



Supporting Independence
for Older Adults

NORTH SHORE AREA PARTNERS

BAY DAYS CELEBRATION!

Please join us to celebrate this year's **Bay Days** with an afternoon of **bingo fun!** There will be multiple games, so stop by when you can, grab a pop or water and a snack from our concession stand, and enjoy some time with North Shore Area Partners!

Join us for an afternoon of



GAME - CONCESSIONS - PRIZES!

Saturday, July 10

11 AM - 4 PM



North Shore Area Partners
36 Shopping Center, Silver Bay



HOW WE CAN HELP

HOMEMAKING & CHORES

grocery shopping,
frozen Meals-on-Wheels delivery,
light housekeeping,
light yard work & repairs.

TRANSPORTATION

rides for medical appointments
and errands. Masks required.

COMPANIONSHIP & CAREGIVER SUPPORT

friendly visits and phone calls,
respite for caregivers,
caregiver counseling
& support group.

PERSONALIZED SERVICES

service coordination,
assistance with forms & paperwork,
one-on-one technology assistance,
education & advocacy, medical
equipment loan closet.

PARTNERSHIP PROGRAMS

emergency phone assistance,
free tax preparation service,
legal aide kiosk, technology access.

LICENSED IN-HOME SUPPORT

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

HEALTH & WELLNESS

In-person activities are planned to
start again in the fall.

Call us to learn about current
online programming.

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

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

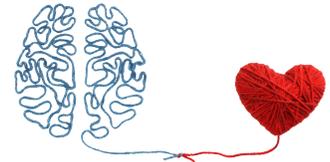
CAREGIVER CORNER

HEADS UP: TAKING CARE OF YOUR BRAIN HEALTH

By Amy Renne - NSAP's Caregiver Consultant

As caregivers, **it is important that we take care of ourselves as part of our caregiving responsibilities.** I know, it is hard to consider yourself as one of your “caregiving responsibilities,” yet we all know that if we don’t take care of ourselves first, it will affect the care we are able to provide to others. Since June was Alzheimer’s Awareness and Brain Health Month, let’s take a quick look at what affects our “brain health” and things we can do to take care of it.

More and more, research studies are connecting **poor physical health with deteriorating brain health.** Specifically, studies show a correlation between vascular risk factors—things like smoking, hypertension, pulse pressure, diabetes, high cholesterol, obesity—and damage to your brain’s cognitive functioning and health. The damage caused by these risk factors may lead to diminished thinking skills and even lead to changes that resemble Alzheimer’s disease and dementia. (Healthline.com, 2019.)



The good news? It’s never too late to start taking steps to improve your brain health! Increasing your physical activity, even just a little, can help. Eating a heart healthy diet and getting a good 6-8 hours of sleep each night are great brain health boosters, too. Activities such as playing cards, working on puzzles, or listening to and playing music also help to improve your concentration, memory, and mental agility.

Even better news is that incorporating a focus on brain health into **your** life will help your **care recipient reap brain health benefits, too!** Check with your health care provider if you have any concerns about the status of your care recipient’s or your overall health and brain health. **Let me know if I can help you develop a plan for a healthier you! Amy Renne, Caregiver Consultant @ 218-226-3635 ext. 1006.**

For more information on brain health:

American Heart Association - <https://www.heart.org/en/health-topics/brain-health>

Alzheimer Association - https://www.alz.org/help-support/brain_health

AARP - <https://stayingsharp.aarp.org/about/brain-health/>

LEGAL KIOSK AT NSAP

The COVID-19 pandemic moved the legal system into the virtual space, creating a digital divide that has disproportionately impacted the communities served by Minnesota Legal Aid. In response, the Minnesota Legal Services Coalition created a statewide network of over 250 legal kiosks that are stationed in a variety of court, agency, non-profit, and other community locations. These community-based legal kiosks help Minnesotans who face technology access and transportation barriers have a healthy and safe experience interacting with civil legal aid experts, as well as the administrative and court systems in which their cases will be proceeding.



Here at the North Shore Area Partners' office, we have a Model B Legal Kiosk which uses a computer that serves as a virtual portal to the individual Legal Aid program managing the kiosk. Anyone is able to use the kiosk located at NSAP for tasks such as intakes, meetings with their attorney, and appearing virtually as needed while represented by the Legal Aid Program.

Want to book an appointment to use the legal kiosk located at North Shore Area Partners?

Call 218-226-3635 or email wendy@nsapartners.org

Learn more about the kiosk here: <https://bit.ly/3wsa1dp>

MAY DAY BAGS

In early May we had **30 volunteers** help assemble and deliver gift bags for **over 200 community elders**. We are so grateful for their hard work and for the donated goodies from local organizations, businesses and individuals that made the bags such a special treat. **THANK YOU to everyone who was involved with the effort!** We look forward to continuing the tradition next spring!



NORTH SHORE AREA PARTNERS CONTINUES TO GROW - MEET OUR NEW EMPLOYEES!



Samantha Ahlbeck - Home Health Aide

Samantha brings a loving, caring and outgoing kind of spunk. After moving to Finland 7 years ago, she started working in housekeeping and after a couple years, she was hired at a local assisted living facility where she worked for almost 5 years. Her hobbies include spending time with her family, four wheeling, going for walks and helping her husband in the garage.

Chris Hill - Home Health Aide

Chris is new to Silver Bay, but she fell in love with this area many years ago. She's so excited to call Silver Bay her home! Chris has 20+ years of PCA experience. Caring for older adults is her heart. She wants them to feel important and loves to hear elders' stories and to make them laugh. Her hobbies include fishing, crafts and spending time with her dog, Chelsea.



Wendy Johnson - Office Coordinator

Wendy has an extensive background in office management, business ownership, and retail. She really enjoyed being an EMT on the Silver Bay Ambulance Service. Being able to give back to the community that has supported her, and her family, is important. Wendy enjoys knitting, sewing, fishing, and reading.

Darcy Alvarez, CNA - Home Health Aide

Darcy brings 12 years of experience in the healthcare field caring for the elderly at the MN Veterans Home where she still is currently working as intermittent. She graduated high school in 2008 and in 2009 took her CNA test and worked at the MN Veterans Home for 12 years. She grew up in Finland, MN and currently lives in Silver Bay with her husband and 3 children. She likes to go fishing, camping and loves to sit down at the beach with her kids. She also likes to spend time during the summer having backyard campfires and playing bags with neighbors.



THANK YOU VITA TAX VOLUNTEERS!

We would like to extend our heartfelt thanks to the **Vita Tax Volunteers in Cook County** and our local AARP tax volunteer, **Chris Mattila**. Their assistance with this year's income taxes was invaluable to our elders who have counted on this service through NSAP for many years. We are grateful for the cooperation of our North Shore communities. **Thank you!**



MEDICAL EQUIPMENT LOAN CLOSET MOVES TO NSAP

North Shore Area Partners is the new home of the **medical equipment loan closet**, previously run by members of the VFW Post 6204. The loan closet was established in the early 80's as many of the Post 6204 members were aging and in need of equipment themselves. As an important service for the Bay Area community, VFW members continued to run the closet until 2012 when the post disbanded. Use of the loan closet continued with the help of volunteer veterans and NSAP referrals. **We are thrilled to now provide a new home for the closet at our conveniently located office building!**

Any individual in need of durable medical equipment for either short term or long-term use is welcome to use the closet.

There are a variety of items available, such as:

- Canes
- Commodes
- Incontinence supplies
- Shower chairs and transfer bath benches
- Toilet risers
- Walkers
- Wheeled walkers (with seat)
- Wheelchairs (manual)
- Much more!



Call ahead to check on the availability of an item, or stop in and take a look! We are open 8:30 AM - 4 PM Monday - Thursday. 218-226-3635

Wish to Donate Equipment?

Please give us a call with what items you have and we can let you know if we are in need of those items.



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: _____



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Silver Bay, MN 55614
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www.nsapartners.org**

OFFICE HOURS

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

PROGRAM STAFF

Lise Abazs, Executive Director
Keri Johansen, Programs
Nancy Christenson, Outreach
Sarah Thomson, Communications
Amy Renne, Caregiver Consultant
Diane Knust, LISW, Home Care Manager
Wendy Johnson, Office

HOME CARE

Debie Moore, RN
Annette Lewis, CMA
Darcy Alvarez, CNA
Collette Klemmer
Samantha Ahlbeck
Chris Hill

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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