



North Shore Area Partners

Spring 2025



According to the National Alliance for Caregiving and AARP, more than 34 million Americans provided unpaid care to an adult age 50 or older in the past 12 months.

Caring for the caregiver

Taking care of a loved one can take a toll. It is important to recognize signs of burnout and take steps to maintain your emotional, mental and physical health.

At North Shore Area Partners, we provide respite care to caregivers caring for older adults. Respite care is provided by trained home health aides and gives caretakers time to run errands, recharge or simply relax.

Respite services include such things as light housekeeping, help with meal prep, and assistance with daily cares to name a few.

Not sure where to start?

We also offer Caregiver Consulting. This service provides a positive way to address the caregiver's needs while giving them a place to share their concerns and experiences. Caregivers gain important information about available resources and services as well as guidance on the best way to provide care and their role as a caregiver.

Call Ericka Blanchard, LSW, Caregiver Consultant at 218-353-1464 or email ericka@nsapartners.org to learn more.

It is normal to have occasional feelings of being overwhelmed, but if the feelings persist or worsen, getting support is important.

Signs of burnout

- Physical and emotional exhaustion
- Feeling helpless or hopeless
- Lack of concentration
- Getting sick more often
- Withdrawal from family and friends
- Increased irritability, frustration or anger

Tips to prevent burnout

- Get help
- Take care of yourself
- Talk to someone you trust
- Make sure you are eating healthful food like fruits and vegetables
- Get out and get fresh air

Benefits of Caregiver Consulting

- Increased confidence
- Emotional well-being
- Increased skill
- Improved capacity to provide care for longer
- Greater access and willingness to use support services

"Knowing my mom was in good hands while I ran errands gave me peace of mind."

More than 2,400 hours of respite care was provided by North Shore Area Partners in 2024.



Tom Palen and his aunt, Di Griffin, (center) share a laugh during a community sing-along event Feb. 13 at North Shore Area Partners while Delois Johnson (right) listens in.



National Volunteer Week April 20-26

This year's theme is Celebrate Service — an opportunity to shine a light on the people and causes that inspire us to serve. Volunteerism empowers individuals to find their purpose, take their passion and turn it into meaningful change. When each of us, in our own way, answers the call to make a difference, we create stronger communities.

North Shore Area Partners volunteers deliver meals, provide tech support and help with tax preparation. In 2024, nearly 800 volunteer hours were donated by 30 volunteers who provided medical rides for individuals to and from appointments or to the grocery store to buy food.

To find out more about how you can make a difference call the Volunteer Coordinator, Stacey Hohman, at 218-353-1391 or email stacey@nsapartners.org.

Community members find fun and friendship at North Shore Area Partners

Looking for something to do? North Shore Area Partners (NSAP) offers a variety of events and activities to bring people together that improves physical and mental health by building on a sense of belonging.

Every day people gather during Coffee Connections for coffee, a treat and conversation. Others come in to work on puzzles, play pool or participate in Bone Builders or Chair Yoga.

To reach more people, NSAP began offering evening programming called, "Thursdays at Six," covering a wide variety of topics taught by local experts. Future classes will cover changes to Medicare, helping yourself through the grieving process, meditation and mindfulness.

For current listings, check out the events page at nsapartners.org or call 218-226-3635.



Left photo: Yvonne Brickles and Duane (Dewy) Welt work on a puzzle together. Right photo: Flora Dickinson (left) and her daughter, Cindy Donner, are common faces at Coffee Connection where they enjoy spending time together.

Thursdays at Six

Changes to Medicare | **April 3**

Medicare 101 | **April 10**

Money-saving Programs | **April 17**
& Services: How the Senior LinkageLine Can Help You

Firearm Safety | **April 24**

Grief — Helping Yourself and Others | **May 1**

Caring for Yourself as You Care for Your Loved Ones | **May 8**

All classes are 6-7 p.m. Thursdays at North Shore Area Partners, 36 Shopping Center, Silver Bay. FREE. Register by calling Melissa at 218-226-3635.