

ShareCare

THE CONNECTOR

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Our **VOLUNTEERS** are amazing!



I am extremely grateful because they give up their personal time, their gas and vehicles.

They so graciously help me. I pray for their welfare because they never say no unless they are unavailable. It is so comforting to have them.

—Member, Nancy P.



Your Life. Your Home. Our Help.

From Julie Tarr, Ed.D.

HOW OUR ATTITUDES ON AGING CAN IMPACT OUR HEALTH

Recent findings from the Irish Longitudinal Study on Ageing (TILDA) at Trinity College Dublin, showed that negative attitudes to aging affect both physical and cognitive health in later years. Older adults with negative attitudes towards aging had slower walking speed and worse cognitive abilities two years later, compared to older adults with more positive attitudes towards aging. This was true even after controlling for participants’ medications, mood, their life circumstances and other health changes that had occurred over the same two-year period.

Maintaining a positive attitude while aging can impact our physical health for the better in many ways, including:

Reduces Stress: A positive attitude can help reduce stress levels. Chronic stress can have adverse effects on physical health, including increased blood pressure, a weakened immune system, and an increased risk of heart disease.

Improves Immune System: A positive attitude can help improve the immune system, which is crucial for maintaining good health. Studies have shown that people with positive attitudes tend to have higher levels of antibodies, which can help fight off infections and diseases.

Encourages Healthy Behaviors: People with positive attitudes are more likely to engage in healthy behaviors, such as exercising regularly, eating a healthy diet, and getting enough sleep. These behaviors can help maintain good physical health and prevent chronic diseases.

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CONTACT US:

231-256-0221

EMAIL:
info@sharecareleelanau.org

mail: PO Box 937
Leland, MI 49654

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



Let's Glow!

FACE YOGA FOR ANY AGE

By Katherine Palms · leelanauwellnesscollective@gmail.com

Face Yoga is an ancient discipline pursued for thousands of years in India and other parts of South Asia. Today, Face Yoga has been adopted in western cultures as a stand-alone practice or blended with various exercises to make it more suitable to consumers. The mix of traditional techniques combined with a current understanding of the skin makes Face Yoga, in particular, both powerful and practical.

Face Yoga is the practice of various exercises focusing on facial muscles to create a firmer, more sculpted-looking countenance with fewer wrinkles and sagging skin and a more defined jawline.

The name 'face yoga' may sound ridiculous, but it is a solid yoga practice by its very nature. 'Yoga' is the Sanskrit word for union, and Face Yoga is the union of numerous techniques to bring about holistic well-being.

The target of this practice is primarily on the physical body, but it also has a strong focus on the well-being of the inner self. Face Yoga concentrates on facial exercises, but to do so, it employs breath control and specific yoga-like body postures that benefit overall well-being. It can build a more positive sense of self that many lose as we start to age. Like all true yoga practices, face yoga's aim is self-realization.

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JIM RISTINE

A family tradition provides solace and support

When an organization's been around as long as ShareCare, you start to see the generation after the founders becoming involved as well.

Such is the case for Jim Ristine.

"Dad was a driver and Mother was a board member, I think," said Jim, referring to his parents Dick and Mary Lou. "Dad derived a lot of satisfaction from it. He was a very community minded person."

Like many involved in ShareCare, receiving went along with giving.

"Mother's health began to deteriorate. She had peripheral neuropathy and was able to get a walker she could sit on," Jim recalled.

The Ristine family connection to Leelanau County began when Jim's grandparents brought Dick up here as a toddler in the 1920's.

"He remembered staying in a standalone cottage at the location where The Whaleback Inn is now," Jim said. "I stayed there myself when I first moved up here in 1989."

Jim's career in museum work led him to start his own art transport business. "I helped the Denno's Museum get open and made trips to New York and Chicago to assist with other installations." He's been a board member of many local organizations, the Old Art Building and Preserve Historic Sleeping Bear to name a couple.

He's also a fan of jazz music. "Miles Davis, the greatest of all time and John Coltrane, too.

'Kinda Blue' is the greatest jazz album ever made."

It was Jim's involvement with the Michigan Legacy Art Park in Thompsonville that led him to meet Mardi Black, the love of his life, in 1995.

Although they had many wonderful years together, Mardi developed early onset dementia several years ago and through that reality, Jim had another reason to connect to ShareCare.

"When Mardi got sick, I thought I would be able to be a volunteer," Jim said. "I thought I could help others, screw in a light bulb." But even that proved too much, as Mardi's condition worsened and COVID arrived.

While Mardi was still able to stay at home, Jim said that ShareCare provided equipment that made life easier. When she had to move into The Highlands in Northport and then eventually Effie's in Leland, ShareCare was there with emotional support as well.

"They created a support group for caregivers," he said. "All of our spouses were at different levels of need. It was very helpful and even after COVID arrived, we kept it going on Zoom."

Since Mardi's death last August, Jim has continued to be connected to ShareCare through volunteer Ted Hoff who calls on a regular basis, is helping him survive his devastating loss.

"We talk about a lot of things," said Jim. "We share the challenges of our lives."



Volunteer Profile

by Jennie Berkson

TED HOFF

From marketing to encouragement

For some who retire early in life, sometimes leisure activities provide all the stimulation needed for a satisfying life. Others need something else.

After a career in marketing with Xerox and Sony, Ted Hoff retired at 55 but “quickly got bored.”

He found satisfaction working for an organization in Columbus, Ohio which built and managed homes for people with disabilities. “I started out as a job coach and ended up as operations director.”

In 2006, he had a stroke and spent a month and a half in the hospital. “They got me back to where I am today,” he recalled. And then he found a satisfying volunteer experience for the next four years.

“I reassured people, telling them everything was going to be okay. I got a kick out of it. It was a win-win situation.”

Although now “grounded” by virtue of his stroke history, in the past, Ted’s pilot license enabled him to have unusual family visits and some interesting adventures.

“When I was living in Cincinnati, I’d fly to Bloomington to have breakfast with my son Doug and then head up to West Lafayette to have lunch with my other son Andy.”

A little more thrilling was a close call with the United States Air Force. Ted took a friend for a trip to photograph fall colors in Kentucky from the air.

“I was flying on visual flight rules as I knew I’d hit the Ohio River and could follow that home,” he recounted. “All of a sudden, I saw an F4 fighter jet flying alongside pointing for me



to turn. He continued beside me, even though I was only going about 130 miles an hour in my Cessna! Finally he threw me a salute and was gone. I realized I’d gotten way too close to Fort Knox and the Army base there.”

Instead of flying, Ted now gives his attention to family and his two standard poodles Pepper and Logan. “I started with poodles 20 years ago,” he explained. My (now ex-) wife and I used to have Labradors but she finally said she was tired of the hair all over the place. They are so smart, only the Australian Shepherd is smarter than the poodle.”

Like many other area residents, Ted first arrived in the area courtesy of his parents who owned a house on the east side of Glen Lake. “Our family were just like fish, loved the water. And of course, back then we would take the car on the dune ride!”

Now Ted lives in Benzie County and takes full advantage of the great outdoors and restaurants in the area. “I love Pegtown Station in Maple City for breakfast and The Riverside in Leland for dinner.”

About three months ago, ShareCare volunteer David Watt suggested that Ted might enjoy volunteering with ShareCare.

He calls Jim Ristine on a regular basis to offer support and companionship.

“It’s such an easy thing to do. I feel I’m helping someone be happier, more confident and to get away from negative feelings. That makes me feel like I’ve accomplished something.”

Caring for Your Health

A message from Danielle Gray, Care Coordinator



Fight against ALZHEIMER'S DISEASE

There is some promising forward movement in the fight against Alzheimer's Disease according to the Alzheimer's Association. New medications and clinical trials testing a number of therapies are providing hope to many affected by Alzheimer's.

Approved Medications

Most of the currently available medications treat the cognitive symptoms of Alzheimer's disease. Several of them fall into the category of the acetylcholinesterase inhibitors and glutamate modulators. These drugs treat the symptoms of the disease, however do not slow down, modify, stop or reverse the disease process. One way to describe these drugs is that they have the ability to increase the efficiency of the cells, and how they talk to and listen to each other, but they don't necessarily prevent the cells from dying.

The first new drug, Aduhelm — also known as Aducanumab — is one of many drugs that are targeting amyloid in the brain, one of the hallmarks of Alzheimer's disease. Earlier this year, the FDA approved a second drug called Leqembi — also known as Lecanemab that slows down disease progression by targeting the underlying biology of the disease. A lot of the research that is happening today is focused on drugs that are aimed at maintaining cellular health and preventing those cells from dying. To learn more about the many drugs being tested in clinical trials visit the Alzheimer's Association website: <https://www.alz.org/alzheimers-dementia/treatments/medications-for-memory>)

Focus on Risk Reduction

Up to 40% of dementia cases could be prevented or delayed by targeting modifiable risk factors. Research suggests combining multiple healthy factors may be the most impactful, including environmental factors; physical activity; cardiovascular health; healthy diet; cognitive and social stimulation. Based on the research the Alzheimer's Association is reviewing, it's likely that combining multiple healthy factors for risk reduction strategies might be the most impactful, not just targeting a single one of these risk factors.

Research Resources:

- Alzheimer's Association
[alz.org/research](https://www.alz.org/research)
- Alzheimer's Science Hub
[alz.org/sciencehub](https://www.alz.org/sciencehub)
(or download the free App)
- Information on join a clinical trial
[alz.org/trialmatch](https://www.alz.org/trialmatch)
- Contact the Helpline: 800.272.3900 or email: helplinegmc@alz.org

ShareCare provides several programs for those with a dementia diagnosis and those caring for their loved one. These include Caregiver Coaching, a Support Group and Respite. **Please call Danielle at 231-256-0221 ext 305 for more information about these free offerings.**

Increases Life Expectancy: A positive attitude has been linked to increased life expectancy.

We asked some of our members their thoughts on staying positive while aging. This is what they said:

If I didn't stay positive I'd be in a bad place and it's not always easy. I'm a retired psychiatric nurse and I feel I have the tools to keep me in a good place. My faith helps a lot too. — Nancy

I don't have to go back to the doctor for a year, that's reason to stay positive! So many people I listen to have "shoulds" in their life. I don't ever want to be a should in anyone's life. Such as I "should" go visit my mother etc., I try not to do that...to should. I'm practically blind but I can see shapes and enough to walk into the

doctor's office. I can't really see my kids or grandchildren or great grandchildren, but I'm grateful for the sight I do have and for my family and friends. If I don't sleep well I don't share that with others because it doesn't make it better for them or for me. — Marcia

When I go to rehab and they are so positive, they make me feel better. There's a lot of grumpy people around and the therapy people help you in a crippling situation to feel better. — Pat

I use prayer because I found that it never fails me. I feel stronger after giving it to God. I have friends that are positive. I always tell myself that life is always changing and look at the bright side of the situation. I keep busy and do things for other people. — De

Let's Glow! **FACE YOGA FOR ANY AGE** *continued from page 2*

No specific tools or equipment are necessary to practice face yoga. You can practice the exercises anywhere — while doing laundry, driving to work, walking, or even watching a movie.

Until recently, there has been little scientific evidence to support the positive personal experience and anecdotal evidence of Face Yoga practitioners. However, the first study of its kind was completed by researchers in 2018. This study from Northwestern University in Illinois, published in *JAMA Dermatology*, a monthly peer-reviewed medical journal published by the American Medical Association, showed that by spending 30 minutes a day exercising specific facial muscles, study participants were able to tighten and lift the cheek areas to look more youthful.

The scientists were able to rate an approximate three-year decrease in age appearance over 20 weeks, supporting the argument that Face

Yoga improves facial appearance and reduces visible signs of aging. The most dramatic effect was seen in the participants' upper and lower cheek fullness, who were all 50+ years of age. According to the study's lead researcher, the exercises enlarged and strengthened the facial muscles so that the participants' faces became more toned and shaped like younger faces.

While it may seem strange that moving your Face in a specific way reduces lines rather than creating them, Face Yoga works a lot like resistance training. Certainly, the principles are the same. As a strength trainer, you move your body in a specific way to build muscle. So too, you move your facial muscles in a particular way to plump cheeks and define the area of your Face, the loose, inactive muscle that has been dragging downward thanks to gravity.

Are you interested in trying face yoga? You can find my classes locally and virtually. Via Leelanauwellnesscollective.com.

S.O.S. - Sharing Our Skills

by Jennie Arguello, Volunteer Manager



The *Gift* of *Listening*



How often do you find yourself feeling too rushed to listen? With our increase in timesaving technologies we may notice a sense of angst, a longing for a slower tempo. As I have recently been reading through the diaries of my great grandmother, I cherish her words, even if just a one line synopsis of her day. Having these records of her life are priceless to me.

Wouldn't it be lovely to have the opportunity to tap into the stories of our friends, neighbors and family members before they are gone? Fortunately, we have this ability through our very own ShareCare volunteer, Suzanne Hoff, who is trained in the Storycorps interview process. Dedicated to speaking with members and volunteers of our organization, Suzanne has generously offered her services.

Storycorps, founded by legendary radio producer, Dave Isay is built on a few

basic ideas:

That *our* stories — the stories of everyday people are as interesting and important as celebrity stories we're bombarded with by the media every minute of the day.

That if we take the time to listen, we'll find wisdom, wonder, and poetry in the lives and stories of the people all around us.

That we all want to know our lives have mattered and we won't ever be forgotten.

That listening is an act of love. (*Listening is an Act of Love: Dave Isay*)

It is our hope that you will visit our webpage (<https://sharecareleelanau.org/wp-content/uploads/2023/03/Interview-A-with-Peter-W.-And-Ed-R..m4a>) to enjoy these amusing and enlightening interviews. In the process, may you experience a slower tempo and a refreshing outlook on all that we have to be grateful for.



Other ShareCare Info



Time to Sign up for **SPRING YARD CLEAN-UP 2023!**

This year's dates will be

**Thursday, MAY 11TH &
Saturday, MAY 13TH**

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

Please note that we are limited in the services that we are able to provide, however we do have a list of recommended lawn services if more extensive work is needed such as lawn raking or mowing.

In order to schedule our volunteer crews, we ask that you register early. **The deadline for Sign Up: Friday, April 28th.**

If you are interested in this service or are interested in volunteering, please contact:

Jennie Arguello, Volunteer Manager
231-256-0221 Extension #304
jennie@sharecareleelanau.org

UPCOMING EVENTS:

NUTRITION COOKING FOR ONE

April 6 | 11:30 a.m. | Friendship Center

201 W Broadway, Suttons Bay

Jane Rapin, Nutritionist

Cooking for One can be fun, but can also have its challenges. Join us to learn helpful tips and tricks for making healthy choices on a budget. Learn ways to make cooking for one simple and enjoyable. This workshop will be a fun, interactive food demonstration with a tasting.

Registration appreciated, but not required.

Call 231-256-0221 and leave a message on extension 301. Or by emailing info@sharecareleelanau.org

RESILIENCE | April 20 | 10:00 a.m.

Leland Library Munnecke Room

203 Cedar St. Leland

Dr. Kathy McGuire Moore, Ph.D.

Dr. Moore studied Clinical Psychology at the University of Detroit, completing her Ph.D. in 1990. She practiced in clinics in southeast Michigan, served as a Team Lead at the Renfrew Center, Florida, a residential treatment facility primarily focused on eating disorders and finally, maintained a private practice in Troy, Mi until 2021 when she retired.

The mini-workshop, Resilience, will help to acquaint our participants with a better understanding of what resilience is, how to assess our own resilience and most importantly, how to further develop and strengthen our resilience to meet the challenges life presents.

Registration appreciated, but not required.

Call 231-256-0221 and leave a message on extension 301. Or by emailing info@sharecareleelanau.org



The Living and Aging Well Committee's next
TECHNOLOGY TUESDAY EVENT

April 18 | 4:00 p.m. – 5:00 p.m.

Suttons Bay Library

ANNUAL MEETING | May 9th | 10 a.m.

This is the annual meeting for all members, which includes volunteers and donors. In addition to our business meeting, we will have guest speakers: Kandi Lannen – AAA Northwest; Lori Wells – PACE North; April Missias – Leelanau County Senior Services who will present on the topic: Who you Gonna Call? Suddenly, life changes. You or someone you care about needs help. Learn who CAN help and how to reach them. **Registration is appreciated to estimate refreshments. Please email: info@sharecareleelanau.org or call 231-256-0221 ext. 301.** *Leave your name and the number in your party.*

LEELANAU COUNTY SENIOR EXPO

June 20 | 10:00 a.m. – 2:00 p.m.

Suttons Bay Schools

EXPO VOLUNTEERS NEEDED

Call Jennie 231-256-0221 ext. 304

or email: jennie@sharecareleelanau.org

**SHARECARE FUNDRAISER
5K RUN OR WALK**

July 23 | 8:00 am | French Valley Winery

Please use this link to register (required):

<https://runsignup.com/Race/MI/Cedar/FrenchValleyWineRun5k?raceRefCode=IHtCDQ3K>



**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
- 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 FULL BUSINESS DAYS prior to appointment day 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).

Citrus-Pineapple Smoothie Bowl

This smoothie bowl is a fun way to switch up your routine. It features vitamin C-rich citrus fruit, heart-healthy cashews, and gut-healthy Greek yogurt.



Put 1/2 cup fat-free Greek yogurt, 1/2 cup frozen pineapple chunks, 1 tsp vanilla extract, 1/2 navel orange, segmented, and 1/2 ruby grapefruit, segmented, in a blender. Blend until the mixture is smooth, and divide between 2 bowls. Top with more orange and grapefruit, plus chia seeds, unsweetened coconut flakes, and chopped cashews.

Nutrition: 240 cal, 12 g pro, 31 g carb, 5 g fiber, 19 g sugars (0 g added sugars), 8 g fat (4 g sat fat)

Source: www.prevention.com/food-nutrition/a20499756/20-super-healthy-smoothie-recipes/

Peach Blueberry Smoothie

This sweet blend will have you feeling like it's summertime in the dead of winter with blueberries and peaches. Plus, you'll get your daily dose of greens with nutrient-rich kale. A dash of cinnamon is the perfect touch.

In a blender, combine 1 cup chilled almond or vanilla soy milk, 4 slices of fresh or frozen peaches (about 1/2 cup), 1/4 cup blueberries, a handful of kale, and 1/4 tsp. ground cinnamon. Blend until smooth.

Nutrition: 170 cal, 8.5 g pro, 26 g carb, 4 g fiber, 17 g sugars, 4 g fat

Source: www.prevention.com/food-nutrition/a20499756/20-super-healthy-smoothie-recipes/






ShareCare
Thanks to the following
organizations for their support

**Atwill Memorial
Chapel Cemetery**
Northport, Michigan




**MICHIGAN HEALTH
ENDOWMENT FUND**



NPalliative 
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**In-Home Healthcare,
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- Nurse Practitioners
- Home Labs & Diagnostics
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- 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.