

Leelanau County Senior Services

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THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community

Dear Friends,

I love a great feel good movie, especially one full of heroism, love, and selfless acts when added all up create opportunities for transformation within individuals and a community. The plot lines of these movies are often created around a single event that no one is planning for, but somehow people come together to tackle what is laid in front of them and rise above. "The Storm" of August 2015 as people refer to it when recounting their story of where they were when it hit, and the challenges laid before them as they surveyed the aftermath has the makings of a great movie. I have had the privilege of listening to people share their story describing to me in great detail the events leading up to the storm, accounts of individuals following their intuition to take shelter or move to a different location within their home or shelter that inevitably spared them from injury or worse; stories that can only be characterized as "stories of grace." These action packed stories cannot even begin to top the stories of resilience that continue to echo around Leelanau County. Our communities have banded together to assist one another with the removal of trees and brush, the offering of a meal, the support of neighbors checking on one another to ensure no one is left to fend for themselves. Unlike a movie that is over in two hours, our communities continue to rally. I continue to hear stories of heroism as emergency responders and community members work tirelessly to repair physical damages, subsequently lifting the spirits and hearts of so many. "The Storm" has reminded me that despite my desire to remain independent, we are never completely independent. A life of interdependence where individuals and community come together to support one another is the motion picture I want in lights.

Warmly,

April

Medicare News

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

Happy 50th Birthday Medicare!

Fifty years ago on July 30, 1965, President Lyndon B. Johnson signed into law legislation that established the country's Medicare and Medicaid programs. At a White House ceremony, Harry Truman was the first to sign up for the benefit and receive his new Medicare card.

Most folks become eligible for Medicare when they turn 65 years of age. Some are deemed eligible at a younger age if they are on Social Security Disability for a period of at least 24 months. Medicare still works well today, and those who are eligible for the benefit, rely heavily on it to defray a large portion of their health care costs.

This is also a time to reflect on the health of the Medicare system. Current and future generations are wondering what the benefit structure will look like as we move forward. Policy makers are busy making projections and providing recommendations to ensure that the Medicare Trust Fund remains solvent, especially given the influx of the baby boomers who are turning 65 and a future that indicates that this trend will continue.

A year ago the Medicare Trustees, a board made up of Federal Department officials and two public representatives who are appointed by the President reported the following:

They project that the trust fund that finances Medicare's hospital insurance coverage will remain solvent until 2030, four years beyond what was projected in last year's report. Due in part to cost controls implemented in the Affordable Care Act, per capita spending is projected to continue to grow slower than the overall economy for the next several years.

"The Medicare Hospital Insurance trust fund is projected to be solvent for longer, which is good news for beneficiaries and taxpayers," said Marilyn Tavenner, former administrator of the Centers for Medicare & Medicaid Services (CMS). "Thanks to the Affordable Care Act, we are taking important steps to improve the quality of care for Medicare beneficiaries, while improving Medicare's long-term solvency. Specifically, we have made major progress in improving patient safety, decreasing hospital readmissions, and establishing new payment models such as accountable care organizations aimed at reducing costs and improving quality. These reforms slow the rise in health care spending while improving the quality of care for beneficiaries."

A number of factors have contributed to the improved outlook, including lower-than-expected spending in 2013, and lower projected utilization in the types of health care needed by Medicare patients. Medicare spending per beneficiary has grown quite slowly over the past few years and is projected to continue to grow slowly over the next several years. During the past four years, per capita Medicare spending growth has averaged 0.8 percent annually, much more slowly than the average 3.1 percent annual increase in per capita GDP and national health expenditures over the same period. The benefits of this slower growth accrue to both taxpayers and beneficiaries. For example, although the Part B premium for 2015 will not be determined until later this year, the preliminary estimate in the Report indicates that it will remain unchanged from the 2013 premium for the second consecutive year.

Background points:

In 2013, Medicare covered 52.3 million people: 43.5 million people aged 65 and older, and 8.8 million people with disabilities. About 28 percent of these beneficiaries have chosen to enroll in Part C private health plans that contract with Medicare to deliver Part A and Part B health services. Total expenditures in 2013 were \$582.9 billion. Total income was \$575.8 billion.

The report is available at: <http://www.cms.hhs.gov/ReportsTrustFunds/downloads/tr2014.pdf>.

Additional information concerning the future needs of Medicare can be found at the Medicare Rights Center website where a discussion takes place about the top "50 Wishes" for the program at: <http://www.medicarerights.org/50wishes>.

Beneficiaries can obtain local help with any question associated with Medicare and Medicaid insurance programs by contacting a trained and certified counselor with the Medicare/Medicaid Assistance Program (MMAP). Simply call our toll free number at 800-803-7174 and leave a message.

Senior Volunteer Program



SENIOR COMPANIONS
Caring with Compassion...
Sharing with Friends



FOSTER GRANDPARENTS
Mentoring Children and Youth...
Providing a Positive Role Model

Senior Volunteer Programs

Developed to provide adults 55 years of age and older, living on limited incomes a meaningful volunteer opportunity at no cost to themselves and to help meet community needs.

WE ARE LOOKING FOR ADULTS THAT:

- Are at least 55 years of age
- Meet income eligibility requirements
- Are willing to volunteer 20 hours per week

VOLUNTEERS WILL RECEIVE:

- \$2.65 hourly non-taxable stipend
- .35 per mile reimbursement or a bus pass
- \$2.00 daily meal reimbursement
- Plus many other benefits

WE NEED YOU! Call today!

1-800-658-8554

Sponsored by: Catholic Human Services, Inc.

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 the next 3 issues, we will be showcasing a total of 12 tips to help us become better prepared in an emergency situation.

- **Work, School, & Community:** If you are away from home do you know where to find safe shelter locations? Will people who count on you know what to do or where to go if you can't reach them?
- **Unique Family Needs:** Does someone in your family have a medical condition that requires medication? Do you have a pet? Make a list of special items you may need in a disaster, ie: 3 day supply of medication, diabetic supplies, glasses, canes, pet food.
- **Family Communication Plan:** Make sure you have at least one phone that plugs directly in the jack. Cell phones may not work in a disaster as towers can become overloaded with families trying to reach loved ones.
- **Get Involved:** People are more vulnerable during and after a disaster. They are less likely to ask for help or follow emergency instructions. Connect with isolated individuals in your neighborhood before disaster strikes and come up with a communication plan.

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

Storm Update

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

Crews are still working on clearing trees and debris from the sides of the roads. Please take extra care when driving on our beautiful winding Leelanau County winding roads, you never know if there is a crew just around the bend.

If you have debris on your property, do not place any on the shoulders of the road. The clean up crew will not pick up debris from your private property.

The county has a **FREE** drop off site at Myles Kimmerly Park, 1397 W Burdickville Road, Maple City. The drop off site is open Monday through Saturday from 9:00 a.m. to 7:00 p.m. The site only accepts organic debris: i.e.: trees, limbs and brush.

If you are looking for help in removing your debris, Leelanau HelpLink is offering assistance. You can find out more information by calling the Glen Lake Community Reformed Church at 334-4563. The office is open on Tuesdays from 3:00 p.m. to 6:00 p.m.

If you have any questions or concerns about dangerous debris or roadside crews, please call the Leelanau County Storm Hotline at (231) 256-8104.

SUN NOV 23, 2014



#172

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Do Not Call Registry

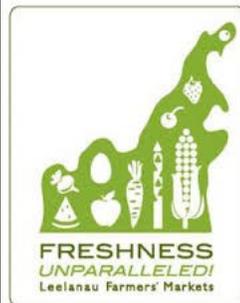
To register your phone with the "do not call registry" to reduce the potential scam callers, call 1(888) 382-1222 and follow the prompts or go online:

www.consumer.ftc.gov/
click on

"do not call" icon

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

Senior Project FRESH



We still have approximately 25 Senior Project FRESH booklets available for Leelanau County Seniors.

Senior Project FRESH booklets are for seniors to use at area farmers markets for locally grown fresh produce.

If you have not received your booklet this season and meet the income eligibility, please visit us at

Leelanau County Senior Services
8527 E Government Center Dr, Ste 106
Suttons Bay

*Eligibility income requirements:

Yearly income for 1 person: not to exceed \$21,590.00,
for 2 people: not to exceed \$29,101.00

A Note From Sharecare:

ShareCare of Leelanau was founded in 1993 by three Leelanau County couples concerned about the many issues that could force them to leave their homes before they were ready. After gathering ideas from other communities, this small group came up with the then-unique idea of ShareCare, an organization whose mission “is for its members to achieve the highest quality of life and independence attainable in their own homes for as long as possible.”



Nearly 400 people belong to ShareCare with membership limited to full or part-time residents of Leelanau County. People pay annual dues according to the age at which they join. The youngest member is 42 years old, and the oldest is 102. ShareCare employs two people – a Registered Nurse/Care Coordinator and an Office Manager/Volunteer Coordinator. They, along with nearly 100 member volunteers, provide a broad range of services to members including friendly visits, a helping hand around the house or yard, an occasional meal, respite for a care-giving spouse and programs about medical issues. The most popular ShareCare service is the Driver of the Day program. Volunteers are scheduled for every weekday of the year (except holidays) and average nearly 12,000 miles annually, providing rides to medical appointments and procedures, hair appointments, social gatherings in the county and more.

Two other well-used services are access to free medical equipment and assessments of in-home care needs done by the RN. ShareCare also keeps a vetted list of trusted caregivers and home contractors for its members. Social activities occur throughout the year.

In a 2014 survey by the University of Michigan, members indicated they joined because ShareCare “is a great organization for them and offers a sense of security and reassurance that, if and when they need anything, ShareCare would be there for them.”

Visit the ShareCare office in the Binsfeld Building on Duck Lake Road or give them a call at 231-256-0221 to learn more. You may also visit their website at www.sharecareleelanau.org.



Golden Wishes, a program commemorating the 10-year anniversary of Comfort Keepers of Northern Lower Michigan, will grant well-deserving seniors the wish of a lifetime. The program honors local, deserving seniors who have given so much of themselves to their friends, family and community.

Do you know of a worthy senior? Nominate them and help fulfill his or her Golden Wish! Complete their online form and hit submit, or download and print a nomination form. When completed, drop off or return via U.S. Mail to one of the Comfort Keepers offices.

The link for the nomination form is: <http://traversecity-615.comfortkeepers.com/home/quick-links/wish-form?>

Wish ideas might include: reconnecting loved ones, attending events or concerts, participating in a former hobby or passion that is now a challenge (ride in classic car, horseback riding), the purchase of a computer to connect virtually with family, installation of a wheelchair ramp, renewing wedding vows or maybe even help planting a garden.

Note: Travel must be purpose-driven, with a dream achieved during or as a result of the trip. To be eligible, the nominee must be a minimum age of 65, a resident of Boyne City, Cadillac, Charlevoix, Elk Rapids, Gaylord, Petoskey, Traverse City, or the surrounding areas, unable to fulfill the wish on their own, and capable of experiencing the wish.

Finalists will be selected, through a panel of judges formed by Comfort Keepers, based on adherence to age and residence requirements, integrity of the nominee, senior’s community involvement, impact that granting of the wish would have on the nominee, and the ability and practicality of administering the wish. Winners will then be selected by review of written entries and/or phone interviews.

Winners will be announced in October at a celebration for Comfort Keepers 10-year Anniversary and all Golden Wishes recipients.

For more information about Golden Wishes, call (231) 929-9044

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.

Tuesday, September 22 - 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. Seating limited to 40. Voucher worth \$6.00 off the cost of the meal off of a special menu.

Thursday, October 29 —Fischer's Happy Hour Tavern—Northport

Lunch—12:30 pm

7144 N Manitou Trail (M-22) across from Gills Pier Road. Seating is limited to 30. Voucher worth \$6.00 off the cost of the meal—regular menu.

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:

Apple Salsa

I found this recipe online while searching for fruit salads. It looked refreshing and crisp, I had to try it out. You can either use as a side with fish, chicken or turkey or eat it like regular salsa with chips. Enjoy, Armanda

Apple Salsa

2 medium red Michigan Apples
2 Tbs lime juice
1/2 cup chopped orange segments
1/2 cup finely chopped onions
1/2 cup finely chopped green pepper
1 finely chopped jalapeno pepper
1 clove garlic - minced
2 Tbs chopped fresh cilantro
1 Tbs cider vinegar
1/2 tsp ground cumin
1 tsp vegetable oil



<http://www.michiganapples.com/Recipes/ID/111/Apple-Salsa>

Core and dice apples into 1/4 inch pieces. Toss immediately with lime juice.

Stir in remaining ingredients. Chill 2 hours before serving.

The web site suggests the following Michigan Apple varieties to use: Empire, Gala, Ida Red, Jonagold, Jonathan, McIntosh, Red Delicious, or Rome.

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.

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Labor Day Office Closed	8	9 Casino Trip	10	11	12
13	14 Bereavement Group 11am	15 Commodities	16 Fall Mystery Trip	17 Parkinson's Support 2-4 pm	18	19
20	21	22 Lunch: North Country 12:30	23 MMAP Counselor	24 Tooth Wisdom	25	26
27	28	29 Art Trip/ Grand Rapids Drop In Euchre	30 Financial Fraud 10 am			

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

October 2015

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Bitesize: Emergency Pendants Cedar	3
4 Travel Show 2pm	5 Parkinson's Support 2-4 pm	6	7	8	9	10
11	12 Bereavement Group 11am	13 Bitesize: Emergency Pendants Suttons Bay	14 Casino Trip	15	16	17
18	19	20 Commodities	21	22 Bitesize: Emergency Pendants Elmwood	23	24
25	26	27 Drop In Euchre	28	29 Lunch: Happy Hour Tavern 12:30	30	31 <i>Happy Halloween</i>

SCAMS with Allison

In this Scam Alert column, let's take a moment to review the highlights of what was discussed at the Personal Caregiver Fraud Seminar that was held on July 23rd. Some very interesting information was shared by all members of the presentation panel; the presenters included: Allison Hubley (Scam Alert columnist), Russ Knopp (Owner, Comfort Keepers of Northern Michigan), Paula Gibeson, R.N. (Owner, The Caregiver's Nurse), Kristin Harrison, R.N. (Regional Manager, Munson Home Services), Greg Kish (Elder Law Attorney, Scott & Huff, P.C.) and Sheriff Mike Borkovich.



Allison began by once again stating that, according to journalist Susan Kostal, "Today, people over age 50 control 70 percent of our nation's wealth. This sets older adults up for a variety of theft schemes and scams, not because they're older and weaker, but simply because they have the money, and thieves know it". Russ Knopp, shared some interesting information on the importance of background and reference checks, controls on bank accounts and red flags to watch for with regard to personal caregivers who may be looking to commit fraud. Paula Gibeson explained what occurs as part of the normal aging process and discussed dementia at length. Ms. Harrison discussed various issues associated with the medical alert monitoring systems that are on the market today and mentioned that many systems have product/service names that are quite similar. Greg Kish discussed things to consider when choosing an individual to be in control of the senior's finances and mentioned that his firm tries to steer clients towards hiring an agency caregiver as the caregiver has been vetted by the agency. Sheriff Borkovich provided an excellent summary of important points discussed by each panelist.

Wednesday, September 30, 2015 10:00 a.m. Financial Fraud Seminar This session is being repeated from last year, but with a specific focus on scams that affect individuals financially, as well as an in-depth look at some of the scams that were discussed in the Scam Alert column this past year. At this session, we may be joined by some very special guests if scheduling permits. Be sure to join us for this most interesting seminar!

Reference:

Kostal, S. How to deal with caregiver theft. Retrieved from:
<https://www.caring.com/articles/caregiver-theft>

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

Emergency Pendants



There are many types of emergency pendants on the market.

We are collaborating with Munson Home Health to introduce the different types of systems that are available and demonstrate how they work. We will be holding 3 separate informational sessions around the county.

Cedar – Friday, October 2 – 10:00 a.m.
Cedar Fire Hall – downtown Cedar

Suttons Bay – Tuesday, October 13th – 10:00 a.m.
Community Meeting Room, Lower Level of the Government Center

Elmwood Township – Thursday, October 22 – 1:00 p.m.
Elmwood Township Hall – 10090 E. Lincoln Rd., Traverse City



The Elmwood session will directly follow the monthly congregate meal. Everyone is welcome to attend this luncheon, serving starts at 12:00 noon. We must have your reservation for lunch at least one week prior to October 22.

Seniors age 60 or over: \$3.00 donation - All others \$5.00 charge

Please call Leelanau County Senior Services to reserve your seat: 256-8121

DO YOU NEED WORK DONE ON YOUR HOME?

Leelanau County has funds from the Michigan State Housing Development Authority (MSHDA) for low-interest loans to homeowners.

Many type of home repairs qualify for assistance, such as: new siding, insulation, windows, doors, well, septic, flooring, plumbing, roofs, electrical, etc.

The home in Leelanau County must be your primary residence.

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

To find out if you qualify, and to obtain an application packet, call the Planning Department at 231-256-9812 or email housing@co.leelanau.mi.us

CONTRACTORS INTERESTED IN BIDDING ON HOME REPAIR PROJECTS:

Contractors interested in bidding on home repair projects under the Leelanau County Housing Program must be licensed and insured and register with the Planning & Community Development office.

Women & minority contractors and subcontractors are also encouraged to register.



Call 231-256-9812 for more information and to get on the contractors bid list.

Leelanau County Housing Program

Do you or a loved one have Parkinson's Disease?

Parkinson's Network North has established a support group in Leelanau County for persons coping with or supporting a loved one with Parkinson's. A support group can provide an opportunity to learn about resources available, treatment options, tips for daily life, and a place to discuss what you may be experiencing.

Listed below are the dates for 2015 with topics for each meeting. Support group meetings are held at 200 p.m. in the Leelanau county Government Center Community Room.

September 17	To Be Announced
October 5	"Spill the Beans" Advanced Care Planning - Stephanie VanSlyke, RN
November 19	Holiday Celebration
December	No Meeting



Paula Gibeson RN would like stories from you, people affected by Parkinson's. You can reach Paula by calling or emailing her at: 1-855-205-6281 PGibesonRN@gmail.com

Community Events

DROP IN EUCHRE

Leelanau County
Senior Services

Tuesday, September 29, 2015
&

Tuesday, October 27, 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

June euchre winners:

Bernice Gustin - tie 1st

Bob Hauske - tie 1st

Pat Chapman - tie 2nd

Tom Meoak - tie 2nd

Bernice Gustin - Koosh Ball

July euchre winners:

Madonna Aubrey - 1st

Bob Stachnik - 2nd

Paul Schelling - 3rd

August euchre winners:

Sheri Hallett - 1st

Tillie Garvin - 2nd

Melinda Funstou - 3rd

Bob Hauske - Koosh Ball

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.

“Tooth Wisdom - Get Smart About Your Mouth” Program for Seniors

What: Brand new, first-of-its-kind program, created by a geriatric dentist and health education specialist, and presented by a registered dental hygienist. You will leave with the knowledge and confidence to care for your oral health, as well as, a free goodie bag!

Date: Thursday, September 24, 2015

Time: 12:00pm to 12:45pm - lunch, \$3 suggested donation.

12:45pm to 1:45pm - “Get Smart about your Mouth program”, free.



Location: Elmwood “Dining Senior Style”
Luncheon Site at the Elmwood Township Hall,
10090 E. Lincoln Rd, Traverse City.

Please RSVP: Come for lunch or just for the program!
Please RSVP to Jean Skipski at 946-9316 by September 22, 2015.

*Part of Oral Health America’s Wisdom Tooth Project and presented in conjunction
with the Area Agencies on Aging Association of Michigan
and Meals on Wheels of NMCAA.*



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

Travel with us!

ADVICE FROM A TREE

1. Stand tall and proud
2. Remember your roots
3. Drink plenty of water
4. Be content with your natural beauty
5. Enjoy the view

*Thank you
Glenna Penney
from Cedar*

**Travel Show – Sunday,
October 4th – 2:00 pm
Traverse City WEST
Senior High School
5376 N. Long Lake Rd.**

This travel show highlights the big trips for next year: Maritime Provinces and Nova Scotia and New York City, and showcases all of the trips.

Come have a snack and talk travel!

October is fire prevention month, so it is always a good time to change out your fire and smoke detector batteries. If you need some assistance in acquiring batteries and/or changing them please contact our office, we may be able to assist you in making a community connection to help you.

Did you know:

Michigan is the only place in the world with a floating post office. The J.W. Westcott II is the only boat in the world that delivers mail to ships while they are still underway. They have been operating for 125 years.

I was fortunate enough to co-escort the Lighthouse Cruise trip back in July. What a fabulous day it was: perfect weather, a bus full of enthusiastic travelers, and the most interesting cruise host imaginable! After a fun picnic lunch along the Straits of Mackinaw, we boarded Shepler's Ferry for the Lighthouse Cruise. We floated under the Mighty Mac (Mackinac Bridge) and then set sail visiting 7 historic lighthouses to the east of the bridge. Terry Pepler, executive director of the Great Lakes Lighthouse Keepers Association and tour guide extraordinaire enthralled us with stories about the history of each lighthouse.

This story of the Bois Blanc Island light is unbelievable: The 30 foot tall tower lighthouse was established in 1829 to guide ships to the Mackinac Island harbor. It was constructed of rubble stone gathered on the island. Crudely built and too close to the harbor, the lighthouse tower showed significant signs of deterioration. In December of 1837, Lighthouse Keeper Ebert Ward left his daughter Emily in charge at the lighthouse and rowed his boat over to Mackinac Island for business. A powerful storm swept through the area preventing his return to Bois Blanc Island. In this violent weather, Emily put her life on the line by climbing up and down into the tower, rescuing the illuminating apparatus piece by piece mere minutes before the tower came crashing to the ground! Two years went by with no light until 1839 when a duplicate tower was erected on higher ground. In 1866, a survey showed the same deterioration in this new lighthouse tower. A new lighthouse was erected using a plan which was repeated around the lakes, including the light at Copper Harbor. This lighthouse station and buildings were sold in 1925 after the creation of a skeleton iron tower with an automatic acetylene light. The old Bois Blanc lighthouse was lovingly restored and is now owned by a family from Chicago.

Speaking about Bois Blanc Island – did you know that Bois Blanc (pronounced Bo Blonk) is French for “white wood” and was likely named by French voyageurs for the stands of white pine and basswood which blanketed the island. The pronunciation of its name became lazily corrupted to “Bob-Lo” which is the most common pronunciation that you will hear. Funny, the 50 full time residents on the island refer to it as “Boys Blank”!

These types of fun and informative trips are available to seniors in Leelanau County through the Travel Alliance – an alliance that Senior Services has with the Traverse City Senior Center. You do not have to be a member of the Senior Center to travel. Trips are rated by activity level from easy walking to hard. There are still spots available on a few remaining trips for this year. - **Nancy**

SOCIAL ACTIVITIES, CLUBS, EXERCISE PROGRAMS

We at Senior Services get calls all the time from people wanting to know about exercise programs, clubs, social activities and costs in Leelanau County.

As we went to print for this newsletter we have a listing of a few Euchre gatherings, Duplicate Bridge club and some exercise classes.

We are asking for everyone's help in this. Are you searching for new members for your club or organization?

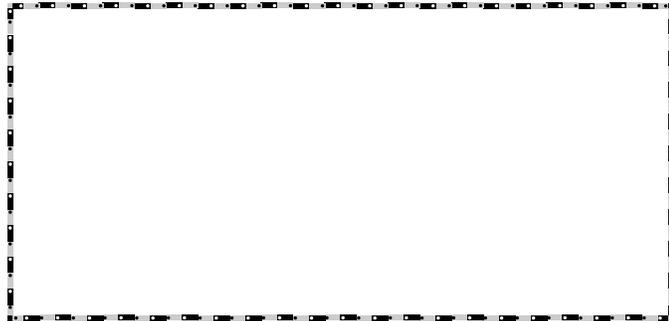
Do you want to spread the word on exercise classes you teach or participate in? Are you in need of volunteers for any projects or programs?

Please help us spread the word – call Senior Services at 256-8121.

Thank you!!

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

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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