



Supporting Independence
for Older Adults

NORTH SHORE AREA PARTNERS

EXPANDING SERVICES! LOOKING TO THE FUTURE...

Since its founding in 2003, North Shore Area Partners has been steadfastly helping seniors 'age in place' in eastern Lake County. It is common knowledge that our society is aging rapidly. By 2030, Lake County's population over age 65 is expected to double from 30% to 60%. How we develop our community resources now will have a huge impact on how well we are able to address the future needs created by this shifting dynamic.

North Shore Area Partners' primary focus has always been to encourage neighbors helping neighbors. We have an incredible team of volunteers who are making sure that elder residents remain connected to and supported within our community. It may be a quick drive to the store and help putting away the groceries, or an all day trip to a medical appointment in Duluth. Perhaps it's a brief phone call to check on an elderly neighbor who lives alone, or an afternoon sitting with an aging parent while the caregiving family member takes a much-needed break. These are the types of meaningful and ongoing interactions that North Shore Area Partners coordinates and that build the bonds that ensure a strong intergenerational community.

Now North Shore Area Partners is planning to expand our services to enable older adults to stay in their own homes and in our community even longer. With support from the Lloyd K. Johnson Foundation, we will be working over the next few months towards certification to allow us to provide personal caregiving assistance. Our core volunteer services will be the starting point in what we can do for elders. We look forward to increasing access to the complete continuum of home care necessary to help older adults and their caregivers navigate the changing needs of their lives as they age.

HOW WE CAN HELP

HOMEMAKING & CHORES

grocery shopping,
frozen meals on wheels delivery,
light housekeeping,
light yard work & repairs.

TRANSPORTATION

rides to medical appointments in
Two Harbors and the Duluth area,
local errands.

COMPANIONSHIP & CAREGIVER SUPPORT

friendly visiting & phone calls,
respite for caregivers,
caregiver consultation.

SERVICES & REFERRALS

emergency phones (PerMar),
tax preparation (AARP),
medical equipment loan closet,
education & advocacy,
service coordination.

IN-HOME SUPPORT (coming soon!)

assistance with activities of daily
living and household tasks,
mobility & movement assistance,
medication reminders

**Compassionate and confidential
support for older adults age 60+
who wish to remain in their homes
as long as possible.**

99 Edison Blvd, Room 20
Silver Bay, MN 55614
218-226-3635
www.nsapartners.org

CALENDAR & EVENTS

- Every Monday** Technology Assistance | 10:00AM – 12:00PM
Stop in at the NSAP office at 99 Edison Blvd, Room 20 for personalized assistance with Smart Phones, iPads, and Laptops.
- 2nd Tuesday** Caregiver Support Group | 1:00 – 2:30PM
Monthly meetings at United Protestant Church
 Join the Caregiver Support Group or request personal caregiving consulting.
 Contact: **Mary Aijala** at **218-226-3635** or **mary@nsapartners.org**
- April 23** Tech & Me, Lighthouse for Vision Loss | 1:00 – 3:00PM
Learn how technology can improve your life! 99 Edison Blvd, Room 23
 Information on a variety of assistive technologies, not just for vision loss.
 Contact: **Judy Larson** at **218-226-3635** or **program@nsapartners.org**
 Also on **April 23**, learn about the upcoming **Habitat for Humanity project** in our area in June and receive help filling out the application for participation.
- April 25** Chuckie Knudson, Volunteer Coordinator | 10:00AM – 2:00PM
Join us at the NSAP office to wish Chuckie well in her retirement!



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VOLUNTEER FOR YOUR HEALTH!

The core of North Shore Area Partners has always been our dedicated **volunteers**. Last year, 80 volunteers contributed 3097 hours of service to 233 older adults in our community. Humans are hard-wired to give, and the more we give the happier we feel. Contact our new Volunteer Coordinator, **Judy Larson** at **226-3635** or **volunteer@nsapartners.org** to get involved.



WE'RE HIRING!

We are looking for a part-time **Program & Outreach Coordinator** to help spread the word about North Shore Area Partners and help develop our new programming and services. Energy and commitment towards building strong community relationships and working with older adults is essential. A health or social services background is desirable. For more information, contact **Lise Abazs** at **218-226-3635** or **director@nsapartners.org**

OFFICE HOURS

MONDAY – THURSDAY
 9:00 AM – 3:00 PM
 FRIDAY
 9:00 AM – 12:00 PM

BOARD OF DIRECTORS

Pastor Stew Carlson, Chair
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 Ann Snyder, Treasurer
 Pam Jonson
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 Carol Youngberg

STAFF

Lise Abazs,
 Executive Director
 Judy Larson,
 Volunteer Coordinator
 Mary Aijala,
 Caregiver Consultant

SUPPORTED BY:

Minnesota Dept of Human Services,
 Lake County Health & Human Services,
 Arrowhead Area Agency on Aging-ARDC,
 AEOA, Lloyd K. Johnson Foundation,
 Northland Foundation, United Way,
 Cliffs Foundation, Co-op Light & Power,
 & many local individuals and businesses

PLEASE CONSIDER NORTH SHORE AREA PARTNERS FOR YOUR CHARITABLE GIVING!

I wish to make a gift of: \$10 ___ \$25 ___ \$50 ___ \$100 ___ Other ___
 Please accept my gift in honor/memory of: _____

We can't do it without your support!
 Thank you for your gift!