



Apr-May 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

* SPOTLIGHT ON CAREGIVING *

“There are only four kinds of people in the world: those who have been caregivers; those who are currently caregiving; those who will be caregivers; those who will need caregivers. —Rosalynn Carter

With more and more of our members finding themselves in the position as a caregiver for a loved one, I want to pass along some web site information that might be helpful to you. I have listed three sites that deal with caregiving, but they link to MANY more. Also, if you Google the keyword “caregiving” you will get links to a gazillion web sites, some of which you may find helpful. If nothing else, you’ll find that in addition to the help you get from ShareCare, there are resources available. You will also see that you are not alone in taking care of a loved one, whether it’s a parent, spouse, or sibling. If you don’t have access to the Internet, perhaps you have a child who does, or I’d be glad to pass on some information too.



The National Alliance for Caregiving, developed to provide support to caregivers and professionals, has a tremendous amount of useful information. Be sure to click on the **CAREGIVING TIPS AND GUIDE** button.



The National Family Caregivers Association addresses common needs and concerns of caregivers, and offers support and education. In particular, click on the **CONNECTING CAREGIVERS** link. Their message: **Believe** in yourself, **Protect** your health and **Reach** out for help.



“Family Caregiving... It’s not all up to you.” If you are the primary caregiver for a loved one, and this statement gives you hope, check out this web site. Their goal: provide caregivers with answers, new ideas, and helpful advice.

CAREGIVERS IN DECLINE: A Close-up Look at the Health Risks of Caring for a Loved One

This comprehensive study looks at potential health risks associated with caregiving. The study discusses the reasons why caregivers tend to neglect their own health, and possible symptoms of decline for the caregiver.




Because it reinforces ShareCare’s values, I found the “Caregiver Solutions” section of the study particularly interesting. It provides data on how likely caregivers are to request services that offer support, caregiving expertise and time savers, many of which are services offered by ShareCare.

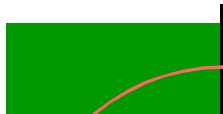
Download the study at www.caregiving.org, or order a paper copy by sending an e-mail with your mailing address to info@caregiving.org. You may also write to the Alliance at the following address:
National Alliance for Caregiving • 4720 Montgomery Lane, 5th Floor • Bethesda, MD 20814

Most importantly, remember that if your responsibilities as a caregiver get overwhelming, ShareCare can help. Besides offering a visit from Anne or suggestions to a problem, just knowing you have someone to talk to about your particular situation is vital. Lastly, keep in mind that we have independent contractor caregivers who we can recommend to help with daily care needs and minor household tasks. Call us!

—Deb

Helpful Web Sites

 <p>http://gethuman.com</p>	<p>gethuman, a free web site designed to help consumers get better telephone support, offers tips on how to (hopefully) get through to a real person when you need phone support. It also has a database with tips on how to talk to a real person in 500 top US businesses.</p>
 <p>www.safeaging.org</p>	<p>The National Resource Center for Safe Aging is an organization whose mission is to provide information on senior safety to health professionals, older adults and families. The WHAT'S NEW and LINKS tabs connect to many web sites that offer resources for living safely.</p>
 <p>www.quitnet.com www.smokefree.gov</p>	<p>Everyone knows the risks of smoking, but for many people it's really hard to quit. At the left are two web sites that give good information, tools, and support to quit smoking.</p>



Welcome New Members
Diane Anderson, Suttons Bay
John & Ginger Campbell, Lk. Leelanau



BARK WOOF RUFF


Do you ever think about getting a dog or wonder why you keep the one you have? A member sent in an article that talks about the effect dogs have on people's health.



Research is showing that owning a dog not only leads to improved health, it can help speed recovery from an illness, or act as an early warning alert for some types of illnesses. For reasons not completely clear, research shows that dog owners tend to be healthier, in general. They had lower blood pressure and cholesterol and were less likely to have major medical issues. If you'd like a copy of the article, give Deb a call at the office.

Spring Clean-Up!

With spring finally here, ShareCare is geared up to get you ready for summer. Volunteers can do projects such as taking lawn furniture out of storage, removing storm windows, trimming bushes, sweeping garage floors, or getting canoes to the lake. You name it, and within reason, the volunteers are ready to do it!



If you need help or would like to volunteer, please call the office at 386-2273.

**Saturday
May 5**

Board Minutes—January 17, 2007

Treasurer: Johnson (sitting in for Fenton) reported that we received substantial contributions this month, plus almost \$2000 from the Merry Marketplace fundraiser. December expenses were under budget, so the deficit for the year was \$5,000, and less than anticipated.

Finance: Evans reported that we have a CD due this Friday in the amount of \$30,000. The committee will decide whether to roll it over or put part of it into savings. The Board accepted a resolution from Fifth Third Bank to pass on a stock donation that is being sold for our benefit.

February Luncheon: Goudschaal reported that arrangements are set. Members celebrating 90th birthdays this year are invited to come for free, along with their spouses.

Merry Marketplace: Cermak reported that bad weather forced her to set up alone at 8am on Saturday, but she had enough time. She suggests we skip the Friday set up next year. We needed more display space—will request a spot against a wall next time. She commented that it is difficult to price items, and helpful if donors suggest a price.

Marketing: Littell announced that Lewis has agreed to chair the committee, which Littell has chaired temporarily for the past several months. (Thank you Jay!) Lewis is researching equipment options for playing our DVD presentation, though many groups will have their own equipment. An inexpensive option might be to rent a DVD player and projector if needed. It was suggested that presentations be scheduled through the office, and Wetherbee can notify Board members or other SC members to help out. Scott requested a “cheat sheet” to help answer questions that arise.

Staff : Wetherbee reported problems with the phones since moving into the new office. The Board approved the purchase of new office phones.

Volunteer: McClure reported that the co-captains met in November. We need a time to recognize our volunteers. Egeler suggested that we do it at our annual meeting in May. All agreed.

Gift Policy: Marsh gave the background for the need for such a policy, and it was accepted unanimously. The policy committee will continue and will consider what, if any, further policies are needed.

Annual Meeting: Landes has confirmed the date of May 8th at the Leland Lodge. Will show the DVD and recognize our outstanding volunteers. No speaker needed. We will need at least 7 new Board members. Nominating committee needs to meet. J. Cermak will chair the committee, along with Lancaster and M. Almquist. Revised bylaws have rescinded term limits, but terms are for 3 years.

Other: Egeler reported that she managed to sell a 1990 Fleetwood Cadillac for \$1,000 that was donated to SC.



In Memoriam
Margaret Jones, Northport



Senior Service Holistic Health Accessibility Program

With a \$1700 grant from the Leelanau County Commission on Aging, the providers at the Evergreen Center are offering Leelanau County seniors (60 and over) a discount on a variety of services including, acupuncture, non-diabetic foot care, Shiatsu, yoga, and massage. Their program, designed to *complement* a person's current traditional care, offers education and assistance with common health issues, such as insomnia, arthritis/joint pain, peripheral neuropathy, depression, and chronic pain.



A doctor's referral is required to receive these services. Many area physicians will have forms for referring Seniors to Evergreen Center. A maximum of 3 visits is allowed through this program. The first visit is FREE to the Senior. The second visit will cost the Senior \$10, and the third visit will cost the Senior \$20.

For more information call the Evergreen Center for Integrative Health, located in Hansen's Plaza in Suttons Bay, at 231-271-2002.

New ShareCare DVD
available. \$10 + \$2.50 for
shipping. Call the office
for more information.



Andrea B. Seeley, O.D.

Randy U'Ren, O.D.

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