

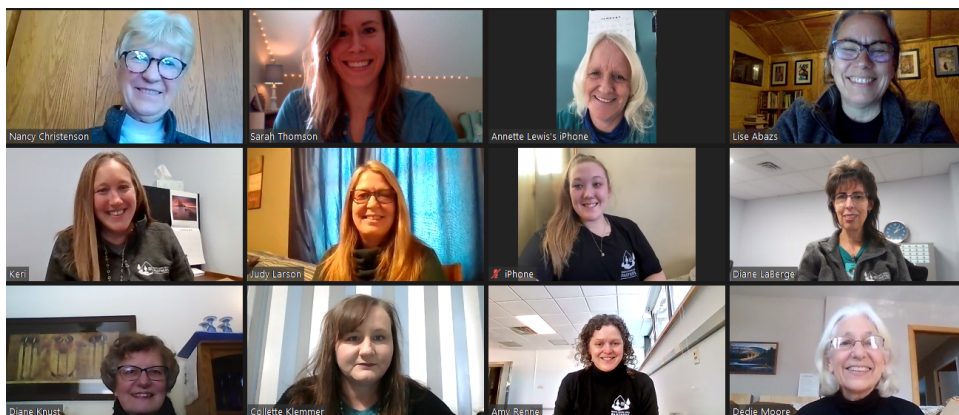


Supporting Independence  
for Older Adults

# NORTH SHORE AREA PARTNERS

## ADAPTING DURING THE PANDEMIC

We have all had to adjust to a number of changes as a result of COVID-19, including how we operate from day to day. Although the way we interact may have taken on a new, mostly virtual form, NSAP is stronger than ever and has grown to include 12 caring, dedicated staff members! We continue to work in the community to support our elders in their homes and are hopeful for a time we can all be together again!



## CAREGIVER SUPPORT GROUP

By: Amy Renne - Caregiver Consultant

In December, NSAP suspended the in-person caregiver support group meetings to keep ourselves safely distanced. Last month, a few of us met online to offer each other support and ideas for self-care. It was nice to connect face-to-face, and **all of us agreed that meeting online was better than no meeting** (however we missed the group members who were not able to be there with us!)

**When it is deemed safe, we will go back to in-person caregiver support group meetings.** Until we get there, however, video and online meetings are a good option to get us together. If you have not attended any online meetings yet, I encourage you to give it a try. Here is an excellent article to help you if you have avoided video and online meetings due to anxiety or nerves: <https://bit.ly/2YDmf3K>

While it might feel nerve-racking at first, once we've done it a couple of times, most of us appreciate **how easy it is to connect with people and information in an online setting.** The reward of seeing a smile and a friendly face makes it worth it! If you are not able to attend online meetings because you do not have access to technology or computer hardware, **let us know as we might be able to help.**

## HOW WE CAN HELP

### HOMEMAKING & CHORES

grocery shopping,  
frozen Meals-on-Wheels delivery,  
light housekeeping,  
light yard work & repairs.

### TRANSPORTATION

rides to medical appointments in  
Two Harbors and the Duluth area.  
Masks required.

### COMPANIONSHIP & CAREGIVER SUPPORT

friendly phone calls,  
respite for caregivers,  
caregiver consultation.

### PERSONALIZED SERVICES

service coordination,  
assistance with forms & paperwork,  
one-on-one technology assistance,  
education & advocacy.

### PARTNERSHIP PROGRAMS

emergency phone assistance,  
tax preparation service,  
legal aide appointments,  
medical equipment loan closet.

### LICENSED IN-HOME SUPPORT

assistance with activities of daily  
living and household tasks,  
mobility & movement assistance,  
medication reminders.

### HEALTH & WELLNESS

No in-person activities due to  
COVID-19, but online opportunities  
are available. Find a Juniper  
program or class near you:  
[yourjuniper.org/classes/search](http://yourjuniper.org/classes/search)  
Call us to learn about online  
programming.

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

36 Shopping Center Rd  
Silver Bay, MN 55614  
218-226-3635  
[www.nsapartners.org](http://www.nsapartners.org)

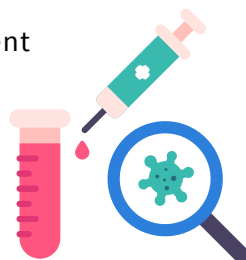
## FREE TAX PREPARATION OPTIONS

NSAP is unable to offer the on-site AARP Tax Aide services this year as we have in the past. Below are some other alternatives for **free tax services**. Go to <https://bit.ly/2LuoPWz> for more options or call 218-226-3635.

- **Two Harbors:** Contact Phyllis Mealy to schedule an appointment with the AARP Tax Aide program in Two Harbors. Call 218-834-4379.
- **Tofte:** Drop off your tax documents at the Tofte Town Hall between 9 am & 12 pm Tuesdays through 4/13/21. Cook County VITA/TCE tax assistance volunteers will arrange for your return to be prepared.
- **Silver Bay:** For **individuals age 60+ who have previously used our tax assistance**, but are unable to travel to these alternative sites, NSAP will deliver your documents to the Cook County VITA/TCE program. Call Nancy Christenson at 218-226-3635 for instructions and to make arrangements for this service. **Bring a copy of your ID, social security card, prior year state and federal returns, and all current tax documents to ensure your file is complete.**

## NEED A RIDE TO YOUR VACCINE APPOINTMENT?

As vaccine becomes available, it will be distributed through pop-up clinics in Two Harbors by appointment on a first come first served basis for Lake County residents age 65+. NSAP staff is working on identifying ways we can assist with this process.



We have a pool of volunteer drivers who are able to provide transportation as needed. **Please call us at least 48 hours before you will need your ride at 218-226-3635. Available for those 60+.**

## MEET OUR NEW BOARD MEMBER!

Jennifer brings with her over a decade of experience working in libraries and teaching technology. She is a Dementia Friend Champion and has focused work on providing support for the 55+ communities in her previous role at Hennepin County Libraries and currently does this work as part of her role as the Silver Bay Public Library Director. She has a strong background in marketing and technology instruction. She holds Masters degrees in Strategic Communications and in Library and Information Science. In her free time she enjoys making art, graphic design, writing, photography, wildlife rehabilitation, and running.

Jennifer Veile



## 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: \_\_\_\_\_



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### OFFICE HOURS

*Building closed due to smoke damage, but we are available by phone and email.*

**MONDAY – THURSDAY  
9:00 AM – 3:00 PM  
FRIDAY - Closed**

### PROGRAM STAFF

**Lise Abazs**, Executive Director  
**Keri Johansen**, Programs  
**Judy Larson**, Volunteer Services  
**Nancy Christenson**, Outreach  
**Sarah Thomson**, Communications  
**Amy Renne**, Caregiver Consultant  
**Diane Knust**, LISW, Social Services

### HOME CARE

**Debie Moore**, RN  
**Diane LaBerge**, MA  
**Annette Lewis**, CMA  
**Dominique Fisher**, CNA  
**Collette Klemmer**

### BOARD OF DIRECTORS

**Alis Stevens**, Chair  
**Lisa Hoff**, Vice Chair  
**Cindy Hanson**, Secretary  
**Jessica Denhoff**  
**Mary Planten-Krell**  
**Theresa Rose**  
**Jennifer Veile**  
**Bev Yoki**

### 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,  
Cliffs Foundation, Co-op Light & Power,  
& many local individuals and businesses