



# PROGRAMS & SERVICES GUIDE

[www.nsapartners.org](http://www.nsapartners.org) | 218-226-3635  
Caring ~ Connecting ~ Community

## CAREGIVER SUPPORT

- ◉ Monthly Caregiver & Grief Support Groups
- ◉ Individual Meetings & Support (Caregiver Consulting)
- ◉ Caregiver Education
- ◉ Respite Services
- ◉ Resource Assistance & Advocacy

## RESOURCES

- ◉ Technology Support
- ◉ Free Tax Preparation
- ◉ Legal Kiosk
- ◉ Medical Equipment Loan Closet

## HOME CARE

- ◉ Assessment & Intake
- ◉ Financial & Benefits Consultation
- ◉ Errands & Groceries
- ◉ Light Housekeeping
- ◉ Meal Prep
- ◉ Laundry
- ◉ Medication Set Up & Reminders
- ◉ Non-Medical Nail Care
- ◉ Personal Cares (i.e., hygiene, bathing, dressing)
- ◉ Respite



## CARE NAVIGATION

- ◉ Service Planning
- ◉ Financial & Health Care Directives Resources
- ◉ Home Safety Assessment
- ◉ Paperwork Assistance
- ◉ Information & Referrals
- ◉ Resource Assistance & Advocacy
- ◉ Veteran's Benefits

## TRANSPORTATION

- ◉ Local Errands
- ◉ Medical Appointments

## PUBLIC PROGRAMMING

- ◉ Workshops
- ◉ Meals On Wheels Delivery
- ◉ Coffee Connection (Tues. & Thurs. 9:30 am – 12 pm)
- ◉ Weekly Activities (Adult Coloring, Arts & Crafts, Games, & More!)
- ◉ Bone Builders (Tues. & Thurs. 9:30 – 10:30 am)
- ◉ Monthly Nail Care & Blood Pressure Clinics (Third Thursday 9 am – 3 pm)
- ◉ Monthly Full-Service Foot Care Clinics

*Your community nonprofit provides services regardless of income!*



North Shore Area Partners programs are funded in part by MN DHS Live Well at Home grants. However, individual contributions are critical to our work. Learn more about how you can support us by visiting [www.nsapartners.org/donate](http://www.nsapartners.org/donate).

*North Shore Area Partners' dedicated volunteers and staff provide compassionate and confidential assistance that enables adults age 60+ to remain in their own homes and connected to our community as long as possible. We are committed to serving all residents regardless of their financial circumstances.*

## OUR MISSION

**Caring** for older adults in the heart of the North Shore.

**Connecting** people with resources and each other.

Supporting an age-friendly space and **Community**.

## OUR VISION

The dignity and worth of all people.

The power of community.

Working respectfully and professionally.

## FINANCIAL SUPPORT

*Consider helping us financially.*

- Donate by mail or at [nsapartners.org/donate](https://nsapartners.org/donate).
- Share in the cost of home care and transportation services based on your income.
- Remember us in your will or contribute to our endowment fund to provide a sustainable organization for your loved ones and our community.

## VOLUNTEER WITH US

*There are many ways to help!*

- Drive to medical appointments.
- Help with grocery shopping.
- Make friendly visits and phone calls.
- Help with NSAP's veggie and flower gardens.
- Serve on the Board of Directors.
- Students! Consider us for your required school service hours.
- Contact [stacey@nsapartners.org](mailto:stacey@nsapartners.org).

## SERVICE AREA

Our service area includes the Beaver Bay, Silver Bay, Finland, Isabella, and Little Marais communities.



## CONTACT US

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Silver Bay, MN 55614

218-226-3635

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[www.nsapartners.org](http://www.nsapartners.org)

Open Monday - Thursday  
8:30 am - 4 pm