

THE CONNECTOR

SUMMER 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.

CONTACT US:

231-256-0221

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info@sharecareleelanau.org

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Lake Leelanau, MI
49653-8701

Your Life. Your Home. Our Help.

From Julie Tarr, Ed.D.



You may have noticed that ShareCare has a new look. Since last fall the Board has been working with Greenlight Marketing on a rebranding effort that reflects the new ShareCare-a volunteer organization open to all Leelanau County senior citizens in need.

Your Life. Your Home. Our Help. These words encompass ShareCare’s mission to facilitate an independent and fulfilled lifestyle while aging.

The new logo depicts volunteers, who are the heart and soul of ShareCare. Most of our services are provided by community members who enthusiastically support our mission. With the senior population growing, our work is more important than ever. It’s heartwarming to see the smiles on the faces of our seniors when ShareCare volunteers arrive to help. Many times, ongoing relationships are formed through these initial contacts. One person who recently received a ride from one of our volunteers called to let us know that she could never live alone as she does, without the help of ShareCare.

In June, 50 people received a service from one of ShareCare’s 53 volunteers, including 56 errands, grocery deliveries and medical rides, and 78 phone reassurance calls made. In addition spring clean-up helped 13 households. Thank you to all our volunteers for being essential links to the community. Collectively you are giving the gift of connection and freedom. As a reminder, ShareCare is fully open now. If you need help, please contact the office at 231-256-0221 or email Jennie@sharecareleelanau.org. We encourage you to get vaccinated, however, if you are not, masks are required for all in-person services.

Best wishes for a happy and healthy summer,

Julie





Member Profile

by Jennie Berkson

Mary Tonneberger

Public service and Russian novels are just the tip of the iceberg.

The old adage, “if you want something done, give it to a busy person,” might apply to many people in Leelanau County, but it would be hard to find one more personified by the quote than ShareCare member Mary Tonneberger.

“Unfortunately, I have been and still am involved in way too many organizations,” Mary quipped. Fortunately for ShareCare however, Mary’s involvement has extended to more than just membership.

“I have been a driver of the day, served on the board, chaired the membership committee and now am on the Strategic Planning Committee and a Friendly Caller. When on the board, I was the representative to the Bay Area Seniors Association and to the Area Agency on Aging,” she said. “I enjoy representing ShareCare and spreading the word about its mission. Driving and calling allows one to meet other seniors who need assistance, and this reinforces the mission of ShareCare,”

Mary first got involved with ShareCare through the encouragement of “good neighbors, the Sarvises and Baileys who were founders and from Omena.” Mary and her family have even been able to use ShareCare services themselves.

“Our father, Carl Tonneberger, moved in with us when he was 100 years old,” Mary said. “And

then, Anne Kelly helped us relocate him to the Cottages at the Grand Traverse Pavilions when three of us could not take care of him.”

Mary’s current and former community involvement has spanned a wide range of responsibilities, skills and arenas and included non-profit boards and elected office. She’s been a Commodore for the Omena Yacht Club, a County Commissioner, and is the Membership Chair of the Suttons Bay Rotary chapter and the Treasurer of the Omena Women’s Club.

It’s hard to imagine that Mary would have much of an opportunity for what the rest of us would call leisure activities, but remarkably, she finds time to be an avid reader.

Her Omena-based book group recently read *Women of Copper County*, a historical novel about the mining industry in the Upper Peninsula. While social distancing over the past year and a half, Mary pursued an interest in lengthy Russian novels — “Tolstoy and Dostoevsky!” as well as other literary classics — “I just finished my fourth Edith Wharton novel!”

Knee injuries have kept Mary from some favorite sports like golf and pickleball but she enjoys kayaking in Omena Bay.

S.O.S. - sharing our skills

by Jennie Arguello, Volunteer Manager

Senior Summer “Book Mobile”

What a very long winter it has been and it's time to get out of the house and enjoy being together again. Many of us have fond memories of Summer Book Mobiles and what better idea than to gather at the Leland Township Public Library to enjoy an Indoor “Book Mobile”? Tina from Bay Books of Suttons Bay will assemble various great Summer Reads to purchase, all in the comfort of the library meeting room. She will present a few brief reviews and answer any questions you may have as you sip cool, flavored water and meet new friends. If you don't drive, with enough advance notice, ShareCare vetted volunteers will provide transportation.

Tuesday, July 20th 10:00a.m.
Leland Township Public Library

Please sign up by noon, July 19th
by contacting Jennie Arguello, Volunteer Manager

Phone: 231-256-0222
or email: jennie@sharecareleelanau.org

Free Monthly Wellness Classes - details on page 6



Rachel VanThomme

The Scoop on CONTAINER GARDENING, *a Big Hit!*

Rachel VanThomme from Plant Masters of Suttons Bay greeted a class of eager learners at the Leland Township Public library in early June. As they each were welcomed with a plantable box of Marigolds, little did the container gardening class members anticipate all that they would

learn. The twenty year old, fifth generation horticulturist spoke with efficiency and enthusiasm about soil, fertilizers, natural pest prevention and tricks for maximum output. She demystified the process of planting veggies in containers, revealing the pros and cons. Rachel's quick sense of humor facilitated laughter and relaxation. The large container of veggies and flowers created during class was sent home with one fortunate attendee. When class members were asked what they enjoyed, a few of the responses were, “It was an interesting, timely and very comprehensive class”, “... entertaining, helpful and useful”, “Loved the tips, Rachel was knowledgeable and her presentation was fabulous”.

We would like to once again thank Rachel for her generosity. Despite working seventy hour weeks, she still took the time to share her knowledge with all of us.

Thank you, Rachel, for sharing with us, “The Scoop on Container Gardening”!

Jennie Arguello, Volunteer Manager

231-256-0222 | jennie@sharecareleelanau.org

caring for your health

A message from Victoria Maggio, our Care Coordinator

A note from Victoria

These days, it seems that one- or two-word inspirational signs or sayings are very popular. Laughter. Beach House. Home! Love. Family. It's Winesday! Now, I'm not saying that I'm against these inspirations, but a few more words are to my liking. Here are some that inspire me.

"Do the Kindest Things In The Kindest Way"

"Gratitude is the Sign of Noble Souls"

"Friends are like stars, you can't always see them but you know they're always there."

It's funny how our refrigerators have become a collect-all of our lives. Along with appointment cards, family pictures or artwork stuck to the fridge, often times little gems are there as well. I have an Arabian proverb on my refrigerator that was given to me by my lovely friend Suzie Mulligan almost 20 years ago. It's of course laminated—she's a super smart lady! Here it is:

"A friend is one to whom you may pour out all the contents of your heart, chaff and grain together, knowing that the gentlest of hands will take and sift it, keep what is worth keeping and, with the breath of kindness, blow the rest away."

THAT inspires me! Thank you Suzie!

In these crazy times we can all use a little encouragement. Please send me your favorite saying or inspirational quote and maybe it will be in next quarter's Connector. Who knows, maybe your words of inspiration may be just what it takes to brighten someone's day!

Here's how to reach me: ShareCare at 231-256-0221 (option #3) email at victoria@sharecareleelanau.

Cheers to all of you and have a fabulous summer in our gorgeous Leelanau County!

Victoria

Volunteer Profile

by Jennie Berkson

ANN FISHER

From China to Leland – finding purpose and connection.

A plethora of family connections has kept Ann Fisher rooted in Leelanau County despite living and working in China twice and travels elsewhere in many parts of the world.

“Coming back to Leelanau each year was always important, a grounding experience for us,” said Ann. “As our Hong Kong born daughter once said on arriving back here — ‘Real houses, real trees, real grass!’” Ann and her husband Steve have been living in Leland full time for 11 years.

Ann came to Leland as a child to visit relatives on her Dad’s side who had been coming up for 3 generations. Her cousins, Sarah Freeman Roloson, Debbie Nixon and Charlie Freeman spent most summers and some year-round time in Leland. In addition, Steve’s family rented the old Birchcroft house on Warden’s Point Road for 33 summers. And to bring the family even closer, all but one of Steve’s six siblings have settled in Traverse City.

Ann finds time in her busy schedule to play golf, walk and “root around” in the garden. She’s particularly fond of delphiniums, a family fascination handed down from her father. “There are so many different varieties!”

Her curiosity and desire to learn new things certainly found challenge and satisfaction in her work in China.

Although she didn’t really need to learn Chinese for her job with Newsweek, Ann found

a teacher with whom she studied both

Cantonese and Mandarin dialects.

“She told me Chinese fables and instructed me to tell them back to her. I learned a lot that way — but don’t ask me to speak it now!”

Although she is still working with clients through her 25-year-old executive coaching practice, Ann decided to volunteer with ShareCare in the spring of 2020.

“It was COVID time, and we all were housebound. I wondered what I could do locally to help those that lived alone or couldn’t even get curbside pick-up,” she said. “Also, my mother had a great experience with ShareCare when she lived at Effie’s assisted living 6 years ago, and I wanted to return the support.”

Initially Ann helped on the grocery delivery team and then making calls to ShareCare members who requested phone reassurance calls. Ann said she looks forward to the weekly calls she makes and has been learning so much from the women she talks to.

“ShareCare calls — and hopefully visits soon — are a way I can partner with and “accompany”

some wonderful elders trying to live their best life,” she said.



ShareCare News

FREE MONTHLY WELLNESS CLASSES

As you have read, we are excited that our free Wellness classes are in full swing. Our goal is to provide members and volunteers with enriching health and wellness learning opportunities. We invite you to join us for an upcoming class and welcome you to submit your ideas for potential classes.

We are abiding by the Michigan Department of Health and Human Services Guidelines for Indoor and Outdoor Gatherings.

ShareCare

Please be patient.
The person I'm with is living
with memory loss.

Thank you!

If your loved one is suffering from memory loss, we have cards available for handing out to others to help show compassion. Contact Victoria at 231-256-0231 if you are interested.

SHARECARE is looking for people to join our Committees and Board of Directors.

Our committees include: finance, marketing, planning and policy, fundraising, aging well in Leelanau, and volunteer. If you are interested, please send an email to julie@sharecareleelanau.org with your name and what position you are interested in.



Our Heartfelt Condolences
go out to the families of
these ShareCare Members:

*Dick Tooley
William (Bill) Hoff
Ethel Wills
Ben Fowler
Theresa Hitchens
RoseMary Friend
James (Jim) Landes*

ShareCare

FUNDRAISER EVENT

featuring **JOSHUA DAVIS**

Tuesday
August 31

3:00 - 5:00p.m.

\$100
per ticket

The Leland
Lodge

565 Pearl St. • Leland, MI 49654

Enjoy an afternoon listening to a tried and true Michigan musician, Joshua Davis. All proceeds benefit the mission of ShareCare to facilitate connecting the Leelanau County community of seniors with services and activities that promote both a physical and emotional healthy, independent and fulfilled lifestyle while aging. Limited seating available. For more information or to purchase tickets contact: 231.256.0221 or email: sally@sharecareleelanau.org

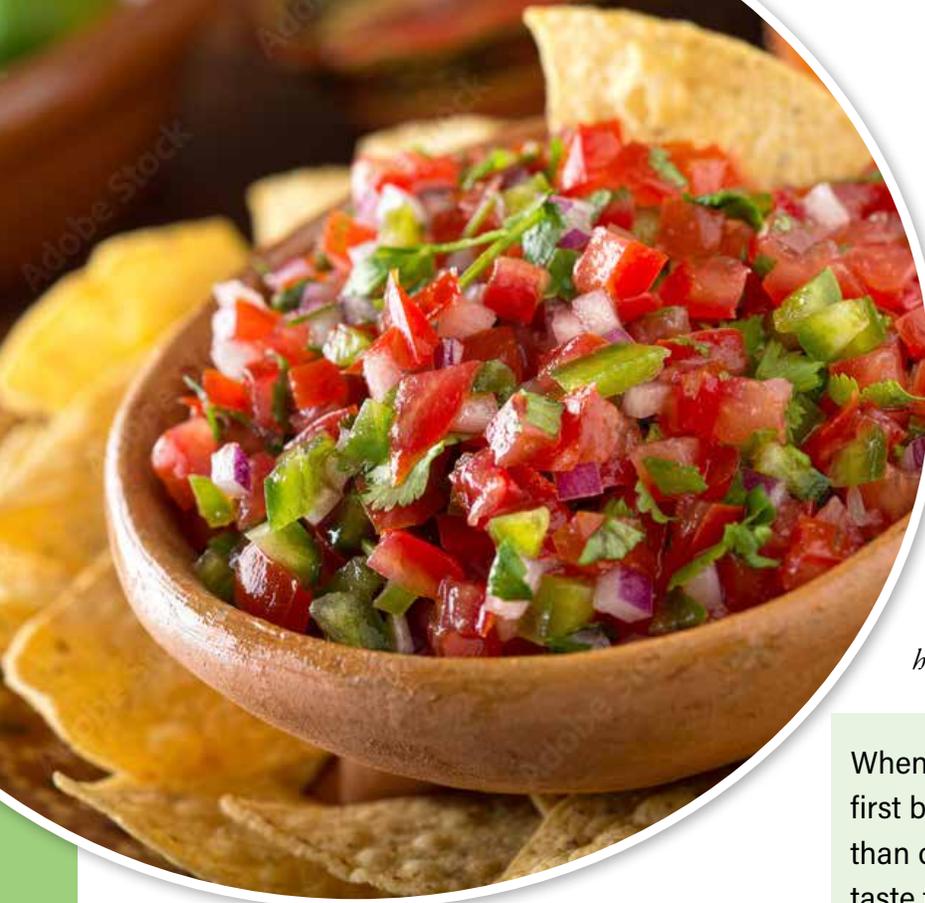
CREATIVE *Corner!*



Can you match the
above **20 COMMON**
BIRDS FOUND IN
MICHIGAN?

- ___ Chipping Sparrow
- ___ White-throated Sparrow
- ___ Brown-headed Cowbird
- ___ White-breasted Nuthatch
- ___ Downy Woodpecker
- ___ Black-capped Chickadee
- ___ Tree Swallow
- ___ Nashville Warbler
- ___ Gray Catbird

- ___ Red-winged Blackbird
- ___ Baltimore Oriole
- ___ Mourning Dove
- ___ Yellow Warbler
- ___ Red-bellied Woodpecker
- ___ Red-eyed Vireo
- ___ Ovenbird
- ___ Black-throated Green Warbler
- ___ Common Yellow throat
- ___ Eastern Kingbird
- ___ Belted Kingfisher



Pico de Gallo

(Fresh Salsa)

PREP TIME 15 mins

TOTAL TIME 15 mins

SERVINGS 12 to 16 servings

YIELD 3 to 4 cups

https://www.simplyrecipes.com/recipes/fresh_tomato_salsa/

INGREDIENTS

- 2 to 3 medium fresh tomatoes (1 to 1 1/2 pounds), stems removed
- 1/2 medium red onion
- 2 serrano or 1 jalapeño pepper, stems, ribs, and seeds removed (less or more to taste)
- Juice of 1 lime
- 1/2 cup chopped cilantro
- Salt and pepper to taste
- 1 pinch dried oregano (crumble in your fingers before adding), or more to taste
- 1 pinch ground cumin, or more to taste

NUTRITION FACTS (PER SERVING)

7 CALORIES 0g FAT 2g CARBS 0g PROTEIN

When using fresh chili peppers, always taste first before adding! Some peppers are hotter than others and you really can't tell unless you taste them. Just take a very small taste. You'll be able to gauge the heat of the pepper and will be better able to judge how much you need.

PREP THE INGREDIENTS:

Roughly chop the tomatoes, chili peppers, and onions. Be careful while handling the chili peppers. Use a plastic baggie or disposable gloves to handle them, or wash your hands thoroughly with soap and hot water after handling and avoid touching your eyes for several hours.

Set aside some of the seeds from the peppers. If the salsa isn't hot enough, you can add a few for more heat.

MAKE THE SALSA:

Place all of the ingredients in the bowl of a food processor fitted with the blade. Pulse only a few times, just enough to finely dice the ingredients and not enough to purée. If you don't have a food processor, you can finely dice by hand.

ADJUST SEASONINGS:

Place in a serving bowl. Add salt and pepper to taste. If the chilis make the salsa too hot, add some more chopped tomato. If it's not hot enough, carefully add a few of the seeds from the chilis, or add a little more ground cumin.

If you like, let the salsa sit for an hour (room temperature or chilled) for the flavors to combine.

SERVE:

Serve with chips, tortillas, tacos, burritos, tostadas, quesadillas, or pinto or black beans. The salsa will keep refrigerated for up to 5 days.

- | | |
|----------------------------|--------------------------------|
| 8 Chipping Sparrow | 1 Baltimore Oriole |
| 19 White-throated Sparrow | 13 Mourning Dove |
| 3 Brown-headed Cowbird | 15 Yellow Warbler |
| 20 White-breasted Nuthatch | 18 Red-bellied Woodpecker |
| 7 Downy Woodpecker | 14 Red-eyed Vireo |
| 4 Black-capped Chickadee | 10 Ovenbird |
| 17 Tree Swallow | 5 Black-throated Green Warbler |
| 11 Nashville Warbler | 9 Common Yellowthroat |
| 6 Gray Catbird | 12 Eastern Kingbird |
| 16 Red-winged Blackbird | 2 Belted Kingfisher |

ShareCare *Thanks* the following organizations for their support



ANTRIM . BENZIE . GRAND TRAVERSE . KALKASKA . LEELANAU



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

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Lake Leelanau, MI 49653-8701

ShareCare

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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