



January-February 2011

ShareCare™ of Leelanau Inc. *Connector*

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

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NORTHPORT, MICHIGAN 49670

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www.sharecareleelanau.org
MONDAY-FRIDAY · 9:00AM to 4:30PM

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.

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 Perfect Soup for a Wintry Day—Sue Landes

It's that time of year when a steaming bowl of soup for lunch or supper tastes oh so good!

In case you didn't buy your packet of Tuscan Bean Soup at the Merry Marketplace or The Best for Kids sale, ShareCare has a number of packets still available. They can be purchased at the Share Care office or at Trinity Church in Northport. They cost \$8.00 per packet or you can save an extra dollar when you buy two packets for \$15.00.

While it's true the packets make a lot of soup, it freezes beautifully. Put it up in pint containers and place them in your freezer. Bring them out in the morning or the night before and soup will be defrosted in time for lunch.

Experiment with different combinations of ingredients if you like. The soup can be made vegetarian by using vegetable stock instead of bullion or other meats besides ham can be used: chicken, beef, lamb.

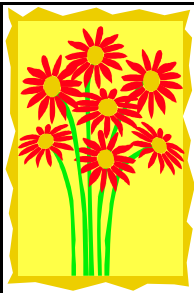
The soup packets make great gifts, too. Remember ShareCare and support this fund raising project.



Eight Hours of Daylight!
This time of the year, there aren't many daylight hours in a day. When possible, PLEASE try to schedule your appointments at a time so that our terrific volunteer drivers can do as much of their driving as possible in the daylight. This means avoiding, if possible, early morning and late after noon appointments.



<u>SC Board of Directors</u>			
• Betsy Wilson (Pres.)-Npt	• Carol Bawden-Lel	• Karl Marsh-SBay	• Kent Shoemaker-Npt
• Sue Landes (VP)-Npt	• Lee Carrick-SBay	• Pauline McClure-Npt	• Ben Tefertiller-Lel
• Larry Hauser (Sec.)-Lk Lee	• Adele Cermak-Npt	• Vina Mikesell-Npt	• Mary Tonneberger-Om
• James Fenton (Treas.)-Lel	• Annette Deibel-Om	• Edward Porter-Lel	• William Wise-Lel
	• David Hunter-Lel	• Mary Scott-Lk Lee	



Welcome New Members!

As you can see below, ShareCare's membership drive was a HUGE success. Our Board Directors put tremendous effort in to the project, plus we had a lot of nice coverage from the Leelanau Enterprise!

Leslie & James Saffell-Leland
 Joann Sahs-Northport
 Barbara McCann-Northport
 Cecelia and Stuart Parsell-Suttons Bay
 Janet Ward-Suttons Bay
 Susan and Richard Lang-Northport
 Jean and Clarence Heerema-Bingham Twp.
 Joanne & Keith Burnham-Leland
 Gretchen & Dave Sprout-Leland
 Janet & Bill Emerson-Suttons Bay
 Marguerite & William Muempfer-Suttons Bay
 Susan Ager & Larry Coppard-Northport
 Sylvia & John Koschara-Elmwood Twp.
 Jane and Robert Miller-Elmwood Twp.
 Mary Petterson-Suttons Bay
 Ruth and Charles Bombaugh-Northport
 Kathryn and Michael May-Northport
 Jill McFarlane-Leland
 Catherine & John Holcombe-Suttons Bay
 Nancy & James Mogle-Leland
 Georgiann & Keith Disselkoe-Omena
 Mary & Ed Woessner-Omena
 Beth & John Dumala-Cedar
 Elsie Zimmerman-Leland
 Barbara & James Varley-Leland
 Dorothy Schobel-Northport
 Judy & Bruce Balas-Omena
 Suzanne & Geary Hoffman-Suttons Bay
 Danielle & James Vachow-Suttons Bay
 Patricia & Allen Nofzt-Northport
 Christine & Richard Halbert-Traverse City
 Kim & Robert Cowger-Cedar
 Sheila Garrett & Robert Chiodini-Lake Leelanau
 Jill & Lee Foerster-Suttons Bay
 Lynda & Albert Wrisley-Northport
 Janet & Charles Whetsel-Omena
 Mary Helen & John Ray-Omena
 Kathy & James Miller-Omena

As of
12/17/10

ShareCare Drivers Training Update

By Larry Hauser (Transportation Committee Chair)

ShareCare requires its drivers to take a safe driving course for elders, such as that offered by AARP (see below). The deadline for completion of this requirement is October 31, 2011. New drivers have 2 years from their start-up dates to complete this requirement. On completion of the course you will receive a certificate of completion from AARP. Please notify the ShareCare office when you have received your certificate.

The cost for a classroom course is \$12 for AARP members and \$14 for nonmembers. An online course is \$15.95 for AARP members and \$19.95 for nonmembers. ShareCare offers to defray this cost for ShareCare drivers. Many insurance companies offer discounts for drivers who complete this course.

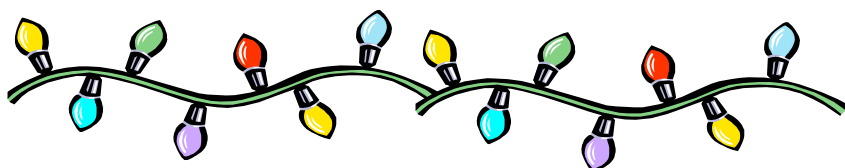
Though the course is ungraded, a quiz at the end of each unit refreshes your memory and increases comprehension.

Answer to the question in the last Connector: the most common violation committed by senior drivers is (B) *failure to observe the right of way*. Let's see how you do on this one. (Answer in the next Connector.)

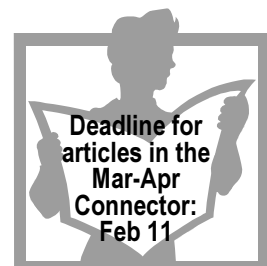
Q: What is the recommended safe following distance under usual conditions?

- A) 1 second per every 10 mph.
- B) 1 car length per every 20 m.p.h.
- C) 3 seconds regardless of your speed
- D) 3 car lengths regardless of your speed

ShareCare will sponsor another course at the Leelanau Government Center this spring. If you would like to attend this class, please contact Deb at the ShareCare office to make your interest known. Otherwise, you can take the convenient online course or search for course offerings nearby at <http://www.aarpdriversafety.org>.



The ShareCare Office will be closed **December 24th and 31st** for the holidays. Be sure to call ahead for any rides you may need.



Ice Cream, Ambulances and Banjos...



The ShareCare team spirit was alive and well in Suttons Bay when the Region II volunteers hosted an Appreciation Ice Cream Social to thank their EMS and Firefighters. The event was held on a sunny warm August Sunday afternoon at the fire hall, complete with lemonade and ice cream.

The gathering was prompted by a wish to thank those emergency personnel who are always on call and who, someday,

may become important if a ShareCare member has a sudden need for their services. Getting acquainted, seeing the new facility, and being able to tour one of the shiny ambulances may help members feel more at ease if they ever need to call 911.

The brief program was organized by Barbara Coye, a Region II Co-Captain. SC President Betsy Wilson, presented a Certificate of Appreciation to Fire Chief Jim Porter. Festivities included music by The Happy Time Banjos. SC member Sam Stewart, one of the musicians, arranged for his group to entertain...and entertain they did!

Fire Chief Porter encourages everyone to visit the Suttons Bay EMS and Fire Station for a tour of their new facilities!

Regional Co-Captains

ShareCare covers all of Leelanau County; with most regions having two Co-Captains who are vital to meeting members' needs. The County is split into four (4) regions using public school boundaries:

- Region 1: Northport and Omena
- Region 2: Suttons Bay, Bingham and Elmwood
- Region 3: Leland and Lake Leelanau (including Little Traverse Lake area)
- Region 4: Glen Arbor, Maple City, Cedar and Empire

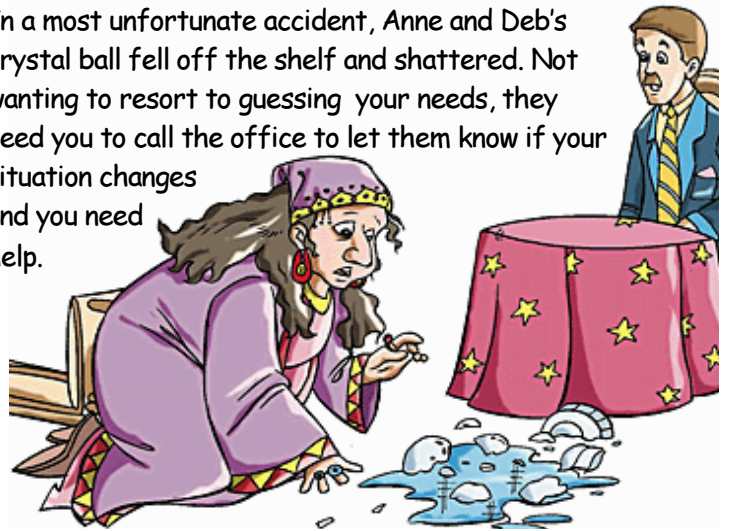
Co-Captains visit each new member and stay in touch with those who may be at risk, those living alone, or those less able to get out and about. Of course they also keep a watchful eye for folks willing to volunteer their time and talents.

Listed below are the Co-Captains keeping their

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



In a most unfortunate accident, Anne and Deb's crystal ball fell off the shelf and shattered. Not wanting to resort to guessing your needs, they need you to call the office to let them know if your situation changes and you need help.



*Wishing you all good health
and peace in the new year!*

So Many to Thank... —Deb Wetherbee, Office Manager

What a whirlwind couple of months it's been for ShareCare! With so many people to recognize I run the risk of missing folks, but please know that everything any one does for ShareCare is hugely important and very much appreciated.

- We are very grateful to the five ShareCare families who graciously opened their homes and hosted new member gatherings. Hosts were Betsy and Dick Wilson (Northport), Barb Coye (Suttons Bay), Annette and Gil Deibel (Omena), Nancy and Dave Hunter (Leland) and Suzanne and Bill Hoff (Suttons Bay).
- It was a big challenge having booths at two events on December 4th, but our membership and friends came through for us with many items to sell at the Best for Kids (Northport) and Merry Marketplace (Leland) sales. With their efforts and continued support, I'm pleased to say we took in almost \$2500! With two booths, it also took a lot of people to set up and cover the booths. The Fundraising Committee did a fabulous job organizing all aspects of the events!
- In an effort to secure the future of ShareCare, the Board Directors organized a full scale membership drive. Their efforts really paid off as more than 70 people joined ShareCare in less than two months! Without a doubt this improves our financial situation, provides a bigger volunteer base, and best of all gives us the opportunity to serve more Leelanau County residents.
- The "eyes and ears" of ShareCare are the Regional Co-Captains. Not only do they keep track of members in their neighborhoods, they also take on difficult, often on-going, assignments that the Office needs help with.
- We've had a terrific response from you, our members, to the Board's yearly appeal for financial support. With your continued generosity, we look forward to many successful years of helping seniors remain independent and live safely in their own homes for as long as possible.

incredibleshrinkinghouse: LESS CAN BE MORE

Let architect and design writer Julie Eakin help downsize and de-clutter your home. An ideal solution for those transitioning to apartment living or merging two households.

SERVICES

- Space Planning Consultation—
How Do You (want to) Live?
- Furnishings Assessment—
What to Keep, What to Lose
- Shopping/Ordering/Receipt of Goods
- Moving Coordination

CLIENT RECOMMENDATIONS

"Julie helped my family design an apartment for our mother, who was moving from her house to a much smaller place in a senior community. Julie also handled the move itself, putting together all of the pieces to create a new living space for my mom. The whole prospect was daunting for both my mother and my siblings. With Julie's help, we created a lovely environment that suits her.

Julie has tremendous design sense, so she could easily visualize what we should keep and what new furniture would bring the same feel as my mother's house. She quickly understood what was important to my mother and my family from both a practical and personal perspective. The new apartment strongly reflects the key aspects of my mother's lifestyle and personality and it came together quickly and within our budget.

Moving can be incredibly stressful, especially when it involves giving up a long-held home and lifestyle. Julie's guidance and help in my mother's move were truly invaluable to my family."—K.M.



Photo Courtesy of Woodland Herbs

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WEB: <http://incredibleshrinkinghouse.wordpress.com>