

# ShareCare THE CONNECTOR

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## CONTACT US:

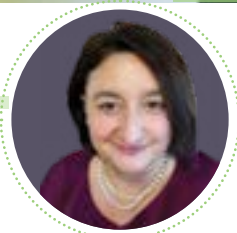
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*From Dawn Bousamra, Executive Director*



**W**e are thrilled to share some fantastic news! Thanks to a grant from Cherryland Cares and a match from Cherryland Electric Cooperative, we have been awarded \$8000 to kickstart our innovative new program, the Memory Cafe. This exciting opportunity empowers us to embark on a transformative journey and paves the way for our transition to a larger facility. By the way, we are moving to Suttons Bay in July!

Stay tuned...

## A New Beginning: Introducing the Memory Cafe

The Memory Cafe is a pioneering initiative designed to provide a supportive and engaging environment for individuals with memory loss and their caregivers and loved ones. Through various activities and social connections, the Memory Cafe aims to promote mental wellness, foster a sense of belonging, and enhance participants' overall quality of life. It offers a range of programming, from interactive games and creative arts workshops to reminiscence sessions and guest speakers.

As we embark on this remarkable journey, we invite each of you to join us in shaping the future of our community. Whether through volunteering your time, participating in our programs, spreading the word about the Memory Cafe, or giving a financial donation, your support is instrumental in making a difference in the lives of those we serve.

*continued on page 2*



## Drivers needed!

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

## SHARECARE PROGRAMS INCLUDE:

- Medical Transportation Rides • Wellness Rides
- Respite • Spring and Fall Clean up • Prescription and Grocery Delivery • Phone Reassurance
- Friendly Visits • Wellness Programs • Trips
- Library Item Delivery • Caregiver Support

## Upcoming Fundraising Event

We are excited to announce our first Adult Spelling Bee on Saturday, June 8th, at the Lions Club in Maple City beginning at 1:00 p.m. Officiated by Mike Sheehan, retired English Professor, published author, host of a radio show on WTCM-AM and a ShareCare board member; this event is sure to be a favorite. Grab a couple of friends, family members, or coworkers, form a team, and join us for a fun-filled afternoon of friendly competition. This event is open to spellers of all levels. See our ad on page 4.

## Don't Forget to Travel!

Join us as we head to Chicago from July 15th to July 19th, 2024. Explore Navy Pier, Miracle Mile, the Museum of Science and Industry, and downtown shopping. Relax while taking in the skyline boat tour. \$75 will reserve your spot, and the final payment is due on 5/8/24.

Also, from December 12th to 18th, 2024, we're heading to the Big Apple—New York City. We'll tour the city, Central Park, Rockefeller Center, Times Square, Wall Street, the 9/11 Memorial, and more! \$75 reserves your place, and the final payment is due on 10/5/2024. See the ad on page 7.

For trip flyers and costs, to sign up, and more information, call Dawn at 231-256-0221 ext. 302. Prioritize yourself and get exploring. After all, the journey is what truly matters!

Warm regards,



**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.



by Erin Gysbers, MOT, OTR/L  
Senior Wellness Liaison

# Gardening

## Tricks & Safety Tips

Spring seems to be in the air or at least right around the corner! It is a time in Northern Michigan when outdoor endeavors increase, activities and energy shift, and the opportunity to garden blooms. The task of gardening offers a multitude of benefits, including:

- Strength preservation through a natural form exercise
- Safe exposure to sunlight to support vitamin D
- Brain Health
- Mental and Emotional Wellness

In order to step back outside and into gardening responsibilities safely, please consider the following tips to reinvigorate your green thumb:

- Warm up before bending and reaching. Go for a brief walk, complete some light stretching,
- Take time to set up a comfortable environment. This may include working at an elevated surface, long-handled tools to reduce bending, a stool or pad for seated or kneeling tasks.
- Pace your activity. Break your task up into smaller parts, take rests, or change the movement required by switching between tasks to change your posture.
- Shift your gardening goals. At times it may be more beneficial to focus on creating small, purposeful arrangements in your yard rather than managing an entire garden bed. You can utilize pots or containers to focus your efforts.



Be mindful of how you feel when participating in outdoor activities, and enjoy the process.  
After all, we get to be outside in this beautiful place we call home!

SOURCES: <https://health.clevelandclinic.org/benefits-of-gardening> | <https://otservices.wustl.edu/stop-and-smell-the-roses/>



# UPCOMING EVENTS

## 2024 Spring Programming

### Leelanau County Senior Services & ShareCare of Leelanau

Classes are **FULL.** Please call to be placed on a waiting list.

**Cooking For One** with Jane Rapin

April 11 | May 9 | June 13

12:30 pm – 2:30 pm

**The Friendship Center**

Suttons Bay

**Mindfulness-Based Stress Reduction for Seniors** presented by Wendy Weckstein

May 15 | 1:00 pm – 2:30 pm

**Glen Lake Community Library**

Empire

**Transit 101 - Lunch & Learn**

presented by BATA

Join us for an overview of our bus system and learn what it can do for you!

April 4 | 12:00 pm – 1:30 pm

**Leelanau County Government Center**

Suttons Bay

Bring your devices for BATA tech help!

**Senior Housing Options** presented by

Connie Hintsala, founder and president, of Alliance for Senior Housing, LLC

May 21 | 12:30 pm – 2:00 pm

**Leland Library Leland**

**TO SIGN UP**, please call Erin at ShareCare of Leelanau 231-256-0221 ext. 305

No charge for these events. **CALL TODAY!** Class space is limited.



Thursday, May 16th & Saturday, May 18th

The deadline for Sign Up is May 3rd.

For more information on volunteering these days or if you are in need of spring clean-up this year, please contact Jennie at 231-256-0221 ext. 304.

or email:

info@sharecareleelanau.org

## SHARECARE ADULT FUNDRAISING EVENT SPELLING BEE



**Lions Club in Maple City**

Deadline for team registration is May 20

GUEST JUDGES:  
Ron Jolly & Joe Charleviox  
June 8, 2024 | 1:00 pm

\$75 per team

(up to three people)

\$10 per person to watch

\$5 kids 12 and under

Contact DAWN for more information or to register

231-256-0221

ext. 302



## SYLVIA BURNS

### *Home economics provided opportunity for creativity and connection*



“**W**e used to call it ‘Stitch and Stir,’ said Share Care volunteer and member Sylvia Burns when she described her career as a Home Economics teacher. “Banana bread was my signature recipe along with a special kind of coffee cake, although I don’t bake that much anymore.”

She began teaching in 1965 at what was then known as Traverse City Senior High School after a stint in a two-room schoolhouse.

“MSU didn’t start until the last week in September and the school districts were hard-up for teachers. I had enough education credits that the New Boston School District (south-west of Detroit) would hire me for three weeks in September. They also wanted me to sub when I came home during holiday breaks. It was during this time I realized I definitely wanted to be a teacher and it was nice to have some extra money too,” she related.

During the course of her teaching career, she focused on what was called family life education.

“They let me develop two courses, one on interpersonal relationships and contemporary living and the other on marriage and family life. I was even able to work in a little bit of sex education,” she said.

As part of her family life education course, Sylvia invited a representative from Jonkhoff Funeral Home to talk with her class about death and mourning, which included a field trip to the funeral home. Through that connection, after she retired from teaching in 1994, she became the hostess for the funeral home four years later.

“People asked for me, specifically, when they came to arrange for services,” she said.

She moved to Leelanau County around that time, on a street near the Cherry Bend grocery store.

“I like to walk there, gives me exercise. I’m glad to be able to support Dan and the neighborhood grocery. I carry an insulated bag I got at Oryana.”

Along with being supportive of the neighborhood herself, Sylvia has neighbors who watch out for her as well.

“I would still cut my grass if my neighbor let me. He also came over to blow my snow,” she said.

Doodlebug, her Yorkshire terrier is also a big help.

“She alerts me when somebody is near the house. I found out we had a bear in the neighborhood when she barked at 3 am,” Sylvia recalled.

Sylvia first got involved with Share Care when she decided not to get a new car. She gets rides for shopping and getting her hair done. As a volunteer she calls a member once a week.

“I started just before Christmas. I really enjoy talking to her. Volunteering is something I’ve done all of my life and is my way of giving back as well as meeting interesting people,” she said.

Another of Sylvia’s lifelong passions is spectator sports. She loves volleyball and basketball, “If it hadn’t been for sports, I never would have gone to college,” she said. She watches games on the internet, even at the high school level.



# Volunteer Profile

by Jennie Berkson

## VICKIE BROWN

### *A busy life on land and water gets support*

**Y**ou've probably seen Share Care member Vickie Brown out and about around the County measuring a piece of property in her work as proprietor of Leelanau Land Surveying.

"I have two degrees, the first in wildlife biology," she said. "I did that for a while but couldn't get a permanent job, I was moving all over the place. I'd always been good at math and was interested in the technical side of things but still wanted to be able to work outside."

According to Vickie, the most challenging, but also her favorite, part of the work is doing the historical research, which involves looking at everyone's deed before you can go back out and survey and know what to look for.

In the course of her work, Vickie almost always finds surprises and sometimes has to be the bearer of bad tidings.

"One time we went out to do a survey for a new build, a unit in a condo. Half the house wasn't on the property the people bought!"

Vickie's family had been coming to the Peninsula since before she was born.

"They had a place in a trailer park near Glen Lake owned by the Dorsey family. I remember growing up there, we had friends all around. Most of the people who were over there at the time are somewhere around here still," she said. Then, in the 1960s, Vickie's parents bought a farmhouse on Lake Leelanau, and she's been here for most of her life, as well.



Although her work keeps her on the land, from her summers on Glen Lake to her first job out of college on a National Oceanic and Atmospheric ship making hydrographic charts to vacations and weekends with family, Vickie has a passion for boats and fishing.

She and her husband Rick have been to Alaska to fish for salmon, rockfish and halibut and she also keeps a couple of boats on Lake Michigan and Lake Leelanau.

Vickie and Rick joined Share Care when Rick was diagnosed with Alzheimer's.

"I was interested in the caregiver support group, phone support and also in the program to give people like my husband rides to different appointments," Vickie said.

She tries to attend the caregiver support group every month and Rick has also received a ride to get his haircut and to the dentist.

"ShareCare has great volunteers! I also have a phone coach and I just love our chats — it is so encouraging. She's the most positive person I've ever talked to. I know when I talk to her, I will feel so much better," Vickie said.

Travel with  
*Share&Care*

We're heading to...



## CHICAGO

**July 15 - 19, 2024**



## NEW YORK CITY

**December 12 - 18, 2024**

Packages include transportation on a spacious motorcoach, lodging, meals, guided tours, *and more!*

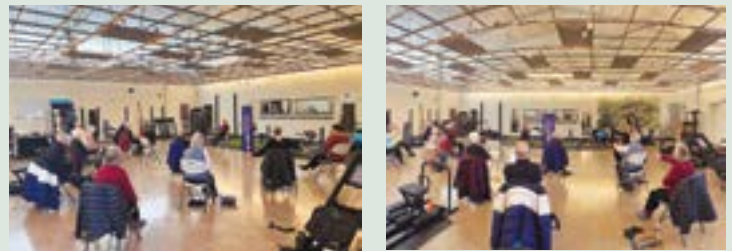
**FOR MORE INFORMATION CONTACT:**  
*Dawn at 231-256-0221 ext. 302 or go to*  
**ShareCareLeelanau.org**



# RECENT SHARECARE *Events*



**Ageless Grace® Neuroplasticity Exercises**  
with Lisa Hawkins George  
**Sleeping Bear Bay Club**  
Maple City



**Ageless Grace® Neuroplasticity Exercises**  
with Lisa Hawkins George  
**Wildfire Fitness Inside Studio 9**  
Elmwood Township



**Safe Mobility and Fall Prevention**  
presented by Aubrey Jabour, PT, DPT, CEAS  
**Leelanau County Government Center**  
Suttons Bay



by Jennie Arguello,  
Volunteer Manager



## Ringling the PEACE BELL

**Y**ears ago, we received a precious gift from dear friends, a small bell suspended from a polished piece of wood. Another piece of wood rests upon the base and is used to tap the bell, resulting in a beautiful sound. Received during a challenging time in our lives it was placed in a prominent location. We began the ritual of gently sounding the bell when we felt stress or worry visiting us. That single ring brought us back to the present moment and the person receiving the unexpected sound would respond with a simple “thank you”.

As time went on, the bell accompanied us to various homes and was always one of the first items unpacked. Loved ones who traveled from other countries would enjoy the bell. One grandson during a rather frustrating family soccer match yelled out, “Can’t somebody just ring the peace bell?!” Laughter was generated. The bell has brought focus during loved ones’ moves to assisted living, comfort after the passing of family members



and assurance when various forms of doubt attempted to disrupt our hope. Most recently a grandchild visiting from Brazil rang the bell at the most appropriate times despite her somewhat limited use of English. The bell of peace has proven to have no language barriers. It has been a timely reminder of all that is good, pure and unifying.

April is National Volunteer month. It is a time when we reflect upon the selfless service of over one hundred ShareCare volunteers. They serve members in numerous ways and their kind gestures have brought blessings similar to the peace bell. Rides, errands, friendly phone calls and visits diminish stress and worry. Respite, phone coaching and welcome calls offer renewed focus, while seasonal yard clean up, light fix it and technology assistance create comfort and assurance. This unified group of volunteers that also includes those serving on committees and boards is a living breathing “peace bell” and Leelanau county is the recipient of the resounding echoes. Thank you volunteers!





## Heart Health



# Activities to Boost Heart Health

Maintaining a healthy heart is as simple as making consistent, healthy choices. Here are five senior-friendly activities that have a significant impact on heart health.

### STAY ACTIVE

For the prevention of heart disease, it is recommended to exercise or be active for at least 30-60 minutes each day. Exercise lowers blood pressure and cholesterol, two factors that have a considerable influence on heart health. Seniors might achieve this by walking with friends or joining a community exercise class.

### EAT A PLANT-BASED DIET

Red meat contains high levels of saturated fats that can raise your low-density lipoprotein (LDL) cholesterol and increase the risk of heart disease. Instead, try eating more vegetables, fruits, lean meats and fish, and whole grains. Plant-based diets are lower in calories, higher in fiber, and help you feel full more quickly.

### ELIMINATE TOBACCO

While ending an addiction is difficult, tobacco is one of the worst things for the heart – chemicals in tobacco damage the heart and blood vessels. Smoking also reduces the amount of oxygen in the blood, putting more strain on the heart and forcing it to supply more.

### MANAGE STRESS

Stress management is one of the most important things that seniors can do. When put under stress, the body has a primitive fight-or-flight response. As the body releases adrenaline, blood pressure and heart rate increase. This puts unneeded strain on the heart.

### GET REGULAR CHECK-UPS

Schedule an appointment with your doctor for more information on how to best prevent heart disease. Regular primary care visits are also vital for good heart health!

### START PHYSICAL THERAPY

Physical therapy strengthens the heart, the blood vessels, and helps oxygen move around the body more efficiently.

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Source: <https://empowerme.com/resources/five-senior-friendly-activities-to-boost-heart-health/>



# Rhubarb Sticky Buns

[www.tasteofhome.com](http://www.tasteofhome.com)

*Total Time 30 min. | Bake: 15 min. + cooling  
1 dozen*

### Ingredients

1/4 cup cold butter, cubed  
1/2 cup packed brown sugar  
1 cup chopped fresh or frozen rhubarb, thawed

### Batter:

1/3 cup butter, softened  
1/3 cup sugar  
1 large egg, room temperature  
1-1/2 cups all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/4 teaspoon ground nutmeg  
1/2 cup milk



*photo by Taste of Home*

### Directions

1. In a small bowl, cut butter into brown sugar until crumbly. Stir in rhubarb. Spoon evenly into 12 well-greased muffin cups; set aside.
2. In a large bowl, cream butter and sugar until light and fluffy. Beat in egg. Combine the flour, baking powder, salt and nutmeg; add to creamed mixture alternately with milk and mix well.
3. Spoon over rhubarb mixture, filling cups three-fourths full. Bake at 350° until a toothpick comes out clean, 15-20 minutes. Cool for 5 minutes before inverting onto a serving plate. Serve warm.

### Nutrition Facts

1 bun: 206 calories, 10g fat (6g saturated fat), 43mg cholesterol, 269mg sodium, 27g carbohydrate (15g sugars, 1g fiber), 3g protein.

# Share&Care

*Thanks* to the following organizations for their support.

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**Atwill Memorial  
Chapel Cemetery**  
Northport, Michigan



Leelanau County  
*Senior Services*



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.



ShareCare

# THE CONNECTOR

**OUR MISSION:**

We support and enhance the well-being of seniors in Leelanau County through a network of volunteers and community.

**OUR VISION:**

We will be a model for advancing wellness education and experiences for older adults, providing lifestyle support through accessible services, community connection, and a robust volunteer network.

**BOARD MEMBERS:**

Dale Lersch, *President*  
Clifford Hale, *Vice President*  
Diana Burton, *Secretary*  
Tom Petersen, *Treasurer*  
Pam Agee  
Pamela Bradshaw  
Juliet Hafford  
Karen Mulvahill  
Jan Rygwelski  
Michael J Sheehan

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