

JULY / AUGUST 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](http://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,

Summer is here! The sun is dancing on the waters and beckoning for us to take a dip, even if it is only our toes that get to feel the refreshing cool waters. This time of year is what we dream of on those cold blustery days of winter. Our nation has declared Leelanau County as the most beautiful, and one of the safest and healthiest counties. Those who have been here awhile or always, know the inner beauty and secret places that make the county such a gem.

I invite you to be a tourist this summer. Take a day, a week or month and treat it as a "stay-cation". Do you have a favorite food or pastime? We, here at the LCSS office were recently talking about some of our favorites (wine, ice cream, French fries, beach, fishing hole, resale shop, etc.), and decided maybe we should create our own tour of Leelanau County. There are a number of tour buses out there to take tourists around and introduce them to the gem we call home, but a bus is not needed as we know the way. We are going to do some wine tasting to determine not only our favorite wine but favorite atmosphere. We will try as many different French fries and ice cream shops our stomachs can handle, and then find a great beach to rest up before we catch the "big one". Our days will also include a treasure hunt at resale shops along the way.

So, join us on our "stay cation". You can fly solo, grab a friend or family member and hit the road. Leelanau County's villages and townships have so much to offer. Go, explore, and confirm and remind yourself why you are blessed to live in a place of such beauty.

In our next issue, we will report back on our "stay cation" adventures and what are our favorites. I hope you will consider calling or writing to us with your adventure story and new favorites.

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



Parkinson's  
Network  
North

L  
E  
E  
L  
A  
N  
A  
U



This past May, we had a great turn out for the showing of the film, *Ride With Larry*.

On behalf of Parkinson's Network North and Leelanau County Senior Services we are grateful to the **Bay Theatre and Denise Sica** for their support and collaboration in bringing this film to the community.

*Ride with Larry* inspired and educated about what it means to live with Parkinson's and what it means to care for and support someone with Parkinson's disease.

Parkinson's Network North offers an opportunity for people to come together to learn about Parkinson's and support one another.

The group meets the third Thursday of each month at 2 p.m., in the Community Room of the Government Center.

For more information you can contact the Leelanau County Senior Services office at 256-8121.



## *Leelanau County Farmers Markets Locations and Schedule*

<u>Town</u>	<u>Location</u>	<u>Dates</u>
Suttons Bay 9 a.m. - 1p.m.	North Park, intersections of M-22 & M-204 601 Front St	Saturdays, May 7 - Oct. 29
Cedar 3 p.m. - 7 p.m.	Across from the ball park	Fridays, June 17 - Sept 9
Empire 9 a.m. - 1p.m.	Next to the Post Office 10234 W Front St	Saturdays, June 18 - Sept. 10
Lake Leelanau 9 a.m. - 1p.m.	Corner of M-204 & Lake Leelanau Drive	Sundays, June 12 - Sept. 4
Glen Arbor 9 a.m. - 1p.m.	Behind the Township Office 6394 W Western Ave	Tuesdays, June 14 - Sept. 6
Leland 9 a.m. - 1p.m.	Leland School parking lot 200 N Grand Ave	Thursdays, June 16 - Sept. 1
Northport 9 a.m. - 1p.m.	Marina 105 Bay St	Fridays, June 3 - Sept. 9

# Medicare News

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

## Medicare News - May 2016 Who Pays First?

Have you turned 65, and become eligible for Medicare, but still working? Do you wonder which health care insurance is primary; the employer's group coverage or Medicare? Many folks in this situation are unsure how this works.

Medicare can either be primary or secondary to employer insurance. This usually depends on the number of employees who work for the company. The primary insurance always pays first for health care claims. Secondary insurance is responsible after the primary insurance pays for some or all of the claim.

If you or your spouse turn 65 and are choosing to continue to work when becoming eligible for Medicare, the following will describe who pays first:

- If the company has 20 or more employees, then the employer's group health insurance will be the primary payer.

If the company has fewer than 20 employees, then Medicare will be the primary payer.

Most people who work after the age of 65 will delay enrolling in Medicare Part B because there is a monthly premium associated with this benefit. Postponing Part B also provides another major benefit which is a guaranteed issue right to obtain a Medicare supplemental insurance policy (Medigap coverage). This right can be important for those who have serious health issues because they cannot be denied Medigap coverage once they decide to retire and start the Medicare Part B insurance.

Usually Part A, the Medicare hospital insurance, is free, so most folks who are currently working will sign up for that benefit at age 65. The cost for Medicare Part B in 2016 is \$121.80 per month.

Part B coverage can be started at the time when the employer coverage ends. It is best to set the Part B effective date so that the insurance coincides with the end of the employer's health coverage. The enrollment can be completed online at [SSA.gov](http://SSA.gov) or you can call your local Social Security office and request an appointment.

Finally, it's important to remember that if you are not receiving Social Security retirement benefits, the agency will not send you a letter stating you are eligible for Medicare prior to your 65<sup>th</sup> birthday. If you want Medicare Part A and/or Part B you will need to initiate the enrollment process yourself.

Free help is available in all areas of Medicare and Medicaid benefits. Simply call the MMAP toll free phone number at 800-803-7174, and leave a message. A local counselor will return your call.

## Scam Alert

By: Allison Hubley



One thing that our beloved senior citizens have come to witness during their lifetime is the advent of social media. You may have heard your children and grandchildren talk about online communication channels such as Facebook, Instagram, Pinterest, Snapchat, Tumblr and Twitter, just to name a few; however, you may also be participating in these virtual communities. Unfortunately, what was originally intended as an online way for users to share information with each other and participate in “social networking” has not been untouched by fraud perpetrators.

According to [www.fbi.gov](http://www.fbi.gov), “Once information is posted to a social networking site, it is no longer private. The more information you post, the more vulnerable you may become. Even when using high security settings, friends or websites may inadvertently leak your information”. We might ask: Why is this a concern? The site continues on to say that, “The more information shared, the more likely someone could impersonate you and trick one of your friends into sharing personal information, downloading malware, or providing access to restricted sites”.

According to Dennis Astill, “It is becoming increasingly common for seniors to have an active online life”. Mr. Astill reminds everyone that the well-known “Grandparent Scam” is when “The scammer has discovered personal information on Facebook or some other social media website to get the senior to trust him or her. They may say they are a friend of the elder’s grandchild (using the grandchild’s name) and claim that the grandchild is in trouble and needs financial assistance”.

When posting to social media sites, be extremely careful with your choice of words. For example, a victim of a home invasion once posted, “The wife and I leave for a two-week cruise tomorrow—can’t wait!” While the couple is undoubtedly very excited for their upcoming vacation, they have just notified everyone that they will be away from their residence for two weeks. Fraud perpetrators are continuously trolling the Internet to locate such information.

Social media scams are alive and well at holiday time, too. On the FBI website, Mollie Halpern discusses how “Scammers are using social media and couponing sites to lure and cheat holiday shoppers” and adds that we should “beware of sales on hot items that come with an expiration date”. Supervisory Special Agent Herbert Stapleton states that, “Fraudsters capitalize on that sense of urgency to try to keep people from really thinking through whether or not this looks like a legitimate deal”. Ms. Halpern continues on to say that we should “be on the lookout for links”.

**What can you do?** With regard to social media scams, below are a few things to consider:

- When possible, conduct any research that you can to avoid becoming the victim of a cyber scam.
- Remember to change computer passwords every so often.
- Diligently monitor bank statements and credit/debit card activity.
- Be very selective about any information that you post to a social networking site; this includes any information such as your full name, date of birth, address and pictures. Before posting, stop to think about what might happen if this information is shared in cyber space.
- The FBI encourages advises to “not use any electronic device unless you know its origin is legitimate and safe. Scan all electronic media for viruses before use”.
- Mr. Astill reminds us to “never wire money or provide your account information without verifying the ‘story’ first”.
- The FBI asks you to remember that “If it sounds too good to be true, it is most likely a scam. Cybercriminals use popular events and news stories as bait for people to open infected email, visit infected websites, or donate money to bogus charities”.

Now that the weather in northern Michigan is becoming lovelier with each passing day, get outside and have some fun! However, please remember that this time of year brings out the fraud perpetrators, too. Always be aware of your surroundings and please contact the Senior Services staff to report any type of fraud scam that you are aware of; the Scam Alert column is a great place for us to provide additional information on any scam so that all of our family members and friends can be educated in the schemes where fraudsters target innocent victims.

### References:

Astill, D. How Con Artists Use Social Media to Scam the Elderly. Retrieved from:  
<https://www.linkedin.com/pulse/how-con-artists-use-social-media-scam-elderly-dennis-astill>  
<https://www.fbi.gov/about-us/investigate/counterintelligence/internet-social-networking-risks>

**\* Allison serves as a Basic Member of the Maricopa County, Arizona Sheriff’s Office**

**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.



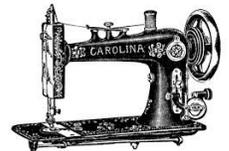
Congratulations to our  
Leelanau County Senior Services  
Wii Bowling Team.



Back Row: L-R Trevor Jones, Nancy Begeman, Dave Reincke and Captain Paul Shelling  
Front Row: L-R Connie Mergos, Pat Chapman, Bernice Gustin and Carol Schelling

**ANTIQUUE APPRAISAL FAIR**

The Friendship Community Center  
201 Broadway St., Suttons Bay  
is hosting an  
"Antique Appraisal Fair"



Tuesday, July 19, 2016

9:00 a.m. - 3:00 p.m.

The Friendship Center will have two appraisers to take a  
look at your treasures.

Appraisals are \$5.00 for each item or set, with a limit of three  
at a time.

Once everyone has been seen, additional  
items can be appraised.

If you would like more information or need to set an  
appointment to drop your items off, please call the  
Friendship Community Center  
(231) 271-4630



**Leelanau County  
HOUSEHOLD HAZARDOUS WASTE &  
ELECTRONICS COLLECTIONS  
NOW ACCEPTING A MAXIMUM OF 10 - ONE GALLON  
CONTAINERS OF LATEX PAINT**



Do you have leftover paint, fuel, pesticides, batteries, motor oils or unwanted medicines in your home? Improper storage and disposal of these materials can result in health and environmental risks. Instead of storing household hazardous materials and risking improper disposal, take these materials to a collection for proper disposal.

To participate, you must make an appointment.

Contact : Leelanau County Planning

at (231) 256-9812, toll free (866) 256-9711 ext. 812 to sign up.

*For more information on HHW or other solid waste programs, visit [www.leelanau.cc/solidwaste.asp](http://www.leelanau.cc/solidwaste.asp)*

**2016 Collections**

**5/14 - Maple City, Road Commission Garage**

**7/9 - Leelanau County Government Center**

**8/27 - Peshawbestown**

**10/8 - Elmwood Twp., Cherry Bend Park  
off Avondale Lane**

Costs for these collections are covered under P.A. 69 of 2005—a charge placed on Winter Tax Bills. These collections are for HOUSEHOLDS ONLY.

**Acceptable Materials**

- Aerosols
- Antifreeze
- Art Paints/Mediums
- Automatic Transmission Fluid
- Automobile Paint
- Batteries—Auto, Marine & Household
- Brake Fluid
- Bug Sprays
- Car Wax w/solvent
- Computers & Computer components
- Cutting Oil
- Diesel Fuel
- Dry Cleaning Agents
- Fiberglass Epoxy
- Fire Extinguishers
- Floor Care Products
- Fluorescent Light Bulbs & compact fluorescent light bulbs (CFL's)
- Fuel Oil
- Fungicides
- Furniture Polish
- Gasoline
- Glue (Solvent Based)
- Gun Cleaning Solvents
- Herbicides
- Insecticides
- Kerosene
- Lighter Fluid
- Mercury Thermometers/thermostats
- Metal Polish with Solvent
- Microwave Ovens
- Moth Balls
- Nail Polish
- Oils/Motor Oil & Filters containing Oil
- Paint Brush Cleaner with solvent
- Paint (Latex) Limit of 10- 1 gallon cans
- Paint (Oil Based)
- Paint Stripper
- Paint Thinner
- Personal Care Electronics - shavers, blow dryers, curling irons
- Pesticides
- Pool Chemicals
- Primer
- Rat Poison
- Smoke Detectors
- Stereo & Electronic Equipment
- Televisions
- Turpentine
- Wood Preservative
- Varnish
- Syringes/sharps/ needles: must be placed in a hardwall container (like laundry bottles like NOT milk containers)
- **Prescription and OTC Medications are accepted (except narcotics— see Sheriff's Dept.)**

**Unacceptable Materials**

Radioactive Material, Explosives, Shock-sensitive Materials, Tires, Scrap Metal, items containing Freon or other refrigerants, White Goods (Refrigerators and other items with Freon, Washers & Dryers, Water Softeners, other large appliances), Unknown/Unlabeled Wastes, Home Business Waste and Commercially Generated Waste **ARE NOT ACCEPTED.**

**AMMUNITION:** Contact the Sheriff's Department.

**NARCOTICS:** Contact the Sheriff's Department.

**Contact the Planning Department with any questions at (231)256-9812, and to make a reservation.**



ICANHRSCHERZEUKER.COM

**Leelanau County  
Senior Services will be  
closed on the following:**

- Monday, July 4, 2016**  
Independence Day
- Monday, September 5, 2016**  
Labor Day
- Friday, November 11, 2016**  
Veteran's Day
- Thursday, November 24, 2016**  
Thanksgiving Day
- Friday, November 25, 2016**  
Day following Thanksgiving
- Sunday, December 25, 2016**  
Christmas Day
- Monday, December 26, 2016**  
Day after Christmas Day



# **PIZZA PICNIC**

**Thursday, August 11th, at 12:30 p.m.**

**North Park in Suttons Bay**

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

**Special Event voucher (\$3.00 cost) covers the pizza lunch  
which includes veggies, beverage and dessert.**

**Anyone interested in playing euchre that day?**

**Show up at 10:00 a.m. for games. Coffee and treats too!**

**LEELANAU COUNTY SENIOR SERVICES**

---

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

## July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b> <i>Office Closed</i>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> <i>Hazardous Waste Collection Government Ctr</i>
<b>10</b>	<b>11</b> <i>Bereavement Group 11am</i>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b> <i>Antique Fair</i>	<b>20</b> <i>MMAP Counselor</i>	<b>21</b> <i>Parkinson's of Leelanau 2pm</i>	<b>22</b>	<b>23</b>
		<i>Commodities</i>				
<b>24</b>	<b>25</b> <i>Bereavement Group 11am</i>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b>		<i>Drop in Euchre</i>				

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

## August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b> <i>Old Settlers Picnic</i>	<b>8</b> <i>Bereavement Group 11am</i>	<b>9</b>	<b>10</b>	<b>11</b> <i>Lunch Bunch Pizza Picnic</i>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b> <i>Commodities</i>	<b>17</b> <i>MMAP Counselor</i>	<b>18</b> <i>Parkinson's of Leelanau 2pm</i>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> <i>Bereavement Group 11am</i>	<b>23</b>				
<b>28</b>	<b>29</b>	<b>30</b> <i>Drop in Euchre</i>	<b>31</b>			

## Free Shredding

LCSS is working with G T ProFile LLC for seniors in our county to bring their documents and paperwork they no longer need and that contain personal information to the LCSS office for shredding.

Items to shred to help prevent "identity theft".

- ◆ Old income tax papers
- ◆ Bank statements
- ◆ Credit card statements
- ◆ Any documents with sensitive / personal information included

We will have a locked shredding container in the office for drop off during the month of July.

There is no fee for this service.



**ProFILE**  
Store • Manage • Shred

### NUTRITION/FOOD:



Staying hydrated during the summer is crucial to everyone's health.

If you don't like the taste of water then try these tricks.

- Add slices of lemons and limes to a pitcher of water.
- Fill a large jug with water, sliced fruit (citrus, berries or melon) and ice; refrigerate overnight.
- For a bit of zing, cucumber slices or make ice cubes out of no-sugar-added juice and add to your glass of water for a bit of flavoring.

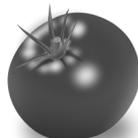
I was surprised on how much more water I drink by adding a bit of natural flavors.

### Cucumber, Tomato and Avocado Salad

Summer has arrived in Leelanau County. The gardens are full of wonderful flowers and vegetables. I love making this salad for those hot lazy days of summer.

Enjoy, Armanda

- 1 Cucumber sliced in 1/2 moons
- 4 Roma tomatoes chopped
- 3 ripe avocados peeled and chunked
- 1/2 red onion thinly sliced in 1/2 moons
- 1/4 cup cilantro chopped
- Juice of 1 Lemon
- Salt and Black pepper to taste
- 2 Tbs extra virgin olive oil



1> Place sliced cucumber tomatoes, avocados, onion, and cilantro in a large salad bowl.

2> Toss with olive oil, lemon juice, salt and pepper

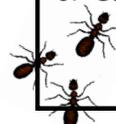
3> Chill before serving

### Old Settlers Picnic

August 7, 2016 at the Old Settlers Picnic Grounds located

5 miles west of Maple City on South Dunns Farm Road (Co Rd 675)

For more information:  
Mary Newman 228-2471  
or Carl "Bucky" Noonan  
326-5450



#### 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.

# Senior Summer Time: Good Time to Safety Check



The Caregiver's Nurse

By: Paula E Gibeson, RN-BC

When is the best time to double check things around the house to see if improvements are needed to maintain a safe home? Preferably, prior to an avoidable trip to the emergency room.

With warmer weather and more daylight per day, now is the best time to be sure a residence is as safe as possible. Not all accidents can be avoided. But many people think things are fine without really taking a closer look. Others may have a “to do” list for a rainy day. Actually, when it’s not raining is when that list needs to be reviewed.

Let’s start from the outside:

1. Do you have a green address marker? If not, how easily could an ambulance find your property in the middle of night? Some houses have ornate numbers on the side of their house. But that was 10 years ago. Now the cedar tree blocks the number. Homes usually have numbers on their mail boxes. But many mail boxes do not have numbers on both sides. Additionally, numbers on mailboxes are usually difficult to read in the dark.
2. How many steps does it take to get into the house? Is the railing secure? Or, has it become weathered over time? If the railing is able to be shaken by merely holding onto it, then re-securing the railing could be the difference between safe entries or a broken hip. If the railing is wooden, be sure there are no splinters. Changing seasons over time can create the need to treat wooden railings.
3. As you step into the home, what do you find? I applaud people for having pets. However, I have heard many stories detail an account of tripping over dogs and cats as they enter their house. Pretend you have never been in your home. When you drive in the driveway, then climb the steps and enter, see if there could be a potential fall. If there are any objects that could cause a problem, do not assume the best. Fix things to prevent injuries.
4. Inside the house, again check all railings going upstairs and down to the basement to be sure they are secure and have no potential splinters. Even if they are only “slightly” loose, when a person falls, gravity always wins. Falls in stairways can be especially hazardous.
5. Walking from room to room and down the hallway, take a special note of the lighting. As a person gets older, vision can change. Places that seem to have adequate lighting, may be inadequate as an individual gets older. For people with macular degeneration, they may need increased brightness. However, for someone with glaucoma, glare may cause them not to be able to see as well. Indirect lighting is best for those individuals.
6. The bathroom seems to always invite injuries. There are a number of things to assess. First, are there grab bars for getting in and out of the tub or shower? Are they secure? Towel racks were not intended to hold someone’s weight in case of a fall. What about the faucet? Sometimes faucets become tight. This makes it difficult for arthritic hands to turn knobs readily. Washing hands help to keep infections to a minimum. If someone cannot turn on and off the water easily, they may not wash their hands as often or as thoroughly as they did previously. If the hot water turns easily and cold is tight, hot water burns could result. Lighting around the sink, tub, shower, and toilet has the same priorities as listed above.

These are only the minimal potential hazards. It is advisable to look at each room as if you were seeing it for the first time. You may notice something to improve safety. Also, do not forget to look outside. People need fresh air. Enjoying life outside in a safe walking area is indeed healthy.

Finally, remember this, preventing avoidable crises saves money, eludes pain, and most of all maintains independence!

[www.CAREGIVERSNURSE.com](http://www.CAREGIVERSNURSE.com)

[PGibesonRN@gmail.com](mailto:PGibesonRN@gmail.com)

1 (855) 205-6281

## Community Events

### **DROP IN EUCHRE**

Leelanau County  
Senior Services

Tuesday, July 26, 2016  
&  
Tuesday, August 30, 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

### Thrifty Tea Bag Tricks

Don't throw away used tea bags. Place used teabags in an open container and place it in your refrigerator.

The tea bags will absorb the odors just as good as baking soda.

Toss a few unused tea bags under the seat of your car or in the cargo area and any musty smells will vanish.

If you use flavored tea your car will smell with a hint of the flavored tea.

### **FOOT CARE VOUCHER VENDORS**

**Alice Hauske, RN**  
**941-1429**

**Linda Lingaur**  
**883-4529**

Call for an appointment

## 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**

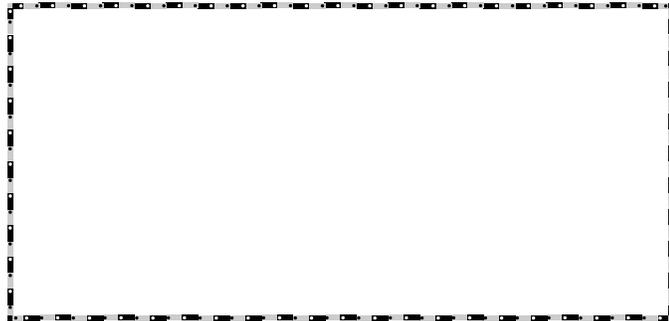
The newsletter can be downloaded from the county website at  
[leelanau.cc/  
seniorservices.asp](http://leelanau.cc/seniorservices.asp)

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

[seniorinfo@co.leelanau.mi.us](mailto: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



**July / August 2016**  
**Free Shredding Offered**  
**Antique Appraisal Fair**  
**Household Hazardous Waste**  
**& Electronics Collections**

---

# THE LEELANAU CONNECTION

*Striving to celebrate and support seniors within our community*



**Leelanau County Senior Services**

[www.leelanau.cc/seniorservices.asp](http://www.leelanau.cc/seniorservices.asp)