

# THE CONNECTOR

FALL 2021 EDITION

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## MISSION STATEMENT

To facilitate connecting the Leelanau County community of seniors with services and activities that promote both a physical and emotional healthy, independent and fulfilled life style while aging.

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## Your Life. Your Home. Our Help.

From Julie Tarr, Ed.D.

*We have exciting news!*

ShareCare was awarded a grant for the second year by the Community Care Corps, a national program that awards grants to local organizations across the country to establish, enhance and grow innovative volunteer programs. The \$45,000 grant will help ShareCare develop a new program to help family members manage the stress they encounter in their role as caregivers.

ShareCare will launch a volunteer-coaching program focused on family caregivers of people with dementia. In collaboration with the Northern Michigan Alzheimer's Association, the program will utilize a peer-to-peer model to provide volunteers with the tools to provide coaching to caregivers. Program goals are stress reduction, more confidence in providing care, and improved skills with managing care.

Today, more than 1 in 5 Americans (21.3 percent) are caregivers, having provided care to an adult or child with special needs at some time in the past 12 months. Among caregivers for older adults, the prevalence of caregiving has risen from 16.6 percent in 2015 to 19.2 percent in 2020.

As the aging population continues to grow, the need to support caregivers will only become more important. Family members often take on the role of unpaid caregiver, and they are doing so for loved ones who may have increasingly complex medical or support needs. The data compiled by AARP on family caregivers suggest many caregivers may be taking on this role without adequate support in place.

The stress associated with caregiving may contribute to the caregivers own decline in health. Caregivers often feel overwhelmed, worried, angry and sad. Many lack sleep and feel tired often, and they also feel guilty if they take time to themselves. Caregiver burnout is familiar among those caring for a loved one, and they need support to ensure they do not decline to the point they can no longer care for themselves or the person in their care.

To learn more, plan to attend our kickoff workshop on healthy living for the brain, details on page 2.

*Julie*





# Upcoming Programs

## HEALTHY LIVING FOR YOUR BRAIN & BODY WORKSHOP

**Thursday, October 28th**  
**10:00am - 12:00pm**  
Leelanau County Government  
Center Community Room

Join ShareCare and the Alzheimer's Association Michigan Chapter as they partner for this free, informative workshop. Alzheimer's and other diseases that cause dementia affect memory, thinking and behavior that interfere with daily life. Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging and learn 10 common warning signs of what to watch for in yourself and others. Also enjoy a presentation on using Mindfulness to reduce stress. Family members, friends, volunteers and all community members will benefit. **To register, please email ShareCare at [info@sharecareleelanau.org](mailto:info@sharecareleelanau.org) call 231-256-0221**

As we live in this ever changing world, life situations can often bring us to a place of stress, worry and less thankfulness. Many studies show that gratitude can positively affect our health and change our work and personal relationships. Join us for an hour of positive information and activities that will remind us of why gratitude is so good for our being and our world.

## THE GRATITUDE DIET

**Tuesday, November 11th**  
**11:00a.m.**  
Leland Township Library  
Munnecke Room

## FALL CLEAN-UP

**Thursday, October 14th**  
**&**  
**Saturday, October 16th**

Volunteers will be assisting seniors with odd jobs, such as moving patio furniture, light gardening chores and other small tasks.

*Please note that we are limited in the services that we are able to provide, however we do have a list of recommended lawn services if more extensive work is needed such as lawn raking or mowing.*

Registration for Fall clean up is underway and dates and times are filling up very quickly. Please contact us to check on availability or to volunteer.

**Jennie Arguello, Volunteer Manager**  
231-256-0222 | [jennie@sharecareleelanau.org](mailto:jennie@sharecareleelanau.org)

# S.O.S. - sharing our skills

by Jennie Arguello, Volunteer Manager



## Exploring *Boundaries* in Volunteerism

As a volunteer, there is value in being aware of boundaries with the people you are helping. Linda Graff, a recently retired consultant in nonprofit management, agreed to share her wisdom with us.

When we think of the definition of boundaries, several things may come to mind.

- A perimeter, a line determining the limits of something and how much of it is okay.
- A dividing line distinguishing between what is okay and what is not okay.

Boundaries can be difficult to define. The boundary line can be wide and grey. The distinction between right/wrong, good/bad, okay/not okay, appropriate/ inappropriate may not always be crystal clear.

Boundary decisions may depend on many variables, some of which can be known ahead of time and others which are situation-specific. We often think that more of a good thing is better. If being friendly is good, being a friend is better. If being helpful is the aim, being more helpful should surely be okay. "What could it hurt?" At times we only see the here and now and don't see the implications of our actions. © 2010 LINDA GRAFF AND ASSOCIATES INC.

As a volunteer organization, it is one of ShareCare's goals to provide volunteers and recipients of our services with guidance on how to maintain a safe and respectful environment.

Without good boundaries, good intentions may suddenly change the whole scenario of a volunteer service encounter. Below are a few boundary crossing examples that could potentially compromise the safety and well being of both volunteers and participants.

- Performing tasks that are not part of the organization's services
- Volunteers using their own money to purchase items for the recipients of services
- Dispensing medication
- Providing food without first consulting the organization regarding possible dietary restrictions of the recipient
- Developing a friendship that compromises the service being provided.

If you have any questions or concerns that you may be crossing a boundary when volunteering, please contact **Jennie Arguello**, *Volunteer Manager* 231-256-0222 | [jennie@sharecareleelanau.org](mailto:jennie@sharecareleelanau.org)



# Volunteer Profile

by Jennie Berkson



## MIKE SHILEY

### Volunteering Gives New Purpose

*“It gives me a reason to get up in the morning,” said Mike Shiley when asked why he became a volunteer for ShareCare this past February.*

Before that time, Mike’s focus was on his wife, Ruby, who died in January after living with Alzheimer’s for 23 years.

“I was her sole caregiver,” Mike said. “We were married almost 40 years.”

Mike’s step-mother Helen Shiley was involved with ShareCare for a long time and he needed help from the organization himself on occasion, which is why he chose to help out.

“I drive people where ever they have to go and wait until they’re done. I do two or three rides a week for a range of people to doctors, physical therapy. Since I’m in Northport, I can go South easily,” he said.

“I’ve been meeting some interesting people and hearing some good stories,” he continued. “Sometimes I get a cranky person! But I’ve made some friends out of it that’s a plus.”

Before retiring, Mike worked for At&T for over 30 years. He was a customer service specialist in the area they called “non-dial tone services.”

“You know that music you hear when you get on the elevator? I probably put the line in for that to work. Most any big building you see, there’s something other than a phone that comes from AT&T,” he explained.

Mike started coming to Leelanau County every other weekend in 1971. He built a home in the Cherry Homes Association and moved there full-time with Ruby in 2000. His son lives in Florida and his daughter in Auburn Hills with many grandchildren and great grandchildren between them.

Mike enjoys outdoor activities such as snowmobiling, cross country skiing, fishing and hunting. In addition, his backyard is a gathering place for a lot of different wildlife.

“Most winters I get thirty to forty deer in my backyard,” he said. “Also, cedar waxwings, orioles and hummingbirds. I’ve had a hummingbird land on my hat.”

One not so desirable visitor was a black bear which got within 10 feet of him.

“At that point, I figured this was not a good place for me to be. This one actually scared me by licking his lips the whole time. He was eyeball to eyeball with me!”

“Somehow we came to an understanding, though. More recently, I’ve watched him go around my property to get over to the bay. At least he’s not destroying my bird feeders.”

Mike likes to patronize local businesses like Tom’s Supermarket in Northport and a favorite restaurant is Boone’s.

“It’s kind of like ‘Cheers’ to me,” he said. “They always have a nice glass of Pepsi waiting and they treated Ruby great. That’s why we kept going back.”

Mike’s proud of his independence and ability to be self-sufficient. “There’s not much I can’t do or figure out how to do. But if somebody needs a fourth for Euchre, just give me a call.”



**JOSHUA DAVIS**  
*at the* LELAND LODGE

Our sincere gratitude goes out to Joshua Davis along with our sponsors: Cherryland Electric, Atwill Memorial Chapels, Comfort Keepers and Leland Lodge. Because of all the gracious attendees and donors we were able to meet our goal of \$10,000.



# AUGUST VOLUNTEER GATHERING

## *a Time to Relax and Visit*

**T**wenty eight volunteers attended the August Volunteer gathering at the Vineyard Inn on Suttons Bay. Sunshine, a gorgeous view of the water, delicious pizza and drinks were enjoyed, as was rich conversation.

During the gathering, I shared that 1,530 services have been provided by the volunteers in the past year. If each service was a mile, those services would reach from Leland to Sante Fe New Mexico! We have a strong volunteer team that is strengthened by its variety.

Some folks have been volunteering for two or more organizations, some are dividing their time between caregiving and volunteering, while others are juggling their volunteering with full time work or the busy schedules of their children still in school. When asked why people choose to volunteer, a few answers were, “it fulfills a mission I believe in”, “we are giving back to those who gave to us”, “it gives me a sense of belonging”, “it makes me feel good”, “for friendship and social activities.” All great reasons and admirable indeed.

During the weeks prior to the gathering we serendipitously received many kind compliments about ShareCare volunteers. I’ve included them here as a reminder of what a gift the volunteers are to the seniors served.

“Everyone I came in contact with is so nice. I wouldn’t have had the surgery if it wasn’t for ShareCare!”

“I am thrilled with the volunteers and they couldn’t be kinder. It’s a miracle that they allow me to be independent.”

“They are friendly, helpful, considerate. I was hesitant to ask for help. I never could have done it without them.”

“The volunteers are angels on earth!”

We fully agree and are grateful for each volunteer. We missed those who were unable to attend and hope that we can assemble again soon to relax and get to know one another better.

With Warm Regards,

*Jennie Arguello*, Volunteer Manager

231-256-0222 | [jennie@sharecareleelanau.org](mailto:jennie@sharecareleelanau.org)



## RIDE REQUEST PROTOCOL

As of November 1st, ShareCare will observe the following protocol for ride requests.

Ride requests will be made by emailing [info@sharecareleelanau.org](mailto:info@sharecareleelanau.org)

Please include the following information:

- Name of person needing transportation
- Phone number of person needing transportation
- Destination of appointment
- Date and time of appointment
- Vaccination status (yes or no)
- Any special needs such as no trucks or SUV's

If you or a family member cannot make your request via email, please contact us at 231-256-0221 (Extension 303) and include the same information as above.

All requests must be submitted a minimum of 3 business days prior to appointment and we will be checking the requests each day at 3p.m.

We will email or call you if there are questions. Once a ride is confirmed, the driver will call you to let you know the time he/she will be arriving. If we cannot find a driver, we will let you know a day in advance so you can make other arrangements or cancel.

If you have a cancellation or emergent request please dial 231-256-0221 (Extension 301).

## Are you a caregiver for someone with dementia who could benefit from respite?

The Michigan Chapter of the Alzheimer's Association is offering a Respite Care Assistance Program (RAC).

Respite provides relief to persons who are caring for individuals with Alzheimer's disease or related dementia. Time away from caregiving responsibilities is essential to the well-being of caregivers. Respite care helps to reduce stress and improve the quality of care provided by Caregivers.

Respite care can be provided in the home by a family member, home health care agency or a trained volunteer. Respite care can also be provided outside the home at adult day programs or long term care communities that provide overnight or weekly respite.

### Eligibility requirements for the RCA Program?

- Service must be provided in the area in which the person with dementia or the caregiver resides
- Person must have a diagnosis of dementia
- The caregiver can receive one \$500 RCA scholarship per year

### How does the program work? What can I use it for?

\$500 scholarship to be used to help pay for respite services. This can include day programs, in-home care, overnight respite, etc. You can hire a family member, friend, or an agency to provide the service.

The program works as a reimbursement program. Once awarded a scholarship, you would be provided with receipt forms. As the services are used and paid for, you submit the receipts forms to the Alzheimer's Association for reimbursement. Reimbursement can take up to 60 days. Funds can only be reimbursed up to the awarded amount.

### If you would like more information please contact:

Alzheimer's Association Michigan Chapter  
Attention: RCA Program  
25200 Telegraph Rd., Suite 100 | Southfield, MI 48033  
800-272-3900 | Email: [cegoyer@alz.org](mailto:cegoyer@alz.org)

## Staffing Changes

Over the last two years, ShareCare's Care Coordinator, Victoria Maggio, has been splitting her time between Leelanau County Senior Services (LCSS) and ShareCare to support all seniors in Leelanau County. Under a Memorandum of Understanding between the two organizations, Victoria will now be with LCSS full-time.

Access to her services will not be affected as she will continue to provide care coordination and assessment services for all Leelanau County seniors. We will be working closely together to deliver services and connect seniors to resources.

Volunteer services will be managed collaboratively through ShareCare with input from LCSS's Care Coordinator and ShareCare's Volunteer Manager. In addition, ShareCare plans to hire another staff person in the coming months to support services and a new program for family caregivers.

If you have any questions, please feel free to contact Julie at 231-256-0228.

## *Our Heartfelt Condolences*

go out to the families of these ShareCare Members:

*Bob MacEachran*  
*Judy Rantz*  
*John Houk*  
*Gene Rantz*

## Help Wanted

ShareCare is seeking a social worker/nurse to assist in care coordination for senior citizens, who live independently. The position will work closely with ShareCare's volunteer manager to assess client needs and make volunteer assignments to support independent living and well-being services.

**For more information and how to apply, visit [sharecareleelanau.org](http://sharecareleelanau.org) | [About Us](#) | [Careers](#)**



## PUZZLE Weather!

### 7 Surprising *BENEFITS OF DOING JIGSAW PUZZLES*

- Exercise the left and right sides of your brain at once. Your left brain is logical and works in a linear fashion, while your right brain is creative and intuitive.
- Improve your short-term memory and visual-spatial reasoning.
- A great meditation tool, stress reliever and a wonderful way to connect with family.
- Conversely, are ideal for some needed alone time.
- Excellent for people who want a quiet, solo break from the bustle and unrelenting stimulus of today's digital lifestyle.

## Word Search

Thanksgiving  
Winter  
Fall  
Gratitude  
Blessed  
Family  
Leaves  
Colorful  
Changes  
Apples  
Pumpkin Pie

W Q C O O V Q Y F M G O N G X  
J B K O L R K M L W R M L S O  
F E L R L C A N P P A L C W A  
A G A E V O D A H X T P Z M L  
L Q P J S Q R E I J I O X F M  
L D S E M S E F K Z T U L A W  
B X U R T D E U U W U A E M U  
E Z T K P E J D Y L D I A I N  
F K Q E F A C Q W S E H V L Y  
T H A N K S G I V I N G E Y A  
R R C H A N G E S I N L S R P  
A S L X Y A Z W H R X T I Q P  
C R V W W R C C A F N Z E R L  
N D R P U M P K I N P I E R E  
M T D S M M O T W V I A R I S



**F**all is one of the most beautiful seasons in Leelanau County, and going on a fall tour to sites within the Sleeping Bear National Lakeshore can be enjoyed at any age. The National Park Service provides some good starting places along the national lakeshore for those with limited mobility. Even if you have done them all, it's always worth a return trip, particularly on a gorgeous fall day.

Start your day at the Philip A. Hart Visitor Center in the lovely village of Empire. It has accessible parking, exhibits, and a short, multimedia presentation that will introduce you to the Sleeping Bear Dunes. After your visit, take a short walk over to the Empire Village Inn or Joe's Friendly Tavern for lunch.

After lunch head over to Pierce Stocking Scenic Drive that offers beautiful views of Lake Michigan, the Glen lakes and the dunes, much of which can be appreciated through the vehicle windows, but several stops are accessible and worth getting out of the car for: #2 Picnic Mountain, #9 Lake Michigan Overlook, and #11 North Bar Lake Overlook and picnic area. The #3 Dunes Overlook has a ramped deck with two levels lined with benches. Keep in mind that the drive can be very crowded on fall weekends.

If time permits, venture over to Glen Haven. Work is progressing on The Sleeping Bear Inn, a hotel located on M-209. It is a Michigan State Historic Site and is listed on the National Register of Historic Places. Plans are underway for the Inn to reopen with a restaurant. Enjoy the Glen Haven Historic Village, including the Cannery Boat Museum, the Blacksmith Shop and D. H. Day Store. The store includes both displays and reproduction sales items from the late 1920s and early 1930s for purchase. All sites are accessible by a ramp concrete path to the entrance.

Finally, up the road is the Coast Guard Station Life-Saving Museum. There is an accessible path leading from the parking lot to the Boathouse exhibit. The entrance to the Station House requires stair climbing and is not wheelchair accessible. Restrooms are ramped and accessible and there is running water.

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*For more information and to confirm hours contact the national park 231-326-4700 or at [sleepingbearinfo@nps.gov](mailto:sleepingbearinfo@nps.gov) | <https://www.nps.gov/slbel/planyourvisit/hours.htm>*

**ShareCare** *Thanks* the following organizations for their support

**Atwill Memorial Chapel Cemetery**  
Northport, Michigan



**In-Home Healthcare,  
Palliative & Chronic Care**

- Nurse Practitioners
- Home Labs & Diagnostics
- 24/7 Phone Triage
- Podiatry - Social Work
- Dietitians - Nurses
- Massage Therapy
- Equipment/Oxygen



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**(231) 421-6921**

[www.NPalliative.net](http://www.NPalliative.net)

ANTRIM · BENZIE · GRAND TRAVERSE · KALKASKA · LEELANAU

Share&Care  
**THE CONNECTOR**

**MISSION STATEMENT:**

To facilitate connecting the Leelanau County community of seniors with services and activities that promote both a physical and emotional healthy, independent and fulfilled life style while aging.

**THE FOCUS OF SHARECARE'S WORK IS TO:**

- Coordinate care by a Registered Nurse to connect seniors to appropriate agencies that assist in health care and independent living
- Provide supportive services through volunteers to foster aging in community
- Reduce isolation and offer companionship opportunities
- Encourage multi-generational activities to build a more robust community

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