

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,

Have you loved yourself these past two months? What have you done to take care of you? These past couple of months I have not been intentional on focusing my energy towards one aspect of me over another, but it seems that my body has been yelling at me to focus on it. "Look at me! Pick me! Love me!"

We here at Leelanau County Senior Services did not intend on focusing this issue on our bodies, but in the end we seemed to have accumulated a number of articles and programs focusing on paying attention to what your body may be trying to communicate with you before the whispers turn into bursts of yelling and outrage.

We are excited to introduce you to Paula Gibeson, RN-BC, The Caregiver's Nurse. She will be contributing an article for The Leelanau Connection educating us about a particular health or caregiving topic for each issue. Paula is a former Resource Clinician for Munson's Geriatric Assessment Clinic where she worked for 20 years. She has since authored *Golden Independence*, a practical health and safety guide. Her education and experience warrants wisdom on how to age with grace.

We are seeing a lot of Stepping It Up in the county as people sign up for our walking program and competition. We are seeing another side of people as their competitiveness comes out. Pedometers are available in the office or you can use a Fitbit or a variety of other ways of tracking steps. Join the fun and the friendly competition between townships.

Ride with Larry is an inspirational documentary of how Larry Smith, a retired Captain from the Hamden Police Department in Connecticut, faces adversity related to having Parkinson's disease but refuses to give up. He fights every day to live life to the fullest and on his terms. He continues to contribute to his community while simultaneously inspiring those around him. Parkinson's Network North and Leelanau County Senior Services are partnering to show this film at the Bay Theatre in Suttons Bay this April. You will find more details inside.

I hope you will join us as we explore many approaches to loving yourself and your beautiful bodies, whether it be through an inspirational movie, educational workshops, or walking feverishly to ensure your township wins.

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

We're Stepping It Up!



With the new year upon us, our thoughts turn to healthful food choices and exercise. Just going from the bedroom to the kitchen can be a lot of steps.

Join us in counting our daily steps. LCSS is hoping to spark some competition amongst the townships.

We will be giving out pedometers to those who would like to participate in recording how many steps they are taking each day. Monthly statistics will be reported to LCSS and an average for each township will be calculated.

The township whose participants have the highest percentage of steps will be honored at LCSS' 25th annual Senior Expo in June.

It's not too late to sign up!

Call LCSS to receive your pedometer and chart to record your steps. 256-8121



- **Does your roof leak?**
- **Problems with your furnace?**
- **Do you need repairs on your home?**

Leelanau County has funds from Michigan State Housing Development Authority (MSHDA) for low-interest Loans for home repairs such as: new siding, insulation, windows, doors, well, septic, flooring, plumbing, roofs, electrical, etc.

The home in Leelanau County must be your primary residence. To find out if you qualify for a low-interest Loan, and for an application packet, call the Planning Department at 231-256-9812 or email: housing@co.leelanau.mi.us



Are you a CONTRACTOR interested in bidding on home repair projects?

Contractors for this Program must be licensed and insured. Women & minority subcontractors and contractors are encouraged to participate. Call 231-256-9812 for information and to get on the bid list.



Leelanau County is an Equal Opportunity Employer

Medicare News

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

Can I switch my Medicare plan after the open enrollment period has ended?

Most Medicare beneficiaries are locked into their current Medicare Advantage or Part D prescription drug plans until next plan year. There are a few special circumstances, however, where folks can still change their plans after the open enrollment period ends. Action is needed quickly, because most of these options involve specific deadlines.

Following are some of the more common scenarios that allow beneficiaries to either switch or drop their current plan:

1. You received a letter from Medicare advising that that you are no longer eligible for Extra Help. You will be able to switch your current coverage to another Medicare Advantage or Part D plan between January 1st and March 31st of 2016.
2. If you are currently enrolled in a Medicare Advantage Plan you can drop it between January 1st and February 14th. Medicare allows you to switch only to a stand-alone Part D prescription drug plan as long as you process the new enrollment no later February 14th. The new plan will take effect on first day of the month following the Part D enrollment. Beneficiaries in this situation will return to original Medicare Part A and Part B. They can also apply for supplemental coverage through one of the many Medigap plans available.
3. If your Medicare Advantage (with drug coverage), or your Part D plan was no longer available after December 31, 2015, you have until February 29, 2016 to enroll in an alternative plan.

If you are eligible for any level of Extra Help, Medicare allows you to change your plan whenever you choose to do so. This is one of the many benefits enjoyed by those who qualify for the Extra Help program.

There are additional special enrollment periods that apply when any of the following situations occur:

- You moved your residence and now are out of your current plan's coverage area
- You retired or otherwise lost your employer health care coverage
- You became eligible for Medicaid
- You became a resident of a nursing home or long term care facility
- You live in a service area for one or more Medicare Advantage or Part D prescription drug plans that have a Medicare 5 start rating. You can switch once during the period of December 8th through November 30th. (Currently there is only one company that has these top rated plans and they are only available in Oakland County).

Jim Verville, Regional Coordinator for the Medicare/Medicaid Assistance Program said, "Beneficiaries can avoid a lot of problems by reviewing their plans each year during the annual open enrollment period." MMAP team members always encourage their clients to compare their current coverage to other available insurance plans during the 53 day enrollment period that starts each year on October 15th." Verville said, "Folks can obtain help in all areas of Medicare and Medicaid by contacting a certified MMAP counselor at 800-803-7174 and leave a message." A counselor will return the call as soon as possible.

Scam Alert

By: Allison Hubley



At this time last year, the Scam Alert column addressed the issue of income tax fraud. Due to the seriousness of these scams, the subject will be addressed again in this edition of the column. The various income tax-related scams focus on individuals who prepare their own tax return or use an accountant or other service provider; additionally, there are scams related to those who owe money to the Internal Revenue Service (IRS) as well as pertaining to those individuals who expect to receive a refund.

Below are four IRS-related scams to understand:

Rebate Phone Call – The caller claims to work for the IRS and states that you are entitled to a “rebate”. They request bank account information for direct deposit of the rebate.

Refund e-Mail – The caller claims to work for the IRS and states that you are entitled to a refund. The recipient of the call is asked to click on a link where they provide bank account information, which can then be accessed by the fraud perpetrators.

Audit e-Mail – The victim receives an email message stating that their tax return will be audited. They are asked to follow a link to provide certain sensitive information. Fraud perpetrators then access the information that has been provided.

Paper Check Phone Call – The caller claims to work for the IRS and states that the victim was sent a paper refund check which has not yet been cashed. The caller will request bank account information from the victim.

With regard to all of the scams listed above, please remember that the IRS will **not** contact you by telephone or e-mail; they will only contact you by letter. If you believe that you have received a suspicious telephone call that could represent an income tax-related fraud, contact the IRS via e-mail at: phishing@irs.gov; the e-mail message will go directly to the IRS and you can explain the circumstances of the suspicious telephone call in your message. Below are some additional tips to consider; some of these were mentioned in last winter’s Scam Alert column that addressed income tax fraud, but these reminders never hurt!

If you receive a call, answer the telephone and suspect fraud, ask the caller for their name and telephone number and call them back. With many fraud schemes, there will not be a way to return the call so this should serve as a red flag.

Keep in mind that the Internal Revenue Service and the various will not call you; they will always contact you by letter.

If you use a smart phone, do not reply to any “alerts” where you are asked to enter important personal information. If you receive a text alert from your banking institution, call the bank or go to the bank to inquire about the message in person.

Invest in a cross-cut shredder and shred all mail that may contain any personal information. Consider obtaining a post office box as it is more secure than an open mailbox on the street where mail can easily be removed from your box.

Call the Leelanau County Senior Services office to keep us informed as well; we can be reached at 231-256-8121.

Coming soon to a Scam Alert column that you read: The Attorney General Scam!

The May/June edition of the Scam Alert column will address the Attorney General Scam. If you have received a telephone call from someone claiming to work for the Attorney General’s office or from Legal Aid, please feel free to ask any questions you may have or share your experience (names and specific details will be kept confidential) by sending an e-mail message to: seniorinfo@co.leelanau.mi.us or call the office. The Senior Services staff will select a couple of questions or personal experiences about this type of scam that will be addressed in the next edition.

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

Reference:
Internal Revenue Service. Retrieved from:
<https://www.irs.gov/uac/IRS-Warns-of-New-E-Mail-and-Telephone-Scams-Using-the-IRS-Name%3b-Advance-Payment-Scams-Starting>

**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

**Federal and State
Income Tax Return
Service**

Once again this year LCSS is partnering with the AARP Tax Aide Program to assist Leelanau County Seniors with the filing of their 2015 Federal and State Income Tax Returns. After January 15, 2016 seniors may call LCSS at (231) 256-8121 to be sent a form and information regarding this program.



LEELANAU

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Advocating

Participation, Exploration, Activation, Communication, Education

Parkinson's Network North has established a group in Leelanau County to bring PEACE to those with Parkinson's and their caregivers. The group meets on the third Thursday of each month at 2:00 p.m., in the Government Center. If you or a loved one has Parkinson's please join us:

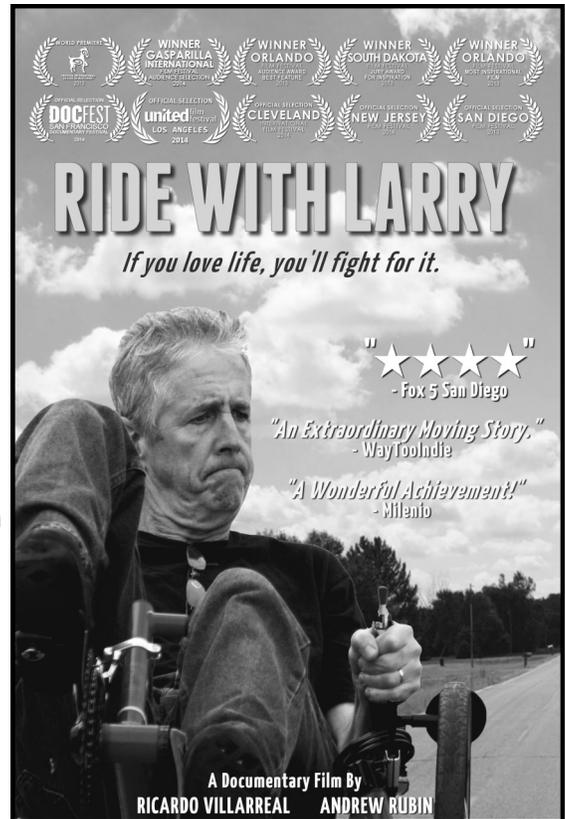
March 17, 2016 at 2:00p.m.: Traveling with Parkinson's disease
Kim Schmitz, a certified accessible travel advocate will offer some guidance, tips and tricks for how to best meet your needs and have a memorable experience.

April 21, 2016, at 2:00p.m.: To celebrate Parkinson's Awareness Month, join us at The Bay Theatre in Suttons Bay for a free showing of "Ride with Larry".

Bitesize Learning

Join us at the Bay Theatre in Suttons Bay for a **FREE** showing of the inspirational film **Ride With Larry** on Thursday, April 21, at 2:00 p.m. Parkinson's Network North will facilitate a panel after the film answering a few questions related to the film or Parkinson's disease.

This movie showcases how "Larry doesn't just live with Parkinson's. He rises above it. After a 20-year battle with Parkinson's, Larry has exhausted every conventional method of treatment, every drug, and even brain surgery. Refusing to give up, he seeks alternatives, discovering the untapped benefits of exercise and medical marijuana. Now Larry will attempt the unthinkable, a 300-mile bike ride across South Dakota, a journey of hope for anyone facing a life altering illness. In this intimate portrait of courage, love, and community, Larry Smith refuses to give up, proving that **"if you love life, you'll fight for it."**



A Documentary Film By
RICARDO VILLARREAL ANDREW RUBIN

Excerpt taken from: <http://ridewithlarrymovie.com/>

Veterans Affairs

Veterans Affairs:

Leelanau County Veterans are serviced by Veterans Affairs in Traverse City. Veterans may be eligible for financial assistance or services in regards to a service related disability, or non-service connected pension, as well as spousal benefits including death pension benefits. If you or a loved one are questioning the qualifications for assistance, please contact Veterans Affairs at (231) 995-6070 to schedule an appointment with Joe Meredith. Joe has office hours on Tuesdays from 9:00 a.m. to 4:00 p.m. at the Leelanau County Government Center.

Transportation:

The Grand Traverse County Chapter of Disabled American Veterans (DAV) manages the coordination of rides to various VA medical facilities. If you are in need of transportation, please call (231) 313-9357 or email: rider@gtadav.us

The Vet Center:

The Vet Center readjustment counseling and outreach services are available to all veterans who served in any combat zone. Services are also available for military related issues. Veterans have earned these benefits through their service and they are provided at no cost to the Veteran or family. The Vet Center is staffed by small multi-disciplinary teams of dedicated providers, many of which are combat veterans themselves. The Vet Center is located at 3766 N. US 31 South (across from Meijer) in Traverse City. Their phone number is (231) 935-0051. Appointments are encouraged but walk-ins are not refused. For Veterans that can't make it to Traverse City, they also offer a Mobile Vet Center that can bring the services to them.

The Leelanau County Veterans Memorial:

Located on the grounds of the Leelanau County Government Center, this memorial was dedicated on August 14, 2010, the 65th Anniversary of the end of World War II. The dedication video can be viewed on the Veterans Affairs page of the Leelanau County Government website at www.leelanau.cc.

Veterans Affairs – Grand Traverse County
Public Services Building
2650 LaFranier Road
Traverse City, MI 49686
Phone: (231) 995-6070



Traverse City Outpatient Clinic
3271 Racquet Club Drive
Traverse City, MI 49684
Phone: (231) 932-9720

Veterans Affairs – Leelanau County
8527 E. Government Center Drive, Suite 101
Suttons Bay, MI 49682
Phone: (231) 256-8103

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

Please contact AAANM to sign up for these classes at (231) 947-8920

Diabetes PATH Workshop is a free six-week Stanford University based self-management program addressing issues related to diabetes, such as monitoring blood sugar, preventing and delaying complications and tips to make healthy eating easier:

When: Tuesdays, 1-3:30 p.m. February 9-March 15, 2016

Where: Munson Family Practice

1400 Medical Campus Drive, Traverse City, MI 49684

Chronic Pain PATH Workshop is a free six-week Stanford University based self-management program addressing issues related to chronic pain, such as using your mind to manage symptoms, dealing with difficult emotions, pacing and planning, Moving Easy exercise program as well as problem solving and goal setting:

When: Mondays, 1-3:30 p.m. February 29-April 4, 2016

Where: Munson Family Practice

1400 Medical Campus Drive, Traverse City, 49684

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 dementia or memory loss.

Respite care is available upon request:

When: Mondays, 2:30-7:30 p.m. April 4-May 9, 2016

Where: Area Agency on Aging of Northwest Michigan

1609 Park Drive, Traverse City, MI 49686

2,000 steps

An average person has a stride length of approximately 2.1 to 2.5 feet. That means that it takes over **2,000 steps** to walk one mile; and **10,000 steps** would be almost 5 miles. A sedentary person may only average 1,000 to 3,000 steps a day. For these people adding steps has many health benefits.

[10000 Steps a Day - The Walking Site
www.thewalkingsite.com/10000steps.html](http://www.thewalkingsite.com/10000steps.html)



March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13  Daylight Saving Time Begins	14 Bereavement Group 11am	15 Commodities	16 MMAP Counselor	17 Lunch: Dick's Pour House <i>Parkinson's of Leelanau 2pm</i>	18	19
20	21	22	23	24	25 Good Friday Office Closed at Noon	26
27 Easter Sunday	28 Bereavement Group 11am	29 Drop in Euchre	30	31		

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

April 2016

For more information on trips:
call the Traverse City Senior Center 922-4911

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11 Bereavement Group 11am	12	13	14	15	16
17	18	19 Breakfast: VI Grill Commodities	20 MMAP Counselor	21 <i>Ride with Larry</i> MOVIE	22	23
24	25 Bereavement Group 11am	26 Drop in Euchre	27 WII Bowling Tournament	28	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, March 17th - St. Patty's Day - Lunch 12:30 p.m.

Dick's Pour House - Lake Leelanau

103 W. Philip St. (M-204) downtown Lake Leelanau

Voucher is worth \$6.00 off the cost of your meal.

Tuesday, April 19th - Breakfast Buffet - 9:30 am

VI Grill - downtown Suttons Bay

The Lunch Bunch is going to shake it up and go for breakfast!

Special Event voucher (\$3.00 cost) will cover the cost of a breakfast buffet.

Beverage and tip are extra.

Friends and family are welcome to join us, cost for non-resident seniors is \$8.50.

Thursday, May 5th - Cinco de Mayo - Lunch - 12:30 p.m.

Sugarfoot Saloon - 4997 S Good Harbor Trail @ E. Bodus

Voucher covers the cost of an item off of a special menu - beverage is extra

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.

NUTRITION/FOOD:

April is "National Grilled Cheese Sandwich" month. What goes perfect with grilled cheese sandwiches? Cream of Tomato Soup. Here is a recipe that's simple to make and one of my dad's favorite soups to go with grilled cheese on those rainy April days. Enjoy, Armanda

Cream of Tomato Soup

Makes 4 servings

3 Tablespoons butter or margarine
1 onion, chopped
3 cups tomatoes, canned or fresh, chopped
1/2 teaspoon salt
1 teaspoon sugar
2 Tablespoons flour
1/4 teaspoon baking soda
1 cup chicken stock
1 cup sour cream
Salt and pepper to taste
Snipped dill or fresh minced basil

Combine butter and onion in saucepan.
Saute onion for about 3 minutes, or until tender.
Transfer onion to blender or food processor.
Add tomatoes, salt, sugar, flour, and baking soda.
Blend until smooth.

Transfer tomato mixture to saucepan. Stir in chicken stock and sour cream. Stir and heat soup to simmer. Do not boil. Add salt and pepper to taste. Garnish with snipped dill or minced basil. (we like it with both)

Tip: when heating, make sure heat is on very low...you don't want to curdle the sour cream.

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.

Bladder Matters



The Caregiver's Nurse

By: Paula E Gibeson, RN-BC

I have heard people say that one sign of aging is when you know where all of the bathrooms are located around town. So what is a bladder and why does it demand so much attention?

The bladder itself is a muscle shaped like a balloon. It usually can hold about eight to twelve ounces of fluid. The muscle has a communication tool called a detrusor muscle. That detrusor muscle is in direct communication with the brain.

When the bladder is filled with a certain amount of urine, a message is sent to the brain. That message is conveyed to the person as a sensation of bladder fullness. Usually, the first sensation of fullness does not require the bladder to be emptied. However, as a person ages or has other health issues the communication system is less effective.

If there has been damage to the brain due to a stroke or cognitive issues, there may not be a sensation of a full bladder. However, the bladder will empty its contents if it needs to whether or not the owner of the bladder is aware of how full it is. Frequently, women who have given birth have weakened muscles that help prevent bladder leakage. The sphincter at the end of the bladder stops the urine from flowing out unless the urge is too great or the muscle is too weak.

Sometimes as a person ages, the bladder doesn't always empty completely. That means there is less room for urine to enter the bladder before a person feels the need to urinate. For men, enlarged prostate glands block the bladder from emptying. This means men need to urinate more frequently because the bladder won't hold as much additional urine.

When lack of bladder control causes problems, scheduled toileting may help to regain control. Instead of waiting until the urge to urinate happens, choose to empty the bladder on a specific schedule. Be sure to empty the bladder consistently based on time. Do not wait until the bladder feels full. After a few days, increase the amount of time between trips to the bathroom.

When a bladder retains urine, there is an increased likelihood for infections. If a person drinks at least eight to ten glasses of water and completely empties their bladder, the contents of the bladder are flushed through. This is the best way to prevent bladder infections. Unfortunately, some people don't like to go to the bathroom frequently. They deliberately avoid drinking fluids. This means that there is less water rinsing out the bladder. Since urinating happens less frequently, bacteria in the bladder tend to multiply causing an infection. By drinking most of the water in the morning or afternoon, it may help to prevent getting up to the bathroom repeatedly at night.

Symptoms of a bladder infection are noticeably different for someone over 70 years old compared to a younger person. Frequently, they not only don't have an elevated fever, their body temperature may drop. Chills, lethargy, and feeling groggy are common symptoms. This could also indicate dehydration. First, increase fluids. Water is best. However, many fruits and soups have a high amount of water. If a person really does not like to drink water, try adding a lemon or cucumber slice to the water. Tea could also provide a healthy option. A healthy bladder and a healthy person are less likely to get bladder infections. Be sure your primary health care provider is aware of any bladder concerns.

www.CAREGIVERSNURSE.com

PGibesonRN@gmail.com

1(855) 205-6281

Community Events

DROP IN EUCHRE

Leelanau County
Senior Services

Tuesday, March 29, 2016

&

Tuesday, April 26, 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

January euchre winners:

Bernice Gustin - 1st

Iva Stowe - 2nd

Arloa Edwards - 3rd

Bob Norris - 4th

Iva Stowe - Koosh Ball

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.

Please Note:

**LCSS will be
closed
Friday,
March 25, 2016
at 12:00 p.m. to
observe
Good Friday**

SOUPER BOWL 2016

At the VI Grill



Thank you to Josh and his crew
at the VI Grill in Suttons Bay for
another amazing "Souper Bowl"
lunch for LCSS

The VI Grill served
three different
kinds of soups
including two kinds
of sandwiches.

Fun was had by all.



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
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.

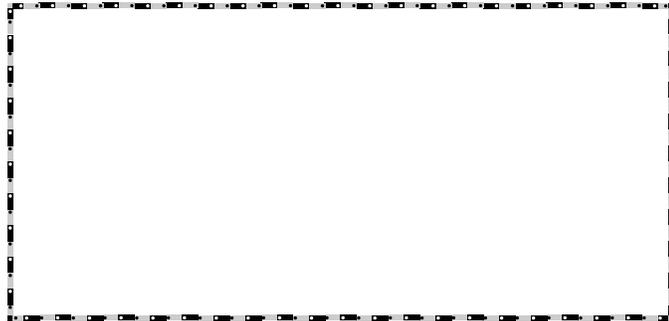
seniorinfo@co.leelanau.mi.us

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

PRESORTED
STANDARD
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LAKE LEELANAU, MI
PERMIT NO. 2



ADDRESS SERVICE REQUESTED



March / April issue:
Ride with Larry
IRS Scam with Allison
New: The Caregivers Nurse

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community



Leelanau County Senior Services

www.leelanau.cc/seniorservices.asp