

*Support on the journey of aging and serious illness.*

## Care Partners' Big Year!

2015 was a banner year for Care Partners. We incorporated as an independent nonprofit, received our tax exempt status, developed by-laws and policies and recruited and trained a new board of directors—all while continuing our programs and services.

Here's a few highlights:

- ◆ Marnie Hovland was hired in March as our new RN Care Coordinator.
- ◆ Over 100 people attended the programs Dr. Barclay presented on Alzheimer's and other Dementias !
- ◆ Initial funding was received to pilot a Senior Chore Program.
- ◆ Caregiver Coffee programs were started in Tofte & Grand Marais.
- ◆ A new marketing & fundraising effort resulted in a new website & brochure.
- ◆ The 7th Annual Light Up a Life Program at the East Bay raised \$1300.
- ◆ For our first annual appeal we set a goal of \$5000 and raised almost \$10,000. (Thanks everyone!)



Marnie with volunteer Jean Perkins & former Coordinator, Jeannette Lindgren.

### 103 Clients Served in 2015:

- ◆ 36 for Caregiver Coaching
- ◆ 38 for Care Coordination (13 of these for End-of-Life)
- ◆ 15 for Volunteer Visits
- ◆ 35 Senior Rides clients received over 300 rides!

### 51 Volunteers in 2015

- ◆ Contributed over 2000 hours
- ◆ 37 Companion Volunteers
- ◆ 20 Senior Rides Volunteers

## Calling All Chore Volunteers!

Interested in helping your senior neighbors with occasional chores around the house? Our goal is to help at-risk elders to stay safely in their homes when no other help is available.

Volunteers receive a short training, mileage reimbursement and choose their assignments. Activities might include short-term housekeeping, shoveling, seasonal yard work, gardening, organizing, minor home repair or household maintenance projects. What do you enjoy?

Our new Senior Chore Program depends on finding volunteers willing to lend a hand! Please contact our Chore Coordinator, Kelly Holtzman, at 387-3788 or by email at [chore@boreal.org](mailto:chore@boreal.org) if you are interested.



Care Partners is pleased to welcome Kelly Holtzman as our new Chore Coordinator.

## Care Partner Services

### **Care Coordination**

Support to stay in your home, maintain your health and quality of life, arrange help, and plan for care.

### **Volunteer Visits**

Companionship, check-in, presence at end-of-life, and respite for caregivers.

### **Caregiver Coaching**

Help to assess needs, reduce stress, & gather support to cope with a loved one's illness.

### **Caregiver Programs**

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

### **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**

Rides for those 60 + to Duluth for medical appointments & medical & wellness activities in Cook County.

**Call 387-3788**  
**for more information.**

## Heidi and Ingeborg's Story

When Heidi first connected with Care Partners, it was because of an interest in geriatrics. She jumped on board the organization's second-ever training class, and immediately began making connections that would eventually change her life.

In 2010, Heidi's mother, Ingeborg, joined her in Cook County at age 89. "It was always part of the plan for her to move in with us," Heidi reflected.

During this time, Heidi continued volunteering with Care Partners, visiting an elderly woman to give her caregivers a break. Ingeborg would accompany her, and Heidi was delighted to see the way her client and mother connected. The two women would tell stories and laugh. "It was just the coolest thing."

When Care Partners piloted a Group Respite program, Ingeborg became a beloved member of the group. As Ingeborg's needs grew, Heidi left her full-time work to care for her. At times, she'd wake up three times a night to tend to her mother. "There came a point where I just couldn't do it anymore. I contacted Care Partners, they put a call out, and people responded. It was amazing."

Heidi noticed that each volunteer who visited with her mother had a unique impact. "They related in a different way than a family member could. It was such a break for us and for her normal routine."

Eventually, with the help of Care Partners, Ingeborg got her wish to be at home through end-of-life, which was a gift to both Heidi and her mother. Heidi expressed, "It was amazing, and it could not have happened without Care Partners."

Heidi and her mother's experience with Care Partners is similar to that of many families caring for a loved one experiencing end-of-life, aging, or serious illness. Not only does Care Partners strive to provide life-affirming care and connections for clients and care givers, but it also fosters deep relationships between clients and community volunteers.

"As a volunteer, most of us feel honored," Heidi explains. "You're invited into somebody's life, and you get as much out of the visits, if not more. It's a rich, valuable, relational experience where you get out there and make a difference."

Whether you or a loved one could benefit from additional care giving, or you'd like to make a difference as a volunteer, Care Partners hopes you'll reach out and let yourself be a part of this journey.



## Companion Volunteer Training

**April 8-9: Friday 4:30-8 pm**

**Saturday, 9 am-4:30 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.

## 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.

## Caregiver Coffee

These programs are held monthly in Grand Marais and Tofte. Join us to meet other caregivers, share resources and discuss caregiving. All are welcome. Call Care Partners for more information.



Carol Harris' quilt raised \$1660 through our quilt raffle in 2015. Local resident, Lori Thompson (right) was the luck winner.

Look for another Care Partners Quilt Raffle this summer!

# Thank You to all who helped fund Care Partners in 2015!

## Grants

a 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  
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## Your Donations Matter!

Care Partners depends on community support  
to provide its services.

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



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## Care Partners Newsletter March 2016

### **Staff**

*Kay Grindland  
Executive Director*

*Marnie Hovland, RN  
Care Coordinator*

*Debi LaMusga  
Senior Rides Coordinator*

*Kelly Holtzman  
Chore Coordinator*

*Sandy Stover, MD  
Medical Director*

### **Board Members:**

*Jayne Johnson*

*Penny Bradovich*

*Jack McHugh*

*Judy Peterson*

*Carolyn Schmidt*

*Nancy Starr*

**Care Partners  
Presents:**

### **Effective Communication Strategies Jenna Herbig, Alzheimer's Association**

**May 4, 4-5:30 pm**, lower level of the Sawtooth Mtn Clinic

Communication is more than talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect.

Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

### **Care Partners has a new web site!**

**[www.carepartnersofcookcounty.org](http://www.carepartnersofcookcounty.org)**

Learn about our services & upcoming programs,  
find our newsletter or make a donation.

### **Receive your newsletter on line.**

Help us save paper and postage. Email us at  
carepartners@boreal.org with your name and email  
and we'll send notice of our newsletters to read on-line.

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