



May-June '08

ShareCare™ of Leelanau Inc. **Connector**

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

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NORTHPORT, MICHIGAN 49670

E-MAIL: info@sharecareleelanau.org
WEB SITE: www.sharecareleelanau.org
MONDAY-FRIDAY · 9:00 AM to 4:30 PM

Spring Clean-Up!

With spring just around the corner, ShareCare is geared up to get you ready for summer. Volunteers are available 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 17, 2008

CONFIDENTIALITY:

Please remember that confidentiality is a pledge ShareCare makes to its members. Everyone involved with the ShareCare organization must respect ALL matters of privacy, whether they are personal, medical, or financial.

It's a Win-Win Situation!

I'm frequently reminded of how often both a volunteer and his/her ShareCare member benefit from an assignment. I received this Email after a recent trip:

"Deb! For DOD on Friday, I drove 123 miles and spent 5 hr. 45 min. The roads were good, and M..... is delightful & whimsical. I'm always amazed how the one I drive enriches me!" —S.



Location, Location, Location

Considering a new doctor? Whenever possible, it is a good idea to consider his/her location. The closer the office is to your house, the easier it may be to get to appointments.

Also, when making an appointment that a volunteer will take you to, consider the time of day. If you have the luxury of choosing your time, remember that early morning and late afternoon appointments may be difficult for volunteer drivers.

Offers of Help from the Silent Volunteer, Anne Kelly, RN, BSN

I want to personally thank all of the unsung heroes who, for years have given respite to each other, taken meals to neighbors, and offered rides whenever needed, *without* having been asked by ShareCare and with out reporting your miles or hours. You did it because it was in your nature to be generous! Those of you who have driven your spouses to appointments for years deserve credit for all those miles and hours (otherwise, the non-driving spouse would need our Drivers of the Day, wouldn't they?) Many of you have visited members at Tendercare at Munson, providing cheer and relief from boredom. Thank you for making the world a better place!

How often have you said to a neighbor, "*Please call if there's anything I can do for you.*"? Your gracious and well-meaning offer, however, puts the burden back onto the *already* burdened person who might be reluctant to ask for help. May I suggest calling a neighbor with these offers instead:

- I'm going into town today. Do you need anything from the grocery or post office?
- I'm going to the library. Do you have books to return, or would you like to go with me?
- I'm going through Suttons Bay. Do you have dry-cleaning or prescriptions from the pharmacy that need to be picked up?
- I'll be over later this afternoon to shovel your walk.
- I know you'll be out of town for a few days so I'll bring in your papers and mail, and water your plants, and there'll be a container of soup in the freezer when you return.
- I'm going to do my recycling; may I take yours too?
- Let's pick a day next week to help sort clothes to go to Goodwill, help you address your thank-you notes, take you to the bank, etc.

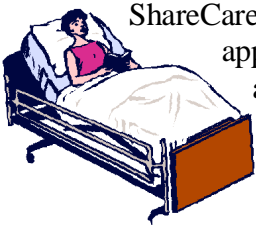


We know that many of you have struck up nice conversations with your passengers while driving them to appointments, and have then offered to help run an errand as well. This is most generous, above and beyond, and likely "makes someone's day". Some passengers have offered to take their drivers to lunch, or to help pay for gas, which is certainly unexpected, but very kind.

This winter has been exemplary for days when nobody should have been on the roads! Most doctors' offices would rather you cancel your appointment the morning of an appointment, than learn that you landed in a ditch. It remains the Driver of the Day's prerogative to opt out of driving due to poor conditions. Perhaps a logical guideline could be, *when the county schools are closed, you and your driver and your doctor's office need to confer about rescheduling your appointment.* Be sure to let ShareCare know, so we can line you up with a different driver if necessary!

So, for all the thanks we owe so many of you, we know there are people who may never hear those words, because what they do has been done silently, and from their hearts. Thank you, from the bottoms of ours!

Buying, Selling or Giving Away Assistive Technology (AT).



ShareCare maintains a full equipment closet and is always glad to loan out equipment. Likewise, we appreciate your equipment donations. Sometimes, however, you have items like a hospital bed or an electric wheelchair that neither you nor ShareCare knows what to do with. ATXchange is a Michigan-based website geared to help facilitate the exchange of assistive technology. This free service allows you to post a request for a needed item, sell equipment, or offer to give away equipment. Check it out at www.atxchange.org or give Deb a call for more info.

ShareCareTM of Leelanau, Inc.



15th Annual Meeting & Luncheon

- * Tuesday, May 13, 2008 @ The Bluebird in Leland
 - * Coffee and Registration: 10:30
 - * Business Meeting: 11:00
 - * Volunteer Recognition
 - * Buffet Lunch: Noon
 - * Cost: \$12 for ShareCare members. Guests' meals are on ShareCare, so please bring a potential member!
 - * Enjoy music by North Bay Celtic
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IMPORTANT: PLEASE CALL THE OFFICE BY MAY 9TH TO MAKE RESERVATIONS AND ARRANGE FOR A RIDE IF ONE IS NEEDED: 386-2273

Please plan to attend!

Project Lifesaver



Project Lifesaver (PL) is a non-profit organization made up of sheriffs, city police, search and rescue teams and other public safety organizations that electronically locate people who wander. A bracelet worn around the ankle or wrist, emits a continuous radio signal that can be activated when a search operation begins.

Cost:

- \$250 deposit, which is refunded when the unit is returned in good condition
- \$10/month for the bracelet and battery.

Residents of Leelanau Cty. are eligible. To apply, contact the following:

- 60 + years of age: Leelanau County Commission on Aging at 232-256-8121
- Under 60 years of age: Leelanau County Office of Emergency Management at 231-256-8800

Friendly Reminder

Please remember that Anne and Deb do not have access to a washroom for cleaning equipment. Whenever possible, please return equipment in the same condition you would expect to receive it.

Preventing Falls



The National Center for Injury Prevention and Control states that one of the best ways to prevent falls is to do exercises that improve your balance and coordination. The Center states that lack of exercise leads to weakness and increases your chance of falling. Be sure to check with your doctor before starting any exercise program. Also, he or she can suggest a good exercise program for you.

Below, are ways they suggest to make your home safer:

- Keep steps and walkways clear from stacks of magazines, newspapers, etc.
- Remove throw rugs or use double sided tape to keep them stuck down.
- Keep often used items in the easiest to reach cabinets.
- Install grab bars by your toilet and in your bathtub or shower.
- Use non-slip mats in the bathtub or shower.
- Improve the lighting in your house.
- Wear shoes with thin non-slip soles that give you good support. Slippers and shoes with deep treads increase your chance of falling.

Two Helpful Web Sites

- **Partners Against Pain** (<http://www.partnersagainstpain.com>) offers important information and resources on pain management.
- **Family Caregiving Extension** (<http://www.extension.org/family+caregiving>) provides an interactive learning environment designed to connect family caregivers with experts. Also on that web site was this informative link (http://www.extension.org/pages/Family_Caregiving_Partners), but it was hard to find.



For the first time in Anne and Deb's tenure with ShareCare, all five employees came together to celebrate our Kings and Queens at the Royal Banquet at the Bluebird. We even captured it on camera!



Anne Kelly, RN BSN Care Coordinator Joan Cloutier, RN On-Call Nurse Deb Wetherbee Office Manager Holly Pharmer, RN On-Call Nurse Mary Dietrich, RN On-Call Nurse

February 2008 Board Minutes

Treasurer's Report: Fenton highlighted parts of his report. We broke even on the Royal Banquet. Year-end donations continued to come in after the first of the year. Health insurance costs are lower because Wetherbee's daughter is off. Report received unanimously.

Finance Report: Evans to submit request to GTRF to withdraw our allowable allotment (\$14,813).

Fundraising: Committee needs a chair. Goudschaal agreed to calling meetings and helping out. Having a bake sale in conjunction with Conservancy plant sale was rejected for all time, as it is too much work for too little return. Goudschaal is still considering a fundraiser at the Mays' Barn. W'bee reminded us that originally the Barn was suggested as a place to show our DVD. Cermak wondered if the Barn is enough of a draw. Fenton said that the Homestead Golf Outing, Merry Marketplace and the twice-yearly appeals are viable fundraisers. Egeler will talk with the Homestead to see if they will support us with the Golf Outing again this summer.

Membership & Marketing: No report. Lewis resigned from the Board. Discussion of membership issues – how to appeal to more people. Kelly reminded us NOT to consider part time membership, which is unworkable for several good reasons. Tonneberger suggested that non-member donors might accrue their membership fee over the course of a few years. She offered to explore the possibility of a relationship with the LCOA.

Discussion of driver qualifications. W'bee expressed concern for the safety of drivers in their upper 80's. Egeler noted that non-members can drive, as long as they are over 55 and have joined RSVP (to be covered by their insurance). It was AGREED that we need a Driver-of-the-Day Policy. Heins will call Marsh and McClure to schedule a Policy Committee meeting.

Royal Banquet: Applause and many kudos to Landes for a great job! General agreement that the food was good and the location outstanding. Landes questioned whether February is the best time, considering weather. Late October seems like a good option.

Nominating: J. Cermak will chair. The Committee is accepting names for potential Board members.

Spring Clean-up: Saturday, May 17. Need a chair.

Business Expo: Several Directors volunteered to assist. Discussion of raffle item(s).

Annual Meeting: May 13, 2008. Location being explored. Cermak offered to help Landes with arrangements.

Other: T'berger passed on a brochure from NorthSky Non Profit, which provides education/training for non-profits.

Care Coordinator Communiqués

Physician Referral Service

The Physician Referral Service (PRS) helps find physicians by specialty, degree, board certification, and location.

It may be inconvenient for you if your doctor relocates to Three Mile Road or you find yourself going to a specialist whose office is on the far side of Traverse City. If you ever need help finding a physician closer to home, call the PRS at 231-935-5886, or toll free at 1-800-533-5520 or email at prs@mhc.net. Office hours are 8^{AM} to 3:30^{PM}, Monday—Friday.

From the Munson website: "The PRF is a free, confidential resource that can help you find a physician who is accepting new patients. They can also assist you with insurance questions, physician office hours, and locations. When using Physician Referral, use the information you receive as a starting point in your search for the physician who best meets your needs. Information, such as insurance participation, is subject to change and should always be confirmed with the physician's office. Please note that referral service representatives cannot answer medical questions, diagnose, or make referral recommendations based on symptoms or history. Your primary care physician will advise you about the kind of specialist needed."

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Four Small Changes

According to the article "Four Small Changes can mean an extra 14 years" in the March '08 issue of Harvard Women's Health Watch, scientists recently reported that people who engage in just four healthy behaviors—eating five or more servings of fruits and vegetables a day, drinking moderately, not smoking, and getting some kind of physical daily activity—live 14 years longer, on average, than people who don't have these habits. If that idea piques your interest, go to www.hsph.harvard.edu/nutritionsource/fruits/html or to www.fruitsandveggiesmatter.gov. —Anne Kelly, BSN, RN



In Fond Remembrance

Glenn White, Omena
Eloise Basta, Leland



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O'Brien

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ShareCare Mission Statement: The mission of ShareCare is for members to achieve the highest quality of life and independence attainable in their own homes for as long as possible.