

ShareCare

THE CONNECTOR

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Your Life. Your Home. Our Help.

From Julie Tarr, Ed.D.

As we enter the quieter season UpNorth, ShareCare is pleased to begin offering wellness programming to promote social connections and healthy living. We hope to offer at least one facilitated session each month, and foresee more of these types of activities if they are successful. Please rsvp by calling the office 231-256-0221 ext. 301 or email sally@sharecareleelanau.org if you plan to attend. It is important we have an accurate count of participants for the lunch.

THE FIRST QUARTER'S PROGRAMS ARE LISTED BELOW.

Oct.26-noon | Staying Positive With Diminishing Health

Leland Library | lunch served | Facilitator: Diane Burton

We hit a brick wall when we face a diagnosis or a disability. This workshop will address powerlessness, grief, physical change, isolation, and the re-imaging of self. We will learn some practical ways to find hope and embrace the sacredness that may come in these times.

Nov. 15-10 am | Finding Joy During the Holidays and How to Feed Your Soul

Leland Library | Continental breakfast served. Facilitator: Barbara Burkhardt

This workshop will focus on the upcoming holiday season and how to find joy in the magic of the season, even when many of us feel stressed or lonely during this time of year.

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Our VOLUNTEERS are amazing!

“As I wind down my traditional work life, I’ve been looking for a way of still doing what I love and using it in a new context, as well as continuing to learn. For me, volunteering to spend time with elders and to support care partners of Alzheimer’s patients is allowing me to do that. I feel I am getting more than I am giving. —ShareCare Volunteer



*We make a living
by what we get.
We make a life by
what we give..”*

– Winston Churchill

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Member Profile

by Jennie Berkson



SANDY LOCKWOOD

An independent spirit no matter what the journey

She raised a family in a log cabin on the west side of Lake Leelanau in the 1960s, she pursued a career in real estate and opened her own office, she traveled the world on sailing ships and now she gets around Suttons Bay on a three-wheeled bicycle.

In 1964, a “for sale” sign leaning against a North Lake Leelanau log cabin owned by a local physician and his wife led Sandy Lockwood and her five children to take the plunge into rural life from a more conventional existence in Indianapolis.

“The cabin had one heater under the floor, heat rises you know, and there was the kitchen potbelly stove. My kids were 4, 6, 7, 8, and 9. They loved it — being able to snow ski every weekend. They grew up sailing and waterskiing.” Sandy started and grew a real estate career in the early 1970s.

“Of all the professions I could enter I thought that had the best chance for a woman to succeed,” she said. “There was no glass ceiling. You could be as successful as you wanted to be.”

Along the way, adventures beyond Northwest Michigan beckoned. An avid sailor herself, Sandy has cruised the world as a passenger on commercial sailing vessels from Turkey to

Rome, from Spain across the Atlantic and from Turkey to New Zealand, just to mention a few voyages.

Sandy Lockwood’s independent spirit has continued through her life up until this day. Loss of sight in one eye convinced her to stop driving. Like many people in their later years with changing abilities, she made the decision to move into first one retirement community, and then another. But she found that life wasn’t to her liking and in the middle of the pandemic, her family helped her move into her own apartment in the old stone schoolhouse in Suttons Bay.

In the good weather, Sandy makes her way around town on an electric tricycle. “I buy a bouquet from the farmer’s market, ride around the village, go swimming,” she said. “Suttons bay is a livable community, although we need a dry cleaner.”

The winter is a different story and that’s where Share Care first came into Sandy’s life.

“I called Hansen’s and asked them if they delivered groceries,” Sandy said. “They suggested I get in touch with Share Care as they offer that service. I’ve had Share Care volunteers take me to doctor appointments, pick up my mail and take my recyclables away. I really enjoy meeting all the volunteer people who come to drive. I have new friends because of ShareCare.”



The Joy of Gathering



October is a perfect time for Autumn gatherings and although the sun wasn't present, ShareCare volunteers and members were. French Valley Vineyard was the welcoming venue for our recent Fall get-together. Relaxed conversations revolved around family, health and recaps of summer activities. As food and beverages were enjoyed, new friends were made and old friendships rekindled. The overriding consensus appeared to be that it was wonderful to join together again.

It's our hope at ShareCare that each of you will find deep reward in the volunteer positions you choose, unity in our gatherings and services that will enable you to live the healthiest life possible.

Thank you to each of you for contributing to what collectively creates the best ShareCare possible.



Volunteer Profile

by Jennie Berkson

AMY GAUDARD

The epitome of generosity and enthusiasm

A serendipitous combination of events brought Amy Gaudard, one of ShareCare's newest volunteers, to pick up the phone and connect with the organization after a previous assignment ended with the onset of the COVID-19 pandemic.

"I had been looking for somewhere else to get involved," she said. "One day we got a ShareCare postcard in the mail that was actually addressed to the previous occupant of our house. I had never heard of this organization, so I looked up their website to find out what kind of services they provided."

On the same day she received the postcard, Amy spoke with her parents who have a friend downstate who was losing her eyesight and could no longer drive. "Their friend was sharing what a struggle it is for her to get rides for her appointments and errands," Amy said. "When I saw that this was one of the services ShareCare offers, I felt like these two things happening on the same day was definitely a sign that this might be a great organization to get involved with."

Like other Share Care volunteers, Amy has received as much as she has given with her visits.

"I have gained a lovely friendship with the person I visit each week," she said. "We do everything from hanging out at her home and looking at her photo albums to running an occasional errand to going out for lunch. I love being able to help in a practical, yet simple way. And an added bonus is getting to know people's life stories in the time it takes to drive to and from the appointment!"



Born and raised in Leelanau County, Amy attended Suttons Bay Schools and graduated from there. "I moved away for college and then spent ten years living in the Grand Rapids area. I moved back in 1998 and have been here ever since."

Amy recalled that during her childhood, every time her family would drive from Suttons Bay to Traverse City, her mom would say "Look at the bay, isn't it beautiful?"

"I would roll my eyes as I was so tired of her saying that. Fast forward twenty years, driving past the water, I found myself doing the exact same thing to my sons," she exclaimed.

Amy is the Regional Marketing Director for Pirate's Cove Adventure Golf, a chain of miniature golf courses that originated in Traverse City and has now grown to 23 locations around the country. And her husband, retired police chief from Bloomfield Township is an avid golfer. But when Amy is on the golf course, she occupies herself another way.

"When my husband golfs, I go with him but don't play," she admitted. "I run around searching for lost golf balls. During a 9-hole round, I usually find 65-100 of them!" Her record is 228 balls during a 18-hole excursion.

She has a big tub in her garage where she keeps her haul. She's found that a gallon Ziploc bag holds 50 balls, which she gives to other golfers.

With all that running around, "I get so much more exercise than my husband!" she said proudly.

Caring for Your Health

A message from Danielle Gray, our Care Coordinator



Respite...

A Time For Being

WHAT IS RESPITE?

Respite is a short period of rest for Caregivers. This can look many different ways, depending on individual needs. Respite can take place in one's home and/or a facility whether that be a day program or nursing home.

WHAT ARE THE BENEFITS OF RECEIVING RESPITE CARE?

Stress reduction. Chronic, high levels of stress have proven to put caregivers at risk of a much earlier death than someone who isn't caring for a loved one.

Respite helps prevent caregiver burnout. You cannot pour from an empty cup. When you are burned out, you are not effective nor can you be objective to the needs of your loved one.

Respite allows your loved one to access amenities that they may not have access to otherwise. It also allows opportunity for socialization for you and/or your loved one, therefore decreasing social isolation and decreasing the risk of depression.

WHAT SHOULD I DO?

- Plan lunch with a friend or meet up at a coffee shop.
- Read a book in a relaxing, quiet location at home or your favorite place.
- Take a nap!

The possibilities are endless. Be creative and do what you feel your body needs most. The purpose is to be still and tend to YOUR needs. Simplicity is sometimes the best medicine.

Your goal with respite is to take care of yourself, while ensuring your loved one is safe and secure.

HOW CAN SHARECARE HELP?

We have trained volunteers available to provide up to 4 hours every month of respite care in your home. In order to take advantage of this free offering, one must be enrolled with ShareCare and complete the necessary documents as well as a home visit. We are eager to help and serve our community in a way that best supports a healthy future for you and your loved one.

Additional resources on page 6

If you are interested in joining this wonderful program or need further assistance, please reach out to Danielle Gray at 231-256-0221 ext 305 or danielle@sharecareleelanau.org.

Lastly, if you are interested in becoming a volunteer respite provider, please contact Jennie Arguello at 231-256-0221 ext 304 or jennie@sharecareleelanau.org.

Jan. 17-10 a.m. | Chair Yoga for Seniors

Friendship Center Suttons Bay
Dorothy Eisenstein | Leelanau Wellness Collective

Did you ever want to participate in a yoga class and didn't because you worried about having to get down on the floor? Chair yoga may be just what you are looking for! This class will help you relax and stretch those stiff muscles through easy to learn poses.

Feb. 9-11:30 a.m. | Balance and Chair Exercise

Friendship Center Suttons Bay
Dr. Aubrey Jabour | Physical Therapist

Northbound Physical Therapy and Wellness. Practice balance and chair exercises under the supervision of an expert. This class will help you develop a routine to prevent falls, and teach you basic exercises to increase strength from the comfort of your chair.

ADDITIONAL RESOURCES FOR FAMILY CAREGIVERS:

Resources for Caregivers:

Trualta is a personalized, skills-based training platform for family members caring for aging loved ones living at home. It is Skilled Based Training developed in partnership with OT's, RN's, MSW's and geriatric care managers. It is also customizable to the individual's personalized situation.

www.trualta.com

Resources for Senior Citizens Residing at Home:

Empower@Home through the University of Michigan is an online program for emotional wellbeing and social connection. A team of researchers at UofM developed it along with input from health care staff and seniors residing at home. It is internet-based cognitive behavioral therapy that includes short videos and interactive exercises incorporating different techniques. www.empower-at-home.com

For additional Respite Resources:

www.archrespite.org



Local Artist offers *Creative Comfort*

*M*y name is Stacie Farmer and I have lived in Frankfort, Michigan since 2005. I have three adult children, a sixteen year old, two dogs and a cat. I love to stay busy and love to learn & do anything crafty/artsy. I taught myself how to sew when I was 13 years old and haven't stopped sewing since. I do interior design and also design soft goods for the home. A friend reached out to me after he read there was a need for someone to make fidget blankets for Alzheimer's patients through ShareCare of Leelanau.

I had never heard of them before but I was happy to help out as I have had family

members affected by Alzheimer's disease. I began

reading up on what the blankets entailed, including the benefits of the quilts, and got really excited about getting creative with them.

I knew these would have been a great addition to my family members' lives. I purchased some fun fabrics and tactile items to use for these creations and started sewing after my next trip to the fabric store. These quilts have been a joy to create and it is an honor to donate them to families who might benefit.





French Valley Wine Run 5k Event

We had a great turnout on August 14th for our first 5K hosted by French Valley Winery. Participants were of all ages with medals going out to the best time in each age group. The event raised \$1,045 for ShareCare, and we had so much fun the organizers want to do it again next year with ShareCare as the designated charity. Look for event details in the spring.





Drivers **NEEDED**

BE the **KEY!**

for **Seniors**

- Provide a Ride/Run an Errand
- Pay a Visit
- Make a Phone Call

Volunteer when it fits YOUR schedule

Give ShareCare a Call! 231-256-0221 ext. 304



Technology Team Volunteer

Position Description

The ShareCare Technology Team Volunteer will help seniors in their community with basic technology questions. Assistance will take place at the local library by appointment. Seniors in need of assistance will contact ShareCare so that their issue can be vetted and an appointment time put on ShareCare's volunteer calendar. Volunteers will check the calendar to review the technology issue and whether the suggested time works with their schedule. Volunteers are not expected to know all technology devices or applications. Topics may include how to access the web, downloading APs, e-books and audio books, using Microsoft programs such as Word or Excel, navigating Google docs and spreadsheets, and learning how to stream movies or tv shows. Assistance with a broken device is not expected.

Training

The volunteer will be provided an orientation to ShareCare and instructions on how to use the volunteer calendar.

Accountability

The volunteer will be responsible for reviewing the volunteer calendar periodically and when accepting a shift, contacting the senior by phone to confirm the time and library where they will meet.

Qualifications

The volunteer should enjoy working with seniors and if possible be located in the same community as the senior they will be assisting. A basic understanding of technology devices and applications is required.

ShareCare of Leelanau, a nonprofit serving Leelanau County senior citizens, is pleased to announce its inaugural issue of an annual health and wellness magazine for seniors.



6,000 copies will be mailed directly to Leelanau County households. An additional **1,000** will be distributed to area businesses throughout Leelanau and Grand Traverse counties.

The editorial content will be diverse and contain information that readers will want to keep on hand for reference.



What's In The Garden

Hearty Beef and Barley Soup

www.tasteofhome.com

Total Time | Prep: 20 min. Cook: 1 hour 50 min.
Makes 9 servings (2-1/4 quarts)

Ingredients

- 1 tablespoon canola oil
- 1 pound beef top round steak, cut into 1/2-inch cubes
- 3 cans (14-1/2 ounces each) beef broth
- 2 cups water
- 1/3 cup medium pearl barley
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup chopped carrots
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 3 tablespoons minced fresh parsley
- 1 cup frozen peas



Directions

In a large saucepan, heat oil over medium heat. Brown beef on all sides; drain. Stir in broth, water, barley, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 1 hour.

Add carrots, celery, onion and parsley; cover and simmer until meat and vegetables are tender, 30-40 minutes. Stir in peas; heat through.

Nutrition Facts

1 cup: 133 calories, 4g fat (1g saturated fat), 28mg cholesterol, 859mg sodium, 10g carbohydrate (2g sugars, 2g fiber), 14g protein. Diabetic Exchanges: 2 lean meat, 1/2 starch, 1/2 fat.

ShareCare will be closed the following dates over the holidays:

November 24th and 25th

December 23rd – January 2nd

Please note that there will be no transportation during these times.

ShareCare

Thanks to 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



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