

ShareCare

THE CONNECTOR

IN THIS ISSUE:

From The Director	01
Member Profile	02
S.O.S. Sharing Our Skills	03
Volunteer Profile	04
From The Care Coordinator	05
Other ShareCare Info	07
Fun Activities	10



VOLUNTEERS do not necessarily have the time; they just have the heart.”



Your Life. Your Home. Our Help.

From Julie Tarr, Ed.D.

Happenings at ShareCare

Winter was a busy season at ShareCare as we launched several new projects, including: 1) the redesign of our website with the assistance of Lake Effect Web Design (goes live soon at www.sharecareleelanau.org), 2) migrating our data to Salesforce, and 3) launching a new program initiative for family caregivers. On top of all these activities, the Board of Directors approved a new strategic plan in January that will provide guidance for the next three years.

The Board met over two days with facilitator, Elaine Wood, to develop new goals and activities for the organization. Building on recommendations from the cost-benefit analysis conducted by the University of Michigan School of Social Work, the Board set five overarching strategic goals:

- Enhance the number and effectiveness of our volunteers, and the quality of the volunteer experience.
- Develop and implement a comprehensive communications and marketing plan.
- Ensure sustainable financial and operational capacity for optimal performance.
- Promote increased collaboration within the network of services to seniors.
- Determine the optimal mix and scope of our services, aligned with our mission.

continued on page 3



Dear Jennie, We want to thank you so much for the services provided through ShareCare for my brother. It was such a blessing to have help getting him to appointments. He loved all the drivers and was always ready on time! He took pride in that! The services you provide are just invaluable to the county seniors. We are forever grateful to all of you! Your kindness during our phone calls was always comforting.”

—ShareCare Family Member

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Member Profile

by Jennie Berkson



MARLIS MANN

Telling her story, serving her community

A connection initiated by opera and Marlboro cigarettes brought a Lufthansa stewardess and an American GI together, setting Marlis Mann on an adventurous and community oriented life journey.

Born in Braunschweig, Germany, Marlis met her first husband David in 1958 after surviving Hitler and the Nazis, the devastation of her birthplace and World War II and its aftermath.

“Stewardesses couldn’t get married at the time and David’s company, RR Donnelly, wanted him to come back to the States as soon as possible,” she said, recalling their courtship. “When I first met him and he asked me if I would like to go to the opera, I was stunned! I thought no Americans go to the opera!”

Arriving in the United States, Marlis wasted no time getting involved in the community, a passion that has guided her entire life. From her involvement with the Junior League decorator house initiative in Deerfield, Illinois to being a president for Rotary International, Marlis contributed her skills at home and around the world.

In 1966, home also came to mean the Leelanau Peninsula and in 1973, the family cottage, named Magic Mountain, came into being, further establishing Marlis’ connection to the area along with her husband and two children Thomas and Kit.

As one of the earliest members and supporters of Share Care, Marlis has seen many different aspects of the organization and participated in many ways.

She was first introduced to Share Care by founders Paula Robertson and Virginia Willard who were also members of the same Methodist church as Marlis and David.

“We became members in 1998 and I joined the board shortly thereafter,” she said. I did that for about 6 or 7 years.” Marlis also volunteered as a driver to medical and hair appointments.

Marlis became involved with Share Care because she believes in the values of the organization. She and David personally benefited from ShareCare’s services as well prior to his death in 2004.

In addition to ShareCare, Marlis has served on many other local boards, including The Old Art Building and the Traverse City Symphony.

Her involvement with the community connected her to her second husband Tom Skinner, a film producer. Together they wrote a book about Marlis’ eventful life entitled *Becoming Marlis Mann: growing up under Hitler, surviving the war and making a life*.

Although Marlis continues several of her board connections, she also savors the simple pleasures of life.

“In my spare time, I like to take a walk with my husband,” she said.



This year, ShareCare's five committees will undertake tactics that bring the organization closer to reaching these goals. A few of our immediate activities will focus on volunteer services and collaborative efforts to support all seniors in need, including:

- Implementing a volunteer recruitment plan and comprehensive training program for new volunteers
- Instituting the regular use of a service questionnaire with each new participant, identifying both current and potential future needs, referrals, social and family networks, etc.
- Re-energize and lead the development of a network called "Living & Aging Well in Leelanau," focusing on collaborative involvement of non-profit, public, and private organizations that serve seniors.

If you are interested in joining any of ShareCare's committees: (volunteer, finance, living well, planning & policy or marketing), please call our office at 231-256-0221 extension 302 or email julie@sharecareleelanau.org. We could use your help!

New board members will be approved at our May annual meeting (read more about this year's annual meeting on page 7.) If you want to nominate yourself or someone else, please email our Board Chair, Don Frerichs at donfrerichs@gmail.com.

Taking Time for MINDFULNESS

Watching the speed with which we live our lives can be exhausting. Whether it's devouring breakfast without truly tasting, taking a fall due to our many distractions or competing with unrealistic expectations, it may be time for all of us to slow down, breathe and become more mindful.

Mindfulness, in John Kabat Zin's words, is "paying attention on purpose". Zin, who developed Mindfulness-Based Stress Reduction in the early 1970s was a student of Thich Nhat Hanh, former Vietnamese peace activist and scholar. Zin and Hahn have each authored a multitude of books and brought Mindfulness into the mainstream for all of us to easily access.

By cultivating awareness, presence and non-judgment, mindful meditation calms the mind and body. Meditation slows the breath and heart rate and lowers blood pressure. As the tension in the mind is minimized, the physical body benefits with less tightness and constriction. Those who desire clarity of mind and improved sleep can often achieve these by adopting a Mindfulness meditation practice. US News reports that meditation is associated with enhanced short and long term memory. A recent study showed that it might even slow the progression of Alzheimer's. "As meditation activates the "feel good" prefrontal cortex, it can improve your focus and creativity." states Laura Ray of Seniors Matter.

Ready to begin? Simply find a comfortable place to sit, free of distractions and gently close your eyes. Place your hands on your lap and allow your belly to rise and fall gently as you breathe. You will notice that little by little, your body will begin to feel more relaxed and at ease. Start by sitting for 5 minutes and sit longer as you find the desire to do so. It's true comfort to discover such peace within us. Mindfulness...perhaps it's time.





Volunteer Profile

by Jennie Berkson

ANGELA WILLS

Family tradition guides her involvement

“It was 1968, Robert Kennedy had just been assassinated, following Martin Luther King earlier that year and I was at a crossroads,” said Angela Wills, explaining her decision to move to Germany after graduating college.

“I’d studied German in college and I thought it would be an adventure and help with my language skills. As part of the adventure I ended up getting married and having two children.”

She stayed 15 years and then returned to the States as a single parent at age 37.

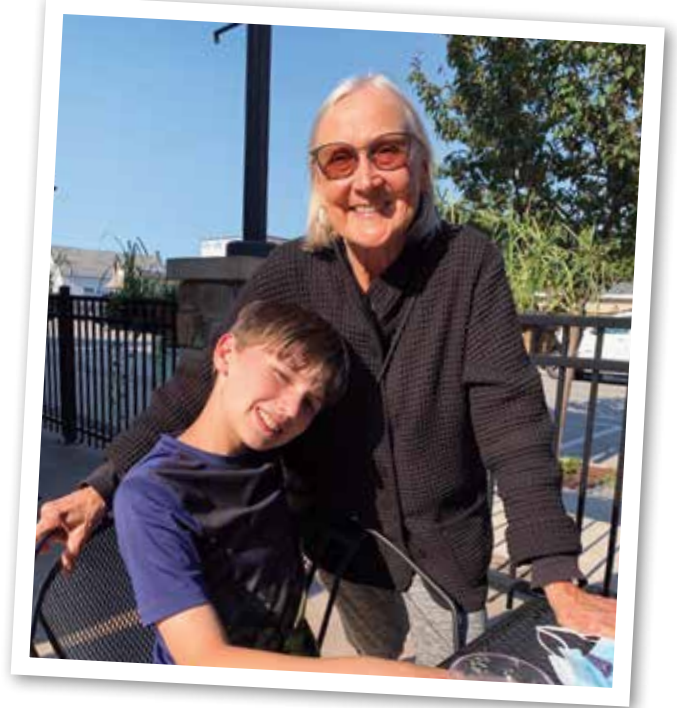
“It was quite a challenge to begin all over again. I’d never been an adult in the United States.”

But she survived, using her German language skills with several small companies and along the way, met and married her husband George who worked for Ford.

They lived in the Detroit area and were familiar with Leelanau County because George’s parents lived here. When George’s parents wanted to move to a smaller house in town, we had the opportunity to move to Leelanau County.

“The timing was such that it was possible for us to move up to Leelanau from the Detroit area and take over the house they had lived in,” Angela said. “It was just about the time when my husband took an early retirement from Ford.”

George’s mother, Ethel Wills who died last year at age 101, was one of the first members of Share Care and established the family tradition



of involvement with the organization.

“Her enthusiasm for it was contagious,” Angela said. “She urged us to join, as it was important for younger seniors to support it and help with the older members.”

And Angela did more than just join the organization.

“I’ve done the driving, respite care, provided meals, been a co-captain for a certain neighborhood area, participated in spring and fall cleanup.” For many that would be enough. But Angela also served on the Share Care board and was President in the last year of a 3-yr term.

“I liked being a part of the Board,” she said. “Learning what a nonprofit has to consider and working together with others producing an outcome. It’s different than golfing!”

Angela has also volunteered with Munson Hospice, Leelanau Christian Neighbors and is an active member of Northport Covenant Church. Through her volunteer experience with hospice, she learned to play the Celtic harp from volunteer coordinator Judy Goodrich.

Angela and George have five children between them and enjoy visiting each other in locations near and far, as well as having their families visit them in Leelanau County.

The best part of her volunteer work? “Meeting and making new friends,” she said.

Caring for Your Health

A message from Danielle Gray, our Care Coordinator



Spring is upon us and with every coming season, change is inevitable. Change can be hard, although necessary for growth. I always enjoy the coming of Spring—the change in the air, the dirt, trees, creatures emerging from hibernation, discovering a newly returned bird song after a southern vacation and the new growth that appears after a long, cold winter. It is a great reminder that despite the difficulties of one season, there will be change, growth and life emerging in the next.

As you age and the various seasons of life take hold, you learn to adapt to the physical and cognitive changes your body endures. These changes can be difficult. Seeking adequate information to educate yourself can be challenging and frustrating, at best. There is so much information out there between

books, podcasts, articles and the world wide web! How do you know the information you choose to read is credible, accurate and up to date? First of all, if you have medical questions or new changes in your health, I recommend you call your primary care provider to schedule an appointment. Write down any questions or concerns you have regarding your symptoms to discuss at your appointment. Your primary provider can recommend resources where you can get more information.

ShareCare is here to assist you. Please reach out to me should you need assistance. I am happy to help you on your journey to living well during the ever-changing seasons of life.

Danielle Gray, RN | Care Coordinator



Become more **TECH-SAVVY** with these helpful internet, smartphone, email, and social media hints. source: www.captel.com/2018/10/technology-tips-for-seniors/

While technology use is increasing across the generations, it's especially soaring among older adults. A recent Pew Research study showed a 55% increase in the number of seniors using the internet over the last 20 years, and 50% have broadband at home – for the first time. While technology can be incredibly helpful in our daily lives, its ever-changing nature can make it a bit daunting. Here are a few simple technology tips for seniors to become more tech-savvy when using the internet, smartphones, email, and social media.

INTERNET

▷ **Choose strong passwords**

For every website or account with a login, choose a unique password that only you would know. Use special characters and symbols, and consider using longer words strung together. Don't send your password information by email or social media and avoid entering your password unless you recognize the website you are visiting.

▷ **When in doubt, Google it**

Interested in learning more about an event or company online? You don't need to know their web address – you can use Google to search for it. Google is the most-used search engine that provides safe and trusted answers to any question you may have online. It can help you order groceries, look up the latest news, and troubleshoot any technical issues you may face during your online experience.

▷ **Keep your antivirus software up to date**

If you don't already have antivirus software installed on your computer, consider downloading it. There are many free options available that can protect your device from hackers or malicious viruses and software. These tools run in the background on your computer, so you don't have to do anything more than occasionally update them. You will then be able to browse the internet while feeling a little more secure.

SMARTPHONES

▷ **Change your settings for easy reading**

If you feel like the text size on the screen of your smartphone is too small, you can change your settings to increase the text size and adjust the screen brightness. Find out how to change them here.

▷ **Add contacts for family and friends**

Your phone allows you to store saved contact information for your family and friends so you no longer have to type in or remember each individual's phone number. Read through these instructions on how to add a contact to your phone, whether you use an Android or an iPhone.

▷ **Use a captioned telephone**

If you can't hear on your smartphone, consider a CapTel captioned telephone to help stay in touch with the people you care about.

CapTel phones show captions of everything the caller says, to help you catch every word.

continued on page 9



We HEARD
you...

Other ShareCare Info



Many seniors in our community expressed the desire to have more social engagements. After two years of Covid restrictions we couldn't agree more. We hope to see you at the following events:

FUNDRAISER CONCERT

*"From McCartney to Broadway
& Everything in Between"*

An eclectic mix to move the soul

April 28th | 5:30 pm | Old Art Building

Wine and Cheese Social Hour 4:30 pm

Tickets \$30



Diane Penning,

Coloratura Pops Soprano

"The radiant voice of Diane Penning" has been described as "clear and free flying with gorgeous top notes." As a coloratura soprano equally at

home in standards,

musical theatre

and opera, Penning also

possesses a genuine,

warm and engaging

stage presence that has

endeared her to over 30
symphony pops orchestra

audiences.



Robert Byrens,

Collaborative Pianist

As one of West Michigan's most sought-after collaborative pianists, Robert Byrens' playing has been described as "beautifully expressive with a singing tone and impeccable articulation."



ANNUAL MEETING

May 10th at 10 am

After a two-year hiatus due to Covid, we will be having our annual meeting on Tuesday May 10th per our bylaws. At this meeting, we approve new Board members, and update our members on our programs and services over the prior year. We also present our volunteer of the year, recognize our many drivers and much more... This year we will be moving to a continental breakfast format in the community room at the Government Center in Suttons Bay. The room allows for a hybrid meeting, where members can join in person or via zoom. The social hour will be from 9-10 with coffee and pastries, and the meeting will begin at 10 am. You will be receiving a letter with your re-enrollment reminder that is due on May 1. Registration is required.



VOLUNTEER & MEMBER COFFEE CHATS

Over the next several months, we plan to host volunteer coffee chats where volunteers and members can meet informally. These will be posted on our website and reminders sent out by email. We hope you can join us.

5K RACE AT FRENCH VALLEY WINERY, Cedar

AUGUST 14TH AT 9 AM

ShareCare was selected to be the charity partner for the French Valley Winery 5K run. Registration is now open! Please use the link below to register so ShareCare can get the credit for registrations. ShareCare will receive all of the funds donated by registrants during the registration process and \$10

for each person who successfully registers with the link: <https://runsignup.com/Race/MI/Cedar/French-ValleyWineRun5k> You can run or walk the race. After the race there will be a celebration in the winery's tasting room.



SHARECARE VOLUNTEERS to Assist Seniors with *Spring Clean-up*



Many senior citizens in our community rely on the assistance of volunteers from ShareCare to enable them to continue to live independently in their own homes. One of our most valued services is the seasonal clean-up.

On Thursday, May 12 and Saturday, May 14, ShareCare volunteers will be out in force providing Leelanau County seniors assist with moving patio furniture, potting plants, light gardening chores, minimal raking and other small odd jobs.

Volunteer manager, Jennie Arguello oversees the scheduling of volunteer helpers and assigns crews to the homes for seniors in need of the service, typically for about an hour of work. She said it is 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.

For more information on volunteering those days or if you are in need of spring clean-up this year, please contact **Jennie at 231-256-0221 ext. 304.**

Stay tuned....

2ND ANNUAL ROAD RALLY

OCTOBER (DATE TBD)

By popular demand, we are planning another road rally to be held this fall. There will be lots of clues and prizes. We will also need volunteers to be posted at each of the stops along the way.

EMAIL

▷ Don't reply to emails from people you don't know

Although it isn't pleasant to think about, there are dangerous scammers out there who send alluring emails to try to steal personal information. You can steer clear of these cyber criminals by choosing not to open or reply to any emails from people you don't know. Remember: if something seems too good to be true, it probably is.

▷ Be careful when you click on a link or attachment

Before you click on a link in an email or download an attachment, make sure you confirm the identity of the sender. If the email came from someone you know, it is likely safe to open the link or attachment. However, it's always best to use caution when handling anything unknown on the internet.

SOCIAL MEDIA

▷ Avoid oversharing

While social media is undoubtedly intended for communicating with others, consider being selective about the information you share. Personal information such as your social security number, phone number, and address should never be shared on a public forum or with strangers online. Aside from your personal information, also be mindful of anything you share about people you know without first asking them for permission.

▷ Follow online etiquette

There are a few unspoken rules that social media users follow. For example, writing with the caps lock turned on is generally interpreted as shouting. Emojis and other images can also have their own meanings, so it's best to research an unknown symbol before using it on social media or any other website.

Maria Shriver Has Interviewed Dozens of People About Aging Well—Here's the Advice She Follows "All of us deserve to believe our best days are in front of us." *read article, by going to: <https://www.prevention.com/life/a38916573/maria-shriver-aging/>*



RIDE REQUEST PROTOCOL

Ride requests will be made by emailing 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 (Ext. 301).



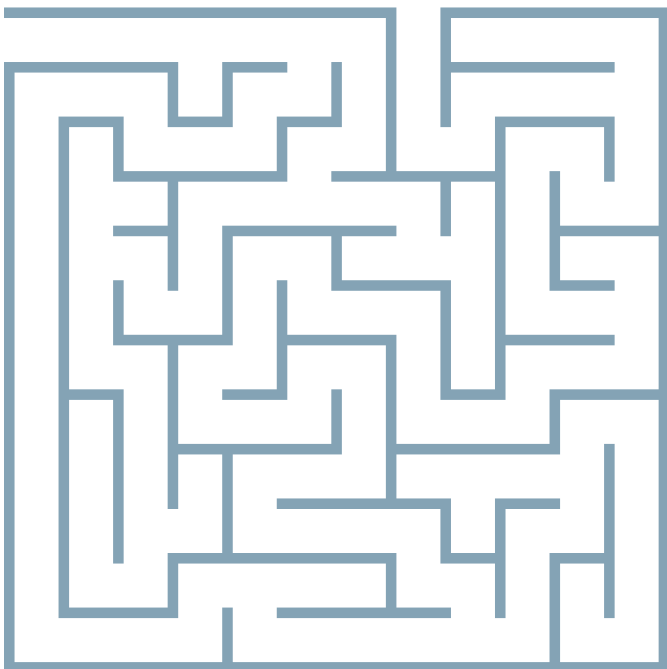
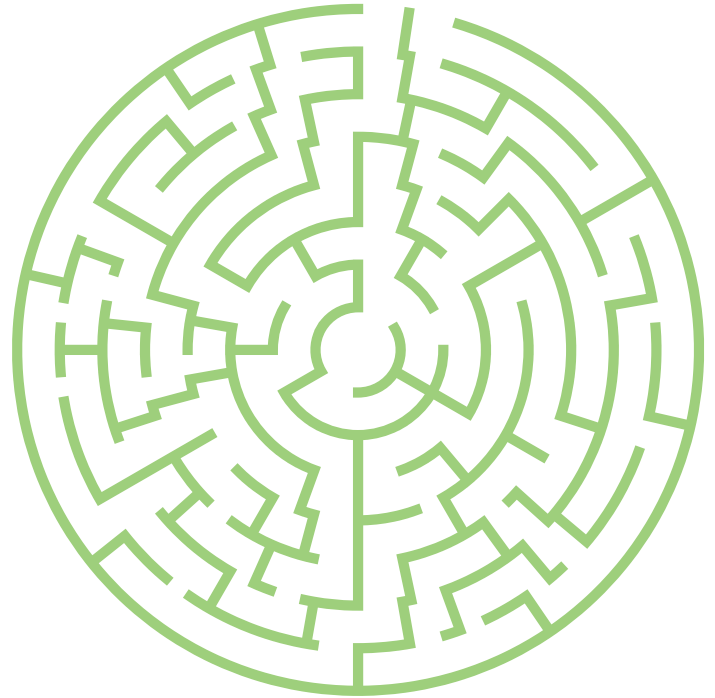
Riddles & Puzzles

I am full of holes; I can hold water. What am I?

What gets wet when drying?

What are two things people never eat before breakfast?

What has two hands and a face, but no arms and legs?



What is it the more you take away the larger it becomes?

What can't be used until it's broken?

What has 4 legs and only 1 foot?

What has many keys but can't open any doors?



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



See Us On Facebook @NPalliativeTC

(231) 421-6921

www.NPalliative.net

ANTRIM · BENZIE · GRAND TRAVERSE · KALKASKA · LEELANAU

Share&Care

Your Life. Your Home. Our Help.

PO Box 937 | 407 E. Main Street
Leland, MI 49654

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

info@sharecareleelanau.org | sharecareleelanau.org

 [facebook.com/ShareCareLeelanau](https://www.facebook.com/ShareCareLeelanau)



Your Life. Your Home. Our Help.