



COMMUNITY PARTNERS NEWSLETTER

FALL & WINTER 2019 - 2020

SUPPORTING THE INDEPENDENCE OF OUR NEIGHBORS 60+ AND THEIR CAREGIVERS IN THE TWO HARBORS AREA.



COMMUNITY PARTNERS CLOSING: WHAT WOULD HAPPEN?

Our staff recently sat down and pondered the question, "What would happen if Community Partners wasn't here tomorrow? What effect would that have on the communities we serve?"

In thinking about the consequences, an estimated 10% of the Two Harbors area population would lose access to their groceries & meals, transportation to medical appointments, care coordination, and the crucial support offered even by the simple act of calling our office. We ended up concluding that Community Partners is an integral part of the community.

The good news is, we aren't going anywhere any time soon. We are excited to continue providing these services, especially as the population in Lake County continues to age. Even more exciting, in 2020, Community Partners will celebrate 20 years of service to older adults and caregivers in our area!

Even so, we still need *YOUR* help. Community Partners needs diverse sources of funding in order to thrive. We receive grants which help to fund special projects, provide supplemental support to current programs and our part-time staff, and keep the lights on... but in the big picture, we also need donations and program fees to keep us going. So, how can you help ensure CP is here for the next 20 years to provide these services? Here are a few ways:

1. **If you receive services, please help share in the cost.** Grants do not cover all our costs. Many people don't realize that Volunteers aren't free. Volunteers help lower costs substantially, but they are valued at \$26/per hour (due to training, insurance, gas cards, recognition, etc.) We never want fees to be a barrier to receiving our services, but helping to share in the cost of services helps everyone.

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OFFICE HOURS

Monday — Friday
9:00 a.m.—3:30 p.m.

LOCATION

417 South Avenue
Two Harbors, MN

MAILING ADDRESS

P.O. Box 327
Two Harbors, MN
55616

PHONE & FAX

218-834-8024

EMAIL

Commpart.info@gmail.com

FIND US ONLINE

CommunitypartnersTH.org
"Like" us on Facebook!
[Facebook.com/commpart](https://www.facebook.com/commpart)

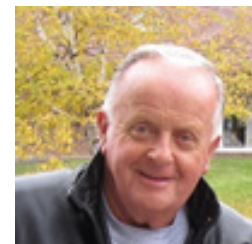
2. **Year-end giving.** Donate to CP with the enclosed envelope or online at Communitypartnersth.org Just \$10 helps a senior access their groceries, and \$30 helps a senior get to & from their medical appointments in Duluth.
3. **Are you in the process of planning your estate or legacy giving?** Consider including Community Partners in your gifting.

If you want to help but don't know how, please give me a call at 218-834-8024...and thank you in advance for valuing our services and helping to keep them going over the next 20 years!

Warmly,

Taylor Holm
Executive Director

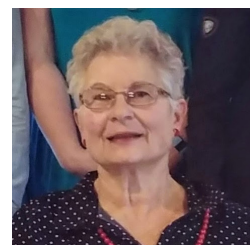
CONGRATS TO LAKE COUNTY'S 2019 OUTSTANDING SENIOR AWARD WINNERS!



Jerry Carlson

Jerry "officially" volunteers with Community Partners, Lake View Memorial Hospital, and Meals on Wheels. Before retiring, he was the Director of Purchasing for Universal Fiberglass in Two Harbors. He was also Lake County Assessor for 30 years. He and his wife raised 3 girls in Two Harbors. Jerry began Volunteering with Community Partners in 2013. Since then, he has volunteered more than 2,400 hours. He served on the Community Partners board as a representative of volunteer needs.

Many people in town request Jerry to be their driver to medical appointments. He is reliable, flexible, kind, and trustworthy. When a person needs a ride last minute, Jerry will rearrange his schedule to help out. Jerry also delivers meals to homebound seniors. He is willing to drive throughout the winter for other volunteers who are unavailable. Two Harbors has many snowy & icy days and he is usually the first to call in to drive for those days. Lastly, Jerry has volunteered as Santa since 1969, and has filled the role with cheer and joy. He visits senior living facilities, Christmas events, and family gatherings. Jerry loves to serve others and lights up a room with his smile.



Mary Prestidge

Mary consistently goes above and beyond requested services at Community Partners in Two Harbors. When Community Partners had their annual 4th of July Fundraiser, Mary volunteered from 8am -11pm. She set-up the space & then worked tirelessly in the kitchen until every dish was clean at the end of the night. Mary is willing to give 4am rides to medical appointments, pick up and remove garbage and recycling, and everything in between to help seniors stay in their own homes. She also helps plan and coordinate social events for Community Partners, and served on the Board for 6 years. She also works with our local Two Harbors Area Food Shelf. She does runs to pick-up food from local groups as well as helping on food distribution days. If anyone needs a shift off, she will jump in to fill any role. Mary always has a positive, can-do attitude. After working 15 hours, she is still encouraging. She works hard at every task put in front of her, all while continuing to care for her family and friends.



CAREGIVER CORNER

By Linda Kinnunen, Caregiver Consultant

November is National Family Caregiver Month! Who are they and why celebrate them?

Caregivers are people who help their family, friends, or neighbors who are 60 years of age or more and need help to live safely in their own homes. For instance, 75 year old Frank (not real person) cares for his wife around the clock in their home because she has Alzheimer's Disease and cannot be alone. Down the block from this couple, Lizzy (not real person) picks up groceries for her 68 year old neighbor who returned home from knee surgery and cannot drive. According to the Minnesota Board on Aging, there were about **585,000** informal (unpaid) caregivers like Frank and Lizzy who were caregiving for older adults in 2018.

Every caregiving situation is different, but the common factor is that lives are changed...and along with that comes more responsibility. Caregivers may see themselves taking on new roles that they are not comfortable with. A father who cannot make his own decisions any longer may ask his caregiving son "when did you become my parent?" Caregivers often feel anxious or frustrated having to take on more tasks which can take them away from taking care of themselves.

Family caregivers are the most valuable resource for helping our aging population live well and thrive at home. Here's a sobering fact: one in three caregivers die before the person that they are caring for, because they are not taking care of themselves! Community Partners Caregiver Support Program is here to help caregivers along their journey. We listen to each caregiver and help them make a plan of care that fits their situation. Often we will start out with suggesting just one thing that may take a load off of the caregiver's plate. It may be as simple as setting up Meals on Wheels or offering a weekly friendly visit from a respite volunteer for the care partner at home, giving the caregiver a break.

Among our many services, Community Partners offers a Caregiver Support Group once a month. This is a great place for Caregivers to tell their story in a comfortable and confidential setting. Participants will often say that they wish they would have joined this group earlier because everybody understands what each other is going through. This group truly "**takes care of the caregiver**" by sharing, listening, offering compassion, and believe it or not...laughing together!

CAREGIVER SUPPORT GROUP

6-7:30 pm on the 2nd Monday of every month at Community Partners office.

Contact Linda Kinnunen by phone at 218-834-8024 ext. 201 or by email: commpart.cc@gmail.com to register and for more information

NEW MEMORIES CAFE

3rd Wednesday of every month from 1-3pm at the TH Community Center. \$10 suggested donation.

This is a welcoming place for persons with memory loss and for their care partners and friends.

RSVP Linda Kinnunen and call for information and rides.



VOLUNTEERING & HELPING OUR OLDER NEIGHBORS

By Dana Thewis, Volunteer Coordinator

Volunteer View:

With Thanksgiving around the corner, I want to express my gratitude for our AMAZING Volunteers! We have a variety of folks who give generously of their time and talents. Without our Volunteers, programs would cease to exist. SO, VOLUNTEERS, THANK YOU!! You are truly Partners; many of you go above and beyond what is asked, and we appreciate it. You make our community better every day. Thank you!

As we approach the cooler weather and seasons changing, we have some things that we need help with. We are in need of Drivers for appointments, folks to shop for groceries at Super One in Two Harbors & deliver them to participants, Substitute Drivers for Meals on Wheels, people to do snow removal, and Volunteer Receptionists. If you are interested in any of these opportunities or others, please call Dana at 218-834-8024 for more information!

Transportation:

It's fall again! We have had a lot going on with Transportation this last year. For those of you who use us for rides to and from appointments, or those who are interested, here's what you need to know:

1. Before you receive a ride from us, you should be registered as a Participant with Community Partners. Just call our office at 218-834-8024, and have a quick chat with Laura.
2. After you have that chat with Laura, I (Dana) will call you to fill out the Transportation Registration. It's very quick and easy.
3. After you have registered, please call us **at least 3 business days before** you need the ride, so that we can find a driver for you. For example, if you need a ride on a Monday, we need a call no later than the Wednesday before (assuming no holidays fall on that Thursday or Friday). Really, we'd love it if you'll call us 2 weeks ahead of time! The earlier we know, the easier it is to schedule the ride. (That said, we will still wait until the week of the ride to call you with your driver's name ☺). A few notes:
 - a. We do not give out the phone numbers of our drivers. We want you to schedule rides through us, not call the drivers yourself. It keeps things cleaner for scheduling.
 - b. We are unable to provide same day rides.
 - c. We are unable to provide emergency rides.
 - d. Arrowhead Transit is in town and they offer same day bus rides.
4. In order for our Volunteer to safely transport you, you must be able to get in and out of the vehicle without hands-on assistance.
5. Do not give money to Volunteers, please. We send out "Cost Share" Letters at the beginning of the month, which include a list of services that you have received in the previous month, the "cost

share” amount we ask you help cover, and any money we received from you in the prior month. Services will not be denied due to inability or unwillingness to pay. Community Partners runs on gifts, grants, cost sharing and donations; we trust that our Participants value our services, and will pay as they are able. Remember, when you share in the cost of services, it ensures that we’re able to help seniors for years to come.

Coming in November...

Coming in November we will have a spot outside of our office where you can find open Volunteer Opportunities. We will have some Guest Artists helping with this. Please, stop by to check it out!

COMMUNITY PARTNERS’ WINTER EVENTS

NOVEMBER

- 11/7 **11:30am**- Out to Lunch – **Judy’s**. Meet at Judy’s Café for lunch together.
- 11/14 **3pm - 6pm** Community Partners Give to the Max Day Open House and Bake Sale at **Community Partners**– door prizes, cookies and more!
- 11/19 **6pm - 7pm** Climate Series –at the **Community Center**- Continue looking at the impacts of Climate Changes on our daily lives.

DECEMBER

- 12/5 **12 pm** - Out to Lunch – **Earthwood** – Meet for lunch together
- 12/13 **1pm - 3pm** - Holiday Sing Along at the **Community Center** with Two Harbors High School, Come see Santa, sing songs, and enjoy a snack!

JANUARY

- 1/2 **12pm** Out to Lunch – **Louise’s Place**– Meet for lunch together
- 1/9 **1pm** Coffee @ Bay View- come enjoy an activity and coffee
- 1/23 **1pm** Vision Board - the Community Center - come do an art activity around setting goals for 2020
- 1/31 **1pm** Winter Art– at Community Center. Come do a fun winter art activity

FEBRUARY

- 2/6 **12pm** Out to Lunch – **Culver’s** - Meet together for lunch
- 2/13 **1pm** Coffee @ Bay View- Come enjoy coffee and a fun activity
- 2/14 **1pm** Valentine’s Day Bingo! at the **Community Center** – come enjoy snack, Bingo and prizes!

We look forward to seeing you at these upcoming events!

- If transportation is a concern, please call and talk to Dana about receiving a ride.
- If you have questions about any of these events, please call the Community Partners Office Monday-Friday between 9am-3:30pm
- If you know someone who would like to be added to our Event Mailing List, have them call the office!

An updated calendar can also be found on our website and our Facebook page. Check us out, give us a Like and share with your friends! We hope to see you soon!!

THANK YOU TO ALL WHO HAVE CONTRIBUTED TO COMMUNITY PARTNERS FROM APRIL 2019 TO OCTOBER 2019

FUNDERS

- MN Dept. of Human Services - Live Well at Home Grant
- Arrowhead Area Agency on Aging through grants from the Title III Older Americans Act
- The Northland Foundation’s Rural Aging Initiative
- The Community Opportunity Fund, an affiliate of the Duluth Superior Area Community Foundation
- Lake County Health and Human Services
- Juniper
- Head of the Lakes United Way
- AEOA Meals on Wheels
- The Lloyd K. Johnson Foundation
- Cooperative Light & Power

CASH CONTRIBUTIONS

- AGE 2 age
- Al and Jane Krause
- Ann Zastera
- Arlee Wilkes
- Arnie Piirainen
- Ashley and JordanPreiss
- Barbara Page
- Barb Highland
- Barb Lugeanbeal
- Barross Manor
- Betty Blettner
- Bob & Doris Larkin
- Bodies in Balance
- Bonnie & Jim Tonkin
- Bruce McTavish
- Carol Giffrow
- Carol Leppala

- Carol Lyon
- Carol Schmidt
- Cavallin Plumbing & Heating
- Cooperative Light & Power
- Curt & Daryl Uppgard
- Daryl Johnson
- Danny's Auto Shop Inc.
- Donna Muehlberger
- David and Margaret Glass
- DeeAnn Royce
- Don Olson
- Donna Harris
- Fran Magnuson
- Greg Hanson- Thrivent Financial
- Helen Winslow
- Harbor Insurance Agency
- Jim Frisell



- Jim Graden
- Jo Jasmer
- Joanne Alreck
- John Cox
- Kathy Glenn
- Kenneth Hedin
- Kirsten & Dan Cruikshank, and family
- Lea Olson
- Lloyd Peterson
- Lyle and Patricia Northey
- Lynn E. Mielke
- Marge Laiti
- Mark Fehling
- Marlene Carlson
- Martin Lorntson
- Marvin and Irene Maki
- Mary Stoj
- Mickey Lorenston
- Mike Kofstad
- Morris W. Moen
- North Shore Federal Credit Union
- Office Depot, Inc.
- Ora Dorgan
- Pat Neros
- Pat Smith
- Ray and Gretchen Boggie
- Rob Olsen
- Rosemary Lamson
- Rudy Pluth
- Ruth E. Ferguson
- Ruth Roberts
- Sally Otsman
- Sandra Magnuson
- Shirley Arntsen
- StevenThorne
- The Lake Bank
- Thomas & Sheridan Peterson
- Two Harbors Auto Value
- Two Harbors Federal Credit Union
- Women of the Moose Chapter 109
- Waterview Shores Assisted Living

IN-KIND CONTRIBUTIONS

- Karen Howard
- Robin Glaser
- All of our Volunteers!

HONORARIUMS & MEMORIALS

- Barbara Houle-Schwanke in honor of Carol Houle
- Bill Berg in memory of Terry Berg
- Bob & Doris Larkin in honor of Duane Wegner
- Carol Christensen in memory of Jim Christensen
- Chris & Diane Brelie in memory of Margaret Brelie
- Daniel L. O'Day in memory of Clementine "Clem" Schiller and William "Bill" Miller
- Daryl Johnson in memory of Vicki
- Don Hoseth in memory of Morgan and Mabel Hoseth
- Donna Harris in memory of James Harris
- Gary R. Olson in memory of Kenneth & Joyce Olson
- Jan Marker Alm in memory of James Alm
- Karin Norlen in honor of John Norlen
- Kathleen Rose Holm-Partlow in honor of Taylor Holm
- Kathy & Betty Thompson in memory of Bob & Mabel Anderson
- Marvin and Irene Maki in memory of our son, Michael

- Michael Kuchta in memory of John & Sylvia Kuchta
- Milt & Sharon Larson in honor of family
- Nancy Aleff in memory of Gary Aleff
- Roger & Adeline Olson in memory of my parents Rudy & Irene Olson
- Ross and Diane LeRoy in memory of Lorraine LeRoy
- Ruth Erickson in memory of John Erickson
- Sandra Magnuson in memory of Bob (Candy) Anderson
- Wendy & Dan O'Day in memory of Ralph J. O'Day (Dad)

*An additional thank you to all of the anonymous donors including through Amazon Smile and the Network for Good, everyone who participates in cost-share, and all of the individuals who purchased a Raffle Ticket(s). Our sincerest gratitude to all!
Thank you!*

[Have you considered a gift in Memory of a loved one? Donating to Community Partners can be an impactful way to honor their memory.]

We apologize if we missed your name. Please contact us so we can acknowledge you in our next newsletter!

Save a stamp!
Donate online at CommunityPartnersTH.org/donate

Become a Rent Sponsor!
Contact Taylor Holm to learn more about this opportunity: commpart.ed@gmail.com or 218-834-8024.



THANK YOU TO EVERYONE WHO BAKED AND BOUGHT BAKED GOODS AT OUR BAKE SALE ON NOVEMBER 14TH! BETWEEN THE BAKE SALE & GIVE TO THE MAX DAY, WE WERE ABLE TO RAISE OVER \$2,000!"

WHAT'S BEEN HAPPENING AT COMMUNITY PARTNERS

PULLED PORK & PIE ON THE 4TH OF JULY FUNDRAISER!



SAVE THE DATE FOR
THE 4TH OF JULY IN
2020!



WHAT'S BEEN HAPPENING AT COMMUNITY PARTNERS

CONTINUED



OUR GROCERY SHOPPERS
COME IN ALL AGES! CALL
US IF YOU WOULD LIKE TO
KNOW MORE ABOUT OUR
GROCERY SHOPPING &
DELIVERY SERVICE



FALL FEST ON OCTOBER 31ST 2019



THUG PLAYING TUNES AT
BLACK TIE BINGO BACK IN
MAY 2019

WORD SEARCH

A	C	W	S	E	N	I	O	R	S	V	U	G	B	J	K	P	O	F	Z
H	O	H	I	K	O	V	E	O	Z	O	S	I	F	I	E	B	K	A	C
K	M	E	A	L	S	S	K	D	E	L	I	V	E	R	Y	W	A	F	D
P	M	E	V	W	P	U	Z	E	P	U	C	I	Z	V	O	H	E	L	P
L	U	L	B	I	E	Q	A	B	Z	N	E	N	L	O	C	A	Z	O	Y
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I	Y	O	U	Q	L	C	V	Q	G	R	O	C	E	R	I	E	S	H	O
N	P	D	P	F	A	E	L	S	N	I	M	T	A	T	N	C	I	T	S
G	O	D	B	R	N	W	M	E	P	N	C	N	L	N	G	E	T	N	P
D	K	R	V	I	M	I	Q	R	Q	G	I	J	S	E	O	S	W	K	I
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FIND THE WORDS (ACROSS, DOWN, DIAGONAL...BACKWARDS, TOO!) LOOK FOR THESE:

PLANNING
MEMORY
COMMUNITY
WHEELS
DRIVER
SENIORS
RESPITE
SHARE
MEALS

CLASSES
APPRECIATED
FRIENDLY
EVENTS
RIDES
SERVES
CARE
HOSPITALITY
HELP

CALL
PARTNERS
CHORES
GROCERIES
VOLUNTEERING
GIVING
NEIGHBORS
BINGO

Community Partners
417 South Avenue
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Community Partner



COMMUNITY PARTNERS

SUPPORTING THE INDEPENDENCE OF OUR NEIGHBORS 60+

The services, facilities, and benefits of our programs are for the use of all older people regardless of race, color; creed, religion, national origin, sex, disability, use of public assistance, or sexual orientation

In the rest of 2019, we will be closed:
Thanksgiving Day
The Day After Thanksgiving
Christmas Eve & Christmas Day

STAFF

TAYLOR HOLM, EXECUTIVE DIRECTOR
LINDA KINNUNEN, CAREGIVER CONSULTANT
DANA THEWIS, VOLUNTEER COORDINATOR
LAURA LINGO, PROGRAM ASSISTANT

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