

ShareCare

THE CONNECTOR

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CONTACT US:

(231) 256-0221

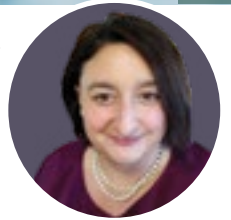
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mail: PO Box 157
Suttons Bay, MI 49682

office: 99 Fourth Street
Suttons Bay, MI 49682



From Dawn Bousamra,
Executive Director



Dear ShareCare Community,

I'm thrilled to announce that ShareCare has been awarded several grants that will make a significant impact on the services we provide:

- **\$80,000 from the Michigan Health Endowment Fund** to support our Memory Cafe, ensuring we can continue to offer a welcoming space for caregivers and their loved ones experiencing memory loss.
- **\$28,025 from the Michigan Health Endowment Fund** to support much-needed updates to our financial systems, helping us strengthen our internal processes.
- **\$3,000 from the Leelanau Township Community Foundation** to expand our newsletter's reach, ensuring more seniors in Leelanau Township receive important updates, resources, and community news.
- **\$3,000 from the Grand Traverse Community Foundation** to enhance technology for our Memory Cafe, creating new opportunities for engagement and connection.
- **A generous donation from the staff at State Savings Bank** in Suttons Bay. They contributed their Friday blue jean fund to support ShareCare's mission.

These grants and donations allow us to expand our reach, improve our services, and continue making a difference in the lives of older adults and their caregivers.

2024 was an unforgettable year, from winning the **Leelanau Chamber of Commerce Business of the Year** award to moving

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Drivers needed!

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

SHARECARE PROGRAMS INCLUDE:

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

continued from page 1

into our **new, more visible office** in Suttons Bay to hosting a successful **30th-anniversary gala fundraiser**. Each milestone has reinforced our commitment to serving the community with compassion and care.

As we look ahead to 2025, we are energized and excited for what's to come. With your continued

support, we will build on this momentum and find even more ways to enhance the lives of older adults in Leelanau County.

Thank you for being a part of our journey. Here's to another amazing year!



Winter 2025 Wellness Programming

Leelanau County Senior Services & ShareCare of Leelanau

FEBRUARY

TUESDAY, 25 ▪ **ShareCare Memory Cafe**
Sponsored by grants from Cherryland Cares, The Oleson Foundation, Michigan Health Endowment Fund and Grand Traverse Regional Community Foundation.

12:30pm – 2:00pm

at ShareCare, 99 Fourth St., Suttons Bay

Sharecare's Memory Cafe is a welcoming social gathering for people living with memory loss and their family members, friends, neighbors, and caregivers.

MARCH

End of Life Planning Series

WEDNESDAY, 12 ▪ **Part 2: Obituary Writing & Pre-Planning Your Funeral**

12:00pm – 1:30pm

at ShareCare, 99 Fourth St., Suttons Bay
Elizabeth Bradfield, Hospice Care Consultant with Heartland Hospice.

TUESDAY, 25 ▪ **ShareCare Memory Cafe**
Sponsored by grants from Cherryland Cares, The Oleson Foundation, Michigan Health Endowment Fund and Grand Traverse Regional Community Foundation.

12:30pm – 2:00pm

at ShareCare, 99 Fourth St., Suttons Bay

APRIL

End of Life Planning Series

WEDNESDAY, 9 ▪ **Part 3: Dealing with Dementia & Intro to Hospice**

12:00pm – 1:30pm

at ShareCare, 99 Fourth St., Suttons Bay

Elizabeth Bradfield, Hospice Care Consultant with Heartland Hospice.

WEDNESDAY, 9 ▪ **Part 1: Cooking for One**
(Part 2: May 14th | Part 3: June 11th)

10:30am – 12:00pm

at The Friendship Center in Suttons Bay, with Jane Rapin.

A 3 part series in which attendees are encouraged to attend each offering. Registration is required. You asked and we listened! Cooking for One can be fun, but it 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.

TUESDAY, 22 ▪ **ShareCare Memory Cafe**

Sponsored by grants from Cherryland Cares, The Oleson Foundation, Michigan Health Endowment Fund and Grand Traverse Regional Community Foundation.

12:30pm – 2:00pm

at ShareCare, 99 Fourth St., Suttons Bay

To sign up, contact Erin, ShareCare of Leelanau 231-256-0221 ext. 305

All programs are free of charge. Call today! Class space is limited.

Leelanau County
Senior Services

sharecareleelanau.org

ShareCare



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



Winter Safety Tips

WINTER CAN BE A BEAUTIFUL SEASON, but it can also present unique safety challenges for residents. Here are some areas of focus and helpful tips to make the season both enjoyable and secure.

INDOOR SAFETY & WELLNESS

- Ensure heating systems are in good working order and have them serviced annually.
- Keep carbon monoxide detectors and fire alarms functional and replace batteries regularly.
- Keep walkways and entryways well-lit and clutter free to limit tripping hazards
- Have an essential supply kit in case of a power outage
- Monitor indoor air quality and maintain humidity levels to prevent excessively dry air

SUPPORTING WELLBEING

- Stay hydrated and eat a nutrient dense diet to boost immunity and energy levels
- Regular check-ins and community support: arrange for family members, friends, or neighbors to visit or call at regular intervals.
- ShareCare's Phone Reassurance Program can assist in providing a friendly phone call to those who would benefit. Through this program we can promote connection and reduce feelings of social isolation, especially during this sometimes-challenging season.
- Ensure proper snow and ice removal around the home and wear proper clothing with warm layers when venturing out.

Cold weather, and snowy conditions can pose risks to safety and well-being. With a little preparation and care however, residents can stay safe and comfortable throughout the season.

What Is Hypothermia?

Hypothermia is a medical emergency that occurs when the body's core temperature drops below 95°F. It is often caused by exposure to cold temperatures, but it can also occur at cool temperatures (above 40°F) if you become chilled from rain, sweat, or being in cold water. Hypothermia affects the brain and makes it difficult to think clearly, so people may not realize what is happening and that they need help.

What To Look For

Be aware of warning signs and early symptoms:

- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering or shaking
- Slowed or slurred speech
- Feeling sleepy, angry, or confused

Later symptoms of hypothermia can include:

- Stiff and jerky arm and leg movements
- Slow heartbeat or breathing
- Loss of consciousness

What To Do

Hypothermia is a medical emergency. If someone has signs of hypothermia, **call 911 right away.**

After you call 911:

- Help the person move to a warmer place, if possible.
- Offer them a warm drink.
- Wrap them in dry blankets, towels, or coats.
- Don't use a heating pad.
- Don't rub the person's legs or arms.
- Don't try to warm the person in a bath.

What Is Frostbite?

Frostbite is injury to the skin caused by exposure to temperatures below freezing. It can lead to a loss of feeling and color in the affected areas — often, the hands, feet, nose, and ears. Frostbite can permanently damage the body. Because the frozen parts of the body are numb, people may not know they have frostbite.

What To Look For

In the warning stage of frostbite (called frostnip), affected areas of skin may experience:

- Redness
- Pain
- Sensation of pins and needles

If cold exposure continues, frostbitten skin may become:

- Numb
- White or grayish yellow
- Unusually firm or waxy feeling

What To Do

If you notice any signs of frostbite, seek medical care. In addition:

- Protect any exposed skin and get into a warm car or room.
- Avoid walking on frostbitten feet or toes.
- Put the frostbitten area in warm water.
- Use body heat, such as an armpit, to warm the frostbitten area if warm water is not available.
- Don't rub or massage the frostbitten area.
- Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming.

To learn more about cold weather safety, visit www.nia.nih.gov/cold-safety.



RUTH JOLLIFFE

Still welcoming guests after all these years



When Sharecare member Ruth Jolliffe met her husband Keith in a bowling alley in September of 1955, little did she know that she would not only be married by December but would shortly thereafter be traveling to Northern Michigan with Keith and her in-laws to look at a piece of real estate that would be the focus of her family's life for decades to come.

That trip resulted in a family decision. Instead of Keith taking a job as a manager for IBM in Indiana, he, together with Ruth and his parents, would start the iconic Leelanau County resort on Lake Michigan known as the Jolli-Lodge.

In the early years, Ruth and her family served meals, did laundry for guests using a mangle and gradually expanded the buildings to the current configuration. Sometimes the guests even helped out.

"One time some guests helped us to dig a dry well, and then they went off to a cocktail party," Ruth recalled.

"In those days," she said, "the lodge wasn't winterized. My mother-in-law lived in the stable and almost froze."

These days, the resort is more modern, "although there's always a toilet getting plugged up," she said.

Those problems, and the management of the resort are handled now by Ruth's son Greg and his wife, Lisa Psenka, although Ruth still lives on the property.

In addition to his resort responsibilities, Greg also takes Ruth out for one of her favorite activities, a car ride.

But not just any car. Greg has a 1972 burgundy MG Midget.

"We go to Cedar to the Blue Moon for ice cream," he said.

"I like a vanilla shake," Ruth said.

Ruth continues to enjoy watching University of Michigan and Michigan State sports events – "I have family members at both places" – and tennis. "We had a trailer and would go to many tournaments."

One of Ruth's passions is shopping at garage sales and thrift shops like Samaritan's Closet.

"I've bought a lot of the stuff for the units in the resort at garage sales," she said. Indeed, her own home is full, year-round, with Christmas decorations and lights acquired in that manner.

Her favorite food is spaghetti and meatballs and she also receives the services of Meals on Wheels – "Cabbage rolls, green beans and mashed potatoes." An aide comes for a few hours Monday through Friday. "They take me to Hansen's where I get a certain bread that NJ's doesn't carry," she said.

Although at 98, Ruth isn't involved in the day-to-day management of the resort anymore, her enthusiasm for welcoming guests is still apparent, although they are guests of a different nature.

"I buy 2 50-pound bags of birdseed every two weeks," she said. The black squirrels and blackbirds enjoy her hospitality, as have thousands of guests over the decades.



Volunteer Profile

by Jennie Berkson



MARY ANN BORTON

Adventures with classic vehicles

Starting out as a nurse, Sharecare volunteer Mary Ann Borton had a career that spanned a wide range of health care environments. “I went from the hospital to public health, then home health care, pharmaceutical sales and pharmaceutical research,” she said. “My last job was in a clinical setting developing cardiovascular and rheumatology drugs. It was very interesting, but I have to say that I worked on more failures than I did successes. That’s just the nature of the business.”

After retiring, Mary Ann and her husband Dave moved to Leelanau County in 2013. They were familiar with the area from earlier schooling, vacations and job assignments. As much as they love the County, they’ve also found a convenient and comfortable way to get out of town and explore some interesting places.

“Both of our jobs required us to spend a lot of time on airplanes,” she said, “so we weren’t enthusiastic about repeating that in retirement.”

Instead of an airplane for their retirement travel, they opted for an Airstream and all the benefits that go along with it.

“We joined an Airstream Caravan Club. A leader does all the planning. You just need to pay your fee,” she said. “It’s very nice way to travel. All the members have a common interest.”

The Bortons have traveled this way to the Southwest, the Upper Rockies and the Bourbon Trail in Kentucky which included visits to distilleries and listening to local music.

“We just got back from a 2-month trip to Newfoundland,” she said. “The terrain and scenery were breathtaking. The people were very kind and welcoming.”

On the trip Mary and Dave listened to “The Day the World Came to Town,” the book about

the town of Gander, Newfoundland (population 1,000) which hosted almost 7,000 people who were grounded after the September 11 attacks.

“Come From Away,” the musical based on the book was playing in town when we were there,” Mary Ann said. “Some of the people featured in the book and the production were available to meet and greet.”

Mary Ann’s passion for classic vehicles doesn’t stop with the Airstream.

“I do like to drive our Corvette,” she admitted.

That’s a 1972 yellow Corvette which the Bortons have owned for 26 years, purchased in honor of their 25 th wedding anniversary. “My husband had his eye on it, and we decided it’s time to buy a car!”

They’ve also joined a local group of Corvette owners who meet up and drive different places in the area.

With all the travel, it’s hard to imagine that Mary Ann has time to be involved with Sharecare, but she makes it work. “The flexibility offered by ShareCare for volunteers was very appealing.”

After learning about Sharecare from Dave, who was driving people to medical appointments, Mary Ann decided to get involved.

“During COVID, we delivered groceries from Hanson’s to those members who could not get out themselves,”

Currently, Mary Ann helps ShareCare members with fall and spring clean up, moving lawn furniture into storage, and picking up yard debris.

“I believe in giving back and helping people. I’m fortunate with my health and my family. I am glad to be able do what I can to help people pay it forward. It’s so simple and yet so gratifying.”

5 TIPS for Exercising Safely in Cold Weather

Don't let falling temperatures stop you from exercising outdoors. By taking a few extra steps to stay safe, you can walk, run, ski, ice skate, and more.



- 1 Warm up and cool down.** Stretch or walk in place to prepare and restore your muscles before and after a workout.
- 2 Pick the right clothes.** Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.
- 3 Be extra careful in snow and ice.** Check sidewalks before using them. Wear nonskid, rubber-soled, low-heeled shoes to help prevent slipping.
- 4 Check the forecast.** If it's too windy, cold, icy, or wet outside, consider staying indoors and using an online workout video or your own routine.
- 5 Be prepared.** Know the signs of hypothermia, inform others of your outdoor whereabouts, and carry a fully charged mobile phone.

To learn more, visit www.nia.nih.gov/health/exercising-outdoors.



Share&Care

We love keeping you informed about ShareCare's services, events, and community resources through our newsletter. As we expand our outreach to serve more people, the costs of printing and mailing have increased.

To help us continue delivering this valuable information directly to your mailbox, we invite you to support the newsletter with a \$25 annual contribution. Your support will ensure we can print and mail each issue while keeping you connected to the latest updates.

Every dollar makes a difference! Please consider sending your contribution today.

Thank you for being part of our caring community!



Donate online using this QR code or mail a check to:

ShareCare of Leelanau
Attn: Newsletter
PO BOX 157
Suttons Bay, MI 49682



ShareCare Volunteers

by Jennie Arguello,
Volunteer Manager



The Quiet Reward

During discussions with potential and existing volunteers, I at times ask how they like to be recognized or rewarded. Their answer is usually, “I don’t do it to be recognized” or “I feel rewarded from just knowing that I helped someone.” This warms my heart every time, because it reminds me of the caliber of people we work with here at ShareCare. The current volunteers give of themselves all year long, each in their own unique and selfless way. My gratitude is immeasurable and I continually hear the same sentiments from members receiving the services. As we head into a new year and together navigate the months ahead, I hope that we will find unity in our gratitude. I invite you to join us as a volunteer or reach out and thank a volunteer, knowing that both of these gestures make this world a better place.

*To those who tend the roots,
Who water what the world forgets,
Who give not for applause
But because the giving
Is its own quiet reward.
May they always know their worth,
May their light never dim,
May they find care in return.*

—Devon Blow



Hearty Vegetable Soup

www.tasteofhome.com

Prep Time: 25 min

Cook Time: 1 hour 20 min

Yield: 16 servings (4 quarts)

Ingredients

1 tablespoon olive oil
 8 medium carrots, sliced
 2 large onions, chopped
 4 celery ribs, chopped
 1 large green pepper, seeded and chopped
 1 garlic clove, minced
 2 cups chopped cabbage
 2 cups frozen cut green beans (about 8 ounces)
 2 cups frozen peas (about 8 ounces)
 1 cup frozen corn (about 5 ounces)
 1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained
 1 bay leaf
 2 teaspoons chicken bouillon granules
 1-1/2 teaspoons dried parsley flakes
 1 teaspoon salt
 1 teaspoon dried marjoram
 1 teaspoon dried thyme
 1/2 teaspoon dried basil
 1/4 teaspoon pepper
 4 cups water
 1 can (28 ounces) diced tomatoes, undrained
 2 cups V8 juice



photo by Taste of Home

Directions

1. In a stockpot, heat oil over medium-high heat; saute carrots, onions, celery and green pepper until crisp-tender. Add garlic; cook and stir 1 minute. Stir in remaining ingredients; bring to a boil.
2. Reduce heat; simmer, covered, until vegetables are tender, 1 to 1-1/2 hours. Remove bay leaf.

Nutrition Facts

1 cup: 105 calories, 2g fat (0 saturated fat), 0 cholesterol, 488mg sodium, 20g carbohydrate (9g sugars, 5g fiber), 4g protein. Diabetic Exchanges: 1 starch.



Word Search



WINTER WORD SEARCH



WORD LIST

- BOOTS
- CHILLY
- COAT
- COLD
- FEBRUARY
- FIREPLACE
- FLURRIES
- FREEZE
- FROST
- FROSTBITE
- HIBERNATE
- HOLIDAY
- HOT CHOCOLATE
- ICE SKATING
- ICICLE
- IGLOO
- JACKET
- MITTENS
- NEW YEAR
- PENGUIN
- SCARF
- SKIING
- SLEIGH
- SNOW
- SNOWFLAKE
- SNOWMAN
- SOLSTICE
- WINTER

Q	X	G	H	O	L	I	D	A	Y	F	E	F
R	D	I	W	I	N	T	E	R	E	C	C	R
A	S	T	O	O	B	U	Q	O	T	I	T	E
E	D	S	N	O	W	M	A	N	A	R	H	E
Y	E	J	A	C	K	E	T	N	L	V	W	Z
O	P	Q	B	X	L	P	F	S	O	F	S	E
W	B	P	S	U	E	R	O	M	C	N	B	W
E	Q	C	J	N	A	L	D	F	O	N	B	G
N	V	M	G	C	S	A	R	W	H	E	N	H
A	N	U	S	T	U	O	F	X	C	I	Z	X
W	I	D	I	I	S	L	L	M	I	S	P	B
N	H	C	W	T	A	M	Z	K	T	S	B	D
D	E	X	B	K	C	I	S	E	O	N	S	E
H	B	I	E	P	I	T	S	T	H	O	B	P
C	T	R	E	N	C	T	N	A	F	W	T	S
E	S	N	C	X	E	E	A	N	R	K	A	E
A	O	T	A	M	L	N	G	R	O	F	O	I
C	H	F	L	J	S	S	Y	E	E	R	C	R
Q	Z	E	P	X	K	Y	K	B	Q	O	W	R
I	C	B	E	F	A	H	U	I	U	S	Y	U
C	H	R	R	N	T	Z	G	H	X	T	X	L
I	I	U	I	K	I	B	A	I	F	V	M	F
C	L	A	F	G	N	J	E	M	E	Y	Z	K
L	L	R	Q	I	G	L	O	O	Z	L	H	O
E	Y	Y	D	L	O	C	P	L	H	A	S	B



<https://everydaychaosandcalm.com>



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

Please provide us with as much advanced notice as possible for your requests. 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. 304.**

ShareCare

THANKS *the following organizations for their support*

Atwill Memorial Chapel Association

Cherryland Electric Cooperative

Comfort Keepers

Community Foundation Rotary
Endowment

Grand Traverse Regional
Community Foundation

Leelanau County Senior Services

Michigan Health Endowment Fund

Oleson Foundation

Philip S Harper Foundation

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



DONATE NOW

to support Leelanau County seniors!
www.ShareCareLeelanau.org (scan the QR code) or mail a check to **ShareCare**
PO BOX 157, Suttons Bay, MI 49682.



PO Box 157 | 99 Fourth Street
Suttons Bay, MI 49682



THE CONNECTOR

OUR MISSION:

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

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*
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Diana Burton, *Secretary*
Tom Petersen, *Treasurer*
Pam Agee
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