



Supporting Independence
for Older Adults

NORTH SHORE AREA PARTNERS

DEMENTIA AWARENESS AT NSAP

NSAP recently procured a grant from the Minnesota Board on Aging to disseminate dementia information and to educate the public in our service area through the Dementia Friends network. **Dementia Friends is a global movement that strives to create more dementia friendly communities by changing the way people think, act, and talk about dementia.** Watch for Dementia Friends Information Sessions that will help you learn about dementia and the ways you can be supportive. Additionally, NSAP is collaborating with the CDC's BOLD Infrastructure initiative on dementia awareness. **We have scheduled three, dementia awareness opportunities in September:**

Finland Farmer's Market | Thursday, September 15 @ 5:30 p.m.
NSAP will present a Healthy Brain awareness food demonstration. We'll highlight foods that may help delay cognitive memory loss and demonstrate how to eat healthy as you grow older. Take home a salad kit full of brain-healthy food!

Tuesday, September 20, 2022 from 10 – 11:30 a.m. Join us at the NSAP office for a Zoom presentation of a one-act play about memory loss, titled *Fortune Cookies*, by Bonnie Dudovitz. Find out what Mona has cooked up so that she and others can be on the lookout for the early stages of dementia. This is in collaboration with Aitkin County Care. **Reserve tickets and get additional details:**
<https://aitkin-fortune2022.eventbrite.com> or call 218-226-3635 for information.

Silver Bay Library | Tuesday, September 27, 2022 from 6 – 7 p.m.
The library is hosting a **Dementia Friends Information Session.** This one-hour session is a face-to-face discussion led by a NSAP staff member. The session is informal and includes fun activities and interaction. You'll learn what dementia is and tips for communicating with people who have dementia. Attendees are asked to consider a practical action that can help someone in their community. The action can be big or small—every action counts! **Call Wendy at 218-226-3635 to sign up. Registration preferred, but not required.**

Anyone interested in scheduling a Dementia Friends Session for your church group, book club, community group or business should contact homecare@nsapartners.org or call 218-353-1464 with inquiries.

Approximately 91,000 Minnesotans age 65+ are living with Alzheimer's. Over 22,000 Minnesotans are Dementia Friends.

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.

CAREGIVER SUPPORT GROUP & GRIEF SUPPORT GROUP

Please contact us for meeting schedule

**Contact us at
info@nsapartners.org or call
218-353-1464.**

Compassionate and confidential support for older adults age 60+ who wish to remain in their homes for as long as possible.



AGE-FRIENDLY MINNESOTA

In October 2021, Lake County joined a global network of **Age-Friendly Communities, an initiative of AARP**. This network provides a **structured process that guides change and serves as a catalyst to educate, encourage, promote and recognize improvements that benefit residents of all ages and life stages**. Age-Friendly Communities promote healthy lifestyles for people of **ALL** ages through 8 interconnected Domains of Livability, illustrated below.



Domains of Livability



Civic Participation and Employment



Health Services and Community Supports



Communication and Information



Transportation



Outdoor Spaces and Buildings



Housing



Social Participation



Respect and Social Inclusion

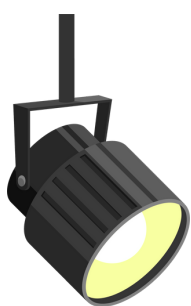
Lake County Health & Human Services, North Shore Area Partners, Community Partners Two Harbors and the Arrowhead Area Agency on Aging want to learn from YOU what would make our county a great place to grow up and to grow old. **Why is this important?** So we can adjust to our changing demographics—there are more Minnesotans age 65+ than school-age children for the first time in Minnesota's history. **This survey and your participation will help our coalition develop an action plan to increase livability in the next five years and beyond.**

Take the Survey!

You can find the survey in paper format at Lake County Service Center in Silver Bay, at North Shore Area Partners and at the Silver Bay Library. **If you prefer to take it online, please scan the QR code or go to:**

<https://bit.ly/Age-FriendlyLC>

Enter your contact information at the end of the survey to be entered into a drawing for a \$50 gift card!



VOLUNTEER SPOTLIGHT

Marcia Samuel Oates

Although Marcia is retired, she continues to bring local elders her gift of teaching as the star of Technology Tuesdays at NSAP. Tech Tuesdays is a weekly service where Marcia provides one-on-one support to those wanting assistance navigating their various tech devices. Helping with other programs at NSAP as well, Marcia is always up for a new adventure! She truly enjoys working with folks and getting to know them better and we can't thank her enough for her patient, gracious support and for bringing this service to our community.

Marcia grew up in Silver Bay and moved away in 1976 after completing college. After teaching elementary music for 35 years, she retired back to Silver Bay in 2020. Marcia has one child and three grandkids and loves spending time outdoors, playing piano and cooking. Marcia started volunteering at NSAP over a year ago as she was impressed with the NSAP mission and wanted to support our cause. Additionally, she volunteers her time at Carefree Living by playing piano music on Sunday afternoons. Her favorite aspects about volunteering are getting to know folks and helping solve their problems.

Marcia remarked, "The Silver Bay Area is lucky to have NSAP. The staff is outstanding, and the new facility is top-notch."

MEET OUR NEW STAFF MEMBER!



Kari Mathews | Home Health Aide

Kari brings 30+ years experience working with older adults. She recently moved up to the North Shore to be closer to her daughter and her father, who resides at the Veteran's Home in Silver Bay. Kari loves spending time with family, gardening and walking—her favorite place to walk is Palisade Head.

Welcome



Senior Nutrition Services is sponsored by AEOA and funded under contract with the Area Agency on Aging as part of the Older Americans Act Program.

SENIOR CONGREGATE DINING AT NSAP

AEOA offers several Senior Nutrition services that support older adults 60+ living healthier, more active and independent lives, and that help make eating healthy and easy. One of these services is **Senior Meals**. These meals are developed and approved by a licensed, registered dietitian and offered at a lower cost to purposely **encourage elders to eat healthy food in a social setting, which benefits physical and mental health.**

Come join us at North Shore Area Partners for a freshly cooked meal prepared by Northwoods Family Grille, between *11 am and 2 pm each Wednesday. Choose from 13 meal choices off of Northwoods' Senior Menu. Meals are \$4.50 each. (*Schedule subject to change)

Remember, you need to be 60+ to participate in this program. Please call 218-226-3635 with questions.

AGING EYES INITIATIVE

In collaboration with the **State Services for the Blind**, North Shore Area Partners staff members have been trained to help older adults who are experiencing Vision Loss. These services are provided at no cost to you.

Has a vision change influenced how you live and enjoy your life? Discover new ways to help with:

- Reading mail and the newspaper
- Sewing, knitting
- Getting out and about safely
- Staying connected with friends and family
- Other important day to day activities



The Aging Eye Initiative mission is to help seniors to adjust to vision loss by providing low vision kits and training.

Please contact Wendy at 218-226-3635 or at wendy@nsapartners.org, to set up an appointment for a low vision assessment.

BROADENING NSAP'S COMMUNITY REACH & IMPACT

The past few years at North Shore Area Partners have been a time of growth in our organization and in our ability to positively impact the lives of older adults in our community. We added a licensed home care program that has increased the level of personal services we can offer to seniors. Then, we acquired a building that we have turned into a community center with a focus on senior activities. Now we are ready to build on these efforts and broaden our reach and impact.

This year NSAP will be **strengthening our home care program** by making our extra staff capacity available to clients in the Two Harbors area. While this is outside our typical service area, it will help spread out the overhead costs of maintaining this important service and it will provide more dependable scheduling for our home health aides. And, of course, it will enable more people to live independently in their homes for as long as possible!

In addition, a major focus of NSAP's outreach and education in the coming year will be **promoting 'dementia-friendly' and 'age-friendly' awareness in Lake County**. We will be reaching out to local organizations and businesses with opportunities for learning and discussion. We will be engaging with local leaders to advocate for thoughtful decision-making. We will be strengthening the connections between ages to create a supportive intergenerational community.

Working with Lake County and Community Partners in Two Harbors on these efforts reflects our shared commitment to addressing the needs of the county's aging population. **As organizations and as individuals, we each do our part, and together we build a stronger society for everyone.**

WEEKLY & MONTHLY ACTIVITIES GALORE!

We offer several services and activities on a weekly and monthly basis at our building:

- Drop-in Pool
- Arts & Crafts
- Coffee with the Doc
- Cribbage
- Coffee Connection
- Adult Coloring
- Bingo
- Mexican Train Dominoes
- Nail Care & Blood Pressure Clinics
- Caregiver Support Group
- Grief Support Group
- & More!

Remember to check our monthly activity calendar or our Facebook page for the schedule!



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: _____



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
Diane Knust, LISW, Home Care Manager
Keri Johansen, Services
Wendy Johnson, Office
Stacey Hohman, Programs & Volunteers
Nancy Christenson, Outreach
Sarah Thomson, Communications

HOME CARE STAFF

Debie Moore, RN
Annette Lewis, CMA
Collette Klemmer
Samantha Ahlbeck
Chris Hill
Nicolle Parks
Kari Mathews

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SUPPORTED BY:

Minnesota Live Well at Home,
Lake County Health & Human Services,
Arrowhead Area Agency on Aging-ARDC,
AEOA, Lloyd K. Johnson Foundation,
Northland Foundation, United Way,
Cliffs Foundation, Co-op Light & Power,
& many local individuals and businesses