



Mar-Apr '10

ShareCare™ of Leelanau Inc. **Connector**

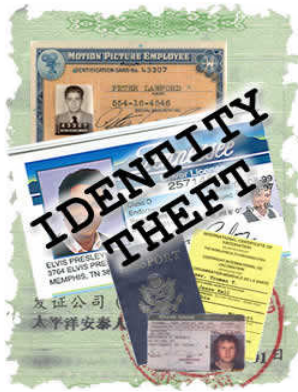
Neighbors helping neighbors—Promoting independent living in members' homes.

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

NEIGHBORHOOD GATHERING:

PROTECTING YOURSELF FROM IDENTITY THEFT & PHONE/MAIL SCAMS



Thursday, March 18 ❖ 1PM-3PM
Government Center, Community Room
8527 E Gov. Ctr. Dr., Suttons Bay
RSVP to ShareCare: 386-2273

*Guest speaker
provided by the
Senior Brigade.
See the SB article
on the next page.*

“Fit Into the Future” at Northport Highlands



Northport Highlands, the new retirement community in Northport is emphasizing the importance of fitness for older adults through its “Fit into the Future”

program. Fitness programming for residents is offered 5 days a week in the community fitness center and indoor pool. Northport Highlands offers effective physical activity for all levels of ability including weight training, water aerobics and armchair fitness.

“Residents will feel positive changes, both physically and mentally,” explained Jeanne Skarupinski, Activity Director at Northport Highlands. “The benefits can range from an increase in strength, balance and coordination to confidence and energy.”

“Before any residents can participate in the fitness program, I have them fill out a health history questionnaire and get approval from their doctor,” notes Kathryn Browning, Director of Resident Services. “Workouts are personally designed for each resident with his or her history taken into consideration.”

The benefits of “Fit into the Future” are functional. Older adults may not all be trying to lose weight or gain muscle

mass. Staying physically active and exercising regularly can help prevent or delay many diseases including dementia. The National Institutes of Health (NIH) report that even moderate exercise and physical activity can improve the health of seniors who are frail or who have diseases that accompany aging.

“The residents are very excited about exercising,” explains Ms. Skarupinski. “They are my best cheerleaders. They are always encouraging other residents to join in the fun. Many of the residents come into the activity for the first time and say they are too old for exercising. I just keep encouraging them and as soon as they get into a routine, they feel the benefits and start enjoying themselves,” explains Skarupinski. In addition to the exercise program, Northport Highlands offers other educational, cultural and recreational activities.

Northport Highlands, a rental retirement community, offers private apartments with as much or as little assistance as needed to live independently. There is a separate unit for persons with Memory Loss. Seasonal and short-term stays are also available. It is perfect for post-hospital or rehabilitation stays. Leelanau Therapy Clinic is conveniently located on the campus. Northport Highlands opened in August 2009. For information and a tour, call Beth at 236-9900.

| | | | |
|---------------------|---|---|--|
| Urgent Care Clinics | Michael Ziter, MD 301 Mill St., Northport (231) 386-7147 | <i>Family practice, but takes walk-ins. Does not bill as urgent care.</i> | Monday—Thursday 8am—4pm |
| | Leelanau Urgent Care 650 SW Bayshore Dr., Suttons Bay (231) 271-6511 | | Monday—Saturday 8am—4pm |
| | Bayside Docs Urgent Care 401 Munson Avenue, Traverse City (231) 933-9150 | | Monday: 9am—8pm Tuesday—Friday 9am—6pm Saturday: 9am—5pm Sunday: 11am—5pm |
| | Munson Medical Center 1105 Sixth St., Traverse City (231) 935-5000 | | Emergency Room 24/7 |
| | Munson Urgent Care 550 Munson Avenue, Traverse City (231) 935-8686 | | 7am—10p 7 days week |
| | The Walk-In Clinic 3074 N US 31 N, Traverse City (231) 929-1234 | | Monday—Friday: 9am—7pm Saturday: 9am-5pm Sunday: 12pm—5pm (Closed Holidays) |
| | Glen Arbor Medical Arts 5851 Lake St., Glen Arbor (231) 334-8300 | <i>Family practice, but takes walk-ins.</i> | Mon-Tue-Fri: 9 am-5pm Wed: 9 am—noon |
| | Paul Oliver Memorial Hospital 224 Park Avenue, Frankfort (231) 352-9621 | | Emergency Room 24/7 |

Go Green with Deb!

I'm not talking MI State here, I'm talking REUSE... In an effort to cut down on the amount of paper towel I use, I purchased a bunch of cheap, white terry cloth hand towels that I use for ANY clean up job around the house—from wiping up spilled milk to scrubbing the tub. When I have a load of dirty towels, I throw them in the wash (alone) with some bleach*. They're looking pretty ratty by now, but they're clean...



Be even more *green*—air dry towels!

*If you have your own septic system and drain field, using bleach is not recommend as it kills the good bugs that make the system work. If you are on a municipal sewer system, the household use of bleach is diluted in the volume and not harmful to the bugs.

Don't Be Caught Dead; Plan Ahead! —Alison Heins

March 7-13 is National Consumer Protection Week, so here's a heads up on a topic that will affect all of us sooner or later – funerals!

Nights out may be optional, but death isn't. If you're worried about that \$1,000 mortgage payment next month, imagine facing a \$7,000 funeral bill. Nationally, the average cost of a full-service funeral is running between \$6,500 and \$7,000. And that doesn't get you into the grave.



As a member of the Funeral Consumers Information Society, a Michigan funeral consumer advocate group, I collected general price lists from most of the funeral homes in our 5 county area. Comparing them, I found a fairly wide range in immediate burial costs (pickup of the body, basic services fee, filing of death certificate, and transportation to the crematory or cemetery), from around \$1500 to over \$3300. All other goods and services would be additional. I also spoke with the funeral directors and realized that price is by no means the only

consideration. I recommend that everyone shop around. Most funeral homes will be glad to try to comply with your final wishes.

It's important to plan ahead, know the facts, and exercise your basic rights as a funeral consumer. You do not have to patronize the closest funeral home; you have options. The Federal Trade Commission's Funeral Rule, adopted in 1984, requires funeral directors to give you an itemized price list of their goods and services. You do not have to pre-pay, buy a "package", or buy a casket from them. Also, law almost never requires embalming.

Presently Michigan has some of the most restrictive funeral laws in the nation, compromising our ability to care for our own dead. We are the only state that requires a funeral director to sign the death certificate. A legislator from Ann Arbor has begun work to change some of Michigan's restrictive laws. Stay tuned!

For more information please visit the Funeral Information Society's website: www.funeralinformationsociety.org. I would be happy to try to answer or help find answers to your questions. Contact Alison: 228-7029 or heins17@gmail.com.

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.

Share Your Talent—Join a Committee

This is a big year for ShareCare as we move forward in implementing a newly adopted strategic plan.



In a recent Board meeting, there was discussion that with a membership of 330+, there are surely many members whose expertise would be beneficial to SC. If that's you, please take a look at the partial list of committees below to see if one in particular meets your fancy. Call Deb (386-2273) for more info on committees or to offer your support and expertise in any way.

- Development & Fundraising (grant writing, planned giving, direct mail, special events)
- Membership & Marketing
- Finance
- Neighborhood Gatherings
- Volunteer & Transportation

Available: Portable Hoyer Lift

Changes in Membership



Charlotte Foote (Npt)—Moved to Ann Arbor
Julianne & David Christensen (T City)—New members

TUSCAN BEAN SOUP MIXES— 60 BAGS IN THE SHARECARE OFFICE (\$8.50 EA)

These are for purchase, but if you know of an outlet for selling them (social group, church, etc), please give Deb a call!



ShareCare Board of Directors

Judy Egeler, after many years of servicing as ShareCare's president, recently passed on the torch to Betsy Wilson. We owe a debt of gratitude to Judy, who was not only committed to serving ShareCare's members, but worked diligently to ensure the success of the organization.

Below are the Directors who, with their wisdom and experience, are managing ShareCare operations:

| | |
|---------------------------------|-----------------------------------|
| Carol Bawden: 256-7416 | Karl Marsh: 271-2369 |
| Dottie Bergman: 271-3752 | Pauline McClure: 386-5825 |
| Jerry Bergman: 271-3752 | Vina Mikesell: 386-5106 |
| Lee Carrick: 271-0248 | Mary Scott: 256-8839 |
| Adele Cermak: 386-5204 | Ben Tefertiller: 386-7012 |
| Annette Deibel: 386-7560 | Mary Tonneberger: 386-7951 |
| Judith Egeler: 256-9977 | George Wills: 386-7665 |
| Jim Fenton: 256-7597 | Betsy Wilson: 386-5311 |
| Larry Hauser: 271-6091 | Bill Wise: 256-9684 |
| Sue Landes: 386-5618 | |

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.

The Senior Brigade

This website, administered by Attorney General, Mike Cox, is a clearinghouse for helpful information on consumer protection, financial matters, health care issues and veterans' services. It provides links to a wide variety of state and federal programs, and is intended to safeguard you, your family and your assets.

Listed below are some of the links you'll find on the web site:

- Senior Brigade Guide: A printable brochure for MI seniors to assist them with issues regarding consumer protection, financial matters and health care.
- A link to a site to search more than 150 commonly prescribed drugs in MI for the lowest possible price. Searchable by zip code, city, or pharmacy.
- A link to a Senior Events Calendar.

For more info: (<http://www.seniorbrigade.com>)



Munson Medical Center—Quest for Quality



It was recently announced that Munson Medical Center was awarded the prestigious 2008 American Hospital Association-McKesson Quest for Quality Prize. The Quest for Quality Prize is awarded annually to honor leadership and innovation in quality, safety and commitment in patient care.

According to Ed Ness, Munson's president and CEO, what lead Munson to its excellence in quality stems from them accepting and admitting that mistakes and near-misses happen. While they had always strived for excellence, they ultimately learned that if instead of burying mishaps under the rug, they reported them to the staff, the need for improvement became apparent. The monthly report, "It Happens Here" creates a transparency within the organization and encourages employees to speak up without fear or blame.

Munson has long been a strong supporter of ShareCare, so we are delighted to congratulate them at this time for being recognized as an institution that provides excellence in care to their patients.

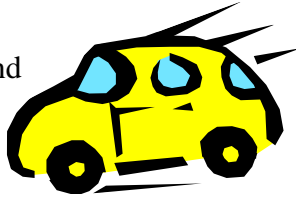
| Neighborhood (Regional) Co-Captains | |
|---|---|
| <i>Northport-Omena</i> Pauline McClure: 386-5825 Angela Wills: 386-7665 | <i>Suttons Bay-Elmwood Twp.</i> Barb Coye: 271-6104 Judy Walter: 271-6843 |
| <i>Leland-Lake Leelanau</i> Barbara Abbott: 271-6091 Barbara Vilter: 256-7260 | <i>Southern End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

AARP Safe Driver Class

Mon, April 19 }
Tues, April 20 } Attend both days from noon to 4

Government Center, Community Room
8527 E Government Dr., Suttons Bay
RSVP to Deb: 386-2273

For the safety of our members and volunteer drivers, Board policy is that all SC drivers are required to have completed a safe driver class by October 2011. ShareCare offers the above classes, but AARP classes may be taken on line if you prefer. Some people who have taken the class, have realized a small discount on their insurance premiums. Check with your insurance company for more info.





RecycleChickenTM
Recycling Beyond the Curbside

RecycleChicken is an online searchable directory of where to take anything and everything for recycling and reuse in your area. www.recyclechicken.com

The Good That You Do! When making a donation to SC, remember to make it a matching gift if you are affiliated with an organization that has a matching program, Rotary for one.



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