

**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

Jean Watkoski

District #1 (Elmwood Township & a portion of the City of Traverse City)
(231) 946-7657

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,

I am feeling a little bit like a rebel as we ring in 2016. I don't want to establish the old resolutions to do something particular and then two months down the road completely forget what it was I was intending to do this year.

The only commitment I am willing to make to myself and others is to love openly and freely. One of the greatest pieces of wisdom was given to me by my husband's Great Aunt Helen one afternoon over a cup of coffee. "There are all kinds of love in this world. There is the love of family, the love of children, the love of parents, the love of community, the love of friends and neighbors, the love of animals, and the love of a partner, but the most important love is the love of yourself. You cannot love anyone or anything else fully if you do not love yourself."

These words have haunted me for years because I ponder what it would mean to love myself as much as I love my children, my husband, my family, etc. If I poured that much love into myself I would be kinder to me, I would make sure I was taken care of first; my body, my mind, my heart and spirit.

So, I am going to work on loving me so that I can continue to love others and my community. There is no one that can take care of my heart physically and emotionally better than myself. If I attend to my needs than I am less likely to feel resentment towards others for not being mindful of what I need.

In 2016 Leelanau County Senior Services will offer programs to remind you of how to best meet your needs and assist you in determining what will be best for you. It is my hope that we grow together in learning what it is we need to love ourselves fully. So, embrace yourself and join us on an adventure of discovery this year.

Warmly, *April*



*Happy New Year
From your LCSS Staff*

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

A Year in Review



**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

**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.



**ShareCare and Leelanau County Senior Services
are collaborating
to bring the community**

**The Best Yet!
Variety Show**

Friday, February 26, 2016

3:00 pm

The Old Art Building in Leland

Join us for an enjoyable afternoon of entertainment provided by members of our community. Jan Fisher, vocalist with the Back Room Gang and the trio Heart to Heart will be our Master of Ceremonies.

Poets, comedians, musicians, dancers, magicians, actors and acrobats;

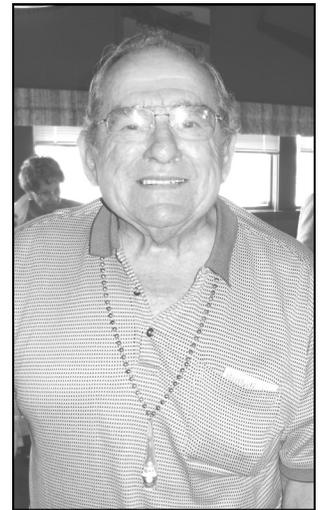
If you would like to share your talent, please call the ShareCare office at 256-0221 or Senior Services at 256-8121.

**** Doors open at 2:30 pm ****

This program is open to the public and there is no charge

Transportation is available - please call the ShareCare office at 256-0221.

A YEAR IN REVIEW



LEELANAU COUNTY SENIOR SERVICES

Voucher Sales *beginning January 4, 2016* *for Leelanau County Senior Residents**

NEW

DINING VOUCHERS: A limit of up to **6 vouchers** per senior will be available during the first six months of the year. You may purchase all **6 vouchers** at once. If inventory is still available beginning **July 5, 2016** we will reopen sales for up to an additional **6 vouchers** per senior while supplies last. Each dining voucher costs \$3.00 with a redeemable value of \$6.00. Total department sales of dining vouchers is limited to 4,000.
Dining vouchers expire December 31, 2016.

SNOW REMOVAL VOUCHERS: A limit of **10 snow removal** vouchers per senior household will be available for \$8.00 each with a redeemable value of \$16.00 while supplies last. You may purchase all **10 vouchers** at once. Total department sales of snow removal vouchers is limited to 3,500.
Snow removal vouchers expire December 31, 2016.

FOOT CARE VOUCHERS: A limit of **6 foot care** vouchers per senior will be available for \$10.00 each with a redeemable value of \$20.00 while supplies last. You may purchase all **6 vouchers** at once. Total department sales of foot care vouchers is limited to 1,300.
Foot Care Vouchers expire December 31, 2016.

SPECIAL EVENT VOUCHERS: Special event vouchers will only be sold to Leelanau County seniors* at \$3.00 each with a redeemable value of \$6.00. Non-resident guests may attend the events at full price.

Unused vouchers can no longer be refunded or exchanged.
This policy has been in effect since October 1, 2013.

*Residency of Leelanau County can be verified by either showing a state issued identification, driver's license or voter registration card.

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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.

Wednesday, January 20 - North Country Grill and Pub - Suttons Bay

Lunch - 12:30 pm

420 N. St Josephs (M - 22) At the north end of the village of Suttons Bay.

Voucher worth \$6.00 off the cost of the meal off of a special menu.

Seating limited to 40.

Tuesday, February 2 - SOUPER BOWL - VI Grill - Suttons Bay

Soup & Sandwich Buffet: Lunch - 12:30 pm

201 N St. Josephs Ave. - Downtown Suttons Bay

Voucher covers the cost of the soup and sandwich buffet only.

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:

Russell Bars

A new year brings promise of better things to come and resolutions of healthier eating and exercise. Georgia Robertson, Executive Assistant for Leelanau County shared this healthy snack bar that tastes too good to be healthy. I'm sure my family will enjoy this treat. I hope you do too. Enjoy, Armanda

Russell Bars

4 cups quick oatmeal
1 cup packed Splenda brown sugar
3/4 cup melted butter
1 tsp vanilla
1 (8oz) pkg of sugar free chocolate chips
(available at Walmart)
3/4 cup peanut butter (you can use either creamy or chunky)
Shredded coconut (if desired)

Preheat oven 350°

Mix oatmeal, sugar, butter and vanilla. Press evenly into a greased 9x13 cake pan.
Bake at 350° for 15 minutes.

While bar is baking, prepare frosting by melting chocolate chips in microwave for approximately 45 seconds. Add peanut butter to melted chocolate chips and stir together (if mixture isn't smooth enough for spreading, microwave mixture for approximately 30 seconds more)
Immediately after taking bar out of oven, spread frosting on bar and sprinkle with coconut.

Let cool to room temperature.

For easy cutting, after pan has cooled, place cake pan into the freezer for 20 - 30 minutes. Take pan out and smash cake dish upside down onto a large cutting board. Bar should pop right out. Flip bar right side up and let defrost for 10 - 15 minutes. Bar is then ready for cutting.

Store cut bars in air tight container using wax paper to separate layers.

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.

January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Years Day Office Closed	2
3	4	5	6	7	8	9
10	11 Bereavement Group 11am	12	13	14	15	16
17	18 MLK Day Office Closed	19 Commodities	20 Lunch: North Country 12:30 pm <hr/> MMAP Counselor	21 Parkinson's of Leelanau 2pm	22	23
24 31	25 Bereavement Group 11am	26 Drop in Euchre	27	28	29	30

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

February 2016

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Souper Bowl VI Grill 12:30 pm	3	4	5 Love Your Heart National Wear Red Day - 11 am	6
7	8 Bereavement Group 11am	9	10	11	12	13
14 Happy Valentines Day	15 President's Day Office Closed	16 Commodities	17 MMAP Counselor	18 Parkinson's of Leelanau 2pm	19	20
21	22 Bereavement Group 11am	23 Drop in Euchre	24	25	26 Variety Show Leland - 3:00 pm	27
28	29					

Scam Alert

By: Allison Hubley

Happy New Year! Over the past year, the Scam Alert columns have been dedicated to addressing the various fraud schemes and how you can protect yourself.

However, it's time to turn the tables and focus on "the good guys"!

Congratulations to our Leelanau County senior citizens who have become more educated and proactive this past year in recognizing these scams. Thanks to those of you who have shared your concerns with others so that we can spread the word regarding how to prevent becoming a victim of these schemes.



As a reminder, below is a list of what to do and what NOT to do when it comes to protecting oneself from fraud:

Sign-up for Caller ID. If you do not recognize the telephone number of the caller, do not answer.

Notify your friends and family members that you are using this service so that you can accept their telephone calls.

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.

Do not share your social security number, date of birth, mother's maiden name or computer passwords with any person or organization if you suspect fraud. Create "strong" computer passwords; "Lee I lanau!" is a much stronger password and less susceptible to dictionary attacks than "abc123".

Do not feel pressured to make any purchases for goods or services on the spot. If there is a special "sale price", for today only, walk away and think about the purchase—is this something that you really need?

If something seems suspicious to you, report it. Do not worry about being considered a "nosy neighbor" as you just might be doing something to help someone who is a potential victim.

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

Ask about the Scam!

The March/April edition of the Scam Alert column will address questions from our readers. If you are interested in further information about a particular fraud scam, please send your question to:

seniorinfo@co.leelanau.mi.us or call the office. The Senior Services staff will select a couple of questions that will be addressed in the next edition.

In 2016, there will be many interesting topics addressed in future Scam Alert columns, as well as some very informative in-person seminars during the summer and early fall of 2016. Stay tuned for further information! In the meantime, may 2016 be a happy, healthy and prosperous year for you and yours.

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

LOVE YOUR HEART
***NATIONAL WEAR RED DAY TO
FIGHT HEART DISEASE***

**LEELANAU COUNTY
GOVERNMENT CENTER**

Friday - February 5, 2016

11:00 a.m. - 1:00 p.m.

Guest Speakers!

Nutrition Tips!

Blood Pressure Checks!

Door Prizes!

*A heart healthy lunch will be provided—
please call to reserve your spot*



Don't forget to wear red!!!



LEELANAU COUNTY SENIOR SERVICES

8527 E Government Center Drive, Suite 106 • Suttons Bay MI 49682

231-256-8121

teaming with:



MUNSON HOME HEALTH

MUNSON HEALTHCARE

Community Events

DROP IN EUCHRE

Leelanau County
Senior Services

Tuesday, January 26, 2016

&

Tuesday, February 23, 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

October euchre winners:

Bernice Gustin - 1st

Tillie Garvin - 2nd

Bill Edwards - tie 3rd

Bob Norris - tie 3rd

Bob Hauske - Koosh Ball

November euchre winners:

Charlie Verschaeve - 1st

Arloa Edwards - 2nd

February 8, 2016 marks the Chinese New Year, which is the year of the Monkey. For people born in the year of the monkey (1920, 1932, 1944, 1956, 1968, 1980, 1992, 2004), 2016 is considered an auspicious year.

"Monkeys" are witty, intelligent and have a magnetic personality.

Munson Bereavement Support Group

meets the second 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.

Pot Luck

The Suttons Bay Friendship Community Center will host a once-a-month potluck dinner during the winter months on Tuesday: January 12, February 9, and March 8, 2016.

Meat will be provided, as well as, coffee. Please bring your own table-settings and your own beverages and a dish to pass. There will be a lovely Valentine cake for the February potluck.

These free events will take place between 6:00 p.m. and 8:00 p.m. at the center, 201 Broadway St., Suttons Bay.

Please bring your family and friends and beat the winter cabin fever blahs with meeting, greeting, and eating.



**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 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

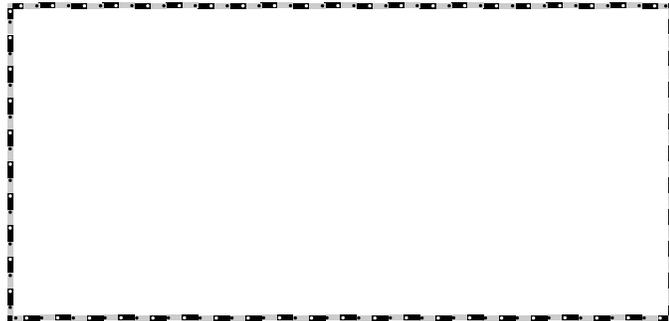
The newsletter can be downloaded from the county website at leelanau.cc/seniorservices.asp

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

seniorinfo@co.leelanau.mi.us

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January / February issue:
A Year in Review
Bitesize: Love Your Heart
Variety Show

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