

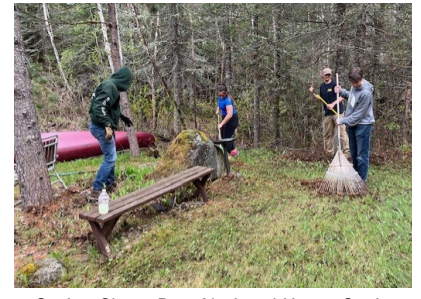
We envision a community that is fully supported to navigate our shared journeys of aging and end-of-life.



Ice Cream Social—dancing to the North Shore Swing Band!



Art Colony Collaboration: Resiliency Trees Workshop held in August at Studio 21



Spring Chore Day: National Honor Society Student Volunteers



What Makes Volunteering with Care Partners so Rewarding?

Julie Wilson, Executive Director

Care Partners' Volunteers! You are amazing, compassionate, living-it humans! Our effort to connect neighbor to neighbor continues to grow - and volunteers make it happen. We NEED you! If you have ever wondered how you can make a difference and a BIG impact - where you find your cup overflowing as you pour it into others - look no further and call us. We need volunteers in every corner of Cook County. Volunteers can choose how they would like to "overflow their cup" - giving rides, helping with chores, providing caregiver respite, being a companion, assisting with end-of-life vigil, or serving as a board member—any or all of the above! Throughout this newsletter you will find pictures of our volunteers and the grateful thoughts of our neighbors who receive the caring overflow from our volunteers! Peace and every good.

Volunteer: "I have so much fun! I get to know neighbors I wouldn't have otherwise and visit with those I haven't seen in years!"



Volunteers sharing their experiences
Volunteering with CPCC!



Board Member Bob Karrick scooping custard!



Volunteers of all ages helping with chores!

Upcoming Events



Let's support our friends and neighbors living with memory loss, and remember those whom we have lost to dementia.

October 5th at 2:30pm—Meet at the Hub!

(in case of inclement weather, the walk will be held indoors at the Cook County YMCA)

OCTOBER

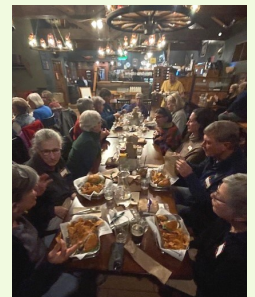
- 5th: Walk to End Alzheimer's (& all dementias!): Start at the Hub, 2:30pm
- 17th: Memory Café at the Hub—*Ham Radio with Jayne Johnson, 1-2:30pm*
- 23rd: Lunch & Learn at Cook County Higher Ed (CCHE)—*Health Services & Older Adults with Sawtooth Mountain Clinic's Kate Surbaugh, 12-1pm*
- 26th: *Reframe Aging Workshop at CCHE, 9am-12pm*

NOVEMBER

- Volunteer Appreciation (date TBD)
- 20th: Lunch & Learn: *A Cultural Perspective on Aging with Collette Pederson, 12-1pm*
- 21st: Memory Café at the Hub—*Historical Society, 1-2:30pm*

DECEMBER

- 12th: Light Up A Life at Johnson Heritage Post



Volunteer Appreciation 2023



The Journey of Aging

Jerry Lilja, Neighbor and Friend of Many

Seriously?...is this really a thing?...a “journey” we take as we get older?

To my considerable dismay, I recently turned 80. If I’m on a journey, where am I going? What if I’d rather not be taking this trip? Is this a cruise ship or “40 miles of bad road”?

Honestly, this journey includes sometimes waking up scared in the night. What might happen next? What unexpected twists and turns lay ahead for me and my dear traveling companion, Joan? How will we be able to just stay on the road, much less enjoy the scenery along the way?

Thinking about “aging in place”, it’s become apparent that we can’t do it alone. We’re counting on family, friends and neighbors, and people we don’t even know, who are willing to be with us when the going gets rough. And ...it’s become a real comfort to realize there is a Cook County organization called Care Partners.

We’ve already dipped our toes in the water by taking two classes for care givers, had a volunteer clean the leaves out of our gutters, attended the Memory Café, and begun meeting with a care coordinator, all provided by Care Partners.

Joan and I are determined to stay here, and in our home, for as long as possible. Clearly, that’s realistic only because we live in a community that’s here for us. So, I guess you could call it a journey ...a well accompanied journey ... that may take us to some good “places” after all.



Volunteer Thank you!



Volunteering with Care Partners fits the commitment level you are able to give—chores and rides are flexible, as you are available. Companions visit regularly with one neighbor (or two!), while respite and end-of-life vigil happen as the need arises and you are able.

For many years, volunteer Nancy Koloski applied her own life experience and carved out time to create an anchoring, safe, and strengthening meeting space. Led by this faithful, compassionate volunteer, the West End Caregiver Coffee has helped many people on their caregiving journey. A HUGE thank you to Nancy for her many years of blessing her neighbors!! We wish you all the best as you continue to bless neighbors...in a new neighborhood!



Care Partners Caregiver Programs

Over the years, Care Partners’ Caregiver Program has grown and evolved through the people that share in our mission as volunteers, staff and collaborators, and through the wisdom of our caregiving neighbors. Over the past few months, we’ve been honored to work with community partners and area businesses in many unique and meaningful ways, lightening the load of those who provide care for family and friends.



Volunteers Janet, Jayne, and Bobbie welcome participants

- ◆ A Caregiver Retreat was held at Studio 21 where staff and volunteers were able to serve these beautiful humans with a lovely meal. We enjoyed poetry, good conversation and delicious food from many of our business partners in Grand Marais. Following the meal, guests rotated through 4 stations: Breathing/Stretching with Barbara Platnick; Journaling with Christie John; Meditation with Betsy Blume; and Massage with Dr. Stephanie Vos. Our honored guests left with a beautiful bag filled with self care goodies provided with the help of Joy & Company. Thank you to all who made this a meaningful event!
- ◆ The “Art of Health” series in collaboration with the Grand Marais Art Colony and Art Therapist Erin Rafferty-Bugher was a wonderful introduction to the healing power of ART for everyone! Three sessions were held: Weaving Memories at the Memory Café (picture above); The HeART of Caregiving for family caregivers; Resiliency Trees for Professional Caregivers. Each was uniquely impactful!
- ◆ Powerful Tools for Caregivers is a FREE class designed to provide caregivers the opportunity to further develop their own toolbox for self care. This course is offered periodically and creates a safe space to nurture intimacy and friendship among those who attend. Care Partners’ volunteers have been able to provide RESPITE care so that some of the participants can take time for themselves. Are you interested in becoming a respite volunteer? Reach out to us!

“...what a good experience the Caregivers Retreat was for me. It starts with just getting out of the house on my own for a while and being with some kind and friendly people. The format was just right. I had never had a chair massage before, and never experienced Yoga before. It made me realize how much emotional tension I am living with and not realizing it. Mindfulness meditation and journaling are tools I already value, but appreciate the reinforcement.”





Photo by Mark Tessier

Poetry Corner

"Invitation"

By Kay Grindland
(former Executive Director)



Step outside.
The door is open.
The sun has come out
And each blade of grass or fall of snow
Is there to greet you.

Breathe, breathe any amount of air
And share it with the trees, the sky, the invisible song.

Make any noise and move it
Into some sort of a melody,
Until the song is inside you
And you discover you are singing with everything.

The walls keep falling down,
The sun creeping along the desk
The silence humming with fine threads of joy.

Turn off the thing that broadcasts such fear.
You are here.
Your heart heard.

What is it that sings along?

Reframe Aging Workshop—October 26



We get lots of mixed messages every day about our future as older adults - from ads for creams, lotions, and pills guaranteed to stop an inevitable descent into debilitating frailty to articles about super-seniors who become professional models or break ultra-marathon records in their 80s and beyond! It doesn't

help that most "looking ahead" workshops for older adults focus almost exclusively on decline, disease, disaster, and death. (Is it any wonder that we often resist long-term planning?!) Join Care Partners of Cook County, the Arrowhead Area Agency on Aging, and Cook County Higher Education for a different take on preparing to care well for our future selves at a fun, informative, and free **"Reframe Aging" workshop at CCHE on Saturday, October 26th from 9am—12pm.** We'll consider the values that are most important to us, discuss realistic expectations about our aging bodies and minds, allow ourselves to explore our dreams and hopes (not just our fears), and begin to imagine a future that will very likely hold both challenge AND promise!



Executive Director, Julie with Care Partners Business Sponsor Posters



Sydney's Custard—Host of our Annual Ice Cream Social Fundraiser



Shout Outs....Thank you!

- ◆ Quilters: Carol Morgen & Nancy Backlund
- ◆ Sydney's Custard for Hosting
- ◆ North Shore Swing Band
- ◆ Our Business Sponsors
- ◆ Volunteers & Staff
- ◆ **And all of YOU who bring the magic!!**

Welcome New Staff & Board Members!

We are so grateful to welcome Maggie and Anne to our Care Partners family!



Anne Brataas
Board Member

Anne can often be found hanging out on the harbor with kids of all ages writing cards at the Minnesota's Children's Press. As we consider intergenerational opportunities we are thrilled to have her vision, passion, energy and wisdom on our Board!



Maggie Anderson
Care Coordinator / Caregiver Consultant

You may know Maggie as a local artist, a neighbor, or friend. She is a retired Clinical Social Worker and we are just so thrilled to have her heart, creativity, humor, intelligence and experience on our Team!



Volunteers Karen and Beth at our annual Ice Cream Social Fundraiser



Care Coordinator Suzanne recruiting Volunteers

A special Thank You to all of you at care partners... for your kindness + compassion and all of the rides... You all have been extremely helpful in helping me through the past difficult times!



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Mon-Fri, 10 am-3 pm

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Marnie Hovland, RN
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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

Anne Brataas

Beth Kennedy

Carolyn Schmidt

Collette Pederson

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

Grant Funding Partners

- Cook County Public Health Fund
- Cook County PHHS/MN-DHS: Age Friendly
- Empty Bowls
- Head of the Lakes United Way
- Lloyd K. Johnson Foundation
- Medica Foundation
- Northland Foundation
- North Shore Health Care Foundation
- Otto Bremer Foundation
- Federal Older Americans Act: Title IIIB & E: Arrowhead Area Agency on Aging
- St. Paul Foundation
- Victory 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: M–F 10am to 3pm

Trained volunteers help with:

- ◆ **Companion** Visits
- ◆ **Respite** Visits
- ◆ **Chores** around the house & garden
- ◆ **Delivery** of groceries, mail & other
- ◆ **Rides** locally & Medical to Duluth

Care Partners staff assist with:

- ◆ Care Coordination
- ◆ End-of-life support
- ◆ Caregiver Support
- ◆ Advance Directives: One on One
- ◆ Information & referral
- ◆ Education & Advocacy
- ◆ Age Friendly Collaboration

Reach out to us!

Office: (218) 387-3788

www.carepartnersofcookcounty.org

info@carepartnersofcookcounty.org

“The transportation is a bridge for me to be healthy enough to return to work. I wouldn’t be able to get to my Duluth specialists without your services!
Please keep helping people!
We need you!”