



Jan-Feb '10

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

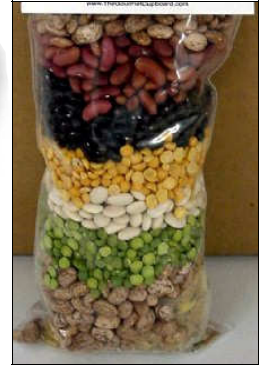
*Neighbors helping neighbors—Promoting independent living in members' homes.*

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WEB SITE: [www.sharecareleelanau.org](http://www.sharecareleelanau.org)  
MONDAY-FRIDAY · 9:00 AM to 4:30 PM

## You Did It Again!

Once again, our members and some non-members too provided ShareCare with a lot of really terrific items to sell at the **Merry Marketplace**. The weather cooperated (somewhat) and we had a very successful fundraiser. We owe a debt of gratitude to the organizers, jelly makers, knitters, note card makers, pickle canners, bean soup mix baggers, crafters, cookie baker, lamp makers, pie bakers, jewelry makers, errand runners, worker bees and everyone who was involved with the Merry Marketplace. Thank you so, so much for another successful year!!!



# The Homestead<sup>SM</sup>

AMERICA'S FRESHWATER RESORT

Get healthy and help ShareCare stay healthy too! Attend Yoga Day Classes at the Homestead.

## New Leaf Fitness Center at The Homestead Celebrates Yoga Day USA—Saturday, January 23, 2010

To help spread the health and wellness benefits of yoga, The Homestead is hosting free yoga classes as part of Yoga Day USA, the national celebration of yoga. In the practice of *karma* yoga or service to others, The Homestead will accept a donation in exchange for a free class. **All donated money will go to ShareCare.**

"We are so proud to participate in Yoga Day USA. This national event focuses on the health and wellness benefits of yoga, which aligns perfectly with our wellness philosophy," says Spa and Fitness Manager Tara Ziegler. "We want to offer health and fitness opportunities for 'every body' and yoga is perfect for that. It meets you where you are no matter what your fitness level or state of health, and challenges you to grow more balanced and healthy with every practice," she says.



**Yoga Day Classes at the New Leaf Fitness Center**  
**9AM, 11AM, and 3:30PM**  
**Please call 231.334.5160 to register for classes**

## Welcome New Members

Jerry Stanek—Elmwood  
John Hamelin—Leland  
Sheila Garrett & Robert Chiodini—L Leelanau

### HIPPA—Hospital Privacy Codes

Everyone admitted to the hospital is given a privacy (HIPPA) code. It is VERY important for someone other than the patient (spouse, child, friend) to get that code BEFORE leaving the hospital. The hospital is not allowed to give out on the phone any personal information regarding the patient if the caller doesn't have the code.

For as important as it is to have the code, it boggles Anne's and my minds that the hospital doesn't always provide the advocates with that code. So before leaving the hospital, either ask a nurse to give you the code or get it off the patient's wrist band yourself. It's the last five numbers of the patient number, usually two or three zeros and a couple of other numbers (ie: 00045 or 00382) —Deb



### Neighbors helping neighbors...

*One of the best ways to **share and care** is to take care of your neighbors.*

*Do you have a neighbor who might need help getting groceries or need an occasional ride into town? Most likely, your neighbor won't ask for help, but would accept help should you offer. Also keep in mind that a friendly visit on a cold winter day, could perhaps be the best possible medicine for a lonely member.*

*Be sure to call the office for your needs or if you hear about someone else's needs.*

### Looking good has never been this easy!

Do you know that ShareCare has the name of a visiting beautician who would come to your house to style and wash your hair? Also on our list is a dog groomer who would come to your house to groom your dog.



### What a celebration it was!

We celebrated our Kings and Queens in fine fashion at the Royal Banquet in October. The Bluebird served a lovely meal, Ann and Don Gregory provided a variety of apples for our guests to take home with them, and Gwen Rich again created beautiful certificates for our honorees. It was a wonderful celebration! Below are words of wisdom from the Kings and Queens.



**Eben Finger**—An early ShareCare enrollee, Eben states that you need to take care of yourself first so that you can help others.

**Ann Hawkins**—With ShareCare since 2008, Ann doesn't have an easy explanation for her longevity, but feels that one should not dwell on becoming old.

**John Hoppin, Jr.**—A member since 1996, John offers these words of advice: moderation in everything.

**Helen Huey**—A 100 year-old honoree, Helen passed away shortly before the banquet, after a brief illness. Her sparkle and liveliness were truly inspirational.

**Art Weber**—Joined the ShareCare family in 2008 when he moved here to be closer to his son. Art's words of wisdom are to be happy with what you have.

**Ethel Wills**—The 53rd ShareCare member, Ethel is quick to state that we shouldn't take ourselves too seriously—we are not as important as we think we are!

### Changing of the Guard

This newsletter brings news of changes to the people who are the "eyes and ears" of the SC program. They help with the driver-of-the-day calendar, organize meals for members, and in general they keep track of members in their "neighborhood"—not an easy task since the county is so long and neighborhoods are large.

This job is so important to serving ShareCare members, we need to give thanks to the following terrific ladies—some for the job they did and some for the job they've just accepted:

- Leland: Ann Nichols—succeeded by Barbara Abbott
- Leland: Sally Booth—succeeded by Barbara Vilter
- Northport: Sarah Straus—succeeded by Angela Wills

—See back page for SC contact & Co-Caps info—

### In Fond Memory

Claudia Goudschaal—Northport/Leland



## Office Hours & Emergencies

The SC office is open and an RN is available weekdays, except for holidays, from 9AM to 4:30PM.

While **9-1-1 should be your first call in an emergency**, it's also the number to call after hours for anything medically related. Dispatchers are trained to quickly assess a situation and to respond with the appropriate level of services that are needed.

### Helpful 9-1-1 Tips:

- Post your address at the end of your driveway.
- Have your address and phone # by the phone
- Have ready a list of current medications.
- Remain calm

## Pills, Pills, Pills—Anne Kelly, RN, BSN

Do you wonder what to do with leftover, unopened, or expired medications? If yes, I'll be happy to come over to help you sort out your medicine cabinets.



Unopened medications can be donated to the Traverse Health Clinic, which, because it's a "Free Clinic" is allowed to accept and re-dispense medicines that have expired up to 1 year ago.

We can arrange for pick up and delivery for you, but if you're in Traverse City and want to drop off leftover meds, here is the Clinic's contact info:

- Address: 3155 Logan Valley Rd., Traverse City
- Phone: 231-935-0799
- Email address: [info@traversehealthclinic.org](mailto:info@traversehealthclinic.org)

Please note that they are unable to accept controlled substances and I am researching the correct and most environmentally safe way to dispose of excess medicines. Flushing, rinsing down the sink, or burning just puts chemicals into our ground water or the air we breathe. **Watch for more info in future newsletters!**

## Three Cheers and Some Tears!



At the risk of sounding like a broken record, I once again have to stress how very important our volunteer drivers are to the ShareCare program. The three volunteers retired at the Royal Banquet, all extremely active drivers for our members, will be truly missed. Retired drivers Bill Emmert, Gene Hadjisky, and Ann Nichols have all earned blue ribbons and many, many accolades! —Deb



*Happy New Year!*

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.

## All I want for X-mas is my BluFi Teeth: Neighborhood Gathering gives Tech Tips for Holiday Giving

"Dear Santa," I had begun ... but where to go from there? The ShareCare Neighborhood Gathering titled "Get a Jump on Technology" promised "a primer for holiday giving." Not to mention *getting*, I thought. It seemed just the ticket. I reserved my place. I was not disappointed.

On November 30, a crowd of interested inquisitive ShareCare members and others gathered in the Community Conference Room at the Leelanau Government Center where Steve Stanton of Leelanau Computer Repair demonstrated and explained several e-technologies:

Cellular Phones • VoIP (voice over internet protocol) • Smartphones  
Skype • Bluetooth • Blu-ray • MP3 Players • eBooks • Readers  
GPS • WiFi • Digital Photography • Webcams • Social Networking

"Say what?" you say? Should've been there. 'Twas educational. 'Twas fun. Questions flew fast as Santa's reindeer and Steve's answers came back faster than Santa up the chimney.

And I heard him exclaim, as he walked out the door, "Let's do this again, next fall ... or before!" —Larry Hauser



*It takes many people doing a lot of different things to support an organization such as ShareCare. This year we were very blessed with help from many, many people. Some volunteered their time, while some donated items to sell at fund raisers, and others made financial contributions. No matter the type of support given, it was extremely important to our efforts to help older adults live independently in their own homes for as long as possible. ShareCare extends a heartfelt thank you to all who helped us this year!*

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Katie Adams	Joanne Burnham	Lauran & Steve Gilbreath
Anita & Porter Abbott	Jack Burton	Glen Craft Marina
Barbara Abbott & Larry Hauser	Susan & Chuck Cady	Aurora Glettler
Barbara Agius	Cheryl & Richard Cain	Marion & John Glover
Suzanne & Jason Allen	Catherine Caraher	Claudia Goudschaal
Allianz Life Insurance Co.	Becky Reynolds & Jim Carpenter	Gr. Traverse Reg. Foundation
Bev & Merrill Almquist	Kathie & Lee Carrick	Ann & Don Gregory
Alper's Excavating Inc.	Adele & John Cermak	Marion & Richard Grout
Cathy Alverson	Marilyn Cerny	Sylvia & Thomas Guback
Diane Anderson	Cherry Republic, Inc.	Darlene & Tom Hackney
Joy Lang Anderson	Roy Church	Maryellen & Gene Hadjisky
Katherine & Thomas Angus	Barbara Coye	Jane Hancock
Joy Arai	William Cron	Sherrie & Logan Hardie
June & Fred Atkinson	Laura Davis	Gayle Harlow
Atwill Memorial Chapel Assoc.	Avel DeGraff	Molly Harrison
Bahle Enterprises	Annette & Gil Deibel	Ann Hawkins
Martha Baker	Treva DeJong	Alison & Conrad Heins
Anne & John Ball	Rita & John Dick	Dave Hersey
Lena Ball	Marilyn & Dick Dickinson	Hickory Sticks LLC
Merry & George Ball	Jane Domke	Suzanne & William Hoff
Bank of America	Patricia Earhart	Suzanne and Geary Hoffman
Christi & Gary Bardenhagen	Judy & Cliff Egeler	The Homestead
Sue & George Basta	Mary & George Eggenberger	Hospital Consultants
Carol Bawden & Scott Craig	Brenda & Roger Ehle	Helen Huey
Becky Thatcher Designs	Lin & Bill Emmert	Hurst Industries
Nancy & Joe Belton	Jane & Kim Essenburg	Kyle & Earle Irwin
Jim Bendig	Norma Eubanks	Marty Johnson
Marjorie Benison	Jane & Thomas Evans	Sophia & Kalin Johnson
Dottie & Jerry Bergman	Rupert Evans	Joy Kalchik
Brenda & Douglas Berkens	Marcia Felton	Barbara & Maurice Katzman
Joan & Dale Blount	Georgie & James Fenton	Jane Keen
The Bluebird Restaurant	Ericka & Dennis Ferguson	Anne & Thomas Kelly
Don Blumenschine	Eunice & Eben Finger	Linda & James Kemper
Anne & Gil Bogley	Susan Finke	Anne Kinzie
Amy Bolmer	Mary & Dave Fleishman	Barb & Bill Klein
Sally Booth	Charlotte Foote	Jane Klotzbach
Brilliant Books	Hildegard & Carl Fox	Sherry & Richard Koenig
Randy & Hugh Brown	Carol & James Frederick	Deborah & Mark Kohler
Ruth Brown	Judy Frederick	Julie & Robert Krist
Joan Buchman	Cherryll & Alan Frick	Kaye & Karl Kristen
Linda & Richard Buist	Be & William Fuertges	John Kutilek

Artie Lancaster  
 Suzanne & Jim Landes  
 Tali & Theodore Lanham  
 Trudy & Robert Lewis  
 Jean Lickliger  
 Jay Littell  
 Alice Littlefield  
 Robin Long  
 Mary Lyons  
 Marlis Mann  
 Thomas Mann  
 Barbara & Karl Marsh  
 Faye & Dave Mathia  
 Helen & Jeffrey Mattox  
 Pauline McClure  
 John & Josephine McCormick  
 Don McMullen  
 Gaytha McVay  
 Peg Meeker  
 Vina & Phillip Mikesell  
 Elizabeth & Richard Miller  
 Margaret Miller  
 Roland Miltz  
 Frank Misplon  
 Mitchell Graphics  
 Delores & Jack Mobley  
 Jeannie & Jerry Muir  
 Suzie & Stu Mulligan  
 Diantha & Bob Naftali  
 Marilyn Nell  
 Carol Nelson  
 Sharon Nelson  
 Ann & Herb Nichols  
 Harry Nichols  
 Jane Nichols  
 Northport Community Band  
 Northwestern Bank

Libby & Bill Peace  
 Perry Pentiuik  
 Alice Peterson  
 Ellen & Robert Pisor  
 Dorothea & Robert Pitcher  
 Judy & David Pohlod  
 Betty Poole  
 Roberta & James Poor  
 Bette Puschel  
 Arleen & Jim Rae  
 Mary & John Ray  
 Charlotte Read  
 Catherine & Thomas Reahard  
 Vi Reddcliffe  
 Gwen & Jim Rich  
 Marie & Donald Richards  
 Paula Robertson  
 James Rogers  
 Liz & Dave Rollert  
 Catherine & Andrij Rudnitksy  
 Bonnie & James Scarlett  
 Elizabeth & Daniel Schleaf  
 Arden & Robert Schlueter  
 Leslie & Walter Schmid  
 Mary & John Scott  
 Jane & John Shannahan  
 Patricia & Leo Shea  
 Carol & Gerry Sheldon  
 June & Edson Sheppard  
 Helen Shiley  
 Sarah & Kent Shoemaker  
 Helen & Nick Sica  
 Beryl & Hamish Small  
 Conway Smith  
 Ruth Ann Smith  
 Lynn Spitznagel Sutton  
 Gretchen Sprout

Nancy & Samuel Stewart  
 Sharon & Kurt Stiansen  
 Sarah & Ulrich Straus  
 Dorothy Strong  
 Maxine & Arthur Summerfield  
 Nancy & Ben Tefertiller  
 Nancy Telgard  
 Ruth & Grafton Thomas  
 Virginia & Will Thomas  
 Sara Huey Thompson  
 Mary & Ron Tonneberger  
 Katharine & Robert Turner  
 Kathy & Gary Twomey  
 Trudy Underhill  
 Theresa Stamos Underwood  
 Janice & John VanRaalte  
 The Village Inn  
 Patricia Vingsness  
 Joyce & Robert Wainwright  
 Betty Waite  
 Judy & Jon Walter  
 Jan Wander  
 John Watkins  
 Marilyn & L. James Wetherbee  
 Shirley Wheatley  
 Delcie White  
 Margaret & Benjamin Whitfield  
 Wicksall Distributors, Inc.  
 Virginia & Robert Willard  
 Angela & George Wills  
 Ethel Wills  
 Betsy & Richard Wilson  
 Jeanne & Bill Wise  
 Buff & Maury Witteveen  
 Jean Ann Ziebell

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# Use ShareCare!



What can we do for you? Run errands  Drive to appointments  Assist with light gardening  Furnish an occasional meal  Offer companionship  Provide respite care  Help with simple chores  Have the nurse visit  Provide health care equipment (walkers, wheelchairs, bath benches, canes, crutches, commodes)

**2009 Volunteer Stats: 1,626.5 Miles Driven ▪ 1182 Hours**

## ShareCare Contact Information

Anne Kelly, RN, BSN: Care Coordinator  
 Deb Wetherbee: Office Manager

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 Northport, MI 49670-0153

- ◻ 231-386-2273 (CARE)
- ◻ 231-386-0028
- ◻ Fax: 231-386-0016

Email: [info@sharecareleelanau.org](mailto:info@sharecareleelanau.org)  
 Web page: [www.sharecareleelanau.org](http://www.sharecareleelanau.org)

<b>Neighborhood/Regional Co-Captains</b>	
<i><b>Northport-Omena</b></i> Pauline McClure: 386-5825 Angela Wills: 386-7665	<i><b>Suttons Bay-Elmwood Twp.</b></i> Barb Coye: 271-6104 Judy Walter: 271-6843
<i><b>Leland-Lake Leelanau</b></i> Barbara Abbott: 271-6091 Barbara Vilter: 256-7260	<i><b>Southern End of County</b></i> Mary Scott: 256-8839

**EXTRA, EXTRA! READ ALL ABOUT IT!**

The **CONNECTOR** is available by subscription! In addition to the Connector you get with your SC membership, for only \$12/year, anyone you know who wants to stay connected” (neighbors, family and friends) can get the Connector by mail. Call the Office to sign up someone!



***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.*