



July-Aug 2011

ShareCare™ of Leelanau Inc. *Connector*

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

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

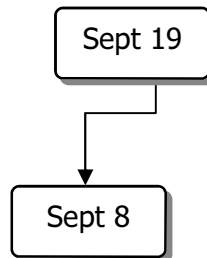
info@sharecareleelanau.org
www.sharecareleelanau.org
MONDAY-FRIDAY · 9:00AM to 4:30PM

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.

Friendly Reminder for Drivers-of-the-Day

With Driver-of-the-Day calendars getting set three months at a time, it's not usual for something to pop up on your scheduled day to drive. If this happens, please be sure to find a driver who can switch days with you. If you need a list of drivers, please feel free to call the office.



A huge thank you!

Dorotha and Bob Pitcher extend a huge thank you to all of the kind folks who drove Bob to Traverse City and delivered meals during Bob's recent medical treatment. They are forever grateful for your support!



We can do it—with your help!

Has your life changed since you joined ShareCare and you now have time in your schedule for volunteering? If yes, it's the gift of your time that helps ShareCare members stay in their own homes for as long as possible. ShareCare has many opportunities for volunteer work, some of which are direct member services, and some are administrative. Consider any of these possibilities:

- Be a driver-of-the-day and run errands
- Be a friendly visitor
- Do light handyman projects
- Give respite care to a primary care partner
- Provide an occasional meal
- Offer pet care
- Serve on the Board
- Assist with an event
- Be an office sub for Deb

If you know for sure you're ready to volunteer or you need more information on volunteering, please give Deb a call (386-2273) or check out our web page (www.sharecareleelanau.org).

Give us a call! You'll be glad you did (and so will our members)!



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

Join us for the 7th Homestead-ShareCare Golf Benefit! This is the only day of the year the Homestead opens its beautiful Mountain Flowers par 3 golf course to the public, and with ALL proceeds benefiting ShareCare, it's a "must do" for the summer. Encourage your friends and family to join the fun!

- Thursday, August 18th
- Tee times from 9AM to 7:00PM
- Advance tee times recommended
- Plan to arrive 10 minutes before tee time to pick up your goody bag!
- Includes 9 holes of golf, cart and prizes
- Food and beverages available for purchase
- \$25 Per person



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

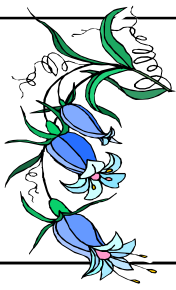
To sponsor a hole (\$150), contact The Homestead or Deb at ShareCare.

The HomesteadSM
AMERICA'S FRESHWATER RESORT

Wood Ridge Road— Glen Arbor, MI 49636

The Homestead
334-5555

ShareCare
386-2273



Welcome New Members!

Barbara Conley and
Gerald Schatz — Northport
Kaye and Karl Kristen — Leland
Samuel Knoll — Omena

F is for Fiber

Consider the following recipe for helping to stay regular:

Puree together the following ingredients:

- 1 cup Bran Buds® or All Bran® cereal
- 1 cup apple sauce
- 1 cup prune juice

Take 2 heaping TBSP (2½ oz) daily, followed by 4 oz of fluid. It's quite sweet, so experiment with how best to eat it (as a snack, mixed in cereal, etc.). It's good to start with small amounts and work your way up to the full amount.



Be sure to get clearance from your primary physician to assure that no other health conditions are incompatible with this concentration of simple carbohydrates. Also, be sure to get adequate fluid intake and plenty of exercise.

Some medications contribute to constipation; narcotic pain relievers, for example, with which you might need to take a stool softener or a laxative routinely. **This too is something your physician or pharmacist should help with.** —Anne Kelly, RN, BSN

Thanks!

A heartfelt thank you goes out to our retiring volunteer drivers, Will Thomas & Kalin Johnson, whose years of service to ShareCare members is greatly appreciated. They truly will be missed by members and the office staff!

Spring Clean-Up: Volunteers Making a Difference!



This Year's Honey Do List:

- Took down storm windows
- Cleaned eaves
- Planted raspberry bushes
- Swept garage floors
- Pickled up A LOT of sticks
- Cleaned up yards
- Raked driveway gravel

I'd like to extend a hearty thanks to my wonderful team of workers, and to committee member Pauline McClure, who made a lot of phone calls and helped with logistics.

This spring's clean up was challenging because of weather (we were blessed with the only beautiful, warm day of the week), difficult schedules, and a good response from members who needed help. We want to serve you, so keep the requests coming.

For various reasons this needs to be my last time as Clean-Up Day coordinator. However, I will be happy to assist someone else. It's fun, and it's rewarding. Please let Deb or me know if you might be interested in coordinating this twice-yearly activity. —Alison Heins

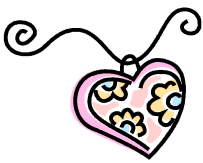
Deadline for articles in the next Connector: Aug 19

Dues Due—



This is a friendly reminder that 2011-12 dues payments are due. It seems as though some dues notices crossed in the mail as you moved from your winter home to your summer home. If you haven't paid your dues yet, please drop a check in the mail (PO Box 153, Northport 49670). If you don't remember the amount you owe be sure to give Deb a call.

The ShareCare Caregiver



If you think Anne and Deb give a lot of lovin' you should see our caregivers! Well, they're technically not OUR caregivers... They are independent contractors who provide caregiving and companionship.

We currently have 36 women and men on our list of approved caregiver-companions who have been interviewed by Anne, Deb and a Board Director, and have had background and references checked. They do



everything from walking the dog and picking up the mail, to preparing meals for members, to taking members to doctors' appointments. Often the caregivers work with multiple members, enough to put together as full a work schedule as they'd like. Many times they stay with a given family for years.



It is important to note that these folks are not employees of ShareCare, but are hired by our members or their families. The member and caregiver-companion agree upon the rate of pay, hours worked and jobs to be done. Both the family and caregivers should check with an accountant for help with taxes. While it makes sense to hire caregivers Anne and Deb are familiar with, members are free to hire someone from any of the Private Duty Home Health Agencies in the area or someone who is a known entity.



If you need guidance for seeking help in your home, go to our website:

www.sharecareleelanau.org. At the bottom of our home page, click on FLYER & FORMS, which takes you to a list of helpful tips on taxes, contracts, household chores and personal care charts, and more.



MARTHA'S

LEELANAU TABLE

European
Style Cafe

Go ahead... pull up a chair at Martha's Table, delightfully unique Cafe and Bistro in Suttons Bay!

Open 8 am - 3 pm
Monday - Saturday
8 am - 2 pm Sunday

231.271.2344
Dinner 5 pm - 9 pm
Wednesday- Sunday

The Windy Ridge Boys are Back for the Summer— Wednesday evenings 6-8:30 pm on the patio (weather permitting)

ShareCare extends a huge thank you to Martha Ryan for her gracious contribution to help us in recognizing our wonderful volunteers!

ShareCare Board Directors

| | |
|-------------------|----------|
| Bawden, Carol | 256-7416 |
| Cermak, Adele | 386-5204 |
| Hauser, Larry | 271-6091 |
| Hunter, David | 256-9575 |
| Gerben, Jo Anne | 228-2158 |
| Landes, Sue | 386-5618 |
| Marsh, Karl | 271-2369 |
| McClure, Pauline | 386-5825 |
| McFarlane, Jill | 256-9524 |
| Mikesell, Vina | 386-5106 |
| Porter, Ed | 256-2613 |
| Scott, Mary | 256-8839 |
| Shoemaker, Kent | 386-7695 |
| Tefertiller, Ben | 386-7012 |
| Tonneberger, Mary | 386-7951 |
| Wilson, Betsy | 386-5311 |
| Wise, William | 256-9684 |



In Fond Memory
John Campbell-Leland
Peggy Bufé-Northport

Welcome New Board Directors!

Jill McFarlane

Jill Bement McFarlane was born and raised in the Pacific Northwest, but has lived in Michigan all of her adult life. She is the mother of four children and grandmother of five.

Jill received her undergraduate degree in French from the University of Michigan, and taught for 27 years in several school systems – Ann Arbor, Grosse Pointe, Suttons Bay, and Traverse City. She and her family moved from Bloomfield Hills to Leelanau County in 1970, and she has never regretted that decision.

Since her retirement in 2002 Jill has been involved in numerous local activities. She is a board member of the Leelanau Community Cultural Center (the Old Art Building), a regular volunteer at the Leland Township Library, and a Wildflower Rescue volunteer. She regularly serves as a co-leader on Martha Ryan's group travel vacations.

Jo Anne Gerben

Jo Anne Gerben is married to Andrew. They have two adult children, Rebecca who is married and lives in Seattle, and Christopher who is engaged to be married in September and lives in Ann Arbor until he finishes his Ph.D next spring.

Jo Anne and her husband moved here 4 1/2 years ago. They lived in Riverview, south eastern Michigan, before moving to Harbour Ridge in the Good Harbour Bay area. Before moving, she was an administrator with the New Boston Huron School District. She has become active with Wild Flower rescue for the Leelanau Conservancy and hikes with the Walkie Talkies most Friday mornings.

Betsy Wilson and Mary Scott invited Jo Anne and her husband to ShareCare, and she is looking forward to being more involved with helping those who need it. She helped her mother stay in her own home as long as possible, and hopes to be able to do that for others.

125,000+
Total Volunteer Driver Miles!

“Dear ShareCare:

Please offer my sincere thanks to all of the kind members who treated me to their expert “clean-up” talents. It was a really special moment when I observed the removal of all the storm windows, a clean garage floor, and a yard free of branches left from the last snowstorm.

My love and best wishes to all—”

Aging With Dignity: Five Wishes



Five Wishes is a living will that allows you the opportunity to state your wishes about your personal, emotional and spiritual needs as well as your medical

requests. It's important to have thought about all of this before you need it, and to make it easier, you can now complete your Five Wishes on line. To start this important conversation and have a completed document in your hands today go to:

<https://fivewishesonline.agingwithdignity.org/>



Office Help Needed Please

Mon, July 18
Tues, July 19
Wed, July 20
Thurs, July 21
Fri, July 22
Mon, July 25
Tues, July 26
Wed, July 27
Thurs, July 28
Fri, July 29

Transportation Notes—Larry Hauser, Chair

ShareCare drivers are strongly urged to take a driving safety course offered by AARP. The object of this course, which is specifically aimed at drivers our age, is to improve your driving skills and make you more aware of age-related issues that may affect your driving ability. As a bonus, you may receive a discount from your insurance company. (On our policy, my wife and I save 5% on Bodily Injury, Property Damage, Personal Injury Protection, and Collision.)

Locally, the AARP Driver Safety Class is offered monthly, at the Grand Traverse County Commission on Aging office, 520 W. Front Street, Traverse City. All classes are Thursday and Friday, from 8:30 a.m. to 12:30 a.m. Phone (231) 922-4688 to reserve a place. Seating is limited. Upcoming dates:

- July 21 & 22
- August 25 & 26
- September 22 & 23
- October 20 & 21

To take the course online, start by going to www.aarpdriversafety.org. ShareCare hopes to sponsor an AARP course at the Leelanau Government Center sometime in August. Please contact the office if you would be interested in attending such a class.

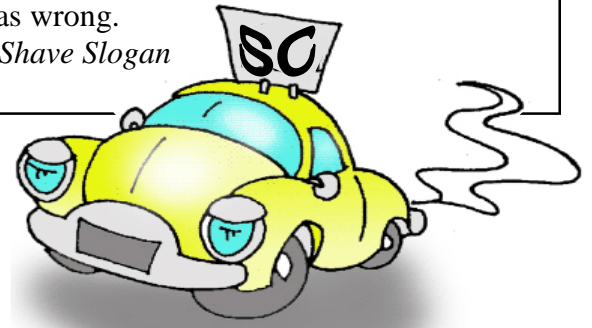
Question from the last Connector: What is the recommended procedure before proceeding into a crossroads?

- A) Look right, then left, then right again.
- B) Look left, then right, then left again.
- C) It makes no difference how you do it, as long as you always look both ways.
- D) If the intersecting street is one-way, it is only necessary to look one-way, in the direction from which traffic, if any, would be coming.

Answer: As a rule, you should look left, then right, then left again. The reason? To catch a first and last glance in the direction from which oncoming traffic would get you first. It's good to develop a regular habit of this. Of course (contrary to answer D), you should always look both ways before entering a one way street; it's basic defensive driving.

Remember:

He was right,
dead right,
as he sped along.
But he's just as dead
as if he was wrong.
—Burma-Shave Slogan



HELP WANTED:

- Transportation Committee members “at large” (meaning you're not on the Board). Help advise us on transportation issues. Attend a meeting once or twice a year. E-mail lshauser@aol.com or contact the office if you're interested.
- Co-captains in the Suttons Bay and Southwest County regions. Co-captains act as intermediaries between ShareCare and members in their regions by scheduling drivers of the day and coordinating other services such as meal-deliveries and friendly visits. It's typically not a lot of work, but vital to ShareCare and its mission.
- For more information , please call the ShareCare office or e-mail info@sharecareleelanau.org .