



NORTH SHORE AREA PARTNERS

NEWSLETTER | QUARTER 3 2023

WE LAUNCHED A \$50K MATCHING ENDOWMENT FUND CAMPAIGN!

North Shore Area Partners has been generously supported by local individuals, businesses, and organizations since our incorporation as a nonprofit in 2003. Over the years we've been asked by donors for a way to support NSAP for the long term, and we are excited to announce that we now have an opportunity for supporters to do just that.

At the end of July, we opened an endowment fund through Thrivent Charitable Impact & Investing, and a local, anonymous donor is offering to match up to \$50,000 of contributions through the end of 2023.



North Shore Area Partners is a nonprofit organization serving elders 60+ living in the heart of the North Shore, including the communities of Beaver Bay, Silver Bay, Isabella, Finland, and Little Marais. We strive to support older adults who wish to remain living in their own homes as long as possible, and we're proud to serve over 500 individuals per year with a variety of services such as, care navigation, in-home care, assisted transportation, caregiver support and more. **We value the dignity and worth of all people and are helping create a community that is welcoming and friendly to all ages. A community that finds common ground and purpose in growing through life changes together.**

WHY AN ENDOWMENT FUND NOW?

Under the direction of its very capable leadership, NSAP has been extremely successful in leveraging both public and private grant funding sources. The organization has taken advantage of a number of pandemic-associated special funding sources and single purpose sources in its recent growth and capital expansion while maintaining a healthy operating reserve. Annual gifts from donors have also grown in support of where we are now.

The next 5-10 years will present us with some new challenges, however. Funding sources will become increasingly competitive as the need for aging services both nationally and locally continues to increase. **Now we are looking for our community to invest in a new way to help ensure our financial future as we continue to meet the needs of aging adults in our community.**

If you're interested in contributing to NSAP's endowment fund, please reach out to Executive Director, Lise Abazs at 218-353-1438, or email endowment@nsapartners.org to get in touch with a committee member.

NSAP serves everyone regardless of race, national origin, religion, gender or disability.

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, wellness classes, and other opportunities offered by NSAP staff or guest contributors.

CARE NAVIGATION

Navigate aging transitions with our knowledgeable consultations and customized guidance.

RESOURCES

Find resources 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*

*Ageing Well Together
Caring ~ Connecting ~ Community*



CAREGIVER CONSULTING SERVICES

If you are caring for a spouse, aging parent, neighbor, or friend, you may benefit from support. We are here to help!

In the U.S., our society is changing as we see an increasingly diverse and older adult population. This means both the number of people who need care, as well as the number of informal/family caregivers, are growing. In fact, a joint AARP Public Policy Institute/National Alliance for Caregiving report in 2020 estimated that 41.8 million Americans had provided unpaid care to an adult, 50 years or older, in the 12 months prior to being surveyed.

An informal or family caregiver is, by definition, “any relative, partner, friend or neighbor who has a significant personal relationship with, and provides a broad range of assistance for, an older person or an adult with a chronic or disabling condition. These individuals may be primary or secondary caregivers and live with, or separately from, the person receiving care.” **Caregivers deserve support as they meet their care recipient’s needs while attempting to maintain their own emotional and physical health.** In fact, challenges related to caregiving can result in depression, stress, a higher risk of death, lower self-esteem, and more physical health issues. **Caregiver Consulting offers an accessible way to address a caregiver’s various needs by allowing them a place to share their concerns and experiences, obtain information about available resources and services, and obtain suggestions on how to handle the needs of the care recipient and their roles as caregivers.**

The main functions of Caregiver Consulting are to help the caregiver define reasonable, realistic, and attainable goals, provide structure and support, validate the caregiver, and help them “stay on track” with their goals. The desired outcome of Caregiver Consulting is a “better” caregiver - a caregiver with increased skill, competency, and confidence, feelings of emotional well-being, ability to take time for personal self-care, ability to access and willingness to use support services, and the capacity to provide care for longer. **Caregiver Consulting has been linked with reduced feelings of burden as a caregiver and has been shown to increase the caregiver’s ability to act positively.**



In addition to providing Caregiving Consulting services for caregivers, North Shore Area Partners may be able to provide respite for caregivers as well. This respite care is provided in the home in a manner that is convenient for both the caregiver and the care recipient.

Contact Ericka Blanchard, LSW, Caregiver Consultant at 218-353-1494 or email ericka@nsapartners.org for additional information or to schedule an appointment.

REFERENCES

1. U.S. Census Bureau. (2020). Demographic turning points for the United States: Population projections for 2020 to 2060. Population Estimates and Projections. Current Population Reports. www.census.gov/content/dam/Census/library/publications/2020/demo/p25-1144.pdf
2. AARP and National Alliance for Caregiving. Caregiving in the United States 2020. Washington, DC: AARP. May 2020. <https://doi.org/10.26419/ppi.00103.001>
3. Alzheimer’s Dementia, 17(3). www.alz.org/media/Documents/alzheimers-factsand-figures.pdf

NEW! IN-PERSON/VIRTUAL CAREGIVER SUPPORT GROUP

Caregiving can take a major toll on the well-being of individuals. Family caregivers can benefit from support as they face the challenges of meeting their loved ones' needs, in addition to attempting to maintain their own emotional and physical health. Support groups offer an accessible way to address caregivers' needs by offering a place where they can share their concerns and experiences, obtain information about resources and services, and share ideas and suggestions on how to best handle their loved ones' needs and their roles as a caregiver.

Support groups can help create a feeling of community, reduce stress, and provide an opportunity to share the rewarding and positive aspects of caregiving.



Starting in November, please join us for one of our new In-Person/Virtual Caregiver Support Groups: monthly @ NSAP on 1st Wednesdays, 10:30 – 11:30 am OR 7 – 8 pm OR @ Baptism River Community Church (6768 State Hwy 1, Finland) on 2nd Wednesdays from 1 – 2 pm. These new groups are in addition to our ongoing Caregiver and Grief Support Groups on Thursdays. Please contact Ericka Blanchard, LSW, to enroll in the group of your choice and to receive the meeting link, at ericka@nsapartners.org or 218-353-1464. We look forward to seeing you!

PROGRAM/EVENT ANNOUNCEMENTS & UPDATES!

Care Connections: Starting in November, we will be offering our Care Connections support group at the Clair Nelson Center in Finland on the 2nd Wednesday each month, 10 – 11 am, right before the Finland Community Senior Meal. Care Connections will also be held at North Shore Area Partners on the 3rd Wednesday each month from 10 – 11 am.

Finland Community Senior Meals: Starting in November, Finland Community Senior Meals will be held on the 2nd Wednesday each month (instead of the 3rd Monday). A nutritious, brain-healthy meal is prepared on site with fresh, local ingredients. Meal cost is \$4.50 for individuals 60+. All ages are welcome to join in at the full price of \$10.

NSAP Congregate Dining (Senior Meals): Starting in November, individuals will need to order and pay for their own AEOA Senior Meals at the Northwoods Family Grille. Meals can be brought to the NSAP Community Room for eating.

Medicare Counseling: Medicare Open Enrollment begins October 15th! Remember, it's good practice to review your plan yearly as Medicare plans may change. NSAP has a trained volunteer to help you go over your options. Here are the days Medicare Counseling is available:

OCTOBER: Tuesday, 10/17

NOVEMBER: Tuesday, 11/7 | Wednesday, 11/8 | Tuesday, 11/28 | Wednesday, 11/29

DECEMBER: Tuesday, 12/5 | Wednesday, 12/6

Appointments will be one hour for each person or 1-1/2 hours for each couple, between 9 am and 12 pm on the dates above. Please call 218-226-3635 for more information or to book your appointment.

Scam & Fraud 101: What to Look For | Wednesday, October 18, 1 – 3 pm @ NSAP: With the holidays approaching and scammers getting more creative, what are some common signs of fraud? Join us for an informational session about scam and fraud awareness, what to be on the lookout for, and what to do if you fall victim to fraud. Coffee and treats will be available. For more information, please call 218-226-3635. Hosted by NSAP, North Shore Federal Credit Union, and the Silver Bay Police Department.

Additional Fall programming commencing

November 2023: Please contact Ericka Blanchard, LSW at 218-252-1464 or at ericka@nsapartners.org for additional information or to register.

- Tai Ji Quan: Moving for Better Balance
- Silver Bay Walking Club





@ THE SILVER BAY LOUNGE
THURSDAY, NOV. 2
6 PM - ?
PLAY UNTIL PRIZES ARE GONE!



LIKE TO DRIVE? VOLUNTEER AT NSAP!

Assisted transportation is one of NSAP's most requested services; however, we're in need of more drivers! As a Volunteer Driver, you will transport participants to and from appointments for health services, social services, or for local activities or shopping. Trips to Two Harbors and Duluth for medical appointments are a frequent need, and we'd love to have more drivers to help out! Mileage reimbursement is available upon request. **Please call Stacey at 218-353-1391 if you're interested in volunteering!**



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

TECH TUESDAYS

Do certain things about your smartphone annoy you? Text size too big or too small, earpiece and/or ringer volume issues, screen cluttered with apps you don't use? Stop in or schedule an appointment for one-on-one assistance navigating your devices. If you are an older adult 55+, get help using email, sending photos from your phone, making video calls, accessing resources and more! Be sure to bring your devices, cords, passwords and questions for our 30 minute, one-on-one sessions. **Tuesdays @ NSAP. Drop-ins: 11 am – 12 pm | Appointments: 12 pm – 2 pm. Call 218-226-3635.**

WELCOME NEW STAFF!



MELANIE HANGARTNER
HOME HEALTH AIDE

Melanie has a passion for helping people and is excited to work with NSAP. As a mother, she takes pride in providing an example for her kids and is driven to help improve the community they will grow up in. Motherhood has also enhanced her empathy and communication abilities. Melanie's experience working in a variety of healthcare positions, including in assisted living, has developed her caregiving skills in relation to adults who need assistance.



CHRIS JOHANSEN, RN
NURSE SUPERVISOR

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
Keri Johansen, Executive Assistant
Ericka Blanchard, LSW, Care Navigator
Stacey Hohman, Programs & Volunteers
Nancy Christenson, Special Projects
Melissa Palen, Office
Sarah Thomson, Communications

HOME CARE STAFF

Chris Johansen, RN, Nurse Supervisor
Jena Bautch, LPN, CFCS
Collette Klemmer, Home Health Aide Lead
Annette Lewis, CMA
Samantha Ahlbeck
Nicolle Parks
Kari Mathews
Linda Kinnunen
Tonja Fultz
Courtney Anderson
Melanie Hangartner
Tammi Thompson
Sue Paulson

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& many local individuals and businesses