



ShareCare of Leelanau, Inc.

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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EXECUTIVE DIRECTOR'S UPDATE

by Julie Tarr

I am pleased to inform you that ShareCare was awarded two large grants this quarter. The national Community Care Corps provided \$52,000 to fund volunteers assisting older adults in Leelanau County.

ShareCare is among the first awardees of the brand-new Community Care Corps program, and is one of only 23 organizations selected among 183 other outstanding programs across the country that applied.

Community Care Corps grants are being awarded to local organizations to establish, enhance and grow innovative volunteer models. Community Care Corps, through a cooperative agreement with the federal Administration for Community Living is led by four national non-profit organizations: The Oasis Institute, Caregiver Action Network, National Association of Area Agencies on Aging, and Altarum.

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MEMBER PROFILE

The globetrotter among friends and family

by Jenny Berkson



Ensnconced in her bedroom in her home in Sugar Loaf, surrounded by more than 80 Teddy Bears and dolls, many of her own creation, one might not imagine that Judith Davis spent most of her adult years in locations across the United States and three countries.

“My husband was a career Air Force officer,” she said. From the time they met at Michigan State in the early 1950s, Judith and her husband Jim and the four children who eventually came along, lived everywhere from Biloxi, Mississippi to Paris, France, Waco, Texas to Stuttgart, Germany, Bangor, Maine to Fusa, Japan, with postings to many other U.S. Air Force locations in between.

Rather than living on the base in those different places, however, the family “lived on the economy” as the military terms it. Judith explained that that meant their home was within the local community. “You had to be stationed in a given location for more than three years in order to qualify for base housing,” she said. “I thought it was an advantage. We learned more about the local culture, and in the foreign countries we learned to speak some of the language. I can still count in Japanese, which has actually come in handy once in a while.”

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VOLUNTEER PROFILE

High flier, intrepid sea captain gives back at home

by Jenny Berkson

“I like to mess around with mechanical things, do little repairs,” said Lee Foerster, a Suttons Bay resident. Lee’s “little repairs” means that in addition to checking off the list of things his wife Jill, an avid gardener, wants him to do, he puts furniture together and helps with moves for ShareCare members. He has also been involved with Rotary for many years.

But his “messing around” once included a much bigger project. A pilot since he was sixteen, Lee built his own airplane. “From a kit,” he said. “It was easy, it came in parts which I just put together.” The plane is now housed at the Kalamazoo Aviation History Museum.

“I decided to donate it there. After flying it myself, I didn’t want to sell it to anyone in case I’d done something wrong in the construction of it. I didn’t want anyone to get hurt.”



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S.O.S. - SHARING OUR SKILLS

Notes from Michelle Goetz Grahl, our Volunteer Coordinator

Help Wanted!

Many things have changed as we adjust to the new normal. We are currently not offering friendly visits or asking volunteers to go into people's houses, but we are making a lot of check-in calls. So what can you do? I would love to discuss how you can help, and these activities need more volunteer support immediately:

- Volunteers to drive and make phone calls.
- Do you like to create blank note cards? I need get well, birthday & sympathy cards.
- Do you have a talent or interest you could share on a Zoom Call?
- Join our Welcome Team! It's a great way to meet new people & learn about ShareCare & other community resources.

Give me a call at the office or email michelle@sharecareleelanau.org if you can help.

Prepare for Winter

The weather change has me thinking--WINTER IS COMING - I have heard from several people who normally head south that they are staying this year. Do you have a plan?

- How will your snow get shoveled? - ShareCare volunteers do not shovel snow. Snow plowing coupons are available from Leelanau County Senior Services. Make sure a volunteer or ambulance will be able to get down your driveway this winter.
- Do you have a generator? Let us know if you need to be checked on should the power go out.
- How will you get groceries? Call Michelle to discuss options for grocery delivery.

Vote

- Not sure how you can return your absentee ballot? We can arrange to pick you up and take you to the clerk's office to turn in your ballot. In addition, rides to the polls will be offered on Nov. 3.

Volunteer Background Checks

The Community Care Corps grant is a federal funding source and requires additional screening for volunteers, including checking driving records of our drivers. More information on the requirements and ShareCare's background check policy will be sent in a letter to volunteers in the coming weeks.

CARING FOR OUR HEALTH

A message from Victoria Maggio, our Care Coordinator

Support Services: Aging Well in Leelanau Resources

As the Care Coordinator, I am often asked where someone can get the help they need to continue living at home. We are lucky that Leelanau County has many supportive services for seniors, but identifying which ones will fit your particular needs can be confusing. To start, I have put together the following list of agencies serving Leelanau County and what they do. If you need additional resources, feel free to give me a call.

Area Agency on Aging of Northwest Michigan: (231-947-8920) The place to turn when you need assistance with complex issues. They can connect you to a variety of programs and resources that can help you or those you care for live as independently as possible in a community setting. This program is not income/asset based.

Leelanau County Senior Services (LCSS): (231-256-8121) Offers programs designed to support seniors in Leelanau County. Limited financial assistance for unmet needs and in-home services are available to seniors who meet income and asset guidelines. LCSS collaborates with ShareCare to provide transportation, in-home nurse consultations, phone reassurance and durable medical equipment (DME).

Meals on Wheels: (231-947-3780) Operates out of Northwest Community Action Agency, and delivers meals to seniors' homes. Age 60 or older.

Medicare/Medicaid Assistance Program (MMAP): (1-800-803-7174) MMAP counselors are certified and have been trained in health care benefits counseling, including Medicare, Medicaid and other insurance products.

Northwest Michigan Community Action Agency: (231-947-3780) Provides utility and housing assistance, home weatherization, and Meals on Wheels.

ShareCare of Leelanau: (231-256-0221) Assists seniors in successfully aging in place for as long as safely possible. We are a non-profit organization that achieves this goal with the assistance of volunteers, the care coordinator (a RN) and volunteer coordinator. ShareCare maintains a list of vetted Independent Contractual Caregivers for those needing in-home support.

In addition to the agencies above, there are a number of Home Care and Palliative Care Agencies in our area.

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EXECUTIVE DIRECTOR'S UPDATE Continued from page 1

The second grant ShareCare was awarded is from the Michigan Health Endowment Fund in the amount of \$48,000 to conduct a cost-benefit analysis. The research is being conducted by the University of Michigan School of Social Work. If you are selected for an interview, we appreciate your help.

These grants are supporting ShareCare to expand its excellent volunteer model. Please check our website www.sharecareleelanau.org for updates.

MEMBER PROFILE Continued from page 2

Although Judith spent her entire childhood in Flint, some of her early interests showed signs that she was a good candidate for being a world traveler. "I was an avid reader. I got hooked on learning about China and how women were treated there. I had to get special permission from my parents to check out adult books from the bookmobile that used to come around. I liked to read about other countries."

She also learned to play the violin in elementary school. "I quickly realized that not only did I love playing the instrument, practicing kept me out of having to help my mom prepare dinner." The skill also led to connections in the different places she lived. "I always joined whatever string orchestra was organized on the Air Force base," she remembered.

After their many years of travels, Judith and Jim settled in Oscoda, Michigan near the Wurtzsmith Air Force base. While living there, she joined two community theater groups. She acted, sometimes in starring roles, in productions like "Damn Yankees," "A Funny Thing Happened on the Way to the Forum" and "Ten Little Indians," and also helped design sets and sew costumes.

Although clearly community and family minded, Judith describes herself as "kind of a loner and outdoorsy." At age 88 and needing a walker, she's not able to get around so easily anymore, she said. "I always liked to walk in the woods" and described herself as a "tomboy" when she was growing up.

After 38 years of marriage, Judith and Jim divorced and she moved to Leelanau County 20 years ago to be near her son Matt and his children. She has 17 grandchildren in all: her daughter lives in southern Michigan, one son in Marquette and the other in Maine. After her divorce, Judith reconnected with a childhood sweetheart, Paul Gadola. "He'd been checking about me over the years with my parents and honestly, I'd never stopped caring about him." They started seeing each other and continued for twelve years, until Paul succumbed to dementia. "I did have a late life romance," she said.

Judith's son Matt now lives with her and provides a lot of support. "He's a gourmet cook," she said. "We have a good time together. Sometimes we go antiquing." Since Matt is available to help her Judith has only needed to use the ShareCare services once when she had a heart valve replacement. "A nice man took me and brought me home," she said. She remains a member, however as she believes it's an important service in the community.

Making cloth dolls has been a lifelong passion. "There are all different sizes," she said. "I stuff them and dress them. Some are tiny and some are several feet tall. There's a grandpa and grandma, and a nurse who is sitting on a chair with two babies."

In addition to her dolls, Judith keeps a connection to family history in her room. "My bedframe was carved by my great-great grandfather who immigrated here from Sweden. I had to have a special mattress made to fit it," she said. "It's lasted all these years."

VOLUNTEER PROFILE Continued from page 2

”Lee continued his connection to aviation by serving on the Cherry Capital Airport Commission for 15 years. “Anytime the Blue Angels or the Thunderbirds were in town, I was their connection,” he said.

Building the plane might have been enough of a project for anyone to have accomplished, but Lee, a former telephone company executive, has had other big adventures. After being introduced to sailing by friends on Lake Saint Clair, he got his captain’s license and bought a 41- foot Nonsuch. Then he and Jill set off on the Great Loop, a 6,000 mile boating adventure. “You go down the Mississippi, around Florida and the Bahamas, up the Eastern seaboard, through the Erie Canal and back into the Great Lakes,” he said.

Nowadays, Lee enjoys life with Jill, a native of New Zealand, and their four sons and eight grandchildren, some who live nearby. He also likes to read – “war stories,” he said, and of course, “anything about flying.”

CARING FOR OUR HEALTH Continued from page 4

Home Care Agencies

- Brightstar: 231-929-7827
- Comfort Keepers: 231-222-5376
- Great Lakes Home Care: 231-421-5036
- InTeliCare Health Services: 231-421-5285
- Just Like Family: 877-674-9237
- Monarch Home Health: 231-932-0708
- Munson Home Services: 800-252-2065

Palliative Care

- Munson Palliative: 800-252-2065 (Patient goes to Munson)
- NPalliative: 231-421-6921 (Provides in-home visits)

Hospices

- Hospice of MI: 888-247-5701
- Heartland Hospice: 231-935-3089
- InTeliCare Hospice: 231-421-5285
- Munson Hospice or Hospice House: 800-252-2065

PROGRAM INFORMATION

Zoom Meetings

Many of the Villages in the Villages Network are exploring the "Senior Center Without Walls" option to keep their members engaged during COVID. ShareCare is looking into working with the Oasis Institute and other providers of online material that will help connect people. There are some really interesting options from what we have seen, including workshops, tours, exercise classes and discussion groups.

Although some are available by phone, most will require Zoom Video, which is a conferencing program that enables you to meet with people virtually. We thought one way to get started and to assess interest in virtual opportunities would be to offer a class on Zoom Video.

Oasis Institute is here to help you learn how to use Zoom so you can participate in the many online programs for education, socialization and exercise. This class will teach you how to use the Zoom tool bar to control your camera, microphone and to interact with Oasis Everywhere instructors and other participants. This session will help you get connected using Zoom and get you ready to join your first Zoom meeting.

If you would like to join this session to learn how to Zoom or improve your Zoom skills, please email julie@sharecareleelanau.org or call the office. The class will be scheduled in early October.

Longoverduestories

In Northern Michigan it is difficult to let summer go even though we know the fall proves to be just as spectacular. This year the onset of cold weather comes with trepidation...another season of social distancing indoors. How will we keep busy and stay connected?

Here is one idea that might keep you busy this winter...Chris O'Brien, founder of longoverduestories wants to help seniors create their family story.

Chris began with the question, How do you turn family trees into family libraries? In response, he built a fun way to record family stories and give future generations a deeper look into what their parents, grandparents, and great-grandparents were like - what they thought about, what they cared about. After two years of brainstorming and testing ideas, he launched Version 1 of his Family Stories product/service. There are different pricing options for resident interviews and products.

You can type www.longoverduestories.com/family into your browser to learn more.

Check your email or go to www.sharecareleelanau.org for more COVID-friendly ideas and activities. Winter is coming...

ANNOUNCEMENTS

Fall Cleanup

Dates: Oct 15 & 17

Call Michelle if you need cleanup. The activities will include activities like putting away porch furniture/grills, light raking and sweeping.

Also, let please let Michelle know if you can help with clean up.

It's been a grand journey!

A note from Deb Wetherbee

In 2002, I had the good fortune of hiring on as the office manager at ShareCare. It became my home away from home for 18 years, but I want to let you know that I am retiring.

Our office was in the basement of Leelanau Memorial Hospital. Anne Kelly and I shared a room about the size of a shoe-box. Fortunately, we were very compatible. Our next move was to a free-standing building on the grounds of the hospital (now Northport Highlands). Our office was bigger, about the size of a bread box. In 2012, ShareCare moved to the Connie Binsfeld building where Anne and I each had our own office. As silly as it seems, we were lonely at first, but we got used to it. I LOVE my ShareCare office, especially back in the day when I had a rocking chair and members would sit for a spell and chat.



The challenges of aging can be overwhelming, and the best part of my job was helping seniors navigate the process. Whether it was finding a ride, organizing meals, or looking up a phone number, I was glad to help seniors stay in their own homes for as long as possible. I have many great memories, but these things I'll take away the most:

1. I learned so much from people who are in long-term relationships. The lengths they go through to help their partner and the RESPECT they show each other is inspiring. When my husband and I are faced with later-in life issues, I feel thankful for the lessons I have learned over the years.
2. ShareCare is, and has always been, blessed with amazing volunteers. I am grateful and forever humbled by their generosity and compassion.
3. Not being able to drive can be devastating. Being a part of the solution with an organization like ShareCare has been an honor and a privilege.



I will miss my ShareCare family, but I am excited about being able to leave on a sailing vacation when the wind is good, not because the calendars says I can go. I'm also looking forward to grand kids' school functions, and you never know, maybe some day I'll arrive at your door as a ShareCare driver!

ShareCare thanks the following organizations for their support



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- Do you have difficulty with bathing, meal preparation, toileting, cleaning, or doing laundry?
- Have you received a doctor's order for a walker, cane, wheelchair, or other safety equipment?
- Do you have difficulty keeping your balance or standing for long periods of time?
- Have you fallen recently or repeatedly?
- Do you feel weak and uninterested in doing things that you used to enjoy?
- Have you recently been hospitalized or experienced multiple hospitalizations?
- Have you recently been prescribed oxygen therapy?
- Do you have unresolved pain of any kind?
- Do you have wounds or skin problems that do not heal easily?
- Are you having trouble with your hands, feet, hips, shoulders, or knees?
- Are you having challenges with any of your medications or taking them as ordered?
- Have you recently been diagnosed with Diabetes or have trouble keeping it under control?
- Do you experience difficulty breathing when trying to perform usual daily tasks?
- Do you need to see your doctor but have been unable to get to his or her office?

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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.

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

