

Leelanau County Senior Services

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Suttons Bay, MI 49682

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(231) 946-7657

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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)
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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,

As we enter into the season of thanksgiving and joy, we hope you will take time to celebrate one another and have gratitude for all of the blessings bestowed upon you. We are busy preparing to deliver bags of "Comfort and Joy" to those who may need some cheer this season. If you or someone you know could benefit from a visit and a bag of "comfort and joy" please call the office and let us know.

LCSS has been providing services, support, and social opportunities for forty years this year. It is difficult to imagine how many people's lives have benefited from the services and care shown to our senior community. I look forward to seeing you at some of our upcoming events. I would like to close my letter with a reflection on Veteran's Day.

As we take a moment to observe Veteran's Day on Wednesday, November 11th, I encourage you will pause and reflect on the role veterans have played in our country's history. I have been blessed in my life to have made six pilgrimages to Washington D.C. to pay homage to those who have come before and paved the road of freedom for us all. The National Mall in Washington D.C. is adorned with monuments, statues, and museums that commemorate our nation's leaders and heroes who have served and supported our great nation's efforts. I have also had the great privilege of sitting at family kitchen tables and in people's living rooms as they share their stories of bravery and courage. The story tellers vary from veterans who served during World War II and Vietnam to those who remained stateside and supported the men and women in uniform. When I return to Washington D.C. for my seventh, eighth, ninth..... pilgrimage, those who allowed me to be present as they recalled times of victory and defeat, times of joy and sorrow and the resilience that moved them forward will be with me in spirit. Their presence and story will forever remain in my heart and will stand taller than any monument or statue found on the National Mall.

Please take a moment to thank a veteran for their service on Veteran's Day and also remember that thoughts and words are always welcomed regardless of it being a national day of honor.

Warmly,

April

Medicare News

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

Medicare Part D Plans for 2016

Medicare recently announced the details for the Part D prescription drug plans available for 2016. Beneficiaries can switch their plans during the Annual Enrollment Period that runs from October 15th through December 7th.

There will be several changes in plan offerings, premium costs, and benefit details for Medicare Part D drug plans next year. Following are some of the significant highlights of these changes:

- There will be a total of 28 drug plans approved by Medicare for Michigan beneficiaries, three less than what is available in 2015.
- Three Part D plans are currently under sanction by Medicare. All are offered by United America and include their Enhanced, Essential and Select Part D plans. Current members are permitted to remain in these plans for 2016 if they want, however, the plans are not available for new enrollments until the sanction is lifted.
- Several Part D plans have an annual deductible. Medicare has authorized an increase of \$40 to the deductible for a new maximum of \$360.
- The donut hole will go up by \$350 to \$3,310. When the full cost of medications reaches this amount during the year, Medicare beneficiaries will enter the donut hole which results in a higher cost for their drugs. Those who enter the donut hole in 2016 will pay 45% of the total cost of brand name drugs and 58% of the cost for the generic equivalent
- One plan available in 2015 will not be offered in 2016. It is the Alliance Medicare Rx Part D Plan. Also, four drug insurance companies are re-assigning their members from one of their current plan offerings to another plan within the same company for 2016. These companies are Cigna, Smart D, Aetna, and Transamerica.

Part D companies are required to notify their subscribers of all of these details in their Annual Notice of Change mailing. Beneficiaries should already have received this information.

While the list of plan offerings is quite extensive, there is a very helpful tool available that can be used to compare an existing drug plan with other plans available for 2016. The tool is called the Medicare Plan Finder. To do your own comparisons, or get help in finding the best plan simply select one of the following options:

If you are comfortable doing your own research, visit the Medicare website at www.medicare.gov. Just click on the green box entitled "Find health & drug plans", and enter the information requested. You will be given detailed comparisons for each plan, sorted by lowest cost. Enrollment in a new plan can also be done at the same website.

You can call 800-Medicare (800-633-4227) and a trained customer service representative can help by furnishing you with plan options. Have your current medication list available when you make the call.

Also, you can call the Medicare/Medicaid Assistance Program (MMAAP) at 800-803-7174, and ask to have a prescription drug worksheet mailed to you. Once you complete the form and return it to the MMAAP office, a certified Counselor will review drug plan options and furnish you with recommendations for 2016. Counselors can also help you enroll in a new Part D plan if needed.

**Fire and Rescue
Non Emergency
Numbers:**

Sheriff's Department
256-8800

Cedar Fire and Rescue
228-5396

Elmwood Township Fire
and 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 and Rescue
271-6978

**IMPORTANT
DATES**

LCSS will be closed
the following dates:

November

11 - Wednesday
26 - Thursday
27 - Friday

December

4 - Friday
24 - Thursday
25 - Friday

January

1 - Friday
18 - Monday

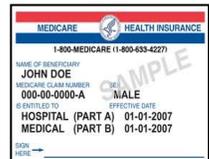
**Medicare/Medicaid
Assistance Program
MMAAP Counselor -**

available at the Government Center

Carrie McCombs, Medicare/Medicaid Specialist with the Area Agency on Aging's Medicare/Medicaid Assistance Program (MMAAP) will be available at the Government Center on the third Wednesday of every month to offer assistance with Open Enrollment, Prescription Drug Programs, and to answer any Medicare/Medicaid questions you may have.



**Appointments are required
Call LCSS at 256-8121**



*** * A SPECIAL BITESIZE * ***

**Talking with your Doctor/Health Care Provider
and
Memory Loss: It Isn't Normal Aging!**

We are excited to offer a two part educational session presented by Paula Gibeson, RN-BC, former Resource Clinician for Munson's Geriatric Assessment Clinic.

11:00 a.m. - Talking with your Doctor or Health Care Provider
Be prepared prior to appointments – learn how to optimize communication and time with your health care provider and find out how healthcare changes may affect appointments, follow-up health care, and medications.

12:15 p.m. - Lunch – Sandwiches, chips, soft drinks

1:00 p.m. - Memory Loss: It Isn't Normal Aging!
If someone is over 70 years old and showing forgetfulness, find out what might be the cause. Also, is the person safe if they are having cognitive changes? What can be done? Or perhaps, what needs to be done?

This program is FREE and open to the public. You may sign up for either session or attend both - let us know if you will join us for lunch.

**Please call the Senior Services office at 256-8121
to reserve your spot.**

Veterans Day



Veterans Day Ceremony
November 11, 2015 at 11:00 a.m.
Leelanau County Veterans Memorial
8521 E Government Center Drive, Suttons Bay



Our community has a number of services and supports in place for veterans. Please contact one of these service providers if you or someone you know could benefit from any or all of these resources.

Veterans Affairs (Disability, Pension, Death Benefits, etc.) (231) 256-8103

Grand Traverse County Chapter Disabled American Veterans
(Coordinates transportation to VA medical facilities) (231) 313-9357

VA Clinic (Health Care) 932-9720

Vet Center (Readjustment Counseling-PTSD) (231) 935-0051

Supportive Services for Veteran Families (Homeless Veterans) 1-844-900-0500

Are you prepared

do1thing.com

We live in Northern Michigan away from most natural disasters although tornados, fires and blizzards can hit our county without much warning.

In this last issue we are showcasing the last 4 tips to help us become better prepared in an emergency situation.

- **Be Informed:** Some communities have ways of warning residents besides an outdoor warning siren. They may call by phone or send text messages or emails with emergency information. For our area, WTCM is the main radio source for emergency information. Also, emergency information is broadcasted on TV 7&4 and TV 9&10. Leelanau County Emergency Management is currently working on a mass emergency notification system. We will keep you updated on the status.
- **Power:** We count on electricity for heat, cooking and medical needs. Even gas appliances need electricity to run. A power outage is an emergency that often follows another emergency such as a storm. That makes it even more important to be prepared in advance.
- **Emergency Supplies:** Have a “go bag” ready if you need to leave your home. Your “go bag” can be part of your emergency kit, just make sure it’s easy to carry. A few items to consider in your “go bag”: battery powered radio (or a crank one), flashlight, lightweight blanket, emergency information, insurance policies, list of medications and meds, first aid kit, change of clothing, toothbrush etc.
- **First Aid:** Calling 911 instead of trying to take an injured or ill person to the hospital may save a life. It may seem like the ambulance is taking longer than you driving, but ambulance personnel can start providing care as soon as they arrive. Emergency personnel can also get the injured or ill person to the hospital more quickly, legally and safely.

For more information on being prepared go to: www.do1thing.com

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.

LEELANAU COUNTY SENIOR SERVICES

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



**Parkinson's
Network
North**

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A group has been established in Leelanau County to bring PEACE to those with Parkinson's and their caregivers.

Participation

Exploration

Activation

Communication

Education

In the past this group has shared ideas about Parkinson's research progress, tips on living with PD, local events concerning PD, and other helpful resources. Presenters have brought us information on Physical Therapy, Tai Chi, Dance for Parkinson's, and helpful gadgets.

PNN Leelanau will be meeting in November for A Holiday Celebration on Thursday, November 19th at 2:00 p.m. Please RSVP to LCSS by Monday, November 16th if you are interested in attending.

There will be no meeting in December.

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.

**Monday, November 16th—
Boone's Prime Time—Suttons Bay
Lunch—12:30 p.m.
102 N. St. Josephs (M-22) At the
blinker light—south end of the
village.**

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

Seating is limited to 25.

Please call LCSS for seating availability

256-8121

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

NUTRITION/FOOD: Fresh Apple Cake

Fresh Apple Cake

- 1 cup butter (softened)
- 1 3/4 cups brown sugar
- 3 eggs
- 1/2 cup cold water
- 1 tsp vanilla
- 2 cups flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp salt
- 4 cups cored apples chopped small with peel on

G.G. Galla shared this perfect fall dessert. This would be great for a gathering or a breath of fresh air for Thanksgiving. 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.



Mix all ingredients except apples. Fold in the apples. Spray with non stick spray and flour a 9 x 13 pan, pour batter in pan. Bake 350° oven for approximately 1 hour.

(If you want to add more apples, just remember the baking time will be a bit longer.)

Best if served with a dollop of whipped cream.

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  Daylight Savings Time Ends	2	3	4	5	6	7
8	9 Bereavement Group 11am	10	11 OFFICE CLOSED Veterans Day Ceremony @ Government Center 11:00 am	12	13	14
15	16 Lunch: Boones 12:30 pm	17 BiteSize Learning 11:00 & 1:00 <u>Commodities</u>	18 Medicare Counselor	19 Parkinson's Support 2-4 pm Holiday Celebration	20 Last Day for Holiday Gifts	21
22	23 Bereavement Group 11am	24 Drop In Euchre	25	26 Thanksgiving OFFICE CLOSED	27 OFFICE CLOSED	28
29	30					

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

December 2015

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Blue Bird Party	4 Maple City Party	5
6	7	8	9	10	11	12
13	14 Bereavement Group 11am	15 Commodities	16 Medicare Counselor	17	18	19
20	21	22	23	24 Christmas Eve Office Closed	25 Christmas Day Office Closed	26
27	28 Bereavement Group 11am	29	30	31	January 1 Office Closed	2

SCAMS with Allison*

Voucher Reminders:

LCSS has received calls on availability of any remaining vouchers.

If you have not purchased your limit of 10 snow vouchers in 2015, we have vouchers available for purchase.

Each Leelanau County senior can still purchase one voucher per person per month until dining vouchers are sold out or the end of the year.

Foot care vouchers are almost sold out. If you haven't purchased your 6 for the year, you may still do so while supplies last.

All 2015 vouchers will expire on December 31, 2015.

For an updated list of vendors, call LCSS for more information.

Question: How many sides does a snowflake have?



Answer: 6

**LCSS will be closed January 1, 2016
We can not accept payment for future vouchers (reserving) before January 4, 2016.**

We're sorry for any inconvenience.

Before we know it, the holidays will be upon us - I certainly am not ready, are you? Unfortunately, fraud perpetrators are always ready for the season and holiday scams yield these criminals a great deal of money. At this time last year, the Scam Alert column addressed gift card fraud, but this year, let's turn our attention to the charitable contribution fraud.

During the holiday season, we often receive numerous solicitations to donate to one or more charities; some of these charitable organizations are legitimate and some are not. Individuals are often willing to support legitimate charities of their choice because doing so can offer a tax deduction while also allowing the donor to do a good deed.

What can you do?

According to the FBI's website:

"Before making a donation of any kind, consumers should adhere to certain guidelines, including:

- Do not respond to any unsolicited (spam) incoming e-mails, including clicking links contained within those messages, because they may contain computer viruses.
- Be skeptical of individuals representing themselves as members of charitable organizations or officials asking for donations via e-mail or social networking sites.
- Beware of organizations with copy-cat names similar to but not exactly the same as those of reputable charities.
- Rather than follow a purported link to a website, verify the legitimacy of nonprofit organizations by utilizing various Internet-based resources that may assist in confirming the group's existence and its nonprofit status.
- Be cautious of e-mails that claim to show pictures of the disaster areas in attached files because the files may contain viruses. Only open attachments from known senders.
- To ensure contributions are received and used for intended purposes, make contributions directly to known organizations rather than relying on others to make the donation on your behalf.
- Do not be pressured into making contributions; reputable charities do not use such tactics.
- Be aware of whom you are dealing with when providing your personal and financial information. Providing such information may compromise your identity and make you vulnerable to identity theft.
- Avoid cash donations if possible. Pay by credit card or write a check directly to the charity. Do not make checks payable to individuals.
- Legitimate charities do not normally solicit donations via money transfer services. Most legitimate charities' websites end in .org rather than .com."

The next Scam Alert column will discuss tips to plan for the New Year so that you can be proactive about protecting yourself from fraud in 2016. In the meantime, enjoy a safe and healthy holiday season with your family and friends.

References:
Federal Bureau of Investigation, Scams and Safety.
Retrieved from www.fbi.gov.



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



LEELANAU COUNTY SENIOR SERVICES

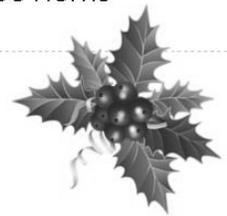
COMFORT AND JOY 2015

Leelanau County Senior Services has a tradition of delivering comfort and joy to Leelanau County seniors who could use some cheer during the holiday season. If you are interested in joining with your fellow neighbors and community members in the spirit of giving, LCSS would appreciate donations of food, toiletries, and other fun or useful items to deliver to seniors. Monetary gifts are also greatly appreciated and will be used to purchase gift certificates to local grocery stores. If you know of someone that could use some comfort and joy, please let us know.

Should you wish to contribute to LCSS' endeavor, below are some suggestions of non-perishable items that seniors have enjoyed receiving in the past, or consider sharing something that brings you comfort and joy.

<u>FOOD ITEMS</u>	<u>TOILETRIES</u>	<u>MISCELLANEOUS</u>
Canned food, Soup, Tuna fish	Toothpaste, Toothbrushes	Puzzle Books
Individual containers of Fruit	Shampoo, Conditioner	Socks
Pudding Cups, Jell-O	Deodorant, Aftershave	Playing Cards
Hot Cocoa, Tea bags	Paper Towels, Toilet Paper, Tissues	Flashlights, Batteries
Boxes of Juice	Dish Detergent, Liquid Hand Soap	Night Lights
Granola type bars	Razors, Shaving cream	Stationery, Note cards
Cookies	Combs, Hairbrushes	Pens, Pencils
Candy	Nail Clippers, Emery Boards, Polish	Backscratchers, Long Handled Shoe Horns

 *Happy Anniversary*
Leelanau County Senior Services
Serving our seniors for 40 years



Community Events

DROP IN EUCHRE

Leelanau County
Senior Services

Tuesday, November 24, 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

September euchre winners:

Arloa Edwards - 1st

Bob Stachnik - 2nd

Tom Woods - 3rd

Paul Schelling - Koosh Ball

If anyone is interested in teaching a class on Texas Hold'em, there is a group that is wanting to learn.

Call LCSS for more information on either teaching or signing up.

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.

We're Stepping It Up!



With the new year just around the corner, 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.

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

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 include: **Personal Care, Respite Care, Homemaker*, Medication Management, Medical Transportation, Unmet Need Assistance*, Medical Loan Closet, Emergency Pendant, Educational/Social Programs** and much more.

For more information on any or all of our programs call LCSS 256-8121.

*Income and asset tested through application plus home evaluation process for other programs

Senior Variety Show

Performers are wanted for the second annual senior variety show in February at The Old Art Building in Leland.

Poets, comedians, musicians, story tellers, dancers, magicians, actors and acrobats - whatever your talents - We want you!

For information, please call the ShareCare office at 256-0221 or Leelanau County Senior Services at 256-8121

Travel Corner

Safe and secure travel options are offered through the Senior Center Network (Traverse City Senior Center). Trips offered for 2016 - Day Trips: Michigan History and Michigan Princess Riverboat Cruise, "The Bridges of Madison County" musical at Wharton Center, Dune Ride and Historic Hart District, Elk Viewing at Thunder Bay Resort, Art Prize in Grand Rapids and a Detroit Tiger game as well as several "Mystery Trips"

Extended trips include: New York City, Discover Ohio, Best Kept Secrets of Detroit, 1000 Islands and the Grand Experience at the Grand Hotel on Mackinac Island, Nova Scotia and Canada's Maritime (which as we went to print had only 7 spots available),

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



*In commemoration of LCSS'
40th Anniversary*

**TICKETS ON SALE
NOW!**

**Leelanau County Senior Services
invites you to join us at our**

FABULOUS 40's CHRISTMAS PARTIES

**Thursday, December 3, 2015:
The Blue Bird of Leland**

**Friday, December 4, 2015:
Maple City Health and Fitness Center gym**

Tickets are \$5.00 each

Doors open at 11:30 a.m. for each party.

Can't decide?

Come to both, you never know what surprises await you

Call LCSS for more information (231) 256-8121

**TICKETS ON SALE
NOW!**



Happy Anniversary
Leelanau County Senior Services
Serving our seniors for 40 years



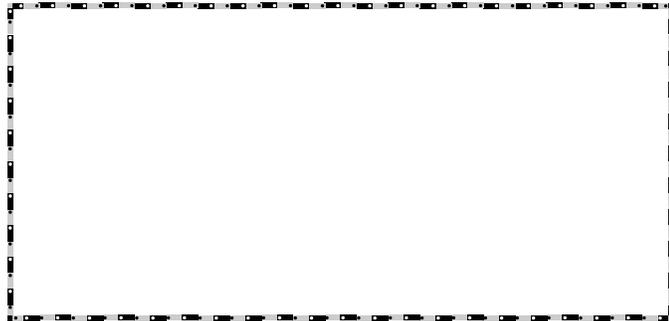
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ADDRESS SERVICE REQUESTED

November / December issue:
Veterans Day Ceremony
Holiday Parties
Looking ahead in 2016
Voucher Sales



THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community



Leelanau County Senior Services

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