



Dec 06-Jan 07

ShareCare™ of Leelanau, Inc. **Connector**

Neighbors helping neighbors—Promoting independent living in members' homes.

POB 153 ♦ Northport, MI 49670 ♦ 231-386-2273 ♦ info@sharecareleelanau.org ♦ www.sharecareleelanau.org

Getting to Know Your Regional Co-Captains

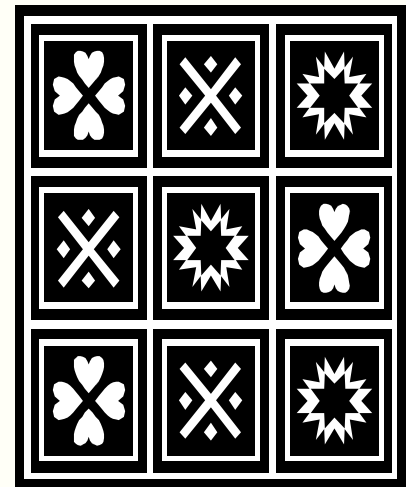
ShareCare is broken down into four Regions (see below for breakdown). Each region is supported by two or more Regional Co-Captains, friendly links to the volunteer services of ShareCare.

Do you know your region number? Or how about your Co-Captains? If you would like to meet them and get familiar with the ShareCare organization on a more personal “neighborhood level”, feel free to contact your Co-Captains. They would be happy to get acquainted by phone or with a visit. If you prefer, give Deb a call at the office and she will have your Co-Captains get in touch with you.

Region 1 <i>Northport-Omena</i>	Region 2 <i>Suttons Bay-Elmwood</i>	Region 3 <i>Leland-Lake Leelanau</i>	Region 4 <i>Southern End of County</i>
<ul style="list-style-type: none"> • Artie Lancaster 386-7023 • Carol Towne 386-5902 	<ul style="list-style-type: none"> • Barbara Coye 271-6104 • Pat Vingsness 271-6867 	<ul style="list-style-type: none"> • Sally Booth 256-2504 • Ann Nichols 256-9542 	<ul style="list-style-type: none"> • Alison Heins 228-7029 • Mary Scott 256-8839

It's Not Too Late!

It's not too late to donate items to be sold at *The Merry Marketplace* in Leland! We'd love to have your knitted and stitched goods, paintings, jams and jellies, wreathes, woodworking and crafts, etc.



- December 2, 2006 • 10:00AM-4:00PM
- Old Art Building in Leland • 111 S. Main St.
- Drop off sale items at the ShareCare office or call for a pick-up
- You can price, or we can
- For more info, please call Deb at 386-2273



Why Can't I Remember My Address?

Do you ever wonder if something you just did or said is a normal part of ageing, or if it might be related to early stages dementia? Perhaps you've already discussed this with your doctor, but you would like a second, more in depth, opinion. There are two clinics in Traverse City that deal with ageing issues, and while ShareCare does not endorse either clinic, we can say that our members have had positive experiences with both. Anne Kelly RN, BSN can guide you through the process of finding help, but please note that both clinics require a referral from your primary care provider.



The Geriatric Assessment Clinic (106 S. Madison Street, Traverse City) attempts to improve the quality of life for older adults and keep them independent for as long as possible. They address the following:

- Home safety and living situation
- Placement guidance
- Patient and caregiver education
- Family/caregiver stress level
- Driving issues
- Prescription medication assistance
- Competency
- Depression and mental health
- Dementia
- Falling
- Polypharmacy
- Diet

During your visit you will meet with health care professionals who are trained in the special needs of older adults. The team includes:

- Medical Director (team leader, certified in gerontology)
- Certified Gerontology Nurse (conducts a home visit; assesses self-care skills)
- Social Worker (conducts a psychosocial assessment)
- Pharmacist (completes a medication profile and reviews for appropriateness)

For more information call the Geriatric Assessment Clinic at 231-935-8127 or 231-935-6650.

The Memory and Movement Disorder Clinic (1213 W. Front Street, Traverse City) provides an interdisciplinary team assessment for anyone experiencing memory concerns, symptoms of Parkinson's disease and other movement disorders. The clinic offers the following:

- A comprehensive neurological assessment, with additional testing, if indicated
- Assessment of caregiver knowledge and needs
- Information and recommendations regarding community support services
- Assistance with management of the dementia or movement disorder, as indicated

This clinic's team includes the following professionals:

- Neurologist who performs a comprehensive neurological evaluation
- R.N. who performs a nursing assessment and assesses activities of daily living and self-care skills
- Social Worker who assesses family support and financial needs; performs a geriatric depression screening test, evaluates caregiver stress

For more information call the Memory and Movement Disorder Clinic 231-935- 0386.

Telephone **386-5631**

Shear Pleasure, Ltd.
Barber and Beauty Shop

Clint & Sally Craker
109 Waukazoo Street
Northport, MI 49670



Season's Greetings!



Cancer Support Group

A newly-formed cancer support group will hold its meetings on the first Monday of every month from 5:15PM to 6:45PM, in rooms 148-149 at the Northport Public School (enter from the main lobby and follow the signs).

Anyone who has been diagnosed with cancer at any time in life is welcomed. The group is facilitated by Terry Gremel, R.N., M.S.N.. Terry has over 20 years of experience in Oncology and co-facilitated the Cancer Support Group at Munson Medical Center for 15 years. Please call Terry at 386-7715 for more information.



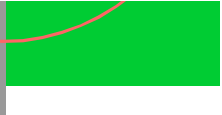
We regretfully announce the retirement of

one of our Region 1 Co-Captains, Adele Cermak. Adele expertly served the Northport/Omena community for many years, but now passes the torch to Carol Towne. Our thanks go to both ladies for what they have done and will do for our ShareCare community!



Welcome New Members

- Betty Kuschell, Empire
- Mary Dearborn, Northport
- Larry Hauser & Barbara Abbott, Lake Leelanau
- Jon & Judy Walter, Suttons Bay



Circle of Care

Do you live alone? Or do you and your spouse go for days without seeing anyone? If you fell, who would know? To help answer these uncertainties, ShareCare has a program called the "Circle of CARE" where we match up individuals who make brief, daily phone calls to each other. All it requires is a quick phone call inquiring of someone's well-being.

Please call the office if you'd like to join a Circle. If for no other reason, we're sure it will give your children peace of mind knowing that you'll have a daily contact.



Board Minutes—October '06 Meeting

Treasurer's Report, Fenton (Aug. and Sept.):

- CDs available to cash in January
- Received \$3000+ from Homestead golf outing

Finance Report, Evans: Per June 21 minutes, the committee will establish a credit card policy. Evans requested that committees report to him any financial issues they anticipate for 2007.

Fundraising and Marketing, Littell:

- **DVD Premiere** at the Homestead October 29. Barb Coye created posters and invitations. Kelly will call "stars" to see if they need transportation. Wetherbee will do a bulk mail with invitations—\$30. Coye wrote a press release for Enterprise. Discussion: fee to attend? Invitations and posters will reflect that this is not a paid function. Mawby Vineyards will furnish sparkling wine. Homestead will serve light hors d' oeuvres. Volunteers are in place. Lewis will hang signs. Volunteers will fill popcorn bags at Coye's on the 28th. Harry Goldson will play for \$350. Marlis Mann will cover most of the cost, with SC paying up to \$100. Wilson and Scott will pay for an ad in the Enterprise.
- **Enterprise Columns** cost \$80-100 per column. Visibility is good. Continue to submit columns every other month. Next one in November. Marketing suggests working it into the '07 budget.
- **The Mays** will host a viewing of the DVD at their car/vintage clothing barn on Gills Pier in January.
- **Merry Marketplace** needs help with setup.

Transition Committee: The office is moved. It's lovely!

Wheelchairs: We have 2 electric wheelchairs that appear to be unsellable, and the longer they sit, they more obsolete they become. After discussion, the Board approved that they be donated to an organization. (Good Will, Father Fred, etc.).

Personnel, Marsh:

- Performance reviews for staff are scheduled
- Benefit packages will be discussed with the Finance Committee. COLA=3.3% per Soc. Sec, starting January 1, 2007.
- Interviewed potential caregivers to add to roster.

Volunteer Committee, McClure: Meeting today. Adele Cermak resigned as Region 1 Co-Captain. Replaced by Carol Towne.

Annual February Luncheon: The Board is hoping Maryellen Hadjisky will be in charge again. Mann will help. Lamneck requested to be removed from Committee. Someone needs to book the date with the Steak Haus. Also, part of our agreement with RSVP is that we recognize our volunteers. It was suggested to do it at the luncheon.

Office Staff: Wilson, Kelly and Wetherbee: No office issues, but thanked everyone for help with a smooth transition. Anne reported for September and October: 83 home visits, 1202 miles driven 3 new members (John and Josephine McCormick (Glen Lake) and Betty Kuschell (Empire). No deaths.

Other: Fenton moved that Wills and Kalin Johnson be assistant treasurers in his absence from January to March 2007.

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ShareCare of Leland, Inc.
PO Box 153
211 S. High Street
Northport, MI 49670

EFFIE'S: AN ASSISTED LIVING HOME IN LELAND

Effie's, LLC, opened for business on December 15, 2003. The home has (4) one room apartments and (4) two room apartments, two lovely sitting and reading areas, a cozy living room with a baby grand piano and fireplace, an open and airy dining room, and several porches overlooking beautiful gardens.

The personal living quarters, all with sitting porches, come unfurnished. This allows the residents to have their own furniture and help them feel as comfortable in their new home as possible. It is clearly understood that there is no place like home, but with some thought and effort, the individual apartments can reflect a lovely home-like atmosphere, easing the stress that comes with different living arrangements.

The families of the residents are encouraged to visit as frequently as possible. With a simple reservation, and for a nominal fee, families are encouraged to join the residents for any meal that fits into their schedule.

Every effort is made to identify and then provide to the residents familiar items like food, activities, and an

atmosphere that will help them adjust quickly to their new living arrangement. The staff understands well how difficult this environmental change can be for most people, and offers the insight and compassion necessary to help make the transition as comfortable as possible.

Effie's extends an open invitation to all to come and check us out. You may want to just stop in to say "hi", or maybe you are looking to help someone you know and love make the move from living at home to an assisted living arrangement. Whatever the reason, you are most welcome to visit any day of the week. We look forward to meeting you!



Bob & Arden Schlueter
300 Grand Ave. • POB 1028 • Leland, MI 49654
231-256-8874 • info@effiesleland.com
www.effiesleland.com

Respite & Day Care Available.
Call for Information!