

# ShareCare THE CONNECTOR

**IN THIS ISSUE:**

From The Director	01
Wellness Corner	02
Member Profile	03
Volunteer Profile	04
Summer Safety Tips	05
Sharing Our Skills	07
Our Volunteers	08
Fundraiser	09
Summer Eats	10
Thank You for the Support	11

Our **VOLUNTEERS** are amazing!

*"I was thrilled with the help and happy to see 3 people I knew!"*  
—Member, Nancy S.



## Your Life. Your Home. Our Help.



*From Dawn Bousamra, Executive Director*

### New Beginnings

For the past 11 years, I have worked for Benzie Senior Resources, first as the Senior Center Coordinator and then as the Assistant Executive Director for the agency.

I wrote grants, organized fundraisers, delivered Meals on Wheels, and even called Bingo.

I am excited about this new chapter as ShareCare’s Executive Director. As I write this, I’m in the middle of my fourth week and have met many of our volunteers, supporters, and members.

My door is open, and I welcome your questions, stories, concerns, and input. My contact information is 231.256.0221 ext. 302 or dawn@sharecareleelanau.org.

**French Valley Wine Run 5K Fundraiser.** Sunday, July 23rd at 9:00 a.m. at French Valley Vineyard. Run, walk, or just enjoy the wine. ShareCare is proud to be the selected charity for this event. For more information, please visit [ShareCareLeelanau.org](http://ShareCareLeelanau.org) or call us at 231.256.0221 ext 302.

**Senior Day at the Fair.** *“We’re goin’ to the fair, goin’ to the fair, goin’ to the Northwest Michigan Fair.”* Senior Day this year is on Monday, August 7th from 9:00 a.m. to 6:00 p.m. Free admission, parking, lunch, and gift bags for the first 50 seniors (must be age 60 or older).

*continued on page 6*

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# WHY ARE SENIORS AT MORE RISK FOR DEHYDRATION?

By Beth Whitney | PUBLISHED JULY 16, 2021: [ageright.org/2021/07/16/6-tips-seniors-hydrated/](https://ageright.org/2021/07/16/6-tips-seniors-hydrated/)

According to the Mayo Clinic, “As you age, your body’s fluid reserve becomes smaller, your ability to conserve water is reduced, and your thirst sense becomes less acute. These problems are compounded by chronic illnesses such as diabetes and dementia, and by the use of certain medications.” Watch for any of the classic signs of dehydration: fatigue, confusion, headache, dizziness and/or thirst.

## 6 TIPS TO PREVENT DEHYDRATION IN OLDER ADULTS

Here are some easy suggestions for how to make sure you enough to drink every day!

### 1 | SET A DAILY DRINKING SCHEDULE

Post it on the refrigerator. It doesn’t have to be super regimented. It can be simple, such as having a full glass of water first thing in the morning, a beverage after a daily walk, while reading the newspaper, between each meal, and after working in the garden.

### 2 | FILL A PITCHER OF WATER EACH MORNING

Be sure that it has been consumed by evening time. This is a good way to ensure that you are drinking the optimum amount of water every day. How much should they be drinking? The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

**About 15.5 cups (3.7 liters) of fluids a day for men**

**About 11.5 cups (2.7 liters) of fluids a day for women**



### 3 | HAVE A SPORTS DRINK

Sports drinks and powdered electrolyte drink mix or tablets that replace electrolytes are good options to combat dehydration. These are good options to combat dehydration. Try out some drinks like Gatorade and electrolyte-infused water. They come in many tasty fruit options.

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## KATHLEEN LAMB

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### *A Love Story*

This is the love story between Kay Lamb who was born and grew up in Acme, Michigan, and Fred Lamb who “emigrated” with his family from Minnesota to Cadillac, Michigan as a young child. They met in the early 50’s on a blind date at Michigan State College. Both were students in the art department. Kay was pursuing her longtime love of art; Fred had recently forsaken engineering for what was the family business of commercial art. The romance flourished, the couple married and began their life together in Cadillac. They welcomed two sons. One day during a family outing, Fred announced that what he would really like to do, was to become a doctor!

The Lambs moved back to Michigan State where Fred attended classes before transferring to Ann Arbor to pursue his pre-med degree. Upon completing his undergraduate degree,

Fred moved the family to Royal Oak where he began his medical school program at Wayne State University. Fred was given an opportunity to continue his studies overseas and the family enjoyed their time in Edinburgh, Scotland and Europe.

Dr. Fred Lamb and Kay chose to grow their family, adopting two baby girls through Child and Family Services. They returned to Northern Michigan, settling in the Traverse City Area where Dr. Lamb practiced pediatric medicine. They purchased and refurbished an old Victorian house that was close to both sets of grandparents.

Eventually, the vagabond spirit struck again and the Lambs were off to Oahu, Hawaii where Dr. Lamb practiced pediatric medicine at a clinic. Kay jokes that they should have invested in U-Haul and that she could easily teach a class on how to move in a week’s time. For Grandma “K” and Dr. Fred Lamb it was 57 wonderful years of marriage and family life filled with golden memories and of exploring the world with its many cultures and adventures.





# Volunteer Profile

by Suzanne Landes

## DIANE KRAUS

### *Staying Engaged in the Community*

Until she spotted a ShareCare flyer in the village of Empire, Diane Kraus had not thought about volunteering. She and her husband, Steve, were young retirees from Columbus, Ohio. They purchased property in Empire Township and got to work rehabbing a 1940's house, an activity which fit right in with Diane's pre-retirement career.

Originally from Long Island, when Diane was 14 years old, she moved to Columbus, Ohio. After graduating from high school, she headed off to Ann Arbor and the University of Michigan to study pre-architecture and then to architectural school, where she was one of ten women in her class. Her interests were more in management than design, and found herself in a predominantly male occupation. Diane's career led her in the direction of construction, where she managed residential, commercial, and institutional projects for 30 years.

Steve attended Ohio State where he attained his degree in education and began his career as a high school history teacher in Columbus. The couple married in 1982. During football season, they fly both U of M and Ohio State flags! Over the years



the couple has had ten resident cats. Just recently, they have adopted an almost one-year-old puppy and are discovering the vast difference between being dog parents from being cat caretakers!

Diane is a member of the Volunteer Committee, a group of volunteers formed to address the needs of volunteers and ShareCare members and to make the volunteer experience as positive as possible. Being a ShareCare volunteer is a way too, for Diane to honor her maternal grandmother, a first-generation immigrant, following the death of Diane's mother at the young age of 53. It has also helped her better understand the aging process when relating with her 89-year-old father who is still healthy and active living independently in Oregon.

Diane may be retired, but her volunteer work has enabled her to stay engaged in her community. Her work with ShareCare has helped her to explore Leelanau County while meeting some extraordinary people.





## 10

## Summer Safety Tips for Seniors

Summer is a great time to enjoy outdoor activities and warm, sunny days, but it is important to keep your health a number one priority. According to the Centers for Disease Control and Prevention, people aged 65 or older have a harder time adjusting to sudden temperature changes. Prepare for a safer summer with the following warm weather tips for older adults.

### 1 Reduce Strenuous Activities

With high temperatures, seniors should stay in air-conditioned or cool places and out of the sun. It's important to reduce any strenuous or physical activities as the more movement, the higher the body temperature.

### 2 Keep Hydrated

Drink plenty of water, even if you're not thirsty! As you increase your intake of water, minimize your intake of caffeinated or alcoholic drinks, as these only dehydrate your body. Fresh fruits and vegetables are also recommended to help keep you hydrated. Avoid alcohol and caffeine.

### 3 Protect Yourself in the Sun

Use sunscreen with SPF 15 or higher when going outside, even on cloudy or overcast days. Be sure the sunscreen blocks both UVA and UVB rays. Reapply sunscreen after any water activities. Discard expired sunscreen as the ingredients deteriorate over time and may no longer be effective in protecting you. Hats are also a great idea for protecting against the sun. When possible stay in shaded areas like covered patios or shady trees.

### 4 Wear Light Clothing

Stock your wardrobe with light-colored and loose-fitting clothes to keep cool and stay comfortable. Natural fabrics such as cotton also help to keep cool as opposed to synthetic fibers.

### 5 Be an Early Bird or Night Owl

If you must be outside during a summer heat wave, limit your outdoor activities to the morning and evenings since the sun is the strongest between 10 am and 4 pm.

### 5 Watch For Heat Stroke

It's important to be mindful of signs of a heat stroke, which include confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and rapid pulse. Make sure you seek medical attention immediately if you or someone you know experiences these symptoms.

### 6 Review Your Medications

Many seniors take medication on a daily basis. Some medications are known to cause side effects such as increased sensitivity to ultraviolet rays. Be sure to review with your doctor or pharmacist if you have any concerns.

### 7 Protect Your Eyes

Too much exposure to the sun can irritate and cause damage to your eyes. When outside, wear sunglasses that protect from UV rays.

### 8 Eat Some Ice Cream!

Treat yourself to ice cream, a popsicle, or frozen yogurt to keep cool over the summer!

### 9 Schedule a Check-up

No matter the season, remember to schedule regular check-ups with a primary care provider to maintain optimal health, prevent illness, and monitor chronic health issues.

### 10 Have fun

Source: [www.doylestownhealth.org/blog/10-summer-safety-tips-for-seniors](http://www.doylestownhealth.org/blog/10-summer-safety-tips-for-seniors)

### **WANTED: Family members caring for loved ones with memory loss.**

Our Caregiver Program is gaining momentum and we have coaches ready to support you. 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.

For up-to-date information on programs and volunteer opportunities, be sure to check our Facebook page. Please like and share our page with your friends. The more the merrier! [facebook.com/ShareCareLeelanau](https://facebook.com/ShareCareLeelanau). [facebook.com/ShareCareLeelanau](https://facebook.com/ShareCareLeelanau).

**Happy Summer!**

*Dawn*

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### **4 | EAT MORE FRUIT AND VEGETABLES**

You don't need to rely just on water to meet your fluid needs. Many fruits and vegetables, such as grapefruit, watermelon and spinach, are almost 100% water by weight. According to the Mayo Clinic, about 20% of daily fluid intake usually comes from food and the rest from drinks. [8 Foods High in Water that can Prevent Dehydration]

### **5 | BE CREATIVE**

People get bored with drinking just plain water. You can experiment with new flavors by adding various fresh berry fruits, watermelon, cucumber, and herbs such as mint and basil, to a pitcher or glass of water. Seltzers come in many different flavors now – everything from the old standards lemon and lime to the new tropical cherry and watermelon mojito. You can mix these flavored seltzer waters with a little juice for an even stronger kick. Taste test some new herbal iced teas. These beverages, as well as milk and all

juices, are composed mostly of water. They are a good option to combat dehydration.

### **6 | HAVE A TREAT**

Have a popsicle. Make a fruit smoothy, milkshake, ice cream soda or root beer float! All of these count towards hydration. Just don't have them as your only source of fluid for the day.





## People in Need

by Jennie Arguello,  
Volunteer Manager

*Recently I ran across an online article that deeply resonated with me. Because I feel that the ShareCare volunteers often live by these words, I would like to share a portion of the writing with you.*

When we see a person in need, we may want to give them something as a way of helping them, but if we give without taking the time to see who they really are, our gift is nowhere near as powerful as it could be. If we give it without also taking a moment to look the person in the eye, making authentic contact, we rob them of the experience of being human.

Being in a position of need leaves a lot of people feeling vulnerable and full of self-doubt. The greatest gift we can give is to meet people in need without judgment and with

the awareness that we are not superior to them simply because we are not currently in their position. If we take the long view, we can see that we all began life in need of a lot of care and attention, and many of us end life in the same way. Giving and receiving are companion energies that take turns throughout our lives, and we all get a chance to be on both sides of the exchange from time to time.

Letting go of our self-importance allows us to see that regardless of appearances, we are all givers and receivers. When we are in the position of the giver, we honor those we are helping when we remember the many people who have helped us. Then we can look the person we are helping in the eye, and be aware that we are making contact with a human being who is our equal.

*-Excerpt from People in Need, DailyOM*





# Our Volunteers

## Real Life Riddle

**Q** What has 26 arms, 26 legs and the energy of 13 teenagers?

**A** The ShareCare Spring Clean Up volunteers.

Yes, they were at it again in early May, those dedicated volunteers. Armed with shovels, rakes, gloves and elbow grease, sixteen households were served. Thanks to the generosity of the ShareCare volunteer teams, plants were potted, gardens weeded and furniture placed on decks. Members were left smiling. Let Summer begin!



*Regarding Spring Clean Up...They got so much work done in just one hour...what delightful, delightful people. I am so, so grateful to be able to be connected with ShareCare right now. I had no idea. I just can't express my appreciation enough.*

*Thank you. —Member, Karen Z.*



For information on how to become a ShareCare volunteer, please call us at 231.256.0221 ext. 304.



## UPCOMING EVENTS



# 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

CALL THE RIDELINE AT  
231-256-0221, EXT 303

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

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 call you if there are questions. Once a ride is confirmed, the driver will call you to let you know the time they 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, please dial 231-256-0221 (Ext. 301).



## Summer Eats

### Dilled Potato Salad



6 large red potatoes, cooked and cubed  
3 green onions with tops, sliced  
1/4 cup minced fresh parsley  
1/2 cup mayonnaise  
3 tablespoons half-and-half cream  
1/2 teaspoon salt  
1/4 teaspoon each dill weed, white pepper and garlic powder  
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)

*In a large bowl, combine potatoes, onions and parsley. Combine remaining ingredients; mix well. Pour over potato mixture and mix gently. Cover and refrigerate for at least 1 hour.*

Nutrition: 3/4 cup: 182 calories, 11g fat (2g saturated fat), 8mg cholesterol, 229mg sodium, 19g carbohydrate (1g sugars, 2g fiber), 3g protein.

Source: [www.tasteofhome.com/recipes/dilled-potato-salad/](http://www.tasteofhome.com/recipes/dilled-potato-salad/)

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### Apricot Ice Cream Soda

2 cans (15 ounces each) apricot halves, drained  
2/3 cup sugar  
2 tablespoons lemon juice  
1 cup heavy whipping cream, whipped  
2 cups chilled ginger ale  
170 cal, 8.5 g pro, 26 g carb,  
4 g fiber, 17 g sugars, 4 g fat

Press apricots through a fine-mesh strainer into a bowl; discard skins and pulp. Stir sugar and lemon juice into apricot puree. Gently fold in whipped cream. Transfer to a 8-in. square dish. Freeze until firm, about 6 hours or overnight. Divide ice cream among 4 glasses; top with ginger ale. Serve immediately.

Nutrition: 1 ice cream soda: 554 calories, 22g fat (14g saturated fat), 68mg cholesterol, 34mg sodium, 92g carbohydrate (88g sugars, 3g fiber), 3g protein.

Source: [www.tasteofhome.com/recipes/apricot-ice-cream-soda/](http://www.tasteofhome.com/recipes/apricot-ice-cream-soda/)





# ShareCare

*Thanks* to the following organizations for their support

**Atwill Memorial  
Chapel Cemetery**  
Northport, Michigan



**MICHIGAN HEALTH  
ENDOWMENT FUND**



community foundation

ANTRIM . BENZIE . GRAND TRAVERSE . KALKASKA . LEELANAU

We appreciate all who donate and help support the mission of ShareCare of Leelanau, Inc. We are dedicated to supporting older adults and the friends, family, and community who surround them. You can be assured we will continue to be good stewards of all tax-deductible gifts. If you would like to designate your gift as a Legacy or Memorial Gift, please call or email us with your wishes.

(231) 256-0221, ext 302 • Email: [info@ShareCareLeelanau.org](mailto:info@ShareCareLeelanau.org)

Donations can be made online through our website at [www.ShareCareLeelanau.org](http://www.ShareCareLeelanau.org), via snail mailing a check to ShareCare, PO Box 937, Leland, MI 49654, or scan this QR code and it will direct you to our donation page.



*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 lifestyle 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](mailto:info@sharecareleelanau.org) | [sharecareleelanau.org](http://sharecareleelanau.org)

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

**Your Life. Your Home. Our Help.**

