



Support on the journey of aging and serious illness.

Care Partners Receives its Nonprofit Status!

Care Partners of Cook County is pleased to announce that it now a fully recognized nonprofit. Care Partners received its tax exempt status from the IRS this August. As a 501(c)(3), Care Partners is now fully independent. Foundations and individuals who wish to support our mission can donate directly to Care Partners of Cook County.

Many thanks are in order for the work that made this possible. Thanks to the Northland Foundation's Rural Aging Initiative for funding our organizational work and the excellent consultants who assisted us over the last year. Thank you especially to CPCC Board members and staff for the many hours of work that made this transition go so well. It was clear at our Board training in August, that Care Partners of Cook County has a great foundation to meet the coming challenges and opportunities of serving those on the journey of aging in Cook County.



Back row: Jack McHugh, Carolyn Schmidt, Judy Peterson, Penny Bradovich. Front Row: Jayne Johnson, Nancy Starr

Care Partners Board of Directors

In August Care Partners welcomed new Board members Judy Peterson, Carolyn Schmidt and Nancy Starr. We also said farewell to out-going Board members Judy Meath and Jan Johansen.

Jan has been an active member of the Care Partners Oversight Committee since 2009 and one of our first Care Partners volunteers.

Judy Meath leaves a great legacy through her leadership in establishing of Care Partners. Judy's involvement began in 2008 when she was asked to convene and chair a committee to further explore options for a hospice/palliative care program. By 2010 with Judy's guidance, the hospice initiative was reconceived as Care Partners of Cook County, working to enhance end-of-life and palliative care services to the frail elderly.

Judy continued to chair NSHCF's Care Partners Oversight Committee, providing leadership, mentoring and helping to build collaborative relationships and the Care Partners program. Her leadership was key this past year in helping to facilitate Care Partner's move from a program of the Foundation to an independent nonprofit.

Outgoing board member Judy Meath (center) is recognized by Care Partners Executive Director Kay Grindland & North Shore Health Care Foundation President John Bottger.



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Giving Rides & Sharing Stories

Volunteer Highlight: John Hill

When Senior Rides began in 2013, John Hill was our first volunteer. He is still one of our most active drivers. We asked him why he wants to be a Senior Rides Volunteer: "As a follower of Jesus Christ this was a great opportunity to serve people in the community and hopefully reflect a bit of His love and grace. God has greatly blessed me with a wonderful wife, family and career and I knew in retirement I needed to find a way to pass that blessing on to others."

The rewards: the many interesting people John has gotten to know. He especially loved hearing stories about Milt from Alice Powell. "Alice told me that when Milt was growing up on Lake Saganaga they kept a pet beaver in the house! They called her Annabelle. Every time there was a hard rain the beaver would grab socks and rags and stuff them under the door! Where else can you get such great stories?"

John also appreciates seeing the high quality of health care offered by the hospitals and clinics in Duluth. Trips to Duluth also allow him to run errands, check in on grandchildren and do a little shopping while his riders are having their appointments.

The challenges: getting to know the healthcare locations in Duluth and the rare trip when appointments are delayed. Oh, and the time a client and his sister (both in their 90's) took off at the medical center and he had a hard time finding them.

Thanks to John and to our other excellent volunteer drivers Senior Rides is able to provide this great service. Our clients have come to rely on them for the times that friends, family or Arrowhead Transit are not an option.



Become a Senior Rides Volunteer!

More volunteers are needed from all parts of Cook County. Volunteers receive a two-hour training and mileage reimbursement. Drivers choose their own schedule and whether to do local or Duluth rides. Call Debi LaMusga if you are interested at 387-3788.

From a Client: Where do I begin to thank Debi, the staff, and wonderful drivers. They all go out of their way to help people. I would not be able to go to appointments & interact with the public without this service. Thank you will never be enough. C. H.

Caregiver Coffee

Join us to learn and share about caregiving. Get to know other caregivers in a casual setting. After coffee and treats, there will be a facilitated discussion of interest to caregivers. Local resources will also be discussed. All are welcome.

Friday, October 9, 10-11:30 am

Birch Grove Community Center in Tofte

Topic: "The Caregiver Story"

Many of us are caregivers of parents, spouses, or neighbors. What are the challenges and benefits?



Wednesday, November 11, 10-11:30 am

Congregational Church, Grand Marias
(downstairs)

Topic: "Asking for Help"

People want to help but do not know what you need unless you tell them. What are the barriers to asking? What makes it go well?

Concerned about leaving your loved one? Bring them along and we will have a trained volunteer to be with them in a nearby space. Please call ahead if you would like us to arrange this respite care at 387-3788.

Companion Volunteer Training

October 14,21,28

Wednesdays, 4:30-8 pm

Volunteers are the core of Care Partners services, giving back to the elders in our community in so many ways. Each finds their niche: checking in by phone, a weekly visit at the Care Center or someone's home, recording stories, playing cards, going for a drive, relieving a caregiver, reading lessons or histories, or sitting at a hospital bed. These kindnesses mean so much, and yet most volunteers claim they receive more than they give.

Volunteers receive extensive training in safety, comfort measures, end-of-life, dementia, elder awareness, spirituality and communication.

Call 387-3788 for more information or to register.

Alzheimer's Disease & Brain Health

Last spring Care Partners and the North Shore Health Care Foundation presented a conference on Dementia featuring Dr. Terry Barclay. His clear explanations and up-to-date research engaged a crowd of over 100! Watch the video at www.northshorehealthcarefoundation.org under "Events".

A few notes from the program:

There are currently 5.2 million with Alzheimer's with the growing epidemic expected to impact 13 million Americans by 2050. It affects 1 in 9 people 65 and over.



Because the brain changes of Alzheimer's begin 10-20 years before symptoms appear, it makes sense for all of us to work towards brain health. Look for topics on "Living Well with Alzheimer's" at www.alz.org.

Proven strategies to help maintain brain health:

Exercise: Physical **aerobic** activity 3-4 times per week include brisk walking, recumbent exercise bike, water aerobics, dancing, or gardening activities.

Nutrition: Helpful foods include: Omega 3 fatty acids (2 servings fish weekly), whole grains & phytonutrients. Colorful natural foods with a high nutrient content (blueberries, grapes, dark leafy greens, broccoli, tomatoes, peppers, & cherries, & turmeric). The **Mediterranean Diet** includes lots of fruits and vegetables, fish, legumes (lentils, beans), olive oil, nuts, and is low in red meat.

Cognitive stimulation: challenging & varied activities such as reading, writing, drawing, cards & games, dancing, playing musical instruments, group discussions, and cultural events (plays, concerts).

Reducing stress: (including 7 to 9 hours sleep per night)

Reduce alcohol intake:
<2 drinks/day for men,
<1 for women

Other strategies

Finding meaning and purpose,
Focusing on strengths,
Keeping relationships strong,
Establishing a routine, and
Managing health.

Want to help make
Cook County more
"Dementia Capable"?
Check out the
Act on Alzheimer's
website.

Call Care Partners if
you are interested
in being on a local
action team.

Care Partner Services

Care Coordination

Our Nurse Care Coordinator listens to understand your needs and goals. She supports you in staying in your home, maintaining your health and quality of life, arranging help, and planning for care.

Volunteer Visits

Trained volunteers provide companionship, check-in, presence at end-of-life, and respite for caregivers.

Caregiver Coaching

Our trained Caregiver Consultant helps assess needs, reduce stress, gather support to cope with a loved one's illness.

Caregiver Programs

Events & education to learn from caregivers, gain coping skills and find resources.

Respite Volunteers

Volunteers stay with a loved one to give caregivers a break.

Resource Coordination

Assistance finding resources that work for individual goals.

Advanced Care Planning

Coaching to complete a health care directive and communicate wishes to family.

Senior Rides

Trained volunteers provide rides for those 60 & over in Cook County & to Duluth when Arrowhead Transit or family and friends aren't an option. Rides are for medical, personal appointments, wellness, social activities and errands.

Call 387-3788

**Or email carepartners@boreal.org
for more information.**

Fees: **Care Partners does not require clients to pay**, but we encourage you to donate or share in the cost. We depend on these contributions to sustain our program.



PO Box 282
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218-387-3788
carepartners@boreal.org

Care Partners Newsletter September 2015

Staff

*Kay Grindland
Executive Director*

*Marnie Hovland, RN
Care Coordinator*

*Debi LaMusga
Senior Rides Coordinator*

*Sandy Stover, MD
Medical Director*

Program Partners:

*North Shore Health
Care Foundation,*

*Cook County North Shore
Hospital,*

Sawtooth Mountain Clinic

Office Hours:

Mon-Fri, 10 am-3 pm



Support Care Partners! Buy a Quilt Raffle Ticket

Carol Harris has made a stunning queen-size quilt to support Care Partners. Tickets are \$2 and the raffle draw will be October 20th. The quilt is on display at Drury Lane Books. Tickets are also on sale at Buck's Hardware, Crystal's Log Cabin Quilts, Oddz & Endz Thrift Store, Lake Superior Trading Post, Joynes Ben Franklin and Java Moose.

Care Partners of Cook County is funded by generous donations from the community, North Shore Health Care Foundation, Cook County Community Fund, Northland Foundation, the Business Leaders Fund of the Duluth Superior Area Community Foundation, a Live Well at Home Grant from the Minnesota Department of Human Services and a federal Older Americans Act grant from the ARDC's Arrowhead Area Agency on Aging.

Your Donations Matter!

Care Partners depends on community support to provide its services.

Please consider making a tax deductible donation, memorial, celebration gift or bequest to Care Partners of Cook County.

Light Up A Life

**Tree Lighting
Ceremony**

**Thursday,
December 10**

6 pm at the East Bay Suites

**Celebrate the life of loved ones
and help support Care Partners.**

