

We envision a community that is fully supported to navigate our shared journeys of aging and end-of-life.



So much to be Grateful for....



Julie Wilson, Executive Director

Gratitude... I am overflowing with it! Your support of Care Partners and our mission made a BIG impact in 2023. The enclosed celebration insert highlights the numbers and accomplishments all along last year's

beautiful journey. We often hear in our office about the sense of family and support at Care Partners. We receive so much wonderful feedback from our clients about the AMAZING VOLUNTEERS and our compassionate and committed staff. Their words speak louder than anything I could write, so let me share some of their thanks.

"Grateful for all assistance we are given by Care Partners, not sure how I would manage without your support!"

"Due to Care Partners assistance, my stress was greatly lowered."

"I always felt confident that my needs would be taken seriously."

"Volunteer was so helpful and kind. I would not have gone for my procedure if not for Care Partners."

Without your support, our neighbors would have been scrambling to get help...or may have had to move away from their home. These messages are to YOU. THANK YOU! Here's to a beautiful 2024 of partnering, collaborating and continuing to identify the strengths and needs across our community.



Volunteer Appreciation!



Age Friendly Community Listening Session



Walk to End Alzheimer's Grand Marais Team

Upcoming Events

MARCH

- 9th: Second Chance Art Sale @ Hub, 10am—2pm
Proceeds to Care Partners!
- 8th & 22nd: West End Caregiver Coffee
- 27th: ZOOM & Learn—Elder Fraud & Scams, 12-1pm

APRIL

- 10th & 24th: West End Caregiver Coffee
- 18th: Memory Café Resumes! 1—2:30pm
- 24th: Lunch & Learn at CCHE- *Enjoying the Great Outdoors as We Age*, 12-1pm

MAY

- 8th: Volunteer Meeting at Hub, 12:45—2:15pm
- 9th—11th: Spring CHORES DAYS!
- 16th: Memory Café, 1—2:30pm
- 18th: Workshop on Planning Ahead
- 25th: Lunch & Learn at CCHE—*Beyond Cheaters: Understanding & Addressing Vision Loss in Older Adults*, 12-1pm

SAVE THE DATE 2024

- June 12: Caregiver Appreciation Event
- August 15: Memory Café Weaving Memories—Partnership with the GM Art Colony
- August 16: Creative Expression for Caregivers Workshop at Studio 21 (with the GM Art Colony)
- August 17: Avoiding Practitioner Burnout Workshop at Studio 21 (with the GM Art Colony)
- August 25: Ice Cream Social at Sydney's
- October 5: Walk to End Alzheimer's
- December 12: Light Up a Life





From Our NEW Board President

Nancy Starr

My story of moving to Grand Marais is similar to so many other people who have made their homes in this wonderful place. I had been visiting the North Shore and Grand Marais since I was a child and I got hooked at an early age. My husband Steve and I lived and worked in the Twin Cities for many years and in 2002, we bought land in Grand Marais on Birch Drive. We (well ok, the contractor) built our house in 2012 and after retiring from our former careers, we moved here permanently in 2014. We love it – surrounded by forest and sharing space with woodland creatures.

My career was in senior housing, home care and social services. So back in 2015 when I was asked to consider being on the Care Partners board, it seemed like a perfect fit. And it has been!

I love serving on this board where I believe in the mission to support community members on the journey of aging and end-of-life. I'm grateful to be part of an exceptional, dedicated team of board members, staff and volunteers. I have a passion for volunteering as a chore worker and companion, whether I'm hauling wood, cleaning a house, picking up groceries or taking a walk with someone. Meeting people and sharing in their stories is the biggest gift to me and often changes my life perspectives. And I realize it does the same for the person I'm helping.

Last summer, the board and Julie Wilson, Executive Director, underwent a strategic planning process. It was a valuable exercise to look back over the past several years, see where we've landed and talk about where we want to go from here. This year, we'll focus on refining our operations; expanding outreach and marketing; growing partnerships; enhancing our existing programs; and doing more to engage our volunteers. These all translate into – 2024 promises to be a busy, exciting year at Care Partners!

This year I look forward to working on the goals and activities we're planning for Care Partners and to seeing the impact they have on people's quality of life and ability to keep living safely in their homes. And I look forward to keeping up the relationships with the people and partners I've come to know through Care Partners. And to creating new ones!



Care Partners Board—2023

Our Business Sponsors!

Bethlehem Lutheran Church
Blue Water Cafe
Cedar Grove Veterinary Clinic
Coldwell Banker
Cook County Whole Foods Co-op
First and Second Thrift Store
Grand Marais Lions Club
Hamilton Habitat
Holiday Station Store/ Grand Marais
Lande Construction
Lutsen Evangelical Lutheran Church
North Shore Federal Credit Union-GM
Northern Wilds Media
Oddz & Endz
Red Pine Realty
Sawbill Canoe Outfitters
Schwab Charitable Grant
Security State Bank
Sivertson Studio, Gallery & Frame Shop
Subway
Timberwolff Realty
Tuscarora Lodge & Canoe Outfitters
W.I.S.E.
Worlds Best Donuts



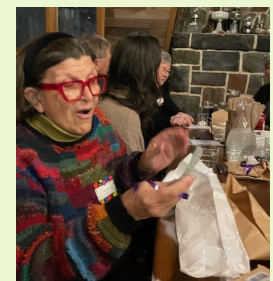
Sawtooth Elementary Gift Bags!

Memorials:

Bob Bailey	Kathleen Frisk
Bob Spry	Kaye Tavernier
Brad Ranning	Mary & Richard Mills
Bud Beyer	Mary Neal and Honey Rosen
Carol and Edward Plude	Michael McHugh
David Carlson	Mike Taapa
Donald Lovaas	Nancy & Donny Brazell
Edward Stark	Paul David Anderson
Elaine Rabold	Quinn L. Ahlsen
Evelyn Tepe	Richard Joynes
Gramma Rita	Roger McDonald
Grandma and Grandpa Ziegler	Rueben Johnson
Gunner Anderson	Sharon Eliassen
Jessie Anderson	Terry England
Jody Jajewsky	Theil Vryers
Joyce Krueger	Violette Beyers

Gifts in Honor of:

Alice T. Rudh
Cathy Hewitt
Jayne and Rick Johnson
Julie Wilson
Kay Grindland
Marnie Hovland
Ruth Lovaas
Ruthanne Vos
Sandy Stover



Volunteer Appreciation 2023

In-Kind Donors:

Bruce Block
Carol Morgen
Kathy Reeves
Mary Biebe
Maggie Anderson
Nancy Backlund
Nancy Giguere
Rebecca Barrett/Wilder Woodshop

Thank You to All Who Supported Care Partners in 2023!

Sue Abrahamsen
Betty Abrahamson
Heidi Akins
Dianne Anderson
Chel Anderson
Maggie Anderson
Christine Angelo
Rebecca Barrett
Roger Barton
Tracy Benson & Pete Kavanaugh
Yvonne Benson
Beth Benson & Lynn Wright
Patsy & Bill Bernhjelm
Patty Beyer
Vicki Biggs-Anderson
Julia Bittinger
Roberta Bockovich
Nikki Boostrom
John & Barb Bottger
Ann Bracco
Mickey & Dee Brazell
Colleen Brennan
Sharon Brenner
Judith Brisky
William & Joan Burkhardt
Myron Bursheim
Mary Humphrey Cameron
Julie Carlson
Mike Carlson
Lloyd Chase
Duane Cihlar
Jean Cochrane
Bobbie Collins
Kay Costello
Nancy Dalbec
Suzanne Davies
Larry & Elaine Dean
Jenny Delfs & Jeff Kern
Anne Deneen
Shari & Jeff Denniston
Heather Derewenko
Mary Deschampe
Alicia Deschene
Laura Durenberger
Randy Eastlund
Dan Edson
Joyce Elvestrom
Elaine Erickson
Lois Eyinck
Kurt Farchmin
Dan & Diane Fitzgerald
Karen Flolid
Carrie Framsted
John Franz

Douglas Frisk
Sue Futterer
Jane Gellner
Mike Genae
Nancy Giguere & Bruce Tyler
Don & Gerry Grant
Phillip Grave & Carol Stender
Kathleen Gray-Anderson
Kay Grindland
John Gruber
Virginia Hahn
Karen Halbersleben & Jack Miller
Sue Hansen
George Harrelson
Carol & Peter Harris
David Hawkinson
Alyssa & Jonathon Hedstrom
Howard Hedstrom & Bonnie Gay
Barb Heideman & Duane Hasegawa
Joyce Heiskari
Bob Hewitt
Katherine Horak
Peter & Mary Igoe
Patricia Ingebrigtsen
Nancy Iverson
Amy & Peter James
Geri Jensen
Martha Johansen
Christie John
Kathleen Johnson
Mark & Robin Johnson
Marlys Johnson & Bob Nesheim
Jayne & Rick Johnson
Lois Johnson
Margaret Joynes
Janet Kampa
Robert & Ann Karrick
Kitty Kelly
Beth Kennedy
Kim Kerntz
Beth & Art Kidd
Karen Kobey
Nancy Koloski
Larry Krause
Karen Kritta
Karen Kronquist
Lois Lackore
Debi LaMusga
Mike & Kathy Lande
Carla LaPointe
Evelyn Larsen
Nancy & Jeff Larson
Mary Lear
Jerry & Joan Lilja

Sherrie Lindskog
Lindsay Little
Donna & Orvis Lunke
Bill Lurton
Susan Maijala
Diane Marsyla
Robert Mattson
Ronald McClellan
Evelyn McDonald
Jack & Sandy McHugh
Judy & Terry Meath
Regine Meissner
Ann Mershon
Jackie Meyers
Helen Muth & David Quick
Yafa Napadensky & Bob Shannon
Terri Nelson
Jean Nelson
Randi & Rick Nelson
Greg Nichols
Deborah Niemisto
Lori Nugert
Bill Nugert
Ruthann Ohlsen
Martha & Bruce Olson
Phyllis Parker
Jeff Pavelka
Diane Pearson
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Mark & Mary Peterson
Lou & Inger Pignolet
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Sarah & Aaron Poznanovic
Karen Ranning
Kathy Reeves
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Jim & Janet Ringquist
Deb Roach
Jess Rodne
Francis Rondoni
Lynn & Mike Rose
Ann Russ
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Susan Scherer
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Matt & Anne Schuerger

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Suzanne Sherman
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Jerry Sivets
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Joanne Smith
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Heidi Sobanja
Harvey Sobieck
Millie Spry
Jean Spry
Corinne Stark
Nancy Starr & Steven Nielsen
John & Kristina Stearley
Lois Steven & Wayne Force
Loren and Becky Stoner
Kathy Sullivan
Judy Swanson
Kelly Swearingen
Marc Tavernier
Rose Ann Ter Steeg
Myra Theimer
Michael Valentini
Mary Vos
Frithjof Wannebo
MaryAnn Wastweet
Suzanne Weber
Cydney Weiland & Robert Smith
Karin & Craig Westgate
James White
Ken & Donna Wielinski
Julie Wilson
Annalisa Winje
John Wolf
Susan Wolff
Kimber Wraalstad
Jodi & Tom Yuhasey
Pamela Zalesky
Linda Zenk
William Ziegler
Gary Zinter



**Lunch & Learn Presenter
Annie Albertson**



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Mon-Fri, 10 am-3 pm

Care Partners Newsletter March 2024 | Issue 19

Staff

Julie Wilson, MSW, LGSW
Executive Director

Betsy Blume, Retired RN
Suzanne Sherman, EOL Doula
Marnie Hovland, RN
Care Coordinators
Caregiver Consultants

Christie John
Programs Administrator

Minda Andrus
Programs Coordinator

Jenny Delfs, MD
Medical Director

Board of Directors-2024

Nancy Starr, President

Kathy Reeves, Vice President

Bob Karrick, Treasurer

Terri Nelson, Secretary

Beth Kennedy

Carolyn Schmidt

Collette Pederson

Nancy Larson

Patty Laney

Grant Funding Partners— 2024

- Cook County Public Health Fund
- Empty Bowls
- Lloyd K. Johnson Foundation
- Northland Foundation
- North Shore Health Care Foundation
- Otto Bremer Foundation
- Federal Older Americans Act (Title IIIB & E): Arrowhead Area Agency on Aging
- Medica Foundation
- St. Paul Foundation



Your Donations Matter!

Care Partners depends on community support. Please consider a donation, memorial, bequest, or celebration gift to Care Partners of Cook County—

Contribute Online:

www.carepartnersofcookcounty.org

or Mail to: Care Partners
PO Box 282
Grand Marais, MN 55604

Care Partners Services

Staff answer calls & emails during office hours:

Monday-Friday, 10am to 3pm

Trained volunteers help with:

- ♦ **Companion Visits**
- ♦ **Respite Visits**
- ♦ **Chores** around the house & garden
- ♦ **Delivery** of groceries, mail & other needs
- ♦ **Rides** locally & to Duluth
- ♦ **Caregiver Café**

Care Partners staff assist with:

- ♦ Care Coordination & Health Care Planning
- ♦ End-of-life support
- ♦ Caregiver Support
- ♦ Information & referral
- ♦ Education & Advocacy

Reach out to us!

Office: (218) 387-3788

www.carepartnersofcookcounty.org



Julie Wilson and Christie John

**Go to www.agingwellresources.org
for Calendar of Events!**



It's time to **Celebrate!**



"Volunteer was so helpful and kind. I would not have gone for my procedure if not for Care Partners."

Thank you for being the PARTNER in Care Partners! Together we have made a difference - brought hope, help, comfort, dignity and compassion for those on the journey of aging and end-of-life.

In 2023 your support made possible:

Care Coordination

212

hours of support and care planning for **39** clients

Caregiver Support

313

hours of coaching & support for **47** caregivers

Companion Volunteers

586

hours of visits, respite, and presence at end of life for **24** clients

Senior Rides

177

rides to Duluth and in Cook County for **49** clients totaling **19,567** miles

Senior Chores

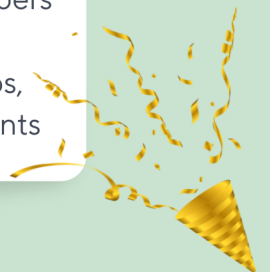
227

hours of chore services to help **29** clients live safely at home

Education & Advocacy

1350+

community members reached through classes, workshops, and outreach events



"I think this program is amazing...
Care Partners was critical in my
recovery."



Thank You!

Your volunteer hours, donations, business sponsorships, memorials, legacies, cost shares, and community grant support mean so much to our Cook County friends and neighbors!

"So grateful for all the assistance we are given by Care Partners - not sure how I would manage without your support!"

"Save the Date" 2024

Ice Cream Social | Sunday, August 25 | Sydney's Frozen Custard
Team Grand Marais Walk to End Alzheimer's | Saturday, October 5 | The Hub
Light Up a Life | Thursday, December 12 | Johnson Heritage Post



2023 gatherings, events, classes, and projects include...



West End Caregiver Coffee | Monthly Memory Cafe | Quarterly Volunteer Meetings | Caregiver Elder's Conference | Cook County High School Career Fair | "Stronger Than You Know" Eco-Mapping Workshop | Cook County Earth Fair | Grand Portage Wellness Fair | AAAA Caregiver Conference Satellite Host | First Annual Cook County Team Walk to End Alzheimer's | Aging With Gusto Series | Powerful Tools for Caregivers | Age Friendly Cook County | Volunteer Appreciation Dinner | Ice Cream Social | Light Up a Life | North Shore Health Falls Prevention Event | Grief Support Group | Aging Well Resources | Cook County Aging Coalition | Holiday Gift Bags with Cook County Elementary Third Graders



Thanks to our 2023 grant partners Cook County Public Health Fund | Empty Bowls Cook County | Federal Older Americans Act Grant-Arrowhead Area Agency on Aging | Head of the Lakes United Way | Live Well at Home | Lloyd K. Johnson Foundation | Minnesota Age Friendly Communities (partnership with Cook County PHHS) | North Shore Health Care Foundation | Northland Foundation