



NORTH SHORE AREA PARTNERS

NEWSLETTER | QUARTER 3 2024

Give to the Max Day – November 21

NSAP is excited to be participating in Give to the Max (GTM) again this year. GTM is an annual online event hosted by GiveMN, a Minnesota-based nonprofit organization. Give to the Max not only raises funds to support our work, but also raises awareness of NSAP and 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**.



If you prefer to donate via check, please indicate in the memo that it's for Give to the Max and it will still be counted if we receive it by Monday, November 25th!

Donate here: <https://bit.ly/NSAPGTM24>

New Program: Transitions

Transitions: Navigating Life's Events Together is a NEW program offered by NSAP and open to all adults 60+ and those who are caregivers (providing support to adults who are 60+). Life is filled with transitions—whether it's starting a new job, navigating relationship changes, changing family roles, or adjusting to unexpected challenges. These transitions can often bring a mix of excitement, uncertainty, and stress.

Our new program is designed to create a safe space to share our life experiences and coping strategies while providing tools, resources, and support to help navigate these transitions.

Meeting Times & Locations

- **North Shore Area Partners (36 Shopping Center, Silver Bay)**
1st Wednesday of each month, 9:30 – 10:30 am OR 6:30 – 7:30 pm.
- **Clair Nelson Center (6866 Cramer Rd, Finland)**
3rd Wednesday of each month, 12:30 – 1:30 pm.

Please contact Ericka Blanchard, LSW, for additional information or to register for this group. 218-353-1464; ericka@nsapartners.org.

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.

PARKINSON'S SUPPORT GROUP

1st Wednesday
10:30 – 11:30 AM

*Please contact us for more info.
info@nsapartners.org |
218-226-3635*

*Ageing Well Together
Caring ~ Connecting ~ Community*



Arts Programming at NSAP

Part of our mission at NSAP is 'Supporting an age-friendly space and community,' and while our core focus has always been and always will be serving older adults, we understand that ". . . age-segregated solutions overlook the profound ways in which young and older individuals can benefit from mutual engagement— young people from extra support, older adults from healthy activity and engagement in meaningful societal roles" (<https://doi.org/10.48558/NSY7-6T91>).

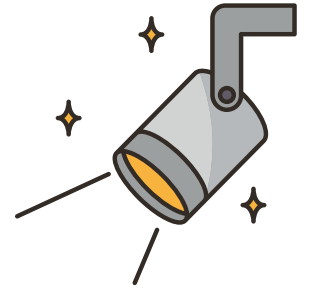
One of the ways we support an age-friendly space and community is through intergenerational programming, like our newest arts opportunity, *Creative Generations*. "Intergenerational arts programming has been shown to reduce ageist stereotypes, promote empathy and social inclusion, stimulate brain functioning, and reduce isolation" (<https://www.gu.org/resources/shared-site-newsletter-volume-1-issue-2/>). We've had tons of fun this year painting rocks for our new Memorial Rock Garden, crafting greeting cards for all sorts of occasions, painting night sky landscapes during Dark Skies Week, and we look forward to offering the community more programming that brings individuals of all ages, together. **Come check out the next *Creative Generations* meetup and bring a friend on Tuesday, 11/26 @ 2 pm!**



Volunteer Spotlight

Joe Dorn

Joe Dorn has been a spectacular addition to our volunteer group, and has been a huge help for the last two and a half years. He gives NSAP clients consistent rides to appointments in Duluth, always with a big smile and a positive attitude. Joe most enjoys interacting with NSAP clients and learning more and more about the history of Silver Bay through the individuals he provides rides to. He grew up in Minneapolis, spent his working life managing small businesses, and retired to Silver Bay nearly 4 years ago. He has 4 kids, 6 grandkids, and enjoys skiing, hiking, swimming, and reading. Joe started volunteering to give back to the community and enjoys helping out NSAP and his church. He spent around 50 hours volunteering January – May 2024 and spent 72 hours volunteering in 2023. WOW! Joe—we are so grateful for your service to community older adults. THANK YOU!



Upcoming Fall Events



Meat Raffle @ The Green Door

Saturday, 11/23 | 5:30 – 7:30 pm

Join us for a Meat Raffle, hosted at The Green Door in Beaver Bay starting at **5:30 pm Saturday, 11/23!** Meat raffle goes until meat runs out! All proceeds go to the North Shore Area Partners Endowment Fund.

Craft, Shop & Snack

Tuesday, 11/26 | 4 – 7 pm

Supporting local this holiday season is incredibly important and that's why we hope you join us at NSAP to shop, spend, and enjoy local at our second Craft, Shop & Snack event! Many individuals and vendors that will be at the event have graciously supported NSAP and our efforts throughout the years, so we are overjoyed to once again provide a space where shoppers and crafters can mingle together, and enjoy and support creations and products of fellow community members and their businesses. Join us **Tuesday, November 26 from 4 – 7 pm.**



Holiday Open House Fundraiser

Wednesday, 12/18 | 12 – 3 pm

Mark your calendar! Help us celebrate the closing of 2024 and support our mission by attending our Holiday Open House Fundraiser on **Wednesday, December 18 from 12 – 3 pm.** Watch our Facebook page and/or website for additional information!

Respite Care

Attention Caregivers! Receive 4 hours of FREE respite care per month through June of 2025!

Have you been considering respite care, but aren't sure it's what you want or need? This is an excellent opportunity to try respite care and to experience the support it can provide to you and to the older adult you are providing care for.

What is Respite Care?

Your role as a caregiver is an important one, and sometimes you need a break for a few hours. Respite care provides short-term relief for caregivers so they have time to relax, to run errands, or to catch up on things. North Shore Area Partners offers respite services as part of our home care program. Our skilled and compassionate home health aides can give you time to recharge so you can provide the best care possible for your loved one.

How NSAP can Help

NSAP has funding available that enables us to offer 4 hours of FREE respite care a month through 6/30/2025 to older adults who are currently receiving respite care from family or friends. Unfortunately, those who are on a waiver to have their care paid for are not eligible for this opportunity.

Home health aides can perform any of the following tasks as part of our Respite Services:

- Light Housekeeping: mopping, vacuuming, dishes, wiping counters, cleaning bathrooms, removing trash, changing bedding, light socialization.
- Assistance with Instrumental Activities of Daily Living (IADLS) such as: meal preparation, shopping, errands, assistance with making phone calls and transportation arrangements, assistance with reading the paper and opening the mail, organizing household items, keeping your home fit (changing light bulbs), laundry, cleaning refrigerator/freezer, organizing household, inside window washing, helping with email.
- Assistance with Activities of Daily Living (ADLS) such as: bathing, toileting, grooming, dressing, eating, transfers, bed bath.

Please contact Ericka Blanchard, LSW, Caregiver Consultant at 218-353-1464 or email ericka@nsapartners.org for additional information.

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>



**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

Kelly Looby, Executive Director
Keri Johansen, Executive Assistant
Ericka Blanchard, LSW, Care Navigator
Stacey Hohman, Programs & Volunteers
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
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Northland Foundation, United Way,
Medica, DSCAF-Silver Bay Fund, CL&P,
& many local individuals and businesses