



Aging Well Together  
Caring ~ Connecting ~ Community

# NORTH SHORE AREA PARTNERS

## BAY DAYS 2023

Help us celebrate our 20th year as a local nonprofit organization during Bay Days weekend! Friday, July 7th, will include a bake sale, face-painting, silent auction sneak peek and recognition of donors and funders. On Saturday the 8th, we'll have our silent bidding & ticket auction fundraiser as well as bingo! We hope you'll join us!

**FRIDAY,  
JULY 7**  
1 - 5 PM

**BAKE SALE**  
& Auction Sneak Peek  
Delicious baked goods for purchase, get a preview of auction items, and join us in celebrating NSAP's generous funders and donors, as well as our event sponsors!

**SATURDAY,  
JULY 8**  
9 AM - 3 PM

Silent Bidding & Ticket  
**AUCTION**  
Fundraiser & 50/50 Raffle  
Doors open at 9 AM.  
Bidding ends and Raffle Winner selected at 3 PM.

**SATURDAY,  
JULY 8**  
11 AM - 2 PM

**BINGO**  
Multiple Games - Concessions - Cash & Gift Prizes!

**Thank you to our event sponsors:** Cleveland Cliffs-North Shore Mining, Co-Op Light & Power, Lakeview Memorial Hospital, Lovin' Lake County, North Shore Federal Credit Union, & Sonju Ford of Two Harbors.

## NEW! FULL-SERVICE FOOT CARE CLINICS

**Included in the service:** foot exam & massage, assessment of foot conditions, and a free blood pressure check (optional). We accept individuals in need of diabetic nail care or those on blood thinners. **Pricing:** \$35 - \$55 (depending on level of intervention) **Check our Facebook page, or activity calendar for clinic dates. Schedule an appointment by calling Keri at 218-353-1449. Appt. priority for older adults 55+.** Volunteer rides are available!  
*This service is separate from our **Non-Medical Nail Care Clinics** for basic nail trimming, which take place the 3rd Thursday each month.*



## 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](mailto: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.**



## CARE CONNECTIONS

Memory Café is a fancy name for a support group we call, **Care Connections**. At **Care Connections**, we leave the diagnosis at the door, and help foster relationships between caregivers and the recipient. It's a place to enjoy one another's company while forming bonds and connections with others experiencing similar changes and challenges of life.

**Care Connections** is open to caregivers and those they take care of, *as well as to past caregivers*. The participants are individuals with a traumatic brain injury, or with memory challenges found in aging and forms of dementia. The group is facilitated by NSAP staff and volunteers.

Meet-ups offer support surrounding memory challenges, but focus more on activities that provide fun, support, and promote peace and a sense of wellbeing through music, crafts, games, visits, exercise and other techniques.

**Check our activity calendar or call 218-226-3635 for meetup dates. Please contact NSAP's Care Navigator if you are interested in learning more: [ericka@nsapartners.org](mailto:ericka@nsapartners.org) | 218-353-1464.**



## WELCOME NEW STAFF MEMBER!

### Jena Bautch, LPN, FCS | Foot Care Specialist

Jena has been an LPN for 10 years, but she's worked in healthcare for 16 years. Jena was a CNA/tma through nursing school which included hospital, assisted living, and sub-acute care experience. Most of her career has been in long-term care. Jena moved to Silver Bay in 2013 and began working at the Veterans Home; she also works at William Kelley as a substitute school nurse. In her free time, Jena enjoys spending time with her husband, two kids, two dogs, and her extended family and friends. She's a big animal lover and enjoys nature, walking, hiking, camping, year-round fishing, and ATVing.



## SECOND HARVEST NORTHERN LAKES FOOD BANK

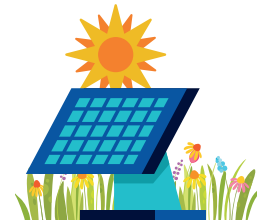
### Backpack Program

**With school out for the summer, NSAP is now a weekly pickup location (summer only) for Second Harvest's Backpack Food Program.** Normally distributed once a week at school, NSAP now receives the food bags full of non-perishable foods, which are available to families of students at William Kelley Schools. Once a month, these bags of food contain a voucher for Ruby's Pantry as well. Why is this program beneficial? **According to Second Harvest, 1 in 6 of our neighbors is food insecure and 1 in 11 children does not have access to the nutrition necessary to thrive.** Families will be notified by the school via calls and emails; however, if you know of a family in the community who could use some assistance with food availability, please encourage them to come pick up a food bag weekly at NSAP. **We will share on our Facebook page when pickup days are at NSAP, but feel free to call us at 218-226-3635.**



## OUTDOOR PROJECTS AT NSAP

You may have noticed a lot of activity happening on the grounds outside our building. Mid-June, Wolf Track Energy finished the installation of our large solar array, funded by the Blandin Foundation, Minnesota Power, T-Mobile, and AEOA's Business Retrofit Energy program. Investing in a solar array represents more than just environmental and economic sustainability for NSAP. It also demonstrates that, though our primary organizational mission is to support the older generations, we can do that while also valuing the future of younger generations. Not only will the solar panels offset our energy bill and provide an income stream which will support our programs and services—it will create an educational opportunity for all community members to learn about this renewable energy source.



With the arrival of summer, we've also started building out our green spaces, including raised beds for herbs and vegetables, and more additions to our fruit tree and flower garden along the boulevard with support from Lake County Statewide Health Improvement Partnership. After securing funding through a T-Mobile grant and through Lake County Soil & Water Conservation's landowner cost-share program, we will be moving forward with the installation of a native plant garden behind our building Spring 2024 with the help of Shoreview Natives out of Two Harbors. Native plant gardens provide habitat for pollinators, slow storm water runoff and help increase the climate resiliency of our region, benefiting generations to come.

Not only will these garden projects enhance the aesthetics of our property, as well as along Banks Boulevard, the gardens will provide an opportunity for community members of all ages to experience the numerous benefits associated with exposure to nature. Being in the natural world can increase happiness, create a sense of well-being, foster positive social interactions and evoke a feeling of meaningfulness in life. Exposure to nature may also help decrease anxiety, stress and depression.

The addition of the solar array and the improvements to our green spaces support our vision of a vibrant, sustainable community. A community that is welcoming and friendly to all ages. A community that finds common ground and purpose in growing through life changes together.

## RUBY'S PANTRY

Ruby's Pantry Silver Bay is every third Saturday. **Did you know that the pantry is NOT an income-based program? The pantry is available for everyone!** It keeps food out of the landfills, reduces food waste, and the suggested donation amount of \$25 is used to cover transportation costs for the delivery truck and an emergency fund for helping with living expenses. However, the cost of the donation should not prohibit one from using the pantry—**vouchers are available to help defray the cost of participating.** Remember, if the amount of food is too much for you alone, consider sharing it with a neighbor or friend! **Please contact our Care Navigator, Ericka to inquire about the voucher: 218-353-1464.**



## VOLUNTEER SPOTLIGHT

### LeRoy Yoki

LeRoy Yoki has been volunteering at NSAP since 2020. LeRoy helps with several different social and outreach activities at NSAP and is a huge help as a volunteer driver. LeRoy grew up in Shell Lake Township, Osage MN and has lived in Silver Bay for 57 years. He is now retired, but was a teacher during his working years. He has three children and seven grandkids. LeRoy loved to hunt, fish, ski and enjoys most sports. He began volunteering at NSAP because he enjoys the community involvement and the best thing about volunteering is interacting with and helping people out. Volunteering also has the added benefit of getting out of the house. LeRoy has volunteered for the National Ski Patrol for 34+ years, as well as the Finland Historical Society.



## CAREGIVER COACHING AT NSAP

A 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.”

**Family caregivers need 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 (Alzheimer’s Association, 2021).

Caregiver Coaching offers an accessible way to address a caregiver’s psychosocial and practical 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 Coaching are:** help the caregiver define reasonable, realistic and attainable goals; provide structure; and support, validate and help the caregiver “stay on track.” **The desired outcome of Caregiver Coaching is:** 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 capacity to provide care for longer. **Caregiver Coaching has been linked with reduced feelings of burden as a caregiver and improved ability to act positively.**

**Please contact North Shore Area Partners' Care Navigator, Ericka Blanchard, at 218-353-1464 or [ericka@nsapartners.org](mailto:ericka@nsapartners.org) for additional information or to schedule an appointment.**

## NOW HIRING: HOME HEALTH AIDES!

**We are looking for residents of the Two Harbors area, Silver Bay area, and West End of Cook County to join our team!** You will support the physical and mental well-being of older adults living at home by promoting personal health maintenance and creating an effective environment for comfort and safety, based on a client’s individual care plan.

### PART-TIME & FULL-TIME POSITION AVAILABLE!

*Experience preferred. Must be able to lift 35 lbs.*

**20 hrs/wk Part-Time OR 30+ hrs/wk (M - F) Full-Time, \$15 - 17/hr (d.o.e)**

**Mileage & Drive Time paid for! Benefits:** vacation and sick time, holiday pay, health care stipend and matching retirement plan!

**Send your resume to: [keri@nsapartners.org](mailto:keri@nsapartners.org) or call 218-353-1449.**



## 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](http://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  
**Jena Bautch, LPN**, Foot Care Specialist  
**Collette Klemmer**, Home Health Aide Lead

**Annette Lewis, CMA**

**Samantha Ahlbeck**

**Nicolle Parks**

**Kari Mathews**

**Linda Kinnunen**

**Tonja Fultz**

**Courtney Anderson**

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### SUPPORTED BY:

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