

MAY / JUNE 2016

Leelanau County Senior Services

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

Phone: (231) 256-8121
Fax: (231) 256-8129

www.leelanau.cc/seniorservices.asp

seniorinfo@co.leelanau.mi.us

Hours: 9:00 a.m. - 5:00 p.m.

Monday - Friday

April Missias

Director

Nancy Begeman

Assistant Director

Cathy Hartesvelt

Finance Coordinator

Armanda Krantz

Program Assistant

Chet Janik

County Administrator
(231) 256-9711

County Commissioners

Vacant

District #1 (Elmwood Township &
a portion of the City of Traverse City)

Debra Rushton

District #2 (Bingham Township & a
portion of Elmwood Township)
(231) 941-8286

William Bunek

District #3 (Suttons Bay Township & a
portion of Bingham Township)
(231) 256-7124

Ty Wessell

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

Patricia Soutas-Little

District #5
(Leland & Centerville Townships)
(231) 218-8496

Carolyn (Peachy) Rentenbach

District #6
(Cleveland, Empire &
Glen Arbor Townships)
(231) 334-3728

Melinda Lautner

District #7
(Solon & Kasson Townships)
(231) 947-2509

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community

Dear Friends,

LCSS is excited to announce our upcoming Senior Expo commemorating 25 years. The Expo has provided 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.



It is a joy to see so many return attendees each year along with those attending for the first time representing all of Leelanau County. We aspire to provide an event to explore the latest and greatest service, product or opportunity. I have to admit though that my favorite resource exchange is the one that takes place between the attendees. The smiles, greetings, and embraces between neighbors, friends, and family is priceless.

The Expo's greatest resource is you. The vendors and your community want to hear about what is inspiring; assisting you in living life on your terms. As much as I want people to remain full of positivity about all the good things that are happening in their lives, I am also aware that sharing the challenges can guide someone else in a positive way.

So, join us for the 25th Senior Expo on Tuesday, June 21 from 10 a.m. to 2 p.m. at the Suttons Bay High School to learn about and share what successful senior living is like in Leelanau County.

Warmly, *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
- ◆ Vouchers (snow removal, dining, foot care)

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:

- ◆ Care Trak
- ◆ Emergency 911 Cell Phone
- ◆ Freedom Alert
Emergency Pendant
- ◆ File of Life
- ◆ Safety Medical Equipment
- ◆ Loan Closet

Social Activities:

- ◆ The Lunch Bunch
- ◆ Euchre
- ◆ Bitesize Learning
- ◆ Senior Expo
- ◆ Holiday Gatherings

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

** Funded by USDA

"America The Beautiful!"

Ideas for Life

Senior Expo 2016

Bay Area Senior Advocates (B.A.S.A.) is proud to announce their 15th annual **Ideas for Life Senior Expo**, held Wednesday,

May 18, 2016 from 10-3 at the Grand Traverse County Civic Center, in Traverse City, Michigan.

Since its inception, the Traverse City based group's mission was to educate and advocate for the needs of our aging community. Through collaboration and strong volunteerism, B.A.S.A. has developed **Ideas for Life Senior Expo** aimed at that very same goal of education, advocacy and collaboration.

With over 100 exhibitors, this one day event features many local and statewide services available to seniors in our area.

Through the collaboration of the many B.A.S.A. member organizations dedicated to serving individuals, we've developed several educational opportunities for our community.

Come, enjoy and learn at the 2016 Ideas for Life Senior Expo.

Ideas you need to know.

***** Stop by the LCSS booth and say Hi *****



CREATING CONFIDENT CAREGIVERS™

**Area Agency on Aging of Northwest Michigan
is offering the following free workshop in the
Traverse City area.**

Creating Confident Caregivers is a free, six-week evidence-based program that provides caregivers with information and skills for effective caregiving of their family member who still resides in the community and is living with a formal diagnosis of Alzheimer's, dementia or memory loss. Respite care is available upon request.

For more information contact:

Area Agency on Aging of Northwest Michigan
1609 Park Drive, Traverse City, MI 49686

(231) 947-8920 or (800) 442-1713

Medicare News

By: Jim Verville, Region 10 Coordinator
Michigan Medicare/Medicaid Assistance Program
Area Agency on Aging, Traverse City, Michigan

Extra Help for Medicare Beneficiaries

The new 2016 income and asset eligibility details are now available for the Extra Help program. This benefit is sponsored by the Social Security Administration and is available to Medicare beneficiaries.

The program helps to pay for all or part of prescription insurance premiums and will also lower copayments for medications. Extra Help has five different levels of assistance based on monthly income and assets. The highest level of assistance is available to those who are eligible for both Medicare and full Medicaid health benefits. These beneficiaries are referred to as being dual eligible and receive the lowest drug copays and usually a free monthly premium for their prescription insurance plan.

In order to qualify for the least amount of Extra Help, single beneficiaries must have no more than \$1,506 of gross monthly income and \$2,023 if married. The asset limits are \$13,640 for single individuals and \$26,580 for married couples.

There are two forms of income. Unearned income include Social Security benefits, pensions, royalty payments, etc. Earned income is the paycheck that one receives if still working. There is a deduction for earned income amounting to a little more than half of this category. Once the countable earned income is determined, then it is added to the full gross unearned income to determine eligibility.

Some of the more common assets include retirement and savings accounts, and real property other than the principle residence.

There are four other important cost-saving benefits for Medicare beneficiaries who are eligible for Extra Help as follows:

- “The donut hole” does not apply.
- Depending on the level of Extra Help, the annual prescription drug deductible may not apply.
- Participants are not subject to the open enrollment period and can change their Medicare health and drug plans anytime.
- If a beneficiary has been subject to a late enrollment penalty, that will no longer apply.

Medicare beneficiaries can get in touch with a representative of the Medicare/Medicaid Assistance Program by calling 800-803-7174. Local MMAP personnel are available to screen applicants for extra help and assist with the application process. This service is often completed over the phone.

Scam Alert

By: Allison Hubley



Now that spring has sprung, the fraud perpetrators who like to “sell their product or service” door-to-door are out and about! In last year’s April/May Scam Alert column, we discussed gypsy contractors; in this edition, we repeat some of the previous information because these scams are prevalent, and offer information regarding a couple of additional scams. As a reminder, “gypsy contractors” travel around a certain area or throughout the entire country preying on unsuspecting victims; they often have an unconventional and nomadic way of life and move around quite frequently.

Last year, we featured an article, “Outwitting Gypsy Home Repair and Home Improvement Hustlers”, which was written by Brian Scott. As Mr. Scott taught us, some of these scams involve the fraudster telling you that they have a “miracle roof coating where one coat seals up old shingles”, **but there is no such coating**. You are usually offered a significant cost savings if you sign up immediately or give a certain percentage as a deposit; be wary of this as the gypsy contractor will often take your deposit and never return.

With regard to the asphalt driveway repair scam, Mr. Scott explains that these scam artists will offer to re-do your driveway because they “just finished a job and have some sealant or asphalt left over”. You again may be offered a significant discount or they will offer to do the job for one-half the normal cost. Mr. Scott warns, “They will usually lay the cheapest junk (even crankcase oil) in about an hour and collect their money”. The product does not hold and will often wash away into the street. Mr. Scott reminds us that a reputable blacktop contractor will “vacuum the old surface first to remove loose stones, dirt and debris”. They then apply new blacktop and this entire process will normally take one full day to complete. According to the Better Business Bureau, the roofing contractor scam artists are also referred to as “Storm Chasers” because they come out to target their victims after severe weather has damaged many roofs and they offer to “repair” them.

Two additional springtime scams involve magazine sales and alarm systems. With the magazine subscription scam, the “salesperson” will go door-to-door offering terrific discounts on magazine subscriptions. They require a check or your credit card information as payment, but the victim never receives anything in return. According to the Better Business Bureau, the fraud perpetrator selling alarm systems will tell you that your system needs to be “upgraded”. With this fraud, you may potentially be locked into a multi-year contract that can end with a costly penalty if you try to break it”.

What can you do? With regard to any of the aforementioned scams, below are a few things to consider:

Ask to see the door-to-door solicitors permit if it is required in your area.

If the cost of a subscription is \$25 or more, the Better Business Bureau informs us that you have a 3-day right to cancel and you **MUST** be informed of this right. If you are not, you can assume it is a scam.

Do not allow the contractor into your home. These scam artists often work in teams so while one contractor may be in a room in the back of your home or outside in your backyard, the other team member could be robbing you inside the home. Always verify the contractor’s license.

Do not sign any type of contract “on the spot”; think it over and consider if the job truly needs to be done. If so, consider getting one or two more estimates from other reliable contractors in the area.

Ask for references and follow-up by contacting the references to see what experience they had with the contractor. Be sure to inquire how the reference knows the contractor and try to determine if this is a legitimate reference; some contractors will give out false references where you are actually calling their friends or family members who are also part of the fraud scheme.

Contact the Better Business Bureau or other agency that can confirm whether or not complaints have been filed against this contractor or the company.

In late June, I will return to the breathtaking Leelanau County area! Please stay tuned for any workshops that may be offered this summer regarding certain types of fraud. As always, please contact the Senior Services staff if you would like additional information on a particular fraud scam.

*** Allison serves as a Basic Member of the Maricopa County, Arizona Sheriff’s Office Posse Reserve in a volunteer capacity.**

References:

<http://www.bbb.org/atlanta/news-events/bbb-scam-alerts/2015/03/bbb-warns-how-to-protect-yourself-from-springtime-scams/>

<http://www.thefreedictionary.com/Gypsy>

<http://www.tnonline.com/2013/jun/01/avoid-becoming-victim-gypsy-contractor>

Scott, B.H. (2012) All about Stuff. Retrieved from:

http://allaboutstuff.com/General/Outwitting_Gypsy_Home_Repair_And_Home_Improvement_Hustlers.asp/

**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 Department
Station 1: Glen Arbor
334-3279
Station 2: Empire
326-5250
Grand Traverse Band Fire
534-7666
Leelanau Township Fire
386-5343
Leland Fire and Rescue
256-7760
Suttons Bay-Bingham
Fire/Rescue
271-6978

**Munson
Bereavement
Support Group**

meets the second and
fourth Monday of each
month in the
Leelanau County
Government Center
at 11:00 a.m.

All are welcome to
attend, there is no
need to register.



Getting ready for
the newsletter mail
out. This mailing
will be a bit over
5,534 newsletters
filled with great
information for you.



Come join the euchre fun - the last Tuesday
of every month at 1:00 p.m. in the lower level
of the Government Center.



Judy Martin and
Sandra Brown enjoying
the "Lunch Bunch"
gathering celebrating
St. Patrick's Day at
Dick's Pour House in
Lake Leelanau

Mewfus the Cat

Submitted by: Tillie Garvin

Mewfus, a cat, dies and goes to Heaven. God meets him at the gate and says, "Mewfus, you were a good cat while you were on Earth. Here in heaven anything you desire is yours. All you have to do is ask." Mewfus says, "Well, all my life I've slept on hard floors. I'd really like something soft to sleep on." God says, "Say no more." And *POOF!* a fluffy pillow appears. A few days later, six mice are killed in a tragic accident and they also go to heaven. God meets them at the gate and asks what would make them happy. The mice say, "All our lives we've had to run. We've been chased by cats, dogs and women with brooms. If we could only have roller skates, we wouldn't have to run any more." God says, "Say no more," and instantly, each mouse is fitted with a pair of tiny roller skates. About a week later, God decides to check and see how Mewfus is doing. The cat is sound asleep on his new pillow, purring happily. God gently wakes him and asks, "Mewfus, how are you? Are you happy here?" Mewfus yawns, stretches, and purrs, "Oh, thank you God. I've never been happier, those Meals on Wheels you've been sending over are the best."

Emergency Response Systems

What works best for you?



There are many types of emergency pendants on the market. Leelanau County Senior Services and ShareCare of Leelanau are collaborating with Munson Home Health to introduce the different types of systems that are available and demonstrate how they work. Leelanau County emergency personnel will be on hand to answer questions.

Suttons Bay – Thursday, June 23 – 2:00 p.m.
Suttons Bay Congregational Church - 218 W. Madison, Suttons Bay

- OR -

Empire/Glen Arbor – Monday, June 27 – 2:00 p.m.
Empire Township Hall - 10088 Front St., Empire



There is no charge for these programs.

Reservations are appreciated.

***Please call Senior Services at 256-8121 or ShareCare at 256-0221
for more information or to reserve your seat.***

ShareCare can provide transportation to either location if needed.



LEELANAU COUNTY SENIOR SERVICES

Striving to celebrate and support seniors within our community



ShareCare™ of Leelanau, Inc.

Promoting Independent Living for Seniors in Leelanau County



MUNSON HOME HEALTH

MUNSON HEALTHCARE

Senior Expo 25
Leelanau County Senior Services
Tuesday, June 21, 2016
10:00 a.m. - 2:00 p.m.
Suttons Bay High School—310 Elm Street
Fabulous! Fun! Free!

Americans sit for most of their waking hours - 13 hours a day on average....Yet chairs are lethal. An investigation which spanned several years found that those adults who sat for more than 4 hours a day while watching television had a 46% increase in deaths from any cause when compared to people who sat in front of the tube for less than 2 hours. Other researchers found that sitting for more than half the day, approximately doubles the risk of diabetes and cardiovascular problems.

Sitting for long periods is bad because the human body was not designed to be idle. Lack of movement slows metabolism, so less food converts to energy. The rest becomes fat and the list of ills associated with being overweight grows.

It is not just what you eat, but what you do before and after your meals. Studies conducted since 2001, compared people in rural communities to those in urban settings. One result showed people in agricultural communities sit for only 3 hours a day, while office workers sit 5 times longer. Also, experiments show that a part of the hypothalamus manages appetite and responds to muscular exertion with hunger and rest signals. The modern chair-based mode has overwhelmed this biologically driven balancing act.

The author, James Levine, reminds us..."We live amidst a sea of killer chairs...recliner, plastic, plane, dining and bar. That's the bad news. The good news is that you do not have to use them. Pat yourself on the back if you read this standing up - - and if you didn't, get up!



(excerpts from an article in Scientific American, November 2014 [Killer Chairs](#) by James Levine)

May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Cinco de Mayo Sugarfoots 12:30	6	7
8 Happy Mothers Day	9 Bereavement Group 11am	10	11	12	13	14
15	16	17 Commodities	18 BASA EXPO MMAP Counselor	19 <i>Parkinson's of Leelanau 2pm</i>	20	21
22	23 Bereavement Group 11am	24	25	26	27	28
29	30 Memorial Day Office Closed	31 Drop in Euchre				

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

June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13 Bereavement Group 11am	14	15 MMAP Counselor	16 <i>Parkinson's of Leelanau 2pm</i>	17	18
19 Happy Fathers Day	20	21 EXPO Commodities	22	23 Emergency Pendants - Suttons Bay	24	25
26	27 Emergency Pendants - Empire Bereavement	28 Drop in Euchre	29	30		

The Lunch Bunch

We strive to meet monthly 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.

Leelanau County resident seniors who are 60 or older may purchase a \$3.00 non-refundable, non-transferable Special Event Voucher valued at \$6.00 to be used towards the cost of the meal.



Thursday, May 5th - Cinco de Mayo - Lunch - 12:30 p.m.
Sugarfoot Saloon - 4997 S Good Harbor Trail @ E. Bodus

Special Event voucher is worth \$6.00 off the cost of your meal - beverage is extra
Karen and Pete Bardenhagen will no doubt have a fun menu planned!

Please remember to tip the wait staff on the full price of the meal.

Family members and non-resident friends are welcome to join us, please call us for a reservation.

Seating is limited and reservations are required either by mailing a check or paying in person at the Leelanau County Senior Services office.

Tuesday, June 21- "Taste of Leelanau" 10:00 a.m. - 2:00 p.m.

Suttons Bay High School - 310 Elm St, Suttons Bay

Join us for a "Taste of Leelanau" at Senior Expo 25.

Local restaurants will be providing a sample of their specialty.

NUTRITION/FOOD:

Spring has sprung in Leelanau County. If you're like me, you can't wait to plant your garden. The windowsill in my kitchen is filled with little seedlings of herbs (mostly basil). Below is my son's favorite pesto recipe he makes for us with gnocchi or instead of spaghetti sauce over pasta for a change. I hope you like making this recipe as much as we enjoy eating it.

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.

Basil Pesto Sauce

Recipe courtesy of [Food Network Kitchen](#)

- 2 cups loosely packed basil leaves, washed and dried thoroughly
- 2 tablespoons toasted pine nuts
- 2 tablespoons freshly grated Parmesan
- 1/4 teaspoon minced garlic
- 1/2 teaspoon kosher salt
- 1/4 cup plus 1 tablespoon extra-virgin olive oil

Freshly ground black pepper

In a [food processor](#), combine the basil, pine nuts, [Parmesan](#), garlic, and salt and puree.

While the motor is running, [drizzle](#) in the oil until incorporated. Season with pepper to taste. Use immediately or store in the refrigerator with a piece of [plastic wrap](#) placed right on the surface of the pesto to prevent discoloration, for up to 3 days, or freeze for up to 1 month.

Yield: about 2/3 cup

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From Food Network Kitchens

Make Healthy Choices



The Caregiver's Nurse

By: Paula E Gibeson, RN-BC

Sometimes, people genuinely think they are making wise decisions. However, due to a lack of information, they may actually be taking over the counter medications and supplements that are hurting themselves more than helping.

The most common example is Benadryl (diphenhydramine.) Benadryl can potentially treat a number of health issues. However, if you are over 55 years old, the side effects may outnumber the benefits. Dry mouth, bladder problems, constipation, disruptive sleep, dry eyes, memory loss, and agitation are only some of the side effects senior citizens experience when taking Benadryl.

Further, individuals with Parkinson's disease may see their primary symptoms worsen when taking Benadryl. Tremors and Parkinsonism can occur in individuals who don't have Parkinson's disease. If someone is diagnosed with Parkinson's while taking Benadryl, be sure their physician is aware of this. Then reassess their symptoms when no Benadryl is in their system. No one should need to be treated for taking a medication. It's best to simply avoid taking something that induces unwanted side effects.

You may need to realize that Benadryl may be an additive in other medications without realizing it. Tylenol PM and Advil PM have diphenhydramine added. For individuals in their 20's or 30's it may be helpful for sleep. But it is not advisable to take anything with the label "pm" unless you read the label and confirm that it does not have Benadryl in the medication.

Another major choice to be as healthy as possible is to know what your laboratory values are. Some people choose to have their doctors make the decisions for them. However, knowing your own levels can assist you to make informed decisions.

Specifically, knowing precisely what your cholesterol, blood sugar, B12, and thyroid levels are may help you to be more aware of how healthy you truly are. Elevated Cholesterol levels could indicate a higher likelihood of a potential stroke. Blood sugars out of control translate into a discussion of Diabetes, not to mention the complications that Diabetes can cause. Low B12 levels have been shown to correlate with memory problems. Thyroid levels that are either high or low can explain many health related challenges. Fatigue, weight changes, difficulty with sleep are only a few problems that thyroid abnormalities could explain.

If an older adult starts showing mental status changes, such as memory loss or difficulty processing information, don't assume that Alzheimer's is imminent. First, know what lab studies indicate. Many abnormal labs are treatable. With appropriate interventions, the individual's cognition may improve. This is important to discuss with your primary healthcare provider prior to testing for dementia.

Suggestion, ask your physician what you most recent levels are. Also, know when the next time you need to have these levels drawn. Choose to be an active partner in your health decision making. Be sure your primary healthcare provider knows all the medications and supplements you are taking. Being informed is one of the best choices you can offer yourself.

www.CAREGIVERSNURSE.com

PGibesonRN@gmail.com

1 (855) 205-6281

Community Events

DROP IN EUCHRE

Leelanau County
Senior Services

Tuesday, May 31, 2016
&
Tuesday, June 28, 2016

1:00 p.m. sharp!
\$2.00 (for prize money)
pay at the door

Community Meeting Room
Lower level of the
Government Center
In Suttons Bay

5 Lessons in life from Dr. Suess

1. **Today** you are **You**,
that is truer than
true. There is no
one alive who is
Youer than **You**.
2. **Why** fit in when **you**
were born to **stand
out**?
3. **You** have brains in
your head. **You** have
feet in your shoes.
You can **steer
yourself** any
**direction you
choose**.
4. **Be** who **you are** and
say **what you feel**,
because those who
mind don't matter
and those **who
matter** don't mind.
5. **Today** I shall behave,
as if this is the day
**I will be
remembered**.

Pot Luck

The Suttons Bay Friendship Community Center will continue to host a once-a-month potluck dinner.

Main dish will be provided, as well as, coffee. Please bring your own table-settings, beverages and a dish to pass.

These **free** events will take place every second Tuesday of the month between 6:00 p.m. and 8:00 p.m. at the center,
201 Broadway St., Suttons Bay.
(corner of Broadway and St. Mary's Ave)

Please bring your family and friends for a great evening of meeting, greeting, and eating.

For more information on their theme main dishes, call the Friendship Center.



**Friendship
Community Center**

271-4630

DINING SENIOR STYLE

Come have lunch with fellow neighbors and friends. These luncheon meal sites are sponsored by the Northwest Michigan Community Action Agency (NMCAA). For those 60 and over, the suggested donation is \$3.00.

For those under the age of 60, the cost is \$5.00.

Please call the site coordinator (*) at least 2 days in advance to reserve your spot. Please bring your own table service and coffee cup.

The meal site locations are listed below.

EMPIRE TOWNSHIP HALL

10088 Front St., Empire
MONDAYS and TUESDAYS 12:00 p.m.

*Pat Groomes - 326-5790

SUTTONS BAY FRIENDSHIP CENTER

201 Broadway, Suttons Bay
FRIDAY'S, 12:00 p.m.

Drop in Euchre—Wii Games at 10:00 a.m.

*David Reincke - 271-3314

ELMWOOD TOWNSHIP HALL

10090 E Lincoln Rd., Traverse City 12:00 p.m.
Fourth THURSDAY of every month

*Jean Skipski - 946-9316 or Joyce Maidens -
946-5887 Please call at least one week in advance

NORTHPORT TRINITY CHURCH

103 N Warren, Northport
THURSDAY'S, 12:00 p.m.

*Rene Milliken—386-7902

INTERNET OR E-MAIL

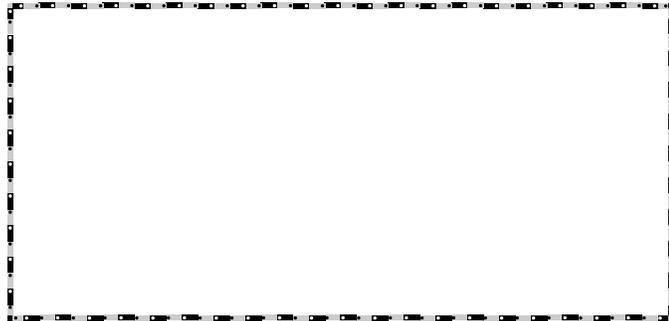
The newsletter can be downloaded from the county website at
[leelanau.cc/
seniorservices.asp](http://leelanau.cc/seniorservices.asp)

If you would like to receive the newsletter via e-mail, let us know.

seniorinfo@co.leelanau.mi.us

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

PRESORTED
STANDARD
U.S. POSTAGE PAID
LAKE LEELANAU, MI
PERMIT NO. 2



May / June 2016
BASA Expo
LCSS Expo
The Caregivers Nurse

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community



Leelanau County Senior Services

www.leelanau.cc/seniorservices.asp