

ShareCare

THE CONNECTOR

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Our **VOLUNTEERS** are amazing!



I had a delightful ride with lovely Diana.

—Member, Loraine A.



Drivers needed!

Contact Jennie for more information
 phone: 231-256-0221
 email: info@sharecareleelanau.org

Your Life. Your Home. Our Help.



From Dawn Bousamra, Executive Director

I have exciting news from ShareCare! Erin Gysbers has joined our team as our Care Coordinator. Please see inside to learn all about our newest addition.

We recently gathered with our volunteers to chat and get to know one another. What an amazing, dedicated group of selfless, giving individuals. I am so grateful to have met so many — we have over 90 volunteers! If you are interested in volunteering, please call us. We have a lot of opportunities available, and YOU pick your schedule.

November is National Family Caregiver Month and National Alzheimer’s Awareness Month. Spouses, partners, family, and friends so often become caregivers to loved ones, and ShareCare is here to help with both our Caregiver Phone Coaching and Respite Programs. With Caregiver Phone Coaching, a trained volunteer touches base with a caregiver of someone with memory loss. It’s a way to support, guide, and offer understanding over the phone once a month. Our Respite Program offers caregivers up to four hours each month to care for themselves while a volunteer stays with their loved one. To learn more about either program, please call us at 231.256.0221. We are here to help!

Enjoy this beautiful time of year here in Northern Michigan!

Dawn

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Simple Ways to

Slash Holiday Stress



By Liz Wallace / silversneakers.com

FACT #1: We want the holidays to be perfect—a time filled with friends, family, and festivities.

FACT #2: The holidays are never perfect—our friends, family, and festivities can cause a lot of stress and anxiety.

“All the obligations, the pressures people put on themselves to get the right food and the house perfect, the shopping—these all contribute to holiday stress,” says Rosalind S. Dorlen, Psy.D., a clinical psychologist in private practice in Summit, New Jersey.

The stress comes “not from the holidays themselves but our expectation of what they should be,” Dorlen says. During the heart of the holiday season, use these tips to cope.

1. CHECK YOUR EXPECTATIONS

“Understand what you can and cannot control,” Dorlen says, *“and try not to expect perfection.”* If you’re gathering with family members or friends who hold different views, she says, *“don’t expect a miracle”* to occur over dinner. Instead, shift your attitude toward gratitude. This list of four compelling reasons to embrace family time can help.

2. MAKE SELF-CARE YOUR PRIORITY

Taking care of your body will extend to your mental self and sense of well-being. This doesn’t necessarily mean pampering yourself with massages, Dorlen says, but also getting enough sleep, eating nourishing foods, and moving your body. *“Thirty minutes of walking a day changes your mood,”* she says. In fact, any type and any amount of exercise can help.

3. DON’T BOTTLE UP YOUR FEELINGS

Choose your vehicle, from paper journal to smartphone, and jot down your thoughts.

“Holidays are bittersweet for so many,” Dorlen says. *“People have memories of wonderful holidays*

and not-so-wonderful holidays. Acknowledging those feelings, putting them in writing, and maybe sharing them with a friend or family member can be helpful in understanding their complexity.”

4. KNOW YOUR LIMITS

Multiple trips to the eggnog bowl is fun in the moment, but it can lead to saying something you regret or feeling blue the next day. Beyond that, heavy drinking is associated with increased risk of high blood pressure. When researchers from Columbia University College of Physicians and Surgeons crunched the numbers from 16 previous studies, they found that men who drank two to three standard drinks per day were 77 percent more likely to have hypertension than those who abstained. And women who drank the same amount were 19 percent more likely to have hypertension than those who didn’t drink at all. The takeaway: For heart health and managing holiday stress, stick to no more than one drink per day for women, and two drinks per day for men.

5. TAKE A DEEP BREATH

Deep breathing is a surprisingly simple yet powerful stress reliever. Harvard researchers found that practicing controlled breathing can help the body slow down its heartbeat, limit the production of stress hormones, and trigger the relaxation response. The best part: You can do it anywhere, anytime—even in the middle of a holiday gathering. If you’re feeling overwhelmed, stressed, or anxious, take a few minutes to sit quietly and inhale, allowing your belly to rise before your chest. When your lungs feel naturally full, take in even more air. Hold briefly, then exhale. When you feel your lungs are empty, push out even more air to a count of 10 until you have made your lungs as empty as possible. Repeat at least two more times.



KAREN ZERRENER

Her heart and home are here

Karen Zerrenner first came to Leelanau County on a weekend trip from Grand Rapids.

“My heart brought me here,” she said. “The land called to me and is still calling. I feel part of it. It’s in my soul, and brings me such joy and such peace. It’s been my happy place ever since discovering it.”

Karen finds many ways to enjoy her life in Leelanau County.

“I enjoy most all outdoor activities all year long — I really like winter!” She’s a member of the local women’s walking group Walkie-Talkies and also volunteers on the Heritage Trail, giving out information and helping to clean up. An enthusiastic host, she loves to plan dinner gatherings, particularly at holiday times for friends who don’t have families to share it with. “I’ve had up to 24 people in my house,” a bit of a challenge in a structure she describes as “a little chalet.”

Her more sedentary, but still compelling activities include knitting and reading for two different book groups. “My sight is going, so socks are out of the question,” she said. “But I love knitting, it’s very meditative and you can take your project along while you’re waiting at the doctor’s office.” Her recent reads have included such diverse books as *The Covenant of Water* by Abraham Verghese and *Lessons in Chemistry* by Bonnie Garmus.

Community service is also part of Karen’s world. She retired about 11 years ago after 32 years as an educator in a number of environments, including elementary school



and at the college level teaching math, English and interpersonal communications to former welfare recipients.

Here in Leelanau County, she continues her commitment to education through her work with the Glen Arbor Women’s Club which provides scholarships to local students.

Although she’s been coming to Leelanau County for more than forty years and has lived here fulltime for more than nine, Karen had never heard of Sharecare until she received something in the mail and saw that there was some help available if one had spring chores that they might need help with.

“This came at a time when I was wondering just how I was going to move some heavy chairs, get some gravel raked back to where it was before the plow service had repositioned it, and my perennial garden desperately needed some help to get it back in shape,” she said. “I was ecstatic to think there was help available with just one call.”

Upon calling the office, Karen found that she needed to become a member, which she did, upon learning about all the benefits she could take advantage of if she joined.

“I have not needed the help of this wonderful organization since, but will continue my membership for what might lie ahead as I advance in age,” she remarked.



Volunteer Profile

by Jennie Berkson

MARSHA CLEARWALKER

A wanderer comes back and finds connection

“I was compelled to come back to Michigan,” said Marsha Clearwalker who’s been volunteering with ShareCare since last February and has been living in Cedar for about three years.

“I lived here about 45 years ago after I graduated from Western Michigan University. I got my degree, but I was a kind of a wanderer, a nature-loving rural kind of person,” she recalled.

Back in the day, Marsha lived on a friend’s piece of property in Cedar in a cabin that had electricity but no running water. She worked as a bus driver, a waitress and a nurse’s aide.

“But then I wanted to move around and experience the world, to see the mountains,” she said.

So she moved to California and worked at a lot of different jobs.

“I cooked for trail crews out on the High Sierra. That was my favorite job. The forest service was doing work on the Pacific Crest Trail. We camped out at 10-12,000 feet. Most of the crew were guys between 18 and 21 years old, but there were also some women on the crew who I am still in touch with,” she recounted.

During her time out west, Marsha also worked with at-risk kids, teaching them outdoor skills. Then she got the pull to return to Northern Michigan.

“I bought a house on two acres sight unseen at the beginning of the pandemic,” she said. “People thought I was crazy, but I think I got it for a good price because no one was looking to buy at the time.”



Marsha drives people to medical appointments in her volunteer role for ShareCare. Being new to the area, she enjoys meeting the people and hearing their stories.

For other company, Marsha has Beanie, a five-pound deer head chihuahua mix, which is a change from her previous dogs, which tended to be more on the 100-pound side of the scale. “I call him Beanie because he likes to jump.”

Beanie even had a starring role in the stage version of “Legally Blonde” which had a production in Humboldt County back in California. “I hadn’t realized there’d be so many rehearsals,” she said. “I told him, this is your first and last play, dude.”

Marsha also likes to garden and keeps bees on her property. “I’ve got three hives and am trying out some other unusual creative structures for them.” And more recently, she’s developed an interest in goats, through her volunteer activities as a goat aide for the Grand Traverse Land Conservancy. “They are retired goats from Northport who are helping to remove the invasive autumn olive from the Don and Jerry Oleson Nature Preserve. “They are interesting creatures, they hang out together and are very friendly.”

Volunteering with Sharecare has enabled Marsha to continue her life long commitment to helping people and finding satisfaction in that. “I’ve always done work that’s been of service,” she said.

“I feel best about myself inside when I’m helping others.”



FALL PREVENTION Fact Sheet

- 1 out of 4 adults age 65 and older will fall each year.
- Every 11 seconds a senior is treated in the hospital for a fall-related injury.
- Falls are the most common cause of traumatic brain injuries in older adults.
- Older adults with vision problems are more likely to suffer falls.
- More than 2 million adults ages 65 and older are treated in emergency hospitals for fall related injuries.
- More than 95% of hip fractures in older adults are caused by falls.



10 Steps To Help Prevent Falls



- 1. Schedule a doctor's visit:** Visit a doctor if you have experienced problems with walking, numbness in your legs or feet, swelling in your ankles, dizziness, difficulty breathing, feels unsteady or have fallen in the last year. These are all symptoms that most individuals experience moments before a fall.
- 2. Balance improvement activities:** Yoga, tai chi, and other stretch-based exercises that help promote balance and muscle coordination have been shown to decrease the likelihood of falls in elderly individuals. These exercises not only help strengthen the body against falls, but are gentle and easy enough for older individuals to practice.
- 3. Assistive devices:** Consider assistive devices, such as canes, walkers, wheelchairs, or scooters. All of these aids can increase stability and prevent unexpected falls from occurring.
- 4. Regular exercise:** Exercise has been shown to increase leg strength, improve balance, and prevent falls in elderly adults.
- 5. Medication management:** Both prescription and over-the-counter medications may cause side effects or interactions such as dizziness or drowsiness, which can increase a person's risk of falling. Discuss any medication with health care providers. Individuals taking 4 or more medications are at an even higher risk of falling.
- 6. Proper footwear:** 30% of older adults with foot problems and problems walking or moving around will suffer a serious fall. Wearing the right footwear can drastically decrease the chance of this happening.
- 7. Vision check-up:** The simple process of getting an individual's vision checked every year can actually drastically prevent falls. Many falls occur because a senior with poor vision was unable to see well enough to avoid an obstacle.
- 8. Home improvements:** Most falls happen inside the home and could be prevented by simple home improvements such as removing tripping hazards, adding grab bars in the bathroom, improving lighting, and adding sturdy railings along the stairs.
- 9. Hire a personal assistant service:** A company that specializes in Personal Assistance Services for seniors can provide a quality caregiver that will come into the home and assist with daily activities. Having a helping hand is sometimes all that's needed to prevent a serious fall.
- 10. Vitamin D supplementation:** According to the American Geriatrics Society, vitamin D supplements are a powerful way to prevent falls and to help elderly individuals keep their balance. Elderly individuals should be taking up to 1000 IU per day.

Safe Winter Driving

Winter driving can be hazardous and scary, especially in northern regions that get a lot of snow and ice. Additional preparations can help make a trip safer, or help motorists deal with an emergency. This sheet provides safety information to your residents to help prevent motor vehicle injuries due to winter storms.

The three P's of Safe Winter Driving:

PREPARE for the trip; **PROTECT** yourself; and **PREVENT** crashes on the road.

PREPARE

Maintain Your Car: Check battery, tire tread, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.

Have On Hand: flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets. *For long trips, add* food and water, medication and cell phone.

Stopped or Stalled? Stay in your car, don't overexert, put bright markers on antenna or windows and shine dome light, and, if you run your car, clear exhaust pipe and run it just enough to stay warm.

Plan Your route: Allow plenty of time (check the weather and leave early if necessary), be familiar with the maps/ directions, and let others know your route and arrival time.

Practice Cold Weather Driving!

- * During the daylight, rehearse maneuvers slowly on ice or snow in an empty lot.
- * Steer into a skid.
- * Know what your brakes will do: *stomp on antilock brakes, pump on non-antilock brakes.*
- * Stopping distances are longer on water-covered ice and ice.
- * Don't idle for a long time with the windows up or in an enclosed space.

PROTECT YOURSELF

- * Buckle up and use child safety seats properly.
- * Never place a rear-facing infant seat in front of an air bag.
- * Children 12 and under are much safer in the back seat.

PREVENT CRASHES

- * Drugs and alcohol never mix with driving.
- * Slow down and increase distances between cars.
- * Keep your eyes open for pedestrians walking in the road.
- * Avoid fatigue – Get plenty of rest before the trip, stop at least every three hours, and rotate drivers if possible.
- * If you are planning to drink, designate a sober driver.





Volunteering with **PURPOSE!**

by Jennie Arguello,
Volunteer Manager

How many times have you given of yourself and been amazed by how at peace you feel afterward? This is not simply your imagination. Volunteering with purpose is valuable for you, the recipient and the world.

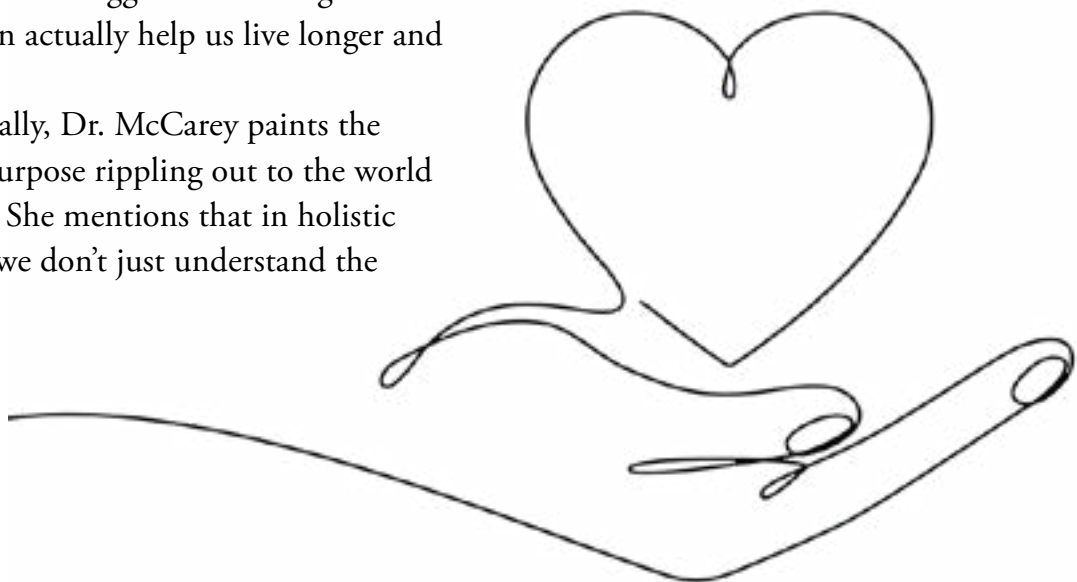
Gladys McCarey, MD states in her book, *The Well-Lived Life*, that lives filled with purpose have a profound effect not only on our mental health but our physical health too. As a 102 year old physician, she refers to several analyses of the University of Michigan Health and Retirement Study, observing a link between a high sense of purpose and decreased mortality in adults over fifty. Purpose, she says, has been found to reduce the risk of cardiovascular events and to prevent the worst effects of Alzheimer's disease. There is also evidence linking volunteerism with decreased risk of death-not to mention a stronger sense of well-being. This suggests that living with purpose can actually help us live longer and better.

Additionally, Dr. McCarey paints the image of purpose rippling out to the world around us. She mentions that in holistic medicine, we don't just understand the

body's well-being as an aspect of the world's well-being. We improve the health of the world when we tend to our souls and our hearts, because we all fit together.

There are times when we may feel as if we don't make an impact, but there are many opportunities right here in Leelanau County. As a ShareCare volunteer, you may provide transportation, friendly visits or phone calls. Perhaps you would gravitate toward being a phone coach for a member who cares for their loved one with dementia or you may provide respite as a well needed break. Whether you are adept at computers, gardening or light fix it tasks, your service holds great value.

We welcome your call to discuss the ways in which you can volunteer with purpose and make a difference in your own health, the health of those you serve and in turn, the world.





Our Volunteers

SHARECARE VOLUNTEERS

ushered in Autumn during the Fall Gathering at French Valley Vineyard.

The afternoon light, serene surroundings and easy conversation made for a relaxing time. We look forward to more laughter and fun at our next get-together.



For information on how to become a ShareCare volunteer, please call us at (231) 256-0221 ext. 304.

UPCOMING EVENTS

Hope for the Holidays

A FREE community event
open to all who are grieving.



Thursday, November 16th

4:30 pm - 6:00 pm

HAGERTY CENTER

At Northwestern Michigan College

715 East Front Street Traverse City, MI 49686



Hope for the Holidays is a community event for all who are grieving. Music, refreshments and support are all a part of it.

This event is made possible by Reynolds Jonkhoff Funeral Home, Michaels Place, Hospice of Michigan, ProMedica Hospice and Monarch Home Health. All ages welcome.



It's a great time of year

to Volunteer!

Local seniors value the rides, errands, visits and calls ShareCare provides.

Please explore these and additional volunteer opportunities.
231-256-0221 ext. 304 | info@sharecareleelanau.org

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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.



Creamy French Onion and Mushroom Soup

INGREDIENTS



6 tablespoons salted butter

4 medium yellow onions, thinly sliced

1 1/4 cups dry white wine, such as Pinot Grigio or Sauvignon Blanc

3 cloves garlic minced or grated

2 cups cremini or wild mushrooms, sliced

2 tablespoons fresh thyme leaves

2 tablespoons chopped fresh sage

1 teaspoon honey

6-8 cups low sodium chicken or vegetable broth

2 teaspoons Worcestershire sauce (or soy sauce)

2 bay leaves

kosher salt and black pepper

1/2 cup heavy cream

6 slices french bread

2 cups shredded Gruyère cheese

Melt together the butter, onions, and honey in a large Dutch oven over medium-high heat. Cook, stirring occasionally until softened, about 10 minutes. At this point, you want to slowly add 3/4 cup of the wine, 1/4 cup at a time, until the wine cooks into the onions. Continue to cook another 10-15 minutes until you've used the 3/4 cup of wine and the onions are deeply caramelized.

Add the garlic, mushrooms, thyme, and sage. Season with salt and pepper, cook another 3-4 minutes. Add the remaining 1/2 cup wine, the broth, Worcestershire sauce, bay leaves, and a pinch each of salt and pepper. Increase the heat to medium-high and return the soup to a simmer, simmer 10 minutes, then stir in the cream and cook another 5-10 minutes. Remove the bay leaves and discard. Season to taste with salt and pepper.

Meanwhile, preheat the oven to 400 degrees F. Arrange the bread on a baking sheet and toast for 10-15 minutes, until very dry. Switch the oven to broil.

Ladle the soup into oven safe bowls. Add a slice of bread to each, and top evenly with cheese. Place each soup bowl on a baking sheet and transfer to the oven, broil until bubbly and golden brown, 3 to 5 minutes. Top with fresh thyme. Eat!

Source: www.halfbakedharvest.com/creamy-french-onion-and-mushroom-soup/



ShareCare

Thanks to the following organizations for their support

Atwill Memorial Chapel Cemetery
Northport, Michigan

Leelanau County
Senior Services

**MICHIGAN HEALTH
ENDOWMENT FUND**



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

Donations can be made online through our website at 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.



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Leland, MI 49654

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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.

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Your Life. Your Home. Our Help.