

ShareCare

THE CONNECTOR

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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

From Dawn Bousamra,
Executive Director



As we navigate the roller coaster of spring — one day sunshine, the next day snow — it’s the perfect time to refresh and update you on what ShareCare has been up to! Here’s a look at our programs and services.

- **Medical and Wellness Rides** – Vetted Volunteers provide rides for seniors who lack transportation to medical appointments, health related services, classes, and events. The maximum number of rides per month is five.
- **Respite** – Volunteers with special training provide up to four hours of basic respite each month for primary caregivers who are supporting loved ones with memory loss. Basic respite does not include toileting, bathing, dispensing medication, or changing clothes.
- **Spring and Fall Clean-up** – Volunteers sign up to help with tasks such as moving patio furniture, potting plants and light gardening chores.
- **Grocery, Prescription, Mail and Library Item Delivery** – ShareCare volunteers deliver grocery orders, mail, prescriptions and library items. All groceries and prescriptions must be prepaid. Volunteers do not handle money exchange.
- **Phone Reassurance** – Volunteers check in weekly for a friendly chat.
- **Friendly Visits** – Volunteers checkin for an hour-long weekly visit to the senior’s home.
- **Wellness Programs** – ShareCare offers informational workshops, wellness activities, and social events across Leelanau County.

continued on page 2



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

- **Caregiver Support Group** – Monthly, in-person meeting of caregivers at our ShareCare office with a trained facilitator. Contact Erin, our Senior Wellness Liaison at 231-256-0221 ext. 305 for more information.
- **Memory Cafe** – Sharecare’s Memory Cafe is a welcoming social gathering for people with memory loss and their caregivers.
- **Volunteer Opportunities** – ShareCare is grateful to our many volunteers! To become a volunteer or for more information, contact Jennie, our Volunteer Manager at 231-256-0221 ext. 304.

Coming in June: Adult Spelling Bee! Stay tuned for more information.

Spring also brings our annual membership drive. Watch for an updated reminder to renew your annual membership of \$75 per person.

Thank you for being a part of the ShareCare community!



ShareCare

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



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

June is Brain Health Awareness Month!



IDEAS to assist in keeping the brain adaptable and challenged outside of everyday tasks:

EXPLORE NEW INTERESTS

Take up a hobby, learn a new skill or craft, or enroll in a class. Try something new that sparks curiosity such as: playing an instrument, painting, knitting, or partaking in a book club at your local library

CHALLENGE YOURSELF WITH GAMES

Crossword puzzles, sudoku, chess, and strategy games strengthen problem-solving skills and encourage mental agility.

READ AND WRITE REGULARLY

Reading books, articles, or poetry stimulates the mind while writing — whether journaling, storytelling, or letter writing — enhances memory and creativity.

STAY SOCIALLY CONNECTED

Engaging in conversations, joining discussion groups or volunteering promotes mental stimulation and emotional wellbeing. Interacting with people of all ages brings fresh perspectives.

MOVE YOUR BODY

Physical activity, such as walking, yoga, and dancing increases blood flow to the brain and supports cognitive health.

By keeping engaging activity, a part of daily life, you can assist in keeping your mind ready to experience and learn something new!

Sources: National Institute on Aging, Alzheimer's Association's recommendations for cognitive health

SPRING 2025 Wellness Programming

Leelanau County Senior Services & ShareCare of Leelanau

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

10:30am – 12:00pm **SOLD OUT** Waiting list available.

at The Friendship Center, 201 W Broadway, Suttons Bay with Jane Rapin.

A 3 part series in which attendees are encouraged to attend each offering. Registration is required. Join us to learn tips and tricks for making healthy choices and "cooking for one" enjoyable.

TUESDAY, 22 • ShareCare Memory Cafe

12:30pm – 2:00pm

at ShareCare, 99 Fourth St., Suttons Bay

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

Memory Cafe is a welcoming social gathering for individuals with memory loss and a companion who provides regular care and support. Our goal is to create an inviting space for people to connect and enjoy quality time together.

MAY

TUESDAY, 6 • Palliative & Hospice Care, Basics & Benefits

10:30am - 12:00pm

at Leelanau Township Library, 119 E Nagonaba St, Northport

What is the difference between Palliative Care and Hospice? Learn what option may be best for you or your loved one and how these services can provide support. Enjoy the opportunity to ask questions and gain knowledge on your own terms, with Hospice of Michigan Advisor, Nicole Hastings.

WEDNESDAY, 14 • Part 2: Cooking for One

10:30am – 12:00pm

at The Friendship Center, 201 W Broadway, Suttons Bay with Jane Rapin.

TUESDAY, 27 • ShareCare Memory Cafe

12:30pm – 2:00pm

at ShareCare, 99 Fourth St., Suttons Bay

JUNE

WEDNESDAY, 11 • Part 3: Cooking for One

10:30am – 12:00pm

at The Friendship Center, 201 W Broadway, Suttons Bay with Jane Rapin.

TUESDAY, 24 • ShareCare Memory Cafe

12:30pm – 2:00pm

at ShareCare, 99 Fourth St., Suttons Bay

WEDNESDAY, 25 • Palliative & Hospice Care, Basics & Benefits

10:30am - 12:00pm

at ShareCare, 99 Fourth St. Suttons Bay, MI

What is the difference between Palliative Care and Hospice? Learn what option may be best for you or your loved one and how these services can provide support. Have the opportunity to ask questions and gain knowledge on your own terms, with Hospice of Michigan Advisor, Nicole Hastings.

JULY

TUESDAY, 22 • ShareCare Memory Cafe

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

ShareCare
sharecareleelanau.org

Member Profile

by Jennie Berkson



NANCY SANCHEZ

It all began at the swimming pool

“I met the love of my life at a swimming pool,” said Nancy Sanchez, reflecting on her 59 years with her husband John, who died in 2017. “I miss him so much. I call where I live my house, not my home, because he is not there with me.”

“He was a championship diver. We met ‘accidentally on purpose’ when I accompanied my aunt to the pool. He saw me in my plaid bathing suit and that was that!”

She and John got married when she was 19. John became a plumber and pipefitter for Ford Motor Company and Nancy became a nurse, working in both pediatrics and psychiatry. They had three children, Susan, Gregory, and Jeffrey.

“I worked until 2000,” she said. “In the early days in the psychiatric unit, I assisted with ice baths and electroshock treatment.” Nancy said that she believes that not enough is being done for young women with psychiatric problems. “If there was more possibility of hospitalization, maybe there wouldn’t be so many suicides,” she said.

Nancy and John first came to Traverse City to help their daughter, who is also a nurse, with her new baby.

When he was older, they would take him to school, pick him up, and spend time with him. They also volunteered at Munson Hospital, for Meals on Wheels and the lunch service at Saint Francis Church.

“I also watch Jeopardy and Everybody Loves Raymond. That makes me laugh.” Nancy also likes to read books by James Patterson as well as murder mysteries.

Nancy connected with Share Care a couple of years ago.

“I’d had a couple of falls. I use a walker and I have COPD,” she said. “Comfort Keepers comes to help me take a shower. The volunteers from ShareCare provide rides to my doctor’s appointments and to the drug store. They came in the summer to work in the yard getting weeds cut down and put mulch down.”

Despite her challenges, Nancy feels very blessed. “I have three wonderful children who love me and I love them.”



Volunteer Profile

by Jennie Berkson

JEFF BROWN

A flexible guy finds a way to help out

Some people who live in Leelanau County are descendants of families who've been here for generations. Some have vacationed here for years and finally make it their year-round home. Others, like Share Care volunteer Jeff Brown, are one of the lucky ones that moved here for an employment opportunity.

"Some of your readers may remember Lake States Insurance Company which was based right here in Traverse City," he said. "In 1995 they opened a branch on Front Street in the building now occupied by Gordie Fraser. I moved here as the manager for that new branch. Lake States Insurance was subsequently sold to an East Coast company, and then ultimately was purchased by Nationwide Insurance, giving me an opportunity to retire or move. I chose the former."

Jeff didn't know anything about insurance before he chose it as a major in college and started out as a claims adjuster — "the guy you meet when you have a house fire or an automobile accident," he said. He rose to Regional VP and VP of commercial insurance before retiring.

Jeff started as a driver for ShareCare more than five years ago, but he had to make a shift in his volunteer commitments for practical purposes.

"I started out giving rides but over time, fewer and fewer people could navigate getting into and out of my pickup truck. I do have running boards and handles, but even with those, getting into and out of the truck can be a challenge."

Jeff still gives rides to those who can navigate his truck and he also enjoys volunteering for both fall and spring clean-ups where he moves patio furniture, and does light gardening chores and small tasks.

Although Jeff considers himself handy around the house, he's still very proud of a recent accomplishment.



"I actually built the garage my woodshop is in," he related. "With very little background in construction, this old insurance guy self-taught himself how to build a garage and it's still standing!"

In addition to volunteering with Share Care, Jeff also works diligently to get rid of the autumn olive trees that have invaded the several acres of woods on his property.

"I've probably removed close to 1000 and have many more to go," he explained. "I have a big metal scissor with spikes on the end. I hook that to my tractor and pull the thing out, roots and all."

Jeff also volunteers with the Lake Leelanau Lake Association to educate people about preventing invasive species from entering the lake. And if that wasn't enough to keep him busy, "during the sailing season, I volunteer as crew for Inland Seas and get to enjoy watching kids learn about our Great Lakes while crewing on one of their two tall ship schooners."

Family, human and canine, are also an important part of Jeff's life.

"I enjoy spending time on Lake Leelanau with my wife Janel and our dog, Billy, a King Charles Cavalier spaniel, during the summer. I try to explore new trails with Billy or just walk him down the street every morning." Jeff is also very lucky to have one of his two sons and a daughter-in-law living right nearby, as well as a new grandchild.

Like many folks who volunteer with Share Care, when Jeff retired, he was "looking for a way to give back and at the same time, selfishly get a sense of satisfaction that you accomplished something and were able to help. The smiles and appreciation from those we are able to assist make it all worthwhile."

SPRING CLEAN-UP!



**Thursday, May 15th &
Saturday, May 17th**

Volunteers will assist members by moving patio furniture, providing light gardening, and completing other small tasks.

We recommend calling a yard service in advance if extensive work such as lawn raking, mowing or heavy mulching is needed.

Deadline for sign-up is May 2nd. To schedule your request or to volunteer, please contact **Jennie at 231-256-0221 ext. 304.** or **email: info@sharecareleelanau.org**

Share&Care

ShareCareLeelanau.org



ShareCare Volunteers



Telling our Stories



by Jennie Arguello,
Volunteer Manager

Last month while at work, a memory stepped into my space. Suddenly in my mind, I was standing in the office of my college advisor, confessing that as a sophomore, I still had not declared my major. He kindly looked at me and gently said, “What could you do and not need to get paid for it?” Immediately I answered, “Well, work with Seniors of course.” My family upbringing involved grandparents living in our home and frequent volunteer service for older adults, thus through his simple question, I was given the gifts of clarity and confidence for my journey ahead.

This memory could have easily been a temporary visitor, however, for good reason, it would not leave. My goal to find this college advisor and thank him for his impact was set, however, a roadblock suddenly appeared. I could not recall his name (imagine that). With the help of the technology I sometimes curse, I scoured the university for a former professor from the same department. Luckily, I found her and explained my goal. She very directly stated that my experience happened forty four years ago and therefore she could not be of much help. She did, however, provide the name of another person who could perhaps assist me. This unfortunately led to a dead end. With a bit of disappointment, I knew that I would need to allow time for synchronicity to occur.

Approximately two weeks later, while reading our local paper, there in black and white was

the same last name of the advisor and within minutes, his first name popped into my head. I quickly searched the internet for a contact and two phone numbers appeared. I dialed the first disconnected number and held my breath as I dialed the second. After several rings a gentleman answered. I asked for the advisor by name and the person’s response was “For what reason are you calling?” I briefly explained how this person had impacted my life. The gentleman then stated, “This is he.” I was elated and we proceeded to enjoy a truly priceless conversation.

This octogenarian professional was now writing short stories and was on his seventieth with the goal to produce one hundred. He then asked if he could mentor me and said, “Once an advisor, always an advisor, right?” We have since exchanged emails and stories and he has invited me to visit him and his wife if ever in their area.

I share this experience as a reminder that the activities to which we dedicate ourselves often define our purpose on our individual paths. Had my parents not encouraged me through their example, to volunteer with seniors, I may not have been open to my mentor’s wise advice. In turn, I may not have chosen this career and would have missed out on meeting the many remarkable people associated with ShareCare. May each of us reserve time to reminisce about those who have touched our lives and if possible, tell our stories why.



Cherry Tomato Pasta *with* Avocado Sauce

www.tasteofhome.com

Prep Time: 15 min.

Cook Time: 15 min

Yield: 10 servings

Ingredients

- 1 package (14-1/2 ounces) protein-enriched rotini (about 3-1/2 cups uncooked)
- 2 medium ripe avocados, peeled and pitted
- 1 cup fresh spinach
- 1/4 cup loosely packed basil leaves
- 2 garlic cloves, halved
- 2 tablespoons lime juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon coarsely ground pepper
- 1/3 cup olive oil
- 1 cup assorted cherry tomatoes, halved
- 1/2 cup pine nuts
- Optional: Shredded Parmesan cheese, shredded mozzarella cheese and grated lime zest

Directions

1. Cook rotini according to package directions for al dente. Meanwhile, place avocados, spinach, basil, garlic, lime juice, salt and pepper in a food processor; pulse until chopped. Continue processing while gradually adding oil in a steady stream.
2. Drain rotini; transfer to a large bowl. Add avocado mixture and tomatoes; toss to coat. Sprinkle with pine nuts, and add toppings as desired.

Nutrition Facts

3/4 cup: 314 calories, 18g fat (2g saturated fat), 0 cholesterol, 125mg sodium, 32g carbohydrate (2g sugars, 5g fiber), 9g protein.



photo by Taste of Home



Word Search

Springtime

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

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|-------------|-----------|-----------|----------|----------|----------|----------|
| springbreak | chocolate | butterfly | umbrella | sunshine | daffodil | crawfish |
| vibrant | showers | rainbow | pastels | ladybug | holiday | goodies |
| flowers | buzzing | blossom | tulips | spring | rabbit | puddle |
| picnic | easter | carrot | bubble | bonnet | basket | seeds |
| peeps | march | lilac | grass | chick | candy | bunny |
| bloom | birds | april | rain | nest | lily | lamb |
| kite | hunt | eggs | duck | bees | new | may |

Create your own puzzle at WordMint.com or print one of our 500,000+ pre-made word searches, crosswords, and more.



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:

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