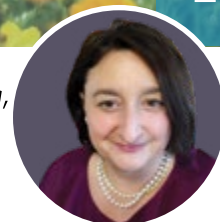


ShareCare

THE CONNECTOR



From Dawn Bousamra,
Executive Director

IN THIS ISSUE:

From The Director	1
Wellness Corner	3
Wellness Programming	4
Member Profile	5
Volunteer Profile	6
ShareCare Volunteers	8
Volunteer	9
Puzzle	10
Thank You	11

CONTACT US:

(231) 256-0221

email: info@sharecareleelanau.org

mail: PO Box 157

Suttons Bay, MI 49682

office: 99 Fourth Street

Suttons Bay, MI 49682



Drivers needed!

Contact Jennie

for more information

phone: 231-256-0221 ext. 304

email: info@sharecareleelanau.org

You know someone who has been diagnosed with Alzheimer’s or Dementia. It’s unfortunately an easy assumption to make. Me? My dad, my aunt, my grandma, and my husband’s grandpa. That list doesn’t include my friend’s parents, extended family members, or people I’ve met through work (I’ve worked in senior services since 2012).

Fortunately, there are resources to help people navigate this disease. A local nonprofit, Accelerate the Care, is offering their community educator to share Teepa Snow’s Positive Approach to Care at our office in May and June. See dates and times on page 4 in our Wellness Programming.

Our Memory Cafe is on the 4th Tuesday of every month at the ShareCare office. We guard this gathering tightly and only allow caregivers and their person with some form of memory loss to attend.

We also have a Caregiver Support group every 2nd Tuesday of the month, led by Erin Gysbers, who has certification through the Alzheimer’s Association.

Lastly, we have volunteers trained to offer up to four hours a month of respite so caregivers can take care of themselves, run errands, or take a quiet break.

You are not alone. Give us a call. 231-256-0221.

SHARECARE PROGRAMS INCLUDE:

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

Need a ride to a medical appointment? Caring for a loved one with memory loss? Wondering what support is available in Leelanau County?

JOIN ShareCare for a FREE community presentation at your local library to learn about services that help neighbors stay independent and connected.

Library Presentations by Dawn Bousamra

April 16th • 1:30 p.m. | Leelanau Township Library, 119 E Nagonaba St, Northport

April 21st • 1:00 p.m. | Glen Lake Community Library, 10115 W Front St, Empire

May 1st • 10:30 a.m. | Suttons Bay Library, 416 Front St, Suttons Bay

May 12th • 1:00 p.m. | Leland Township Library, 203 Cedar St E, Leland

You'll learn about:

- Medical and Wellness Rides
- ShareCare Programs
- Caregiver Resources and Our Memory Cafe
- Local Referrals and Support Services
- Volunteer Ppportunities

Bring your questions and discover how ShareCare is helping people thrive in our community.

Free and open to the public.



Leelanau County Senior Services

Striving to celebrate and support seniors within our community

Services

- Personal Care*
- Respite Care*
- Homemaker*
- Medication Management*
- Personal Emergency Response System
- File of Life
- Medical Equipment Loan Closet
- Medical Transportation
- Free AARP Income Tax Prep
- Medicare Assistance Program
- Foot Care Vouchers
- Estate Planning
- Comprehensive In-Home Assessments

Assistance Programs

- Dental Assistance*
- Eye Glass Assistance*
- Hearing Aid Assistance*
- Heating/Utility Assistance*
- Snow Removal Assistance*
- BATA Passes Available*
- Legal Assistance*
- Unmet Need Assistance*
- Project Fresh Produce Coupons**

Supported Programs

- ShareCare of Leelanau
- Meals on Wheels
- Laundry Project
- Senior Companion Program

Activities

- Lunch Bunch
- Annual Senior Expo
- Wellness Programs
- Congregate Meal Sites
- Support Groups
- Annual Christmas Party



* Income/Assesst tested through application and home evaluation process
**Funded by USDA

8527 E Government Center Dr. Suite 106
Suttons Bay, MI 49682

www.leelanau.gov

CONTACT US!
(231) 256-8121



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



START SOMETHING SMALL *This Spring*

Spring is a season of renewal, making it the perfect time to try something new, even if it's just a small step outside your usual routine. You don't need to take on a major project or travel far; sometimes the simplest changes bring the biggest rewards.

Starting small allows you to explore new interests without pressure. It might be taking a different walking route, planting a few herbs, trying a new recipe, or exploring a hobby you've always been curious about. Subtle shifts gently challenge the mind and body, keeping them active and engaged. They stimulate the brain, boost mood, and can even spark creativity. There's also a social side: attending a

community workshop, or sharing a hobby with friends can create opportunities for connection and laughter.

Fresh beginnings are beautiful because they're low risk and full of discovery. Each exploration is a chance to notice what you enjoy, what sparks curiosity, and what brings a sense of joy. Growth doesn't need to be dramatic; it simply asks for curiosity and a willingness to try.

This spring, consider starting one small new activity. Watch how a simple shift can bring fresh energy, renewed interest, and even a little adventure into your everyday life. Sometimes the smallest steps lead to the most meaningful experiences.

Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.

 Manage stress — try yoga or keep a journal.	 Learn something new — take a class or join a club.	 Go to the doctor regularly.	 Connect with family and friends.
 Get moving — try gardening, biking, or walking.	 Choose healthy foods rich in nutrients.		

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.



Spring 2026 Wellness Programming

Leelanau County Senior Services & ShareCare of Leelanau

APRIL

FOUNDATIONS OF GOOD NUTRITION: FLAVORFUL, PLANT-POWERED MEALS FOR ACTIVE LIVING

WEDNESDAY, APRIL 15 | 11:00am -12:15pm

at ShareCare, 99 Fourth St. Suttons Bay, MI. 49682

with Carol Bell, RD, Nutritionist at Table Health

Dive into the world of plant-based proteins—delicious alternatives that keep you strong and energized. You'll learn how to "zest up" your favorite dishes to cut back on salt and saturated fats while maximizing flavor. The class includes a hands-on spice identification activity and expert tips on designing snacks that kick sugar cravings for good.

MAY

POSITIVE APPROACH TO DEMENTIA CARE: LEVEL I

with Lisa George, PAC Certified Independent Trainer

WEDNESDAY, MAY 20 | 1:00pm - 4:00pm

at Leelanau County Government Center – Community Room
8527 E Government Dr., Suttons Bay

Fueled By: Accelerate The Care Using Teepa Snow's Positive Approach To Care™

- Explore the brain's memory systems and how dementia impacts behavior, vision & sensory processing
- Effective communication approaches, even during distress
- Responses to challenges like sundowning and paratonia



JUNE

POSITIVE APPROACH TO DEMENTIA CARE: LEVEL II

with Lisa George, PAC Certified Independent Trainer

WEDNESDAY, JUNE 10 | 1:00pm - 4:00pm

at Leelanau County Government Center – Community Room
8527 E Government Dr., Suttons Bay

Fueled By: Accelerate The Care Using Teepa Snow's Positive Approach To Care™

Builds on Level I concepts with expanded strategies to help family caregivers provide connected, person-centered dementia care.



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

ShareCare
sharecareleelanau.org

ShareCare Memory Cafe

BUILDING CONNECTION AND REDUCING ISOLATION FOR FAMILIES LIVING WITH MEMORY LOSS

Fourth Tuesday of the Month

12:30pm – 2:00pm at ShareCare, 99 Fourth St., Suttons Bay

APRIL 28 • MAY 26 • JUNE 23 • JULY 28 • AUGUST 25

SEPTEMBER 22 • OCTOBER 27 • ***NOVEMBER 17 • ***DECEMBER 15

***Signifies gathering will be held on the third Tuesday of the month



BETSEY PRICE

Betsey Price was the last born of eleven Seaman children, the only one with no middle name.

“I think my mother was tired of having to think of names,” says Betsey, who is 86. Only one of her siblings survives, on Drummond Island, where they all grew up as part of a huge clan whose descendants remain to this day.

Family lore says her great-great grandfather was among the first white people on the 134-square-mile island in Lake Huron. Being a child there was idyllic, but the island holds no attraction now.

Betsey rarely visits since leaving to attend college at Central Michigan University. She quit school within a year, after having met Bruce Price at a summer dance in Leland, where his opening line was “Wanna dance or not?” She said yes and the rest is history.

Bruce came from a prominent fishing family in Leland. Among the photos featured at Fishtown today is one of his grandfather Oscar Price holding a 50-pound lake trout.

After their marriage in 1960 the couple lived for a few years in a house trailer, then bought 100 acres in Lake Leelanau, where for decades

they raised 50 acres of strawberries, employing about 200. Her husband also worked as a mason.

She raised four children, two of whom died young. After Bruce’s death in 2022, she remains in the same home, on M-204, enjoying the company of her daughter and son-in-law, who share the property. In the summer Betsey helps run a fruit stand, now selling Bardenhagen strawberries, sweet cherries, and a friend’s sweet corn.

Knitting is a long-time hobby. She makes socks to sell at the annual fund-raiser at St. Mary’s Catholic Church, where she attends Mass every Saturday.

Her love of the water remains. Having learned to swim off Drummond Island’s beaches as a child, she still swims a half-mile of laps, three times a week, at the Traverse City YMCA.

“I encourage young people to swim because they won’t be playing basketball at age 86.” She confidently drives her 12-year-old Subaru Outback to church, to the Y and to the nearby Meijer, but no further. “ShareCare had been a terrific help” in getting her to more distant medical care, she says. “Their volunteers are just fabulous people.”

She’s never thought of leaving Leelanau County. “We don’t have tornados. We don’t have fires or floods. We don’t have horrible storms, not very often,” she says. The fact is, “I’ve got the best of it right here.”



Volunteer Profile

by Susan Ager



SHARON CARPENTER

Sharon Carpenter learned how to listen to strangers working for decades as an emergency room nurse. Patients came to her bloodied, battered, and bruised. Even if they had only a bad cough, they were afraid, and hungry for kindness.

She retired a while ago, but didn't blink when ShareCare volunteer coordinator Jennie Arguello asked if she would be interested in calling a member once a week to check in and chat.

"I worried a bit that maybe she wouldn't like me, and wouldn't talk to me for very long," Sharon remembers. Instead, they enjoy each other. Every Monday at 1 p.m., Sharon calls, and they usually talk for 10 or 20 minutes, about their families, the weather, nothing special.

The new member calls Sharon "delightful," and says she looks forward to the calls. "We have a lot in common, both being retired nurses." The member's daughter says: "It makes my heart happy that my mom has extra companionship besides her family. My mom has always been so social and now it's difficult for her to get out. I'm amazed at how long the two will chat!"

They've not met during these months — EXCEPT, they came to realize, they met briefly 42 years ago! Sharon's mother-in-law had surgery at Munson, and the ShareCare member was her nurse. Later, volunteers and retired ShareCare nurse Anne Kelly supported Sharon's mother-in-law so she could remain at home through her final days.

Sharon and her husband Tim moved into that waterfront home in 2017, selling their place in Commerce Township, a distant suburb of Detroit.

Timid is the last word anyone would use to describe Sharon, now 83. With an immune deficiency disorder, she has had to be careful about crowds and her exposure to germs. Her career sometimes threatened her health, but felt meaningful and even "fun."

She also learned to be handy around the house. In the past few years she laid seven floors — vinyl, wood and ceramic. She and her husband Tim planned an addition to their home, but shortly after her husband's death in 2022 their builder abandoned her. So she became her own general contractor, hiring skilled tradesmen, but also doing a lot of the work herself: tile work, cabinets, painting, drywall repair.

"I joke that in my 70s I laid seven floors, in my 80s I built an addition and who knows what my 90s will bring."

Despite her health issues, including psoriatic arthritis, she swims almost every day in the summer, along the bayshore on which her home sits. "People on their porches wave to me. I'm their afternoon entertainment.

"But that makes me feel good, that some eyes are on me besides the fish."

ShareCare Fundraising Event Adult Spelling Bee



June 6th | 1:30 pm

**Suttons Bay High
School Cafeteria**

Deadline for team
registration is May 20th

\$75 per team
(up to three people)
Spectators: Adults \$10,
Children 12 and under \$5

Contact DAWN for more
information or to register
231-256-0221
ext. 302

ANTHONY CAMILL, CLTC

Long-Term Care Insurance Specialist | Veteran | Educator | Dave Ramsey Trusted Pro



I have over 30 years of experience in the long-term care industry, dedicated to helping individuals and families understand and navigate the complexities of long-term care insurance. Throughout my career, I've worked with a variety of organizations—including USAA, NEA, and various higher educational systems—to provide education and outreach on the importance of planning for long-term care.

As a Veteran, I have a unique understanding of VA benefits and how they relate to long-term care. My experience has allowed me to help clients, especially veterans, maximize their benefits while ensuring they have the coverage they need.

As a Dave Ramsey Trusted Pro and local to Northport, I'm passionate about helping families make informed and confident decisions about their long-term care options. If you'd like to learn more or need personalized guidance, please reach out to me:

daveramseyltc@gmail.com

(412) 445-6171

- Are you familiar with the State of Michigan Partnership for long term care?
- What does Medicare pay if care is needed?
- Tax advantages of long term care insurance.
- Reach out to receive the 2026 LTCI Guidebook



ShareCare Volunteers

by Jennie Arguello,
Volunteer Manager



Several weeks ago I was impacted by an insightful phone conversation with a ShareCare member. She told me that the volunteers who assist her are so uplifting and empowering and stated that after one of her last rides, she felt so good when she got home that she made phone calls to many people she hadn't spoken to for a long time. Additionally, she humbly said, "because of these volunteers, this is the first time I have felt recognized as a competent human being since I worked for the National Park Service".

This member's sentiments were extremely touching and another reminder of the quality of volunteers we have at ShareCare. As I continued to reflect upon her words, I recalled an article I shared several years ago. I would like to offer it again in the hope that its deep value is timeless.

People in Need

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

SPRING IS COMING! Schedule your requests now.

Spring Clean-Up!



**Thursday, May 14th &
Saturday, May 16th**

Volunteers will be assisting seniors with odd jobs, such as moving patio furniture, light gardening chores and other small tasks.

Please note that we are limited in the services that we are able to provide. We recommend calling a yard service in advance if extensive work is needed such as lawn raking or mowing.

For more information on volunteering for this event 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

In order to schedule our volunteer crews, we ask that you register early.

**The deadline for Sign Up is
May 1st.**

Share&Care

ShareCareLeelanau.org



Puzzle



Hello

Spring

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

- | | | | |
|---------|---------|----------|--------|
| APRIL | BUDS | NATURE | RAIN |
| SUN | INSECTS | GALOSHES | SPRING |
| BIRDS | CHEER | PICNIC | SMELL |
| HARMONY | TREE | NEST | GRASS |



RIDE REQUEST PROTOCOL

**CALL THE RIDE LINE 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 5 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

Comfort Keepers

Community Foundation Rotary Endowment

Grand Traverse Regional
Community Foundation

Leelanau County Senior Services

Michigan Health Endowment Fund

Philip S Harper Foundation

Oryana

Marshall & Bruce Law Firm, P.C.

Grand Traverse Elder Law Firm

The Les and Anne Beiderman Foundation, Inc.

Northport Physical Therapy

Grand Traverse Band of Ottawa and Chippewa
Indians

Life Story Funeral Home

Omena Presbyterian Church

Munson Healthcare

National Volunteer Caregiving Network

Michigan Nonprofit Network

Daniel J Boynton Trust

Keilty Foundation via Grand Traverse Regional
Community 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

ShareCare

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*
Clifford Hale, MD, *Vice President*
Diana Burton, *Secretary*
Tom Petersen, *Treasurer*
Pam Agee
Jan Rygwelski, MD
Michael J Sheehan
Matt Marske

STAFF:

Dawn Bousamra, *Executive Director*
Jennie Arguello, *Volunteer Manager*
Erin Gysbers, *Senior Wellness Liaison*
Marti Alexander, *Administrative Assistant*

info@sharecareleelanau.org | sharecareleelanau.org

 facebook.com/ShareCareLeelanau