



Supporting Independence
for Older Adults

NORTH SHORE AREA PARTNERS

ANOTHER YEAR GONE, AND WE ARE FEELING SO GRATEFUL!

As 2022 made it's exit, we felt and are still feeling so **GRATEFUL!**

Grateful to be walking alongside friends and neighbors on their aging journeys – offering useful information, ideas, and guidance.

Grateful to be able to help local elders live the life they want in their own homes – providing hands-on services to maintain their independence, safety, and dignity.

Grateful to have the opportunity to strengthen our North Shore community – organizing activities and education that bring people together for companionship, support, and inspiration.

North Shore Area Partners is able to do what we do, because of YOU!

You are the participants who come through our doors, gracing our space and our lives with your presence.

You are the volunteers who give your time – who prepare and deliver care packages to homebound elders – who adjust your daily routine to give an older community member a ride to the doctor – who share your knowledge and skills to help seniors navigate the twists and turns of aging.

You are the supporters who give your money – who drop a dollar in the donation box to offset costs – who stop by with a monthly check to help with ongoing expenses – who remember us in their will to ensure North Shore Area Partners will be here to serve the community even after you are gone.

We are grateful for ***all of you!*** It is the support of the entire community that enables us to be successful at our mission. **THANK YOU for whatever part you played in our lives in 2022. We are happy to be traveling this aging journey together with you!**

We appreciate your past support and look forward to your continued generosity in 2023!

HOW WE CAN HELP

HOME CARE

Live well at home longer with assistance with housekeeping, personal cares, and more from our skilled and compassionate home health aides.

TRANSPORTATION

Get to your medical appointments and run local errands with the help of volunteer drivers.

PUBLIC PROGRAMMING

Attend educational workshops, social activities, and other opportunities offered by NSAP staff or guest contributors.

CARE NAVIGATION

Navigate aging transitions with our knowledgeable consultations and customized guidance.

RESOURCES

Resources designed to assist you with everyday hurdles.

CAREGIVER SUPPORT

Provide positive support and care for your loved one as long as possible with our confidential support, advocacy, and resources for caregivers.

GRIEF SUPPORT GROUP
1st Thursday | 1 - 2 PM

CAREGIVER SUPPORT GROUP
2nd Thursday | 1 - 2:30 PM

Please contact us for more info.
info@nsapartners.org |
218-226-3635

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



2022 IMPACT HIGHLIGHTS

MEALS-ON-WHEELS		HOME CARE		TRANSPORTATION	
Participants served	24	Clients served	40	Participants served	65
Delivery volunteers	5	Home Health Aide service hours	2,953	Volunteer drivers	22
Volunteer hours	328	Miles driven to homes	15,882	Service hours	639
Meals delivered	2,396			Rides provided	211

OTHER PROGRAM & SERVICE HIGHLIGHTS

Individuals received Tech Help	25
Individuals received Tax & Medicare assistance	97
Individuals attended social and educational community programs	353
Individuals received one-on-one Care Coordination and Consultation	89
Individuals borrowed items from our Medical Equipment Loan Closet	55

597	69	1,438
Total participants across all programs	Total volunteers across all programs	Total volunteer service hours

Happy Retirement



FAREWELL RETIREMENT PARTY FOR DIANE KNUST

Thursday, Jan. 26 | Stop in between 9:30 am and 12 pm

Diane Knust, LISW, joined the NSAP Team in 2020 and worked tirelessly on all the aspects of starting up a brand new, licensed home care program. As Home Care Manager, a large part of her role was regulatory compliance—making sure our staff had enough training and our paperwork was all in order. We can't express how grateful we all are for her meticulous attention to all necessary details to run such a complex, but crucial program. **She spent countless hours on follow-up visits and other advocacy, ensuring each person received the care they needed. She brought a huge heart and lifelong experience to this care navigation service.** Thank you, Diane, for your dedication to North Shore Area Partners, and our community of elders! **NSAP wouldn't be where it's at today without the enormous effort you put in during your time here, and to celebrate, we invite community members to join us for Diane's Retirement Party, Thursday, January 26 from 9:30 - 12 pm, during Coffee Connection.**

MEET OUR NEW STAFF MEMBER!

Ericka Blanchard, LSW | Care Navigator & Home Care Manager

Ericka moved to Silver Bay with her family in December 2021 and immediately started looking for ways to become an active member of this incredible community. After working in the legal field for over 15 years, Ericka felt drawn to the social work profession and switched careers, completing her internship working at William Kelley Schools and becoming a licensed social worker in 2022. Ericka looks forward to working with North Shore Area Partners to uphold the social work values of service, social justice, dignity and worth of the person, importance of human relationships, integrity, and competence. In addition to looking for ways to serve others and be an agent for change, Ericka enjoys spending time with her family, traveling, camping, and reading.



THANK YOU 2022 DONORS!

Thank you to all who have contributed to North Shore Area Partners from **January 1, 2022 - December 31, 2022**. The list was too long to include in this newsletter (a welcome problem to have!), so please head over to our [website to view the list: www.nsapartners.org/donate](#), stop in at the office and ask for a copy, or email info@nsapartners.org if you'd like a copy emailed to you.



PET CARE SUPPORT PROGRAM

Calling All Pet-Lovers!

In the fall of 2022, we were awarded a **\$5,000 grant from Duluth-Superior Community Foundation/Lupa Animal Wellness Fund to provide pet care support for low-income elders**. NSAP's grant request was inspired by a client who relayed a concern about this to us, and this grant seemed an appropriate fit for addressing the need. Pets are family members to so many of us, and our goal with this program is to distribute financial assistance to elders who may be struggling with pet costs, so they can better care for their fur babies.

We will soon put out a request for pet-loving volunteers from the community to help coordinate and maintain this program, with one NSAP staff member spearheading the effort. To start with, we have up to \$2,500 for pet food vouchers and gas cards for vet appointments, but we have more possibilities in mind on how to use the funds. After the initial funding is used up, the program will be run fully on donations from the public.

Although we are still in the early planning stages, please reach out if you are interested in helping out with this program! Call Stacey at 218-353-1391 or email volunteer@nsapartners.org.

CONGREGATE DINING PROGRAMS

In collaboration with AEOA, we launched two congregate dining programs fall of 2022. **Senior Meals**, part of AEOA's Senior Nutrition services, are meals developed and approved by a licensed, registered dietitian and offered at a lower cost to encourage elders to eat healthy food in a social setting, which benefits physical and mental health.

If you are 60+, come to NSAP on Wednesdays between 11 am and 1 pm, where you may choose from 13 meal options off of

Northwoods' Senior Menu. An NSAP staff member or volunteer will bring the food over from Northwoods and you can enjoy the meal in the company of other attendees! **September - December, we had 60 participants!**

October was the kick-off of **Finland Community Senior Meals**, which take place the third Monday each month from 11:30 am - 1 pm at the **Clair Nelson Center in Finland**. These meals include a presentation about new topics in health care and of course, a freshly cooked meal! Elizabeth Storm, a Finland resident, has made some mouth-watering, healthful dishes. So far, folks have enjoyed chef salads exploding with fresh veggies, creamy wild rice soup made with local ingredients, and tasty lake trout burrito bowls—always accompanied with delicious sides and dessert. **Between the three meals this fall, we've had 37 participants!**



Thank you AEOA, Finland Clair Nelson Center staff, NSAP volunteers, Elizabeth Storm, Dr. Tom Clifford, MD, and Cole Ernest, Silver Bay Police Chief, for your part in making these meal programs a success!

NEW SUPPORT GROUPS FACILITATOR, NEW DAY, NEW WEEK, SAME TIME!

Please help us welcome **Kaylee Cahill-Mathews, our new facilitator for our Caregiver and Grief Support Groups!** Kaylee currently works as a licensed therapist with Kalina Counseling, primarily serving the Two Harbors area, but now expanding into Silver Bay! She has been working in the mental health field since 2015 in varying capacities, and graduated with a masters in Art Therapy in 2018. Shortly after graduating, she moved to the North Shore with her now husband and two dogs. Kaylee says it's been a pleasure being able to provide mental health support to these communities and empowering those who she works with. In her free time, she enjoys being creative, getting outside, and spending time with her loved ones.



**NORTH SHORE AREA
PARTNERS**

**36 Shopping Center
Silver Bay, MN 55614
218-226-3635
www.nsapartners.org**

Support Group Meeting Schedule Changes

Grief Support Group meets every first Thursday of the month from 1 – 2 pm. Anyone experiencing loss of a loved one is welcome to attend. A grief support group offers a different quality of support and connection that comes from being with people who have also experienced a loss. Grief support groups provide emotional support, validation, and education about grief.

Caregiver Support Group is scheduled the second Thursday of the month from 1 – 2:30 pm. This group focuses on providing positive support and care for anyone in the caregiving role. If you are caring for a spouse, aging parent, or neighbor you may need support. Caregiver support services can include these monthly groups, individual meetings and support, care assessment and planning, education, respite services and friendly visits. **Call 218-226-3635 or email info@nsapartners.org for questions about our support groups or caregiver services.**

DEMENTIA AWARENESS CONTINUES!

Dementia Friends Information sessions were held at the Silver Bay Library in September, with the Golden Agers in October, and at Carefree Living in November. **Dementia Friends is the biggest ever initiative to change people's perceptions of dementia.** It aims to transform the way we think, talk and act about the disease. Dementia Friends sessions presented by NSAP will help you learn about dementia and the small ways you can help. From telling friends about the program to visiting someone you know living with dementia, every action counts. **Please call to schedule your information session for your group or faith community at 218-226-3635. Also, call us to receive a copy of "10 Ways to Love Your Brain" compiled by the Alzheimer's Association.** Start caring for your brain today!



PLEASE CONSIDER NORTH SHORE AREA PARTNERS FOR YOUR CHARITABLE GIVING!

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

I wish to make a gift of: \$10 \$25 \$50 \$100 Other

Please accept my gift in honor/memory of:

Prefer to donate online? Please visit: <https://bit.ly/NSAP-PayPal>

OFFICE HOURS

**MONDAY – THURSDAY
8:30 AM – 4:00 PM**

PROGRAM STAFF

Lise Abazs, Executive Director
Diane Knust, LISW, Home Care Manager
Ericka Blanchard, LSW, Care Navigator
Keri Johansen, Services
Stacey Hohman, Programs & Volunteers
Nancy Christenson, Special Projects
Wendy Johnson, Office
Sarah Thomson, Communications

HOME CARE STAFF

Dodie Moore, RN, Nurse Supervisor
Collette Klemmer, Home Health Aide Lead
Annette Lewis, CMA
Samantha Ahlbeck
Chris Hill
Nicolle Parks
Kari Mathews

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Northland Foundation, United Way,
Cliffs Foundation, Co-op Light & Power,
& many local individuals and businesses