

THE CONNECTOR

WINTER 2022 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

EMAIL:
info@sharecareleelanau.org

mail: PO Box 937
Leland, MI 49654

office: 407 S. Main St.
Leland, MI 49654

Your Life. Your Home. Our Help.

From Julie Tarr, Ed.D.

Dear Friends of ShareCare,

ShareCare is pleased to announce it was awarded a \$100,000 grant by the Michigan Health Endowment Fund under its Healthy Aging program area. The Health Fund works to improve the health and wellness of Michigan residents and reduce the cost of healthcare, with a special focus on children and seniors.

The funding over two years will support the Peer-to-Peer Family Caregiver Program. The program is to help family caregivers better care for an older person with memory loss by providing one-on-one support that enables them to make more informed decisions related to the many challenges and responsibilities they face.

There are several workshops and training planned prior to the program officially launching in the spring. Workshops will be offered on February 3rd and 22nd that will cover managing difficult behaviors, and communication and engagement strategies for people with dementia. In addition, volunteers will receive training on February 10th and 11th on the Livable Communities Caregiver Coaching Program, an evidence-based curriculum developed by Westchester Public Private Partnership for Aging Services in partnership with Fordham University. ShareCare will lead two mindfulness workshops on March 3rd and 4th to help family caregivers and volunteers reduce stress.

If you are a family caregiver or are interested in becoming a volunteer coach, please contact our office at 231-256-0221 ext. 304 for more information. All of the workshops and training can be attended in-person or virtually.

To find out about additional program offerings, regularly check our website at www.sharecareleelanau.org.

Warm wishes,





Member Profile

by Jennie Berkson



TOM GUBACK

From the Silver Screen to the Pulpit

If you were to think of a career change a person might select, the move from being an academic with a research specialty in the international film business to Episcopal priest probably wouldn't be one that would come to mind immediately.

But for ShareCare member Tom Guback it made sense.

Born and raised in the New York City area, Tom found his way to the University of Illinois in Champaign-Urbana as a professor in the Communications Department focusing on the industrial and economic systems of the American film business. During that time, he met his late wife Sylvia Linde-Guback.

"We were both involved in the local arts and music scene," he said. "A woman who lived across the street had a surprise birthday party. I was invited and so was Sylvia." They married in 1988.

Sometime after that, Tom began to drift away from his research in the workings of the film industry.

"I became more generally interested in the problems of welfare and equity," he said. "I was opened up to Scripture and what Christianity was doing about these issues."

Although baptized in the Russian Orthodox Church, Tom had not been active in some time and was drawn to the Episcopal Church, where Sylvia was involved.

"There was more of a focus on social justice and

social action. I thought I heard a call to ordained orders," he said.

And so, in 1997 he retired from academia and went to seminary in Wisconsin and was ordained in 2000.

Tom and Sylvia had been coming to Leelanau County since the 1980s, spurred on by a friend of Sylvia's.

"She told us that there were many parts of Michigan that were very nice, but that we belonged in Leelanau County."

Over the years, they moved from a condo in Glen Arbor to a home on M22 one mile south of the Happy Hour. After Sylvia died in 2018, Tom found the house to be too big and he now enjoys his condo in Suttons Bay.

As residents of Leelanau County, they had a natural connection to Saint Christopher's Church in Northport. Tom became the rector there in 2000 and served until 2007, getting special dispensation to serve one year beyond his required retirement age of 70.

"I still help out with Sunday services when needed," he said. "I'm glad to be retired and to make the position available to someone else."

Tom's been a member of ShareCare for "at least 20 years. I thought it was a good and worthwhile social service, I was impressed by it and how it benefited the community and that someday we might benefit from it too." In 2005, Tom had a pacemaker implanted.

"At the time, Anne Kelly was working for ShareCare and she came out and made sure my incision was healing properly." He also recalled that Sylvia may have received some services following surgeries.

Tom loves to cook, read and listen to music.

"I prefer to cook Continental European cuisine, although I've recently moved into more of a plant-based diet with less of a reliance on processed food and meat."

He's most interested in Classical and Baroque music and recently finished reading local author Erita Hill's book *Northern Harvest: Twenty Michigan Women in Food and Farming*.

S.O.S. - Sharing Our Skills

by Jennie Arguello, Volunteer Manager



NEW Family Caregiver Support Program

enjoys well-attended kickoff

Consider, donuts and warm conversation welcomed those attending ShareCare's October Healthy Living Workshop at Leelanau County Government Center. Those present were highly engaged as Susan Evans of the Alzheimer's Association of Michigan Chapter shared pertinent information about healthy lifestyle choices and the common warning signs of dementia.

Tips on starting the dementia conversation with a loved one were shared, and a valuable discussion took place among attendees. Jennie

Arguello, ShareCare's volunteer manager, presented on the benefits of Mindfulness for stress reduction and led the group in guided relaxation. Tina Greene-Bevington, owner of Bay

Books of Suttons Bay, provided an opportunity to purchase applicable healthy living resources.

If you missed the kickoff workshop, there is still time to get involved in the new Family Caregiver Support Program. Enrollment of family caregivers and volunteers will begin in January. The program consists of a volunteer coaching program to assist family caregivers of loved ones with dementia. Currently, fourteen people have expressed interest in becoming volunteer phone coaches and eight family caregivers caring for loved ones with dementia have shown interest in being matched with a vetted volunteer coach. Additional workshops on dementia, mindfulness, and training for volunteers to be coaches for family caregivers will take place in February and March, with the program launching in April.

If you are interested in participating as a family caregiver or volunteer phone coach, we encourage you to contact ShareCare at 231-256-0221 ext. 304 or email us at info@sharecareleelanau.org



Volunteer Profile

by Jennie Berkson

TERRI MYERS

Lifelong Profession Leads to Volunteer Connection

Although early in her career as a physical therapist ShareCare volunteer Terri Myers concentrated on pediatrics and neurology, later on she found satisfaction doing home care with senior citizens.

“I’d come in the door and they’d greet me and offer a cup of tea,” she recalled. “I had to gently remind them that we also had to do some work together!”

Terri became interested in being a physical therapist as a young person.

“I was the second of five children and I knew I wanted to get into the medical field. In middle school and high school I did some volunteering and I was able to observe the physical therapists. I thought this was for me.”

After she retired, Terri found that she missed the work.

“There was a gentleman who lived next door to us who wanted to stay in his home and was a ShareCare client. The nurse who visited him knew I was a physical therapist and would call me up on the phone to come help,” she said. That activity got her connected to ShareCare.

“I was a driver before COVID hit and ShareCare temporarily stopped transportation services. That’s when I got into doing phone calls,” she said. “I have one couple and two single women I call regularly. The calls are mostly focused on getting to know them. It’s



rarely about what they need in an urgent way, they’re all in good enough shape.”

In addition to hiking or cross-country skiing with her rescue dog Lulu, a boxer/Lab mix, Terri volunteers with several other local organizations including Generations Ahead, which mentors teenage mothers, the Glen Arbor Cemetery Advisory Board and Friends of the Sleeping Bear Dunes.

“I remind people how difficult it is to climb back up the steep part of the dunes,” she said.

Terri’s husband John is the cook in the family.

“We eat a lot of seafood and veggies. He makes a good Pad Thai,” she said appreciatively.

Terri and John have five children and four grandchildren who live in far flung locations.

“Columbus, Fairbanks, New Orleans, Las Vegas, Berlin, the Netherlands,” she said. “It’s hard to get us all together.”

These days, you might find Terri engaged in a new hobby.

“I’m teaching myself to play the ukulele,” she said. “There’s lots of You-Tube videos for instruction. I love to print out old folk-songs and bluegrass.”

Caring for Your Health

A message from Danielle Gray, our Care Coordinator



As I reflect on the past year, I can only be grateful. Despite 2021's challenges, I feel everything learned in the midst of hardship has only changed me in ways to be more present and available in 2022. This past year has prepared me more for my future and my position with ShareCare. For this, I am excited!

A new year brings new challenges, goals, skills and relationships. I look forward to the new programs we are launching this year, in particular, the volunteer coaching program for family caregivers of people with dementia. Our support group, services provided by our many volunteers, and educational workshops will help every senior in need remain healthier and more connected in the coming year.

It is my goal to give you the proper tools and resources to help you excel wherever you may be in life. I look forward to connecting with each and every one of you throughout this coming year, whether by phone, events, a home visit, support groups or in the local grocery store.

Please know that I am here for you and you can reach me at the office 231-256-0221 ext. 305 if you need anything or simply want to check-in. I am open to all ideas for new programming ShareCare can provide seniors in our community.

Thank you for this opportunity!

With Gratitude,

Danielle Gray, RN
Care Coordinator





THINGS TO CONSIDER WHEN THINKING ABOUT MOVING FROM YOUR HOME

ShareCare's mission is to promote both a physical and emotional healthy, independent and fulfilled lifestyle while aging. The underlying value is to support seniors with services that allow them to remain in their homes and communities for as long as possible. Determining when a transition to an independent or assisted living facility is needed is a personal decision, often made with input from one's family and medical provider. The following are a few tips if you are considering a move.

Look at the available senior living options well before the need arises. There are many living arrangements out there that could make life easier, safer and more enjoyable. Most independent living and assisted living facilities will offer tours, and that is a good time to find out about cost, and what amenities are offered; including meals, activities, and transportation. Keep in mind that many residential communities have waiting lists and you might consider getting on one long before you need it.

If someplace interests you, ask for referrals from people who you may know that have moved there. ShareCare knows many people who live in Traverse City independent and assisted living facilities, and some still receive services from us.

Reflect on your current situation, how your health may change in the coming years, as well as your financial circumstances. Do you have

long-term care insurance and if so, what are the requirements to receive payment. Ask about the cost structure and what the increase might be as your needs change. If the entry cost is a concern, you should ask whether there are units set aside for individuals with fewer resources. Find out whether you will have priority over someone on the waitlist should you need to move to another setting within the same facility, such as moving from independent to assisted living.

If you are considering a move because your spouse needs more care, such as someone experiencing cognitive decline, look at the options for you to remain together in the same apartment, and if the facility has a memory unit should that be needed.

Talk to your family about your plans, and whether a move closer to where they live might be better for you. It is helpful to have a family member or friend nearby to bring groceries or needed essentials, and take you to appointments and other activities you may enjoy. ShareCare volunteers can also assist with some of these needs if you move locally.

If you want to discuss options, feel free to contact Danielle, ShareCare's Care Coordinator at 231-256-0221 ext. 305 or email her at danielle@sharecareleelanau.org.



COST-BENEFIT ANALYSIS

In the fall of 2020, ShareCare engaged in an external independent cost-benefit analysis conducted by the University of Michigan School of Social Work. This evaluation was prompted by the reorganization of ShareCare to offer services to any Leelanau County seniors in need, and to eliminate membership dues. Highlights from the evaluation are included below.

Cost Analysis

The purpose of a cost analysis is to evaluate the fiscal performance of ShareCare of Leelanau. The analysis in this report uses data provided by ShareCare from the years 2019 and 2020.

The methodology uses a mix of cost-benefit and cross-cost analysis.

The cost-benefit analysis grouped ShareCare costs into four categories: administrative, health services, transportation, and volunteer activities. The analysis then establishes the benefits of each category, except administrative, using the value of employee and volunteer time.

Interwoven with the cost-benefit analysis is a cross-cost analysis that evaluates the organization's services based on what comparable services would cost if provided through the market.

The major findings of the cost analysis are as follows:

- In a “typical” year (2019), ShareCare provides between \$70,624 and \$110,179 in social benefits. Even with the challenges from the pandemic, ShareCare was able to provide between \$56,630.83 and \$95,097.53 in social benefits in 2020.
- ShareCare can deliver health services at a much lower cost than members would pay if they received similar services from the market.
- The transportation services provided by ShareCare are very valuable to its members and are significantly less expensive to deliver than market alternatives.
- The organization's volunteer cost is approximately the same, or higher than the value provided by volunteers or the cost of market alternatives. However, these services may help build vital community bonds.
- Volunteers who are also members fulfill most transportation requests and most 2019 volunteer services.

Member Benefits

The focus of the member survey and focus groups was on perception and involvement of participants with ShareCare, as well as gaining a better understanding of the influence that ShareCare has had on participants.

Participants interviewed for the study were equally distributed by length of membership: one-third had been members for five years or less, one-third were members for 6 to 15 years and one-third had been members for more than 16 years.

Participants were generally very positive about the impact of ShareCare on their access to services and quality of health.

For the self-efficacy domain, ShareCare was

strongly endorsed for helping people stay in their homes.

ShareCare had less of an impact on social connections, with 67 percent of respondents indicating their participation in activities remained about the same after joining ShareCare.

Greater length of membership was associated with a greater likelihood of knowing how to get assistance of any kind.

Participants thought more service options would be helpful, including people to talk to; events that foster social connection, referrals for hired contractors, in-person and Zoom home visits, technology support and exercise programs were mentioned.

Volunteer Benefits

The volunteer survey and focus groups focused on perception and involvement of volunteers with ShareCare to gain a better understanding of the need for training, volunteer recruitment and feelings regarding ShareCare’s connections to a wider network of service providers and community. The volunteer survey was completed by current volunteers in ShareCare’s database as of May 2021. Over one-third of volunteers were not members of ShareCare.

Providing rides is the most popular volunteer activity for more than 50% of volunteers, with the majority of volunteers wanting to provide rides in the future.

Almost 50% of volunteers spent 1-5 hours per week volunteering for ShareCare.

Very few of the respondents felt they needed any or more training to provide services, however, of those that felt they needed more training, a range of training suggestions were made, including physical transfer of riders, orientation to the job they were assigned to such as home visits, and wanting to learn more about what the needs of older adults were in the County.

Many things motivated respondents to volunteer, with the largest factor being social, getting to know new people and being involved in the community.

Respondents would overwhelmingly recommend volunteering for ShareCare (92%) and almost 90% plan to continue volunteering at the same level of time commitment.

Low levels of volunteering currently and plans to decrease volunteering in the future were related to less positive self-perceptions of aging.

Volunteers liked the mission of ShareCare, to help the community, and from a personal perspective volunteers were motivated to meet new people.

Next Steps

Several next steps were recommended:

- Hold a session to give stakeholders an opportunity to weigh in on the importance of various findings.
- Create committees or task forces for planning and policy development.
- Initiate a strategic planning process led by the Board to consider the findings, and develop recommendations on service and volunteering goals over the next three years.

If you would like to read the full report, please email us at info@sharecareleelanau.org and we will send it to you. The report will also available on our website at www.sharecareleelanau.org.

SHARECARE HAS ONE VACANCY ON ITS BOARD OF DIRECTORS
and several openings on the fundraising committee.

Please consider joining us by emailing info@sharecareleelanau.org.



Dear Volunteers,

Whether you volunteered once or multiple times within the past year, I want to thank you. We continue to receive

heartfelt compliments about you. The way in which you give is selfless and genuine and those receiving your goodness are grateful. I understand that many of you don’t feel the need to be “recognized”, but I want to tell you how impressed I am with your dedication and commitment. I hope that your holidays were peaceful and that you had time to reflect upon how much you gave in this past year.

What an impact you have made and continue to make!

With my most sincere gratitude,

Jennie Arguello | Volunteer Manager

Our Heartfelt Condolences

go out to the families of these ShareCare Members:

Lois Golightly • Bob Hall • John Koshara

Dear Friends of ShareCare,

Living in Leelanau County can be a challenge for those of us who stay during the winter. Every so often a storm comes along that knocks out power, as it did right before the holidays.

ShareCare staff will make every effort to be in the office assuming travel is advised, and if not, we will check messages.

Before another storm occurs there are some steps you can take to help us make sure you are safe:

1. Let us know if you stay in Leelanau County over the winter and do not have a generator
2. Let us know if you wish to be checked on if the power goes out

If we cannot reach you, we will contact your emergency contact person, and if we cannot reach them we will ask emergency management to check on you.

Please post the following non-emergency number in your home: 231-256-8800. You can call emergency management services if you do not have heat and cannot reach ShareCare.

There are warming centers available and they are posted on the Leelanau County website: [www.leelanau.gov/emergencymgmt/emergency conditions & updates](http://www.leelanau.gov/emergencymgmt/emergency-conditions-and-updates). If you have no power however, it is likely you will have no internet service, so be sure your phone is charged and call the non-emergency number.

Finally, we would like to develop a list of people who have generators and would be willing to let a ShareCare senior stay with them during an outage.

Stay safe and warm,



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 301)** 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).



READING

5 Proven Benefits of Reading for Seniors

1. Enhancing Memory
2. Sharpening Decision-Making Skills
3. Delaying Onset of Alzheimer's and Dementia
4. Reducing Stress and Anxiety
5. Sleeping Better

source: www.lifeline.philips.com/resources/blog/2015/03/5-proven-benefits-of-reading-for-seniors.html

BOOK PICKS by Staff:

The Warmth of Other Suns

by Isabel Wilkerson

Firekeepers Daughter

by Angeline Boulley

Across the Great Lake

by Lee Zacharias

Four Winds

by Kristen Hannah

The Midnight Library

by Matt Haig

Tea Tea Girl of Hummingbird Land

by Sun Lee

I Am Still Here

by Austin Channing Brown

Hum if you Don't Know the Words

by Bianca Marais

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

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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)



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