



NORTH SHORE AREA PARTNERS

NEWSLETTER | QUARTER 1 2024

Serving Elders in the Heart of the North Shore

Twenty-one years ago, a few good-hearted residents of the North Shore came together with the intention of establishing a community-based support system for senior citizens living in Silver Bay, Beaver Bay, Little Marais, Finland, and Isabella. At a time when services were scarce, they rallied volunteers and gathered resources to begin helping their older neighbors age in place at home.

From these community-based roots, North Shore Area Partners has continued to respond to the needs of area seniors. Our volunteers and staff offer essential services to our neighbors, while our community center in Silver Bay provides a focal point of information, activities, and assistance for older residents who are navigating their changing lives and seeking to age well.

North Shore Area Partners' impact and opportunities have broadened considerably over these twenty-one years, but our focus has remained the same:

- **CARING** for older adults in the heart of the North Shore.
- **CONNECTING** people with resources and each other.
- Creating a **COMMUNITY** that is welcoming and age friendly.

We're all aging, all the time. And North Shore Area Partners ensures that we are all in it together. We provide a place of caring and connecting; a place of giving and receiving. We are an example of what dedicated people can create together for their community.

We welcome you to join us in cultivating and sustaining this vision by participating in our programs, volunteering your skills, and financially supporting our efforts. Donations dedicated to our new endowment fund help to build a sustainable foundation from which we can continue to engage and serve our North Shore community.



... I know you guys are doing important work for the seniors on the North Shore and I'm happy to give back to the community for all my visits to Lake Superior throughout the years. It's the least I can do!"

-Jenny Bell

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



The Road of Life

A poem by an NSAP Home Care client

The road of life is much like a highway.
Filled with dead-ends, signs, and many by-ways!
The road is sometimes a mere path.
It has calculations just like math.
Sometimes it's bumpy, sometimes smooth.
It's definitely hard, to stay in the groove!
It's lined with many turns and bends,
At times too difficult to comprehend!
Should I go left, or maybe right.
So confusing I can't sleep at night!



NSAP Prepares to Say Farewell to Executive Director



Lise Abazs, Executive Director of North Shore Area Partners is retiring this spring! Lise joined NSAP in 2015, with the desire to help older adults in our community after her own experience caring for her aging parents. Not only is she a whiz with numbers, expertly guiding us financially through so many obstacles, there is also so much to say about Lise and her leadership. 18 months of a pandemic, a year recovery from a building fire, moving and growing into our larger space, starting a home care program, moving from 3 employees to 18, opening our space to our community of elders, whew! Lise continuously demonstrates fierce commitment to maintaining the independence and dignity of elders in our communities and is leaving the organization in superb working order. This creates an ideal and exciting opportunity for the next leader to preserve the torch that's already burning brightly, and continue its radiance far into the future. Thank you Lise, for shining your steadfast beam of hope that guided North Shore Area Partners for the past several years—you will be dearly missed by all!



Retirement Party for Lise Abazs!

Please join us in celebrating Lise, the work she's done for NSAP and her next chapter!
Enjoy coffee, cake, & punch on Thursday, March 28 starting at 10:30 am

New! Parkinson's Support Group

1st Wednesdays, 10:30 – 11:30 am

CHEERS! Community. Hope. Exercise.
Education. Research. Self-Advocacy.

This is a safe space for individuals living with Parkinson's Disease, family, and caregivers. The focus will be on the aspects of living well.

Contact the group facilitator, Karen Bzdok at 320-310-2584 for more information and to RSVP.



Craft Group

**Next meetup dates:
Wed., 3/6 and Wed., 3/20**

Do you enjoy crafting? If so, come on down to NSAP for Craft Group to make some greeting cards! We have a Cricket machine and tons of fun supplies to pick from to make your very own unique creations!

Please call Stacey at 218-353-1391 with questions.



2023 Impact Highlights

MEALS ON WHEELS

Participants served	26
Delivery volunteers	4
Volunteer hours	380
Meals delivered	2,644

HOME CARE

Clients served	41
Home Health Aide service hours	4,820

TRANSPORTATION

Participants served	45
Volunteer drivers	37
Volunteer hours	782
Rides provided	290
Miles driven	17,264

OTHER PROGRAM & SERVICE HIGHLIGHTS

Individuals received Tech Help	32
Individuals received Tax & Medicare assistance	119
Individuals received care at Full-Service Foot Care Clinics	36
Individuals attended social and educational community programs	217
Individuals received one-on-one Care Coordination and Consultation	61

495
Total participants across all programs
88
Total volunteers across all programs

Silver Bay Walking Club

Did you know there is a Silver Bay Walking Club? With the snow and icy conditions outside, walking indoors is a great way to still get your exercise in for the day! Join us Mondays at 9:00 a.m. at the Mary MacDonald building/Lake County Service Center (meet at Wildly Organic doors). Walk with the group or walk at your own pace – all that matters is that we are up and moving! Walking is one of the BEST things you can do for your overall health. It's low impact, safe (with a doctor's okay), and free! Many diseases, conditions, and ailments can be prevented or even healed by participating in regular physical activity. Fortunately, even moderate-intensity aerobic activity such as walking can provide these incredible health benefits (<https://walkwithadoc.org/>).



Registration is free and is not limited to individuals 60+. Please contact Stacey Hohman at stacey@nsapartners.org or 218-353-1391 with questions or to register. To join the program, you will need to complete a physical abilities questionnaire and sign a waiver.

FREE Tax Help!

NSAP is now a designated VITA (Volunteer Income Tax Assistance) site and is offering free assistance with tax preparation, rebates, and determining whether or not you need to file. This service is for individuals of any age, with special attention to individuals age 60+. Taxes will be completed at the time of your appointment. Individuals should bring all their tax related information to the appointment including personal identification, last year's tax forms (if available), and bank account and routing numbers (if you want to use direct deposit or withdrawal). NSAP is grateful to volunteer tax preparers Tedi Hangartner Kytola, Chris Mattila, Fred Mismash, Tom Peterson, and Wally Wolfe who have generously contributed their time to train for and provide this service. Thanks, also, to assistant greeters Muffy Hoffman, and Donna Moe. This program has returned to Silver Bay through the dedicated efforts of volunteer Jerry Groeneveld, and NSAP Special Projects Coordinator, Nancy Christenson.

Appointments available on Fridays, 9 am – 3 pm (with a break from 12 – 1 pm), now until April 12th. Call NSAP at 218-226-3635 or stop by the office to schedule an appointment.

Volunteer Spotlight

Elizabeth Storm

My name is Elizabeth Storm and I work with NSAP to serve a community-focused lunch for seniors in Northern Lake County (Finland Community Senior Meals) on the 2nd Wednesday every month.



I grew up in the Grand Rapids area and most of my family still lives there, so I visit often. I currently live on the Gunflint Trail and have spent most of the last decade living near the Shore, from Superior up to Grand Marais.

My work in the restaurant industry and traveling the world has instilled in me not only a curiosity about what and how we eat, but a reverence for the food as well. I was connected to the opportunity to cook for our community members through working with the non-profit Finland Food Chain and the Finland Farmer's Market. We started to join for these community lunches in the fall of 2022, and it's been such a lovely outlet for me to be creative with dishes while supporting local producers. My favorite part of the meal (besides dessert) is sharing Manoomin (wild rice) that I hand-harvested in the fall.

In closing, I'd like to thank the coordinators at NSAP and all the other volunteers for the hard work they do! Organizations doing this kind of work turn zip codes into communities, and I'm so grateful to be included!



**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 Abasz, 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
Courtney Anderson
Melanie Hangartner
Sue Paulson

BOARD OF DIRECTORS

Mary Planten-Krell, Chair
Randall Walz, Vice Chair
Cindy Hanson, Secretary
Bev Yoki, Treasurer
Tim Anderson
Brandi Berquist
Lisa Hoff
Mary Planten-Krell
Dean Rudloff
Tom S.
Erin Thompson

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,
Medica, DSCAF- Silver Bay Fund, CL&P,
& many local individuals and businesses

Welcome New Board Members!



Tim Anderson



Erin Thompson

PLEASE CONSIDER NORTH SHORE AREA PARTNERS FOR YOUR CHARITABLE GIVING!

Community support is essential to our success! 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>

