



## This holiday season do what's best for you and your loved ones

Being away from family and friends during the holidays can be hard.

When you talk with your friends and family about plans, it's ok if you decide to stay home and remain apart from others.

Hard choices to be apart this year may mean that you can spend many more years with your loved ones.

Doing what's best for you includes eating healthy foods and getting enough sleep.

Do what is best for your health and the health of your loved ones. This year spend time with those in your own household.

Make time to take care of your body and stay active to lessen fatigue, anxiety, and sadness.



Substance Abuse and Mental Health Services Administration  
Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

## Concrete Support in Times of Need

As the holiday season approaches it can bring with it added stress. If you or someone you know needs some assistance this holiday season, please visit Leelanau Christian Neighbors on Monday 12/7 & 12/14 between 2-5:30 to register for the Leelanau Holiday Program for Children. They also have a food pantry and baby pantry available on Mondays from 2-6.

## MANY NEEDS. ONE NUMBER.

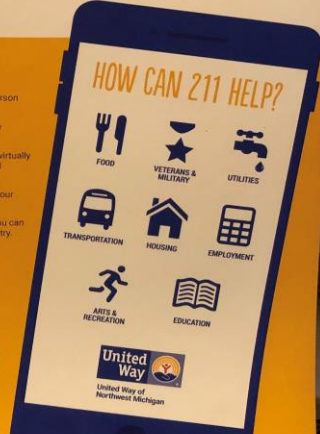
GET CONNECTED TO THE HELP YOU NEED... QUICKLY, EASILY AND CONFIDENTIALLY.

When there's a crisis, where do you turn? If it's a life-threatening emergency, you call 911. But what if you can't pay your electric bill? Or you need childcare? Or legal help? Now you call or text 211.

United Way has partnered with area organizations and companies who offer free or discounted social services to provide you a fast, easy way to get the specific help you need... as quickly as possible!


### WHY 211?

- IT'S FREE - Just call or text and you talk to a real person who will connect you to real answers.
- IT'S FAST - Just by calling or texting, you're quickly connected to the help you need.
- IT'S COMPREHENSIVE - 211 has partnered with virtually all area companies and organizations offering social services... so you get the answers you need.
- IT'S CONFIDENTIAL - You never have to provide your name... just your zip code.
- IT'S NATIONWIDE - 211 is a national service so you can even offer help or support to others around the country.





DIAL 211 TO GET CONNECTED  
TEXT YOUR ZIP CODE TO 898211

# 211



There is still time to get our flu vaccine! Contact us at the health department or visit your local pharmacy to schedule your appointment today!

#SLEEVEUP TO #FIGHT FLU

## MY MASK PROTECTS YOU, YOUR MASK PROTECTS ME.

Let's continue to do our part by protecting each other by wearing our masks. Remember, for the best protection stay home. When going out for necessities wear a mask over both your nose and your mouth.





# Parenting Communities Calendar

## December 2020

Universal Humans Rights Month & National Drunk & Drugged Prevention Month



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
29 <b>NO PLAY GROUPS UNTIL FURTHER NOTICE</b>	30 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	1 GIVING Tuesday  World Aids Day  Cadillac Flu Shot Drive-Thru 5-8 Manistee 9-3	2  Leelanau Laundry Project 8-11:45am (last wash 10:30) Leland Flu Shot Drive-Thru 11-3	3  National Disability Day  Lake Ann Flu Shot Drive-Thru 11-3	4 Cadillac Flu Shot Drive-Thru 9-3	5 Flag Day of India Indoor Farmers Market @ The Village Commons 10-2
6 St. Nicholas Day  National Vaccination Week	7 Pearl Harbor Remembrance Day  LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	8	9 Mesick Flu Shot Drive-Thru 5-8	10 Hanukah	11 Hanukah	12 Hanukah  Indoor Farmers Market @ The Village Commons 10-2
13 Hanukah  Human Rights Week	14 Hanukah  National Energy Conservation Day  LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	15 Hanukah  Bill of Rights Day	16 Hanukah  Celebration of the Posadas  Leelanau Laundry Project 8-11:45am (last wash 10:30)	17 Hanukah  Celebration of the Posadas	18 Celebration of the Posadas	19 Celebration of the Posadas  National Emo Day  Indoor Farmers Market @ The Village Commons 10-2
20 Celebration of the Posadas  Ugly Sweater Day	21 Celebration of the Posadas  Winter Solstice  LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	22 Celebration of the Posadas	23 Celebration of the Posadas	24 Celebration of the Posadas	25 Christmas Day	26 Kwanza  Indoor Farmers Market @ The Village Commons 10-2
27	28 National Call a Friend Day  LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	29	30	31	1 Welcome 2021! Happy New Year	2 Indoor Farmers Market @ The Village Commons 10-2


### Helpful Phone Numbers/Links

Benzie-Leelanau District Health Dept. (231)256-0200  
Community Connections 1-833-674-2159  
LCN 7322 E. Duck Lk Rd.: (231) 994-2271  
NMHSI Medical/Dental: 947-0351

### Parenting Communities Community Health Workers:

Hollie Anderson (231)357-5777  
Kathy Bartell (231)357-5443

<https://www.facebook.com/PCLeelanau/>


Like us on Facebook
@PCLeelanau



**Leelanau Office**  
7401 E. Duck Lake Rd  
Ste 100  
Lake Leelanau, MI 49653



# Leelanau Holiday Program 2020

## Leelanau Programa de Navidad 2020

(VFW Holiday Program)

If you/ Si usted

**Need help with gifts this holiday season for your children?**  
Necessitan ayuda con regalos para Navidad

**Are receiving assistance from a social services agency?**  
Reciban ayuda de una agencia social de servicios  
(DHS, WIC, Social Security...)\*

Please register with (Registre por favor con) **Audrey** at

**Leelanau Christian Neighbors**  
7322 E Duck Lake Rd, Lake Leelanau

**Monday November 23 - 2:00pm – 5:30pm**  
**Monday December 7 - 2:00pm – 5:30pm**  
**Monday December 14 - 2:00pm – 5:30pm**

*\*To register you **MUST** have a form of ID- State ID OR Birth Certificate OR Social Security card...etc for ALL family members*

## You **Must** register to receive gifts!

*\*Registrarle debe tener forma de identificación- el Estado identificación, la Acta de nacimiento... para TODOS los miembros de la familia Y demostrar ayuda (traiga La Tarjeta de Puente, la impresión del contenido de la memoria de beneficios...)*

**\*DEBE REGISTRAR para recibir regalos**

The program will take place the week of 12/15/2020  
at the VFW Hall in Lake Leelanau

*Questions? Preguntas? Audrey 231-883-2244*





This year's flu season coincides with the COVID-19 pandemic, increasing your risk for developing a respiratory illness with potentially serious complications. Fortunately, there is a safe, effective flu vaccine, and it's not too late to get yours! The flu shot is your **SINGLE BEST DEFENSE** against the seasonal influenza virus. It's not too late to get your flu shot. Protect yourself and your family from the flu. Face coverings required.

**Cadillac\***

Tuesday, December 1, 5 - 8 pm  
 Cherry Grove Fire Department  
 4830 M-55, Cadillac, MI 49601  
 Serving ages 6 months +

**Cadillac\***

Friday, December 4, 9 am - 3 pm  
 Haring Township Fire Department  
 505 Bell Ave, Cadillac, MI 49601  
 Serving ages 6 months +

**Grayling\***

Tuesday, November 24, 12 - 6 pm  
 Grayling Fire Department  
 W. North Down River Rd., Grayling, MI 49738  
 Serving ages 6 months +

**Lake Ann**

Thursday, December 3, 11 am - 3 pm  
 United Methodist Church Community Center  
 19900 First St, Lake Ann, MI 49650 (Enter on Lake Ann Rd)  
 Serving ages 2 years old +

**Leland**

Wednesday, December 2, 11 am - 3 pm  
 Leland Fire Department  
 201 S Grand Ave, Leland, MI 49654  
 Serving ages 2 years old +

**Mesick\***

Wednesday, December 9, 5 pm - 8 pm  
 Mesick Bus Garage  
 615 S Clark St, Mesick, MI 4966  
 Serving ages 6 months old +

**Manistee\***

Tuesday, December 1, 9 am - 3 pm  
 Manistee Road Commission  
 8946 Chippewa Hwy., Bear Lake, MI 49614  
 Serving ages 6 months +

**Traverse City**

Monday, November 23, 9 am - 4 pm  
 Grand Traverse Metro Fire - Station 1  
 843 Industrial Circle, Traverse City, MI 49686  
 Serving ages 18 years old +

\*Participants will have the option to bill insurances for the vaccine, if available, but will not be charged any fees. Participants do not have to have insurance to receive a free flu vaccine at any of these events.

