Gifts of Giving & Receiving

Companion volunteers will often say that they “give more than they receive.” Just getting to know someone and sharing simple moments can be rich. But with Kaye and Emma, it seems like the give and take goes a little deeper.

Emma, when asked her age, says “39 backwards”. Three years ago she moved to Grand Marais to be near her son, but misses her friends in New York State. She used to be a volunteer there, delivering Meals on Wheels in her building.

Taking advantage of Care Partners’ services made a huge difference. “Day and night! My son was my only contact. I was beginning to feel like I could be dying and no one would know it.” Emma now uses Senior Rides and had a chore volunteer put up a shelf for her. Marnie Hovland, Care Partners’ Care Coordinator, checks in on her and arranged to have Kaye, one of our trained companion volunteers visit her regularly.

They hit it off and discovered a lot of shared interests. A favorite thing to do is to go out for a bowl of soup. When Kaye is gone, Emma tells us, “I miss my Kaye!”

For Kaye, volunteering made sense after she retired and her mom passed away. “I wanted to give back in some way for all the care my mom received.”

Now in weekly visits, Kaye shares pictures and helps Emma with errands and little projects. She has great respect for Emma’s stories, advice and attitude. But it goes beyond that. “Visiting Emma is a real joy. We each fill an empty slot for the other—I lost my mother, she’s missing her friends. We really care about each other: we are caring partners.”

HFA’s 20th Living with Grief Program:
Transforming Loss: Finding Potential for Growth
Thursday, April 19, 2-4 pm
Sawtooth Mountain Clinic, lower level classroom

This year’s Hospice Foundation webinar is an inspiring program about positive change and action by the bereaved in the aftermath of loss.

For professionals whose practice involves working with the bereaved, it offers tools to support and encourage transformative growth in grieving clients. CEU’s available for $21.

For anyone who has experienced loss, it will touch your heart with stories of people who found meaning and purpose through loss and provide self-help advice.

Care Partner Services

Let Care Partners support you on the journey of aging, illness or caregiving —

We can help you to plan, find help, stay connected, and be safe at home.

Call 387-3788 to hear more about:

• Nurse Care Coordination
• Caregiver Support
• Health Care Planning
• Volunteer Visits
• Senior Rides
• Senior Chores

Clients are asked to share in the cost as they are able to help sustain the program.

From a client: We appreciated your thoughtful & your presence when we needed your guidance and care.
Looking Ahead

Thanks to excellent volunteers, staff, and community support, the number of Care Partners clients and services continued its steady growth in 2017.

132 Clients Served in 2017:

- 41 Senior Rides clients received over 345 rides and logged over 22,000 miles!
- 45 caregivers received over 440 hours of coaching & support.
- 28 clients received 165 hours of Care Coordination (including end-of-life care)
- 28 clients received over 200 Volunteer Visits
- 51 volunteers donated over 2400 hours to provide companionship, rides and chore help

State planners tell us Cook County is on the leading edge of the age wave: already challenged by the need for more elder services and a shrinking workforce. With the help of a grant from Northland Foundation, Care Partners has been busy with strategic work to look at how to build and sustain our program to meet this challenge as well as how to address the uncertainties of public funding and licensing issues.

Stay Off That Ladder!

Chore Volunteers Keep it Safe

Last year, Senior Chore volunteers helped 25 clients complete 160 chores! All sorts of assistance with mail, errands, electronics, organizing and cleaning projects made it easier for clients to live safely at home. This year, we have also been getting more requests to help clients that wouldn’t be able to manage on their own to access food at the Food Shelf or Ruby’s Pantry.

A priority is the chore help that reduces risk of falls or other injury: moving furniture, removing ice, moving wood, hanging curtains or changing light bulbs, raking snow off of a roof, and installing railings or grab bars.

If there is something you need help with, give Care Partners a call.

“Without Care Partners, I wouldn’t be able to live at home.”

Senior Spring Cleanup Week

Sunday, June 3rd - Saturday, June 9th
Call Kelly at 387-3788 by May 21st if you or your group would like to help your senior neighbors with spring outdoor clean-up OR if you are a senior and could use spring clean-up help.

Dementia Friendly Community

Thanks to support from the Cook County Community Fund, Care Partners has presented ten Dementia Friends sessions for over 100 participants including sessions in Grand Marais and Tofte as well as programs for staff at the clinic front desk, hospital and care center. Call Care Partners if you would like to set up a program at your church or workplace.

Staff attended the Act on Alzheimer’s state summit and gained many new ideas for community involvement. It was exciting to see efforts across the world including youth organizing in schools and colleges, Purple Table Reservation apps for restaurants, memory cafes, activity kits in libraries, and choruses.

As part of our continuing efforts, Care Partners has organized a special training for 1st Responders:

alzheimer’s association®

Approaching Alzheimer’s: First Responder Training

Tuesday, May 8th, 6-8 pm, clinic classroom

Jenna Pogorels of the Alzheimer’s Association

People with Alzheimer’s or another dementia can unknowingly put themselves and others in dangerous situations. Understanding the disease is key to ensuring you make the right response. The Alzheimer’s Association® Approaching Alzheimer’s: First Responder Training is a course to prepare you to respond to common calls involving a person with dementia.

Volunteer Opportunities

- **Companion Volunteers** provide friendly visits, check-ins, respite or presence at end of life.
- **Senior Rides Volunteers** give rides locally or to Duluth and are reimbursed for mileage. Senior Rides Training Sat, April 21st, 10-12
- **Chore Volunteers** help with occasional chores to keep seniors safe in their homes.

Call Care Partners at 387-3788 for more information and training dates.
Thank You to all who Supported Care Partners in 2017!

Grants
Federal Older Americans Act grant from the ARDC’s Arrowhead Area Agency on Aging
Live Well at Home Grant from the Minnesota Department of Human Services
Scott Hawkins Fund of the Duluth Superior Area Community Foundation
Cook County Community Foundation
Medica Foundation
North Shore Health Care Foundation
Head of the Lakes United Way
Northland Foundation
Operation Round-Up

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Tuscarora Lodge
Being Prepared

While Care Partners is glad to assist clients at any stage of their journey with caregiving, aging or advanced illness, we often wish we could be there earlier. Upstream. Before the crisis. When there is time and energy to plan, think things through, and gather support.

While it’s tempting to procrastinate, we urge you to plan ahead if you or someone you love faces chronic illness or memory loss. We’d be glad to help you at any step along the way. Here are some things to think about.

◊ Talk about the important things now.
◊ Meet with your doctor to understand what you are facing & options for care.
◊ Complete a Health Care Directive and do Long Term Care planning.
◊ Make a plan based on your goals, health care choices, and circumstances.
◊ Find resources and gather support.
◊ Consider legal matters.
◊ Know your finances, how care will be paid for, and the limitations of Medicare when it comes to long term care.

Resources:

Care Partners RN Care Coordinator
Marnie Hovland, 387-3787
AARP at www.aarp.org
for a free Prepare to Care planning kit
Honoring Choices Minnesota, www.honoringchoices.org, for health care planning
Minnesota Live Well at Home, www.mnlivewellathome.org, to identify and manage risks
Senior LinkAge Line, 1-800-333-2433, to learn what Medicare will pay for Alzheimer’s Association, www.alz.org, for resources to plan for memory issues.
Senior Citizens Law Project, 855-204-1697
Legal Aid Service of NE Minnesota

Save the Date!
Care Partners 3rd Annual Ice Cream Social & Quilt Raffle
Sunday, August 26
2-5 pm