



Care Partners News

April 2025 | Issue 21

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

Strength—Resilience—Growth

Julie Wilson, Executive Director



*"Vulnerable and strong, I learn I am not alone.
I let in the care of all the people...
...I feel a sweet breeze
and know, it is the love and prayers of my people."
~excerpt from Kay Grindland's poem, **Journey***

Together, over the years, Care Partners has gratefully given and received strength, witnessed resilience in ourselves and others, and grown through it all. As we prepare to celebrate 10 years as our own independent 501(c)3 non-profit organization, we enter a new season of growth. Toward the end of 2024, we learned that we needed to find a new location. We are so very grateful to Sawtooth Mountain Clinic for allowing us to grow and develop in the lower-level space we called "home base" for so many years. And just as our volunteers have wonderfully shown up for our community, we were humbled to see our community in turn "show up" for us. In only two months, we were able to move into a space that began as a big, empty room, and is now a warm and inviting suite of offices. To the tradespeople and volunteers who came to build, bring plumbing, electrical, internet, flooring and extra touches - as well as painting, sanding, wall papering and, of course, moving...thank you! We invite the community to join us in celebrating 10 years of **Strength-Resilience-Growth** at our new home base at 615 East Highway 61 on **Tuesday, May 20th from 4-6pm**. We will have tours, live music, refreshments, and we'll celebrate that, in Cook County, we are not alone.



New Office Reception

10th Anniversary & OPEN HOUSE

Tuesday, May 20th, 4-6pm

**Strength—
Resilience—Growth**

*New office tours, 2025 auction quilt display,
refreshments, live music & more!*

Upcoming Events

APRIL

- 16th: Age Friendly Business Training (Arrowhead Area Agency on Aging) at CCHE, 10am–12pm
- 17th: Memory Café at the Hub—Topic TBA, 1-2:30pm
- 23rd: Lunch & Learn at Cook County Higher Ed (CCHE) —Advocating for Yourself & Others in the Health Care System with Dr. Jenny Delfs, 12-1pm

MAY

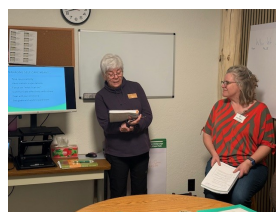
- 1st: Reframe Aging Roundtable, CCHE LL, 4:30–6pm
- 15th: Memory Café at the Hub—Topic TBA, 1-2:30pm
- 20th: Care Partners Open House, 4–6 pm
- 28th: Lunch & Learn: Powers of Attorney & Advance Directives by Julie Rau, Retired Lawyer, 12-1pm

JUNE

- 5th: Reframe Aging Roundtable, CCHE LL, 4:30–6pm
- 9th & 23rd: Grief Support Group at JHP, 6:30–8pm
- 19th: Memory Café at the Hub—Topic TBA, 1-2:30pm
- 21st: Grand Portage Wellness Fair—GP Community Center Gym, 10am
- 25th: Lunch & Learn at CCHE—Six Pillars of Brain Health with Bette Braem from AARP, 12-1pm



Dementia Friends Lunch and Learn



Powerful Tools for Caregivers
Facilitators: Kathy Reeves & Julie Wilson

From a family caregiver: *"[I learned] how to cope through classes and receive respite care so I am able to do and participate in my enjoyable activities."*



Reframing Aging Workshop



Volunteer Appreciation



Care Partners New Location
615 East Highway 61—Grand Marais

Welcome Board Members!

We are so grateful to welcome Milan Schmidt & Tom Leddy to our Care Partners family! A little about them...



Milan Schmidt
Board Member

I am a husband, father, grandfather, retired physician, Episcopalian, dog lover, and full-time resident of Cook County for the past 13 years. I have appreciated all the good work and dedication Care Partners has provided throughout my years of active practice here.

Being on the board seemed like a way I could give something back, still contribute to the medical care of the community, and work with some great people.



Tom Leddy
Board Member

I have had a cabin on the Gunflint Trail for 50 years and recently my wife and I purchased a home in Grand Marais. I wanted to become more involved in the community and when Care Partners contacted me I became very interested. My entire career was in the

financial arena and following retirement, I became involved in many not-for-profit organizations. By joining the Board of Care Partners, I believe it gives me an opportunity to share my experience and to support a very important community organization. I look forward to helping Care Partners achieve its mission.

Memorial Gifts

Catherine Hewitt
Ed & Amy Humphrey
Eleanor Waha
Grace Larson
Harold & Eve Bloom
Jean Skinner
Kathleen Frisk
Kay Grindland
Lyle Gerard
Marvin & Jeannie Spears
MaryAnn Wastweet
Nancy Cihlar
Paul E. Johnson
Paulette Anholm
Printha Moe
Printha Moe
Robert Brooks
Roger Bebie
Scott Humphrey
Stanley Suck
The Arnold/Mackinnon Families
Wayne Force

Honorarium Gifts

Colleen Brennan
Jayne Johnson
Nancy Starr
Ruthanne Voss

In-Kind Donors:

Carol Morgen
Cook County Potters
Kathy Reeves
Maggie Anderson
Nancy Backlund
Nancy Giguere
Sydney's
The Wilder Woodshop



Receiving Checks from Volunteers
At 1st & 2nd and Oddz & Endz!
Julie Wilson & Christie John

Our Business Sponsors

American Legion Post 2009
Bethlehem Lutheran Church
Beth's Fudge and Gifts
Cedar Grove Veterinary Clinic
Charles & Andriene Johnson Foundation
City of Grand Marais
Cook County Potters
Cook County Whole Foods Co-op
Drury Lane Books
Fidelity Charitable
First and Second Thrift Store
Grand Marais Art Colony
Grand Marais Family Dentistry
Grand Marais Lions Club
Grand Portage Tribal Council
Great Gifts
Mike's Holiday Station Store/ Grand Marais
Johnson's Foods
Lutsen Evangelical Lutheran Church
Mathison & Vos PLLC
Minneapolis Foundation
Mississippi State University Foundation
North Shore Federal Credit Union-Grand Marais
North Shore Waste
Oddz & Endz
Red Pine Realty
Sivertson Studio, Gallery & Frame Shop
SJ Bautch Construction
Subway
Thrivent
Tuscarora Lodge & Canoe Outfitters
W.I.S.E.
World's Best Donuts



Care Partners Board of
Directors
January 2025
**Thank you for your
commitment!**

Thank you for 9 years of
board membership,
Carolyn Schmidt



Lunch & Learn Presenter & Board Member
Collette Pederson

Thank You to All Who Supported Care Partners in 2024!

Sue Abrahamsen	Alicia Deschene	Robin Johnson	Crystal Nelson
Chel Anderson	Doug Dingmann	Marlys Johnson	Bob Nesheim
Ben Anderson	Joan Dingman	Kathleen Johnson	Lon Olsen
Maggie & Fred Anderson	Patricia Doherty	Lois Johnson	Kay Olson
Katie Anderson	Lawrence Downing	Nancy Johnston	Phyllis Parker
Margaret Arnold	Joyce Drouillard	Margaret Joynes	Diane Pearson
Gary Atwood	Nancy Ellefson	Janet Kampa	Mark Peterson
Rebecca Bartol	Joyce Elvestrom	Robert Karrick	Steven Pincus & Michelle Strangis
Paul Beberg	Elaine Erickson	Beth Kennedy	Barbara Platnick
Mary Bebie	Lois Eynck	Beth Kidd	Annie Possis
Beth Benson	Kurt & Maggie Farchmin	Sharon Kimble	Holly Price
Tracy Benson	Dan Fitzgerald	Connie Kirvida Lehr	Karen Ranning
Lynn Wright	Dennis Fitzpatrick	Wayne Kos	Kathy & Mike Reeves
Patsy Bernhjelm	Carrie Framstead	Larry Krause	Tom Rider
Patti Beyer	Douglas Frisk	Karen Kritta	Deb Roach
Jula Bittinger	Sharon Frykman	Douglas & Rory Laiho	Leslie Roe
Beth Blank	Sue Futterer	Barbara & Mike LaMotte	Rena Rogers
Judy Bloom	Lindsey Gau	Debi LaMusga	Mary Routh
Betsy Blume	Jane Gellner	Mike Lande	Ann Russ
Nora Bockovich	Nancy Giguere	Evelyn Larsen	Jonathan Sage
Kathryn Bolstad	Don Grant	Andrea Larsen	Mary & Doug Sanders
Nikki Boostrom	Judy Gregg	Nancy & Jeff Larson	Carolyn & Milan Schmidt
John Bottger	John Gruber	Sheri Lashinski	Suzanne Sherman
Jim Boyd	James Gulstrand	Gary & Janice Latz	Jerry & Kay Sivets
Dee Brazell	Virginia Hahn	Cathy Layton	Mary Ann Skadberg
Shannon Breen	Karen Halbersleben	Mary Lear	Jean Skinner
Colleen Brennan	Joan Hall	Jerry & Joan Lilja	Heidi Sobanja
Sharon Brenner	Karl & Lee Hansen	Layne Lindquist	Fritz Sobanja
Judith Brisky	Cindy Hansen	Roger & Maxine Linehan	Harvey Sobieck
Bernadette Brooks	Amber Harder	Lindsay Little	Nancy Starr
Bill Burkhardt	George Harrelson	Donna Lunke	Sally Suck
Myron Bursheim	Carol Harris	Ray and Shari Lynch	Kathy Sullivan
Mary Cameron	Shelly Havens	Diane Marsyla	Linda Swanson
Pat Campanaro	Howard Hedstrom	Robert Mattson	Rose Ann Ter Steeg
Mike Carlson	Jonathan Hedstrom	Ronald McClellan	Michael Valentini
Helen Carter	Ann Norquist Hegg	Evelyn McDonald	Mary Vol
Barbara Chiles	Barb Heideman	Jack & Sandy McHugh	Ruthanne Vos
Duane Cihlar	Joyce Heiskari	Marnie & Ken McMillan	Eleanor Waha
Bobbie Collins	Becky Heller	Judy Meath	Frithjof Wannebo
Kay Costello	Bob Hewitt	Joyce Merillat	Suzanne Weber
Karen Cronquist	Katherine Horak	Jackie Meyers	Cydney Weiland & Rob Smith
Susanne Dahlen	George Humphrey	Norman Moe	Karin Westgate
Nancy Dalbec	Marcia Hyatt	John Moos	Ken & Donna Wielinski
Suzanne Davies	Peter Igoe	Helen Muth	Julie & Paul Wilson
Larry Dean	Patsy Ingebrigtsen	Yafa Napadensky & Bob Shannon	Carol Winter
Ruth Dajarnette	Megheen Jahren	Karen Neal	Kimber Wraalstad
Jenny Delfs	Geri Jensen	Paul & Judy Nelson	Lynn Wright
Anne Deneen	Martha Johansen	Jean Nelson	Linda Zenk
Shari Denniston	Christie John	Terri Nelson	Gary Zinter
Mary Deschampe	Jayne Johnson		





PO Box 282
 615 E. Hwy 61
 Grand Marais, MN 55604
 218-387-3788
 carepartners@boreal.org
 www.carepartnersofcookcounty.org
 Office Hours:
 Mon-Fri, 10 am-3 pm

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Staff

Julie Wilson, MSW, LGSW
Executive Director

Maggie Anderson
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

Terri Nelson, Vice President

Bob Karrick, Treasurer

Kathy Reeves, Secretary

Beth Kennedy

Collette Pederson

Milan Schmidt

Tom Leddy

Grant Funding Partners— 2024

- Cook County Public Health Fund
- Empty Bowls
- Grand Marais Lions Club
- Lloyd K. Johnson Foundation
- Northland Foundation
- North Shore Health Care Foundation
- Otto Bremer Foundation
- Federal Older Americans Act (Title III B & E): Arrowhead Area Agency on Aging
- Head of the Lakes United Way
- Medica Foundation
- Mardag 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:
 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



Volunteer Appreciation 2024
 West Enders: Jack McHugh, Barbara Chiles,
 Colleen Brennan & Terri Nelson

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



2024 Snap Shot

Thank you for your partnership:
Together we made a meaningful impact!



Care Coordination

Our Care Coordinator team served **47 clients with 260 hours of time** - support, working through options, helping with transitions, acute needs, and end of life.

Companion & Respite Volunteers journeyed alongside **16 clients with 203 visits and 313 hours**.

Caregiver Support

Caregiver Consultants served **27 family caregiver clients** with one-on-one support.

Caregiver Support Groups served **17 clients with 79 various sessions** such as: Powerful Tools for Caregivers, Memory Cafe, Caregiver Retreat, and GM Art Colony Partnership: three workshops for family & professional Caregivers.

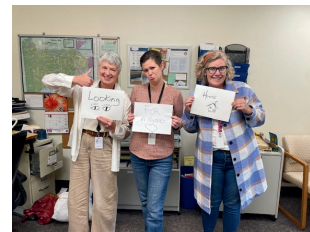
Rides and Chores

Volunteers provided **43 clients with 349 rides - 746 hours and 20,048 miles**.

Volunteers served **24 clients with 254 hours** of chore assistance - driving more than **3,820 miles**.

Education & Advocacy

119 unique neighbors attended **11 monthly Lunch and Learns**. **16** attended our **Reframe Aging Workshop**. We reached 100's of neighbors through attending GM Farmers Market, GP Wellness and Caregiver Fairs, North Shore Health Falls Event, & Earth Day. CPCC Partnered with CC PHHS and in April 2024, **Cook County joined Minnesota's Age Friendly Communities Network**.



Highlights!

9 NEW Volunteers!

110 Neighbors Served!

Volunteers put on 23,868 miles!

30+ Volunteers, Tradespersons, and Businesses helped us transition to our NEW LOCATION!

Support and companionship on the journey of aging and end-of-life

218-387-3788

info@carepartnersofcookcounty.org
PO Box 282, Grand Marais, MN 55604

facebook.com/carepartnersofcookcounty

www.carepartnersofcookcounty.org

615 East Hwy 61, Grand Marais, MN

Thank you for supporting the mission of Care Partners!

Individuals

1

Over 200 individual community members gave financially to support the mission of Care Partners in Cook County!



Businesses & Organizations

2

50 Businesses in our community supported the work of Care Partners financially and with In Kind support.



Volunteers & Staff

3

The heartbeat of our mission and work is our volunteers. 48 volunteers helped to provide rides, chore assistance as well as companionship and respite to their neighbors in 2024. And our 6 staff facilitated and made the magic happen.



Community Collaboration Partners

4

Arrowhead Area Agency on Aging (AAAA), Bethlehem Lutheran Church, Cook County (CC) Aging Coalition, CC Community Center, CC Higher Education (CCHE), CC National Honor Society, CC Public Health & Human Services, CC Potters, Grand Marais (GM) Art Colony, GM Hub, Grand Portage (GP) Tribal Council, GP Elderly Nutrition, Johnson Heritage Post, MN Alzheimer's Association, North Shore Health, Sawtooth Elementary, Sawtooth Mountain Clinic, YMCA



Grant Partners

5

AAAA - Title IIIB & E, CC Economic Development, CC Public Health Community Fund, CC Public Health Age Friendly Grant Partner, Empty Bowls, Grand Marais Lions Club, Head of the Lakes United Way, Lloyd K. Johnson Fndn, Mardag Fndn, Medica Fndn, North Shore Health Care Fndn, Northland Fndn, Otto Bremer Fndn, Victory Fund



For more about Care Partners' services, volunteers, or to give:

