



Supporting Independence
for Older Adults

NORTH SHORE AREA PARTNERS

FROM BEES TO BARS – CULTIVATING WELLNESS AND CONNECTIONS

What do *bees* and *bars* have in common? Both happen to be a focus for North Shore Area Partners' activities this spring. And both are part of the cultivation of wellness and connections in our community.

Since we moved into our new facility in the Silver Bay shopping center in 2020, we've been developing a community center that is welcoming and enriching for all ages, while being particularly responsive to the needs and perspectives of seniors. With the finishing touches almost complete on our indoor spaces, we are now shifting attention towards creating outdoor spaces that match the accessibility and ambiance we have established inside.

Our plans include converting our sloped lawn behind our building into a pollinator garden—benefiting bees, butterflies and other pollinators while reducing storm water runoff. In counterpoint to the native planting, we plan to turn the boulevard next to our building into a cultivated garden space that includes fruit trees, flowers, vegetables, and herbs in moveable and raised beds. This landscaping will transform our corner lot into a vibrant natural area for inspiration and enjoyment—a space to hold programs and activities, or to just sit quietly, while surrounded by the health-enhancing effects of nature.



While we are waiting for spring to arrive to get started on the outdoor projects, we have planned a few outreach events at local bars during the month of April. These are aimed at increasing awareness about North Shore Area Partners and raising funds to help our programs. But mostly, we just want to have fun and connect with our neighbors while we wait for the snow to melt!

Most of us don't think much about aging services until we need them. When that time comes, North Shore Area Partners wants to be sure people in our community know that we are here and ready to help. In fact, we will meet people *wherever* they are at on their aging journey, with the goal of nurturing a community that supports all of us growing through life changes together.

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.

MEMBER OF
LIVING AT HOME
NETWORK

m MINNESOTA
LIVE WELL AT HOME™

THANK YOU VITA TAX VOLUNTEERS!

We would like to extend our heartfelt thanks to the **Vita Tax Volunteers in Cook County, our local tax volunteer, Chris Mattila and our own Special Projects Coordinator, Nancy Christenson**. Their assistance with this year's income taxes was invaluable to elders who have counted on this service through NSAP for many years. **We were able to serve 82 individuals this tax season!** We are grateful for the cooperation of our North Shore communities. **Thank you!**



WELCOME NEW HOME HEALTH AIDES!



Linda Kinnunen, Home Health Aide

Prior to joining the NSAP team as a Homemaker this February, Linda had accumulated 20 years of experience supporting older adults who live at home in the Two Harbors area—first as a home health aide, then as a caregiver consultant with Community Partners. Linda understands how much value there is in receiving a little help in the home! Linda has spent her life in northern Minnesota except for a couple of detours including three years in Tucson, Arizona where she met her husband, Michael. They built their home in Brimson, where they share many common interests including art, massage therapy, gardening, and walking in the beautiful forest.

Sarah Winkler, Home Health Aide

Sarah is by nature, a caregiver, who is happily reentering her preferred field of work. She has experience working in various healthcare settings, but she's found home care to be the most rewarding and fulfilling. It is in this setting that Sarah feels her skills, life experiences, and compassion for others are able to come to fruition. She looks forward to becoming a part of the NSAP team, and to the beautiful connections and relationships that will blossom from it.



NSAP CRAFT GROUP

Join the Craft Group at NSAP! Craft Group is always open to newcomers—the group meets monthly at NSAP for a creative activity, typically on a Monday from 1:30 – 3 pm. April's meetup is on Monday the 24th.

The last couple of meetings, the group has been making gorgeous greeting cards using stamping supplies and a Cricket machine! **These cards are available at the NSAP for purchase for \$2 a piece.**

Keep an eye on Facebook or on our printed activity calendar available at the office, for future group meetups! **Please call us at 218-226-3635 with questions.**



PREVENT CUTS. PROTECT AGING IN NORTHEASTERN MINNESOTA!

The Minnesota Board on Aging (MBA) is tasked with creating an equitable federal funding formula for Minnesota's Older American Act dollars and the public comment period opened early April. **The draft #5 that is being proposed leaves Greater MN at a shortfall risking a substantial loss in service for our older community members** including a loss of funding for rides to medical appointments, home delivered meals, grocery delivery, respite, and much more. All of these services help our older community members stay safe in the homes they love and assist caregivers with needed supports. **Rural Minnesota is already facing a shortfall in funding for these services, we cannot keep our aging neighbors healthy with continued cuts.** Without your voice, greater Minnesota stands to lose critical support for community-based services. **We ask that you provide public comment to the Minnesota Board on Aging to ask for an equitable formula that supports Greater Minnesota.**

Go to www.GreaterMinnesotaAging.org to learn more about this important issue!

Please comment and ask your neighbors, state and county elected officials to provide their comments to the Minnesota Board on Aging. Ask the MBA to decrease 60+ Population to 20%, decrease 60+ with Disability to 5%, increase 60+ Rural to 25% and increase 60+ Living Alone to 10%. This would increase funding to all outstate Area Agencies on Aging in Minnesota and increase funding in our local communities.

Your support to help our aging community members live in the community of their choice is greatly appreciated! Thank you!



PREVENT CUTS
PROTECT AGING
IN GREATER
MINNESOTA

TAKE ACTION

VISIT THIS WEBSITE

 GREATERMINNESOTAAGING.ORG

WHY IS THIS IMPORTANT?

Over 90% of older adults live independently in Minnesota communities. Help them stay independent by increasing the weight of the 60+ rural factor in the Intrastate Funding Formula for Area Agencies on Aging.

Macular Degeneration?

Other vision problems?

Discover New Ways to Do Old Things!

Call 651-539-2300

Anywhere in the State

State Services for the Blind - Senior Services, helps individuals who are 55+ years old who are experiencing low vision or blindness. Learn more by calling **651-539-2300**.

VOLUNTEER SPOTLIGHT

Bev Yoki

Bev Yoki has been volunteering at NSAP for ~4 years and currently serves as Treasurer on the NSAP board. She spends countless hours helping with various social and outreach activities such as Reading Pals, Craft Group, board games, We Care Bags, and also is a major help with our fundraising events.

Bev is originally from Ishpeming, Michigan, but has lived in Silver Bay for 56 years. She is now retired, but in her working years she was a secretary, taught high school level courses, and contributed to the expansion of the food and nutrition program at the U of M. She has three children and seven grandkids. Bev loves traveling, hiking, skiing, swimming, reading, camping, fishing and sewing. She began volunteering at NSAP because she wanted to be involved in the community and her favorite aspect of volunteering is helping others. Bev also has volunteered at the National Ski Patrol (38 seasons!), American Cancer Society, the Finland Historical Society and has served on the Tettegouche State Park board.



GET YOUR MEDICARE WELLNESS VISIT EVERY YEAR

If you have Medicare, be sure to schedule a yearly wellness visit with your doctor. A yearly wellness visit is a great way to help you stay healthy.

What happens during a yearly wellness visit?

First, the doctor or nurse will ask you to fill out a questionnaire called a health risk assessment. Answering these questions will help you get the most from your yearly wellness visit.

During your visit, the doctor or nurse will:

- Go over your health risk assessment with you
- Measure your height and weight
- Check your blood pressure
- Ask about your medical and family history
- Ask about other doctors you see and any medicines you take
- Give advice to help you prevent disease, improve your health, and stay well
- Look for any changes in your ability to think, learn, or remember

The doctor or nurse will give you a short, written plan — like a checklist — to take home with you. This plan will include any screening tests and other preventive services that you'll need over the next 5 to 10 years. Preventive services are health care services that keep you from getting sick.

Plan Your Visit

When can I go for a yearly wellness visit?

You can start getting Medicare wellness visits after you've had Medicare Part B for at least 12 months. Keep in mind you'll need to wait 12 months in between Medicare wellness visits.

Do I need to have a "Welcome to Medicare" visit first?

You don't need to have a "Welcome to Medicare" preventive visit before getting a yearly wellness visit. If you choose to get the "Welcome to Medicare" visit during the first 12 months you have Medicare Part B, you'll have to wait 12 months before you can get your first yearly wellness visit.

What about cost?

With Medicare Part B, you can get a wellness visit once a year at no cost to you. Check to make sure the doctor or nurse accepts Medicare when you schedule your appointment. If you get any tests or services that aren't included in the yearly wellness visit (like an extra blood test), you may have to pay some of those costs.



This content is being shared as part of a Living At Home Network project to provide outreach about the importance of older adults receiving preventative care and staying connected to public health programs. Content is funded

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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>



NORTH SHORE AREA PARTNERS

**36 Shopping Center
Silver Bay, MN 55614**

218-226-3635

www.nsapartners.org

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
Wendy Johnson, Office
Sarah Thomson, Communications

HOME CARE STAFF

Debie Moore, RN, Nurse Supervisor
Collette Klemmer, Home Health Aide Lead
Annette Lewis, CMA
Nicolle Parks
Kari Mathews
Linda Kinnunen
Sarah Winkler

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