



Jan-Feb '09

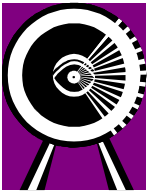
ShareCare™ of Leelanau Inc. **Connector**

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

231-386-2273 · 231-386-0028
POB 153 · 211 S. HIGH STREET
NORTHPORT, MICHIGAN 49670

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

An Eye to the Future



With strategic planning being important for any organization, ShareCare's Board of Directors and citizens from area businesses held a "visioning" session at the Government Center in Suttons Bay.

After breaking into small groups, each group considered four questions regarding the future of ShareCare. The participants ultimately decided the five most important points for each question. The results of the November "visioning" follow.

Question 1:

What services should be available to ShareCare members in the future?

1. Nursing visits/Care coordination
2. Transportation (Driver of the Day program)
3. Social interactions/outings for members
4. Patient advocates for doctor appointments and hospital stays
5. 3-way tie: #1 recognition of isolation issues, #2 assistance with mental health and memory issues, and #3 Increase SC/COA coordination

Question 2:

If we are to sustain and grow our existing services, what are possible funding sources?

1. Grants
2. Advocate giving in wills, planned giving and giving to the endowment
3. Increase membership
4. ShareCare purchases life insurance (SC would be the beneficiary)

5. Search for income from County tax base

Question 3:

What are ways to effectively use volunteers?

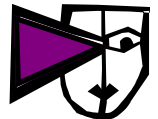
1. Improve on current volunteer services
 - a. Better communication to members as to what services are available
 - b. Better understanding of volunteers' skills
 - c. Better matching between members needing services and volunteers
2. Hire a volunteer coordinator (part time?)
3. Provide comprehensive orientation to volunteers, in particular, Co-Captains
4. Improved breadth of volunteer opportunities (patient advocates, friendly visitors, respite providers)

Question 4:

How should people learn about ShareCare?

1. PR—media (newspaper, radio, IPR, TV)
2. Increase visibility around the County by distributing newsletters and brochures to businesses/doctors/realtors.
3. Change our "message". People shouldn't wait until they *need* SC to join. They could also join for altruistic reasons or the rewards of volunteering. (Create a need to belong.)
4. Promote web site and internet communications.
5. Small invitational gatherings at members' homes.

Your input is welcomed, so please feel free to call the office with your ideas.



Mum's the Word!

Please remember that *confidentiality* is a pledge that we all must take very seriously. We enjoy living in a small community, but some things deserve to be kept private: medical, financial and personal issues. I cannot share information about your fellow members without their permission or your "need to know" (being a close relative or a caregiver involved in that person's care, or their personal physician). Thank you for your understanding and cooperation.

—Anne Kelly, Care Coordinator



In Fond Memory Eva Buckler, Leland

Driving Classes

A recently adopted ShareCare policy states that all volunteer drivers are required to take a driver safety class. SC offers classes periodically, with the next ones being on **April 6th & 7th from 1-4 and April 22nd & 23rd from 9-12.**

If you'd like to take the class at your leisure, AARP offers an online course. Go to http://www.aarp.org/families/driver_safety. Please be sure to call Deb to let her know when you've completed the course.

PS: Upon completion of the course you may qualify for an automobile insurance discount given by your insurance company. Check with your insurance company to see if they offer a discount to people who've taken a class.

Caregivers

One of the greatest benefits of being members of ShareCare is having access to our list of *Independent Contractual Caregivers*. Caregivers on our list have been interviewed, and have had their references and backgrounds checked. Some have had training as Nursing Assistants (CNA). We have a few Registered Nurses or Licensed Practical Nurses.




Being *Independent Contractual Caregivers* means they are not employees of ShareCare. Therefore they set their own rates, depending on the individual or household needs, how many hours they'll be working and how far they will be driving to get to your home.

If you need a caregiver to drive you to appointments using the caregiver's car, the current reimbursement rate for gas mileage .58/mile.

ShareCare Volunteer Opportunities

Help put the 'CARE' in ShareCare. Many volunteer opportunities are available to enrich the lives of ShareCare members, as well as the lives of our volunteers. It's nothing new to say that volunteering is a rewarding experience, and at the ShareCare Office this is frequently validated by volunteers who comment on the great experience they had helping members.

If you see something below that piques your interest for volunteering, please don't hesitate to call the office (386-2273) to be added to the list of volunteers. Likewise, if you're a member who would benefit from any of the services listed below, please give the office a call so we can make sure we are meeting your needs.

Driver-of-the-Day	Friendly Visitor 	Respite Care
<p>Set aside a day to be on-call to provide a ride for a member to and from an appointment. These days are pre-arranged, and work around your schedule. From one of our drivers: "The roads were good, and M- - - is delightful & whimsical. I'm always amazed how the one I drive enriches me!"</p> 	<p>Isolation and loneliness are major concerns that may impact more older adults than realized. It is for these people that ShareCare may make its most meaningful contribution. By being regular companions and giving special attention friendly visitors play a vital role in helping members maintain social interaction and a positive outlook.</p>	<p>Would you like to provide respite care for family members who are acting as caregivers? To avoid burnout and tend to their own needs, caregivers require relief from their constant care-related duties. ShareCare has volunteers who provide respite care, as well as paid trained caregivers. The office can help you decide which level of care you need.</p>
Lawn Care & Handyman	Share A Meal	Office Assistance
<p>Sometimes members need help with simple yard or handyman projects. Deb always tells folks that the volunteers aren't going to rake your "back 40" or paint your den, but they'll trim the bushes around a front porch or install safety grab bars by a toilet. Shouldn't be on a ladder? They'll do a project as simple as changing a light bulb.</p>	<p>When a member gets sick or comes home after a stay in the hospital, he/she might benefit from meals being brought in for a while. It's typically a temporary service, but certainly helpful for some short term situations.</p> 	<p>When, the Office Manager is out of the office, volunteers fill in. Volunteers may also be needed to help with a variety of tasks, such as mailings or event planning. A recent volunteer said that she likes filling in at the office because it's like the hub of an interesting society, and she gets to talk to a lot of different people.</p>

Board meeting: December 10, 2008

Treasurer's Report: Fenton presented the October and November reports. As expected, GTRCF Investments are down. CDs coming due in January. Fenton thinks that we'll be fine w/out cashing them, but the Finance Committee will decide for sure what to do with them in January 2009.

Joint meeting for Finance and Personnel Committees: January 7, 2009 from 1PM-3PM. Place to be announced. Wetherbee will send a reminder.

Merry Marketplace: Goudschaal stated that we made over \$1400, and had a nice assortment of items to sell. It also proved to be a good opportunity to promote ShareCare to shoppers. Discussion followed on ideas for subsequent Marketplaces (selling a signature item, for example).

Personnel: Marsh reported that annual staff evaluations were completed, and that reviews were very favorable for both Kelly and Wetherbee. Wetherbee, in her review, stated that it would be helpful to have assistance getting the Office filled with volunteers when she takes an extended vacation.

Strategic Planning: Wilson reported that the Committee has met several times since the Visioning Session in November. They have been identifying ShareCare's strengths and weaknesses, as well as creating a 3-5 year plan, including "dreams" for the future.

Regarding the Visioning session, we need to 1) offer more social opportunities, 2) increase fund raising, and 3) make better use of volunteers. A written summary will be provided.

Finance Report: Evans reported that the Committee met to set the 2009 budget, but they need more information before finalizing it. They expect to approve 09 budget at January 09 board mtg. Board voted today to pass a continuing resolution for the 2008 budget into 2009, which will give the Finance and Personnel Committees time to meet to have a better understanding of budget needs.

Staff Reports: Kelly reported that she is increasing phone contact w/ members in order to decrease mileage. Since no sign-in sheet was available, Wetherbee requested that Board members Email her their volunteer hours.

Membership & Marketing: Bawden reported that the committee would meet in January after they have more direction from the Strategic Planning meetings.

Volunteer Committee: McClure reported that a Npt Co-Captain resigned. McClure will work on finding a replacement. Wetherbee stated that she is hoping to find a system whereby neighbors are driving neighbors, instead of drivers having to travel all over the county picking up riders. She's open for suggestions! McClure indicated that notes could be placed in church bulletins looking for non-member volunteer drivers. Region 2 Co-Caps contacted all their members.

Transportation Committee: Hauser reported that approximately 25 drivers have taken the required driving course. More classes will be offered in April 2009. Also, Wetherbee will publish in the Connector the AARP web site where people can take the class on line, at their leisure. The Transportation Committee will suggest a change to the policy that drivers will be required to renew their certificates every three years, instead of two years, which is the current policy. Suggestion: the Volunteer and Transportation Committees meet together in 2009 to look at the Driver of the Day program.

Policies: Marsh stated that Heins is on sabbatical from the Board, so there is an opening on the Committee. Tonneberger volunteered to replace Heins.

Neighborhood Gatherings: *Lunch and Learn* is being presented at Extencicare (Tendercare) in Suttons Bay on Dec 12. Landes suggested a neighborhood gathering centered around technology—informing older adults about current technology (ipods, etc.). Presenter's names were suggested.

BEST WISHES FOR A HEALTHY AND HAPPY 2009!



Welcome New Members

Vina Mikesell, Northport
Kim & John Todd, Northport
John & Sheila Kain, Suttons Bay
Joe & Kathy Belton, Traverse City

Caring.com

Great web site offering info on
helping you help your parents:
<http://www.caring.com>

Arriving Soon! Watch your mail for an important membership survey. When it comes in the mail, please take a few minutes to fill out and return it in the SASE, which will be included.



300+ Heads are Better Than 1!

With the possibility of gas prices soaring again, and the impact driving has on the environment, ShareCare (specifically, Deb) would like to redesign the Driver-of-the-Day program to decrease the number of miles our drivers drive. Having "neighbors driving neighbors" is the goal.

Currently, the regional Co-Captains fill out monthly calendars, with a driver designated for each weekday (Monday-Friday). Roughly, Leland drivers take the first 7 weekdays, Northport the second and Sutton Bay the third. But what that means is, if for example, a Northport member needs a ride at the beginning of the month, a Leland driver would pick up him/her in Northport, drive to Traverse City, return the member home to Northport and then drive back to Leland. This scenario adds about 25 more miles to the trip than if a Northport driver drove.

What we need to achieve the goal of "neighbors driving neighbors" is a solution for setting up the calendar that works for the volunteer drivers, the Co-Captains, and for Deb in the Office. If you have any ideas, or need more information before you think on it, please give Deb a call (386-2273).

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.