

# ShareCare

*of Leelanau, Inc.*



There is nothing more beautiful than someone who goes out of their way to make life beautiful for others.

—Mandy Hale, *The Single Woman: Life, Love, and a Dash of Sass*

## EXECUTIVE DIRECTOR'S UPDATE

by Julie Tarr

### *Technology and our Health*

The digital divide among generations is getting wider, and many seniors are left behind just as advances in technology, such as telehealth could help them remain independent. The pandemic and vaccine roll-out highlighted some of the challenges for older adults who are not tech savvy. With social interactions curtailed, many seniors were more isolated than the younger generation who were able to adapt more easily to online options for social engagement. Further, the vaccine roll-out, including information and registration went more smoothly for those who could access the internet.

Recent data collected (on people over 65) by the Health Department of Northwest Michigan at two Covid-19 vaccination

*continued on page 2*

## WHAT'S IN THIS ISSUE

- Executive Director's Letter · 1
- Member Profile · 3
- Volunteer Profile · 4
- S.O.S. - Sharing Our Skills · 5
- Caring For Our Health · 5
- Community News · 6
- Creative Corner · 7
- Sponsors · 9

## EXECUTIVE DIRECTOR'S UPDATE *continued from page 1*

clinics in Emmet County showed that among the many avenues available to obtain important information or news (from newspapers, television, radio, social media, websites, and family and friends), the most common resource cited by participants was the television followed by family and friends. Only 21% of participants indicated a website or social media as their source of information. The good news is 84% of the participants in the survey used the Health Department's online form to pre-register for the vaccine, however, 53% indicated they received assistance from a friend, family member, employer or organization to pre-register.

ShareCare is assisting seniors with the process of getting vaccinated, in partnership with Leelanau County Senior Services and the Health Department, by reaching out to people in our network to ensure they are registered, and assisting with registration and vaccinations. Progress is being made with approximately 60% of people over age 65 in Leelanau and Benzie County having received their initial dose.

What requires our attention is helping older adults improve their skills using technology. Without such knowledge their most basic needs, such as scheduling a health appointment, are

jeopardized. Many seniors can't use the internet, and will not be able to take advantage of the wealth of information it provides unless we provide access and training.

ShareCare is working on strategies to improve technology use among seniors, but we know that one size does not fit all. To begin with there are many types of devices: phones, tablets, laptops and voice activated options. Internet access across Leelanau County varies widely, and in many areas it is costly or unavailable.

To assist us with determining what technology supports would be most useful to Leelanau County seniors, we have formed a small committee under "Aging Well in Leelanau", that is composed of government, nonprofit agencies and health providers, to look at technology options that will improve wellness and independence among older adults.

Your input is requested to further our understanding of technology usage among seniors, and how access to devices, the internet and training may help you. Please call us at 231-256-0221 or email [info@sharecareleelanau.org](mailto:info@sharecareleelanau.org) with your suggestions, and continue to visit our website at [www.sharecareleelanau.org](http://www.sharecareleelanau.org) for updates.



## MEMBER PROFILE *by Jennie Berkson*

### Don Frerichs

#### *Doctor, sailor, garden hole digger navigates new course*

Like many people who eventually settle in Leelanau County, Don Frerichs arrived on a boat.

“We had some good friends who lived on Torch Lake,” Don said. He and his wife Kathy came to Northport on a sailboat and stayed overnight in the marina. “We had dinner at Woody’s, which was a popular restaurant in the same location as Tucker’s.”

After a year of looking around, the Frerichs decided to buy a home in Northport because “it wasn’t too touristy.”

Don was an internist for 40 years at Henry Ford Hospital in Detroit before he retired several years ago, which then meant that the couple could move here full-time.

In the short time he’s been living in Leelanau County, he’s become very involved in the community.

“I first learned about ShareCare from Dick Lang and then from Phil Mikesell and his late wife Vina. They introduced me to Julie Tarr, the Executive Director. They knew I was a doctor and thought I’d be a good addition to the board,” he said. “I like the fact that it was neighbors helping neighbors.”

In fact, now he’s President of the Board, presiding over some of the organization’s recent changes in structure and service offerings.

As if that wasn’t enough to keep him busy, Don is also involved with the Northport Lions group which does civic deeds in the community mostly related to eyesight issues.

And his interest in the outdoors, health and safety led him to serve on the Leelanau County Park and Recreation Commission. As a road biker, he recognized that the road leading north out of Northport on the way to the lighthouse lacked a bike lane, which made it unsafe to ride

on. That situation has now been improved through some road widening completed last year.

Don and Kathy’s biking adventures have taken them near and far.

“We like to ride the Leelanau Trail to Traverse City and back,” he said. “We’ve also cycled in Tuscany.”

Sailing, the activity which brought him and Kathy to Leelanau County, first became a passion when Don was serving in the Army in Hawaii in the early 1970’s.

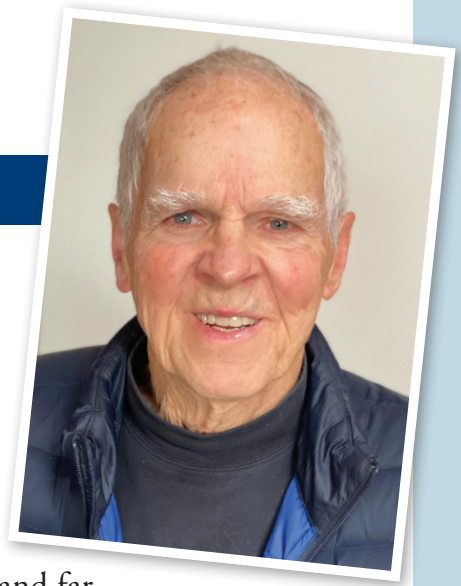
“We’ve owned several small sailboats over the years, but when we moved here, we got a motor boat because Kathy thought that would be more fun for our sons Jay and Todd and their families.”

Nonetheless, sailing has remained a passion, which has led the couple to ply the waters of far flung places such as Greece, the British Virgin Islands, and the Great Barrier Reef, where they narrowly missed getting caught in a typhoon.

“When we can travel again after the pandemic is less of a concern, we are planning a trip with the family on a small boat to Alaska which has a crew of biologists,” Don said.

In the meantime, Don likes to read. “I take book recommendations from Kathy,” he said. Most recently, he read *Sapiens*, by Yuval Noah Harari.

And he helps Kathy, a Master Gardener, with her work. “I dig the holes,” he said. And then because she doesn’t like where it is, I dig a different hole and she transplants it.”



## VOLUNTEER PROFILE *by Jennie Berkson*

### Neil Schoof

#### *Building a new life through community and historic preservation*



A chance encounter at Pedaling Beans in Lake Leelanau drew Leelanau County newcomer Neil Schoof to volunteer with ShareCare.

“I wanted to get involved in some type of volunteering. It seemed like a good fit,” he said.

Neil’s a retired architect and so is particularly interested in how people live at home.

“I liked the idea that this organization allows people to stay in their homes for as long as they are able,” he said.

Although Neil and his wife Susan Reed are originally both from Michigan, they lived in Chicago for many years. Moving to a rural area increased his awareness of the different needs for transportation as one ages or develops a disability.

“I saw that there were many different reasons to require driver assistance,” he said. “Unexpected events can also suddenly change one’s ability to get to necessary appointments, if even for a short term.”

Neil and Susan arrived in the area three years ago and began the process of building their home in Suttons Bay. Once the home was completed, Neil jumped at the chance to be involved in the community and started driving for ShareCare.

“The rides are always interesting,” he said. “The people are wonderful and I always hear some great stories. I like history and people are always willing to share.”

In addition, during the pandemic, he also delivered groceries. “Hansen’s had a program

where they teamed up with ShareCare. You weren’t talking or touching anything. I wasn’t afraid to do it,” he said.

Neil’s connection to Northern Michigan and his interest in history and personal stories began years ago with a brush with a famous name.

“One summer, during college, I spent some time in Petoskey and ended up renting a cottage from Sunny Hemingway Miller,” he said. “She charged me cheap rent if I would help out with chores that she needed done. She was a delightful woman who shared her stories and I was able to learn firsthand about her family history and especially about her brother. Yes, her brother Ernest.”

Even though Neil’s only been in town a short while, he’s also been lending his professional expertise to Preserve Historic Sleeping Bear, the organization which “partners with Sleeping Bear Dunes National Lakeshore to provide funds and volunteers for the preservation of its 360 historic buildings and landscapes, and share its pioneer heritage for the enrichment of individuals and communities.”

“I volunteer on the board working with others in finding solutions for adaptive re-use for some of the historic buildings in the Park as a way of preserving them for future generations,” Neil explained.

“Leelanau County is the most beautiful place in Michigan,” Neil said. “It was an easy decision to move here.” His volunteer efforts will keep it beautiful and easy to live in for others, as well.

## S.O.S. - SHARING OUR SKILLS

Volunteers Come to the Rescue at ShareCare

by Jennie Arguello, Volunteer Manager

### SPRING CLEANUP

**THURSDAY, MAY 13TH & SATURDAY MAY 15TH**

Spring is upon us and it's time to schedule requests for Spring Yard Clean-Up!

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

### DATA ENTRY AND OFFICE ASSISTANCE NEEDED

We are looking for volunteers to provide data entry. The data entry may be done from the comfort of your own home if you have a computer.

Please contact me if you would be able to assist us with either of these.

*Thanks so much!*

If you are interested in participating in the Spring CleanUP or the Data Entry/Office Assistance please contact:

**Jennie Arguello, Volunteer Manager**

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

## CARING FOR YOUR HEALTH

A message from Victoria Maggio, our Care Coordinator

### *A note from Victoria*

- Are you caring for a loved one who suffers from memory loss?
- Do you sometimes feel like you are alone in this endeavor?
- Do you ever feel guilty, tired or “burned out” while caring for your loved one?
- Would talking with someone who is (or has) going/gone through the same or similar thing be helpful?
- Are you connected or aware of the many resources available to assist and support you on this journey?

### **If you have answered yes to any of these questions maybe we can help!**

ShareCare hosts a free monthly support group for ShareCare members who are caring for a family member with memory loss. Currently meetings are held via Zoom on the third Tuesday of each month, we are looking forward to being back in person soon!

Please consider calling to find out more information about how you can get connected with this support group. 231-256-0231. Leave a message for Victoria.

Co-facilitated by Therese Kaufmann MSW and Victoria Maggio RN.

### ShareCare of Leelanau

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.



# Community News

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

*James "Jim" Eggert*

*Sonny Herman*

*Bill Klein Sr.*

*Barbara Krause*

*Charles Mehney*

*Kenneth Melichar*

*Ruby Shiley*

*Margaret Skeba*

*Faith Stryker*



## FREE SHREDDING WEEK

Profile:

3820 Cass Road, Traverse City  
April 19 through 23  
Open to the Public

Fife Lake:

77 Lakecrest Lane  
During normal Fife Lake  
Library hours, the week of  
April 19th

At outreach locations, locked shred totes provided by ProFile will be available during specific times until full. Accepted items include any type of paper and check registers. Please, no binder clips, credit cards, or CDs. No need to register.

**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](mailto:julie@sharecareleelanau.org) with your name and what position you are interested in.

# DIY Mini GREENHOUSE

photo from earth911.com

## Material Needed:

Clear plastic containers with lids

Seed starting mix

18 paper rolls

Popsicle sticks

Spoon

Scissors

Black Sharpie marker

**Step #1** Cut your paper rolls so they will fit inside the container with the lid closed. On the bottom of each roll, make four 3/4 inch cuts. If you are looking at it like a clock, they will be at 12:00, 3:00, 6:00, and 9:00.

**Step #2** Fold the flaps over like you would for a box to secure it.

**Step #3** Flip the roll over so the closed end is on the bottom. Use a spoon to fill the tube with soil. Place in the container.

**Step #4** Cut the popsicle sticks in half. Use the Sharpie to write the name of the plant on the stick.

**Step #5** Place your seeds in the soil, cover per the directions for each seed, and then mark with a stick so you know what's in each tube.

**Step #6** Place your DIY mini greenhouse near a window to get natural light. Close the lid for more heat and humidity.

**Step #7** When they are ready to plant, remove the tube from the container and unfold the bottom. You can plant the entire roll in the ground because the cardboard will decompose.

PLEASE NOTE:  
We are doing a recipe or craft share that will be featured within the next issue of *The Connector* along with being placed on our website. Please submit to [sally@sharecareleelanau.org](mailto:sally@sharecareleelanau.org) along with a picture in a jpeg format if you have but is not needed.





photos from [buggyandbuddy.com](http://buggyandbuddy.com)



# Rock Photo HOLDERS

## Material Needed:

- Acrylic paints in various colors and paintbrushes
- A sealant - like Mod Podge or Krylon Satin Finish
- Craft or floral wire
- Beads
- Bead tools like wire cutter and pliers
- Special photos to display

## Directions:

Paint a rock a solid color, adding multiple coats if necessary to make it opaque.

Once dry, take a small brush, and add in some patterns (polka dots, lines etc.)

When the patterns have dried, add a layer of sealant to preserve the colour of the paint.

Wrap a wire around a pen or marker a few times to make some loops. This is where the photo will be held.

Straighten out the rest of the wire underneath the loops. Wrap the rest of the wire around the stone.

Stick a photo in between the loops to hold it upright.

Your rock photo frame is complete!

## Lemony Fruit Cooler

### Ingredients

- 1/2 cup sugar
- 1/2 cup lemon juice
- 4 cups cold white grape juice
- 1 liter club soda, chilled
- 1 medium orange, halved and sliced
- 1/2 cup sliced strawberries
- 1/2 cup sliced fresh peaches
- Ice cubes, optional

### Directions

In a punch bowl or pitcher, mix sugar and lemon juice until sugar is dissolved. Stir in grape juice.

To serve, stir in club soda and fruit. If desired, serve with ice.

### Nutrition Facts

1 cup: 107 calories, 0 fat (0 saturated fat), 0 cholesterol, 29mg sodium, 28g carbohydrate (25g sugars, 0 fiber), 0 protein.

Lemony Fruit Cooler Recipe & photo  
by Taste of Home





ShareCare *Thanks* the following organizations for their support




community foundation


ANTRIM . BENZIE . GRAND TRAVERSE . KALKASKA . LEELANAU

**MICHIGAN HEALTH  
ENDOWMENT FUND**




**NPalliative**   
*Bringing Care To You!*

**Palliative, Chronic and Home Care**  
Nurse Practitioners  
Home Labs & Diagnostics - 24/7 Phone Triage  
Podiatry - Social Work - Dietitians - Nurses  
Massage Therapy - Equipment/Oxygen



**Caring - Convenient  
Licensed Professionals**



**Unprecedented Quality Time Spent  
with Patients & Families**

**Same Day Visits Frequently Available  
For Enrolled Patients**

*"Bringing Care To You!"*  
**(231) 421-6921**  
[www.NPalliative.net](http://www.NPalliative.net)

**COVERED BY  
INSURANCE**



**ShareCare of Leelanau, Inc.**

7401 E Duck Lake Rd. #600

Lake Leelanau, MI 49653-8701

# ShareCare of Leelanau Inc. *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

---

7401 E Duck Lake Rd. #600 • Lake Leelanau, MI 49653-8701 • 231-256-0221  
info@sharecareleelanau.org • www.sharecareleelanau.org • facebook.com/ShareCareLeelanau