



July-Aug '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

A once a year opportunity you definitely won't want to miss!

Join us at the Homestead for the 5th Annual ShareCare Golf Benefit, on this, the one day of the year the Homestead opens its beautiful golf course to the public. Plus, ALL proceeds benefit ShareCare, so encourage your friends and family to join the fun!

- Thursday, August 27th —Advance tee times recommended
- Plan to arrive 10 minutes before tee time to pick up your goody bag!
- Tee offs from 9AM to 2:00PM
- Includes 9 holes of golf, cart & prizes
- Food & beverages available for purchase
- \$27 per adult



Call The Homestead for a tee time—individual or group tee times available.

To sponsor a hole (\$150), contact The Homestead or Deb at ShareCare.

The HomesteadSM

AMERICA'S FRESHWATER RESORT

Wood Ridge Road— Glen Arbor, MI 49636

The Homestead
334-5555

ShareCare
386-2273



Membership Changes

Phillip Mikesell (Npt)—New member
 Tom & Darlene Hackney (SBay)—New members
 Fred & Nan Freeman (Npt)—New members
 Carol & Ralph Towne (Npt)—Moved
 William & Suzanne Hoff (SBay)—New members
 Richard & Linda Buist (SBay)—New members
 Cheryl Cain (SBay)—New member

Help needed in the Office...

July 22 AM and PM

July 23 AM

Thank You from Anne and Deb



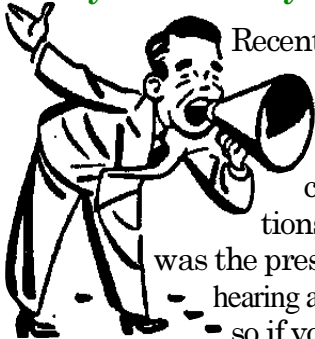
We couldn't have had more fun if we'd gone on a shopping spree ourselves. A big thank you goes out to everyone who responded to our request for greeting cards. We are rich with beautiful cards!

ShareCare—

Many thanks for providing the wonderful volunteers to help me with our Spring time projects. Their help was greatly appreciated! —Cedar Members

ShareCare promotes confidentiality in all matters of privacy. Everyone involved with the organization is requested to respect all aspects of confidentiality whether they are personal, medical, or financial.

Aye... What'd ya say?



Recently, I attended a lecture at the Highlands on hearing loss. Dr. Kathleen Sawhill, a hearing and balance specialist from Hearing Solutions of NW MI (231-922-1500), was the presenter. Vast improvements in hearing aid technology have taken place, so if you suspect you have any type

of hearing problem, it is certainly worth seeking professional advice.

Here are a few interesting facts from the presentation:

- ⊗ Wearing hearing protection is important even if you have hearing loss—it protects what you have.
 - ⊗ If you have annoying, ringing in your ears, called tinnitus, talk to your doctor. Tinnitus may be caused from meds you take. A reduction in caffeine, nicotine and alcohol may help. Avoid quietness, by using a white noise generator. You also could get help by seeing an audiologist.
 - ⊗ Once any medically treatable conditions have been ruled out, the treatment for sensorineural hearing loss is amplification through hearing aids.
 - ⊗ The earlier you do something about hearing loss, the better your chances for staving off cognitive loss. If you're not hearing well, you have less brain stimulus.
 - ⊗ Today's digital hearing aids are MUCH better at discerning speech from noise than analog hearing aids.
- Deb Wetherbee

Available:

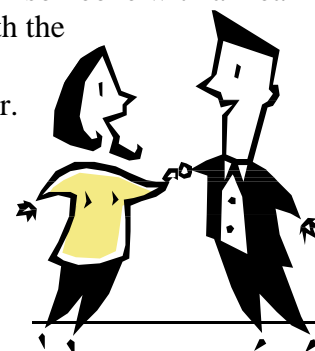
- ⊙ Portable Hoyer lift
- ⊙ Portable ramp
- ⊙ Lift chair: light brown, cloth

Call the ShareCare Office for more information (386-2273).

Hearing Loss Coping Strategies

These tips apply to living with someone with a hearing loss and to the person with the hearing loss.

- ⊙ Be patient with each other.
- ⊙ Face each other when conversing.
- ⊙ If you live with someone who has a hearing loss:
 - ⊙ Get their attention before speaking.
 - ⊙ Speak clearly—slow down.
 - ⊙ Don't shout or exaggerate lip movements.
 - ⊙ Add gestures.
- ⊙ If you have a hearing loss:
 - ⊙ Watch gestures.
 - ⊙ Think of new ways to ask to have something repeated. Always saying "huh" gets old.
 - ⊙ Tell people you have a hearing loss and suggest that if they look at you when they talk, you'll be better able to understand them.



Board Notes: June 17, 2009

TREASURER'S REPORT: Only a few membership renewals remain outstanding. Executive Committee authorized compensation for up to 18 hours for training for J. Walter who will fill in for A Kelly during Kelly's vacation.

ANNUAL MEETING REPORT: All went well! The Royal Banquet will be Oct. 27.

STRENGTHENING BOARD & COMMITTEES: Need more Board members, more help with development/fund raising, and more non-Board members on committees. Members urged to submit names.

MEMBERSHIP & MARKETING: Need more and varied promotion of SC to increase public awareness of SC. M. Harrison is hosting a mid-August event to present the SC message.

VOLUNTEER COMMITTEE: Met in April. Spring Clean Up Day successful. Offer safe driver classes two times per year. M. Scott will be sole Co-Captain for the small Region 4.

STAFF REPORT: Wetherbee has been invited by the Community Foundation of Southeast Michigan to sit on a panel discussion on "aging in place."

OLDER AMERICANS EXPO: Discussion on location, strategies for being more visible and something to attract attention. Largest crowd ever, yet little activity for SC. Is this an effective way to get out the SC message?

OTHER: Highlands staff member, Beth Nunnally has revealed that a \$250 donation will be made to SC when a member moves to the Highlands Assisted Living community.

McVay report on progress with Homestead on the golf benefit. Dates offered are Aug. 19 or 26th. Some sentiment for not choosing a Wed. McVay will explore and make decision.

In Fond Memory

Jean Larigan, Leland
Richard Ristine, Leland
Zora Carpenter, Northport



We're Forever Learning—By Anne & Deb

With a combined total of 14 years of working for ShareCare we almost daily find ourselves in the position of helping children of ShareCare members meet their parents' changing needs. As we make our daily loop around town, we have ample opportunity to discuss our own aging, and we'd like to share with you some of the things we've learned that we hope will help our own children if they find themselves in the position of becoming more involved with our care. We only hope we remember then what we've learned now.

- When our children suggest we stop driving, hopefully we'll accept that we've most likely reached the stage where we're a danger to others or ourselves.
- When they think we need caregiver help around the house, we probably do and we're worrying them.
- When our children suggest that we move in with them after a surgery or something, we'll most likely protest because we don't want to burden them. But, consider that it might actually be easier for them and less disruptive to their lives to have us right there with them.
- There's a chance our children will notice memory issues that we might not (or don't want to) see. If they suggest intervention, what is the harm in talking to our physician or having some memory tests done? At a minimum we'll have a baseline from which to work.
- If our children want to go to our doctor appointments with us, let them. If nothing else, they can take notes and be a second set of ears—highly recommended!
- If our children want to discuss our health issues with ShareCare's Care Coordinator, we should be thankful for that layer of support, and by all means give them the go ahead to talk about us.

We've learned a lot, but know there is more to learn as we continue to work with our SC families. If we take to heart these six points, our children's jobs will be easier if they find themselves guiding us through the aging process.

Senior Caregiver Support Group

If you are caring for a Leelanau County senior, and could use some support, consider joining the Circle of Care Group, which meets on alternate Fridays at 1PM at the SBay Congregational Church. Share concerns, information and support with others who assist Leelanau County seniors. The group, funded in part by the LCCOA, is free of charge. Darcy Krause, local therapist facilitates. New groups will gather county-wide as need dictates. Call Darcy for info and dates for the SBay group: 231-357-4223.

The following information comes from a lecture by Joe Meredith at the Northport Highlands. Mr. Meredith who volunteers with the Department of Veterans Affairs (DVA), was a wealth of information, talking about things such as veteran and spouse benefits, the maximum amount of money you can have to qualify, different types of pensions (basic, house bound, aide and attendance–assisted living), and “gifting” to your kids, if necessary, to help spend down your monies. **The services at the DVA are free**, so if you have any questions regarding veteran benefits, give them a call. Below is one of the handouts from the talk.



From: Ms. Jaime Beeman (Traverse City: 995-6070)
Mr. Joe Meredith (Leelanau County: 256-8103)
Re: VA Benefits for the Veteran
Date: April 2009

Here is some information regarding a “Non-Service Connected Pension.” This is an income-based program designed to assist those veterans who are in financial need. If the veteran were found eligible this would be supplemental income ranging from \$0 to \$19,736 per year. To help determine eligibility:

- The veteran must have at least 1 day during a war era and at least 90 days of active duty;
- The income vs. outgoing, reoccurring medical expenses (i.e. nursing care and insurance costs) must not exceed:
 - \$1,644 per month (if the veteran is in need of assistance for ADL’s [activities of daily living]),
 - \$1204 (if the veteran is housebound) or
 - \$985 per month (if the veteran is physically self sufficient);
- If you plan to use nursing care cost as a deductible, reoccurring medical expense, a statement is required from the Healthcare Organization stating the cost of one year of service, date services began and which services are provided;
- Medical evidence and a list of medications should be provided along with the Aid and Attendance form which must be completed by the veteran’s physician;
- The net worth/assets (excluding home and adjacent property) must not exceed \$80,000;
- The original or certified copy of the DD-214 (a/ka/a Separation Papers, Discharge Papers) must be provided.

Please also note, that it takes approximately 6-12 months for V.A. to decide a claim. However, if it is decided in the veteran’s favor, the first check will be retroactive back to the first of the month after the original claim date.

Once you have all of the above needed information and documents and believe that you may be eligible for this benefit, contact a veterans’ service office to schedule an appointment in order to assist you with filing a formal claim.

Please note that from the time that the claim is submitted, you should keep track of ALL out of pocket medical expenses. In the event that you are not awarded the maximum award available or if you are denied because of excessive income, we will evaluate the possibility of getting medical expense reimbursement at the first anniversary of your date of claim.

If you have any other questions or need anything else, please do not hesitate to contact us. If you have Internet access you can also visit this website for more information:

<http://www.vba.va.gov/bln/21/pension/vetpen.htm>.

Women's Wellness Exchange— Bio-Touch Suzanne Latta Hoff

Bio-Touch™ is a simple hands-on healing technique that can be used to address all kinds of health concerns. Practitioners use the first two fingers of both hands to lightly touch specific points on the body. Over time the combination of correct points and light touch seems to enhance the body's natural healing ability.” It is likened to accupressure without the pressure, as the giver's touch is butterfly light.

Ms Hoff is offering free Bio-Tech™ lessons this summer, every Wednesday from 9AM to noon, June 24 to August 15 (except July 22). For more information, call 231-357-5460 or email now2@gmail.com.

Loan Equipment Closet

ShareCare's equipment closet is well stocked, except for 4-wheel walkers with seats. If you're still using one that you borrowed from SC, that's **great**, but if you have one you're done with, please give Deb a call so that she can arrange to have it picked up.



STROKE IDENTIFICATION

STRT

Time is critical! Getting a stroke recognized, diagnosed, and then getting the person medically cared for within 3 hours is crucial.

Think **STRT (start!)**. With these four tips, bystanders can recognize a stroke:

- **S** Ask the individual to SMILE.
- **T** Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently). For example: It is sunny out today.
- **R** Ask him/her to RAISE BOTH ARMS.
- **T** Ask the person to STICK OUT HIS/HER TONGUE. If it's crooked or pulls off to one side, that's an indicator.

Emails vs. Phone Calls—Deb



I'll be the first to admit that, in general, getting a phone call is more personal than getting an email. Unfortunately, making a phone call (or in my case multiple phone calls) is not the most efficient way to reach volunteers. When I'm trying to fill a need for a member, sending one email that reaches a lot of people is better time-wise than making phone call after phone call until I get the request fulfilled.

The reason I'm writing this is to let SC volunteers know that it **REALLY** helps me out when you respond to my email requests for help. Even if you are not available, please let me know—it's better to know you can't than to not hear from you at all. Thanks!



Caregivers

*Believe in Yourself.
Protect Your Health.
Reach Out for Help.*

Bad Hair Day!



Are you having a bad hair day (or year), but you're unable to get out to the hairdresser? Make note that we have a hair stylist who will come to you, whether it's to your home or a care facility. It's hard to deny that everyone feels better when his/her hair is done, so if you need more information on this service provider, call the Office.

New Board Director Vina Mikesell—

Vina and her husband, Phil, have recently retired from Crawfordsville, IN. They have been coming to Northport since 2001. Vina graduated from Carleton College and received a second bachelor's degree from Purdue University in graphic design.

A new member of SC, Vina has been active in promoting the League of Women Voters in Leelanau County. She serves on the Board of the LWV Grand Traverse Area. She is vice-chair of the Northport Women's Club and a co-founder of **Northport et-cetera**. In her spare time, Vina enjoys walking with friends, knitting, gardening, decorating and reading.

Kudos to Our Favorite Nurse: Anne Kelly!

This from a member who had a recent health issue that landed her in the hospital. She was filling in her doctor, Tom Auer, MD and mentioned to him that she had called Anne with complaints of chest pain, and Anne told her to **hang up the phone and call 911!** To which Dr. Auer's response was, "Everything I hear about Anne Kelly is a good call. When she says women's symptoms are atypical and to call 911 she's right."



231-271-5301

THE TOY HOUSE
a small
RETIREMENT HOME

Bob & Fran Jelinek *1990 North Setterbo*
Owner Operator & LPN *Suttons Bay, MI 49682*

2002 Governor's Quality Care Award Winner



Andrea B. Seeley, O.D. Randy S. U'Ren, O.D.

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NEW
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WELCOME

200 S. Cedar Street (Just off M-22) • Suttons Bay, Michigan

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.