

## 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](http://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**

#### **Tony Ansoorge**

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,

It is hard to believe that as our newsletter goes to print, summer will be giving up her fight and we will be entering into fall. At the LCSS office, we have had a whirlwind summer packed full of the Senior Expo, a Pizza Picnic, educational opportunities and the comings and goings of people.

Individually, we have enjoyed entertaining friends and family, attending weddings, and traveling near and far. As we reflect on the people who have crossed our paths and the experiences which made an impact on us we were able to sum it up as: fast, intense, interesting, and revealing. We are looking forward to fall and the natural slowing that occurs within our community and our bodies at the seasonal change.

We continue to keep our eyes forward though, looking to the future, exploring opportunities to support seniors in new ways. LCSS has recently contracted with ShareCare of Leelanau to provide care coordination nursing services to assist LCSS in ensuring that seniors receive the needed support to continue to live life on their terms. We are also collaborating with BATA to explore options of how to better meet transportation challenges experienced by so many seniors. The League of Women Voter's Age Friendly Committee has been responsive and supportive as we look at everything currently available to seniors within the county and explore how gaps could be filled by LCSS or other entities.

The intensity that comes from the speed of summer has barely given us a moment to savor the beauty of those interesting and revealing moments of the excitement of what is to come. This fall will offer us the opportunity to harvest all the moments and memories that come from the fruit of life. As the leaves begin to turn and there is the change in temperature and smell in the air, I hope you will take a moment to relish in the fullness of your life.

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

## **Leelanau County Parade of Senior Homes**

**Friday, October 21**

**Meet at the Leelanau County Government Center  
Bus will leave promptly at 9:00 a.m.**

Come board the bus and tour the area independent living, assisted living and nursing homes in Leelanau County. On the bus you will hear about the differences of each home, funding options as well as play games and have a good time.

As we went to print, there are 2 facilities signed up:  
Orchard Creek and Northport Highlands.

There will be at least 2 more stops.

Call the Senior Services office at 256-8121  
to sign up for this tour.



## **Senior Volunteer Programs**

At Catholic Human Services

***Looking for a purpose in your life?***

***Want to make a difference in your community  
while connecting with others?***

***Volunteering will fulfill you and give a new meaning to your life.***

Volunteering helps make your community a better place for you and your neighbors. We have exciting opportunities to get involved and volunteer! We are currently recruiting volunteers 55 years of age and better who would like to be a Foster Grandparent or a Senior Companion. Volunteers make a difference by serving 15-20 hours a week in their community. You may also qualify for stipend reimbursement with your service.

Foster Grandparents are giving their time helping children learn to read, give support with school work, help improve motor skills and be a mentor to children who need extra support. Senior Companions are giving their time to seniors by helping them get to doctor appointments, go grocery shopping, complete errands and help them to connect in their community. Our volunteers are forming friendships and memories while giving in their own community.

**Please give Catholic Human Services a call at 1-800-658-8554  
to start making a difference today!**

# Medicare News

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

## Medicare News

### Blue Cross Blue Shield Announces Legacy Changes

By now all of the 200,000 plus Blue Cross Blue Shield of Michigan Legacy Medigap customers have received notice that their premiums will increase substantially next year. The rate increase is still under review by the Michigan Department of Insurance and Financial Services, and probably won't be finalized until September.

Currently all Legacy Plan C customers are paying \$122.86 per month for the supplemental coverage. Starting January 1, 2017, the premium for the Legacy C Medigap plan will no longer be subsidized and the "community" rating will be dropped. The monthly premiums for the Legacy plan will be in line with other insurance companies. The community rating has been a big advantage for Legacy customers. Under that provision, everyone has been paying the same premium without any underwriting considerations. On January 1<sup>st</sup>, the Legacy premium will be based on age, gender and zip code. Basically, this all means that the cost for Legacy Medigap coverage will rise sharply. Also, BCBSM will stop offering the popular Legacy C plan as of November 14<sup>th</sup> of this year.

Jim Verville, Regional Coordinator for the Medicare/Medicaid Assistance Program in Traverse City said that his office has been getting many calls from seniors who have received the BCBSM notification. He said, "Many folks are in a state of panic and feel they need to do something right now." The current premiums and plan ratings will remain in effect through the end of December. He said, "Our counselors are, advising folks that they don't have to make any immediate decisions because there is plenty of time to explore alternatives this fall."

Beneficiaries need to know that they can expect calls from agents wanting to sell them various alternative Medicare plans. "We suggest that folks know who they are dealing with and avoid talking to anyone who is pressuring them to make a quick decision," said Verville.

He indicated that his MMAP counselors can discuss options with their clients when they review their Part D prescription drug plans for 2017. "At that time we will be prepared to review other Medigap plans and Medicare Advantage plans with them," he said. He suggests that beneficiaries call the MMAP toll free number in September and request to have a prescription drug worksheet mailed to them. Once the worksheet is returned MMAP counselors will review drug plan comparisons starting when the Medicare Annual Enrollment period begins on October 15<sup>th</sup>. Counselors will then also discuss alternatives to the Legacy plans if beneficiaries choose to do so. If Legacy customers want to continue with their plan, no action will be necessary.

Currently all Legacy plan C customers are paying \$122.86 per month for their premium. Individuals under the age of 65 who are receiving Medicare benefits due to a disability will be the hardest hit with the rate increase. However, unlike many other insurance companies, BCBSM will not deny Medigap coverage to disabled individuals or others who have major health issues.

The Michigan Health Endowment Fund will offer a monthly subsidy for eligible Michigan Medicare beneficiaries who are enrolled in a Medigap plan that is offered by participating insurance companies. Applications for the subsidy will be accepted beginning October 1<sup>st</sup> and will take effect on January 1, 2017.

Eligibility for the subsidy is based on income. Applicant's total income can be no more than 150% of the Federal Poverty Level. That amount is equal to \$1,485 for single individuals and \$2,005 for couples per month. The subsidy will be available for up to 5 years and is as follows:

More information regarding the subsidy is available by contacting the Endowment Fund at 866-824-9772.

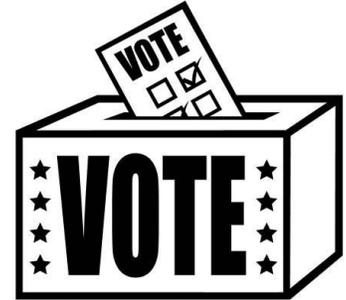
Medicare beneficiaries can receive local assistance in all areas of Medicare and Medicaid by calling MMAP at 800-803-7174. Verville said, "one of our certified and award winning counselors will return their call and provide assistance to them."

## How to Request an Absent Voter Ballot

**Absent** voter ballots are available for all elections. They provide voters with a convenient method for casting a ballot when they are unable to attend the polls on election day.

As a **registered** voter, you may obtain an absent voter ballot if you are:

- age 60 years old or older
- unable to vote without assistance at the polls
- expecting to be out of town on election day
- in jail awaiting arraignment or trial
- unable to attend the polls due to religious reasons
- appointed to work as an election inspector in a precinct outside of your precinct of residence.



A person who registers to vote by mail must vote in person in the first election in which he or she participates. The restriction does not apply to overseas voters, voters who are disabled or voters who are 60 years of age or older. (Voting in person on one governmental level clears the restriction on the other levels. For example, if a voter subject to the restriction votes in person at a school election, the voter would be free to obtain an absentee ballot for the first state election in which he or she wishes to participate.)

### Requesting an Absent Voter Ballot

Your request for an absent voter ballot must be in writing and can be submitted to your city or township clerk. (For assistance in obtaining the address of your city or township clerk, see <http://www.Michigan.gov/vote>) Your request must include one of the six statutory reasons stated above and your signature. You must request an absent voter ballot by mailing the **application, large print application**, a letter, a postcard, or a pre-printed application form obtained from your local clerk's office. Requests to have an absent voter ballot mailed to you must be received by your clerk no later than 2 p.m. the Saturday before the election.

Once your request is received by the local clerk, your signature on the request will be checked against your voter registration record before a ballot is issued. You must be a **registered voter** to receive an absent voter ballot. Requests for absent voter ballots are processed immediately. Absent voter ballots may be issued to you at your home address or any address outside of your city or township of residence. After receiving your absent voter ballot, you have until 8 p.m. on election day to complete the ballot and return it to the clerk's office. Your ballot will not be counted unless your signature is on the return envelope and matches your signature on file. If you received assistance voting the ballot, then the signature of the person who helped you must also be on the return envelope. Only you, a family member or person residing in your household, a mail carrier, or election official is authorized to deliver your signed absent voter ballot to your clerk's office.

If an emergency, such as a sudden illness or family death prevents you from reaching the polls on election day, you may request an emergency absent voter ballot. Requests for an emergency ballot must be submitted after the deadline for regular absent voter ballots has passed but before 4 p.m. on election day. The emergency must have occurred at a time which made it impossible for you to apply for a regular absent voter ballot. Your local clerk will have more information about emergency absent voter ballots.

Voting is one of the most cherished and fundamental rights in our country. If you are eligible to obtain an absent voter ballot and cannot attend the polls on election day, use of the absent voter ballot is strongly encouraged.

**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 Dept.  
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

**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.

**Leelanau County Veterans Memorial**



*Honor your loved ones  
with having their name engraved  
on a Wall of Honor or with a Brick Paver.*

Contact the Leelanau County Administrator  
at 231-256-9711 or 866-256-9711  
for more information -  
Deadline for inclusion prior to the Veterans'  
Day Service is **Thursday, September 15.**

*Order forms are also available online at—*

[http://www.leelanau.cc/downloads/veterans\\_memorial\\_donation\\_form\\_updated\\_02082016.pdf](http://www.leelanau.cc/downloads/veterans_memorial_donation_form_updated_02082016.pdf)

**Happy  
Halloween**

**Mark Your Calendar**

**October 31, 2016**

**2:00 p.m. - 5:00 p.m.**

Join us for the Leelanau County Government Center's  
2nd annual fun filled Halloween afternoon.

There will be activities and treats for children of all ages.  
Come dressed in your favorite Halloween costume  
and join in the fun.

We are always looking for volunteers  
to make this event a success.

# Expo Fun



## **BiteSize Learning**

**Leelanau County Senior Services is collaborating with ShareCare of Leelanau, Inc to provide informational sessions that will educate and empower seniors in our community. These sessions are held at various places around the county, are open to the public and are free of charge.**

**Members of ShareCare can provide transportation.**

**Reservations are needed.**

**Please call the Senior Services office at 256-8121 or ShareCare at 256-0221 for more information or to reserve your spot.**

### **Financial Fraud and Scams**

Fraud and scam safety - the more we know about fraud and scams, the more we can reduce our risk of becoming a victim.

**Tuesday, September 13, 2016**

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

Lunch (from Subway) included.

Community Meeting Room – Lower Level of the Government Center.

### **Wills & Trusts**

**Greg Kish, Elder Law Attorney**

Greg enjoys practicing in the areas of Estate Planning, Elder Law, Probate and Trust Law, and Special Needs Planning. He assists clients of all ages to implement estate plans to protect themselves and their families, with a special focus on helping seniors maintain independence and plan for incapacity as they age.

**Tuesday, October 18, 2016**

10:30 a.m. to 12:00 noon

Suttons Bay Congregational Church  
218 W. Madison St, in the Village of Suttons Bay

### **Surviving the Holidays!**

**Sharon Neumann, Munson Bereavement Coordinator**

How to approach the holiday season after the loss of a loved one.  
After lunch, experience the stress reducing benefits of adult coloring.

**Wednesday, October 26, 2016**

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

Lunch (from Subway) included.

Community Meeting Room – Lower Level of the Government Center.

## September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 <i>Office Closed Labor Day</i>	6	7	8	9	10
11 Happy Grandparents Day	12 <i>Bereavement Group 11am</i>	13 <i>Financial Fraud &amp; Scams</i>	14	15 <i>Parkinson's of Leelanau 2pm</i>	16	17
18	19	20 <i>Lunch Bunch Knot Just a Bar</i>	21 <i>MMAP Counselor Commodities</i>	22	23	24
25	26 <i>Bereavement Group 11am</i>	27 <i>Drop in Euchre</i>	28	29	30	

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

## October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8 HazMat Elmwood Twp
9	10 <i>Bereavement Group 11am</i>	11	12	13	14	15
16	17	18 <i>Wills &amp; Trusts</i>	19 <i>MMAP Counselor Commodities</i>	20 <i>Parkinson's of Leelanau 2pm</i>	21 <i>Parade of Senior Homes Leelanau</i>	22
23	24 <i>Bereavement Group 11am</i>	25 <i>Drop in Euchre</i>	26 <i>Coping w/ Grief</i>	27	28	29
30	31 <i>Lunch Bunch Halloween @ the Govt Center</i>					

## 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 20 - Lunch - 12:30 p.m.**

**Knot Just a Bar – 5019 N West Bayshore Dr, Omena**

Special Event voucher is worth \$6.00 off the cost of your meal off of the menu. Seating is limited to 40.

**Monday, October 31 – Halloween Breakfast – 9:30 a.m.**

**VI Grill – downtown Suttons Bay**

Special Event voucher covers the cost of the breakfast buffet, beverages cost extra.

***Don't forget to dress up for Halloween - Prizes will be awarded***

Cost to non residents/non seniors - \$8.50

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.

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

### **Mexican Macaroni Salad:** *Serves 12*

Last week, both Nancy and I made this salad for our families. We both received thumbs up from home. You can make this as hot and spicy as you want depending on the strength of salsa you use for the dressing. Enjoy, Armanda

#### **Salad:**

1 pound elbow macaroni, cooked, drained and rinsed with cold water

2 ears fresh corn, husks and silks remove (or 1 can of corn drained)

1 can black beans or you can use kidney or red beans, drained and rinsed

1/2 cup chopped black olives

6 roma tomatoes, chopped

3 whole green onions, sliced thin

1/2 red onion, finely diced

Chopped cilantro (optional)

#### **Dressing:**

1 cup salsa (you choose your heat level)

1 cup sour cream

1/4 cup mayonnaise

1 clove garlic, minced or pressed

1/2 tsp cumin

Salt and pepper to taste

2 limes, juiced (optional) I put them in

#### **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.

If using corn on the cob, grill the corn on a grill pan, or just place it in a hot skillet to brown some of the kernels. Remove from pan, allow to cool slightly, then use a sharp knife to cut the kernels off the cob.

Combine all the dressing ingredients in a bowl and stir until combined.

Place the macaroni, corn, beans, olives, tomatoes, green onions, red onion and cilantro in a large bowl. Pour 3/4 of the dressing over the top and gently toss until all the ingredients are coated. Add the final 1/4 of the dressing, toss again. Cover and allow salad to chill for 2 hours. (I thought it tasted much better after sitting overnight in the refrigerator.)



## **FACTS ABOUT FLU**

As we approach flu season, it's good to have facts so informed decisions can be made to stay as healthy as possible. Let's talk about what the flu is, how it spreads, how to prevent it, and what do vaccines do.

First, the word "flu" does not stand for digestive problem. Sometimes we hear people talk about having the "flu." The symptoms they describe frequently talk about an upset stomach or other gastrointestinal illness. However, when we refer to "flu season" it does not correlate with stomach issues. Influenza is the illness we are referring to when discussing flu season.

The symptoms of influenza include fever and cough. The telltale symptom is aching muscles. Anyone who has had influenza can effectively describe that type as muscle pain as more than just soreness. The pain can be quite debilitating.

Next, let's clarify what the vaccine is and how it works. It is vital to know that the vaccine does NOT contain the flu virus. Some people report they had a flu shot and then got sick. Be clear, no one can get the flu from the flu shot. That being said, what the flu shot does is cause your immune system to build a response to the flu virus. If you feel ill after receiving a vaccine, it means your immune system is working. This is a good thing. It is not the actual virus.

Another statement I have often heard people say, "I had a flu shot and got the flu anyway." It is important to know that each year there are numerous influenza viruses. The vaccine is not equipped to keep you from getting all of the viruses. It is prepared to prevent your susceptibility to the most common viruses.

Viruses are trying to survive. Each year a virus will alter itself in an attempt to be stronger. The Centers for Disease Control (CDC) work with researchers annually to adjust the current seasonal vaccine to prevent the spread of the virus(s) most problematic the year before. This is usually effective. However, sometimes there is "shift" in the strain. This happened two seasons ago. The vaccine was not as effective because of the change in the strength of the influenza virus. Many people who had received the flu shot, were not adequately immunized due to those viruses. However, last year we had a stronger more effective vaccine and the results were very successful.

What does this mean for this flu season? Shift does not happen often. Since there was a shift only two years ago, the likelihood of that happening this year is very slight. The vaccine this year is predicted to be effective.

Keep in mind that when you receive a flu vaccine you are protecting yourself as well as others. The more people who are immunized, the less chance there is for the virus to spread. If you visit other people over sixty years old you could be spreading the virus to them without realizing it. Many people have the flu virus but don't experience any symptoms. That could be dangerous. If you spread the flu virus to someone with a weakened immune system, they could become seriously ill. Should everyone get the flu shot? No. If you are allergic to the flu shot, then don't get the vaccine. People with a compromised immune system need to discuss this issue with their health care providers.

The best advice: Know the reasons for your decision. Live as healthy as possible. This is good not only for you, but also those around you.

## **Community Events**

### **DROP IN EUCHRE**

Leelanau County  
Senior Services

Tuesday, September 27, 2016

&

Tuesday, October 25, 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

## **COMMUNITY MEALS**

### **Dining Senior Style**

Come have lunch with fellow  
neighbors and friends.

Luncheon meal sites are  
sponsored by the Northwest  
Michigan Community Action  
Agency and are held weekly  
in Empire, Suttons Bay, and  
Northport and once a month  
in Elmwood Township.

Please call our office at  
256-8121 for dates and  
contact person information.

### **Suttons Bay Community Potluck**

The Suttons Bay Friendship  
Community Center hosts a  
once-a-month potluck  
dinner. A main dish will be  
provided, bring your own  
table service and a dish to  
pass. This free event takes  
place every second  
Tuesday of the month  
between  
6:00 p.m. and 8:00 pm  
at the center.

Call 271-4630 for more  
information

## **The holiday season is fast approaching.**

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 your fellow neighbors and community members in the spirit of giving, LCSS would appreciate contributions of food, toiletries, and other fun or useful items to fill bags for delivery to seniors.

Monetary gifts are also greatly appreciated and will be used to purchase additional food items and/or gift certificates to local grocery stores.

We are taking contributions at this time.

Also, if you know of someone that could use some comfort and joy, please let us know.



**Thank you!!**

## **Give BATA the Wheel for your Travel Needs**

The Bay Area Transportation Authority provides a variety of transportation options throughout Leelanau and Grand Traverse Counties. Let BATA do the driving if you need to go shopping, have a medical appointment, or if you're just planning on visiting Traverse City for the day.

### **Village Loop Fixed Routes**

BATA has two Village Loop fixed routes servicing Leelanau County. The Route 10 Suttons Bay Village Loop provides regular service between Suttons Bay and Traverse City, and the Route 11 Glen Arbor Village Loop makes trips between Glen Arbor and TC. Service on these routes run from 5 a.m. until 8 p.m. Monday through Friday and offers limited service on the weekends. It costs only \$3.00 to ride one way or \$1.50 for riders qualifying for reduced fare (seniors age 60+). Route 10 stops include Leelanau Sands Casino, Omena and Northport. Route 11 stops include the M-72 MDOT Park and Ride lot, Maple City and Empire. Once riders arrive at BATA's Hall Street Transfer Station they can access BATA's City Loop routes that take riders across Traverse City or connect to other Village Loops to destinations such as Acme or Interlochen.

### **Village Link Dial-a-Ride**

For rural riders unable to access a fixed-route Village Loop stop, BATA's Village Link Dial-A-Ride service picks riders up at their door and connects to a Village Loop route or takes them to their final destination in Leelanau County. Village Link service runs Monday through Friday from 6:00-10:00 a.m. and 2:00-7:00 p.m. Call BATA Dispatch Services at 231-941-2324 to schedule transportation. Reservations should be made at least 24 hours in advance but can be made up to two weeks in advance. Fare to ride is only \$3.00 one-way or \$1.50 for reduced fare.

### **Seasonal Services**

As fall approaches, take advantage of our Bike-n-Ride service that runs until October 23 and connects to various points along the Leelanau TART Trail or the Sleeping Bear Heritage Trail. Cyclists can bike between Traverse City and Suttons Bay or between Empire and Glen Arbor and have the bus bring them and their bikes back at no additional cost.

### **New this Fall**

Leelanau County Senior Services and BATA plan to pilot a new transportation option that should make it easier to travel between Leelanau County and Traverse City for groceries and medical appointments.

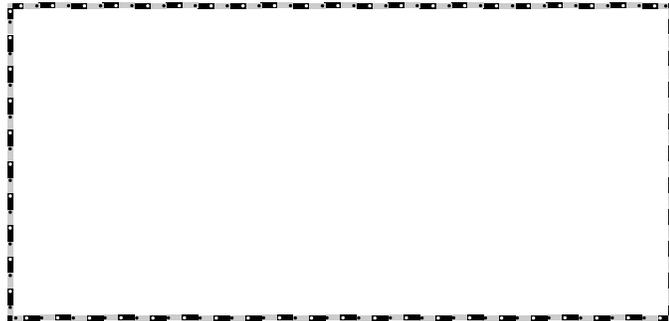
Visit [www.bata.net](http://www.bata.net) to find route information, sign up for automatic service updates or follow BATA's Facebook page at [www.facebook.com/batatransit](http://www.facebook.com/batatransit).

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

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STANDARD  
U.S. POSTAGE PAID  
LAKE LEELANAU, MI  
PERMIT NO. 2



ADDRESS SERVICE REQUESTED



**September / October 2016**  
**BiteSize: Financial Fraud / Scams**  
**Wills & Trusts**  
**Surviving the Holidays**  
**BATA: New routes for Seniors**

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# THE LEELANAU CONNECTION

*Striving to celebrate and support seniors within our community*



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