Trusts  
Differences Between Probate and Probate Avoidance Planning

**October 10, 2023:** Post-Death Administration  
Duties and Responsibilities of Personal Avoidance Planning

**Lower Level Government Center Meeting Room  
12:00 p.m. - 2:00 p.m.**

Call Dawn at ShareCare of Leelanau to register  
(231) 256-0221 ext. 302

Email: dawn@sharecareleelanau.org

# Leelanau County Seniors Services presents **MEDICARE EDUCATION CLASS**

Join Bruce Barnes, MMAP Counselor

## **TURNING 65? ...WE CAN HELP ANSWER ALL YOUR QUESTIONS.**

- Medicare A & B
- How & When To Enroll
- Medicare Supplement Plans
- Medicare Advantage Plans
- Prescription Drug Plans

**September 27, 2023  
1:00 PM**

Lower Level Government Center  
8527 E Government Center Dr.  
Suttons Bay, MI 49682

Please Call LCSS at (231) 256-8121  
to Sign Up



## **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

## **“Play to Win” with Kim Bauml**

When it comes to Senior Living Options, we want you to “Play to Win”.

Join us for a fun and informative discussion about Senior Living.

Kim Bauml, from Options for Senior Living, will answer questions regarding the cost, availability and planning for independent and assisted living.

**Thursday, October 19, 2023**

**1:00 p.m. - 3:00 p.m.**

**Lower Level**

**Government Center**

Call LCSS to sign up  
(231) 256-8121



## **Grandparents Day**

Grandparents Day is celebrated on the first Sunday following Labor Day. Congress passed legislation on August 3, 1978, Jimmy Carter signed the proclamation and the day was officially celebrated the following year in 1979. This day of celebration was intended to be a day where grandparents are honored for their love, wisdom, and the kindness they bestow upon their grandchildren.

We at LCSS do not personally recall honoring our grandparents or being honored on this day. We have personally honored them and included them in our celebrations on mother's and father's days.

If you are a grandparent of a child or animal, are you celebrated on Grandparent's Day? If not, what are some ways that your family honors you throughout the year?

**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

**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.

Mail a check, Call and pay by credit card, 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.

**Halloween Celebration**

**October 31, 2023**

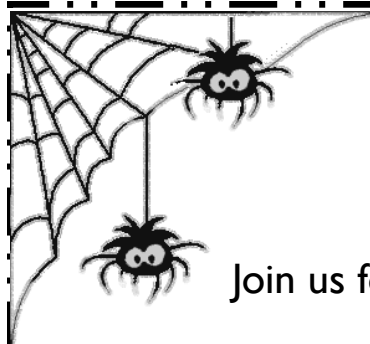
**3:00 p.m. - 5:00 p.m.**

Join us for the Leelanau County Government Center's  
fun filled Halloween afternoon.

There will be activities and treats for children of all ages.

Come dressed in your favorite  
Halloween costume  
and join in the fun.

We are always looking for volunteers  
to make this event a success.



For more information contact the Planning Dept. 256-9812

## **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.**



## **Learn More about Medicare Changes Coming in 2024**

### ***What changes can adults expect for Medicare in 2024?***

Participants are only given a 54 day window to make health decisions that affect them for the entire next year.

**Starting on Oct 15 and ending on Dec 7** for those over 65, Medicare's annual enrollment period gives participants a chance to review and make changes to their current plan.

**Bruce Barnes, Medicare/Medicaid Specialist Volunteer through Area Agency on Aging of Northwest Michigan will be conducting an educational seminar.**

**Tuesday, October 24, 2023 at 1:30 p.m.  
Leelanau County Government Center,  
Lower Level**

**This is an educational forum and no specific plans will be discussed.**

**Call Leelanau County Senior Services at 256-8121  
to register for this informative presentation.**

# September 2023

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

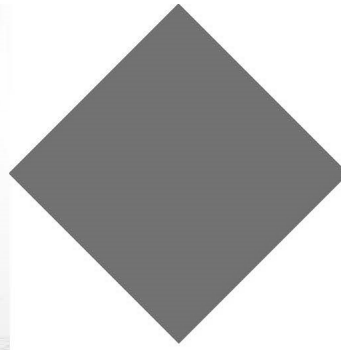
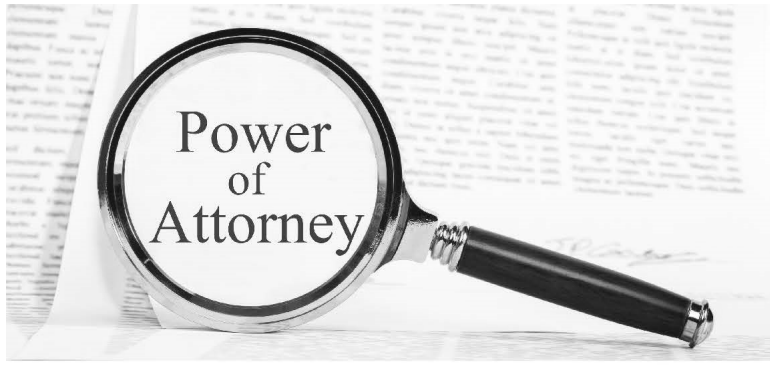
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Elmwood Foot Care Clinic	<b>2</b>
<b>3</b>	<b>4</b> <i>Labor Day</i> <b>Office Closed</b>	<b>5</b> Empire Food Pantry	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b> <i>Grandparents Day</i>	<b>11</b> LCN Food Pantry	<b>12</b> Empire Food Pantry Aging Well pg 2	<b>13</b>	<b>14</b> MMAP Specialist	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b> LCN Food Pantry	<b>19</b> Empire Food Pantry Grief Support Aging Well pg 2	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b> LCN Food Pantry	<b>26</b> Empire Food Pantry	<b>27</b> BiteSize Medicare Education pg 3 Caregiver pg 11 Support Group	<b>28</b> Northport Foot Care Clinic	<b>29</b> MMAP Specialist	<b>30</b>

Food Commodity or Surplus every 3rd Tuesday of every month

# October 2023

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Estate Planning	<b>6</b> Elmwood Foot Care Clinic	<b>7</b>
<b>8</b>	<b>9</b> LCN Food Pantry	<b>10</b> Empire Food Pantry Aging Well pg 2	<b>11</b>	<b>12</b> MMAP Specialist	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> LCN Food Pantry	<b>17</b> Empire Food Pantry Grief Support	<b>18</b>	<b>19</b> BiteSize Play to Win with Kim Bauml pg 4	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> LCN Food Pantry	<b>24</b> Empire Food Pantry BiteSize pg 6 Medicare Changes	<b>25</b> Lunch Bunch pg 9 Caregiver pg 11 Support Group	<b>26</b> MMAP Specialist Northport Foot Care Clinic	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b> LCN Food Pantry	<b>31</b> Empire Food Pantry Halloween Party pg 5				



## Caregivers: Talking with a loved one about Power of Attorney (POA)

Power of Attorney (POA) is a legal document in which your loved one names who can help make decisions for them if they cannot. There are two power of attorney documents, one for healthcare decisions and one for financial decisions. Note, the document can be canceled or changed at any time.

Power of attorney documents are used if your loved one can't make or communicate a decision for themselves. For example, if they are unconscious or have a condition affecting their decision-making skills or ability to communicate.

If you are not sure how to talk about POA here are some tips that may help.

### 1. Start the Conversation

Ask for help with the conversation. Include someone who your loved one respects but isn't the main caregiver. Sometimes the closest caregiver gets the most push back on this conversation. You can also ask your doctor or a trusted professional to start the conversation.

- Try not to force a decision.
- Remind them it is completely their choice.

### 2. Provide Information

Explain that a power of attorney document:

- Gives them control while they can still make decisions.
- Prevents decisions from being made by someone they don't trust.
- May help prevent family fighting in the future.
- Makes it easier to care for them.

### 3. Support Them to Make Decisions

- Start by asking what you can do to help with the decision. It may help to explain the documents in a different way.
- Ask if there's anyone else, they'd like to talk to about power of attorney, or what questions they have.
- Don't expect all decisions to be made during your first conversation. Give them extra time to make decisions.
- Deciding not to make a decision is still a decision.

Often, caregivers feel like they need to do everything right. That's a lot of pressure! Instead, remember your role is in supporting your loved one to live their vision of the best life possible. It's not about what other people think is right, or even what you think is right. It's about the person you care for.



Area Agency on Aging of Northwest Michigan partners with Tualta to offer you free access to health and caregiver information. Visit <https://aanm.tualta.com/> to register for free. © Tualta Inc. 2022



# The Lunch Bunch

We strive to meet as a group for lunch at various restaurants in Leelanau County. It's a chance to meet up with old friends and make new ones.



**VI Grill, downtown Suttons Bay.  
Wednesday, October 25, 2023  
12:30 pm**



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

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

## **Food Corner**

September is a great month. The gardens are in full harvest mode and the canning doesn't seem to end. I've received my latest cookbook from Taste of Home and love this recipe. I hope you like it as much as Matt and I do. Enjoy ~Armanda

### **Salmon with Vegetable Salsa**

#### Salsa

- 1 1/2 cups grape tomatoes, halved
- 1 1/2 cups chopped peeled cucumber
- 1 medium ripe avocado, peeled and cubed
- 1 small red onion, chopped
- 2 Tbs fresh cilantro, minced
- 1 jalapeno pepper, seeded and minced
- 2 Tbs lime juice
- 1/2 tsp salt

#### Fish

- 4 salmon fillets (about 6oz. Each)
- 1 Tbs lime juice
- 1/2 tsp salt
- 1/4 tsp cayenne pepper
- 1 Tbs butter

- 1) For the salsa, combine the tomatoes, cucumber, avocado, onion, cilantro, jalapeno, lime juice and salt: set aside
- 2) Drizzle salmon with lime juice. Sprinkle with salt and cayenne pepper. In a large skillet, cook the fillets in butter until fish flakes easily with a fork, 3 - 4 minutes on each side. Serve with salsa.



Note: Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.

#### **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.

# Feedback Wanted

## 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](http://veteransincrisis.org)

A community-Based Effort to Help Veterans in Northern Michigan

LCSS would like to start some independently facilitated small group activities that could be hosted here at the Government Center.



Mahjong

Card Games

Knitting

Crocheting

Book Club

Craft Projects



Wii Bowling

Board Games



We would like to hear from you to get additional ideas as well as volunteers who would like to get a group of old friends or new friends together for a social activity.



Please call LCSS (231) 256 - 8121 with your feedback.

## **Protect Yourself Against Property Fraud**

Do you have Questions? Contact Leelanau County Register of Deeds (231) 256-9682

### **What is property fraud?**

Property fraud is a growing white-collar crime where thieves record documents against your property in an effort to establish ownership for financial gain.

### **How can I protect myself?**

Be vigilant and subscribe to our free Fraud Notify service.

### **How does Fraud Notify work?**

Fraud Notify sends you an automated email alert any time a document is recorded in our office using your name. You then decide if the recording is legitimate or fraudulent and take the necessary actions.

Sign up online at:  
[Leelanau.gov](http://Leelanau.gov) under Quick Links Property Fraud Sign-up[



Leelanau County Register of Deeds

Jennifer L. Grant  
8527 E Government Center Dr., Ste 105  
Suttons Bay, MI 49682

## 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.

## **Caregiver Support Group**

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

**Please join us by phone or Zoom  
on the 4<sup>th</sup> Wednesday of each month  
2:00 p.m.-3:00 p.m.**

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

Visit [alz.org/gmc](http://alz.org/gmc) to learn more about caregiver programs  
and resources.

To further extend your network of support, visit our  
online community,

## **Be Prepared for a Power Outage**

### **PROTECT YOURSELF DURING A POWER OUTAGE**

Keep freezers and  
refrigerators closed.



Disconnect appliances and  
electronics to avoid damage  
from electrical surges.

Only use generators  
outdoors and away  
from windows.



Use alternate plans for  
refrigerating medicines or power-  
dependent medical devices.

Do not use a gas stove  
to heat your home.



If safe, go to an alternate  
location for heat or cooling.



Check on neighbors.



LEELANAU COUNTY SENIOR SERVICES  
8527 E. Government Center Drive, Suite 106  
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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](http://www.leelanau.gov/seniorservices.asp)