

# ShareCare THE CONNECTOR

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## CONTACT US:

**(231) 256-0221**

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Suttons Bay, MI 49682

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Suttons Bay, MI 49682

*From Dawn Bousamra,  
Executive Director*



## Thank You for a Wonderful Gala!

What a night! Thank you to everyone who joined us at The Ridge at Verterra for our annual Gala. Your support directly funds programs for Leelanau seniors. (See our gala sponsor thank-yous and photos on page 7)

## Thank You, Cherryland Cares!

A sincere thank you to Cherryland Cares for a \$1,000 grant supporting background checks for our volunteers. Keeping our volunteer program safe and trustworthy is essential to everything we do, and we're grateful for their partnership in making that possible.

## Vote for ShareCare — Groceries for Good

ShareCare is on the ballot for Oryana Community Co-op's 2027 Groceries for Good program! Voting is open now through October 31, and only 12 organizations will be chosen. You can only vote once. Please share with friends and family!

Visit [oryana.coop/community/groceries-for-good/](http://oryana.coop/community/groceries-for-good/), scroll to the ballot, and look for ShareCare Leelanau under Social Justice & Human Welfare.

*continued on page 2*

**DRIVERS  
NEEDED!**

Volunteer when it fits YOUR schedule!

Contact Jennie for details.

231-256-0221 ext. 304

[info@sharecareleelanau.org](mailto:info@sharecareleelanau.org)

## 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

## We've Been Busy!

We are grateful for the chance to get out into the community and connect:

- Atwill Memorial Chapel welcomed us to their Outreach Sunday on August 9th
- The Grand Traverse Band of Ottawa and Chippewa Indians invited us to take part in their Health Fair on August 14th.
- Leelanau UnCaged ( September 26th) gave us a table in their nonprofit section, where we shared information about our services and recruited new volunteers.
- Grand Traverse Regional Community Foundation staff and board members visited our office on October 6th to learn more about ShareCare and our future.

Thank you to each of these organizations for including ShareCare and helping us reach more of the people we're here to serve. If you know of an organization that is open to hearing more about ShareCare, please let me know. I'm always excited to share!.

*Dawn*



*Dawn posing with board and staff from Grand Traverse Regional Community Foundation on a recent visit.*



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



## A Month of Gratitude: Looking for the Good

**A**t the start of the school year, my child's teacher challenged each family to spend 21 days practicing gratitude. It sounded simple enough, but our family quickly discovered how meaningful the practice could be.

We began and ended each day by asking, "What good can we find today?" It encouraged us to slow down, notice the little things, and appreciate what is already present in our lives.

That experience inspired me to create this month-long gratitude challenge for our community. Especially as we move through our life, we have so many gifts to reflect upon — people we've loved, memories we've made, lessons we've learned, challenges we've overcome, and simple pleasures that can easily go unnoticed. The goal isn't to pretend every day is perfect. It's simply to practice looking for the good.

### 30 Days of Gratitude

**Day 1 – A Simple Pleasure:** What is one small thing you enjoyed today?

**Day 2 – Someone Who Cared:** Think of someone who has made your life better. What do you appreciate about them?

**Day 3 – A Favorite Memory:** What is a memory that still makes you smile?

**Day 4 – Your Home:** What is something about your home or surroundings that you're grateful for?

**Day 5 – A Lesson Learned:** What is a lesson life has taught you that you're thankful to have learned?

**Day 6 – Nature:** Notice something beautiful in nature today. What did you see, hear, smell, or feel?

**Day 7 – A Friend:** What is something you value about a friendship in your life?

**Day 8 – Your Strength:** Think of a difficult time you made it through. What strength did you discover in yourself?

**Day 9 – Something You Can Still Do:** What is something you are grateful your mind, body, or spirit allows you to do?

**Day 10 – A Favorite Tradition:** What family, holiday, community, or personal tradition holds special meaning for you?

**Day 11 – Music:** What song, singer, or kind of music brings back good memories?

**Day 12 – A Kindness Received:** When has someone unexpectedly made your day a little better?

*continued on page 4*

**Day 13 – Something You Have**

**Learned:** What skill, knowledge, or wisdom are you grateful to have gained?

**Day 14 – Laughter:** What is something that made you laugh recently — or a funny memory you still enjoy?

**Day 15 – A Place:** What place holds a special place in your heart? Why?

**Day 16 – Someone You Have**

**Helped:** Think of a time when you were able to make a difference in someone else's life.

**Day 17 – The Present Moment:**

What is something about today that you can appreciate right now?

**Day 18 – A Favorite Food:** What food, recipe, or meal brings you comfort or happy memories?

**Day 19 – Your Community:** What is something about your neighborhood, town, club, or community that you appreciate?

**Day 20 – An Unexpected Gift:** What is something good that came into your life unexpectedly?

**Day 21 – A Person Who Influenced**

**You:** Who helped shape the person you became? What did you learn from them?

**Day 22 – Your Senses:** Choose one sense — sight, hearing, smell, taste, or touch. What is something you appreciate experiencing through it?

**Day 23 – A Change for the Better:**

What change in your life, community, or the world are you grateful for?

**Day 24 – Something You Once Took**

**for Granted:** What ordinary part of life do you appreciate more now than you did when you were younger?

**Day 25 – Family:** What is one quality, memory, or moment involving family that you're grateful for?

**Day 26 – A Second Chance:** Have you ever been given another opportunity — to begin again, repair something, learn something, or try again? What did it mean to you?

**Day 27 – Your Story:** What part of your life story are you especially grateful to have experienced?

**Day 28 – Something You Want to Pass On:** What wisdom, tradition, story, or value would you like younger generations to remember?

**Day 29 – Three Good Things:** Name three things you're grateful for today.

**Day 30 – Looking Back:** After 30 days of looking for the good, what have you discovered that you don't want to overlook?

..... Keep Looking for the Good .....

Gratitude doesn't mean ignoring life's challenges. It simply reminds us to notice the good alongside them. ***What good can you find today?***



## Member Profile

by Susan Ager



### PAT RHOADES-HALL

**P**at Rhoades-Hall is generous with praise. For her longevity she credits her mother, who died at 98, still crocheting. Pat is 91, the youngest of 9 children, healthy and independent like three older sisters.

Although she's twice a widow, she cherishes a "sweetheart," who lives in Texas, saying he keeps her heart light. They've visited, yes, but now they are "too old to travel" and talk often by phone.

She credits one daughter, a mile away in Lake Leelanau, for always including her in family plans.

And for everyday support, she credits three women friends. They lunch often, go to Bible study once a week, play dominos and share holidays.

"We're each alone, but I don't think any of us is lonely," she says. "We all love our homes, and the older we get, the more we love them. And we want to stay as long as possible."

Pat joined ShareCare a few years ago, at the urging of her neighbor.

ShareCare hasn't had to do much for her yet but she's comforted knowing it's around. This past spring, ShareCare volunteers set up her outdoor furniture.

She grew up on a Midland farm, working the fields with her siblings. At a local dance she met

her first husband, Richard Rhoades, an electrician. He traveled, they moved around Michigan, they raised 4 children and she staffed a school library and worked with special-needs kids.

After he died, she met her second husband at a class reunion. Chuck Hall didn't mind her keeping her first married name and adding his (after a hyphen.) But she lost him too, in 2011, to pancreatic cancer.

Never does she wonder "Why me?" She says, "I don't live like that. It's not in my control, and I try not to feel sorry for myself — because that's how I get in trouble. In fact, I feel blessed."

She is a devoted member of St. Mary's Catholic church. She tends a small garden of tomatoes and potatoes and beans, but sometimes battles with voles. She walks without assistance, mows her own lawn and drives with confidence. "The last time my one sister and I were together," though, "we said we hoped we had sense enough to know when it is time to give up the keys."

She has never smoked, eats healthy and doesn't drink — much. "Once in awhile I like happy hour, a couple glasses of wine. But I never drink alone."

Her deepest pleasure now is the view from her own windows, which overlook Lake Michigan. "Freighters and eagles and my flowers and the birds — I enjoy those more than anything, with a cup or two of coffee every morning."

And when she plays Scrabble — against herself — she doesn't keep score. "I just do the best I can with the tiles I get."



# Volunteer Profile

by Susan Ager

## DAVE COYNE



Once, in his youth, he made a living high in the sky, balancing on scaffolding, painting billboard art with big thick brushes.

(Yes, billboards were once painted by hand.)

Then, times changed. Computers and giant printers took over.

That's when Dave Coyne went back to school, earned a degree in global business and started selling websites to small businesses. But it was too early. What dog groomer needs a website?

His work collapsed. In 2007 his long marriage ended. The climate changed, making Arizona (even more) insufferable. "I figured it was time to come back home," he says, home to Traverse City. There, he recalls, as the son of a housewife and a baked goods delivery man, he behaved shamefully in school as "an Irish hooligan."

Now, he says, "I am a woodworker." His feet touch the ground.

He lives alone, at 72, on 10 acres in Solon Township, just north of M72. He keeps 3 chickens. He has peach, apple, plum and pear trees, and grapes. He tends a diverse veggie garden. He holes up in a heated pole barn he built for his workshop. He cuts trees and turns them into lumber on his own sawmill.

He creates wine from his fruit, including apples and raspberries. He builds custom furniture, and paints pastels, and is as content as a man can be who cannot drive — or barely see.

Born with Stargardt's disease, which causes progressive loss of central vision, Dave is legally blind. Even with glasses his vision is 20/2,800 — which means he must stand 20 feet from something most people can see from half a mile away. But, he says, "I've had the luxury of living with this all my life, so seeing everything fuzzy is the way things are for me. If I ever had good vision again, it'd scare the hell out of me."

He works around his limitations just fine at home or in his workshop, although everything takes longer. A buddy drives him to appointments, and they shop together at Costco. As a volunteer for ShareCare, he hitches rides with others, and helps members with spring and fall cleanups.

He's also part of a quartet who call themselves the Tuesday Toolmen, linked to Habitat for Humanity. They're always ready to build a ramp, or repair a railing, or otherwise help those with challenges.

Right now, they're also working to replace windows at the Faust cabin at Inspiration Point, at Sleeping Bear. At home, he's making himself some cutting boards, and planking his basement floor with hemlock, mulberry and cherry he milled himself.

When he moved home, he says, "I promised myself to try to become part of the community, and I'm doing that. There are a lot of people out there that need help, and somebody's gotta step up to do it. I've been fortunate to be with those three other fellas, all of the same mindset. And we get along great."

While he is strong of heart, he is wistful too. "I never expected to be living alone," he says, for 19 years now. His two children check in, but he finds comfort in his work for others, and in the woods that surround his house, and in the four seasons that he missed down South, where everything was too hot, too fast, too fuzzy and too too far from home.

# Share&Care Gala

## FUNDRAISER

### TO BENEFIT SENIORS OF LEELANAU COUNTY

ON BEHALF OF SHARECARE OF LEELANAU  
STAFF AND BOARD, *Thank you* FOR MAKING  
OUR FALL FUNDRAISER A HUGE SUCCESS!

To the businesses and individuals whose  
sponsorships and auction donations made the  
evening possible, and to the volunteers who  
gave their time to set up, welcome guests, and  
keep everything running smoothly, we are deeply  
grateful. Your support helps ShareCare continue  
delivering rides, wellness programs, and vital  
services to seniors across Leelanau County.

WITH SINCERE

*Thanks*

TO OUR  
SPONSORS:

#### SILENT AUCTION

Art's Tavern  
Bay Books  
Betsy Price  
Brightletics / Lisa George  
Case Daniels & Rae Jewelry  
Cherry Republic  
Crystal Mountain  
Crystal River Outfitters  
Dawn Hoving Pryor, LMT  
Diana Burton  
Diana Delbridge  
Don Burton  
Farm Club  
Fisher's Happy Hour Tavern  
Grocer's Daughter Chocolate  
Lisa Havens  
Northwoods Hardware  
Offshore Origins / Sean McLain  
Suttons Bay Bikes  
Traverse Tall Ship Company  
The Front Porch  
The Leland Lodge  
Tim Wade  
Two Fish Gallery  
VI Grill

#### GOLD

Dale Lersch  
The Ridge at Verterra

#### SILVER

Comfort Keepers  
Mike Sheehan  
Cliff Hale

#### DINNER

Grand Traverse Elder Law

#### HORS D'OEUVRE

Leelanau Cheese Co





## True Nature

Growing up in a family that deeply valued the land, I was always drawn to the outdoors for solace. In the early 1990s I came across a book titled *\*The Geography of Childhood*. It still resonates with my beliefs on why we need wild places. I would love to share one of my favorite passages as a reminder of how priceless nature is and how truly timeless it proves to be, as we age and grow throughout our lifetimes.

\*Found objects from nature can define a home and nurture self esteem. Think back to your feelings as a child: wandering, you find wonders, identify them (sometimes), take them home to your room, show them off to friends, and protect them. No one has a conch shell or chip of obsidian or fragile wisp of snakeskin or sack of chestnuts or nub of deer antler just like yours. Your possession is unique; thus, you are unique. Annie Dillard writes eloquently of such experiences in *An American Childhood*. Here is her description of a 1919 dime she once discovered in her alley.

*Treasure was something you found in the alley. Treasure was something you dug up out of the dirt in a chaotic, half-forbidden, forsaken place far removed from the ordinary comings and goings of people who earned salaries in the light: under some rickety back stairs, near a falling-down pile of discarded lumber, with people yelling at you to get away from there.*

*...In spring I pried flat rocks from the damp streambed and captured red and black salamanders...In the fall I walked to collect buckeyes from lawns. Buckeyes were wealth.*

The key then is to plant the buckeye, feed the salamander, invent a story about the dime. With these acts of extension, children begin to cultivate relationship — and the concomitant risks and rewards of sharing, of giving, of love. By moving beyond simple ownership they avoid the trap of permanently linking their self-esteem with what is only the first step—acquisition. Eventually, the discovery suffices for power; observation serves as possession; and we leave the objects where we find them, transcending the old dead-end of human domination over nature.

*\*The Geography of Childhood, Why Children Need Wild Places, Gary Paul Nabhan & Stephen Trimble*



## DESCRIPTION

### ► BUILDING BRAIN-HEALTHY HABITS

with Erin Gysbers, Liaison at ShareCare of Leelanau

- Learn about brain health and everyday habits that may help support cognitive function throughout life.
- Explore risk and protective factors related to cognitive health, and learn more about Alzheimer's disease and other dementias.
- Presented by an Alzheimer's Association Community Educator, this educational program includes opportunities for questions, discussion, and connection to resources.

### ► WINTERING WITHIN: A SOMATIC MOVEMENT & SOULCOLLAGE® EXPERIENCE

with Lisa George, Brightletics Founder

- Begin with gentle seated somatic movement and breathwork, wearing comfortable clothing that allows for easy movement and relaxation.
- Continue with a creative activity led by Lisa, a trained SoulCollage® Facilitator, offering space for reflection and self-expression.
- Take a quiet pause to restore, reconnect, and welcome the holiday and early winter season.

## SCHEDULE

Thursday, November 5th, 2026

11:00am - 12:00pm

at ShareCare of Leelanau

99 Fourth St. Suttons Bay, MI 49682

Wednesday, December 2nd, 2026

1:00pm - 3:00pm

at ShareCare of Leelanau

99 Fourth St. Suttons Bay, MI 49682

Register  
Now

CONTACT ERIN AT SHARECARE TO RESERVE YOUR SPOT TODAY!

PROGRAMS ARE FREE TO ATTEND, SPACE IS LIMITED

CALL: 231-256-0221 EXT. 305  EMAIL: ERIN@SHARECARELEELANAU.ORG

# Year-End Giving



**DONATE NOW** to support

Leelanau County seniors!

[www.ShareCareLeelanau.org](http://www.ShareCareLeelanau.org)

(scan the QR code) or mail a check to

**ShareCare PO BOX 157, Suttons Bay, MI 49682.**

## As the leaves turn, it's time to start thinking about year-end giving.

If you're 70½ or older, you may be able to give directly from your IRA to ShareCare through what's called a Qualified Charitable Distribution (QCD). If you're 73 or older, the IRS requires you to withdraw a minimum amount from your IRA each year. A QCD can count toward that requirement, and the gift doesn't count as taxable income. It's a simple way to support a cause you care about while easing your tax bill. (Check the details with your financial advisor or tax preparer.)

This option matters more than ever this year. Nonprofits everywhere are feeling the pinch, and ShareCare is no exception. Federal and state funding is less predictable, and costs keep rising. We've served Leelanau County for over 30 years, and we want to be here for 30 more!

**Every gift keeps a volunteer driver on the road and a senior connected.** To learn more about giving options, call (231) 256-0221 ext. 302 or visit [ShareCareLeelanau.org](http://ShareCareLeelanau.org) and click on the donate button.



# 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\*\*

## Activities

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

## Supported Programs

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



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

8527 E Government Center Dr. Suite 106  
 Suttons Bay, MI 49682  
[www.leelanau.gov](http://www.leelanau.gov)

**CONTACT US!**  
**(231) 256-8121**



We can help with Cemetery Burial, Natural Burial in the green section of the cemetery, Body Donation, and Cremation.

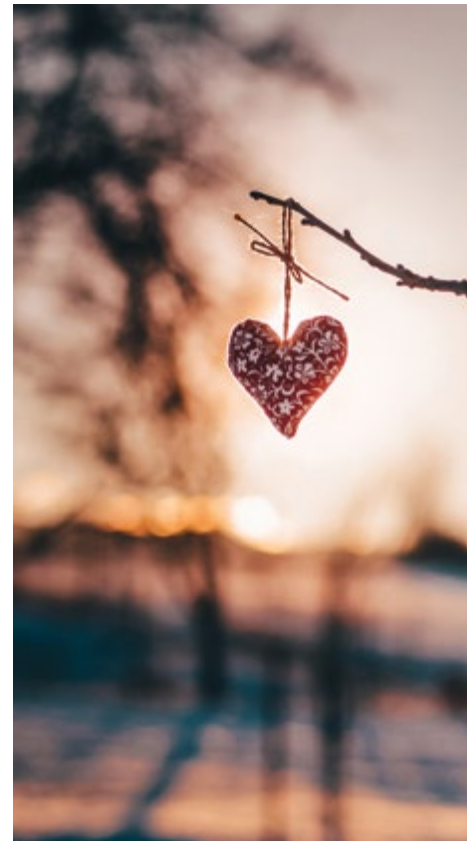
Cost friendly,  
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 not franchised

*Be an informed consumer... Call to see why your friends and neighbors choose Life Story*

**231-941-9034**

**400 Hammond Rd. W.,  
 Traverse City, MI**  
 East of Garfield and next to  
 Traversefield Industrial Park

Levon M. Seavolt, Owner/Manager





# 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

Northport Lions Club  
Rotary Charities of Traverse City  
Atwill Memorial Chapel Association  
Comfort Keepers  
Grand Traverse Regional Community Foundation  
Rotary Endowment  
Chetcuti Evans Foundation  
Glen Arbor Women's Club  
Grand Traverse Regional  
Community Foundation  
Leelanau County Senior Services  
Michigan Health Endowment Fund  
Philip S Harper Foundation  
Oryana Community Co-op  
Leelanau Township Community Foundation  
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  
Glen Lake Woman's Club  
Life Story Funeral Home  
The Oleson Foundation  
Omena Presbyterian Church  
National Volunteer Caregiving Network  
Michigan Nonprofit Network  
Daniel J Boynton Trust  
Kelty 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](mailto:info@ShareCareLeelanau.org)**



### **DONATE NOW**

to support Leelanau County seniors!

**[www.ShareCareLeelanau.org](http://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*  
Clifford Hale, MD, *Vice President*  
Diana Burton, *Secretary*  
Tom Petersen, *Treasurer*  
Pam Agee  
Jan Rygwelski, MD  
Matt Marske  
Dawn Brooks  
Molly Hassler

## STAFF:

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

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