

## Leelanau County Senior Services

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Suttons Bay, MI 49682

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[www.leelanau.cc/seniorservices.asp](http://www.leelanau.cc/seniorservices.asp)  
seniorinfo@co.leelanau.mi.us

### **April Missias**

Director

### **Nancy Begeman**

Assistant Director

### **Cathy Hartesvelt**

Finance Coordinator

### **Armanda Krantz**

Secretary

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### **Chet Janik**

County Administrator  
(231) 256-9711

### **County Commissioners**

#### **Jean Watkoski**

District #1 (Elmwood Township)  
(231) 946-7657

#### **Debra Rushton**

District #2 (Bingham Township)  
(231) 941-8286

#### **William Bunek**

District #3 (Suttons Bay Township)  
(231) 256-7124

#### **Ty Wessell**

District #4 (Leelanau Township)  
(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,

What is in a name? A name is an integral part of someone's identity. Our parents give us a name at birth and for some their name is not only what they are called, but what defines them. Their name becomes a testament to the experiences in life that have schooled them and shaped who they are today. At a young age our given names are sometimes replaced with a nickname that we or our closest friends and family identify as being the real you. Over time, our communities only know us as a nickname and may not be aware of the formal name we once answered to. We often have individuals who come into the office who give us their legal/formal name but let us know that they only respond to the nickname they were dubbed earlier in life.

Caleb "Kelly" Sparks had a whole bunch of brothers and sisters who called him "Coley". When he was very young and entered school, his nickname changed to "Kelly". It wasn't until he was 30 years old that he met another "Caleb". His mother never called him by his nickname until that year when Kelly decided to call her by her proper name instead of Mom!

Bill Calhoun is another "Kelly". Bill's dad was Donald Calhoun – people called him Kelly but Bill does not know why. When his dad passed in 1977, the guys he worked with and hung out with started calling Bill "Kelly".

When Al Chimoski was a young man, he adopted a long, red haired Irish Setter named "Scooby" from a friend. Al had a convertible back then and he took Scooby everywhere with him in that car. It was a common sight to see both Al (who also had long hair) and Scooby with their hair blowing in the wind as they toiled around town.. Al worked at Eddie's (now the V.I. Grill) as did most other kids growing up in Suttons Bay. One day a customer brought his toddler son in and as soon as the young boy saw Al he yelled, "Scooby!!!" Well when something happens in a small town bar, the word gets out fast. He has been called Scooby or Scoob ever since!

When Wanda Paruch was 5 or 6 years old, living in Hamtramck, she was sitting on her porch when her girlfriend, Anna, who lived across the street came over crying that her little dog "Rusty" died. Both girls loved the little dog so they sat on the porch with their arms around each other and cried. Anna looked up at her friend and said, "Wanda, I am going to call you Rusty because your hair is the same color as his". Well, the name stuck. She has been called "Rusty" ever since and she is 83 years old now. She says that she is living up to her name in the way her body feels!

When I was a little girl, my brother could not say April. He called me Apo. The name was shortened to Po and adopted by my family and friends. When I see my dad he still says, "Hey Po, what do you know?" I love being called by my nickname. It reminds me of who I am and where I have come from.

Do you have a nickname? Does your name identify who you are? We would love to hear your name story.

Warmly, *April - "Po"*

# Medicare News

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

## February 2015

### Patient Assistance Programs: Another option for expensive medications

Some Medicare beneficiaries are faced with huge bills for their medications even though they may have Medicare prescription drug insurance. In some cases, they simply can't afford to purchase some of their drugs, so they stop taking them. The co-pays for some medications can be very high for several brand name drugs, especially if they land in the donut hole.

There may be help for people in this situation through a service called the Patient Assistance Program (PAP). PAP is sponsored by pharmaceutical companies, and other organizations as a means to help lower income families with their prescriptions. If approved, participants can obtain certain medications either free or nearly free. Some programs will send patients a pharmacy card to be used to obtain their medicines at a local pharmacy. Other PAP's will mail the medications direct to the patient's home, or in some cases, to their physician.

Each patient assistance program has its own eligibility criteria, but it is generally based on family income relative to a specific level of poverty. The poverty levels are set by the Federal government and can change each year.

There are several websites where you can find out if there is help available for a specific medication. Just enter the drug name and, if there is help available, a list will be of participating organizations will be displayed along with their contact information. Often these same websites will have application that can be downloaded and printed.

A couple of websites where this information is available are [www.needymeds.org](http://www.needymeds.org) or [www.rxassist.org](http://www.rxassist.org).

Once it appears that an individual may be eligible, they can complete the application, obtain the necessary proofs of income, and forward the documents to their physician. The prescribing physician is required by the PAP to complete the medical portion of the application. Many doctors will also mail or fax the application back to the PAP on behalf of the patient. The response time is generally quick. Once approved, participants must re-apply each year.

Also, there are several organizations that can help with the PAP application process for a fee. Generally they charge a set amount each month for each prescription.

Medicare beneficiaries can also receive assistance by contacting the Medicare/Medicaid Assistance Program (MMAP) at 800-803-7174. Trained counselors are available to provide help with all aspects of Medicare and Medicaid benefits, along with guidance regarding fraud and abuse, billing issues, and many other areas pertaining to senior health care programs.

# Don't Get Scammed!

## Scam Alert

By: Allison Hubley

In the last version of the newsletter, it was promised that this column would focus on income tax fraud. Whether you prepare and file your own income tax return or use a reputable accountant, and whether you will owe additional money to the Internal Revenue Service (IRS) or receive a refund, be wary—there are scams out there that deal with any of these situations.

**What is it all about?** Tax fraud is often tied to identity theft. In one case, “A federal judge sentenced Yafait Tadesse to one year and one day in prison for using the identities of more than 10 individuals, including the Attorney General of the United States, to file false and fraudulent tax returns”.

“Identity thieves have figured out that if they can obtain your Social Security number, they can file false tax returns with the IRS,” said Veronica Hyman-Pillot, IRS Special Agent in Charge-IRS Criminal Investigation. “It does not matter your political position, economic status, or social standing, you are susceptible to identity theft. No one is immune.”

**What can you do?** Mr. Howard Schwartz of the Connecticut Better Business Bureau offers some excellent tips for reducing the likelihood that you will be a victim of tax fraud:

- File your tax return early in the tax season, before identity thieves do.
- Use only a secure Internet connection if you file electronically. Don't use publicly available Wi-Fi hotspots at places like coffee shops or hotel lobbies.
- Shred copies of your tax return, drafts or calculation sheets you no longer need.
- If you intend to mail your tax return, put it in a USPS mailbox or drop it off at the post office, to prevent it from being intercepted from your roadside mailbox.
- Respond to all mail from the IRS as soon as possible.
- Remember that the IRS won't contact you by email, text or social media. If the IRS needs information, it will contact you by mail.
- Don't leave W-2s in unsecure locations like your office or car.
- Get recommendations and research a tax preparer thoroughly at [bbb.org](http://bbb.org) before you hand over personal information.
- Don't give out your Social Security or Medicare number unless necessary. Ask why it's needed, how it's going to be used and how it will be stored.

Check your credit report at least once a year for free at [annualcreditreport.com](http://annualcreditreport.com) to make sure no other accounts have been opened in your name.

**How to find a reputable accountant in Leelanau County:** If you are specifically looking for a Certified Public Accountant (CPA), visit the website of the Michigan Association of Certified Public Accountants at <https://micpa.org/> and click on “Find a CPA” under the “Resource Center” tab.

**How to report suspected tax fraud:** To report suspected income tax fraud to the IRS, you can go to [www.irs.gov](http://www.irs.gov) and enter “Tax fraud” in the search field. This will take you to a page that gives instructions on how to report suspected tax fraud, depending on the situation.

Stay healthy and warm during the cold Michigan Winter months—Spring will soon be upon us!

### References:

Federal Bureau of Investigation, Scams and Safety. Retrieved from [www.fbi.gov](http://www.fbi.gov).

Fox CT. Retrieved from: <http://foxct.com/2014/01/27/mind-your-business-avoiding-income-tax-fraud/>

Internal Revenue Service. Retrieved from

<http://www.irs.gov/Individuals/How-Do-You-Report-Suspected-Tax-Fraud-Activity%3F>



**Fire and Rescue  
Non Emergency  
Numbers:**

Sheriff's Department  
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

**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)

**“Although winter is slowly melting away,** The Suttons Bay Bingham District Library wants to make you aware of our Homebound Delivery Program. This service provides library materials to residents of Suttons Bay and Bingham Townships who are unable to visit the library due to difficulty getting about in inclement weather, have health issues, physical challenges, non-driver status, or those living in assisted living, nursing, or retirement homes which would prohibit visiting the library in person. This program allows patrons to have materials selected and delivered on a monthly basis. To sign-up for the program, call the library at 271-3512 or email [librarian@suttonsbaylibrary.org](mailto:librarian@suttonsbaylibrary.org)”

**Suttons Bay Schools are looking for veterans** who left school to fight in World War II, the Korean Conflict or Vietnam. These veterans are eligible to receive diplomas issued by school districts. Copies of the application form can be found at the school website ([www.suttonsbay.k12.mi.us](http://www.suttonsbay.k12.mi.us)) or by calling Suttons Bay High School at 271-8604

**The Leelanau County Sheriff's office** will check on county homes when the owners are away on vacation or for the season. Simply click on the Sheriff's page on the Leelanau County web site (<http://leelanau.cc/sheriff.asp>) On the left column click *forms*, then *Property Check Form*. If you don't have access to a computer/printer, call the Sheriff's department non-emergency number at 256-8800 for a copy of the Property Check form.

**Leelanau County** is accepting applications from homeowners who need repair work on their homes. The County has received funds from the Michigan State Housing Development Authority for low-interest loans for housing rehabilitation work. If you are a homeowner in Leelanau County and need repairs to your home, such as a new roof, siding, windows, well, furnace, or septic, etc. contact the Planning & Community Development office at 231-256-9812 to obtain an application.

If you anticipate needing a new roof or furnace, now is the time to apply!

Low-interest loans for rehabilitation work can be offered to income eligible homeowners.

*Contractors interested in bidding on the work must be licensed and insured, and can register with the Planning office.*

***Sponsored by: The Leelanau County Housing Program.***

**Do Not Call  
Registry**

To register your phone with the “do not call registry” to reduce the potential scam callers. Call 1(888) 382-1222

and follow the prompts or go online:

[www.consumer.ftc.gov/](http://www.consumer.ftc.gov/)  
click on

“do not call” icon

\* This only reduces the scam calls, it doesn't eliminate them.

**Medicare/Medicaid  
Counselor**

will be available March 18 to answer questions on your plan. Call LCSS to schedule your appointment.

**Volunteers Needed:**

Area Agency on Aging is in need of Medicare/Medicaid Counselors for Leelanau County. The Medicare/Medicaid Assistance Program (MMAP) is a free statewide program that offers counseling for people who have questions and concerns regarding Medicare benefits.

If you're interested in becoming a volunteer counselor please contact.

Area Agency on Aging

947-8920

or

1-800-442-1713

**AARP TAX PREPARATION**

**The AARP Foundation** - Tax preparation will be offered to our seniors at no cost by trained AARP personnel. They do not prepare Schedule C, D or E. Please call LCSS at 256-8121, to obtain the Intake Form which needs to be filled out and returned to the office before an appointment can be made.

**Munson Bereavement** support group meets every second Monday of the month in the Leelanau County Government Center at 11:00 a.m. All are welcome to attend, there is no need to register.

**LCSS has openings** for their Medication Management program for Leelanau County seniors. This in-home service provides weekly visits from a registered nurse to assist with the management of prescription, and over-the-counter medication, as well as, nutritional supplements.

**If you are interested in receiving this service, call LCSS  
231-256-8121**

**HAPPINESS**

We all pray for happiness, each day of the New Year,  
We all pray for happiness, for to us it is so dear.  
We look for the Sun to brighten up our day,  
We look for the Sun, and its ever golden ray.

The happiness we receive, whether in or outside,  
Is something we should share, and should not hide.  
If we start each day, with at least one happy thought,  
It's worth so much more, more than money could have bought.

So as we arise each morning, either for work or just play,  
It's sure to stay with us, through the whole day.  
To all my neighbors in Leelanau County, where ever you are,  
Just spread your happiness around, and you'll be a shining star.

Erwin P. Spote, December 31, 2014  
Inspired by April's newsletter comment.

## The Lunch Bunch

We strive to meet monthly as a group for lunch at various restaurants in Leelanau County. It is 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.

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

**Tuesday, March 17<sup>th</sup>** - 12:30 p.m. Join us at Dick's Pour House, downtown Lake Leelanau, to celebrate St. Patty's Day. Special Event voucher valued at \$6.00 - off the menu.

**Thursday, April 9<sup>th</sup>** - 12:30 p.m. Leland Lodge - Let's welcome the newest restaurant to join our dining voucher program. Special Event Voucher valued at \$6.00 - off the menu.

**Tuesday, May 5<sup>th</sup>** - 12:30 p.m. Sugarfoot Saloon in Cedar would like to celebrate Cinco de Mayo with our seniors with a special menu for the Lunch Bunch. 4997 S Good Harbor Trail and Bodus Rd. Special Event voucher worth \$6.00 will cover the cost of the meal - Drinks and tip are extra.

### ***NUTRITION/FOOD:***

#### ***Naturally Dyed Easter Eggs***

Makes 1 dozen eggs

1 dozen **hard-cooked eggs**, room temperature, white or brown eggs, preferably not super-fresh

#### **4 cups dye liquid made from any of the following:**

- 1 cup chopped purple cabbage per cup of water — makes blue on white eggs, green on brown eggs
- 1 cup red onion skins per cup of water — makes lavender or red eggs
- 1 cup yellow onion skins per cup of water— makes orange on white eggs, rusty red on brown eggs
- 1 cup shredded beets per cup of water— makes pink on white eggs, maroon on brown eggs
- 2 tablespoons ground turmeric per cup of water — makes yellow eggs
- 1 bag Red Zinger tea per cup of water— makes lavender eggs

Pour the amount of water you need for the dye you're making into a saucepan — you can make 4 separate batches of different colors or 1 large batch of a single color; follow the ratios given above for each ingredient to make more or less dye.

Add the dye matter (purple cabbage, onion skins, etc.) and bring the water to a boil. Turn the heat down to low and simmer, covered, for 15 to 30 minutes. The dye is ready when it reaches a hue a few shades darker than you want for your egg. Drip a little dye onto a white dish to check the color. When the dye is as dark as you like, remove the pan from the heat and let the dye cool to room temperature.

Pour the cooled dye through a fine-mesh strainer into another saucepan (or into a bowl then back into the original pan if that's all you have). Stir the vinegar into the dye — use 1 tablespoon of vinegar per cup of strained liquid.

Arrange the room-temperature eggs in single layer in a baking dish or other container and carefully pour the cooled dye over them. Make sure the eggs are completely submerged.

Transfer the eggs in the dye to the refrigerator and chill until the desired color is reached. Carefully dry the eggs, and then massage in a little oil to each one. Polish with a paper towel. Store the eggs in the refrigerator until it is time to eat (or hide) them. [www.thekitchn.com](http://www.thekitchn.com)

I remember my Aunt Margaret never using an egg coloring kit from the store when she would color her eggs. The natural colors and beauty of the eggs were very exotic compared to a store kit. For this edition I wanted to share some recipes to naturally dye Easter eggs in memory of my Aunt Margaret. 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.

## March 2015

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> Nancy at Suttons Bay Meal Site	<b>7</b>
<b>8</b> Daylight Savings Time Begins 	<b>9</b> Bereavement Group 11am  April & Nancy at Empire Meal Site	<b>10</b>	<b>11</b> Casino TC Senior Ctr	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b> Commodies  <b>Lunch Bunch</b> St Patty's Day @ Dicks	<b>18</b> MMA Councilor @ LCSS	<b>19</b> Parkinson's Support Group 2-4pm	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> Nancy at Elmwood Meal Site	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b> <b>BiteSize</b> 5 Wishes Euchre				

## April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b>	<b>2</b>	<b>3</b> Good Friday Office Closed at 12:00	<b>4</b>
<b>5</b>	<b>6</b> April & Nancy at Empire Meal Site	<b>7</b>	<b>8</b> Casino TC Senior Ctr	<b>9</b> <b>Lunch Bunch</b> @ Leland Lodge	<b>10</b> April and Nancy at Suttons Bay Meal Site	<b>11</b>
<b>12</b>	<b>13</b> Bereavement Group 11am	<b>14</b>	<b>15</b>	<b>16</b> Parkinson's Support Group 2-4pm	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b> Commodies	<b>22</b>	<b>23</b> April and Nancy at Elmwood Meal Site	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b> Euchre	<b>29</b> <b>BiteSize</b> Leelanau Legacy	<b>30</b>		

## Are You Prepared to Spill the Beans?

Tuesday, March 31 at 10:00 a.m.

Munson Advance Care Planning offers help with difficult conversations.

*"In this world nothing is certain but death and taxes"* Ben Franklin sure had that right, but so did Dwight D. Eisenhower when he proclaimed: *"Plans are nothing; planning is everything."*

85% of Americans indicate they wish to die at home surrounded by loved ones, preferably during their sleep. Yet statistics show that only 20% of us will get our wish. For the other 80% of us, the **Five Wishes** document helps make decisions known to your family and loved ones.

Healthy adults of all ages, not just adults in their senior years, need to make their values regarding the quality of life known to their loved ones. **Five Wishes** helps you discuss and record your values about medical treatment decisions and allows you to choose someone you trust to make these decisions for you if you ever cannot make them for yourself. This caring legacy relieves your loved ones of the burden of decision making at the most stressful time of medical need.

Join Susan Wischman from Munson's Advance Care Planning Department for a kitchen table discussion of the **Five Wishes** document and talk about the importance of communicating your values and wishes to your loved ones.

Please join us on **Tuesday, March 31 at 10:00 a.m.** in the Community Meeting Room, lower level of the Government Center. There is no charge for this program although reservations are appreciated by calling the Senior Services office at 256-8121.

## Have We Lost Our Legacy?

Wednesday, April 29 at 1:00 p.m.

### A Look at Leelanau County Government – 1863-1920.

Presented by:

Dr. Laurel Jeris

Professor Emeritus, Northern Illinois University

During this presentation, Dr. Laurel Jeris will provide audience members with a fascinating window into Leelanau County's past. She will share the activities and priorities of Leelanau County Government from its earliest days up to the 1920s. Despite meager means and frequent hard times, County Supervisors agreed on the importance of maintaining a social safety net to help those in need.

Upon retirement in 2011, Laurel Jeris was invited by Barbara Siepker (publisher of the Leelanau Press and former owner of the Cottage Book Shop) to join her in an exploration of the minutes of the Leelanau County Board of Supervisors from the earliest days. The initial objective was to trace the origins and establishment of the Leelanau County Poor Farm, now Myles Kimmerly County Park. For Laurel, this project developed into a broader look at our county government's history of actions and appropriations toward the welfare of county residents.

The research design for this historical inquiry includes document analysis (meeting minutes recorded in long hand until 1917) as the primary source with supporting documentation from financial reports and census figures, and content analysis, which establishes the frequency of certain ideas and actions within a particular source.

Please join us on **Wednesday, April 29 at 1:00 p.m.** in the Community Meeting Room, lower level of the Government Center. There is no charge for this program although reservations are appreciated by calling the Senior Services office at 256-8121.

## Travel Alliance

Leelanau County Senior Services is in alliance with the Senior Center Network (Traverse City Senior Center) to promote safe and secure travel options for seniors. Our trips run the gamut from day trips, Tiger ball games and casino trips to extended trips in the U.S. and abroad. You do not have to be a member of the Traverse City Senior Center in order to travel. For the casino trips, you do have to be a resident of Leelanau County.

The Travel Alliance invites you to travel with us in 2015.

As our newsletter went to print, the following trips still had openings:

### DAY TRIPS

Spring into History	Tuesday, May 12	\$95
Depot Museum of Transportation in Grand Haven		
USS Silversides and Submarine Museum in Muskegon		
Older Michiganiaan's Day	Tuesday, June 2	\$20
Rally day on the State Capitol East Lawn		
Keynote speakers and meet state legislators		
Consignment Shopping	Tuesday, June 23	\$75
Look for vintage jewelry, handbags & clothes in Bay City		
Visit the Northwoods Wholesale Outlet and Pinconning Cheese Company		
Lighthouse Cruise	Tuesday, July 21	\$123
3 Hour eastbound Straits of Mackinac lighthouse cruise		
Lunch included with Dinner at the Dam Site Inn		
Labor Day Bridge Walk	Monday, September 7	\$52
Annual Bridge walk across the Mackinac Bridge		
Art Prize	Tuesday, September 29	\$83
See a very different art competition in Grand Rapids		
Early admission to the Grand Rapids Art Museum		
Lunch at the Women's City Club		
Turkeyville	Tuesday, October 13	\$106
Fabulous turkey dinner and the musical "Nunset Boulevard"		
Mystery Tour – local	Friday, October 23	\$50
Clues: All American, All Heart, All Aboard		
Detroit Tigers Game	date to be determined	

### EXTENDED TRIPS

America's Music Cities	Monday June 8-15	\$1272 dbl
Branson, MO – 4 shows, lunch at Lambert's (home of the thrown rolls)		
Visit the Clinton Presidential Center		
Platinum tour of Elvis' Graceland, visit Country Music Hall of Fame and the Grand Ole Opry		
Brunch aboard the General Jackson Showboat		
Mall of America	Thursday, Nov 12 -15	\$434
Shopping, shopping and more shopping!		
Mall activities: Nickelodeon Universe Theme Park, SEA LIFE Minnesota		
Aquarium, Lego display, theater, Moose Mountain Golf, A.C.E.S. Flight		
Simulation Center		
Heated indoor pool at the hotel!		

Travel brochures are available at the LCSS office or call the Senior Center at 231-922-4911 for more information on each trip.

## Community Events

### **DROP IN EUCHRE**

Leelanau County  
Senior Services

Tuesday, March 31, 2015  
&  
Tuesday, April 28, 2015

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

### **January euchre winners:**

**Tom Meoak**  
**Basil Stowe**  
**Connie Mergos**  
**Bernice Gustin**

**Drop In Euchre** meets the last Tuesday of the month in the Community Meeting Room, lower level of the Government Center. Tillie Garvin is our hostess for the games. Play starts promptly at 1:00 p.m. so please come a few minutes early to sign in. Cost is \$2.00 at the door which all goes towards prize money. We play until approximately 4:00 p.m. with refreshments being served. Please join us for an afternoon of **fun!!**

**Q: What do you get when you cross poison ivy with a four-leaf clover?**

**A: A rash of good luck**

## **In case of an emergency.....Be Prepared!**

There is a way to get your medical information to the 9-1-1 dispatchers of Leelanau County so they have important information available should they need to send fire or rescue responders to your home. The Leelanau County Medical Awareness Update form is included on the next page of this newsletter.

Tom Skowronski, Director of Emergency Management/9-1-1 for Leelanau County strongly urges people to get their information on file, especially if they live alone or have a history of stroke and may not be able to communicate their medical history. As of this month, they have Medical Awareness Forms on 329 residents of the county. Tom offers this advice when filling out the form: your first "Emergency Contact" person should be next of kin, no matter how far away they live from you. Another important piece of information is "Hidden Key Location". You may have fallen in an upstairs room or in the bathroom and if your doors are locked, the rescue responders will have to break in to reach you. This hidden key location is not announced over the airwaves but is given to a member of the rescue team when they are asked to call back to dispatch for further information.

You may use the form included in this newsletter; make sure that you sign the "Release of Information" at the bottom left. Please return the form to the Office of Emergency Management/9-1-1 at the address on the bottom of the form or you may drop it off at the Sheriff's Department or Senior Services office.

## **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 Laura Johns - 947-8915  
Please call at least one week in advance

### **NORTHPORT TRINITY CHURCH**

103 N Warren, Northport  
No meals during the winter months  
Will resume in spring



## Leelanau County Medical Awareness Update

In the event of a disaster, public or medical emergency, some residents in the community may need special attention because of transportation problems or physical impairments. Furthermore, in instances of medical emergencies, the information below may help trained personnel in providing vital treatment and medical assistance.

### PERSONAL INFORMATION

Person Needing Assistance: \_\_\_\_\_

Address: \_\_\_\_\_ Last \_\_\_\_\_ First \_\_\_\_\_

Cross Street: \_\_\_\_\_ Township: \_\_\_\_\_

Landmarks: \_\_\_\_\_ Hidden Key Location: \_\_\_\_\_

Phone Number (s): \_\_\_\_\_

### MEDICAL INFORMATION

Chronic Problems: \_\_\_\_\_

Allergies: \_\_\_\_\_

### SPECIAL ASSISTANCE REQUIRED

Hearing Impaired  Wheel Chair  Walker  Cane  Sight Impaired  Confined to Home  Bed  Crutches

Oxygen in Use:  Yes  No

### EMERGENCY CONTACT INFORMATION

### PHYSICIAN INFORMATION

Name \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_

Phone \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_

Phone \_\_\_\_\_

### RELEASE OF INFORMATION

I Hereby Authorize the release of all or part of such information as may be necessary to ensure my safety, treatment and well being in the event of a medical emergency, disaster or public emergency.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please Return to: **Office of Emergency Management / 9-1-1**  
**8525 E. Government Center Drive**  
**Suttons Bay, MI 49682**

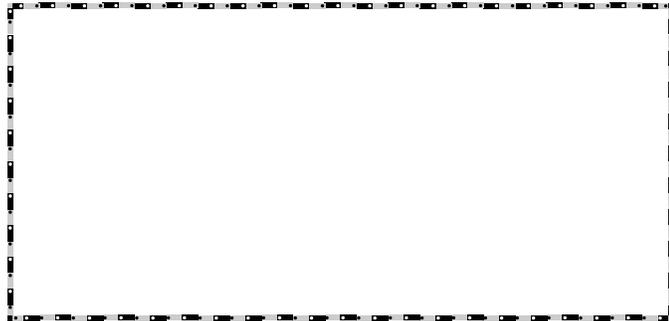
LEELANAU COUNTY SENIOR SERVICES  
8527 E. Government Center Drive, Suite 106  
Suttons Bay, MI 49682

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***March/April issue:***

***Bitesize: March - 5 wishes***  
***April - Leelanau Legacy***  
***The Lunch Bunch gatherings***  
***Medical Awareness Update***  
***Travel Alliance information***

ADDRESS SERVICE REQUESTED



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# 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)