

Support & companionship on the journey of aging and serious illness.



Earth Day Fair, 4/22/23



Light Up a Life, 12/8/22



Cook County HS Job Fair & Career Expo, 4/14/23

## Volunteers Making a Difference!

Interview with Emily Ulhorn by Francis Zigmund, Care Partners Staff

### How would you describe the impact of the ride service on your life?



Volunteer Dan Edson

It makes a HUGE difference. Especially rides to Duluth. Taking a bus there is unsure and it takes all day.

### What would you say about your volunteer driver(s) and your experience with them?

Dan is always exactly on time and is so competent. He helps me make sure I get to my appointments. He is very perceptive and considerate.

### What qualities would you say are important in a volunteer driver?

All your drivers are very good drivers. They are good companions, too. Though they don't have to talk, their company just feels good.

### Can you think of any particular experiences that might be a good highlight for future volunteers or clients?

Surprise! You may actually like the people you drive! Some people aren't very conversive and they just want to live life.



Fall Chore Day, 10/8/22

### Tell me about a time that you received a ride and the experience really stuck with you.

I had to go do some tests, and I was fearful about them. I asked Dan to come and wait in the waiting room because I was really, really nervous. And he was really willing to do anything to make [me] the client feel better.



Fall Chore Day, 10/8/22

## Upcoming Events

- ⇒ May 31st —Volunteer Meeting at Hub
- ⇒ May 24th—Lunch & Learn at CCHE: **Senior Health & Fitness**
- ⇒ June 28th— 9:30am to 3pm **Arrowhead Caregivers' Conference** Satellite at CCHE
- ⇒ July 26th—Lunch & Learn at CCHE: **Storytelling & Legacy—Death Doulas**
- ⇒ August—**Annual Ice Cream Social**—TBD
- ⇒ September 11, 18, 25—**Aging with Gusto** at the Hub

### Monthly Events:

- ⇒ Caregivers Coffee—2nd & 4th Friday at Birchgrove Community Center
- ⇒ Memory Café—3rd Thursday—1pm at the Hub
- ⇒ Death Café—4th Thursday—6:30pm at the Hub
- ⇒ Lunch & Learn—3rd Wednesday—Noon at CCHE

*Thank you to all our volunteers for making an impact in the lives of our neighbors!*

## From the Board President

*Jayne Johnson, President*

Did you know that there are over a hundred non-profit organizations in Cook County? Like so many of them, Care Partners is governed by a volunteer Board of Directors, in addition to the many volunteers who provide services like giving rides, doing occasional chores, and providing companionship for our older neighbors. Care Partners could not exist if it was not for the generous donation of time by our many volunteers - both those who provide services and those who help lead us!

Care Partners is currently seeking a couple more Board members who are interested in helping lead us moving forward. Board members who are collaborative, have the ability to see the big picture, have a passion for serving elders, and have just a few hours a month to donate are wanted! Almost all of our meetings are on zoom, and we are looking for representation from all over the County – from Grand Portage to Schroeder, the inland Trails, and even part-time residents.

Current Board members are listed elsewhere on the newsletter – feel free to chat with any of them about what they love about serving on our Board! If you think you could be a good fit in this role and are interested in learning more, you can contact me at [board@carepartnersofcookcounty.org](mailto:board@carepartnersofcookcounty.org).



Care Partners Board Members

## Welcome New Staff!

We are so grateful to welcome these beautiful humans to our Care Partners family!

### NEW STAFF MEMBERS



**Heidi Akins**  
Senior Services Coordinator



**Suzanne Sherman**  
Care Coordinator/ Caregiver  
Consultant  
(Job Sharing)



Earth Day Fair, 4/22/23



## Board Volunteer Highlight

*Nancy Larson, Volunteer Board Member, Newest Death Doula*

My career working on national forests brought me to this area of the Northshore in 2012. Once here, I was drawn to Care Partner's mission in providing vital support and services to help community members and their families address the transitions of aging, serious illness and end-of-life. With Care Partners, I have been a companion and a chore volunteer, and have been on the Board of Directors for the last four years. In recent months, I have become a Death Doula, trained through the International End-of-Life-Association (INELDA), <https://inelda.org>. This intensive training has prepared me to hold the space and walk with anyone in our community who is ready to consider their own mortality and/or prepare for a good death at end-of-life. Aging well includes preparing for a good death. With gratitude, I humbly join a compassionate and committed group of Death Doulas who have been working in our community these last several years, Pat Campanaro, Suzanne Sherman, Jean Skeels, and Margy Nelson. If one wishes to know more, or embark in their readiness for a good death, or seek support at end-of-life, please contact any one of us through Care Partners (218) 387-3788, [info@carepartnersofcookcounty.org](mailto:info@carepartnersofcookcounty.org), or visit us on the web at <https://carepartnersofcookcounty.org/doulas>. You can also follow us on Facebook at A Better Death.



Light Up a Life 12/8/22



## Stronger Than You Know—Eco-mapping Workshop Held

Care Partners provided a Saturday morning workshop on April 15th at Cook County Higher Education, *Stronger Than You Know, Using Eco-Mapping to Uncover Your Core Connections* presented by Stacy Remke (and a voiceless Julie Wilson!). When it comes to getting the help we need to age well, we have more strengths than we realize – including the network of supportive relationships and individual and community resources that is unique to each of us. Eco-mapping helps us uncover and celebrate the positive connections we already have and identify potential new partners for our continued growth and well-being. This hands-on workshop gave attendees the opportunity to create their own eco-map with the help of professionals who are trained in the process, as well as brainstorm ways to enlarge their supportive circle. You can find the session recorded online at CCHE's website, [www.mycche.org](http://www.mycche.org). Contact our Care Coordinators or Caregiver Consultants at Care Partners if you'd like to learn more about creating your own eco-map!

### Volunteer Opportunities

Care Partners depends on community volunteers to support clients through visits, calls, deliveries, rides, and chores. We provide training and let you choose your assignments according to your schedule and interest.

#### Volunteer Drivers

*2-hour Self-Directed Training*

Give rides locally or to Duluth and be reimbursed for mileage.

#### Chore/Delivery Volunteers

*2-hour Self-Directed Training*

Help with groceries, errands, or chores around the house & yard to keep seniors safe in their homes.

#### Companion Training

##### Reach Out!

Companion volunteers befriend elders through visits, calls and walks. Volunteers work within their availability and interest and receive training in safety, elder awareness, communication and more. Email [christie@carepartnersofcookcounty.org](mailto:christie@carepartnersofcookcounty.org) or call 387-3788 for more information.



Volunteer Meeting, 2/7/23 (at the Hub)



Earth Day Fair, 4/22/23

### Connecting the Dots

*Betsy Blume, Care Coordinator/Caregiver Consultant*



It can be said that all of us need assistance at different times in our lives whether it is finding resources, connecting with community partners or restoring our own vitality. Many of us over the last few years have become more isolated due to Covid 19 restrictions not to mention weather events.

The Care Coordinators here at Care Partners are one of the places where we help to connect the dots for those in need of companionship, intermittent rides and chores, respite and more. We come alongside caregivers and care receivers and those near the end of life to support this journey for families.

We have heard from caregivers that working with us has helped them take time to care for their own health needs, get social support and enjoy leisure time. Care receivers may enjoy making new or maintaining old connections along with the support of our volunteers. Our end-of-life doula can also be with the person receiving care to offer comfort in many forms or to allow family to rest and restore.

Each person or family we touch receives unique attention to their particular needs, no requests are the same. To know we are not alone in these types of challenges can be an immense relief. Thank you for trusting us to journey with you.

## Generosity Runs Deep in Cook County



*Julie Wilson, Executive Director*

If there is one thing I have learned about Cook County in the past year, it is that generosity and hospitality run deep. Yes, we host a lot of visitors throughout the year and help create extraordinary experiences for them. But it is deeper than that here. There is a deep, rich and healthy stream of compassion that runs through this community. Without the generous support of the people and businesses in this community, Care Partners would not be able to make the impact we have, especially in this past year—as we all have been enjoying reconnecting with each other!

Thank you community members, volunteers, businesses, community partners, and funders. We are grateful to do this work alongside you.

## Caregiver Coffee



Caregiver Coffees are informal gatherings open to anyone who offers care and support to an older adult. Participants are caring individuals experiencing the same challenges you may be. They encourage one another, share resources and discuss topics related to caregiving.

Caregiver Coffees are offered at 10:00 a.m. on the 2nd and 4th Fridays of the month at the Birch Grove Community Center, 9 Good Neighbor Hill in Tofte. Caregivers are welcome to ‘stop by’ for coffee, tea, and conversation whenever their schedules allow! Call Care Partners at 387-3788 to get connected.

## Making a Difference

Thanks to your generosity, Care Partners was able to support **93 senior clients** in 2022. We appreciate the wonderful volunteers and staff who so passionately give of their time and talents to our elders in Cook County!

- ◆ 40 Senior Rides clients received 388 rides.
- ◆ 28 caregivers received coaching & support.
- ◆ 25 clients received care coordination/end-of-life care.
- ◆ 24 chore & 12 delivery clients received 232 hours of assistance.
- ◆ 22 clients received over 342 volunteer visits.
- ◆ 18 clients received 166 telephone reassurance calls.
- ◆ **58 volunteers donated over 1185 hours**

## Our Business Sponsors!

- Angry Trout Cafe
- Blue Water Café
- Cedar Grove Veterinary Clinic
- Cook County Potters
- Cook County Whole Foods Co-op
- First and Second Thrift Store
- Grand Marais State Bank
- Klay Reactions, LLC
- Lutsen Evangelical Lutheran Church
- North Shore Federal Credit Union—GM
- North Shore Health
- Oddz & Endz
- Red Pine Realty
- Sawtooth Mountain Clinic
- Sivertson Studio, Gallery & Frame Shop
- Solv Energy
- Subway
- Sydney's Frozen Custard
- The Wilder Woodshop
- Thrivent
- Tuscarora Lodge & Canoe Outfitters

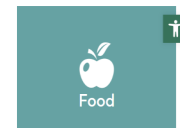
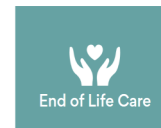
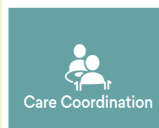


**Aging Well Resources**  
COOK COUNTY MN

Aging Well Resources is a program of the Cook County Aging Coalition created to provide a single, easy-to-access source for information and connection to aging resources. Our Care Navigator provides information assistance on the phone, manages the website, and assists with agency communication.

Originally funded through the Northland Foundation's Integrated Rural Community Aging Program that developed the Cook County Aging Coalition. Care Partners has managed the project with much input and support from the Coalition. Find us at [www.agingwellresources.org](http://www.agingwellresources.org)

Call our Care Navigator, Christie John 855-444-3910.



# Thank You to All Who Supported Care Partners in 2022!

## Donors

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## Memorials

Jim Beaster  
Herb and Anna Bjork  
David Carlson  
Evelyn Carlson  
Kevin Carlson  
Burt Carlsted-Gillis  
Doris Croft  
Allen Dale  
Arlene and Raynard Delfs  
Joan Drury  
Beulah Ede  
Iris Gellner  
Rose Hasagawa  
Catherine Hewitt  
Pat and Dale Hooper  
Richard Joynes  
Bette & George Kern  
Mary Liddell  
Frank Moe  
Rev. Ham Muus  
Hyla Napadensky  
Floyd Pearson  
Sue Protz  
Patty & Alex Ratelle  
Peter Redfield  
Mark Schmoll  
Evelyn and Ray Sjoberg  
Marion Snyder  
Leonard Sobanja  
Alice Starr  
Stanley Suck  
Dick Swanson  
Lee Tessier  
Otis Thornton

## Celebration Gifts in Honor of:

Kay Grindland  
Jayne Johnson

## 2022 Grants

- Cook County Community Foundation
- North Shore Health Care Foundation
- Northland Foundation
- Head of the Lakes United Way
- Federal Older Americans Act grants through the Arrowhead Area Agency on Aging (AAAA)
- Live Well at Home— MN DHS

**Thank you for your  
support!**





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 Grand Marais, MN 55604  
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 carepartners@boreal.org  
 www.carepartnersofcookcounty.org

Office Hours:  
 Mon-Fri, 10 am-3 pm

## Care Partners Newsletter Spring/Summer 2023

### Staff:

Julie Wilson, LGSW  
 Executive Director

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

Christie John  
 Program/Volunteer Coordinator

Heidi Akins  
 Senior Services Coordinator

Jenny Delfs, MD  
 Medical Director

### Board of Directors:

Jayne Johnson, President  
 Nancy Starr, Vice President  
 Kathy Reeves, Secretary  
 Bob Karrick, Treasurer  
 Beth Kennedy, Jack McHugh  
 Nancy Larson, Carolyn Schmidt



"Stronger Than You Know"  
 Eco-mapping Workshop, 4/15/23

### Grant Funding Partners 2023

- Cook County Public Health Fund
- Northland Foundation
- North Shore Health Care Foundation
- Lloyd K. Johnson Foundation
- Head of the Lakes United Way
- Federal Older Americans Act (Title IIIB & E): Arrowhead Area Agency on Aging (AAAA)
- Live Well at Home: MN DHS
- 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—

**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:

- ◆ Chores around the house & garden
- ◆ Delivery of groceries, mail & other needs
- ◆ Rides locally & to Duluth
- ◆ Friendly calls and visits
- ◆ Caregiver Coffee

#### Care Partners staff assist with:

- ◆ Care Coordination & Health Care Planning
- ◆ End-of-life support
- ◆ Caregiver Support
- ◆ Information & referral

#### Reach out to us!

Office: (218) 387-3788  
 info@carepartnersofcookcounty.org



"Stronger Than You Know"  
 Eco-mapping Workshop, 4/15/23

Go to [www.agingwellresources.org](http://www.agingwellresources.org)  
 for Calendar of Events!