



COMMUNITY PARTNERS

Newsletter



Supporting the independence of people 60+ and their caregivers in the Two Harbors area.

Spring/Summer 2019

Community Partners Launches Grocery Delivery Program



Community Partners recently launched a new Grocery Delivery Program this past February for older adults who have difficulty getting to, or shopping

at, Super One Foods in Two Harbors. Participants can call in their order from 9am - 12pm on Tuesdays and volunteers will grocery shop, deliver, and help unpack groceries on Wednesdays. Participants must sign up at least one week in advance. Participants can call in their order from 9am - 12pm on Tuesdays and volunteers will grocery shop, deliver, and help unpack groceries on Wednesdays. Participants must sign up at least one week in advance.

Please call us at 218-834-8024 if you are interested in participating or volunteering with this program!

One participant stated: “The volunteers that deliver the food are just great -- wonderful program!”

Thank you to [Super One Foods](#) in Two Harbors and funding from the [Lloyd K Johnson Foundation](#) for making this program possible.



OFFICE HOURS

Monday—Friday
9:00 a.m.—3:30 p.m.

LOCATION

417 South Avenue
Two Harbors, MN 55616

MAILING ADDRESS

P.O. Box 327
Two Harbors, MN 55616

EMAIL

Commpart.info@gmail.com

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MEET OUR NEW PROGRAM ASSISTANT—LAURA LINGO!



Laura Lingo grew up in the Chicago area, but has lived in the Twin Cities for most of her life. She worked in an insurance agency for many years, and enjoyed helping people with their coverage and questions. She's also worked in television, on stage, and as a writer. Laura owned her own business for several years, writing, consulting, and teaching. She's also been an active volunteer in church, for Meals on Wheels, Loaves & Fishes, and other organizations. In her spare time, Laura enjoys reading, writing, signing music, and walking.

Laura escaped the Twin Cities and moved to Two Harbors in March 2018 to be part of a small-town community where people know and care for one another. (And Lake Superior *is the best lake in the history of all the lakes!*) Working with Community Partners feels like a great “fit” for Laura’s personality & background...and it’s a wonderful opportunity to be a part of making others’ lives easier.

You can reach Laura by phone at 218-834-8024 ext. 205 or by email at commpart.laura@gmail.com. Welcome, Laura!

FAREWELL ASHLEY LEWIS

Ashley has been our UMD Masters of Social Work Intern this past year. Ashley’s favorite things about interning at CP were having the opportunity to work with the elder community, getting to be a part of a community that works as a team to help each other succeed and live healthy and safe lifestyles, getting to work with a team who advocates for the elder community, and all of the people she has gotten to meet and work with. Ashley states, “I hope that one day I live in a community like Two Harbors that has people who want to help each other and has a community with a family feel.” Though Ashley’s time at Community Partners is coming to end, she is not gone yet. Stop by our office during office hours, or give her a call to chat with her before she goes on her next adventure at the end of May.



**Best Wishes Ashley (and Paisley)! ...
and thanks for all you did for CP!**



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At Ecumen Scenic Shores, our residents feel comfortably at home and well cared for because they are.

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Services Available for an additional fee:

- Beauty/barber shop
- Additional personal cares
- Additional laundry and housekeeping
- Guest meals
- Additional personal cares and meal packages

*An assessment is required prior to resident's stay. Respite care available. Call for details.



Rent includes*:

- 1- and 2-bedroom apartments with full kitchens
- Personalized care plan
- One meal per day plus snack
- Weekly housekeeping
- Weekly laundry (two loads/week)
- Daily safety checks
- Life Enrichment Program, including daily activities
- 24 hour caregiving staff
- Licensed nurse on staff
- Emergency call pendant
- All utilities (including cable TV), except telephone



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VOLUNTEERING & HELPING OUR OLDER NEIGHBORS

By Dana Thewis, Volunteer Coordinator

Throughout this last quarter, we have had 14 new people apply to be Volunteers with Community Partners. This growth has been very exciting! Our Volunteers provide rides to important appointments, bring home-bound seniors meals, deliver groceries, and provide companionship. These services are needed to help keep our neighbors in their homes for as long as they would like to be living independently.

In the 7 months I have been here as the Volunteer Coordinator, I have been blown away by the generosity of our Volunteers. Time and time again, they give their time and energy to serve those around them. I have been challenged in my own life to find places where my family and I can give of our time and energy to serve those around us.

Thank you, Volunteers, for setting an example for the rest of us to follow. My boys are young. Each day at school, their teachers at the Minnehaha remind them to be kind to their friends in their classroom and to help their neighbors. These actions are shown strongly by the Volunteers here at Community Partners. It is not impossible for each of us to join in by giving an hour or a few to serve someone who we see is in need.

If you are interested in serving the members of our community who are 60+, please give me a call at the Community Partners office: 218-834-8024 ext. 204 or email me: commpart.vc@gmail.com.

We are in need of drivers for medical appointments. Also, we are always looking for people to provide friendly visits and homemaker services to our community members.



Need help with Summer Chores?
Call Dana to get signed up for our upcoming
Chore Day on May 24th!



CAREGIVER CORNER

By Linda Kinnunen, Caregiver Consultant

Hey Caregivers - are you ready to Take a Break?

Community Partners Caregiver Support Program helps to “take care of the caregiver”. We know that it is necessary for caregivers to remain healthy so that they can continue to care for the person who is depending on them. Taking a break (respite) from caregiving responsibilities helps to prevent frustration which can lead to depression and anxiety. It is not uncommon to see burn-out.

Our program has volunteers who are trained to work with family caregivers. They are available to be with the care recipient so that the caregiver can do whatever helps them to “enjoy some time away” and to return a bit more refreshed. The caregiver may just want to take a long bubble bath or go out for a walk or a dinner with a friend. The volunteers do 1-4 hours of “friendly visiting,” which means that they do things like play games or reminisce with the care recipient, but they do not do hands-on care or give medications which would usually require paid help in the home. Building respite teams with two or more volunteers for a family is a possibility too. We know that every family situation is different so we will try to match a volunteer who will be a good fit.

In January, Jenna Pogorels from the Alzheimer’s Association in Duluth facilitated trainings on the Basics of Alzheimer’s Disease and Effective Communication for our respite volunteers. She offered a lot of information that will help volunteers who visit with individuals affected by Alzheimer’s Disease or other types of dementia. A benefit from taking these educational trainings is that they raise the comfort level of the volunteers, making it easier to spend time alone with individuals affected by dementia.

Volunteer respite care is great for building relationships. Once it is set up, we often hear caregivers say that they wish they had not waited so long to try it. Resistance to trying respite care may stem from the care recipient not wanting anyone else to provide their care but usually in time they look forward to the visit. Sometimes caregivers feel guilty for wanting to take a break. We recommend trying it in a small way early on – for example, join our Caregiver Support Group and bring your care partner to have some fun with our on-site respite volunteers!

Ongoing 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.



engAGE...what's *that*?!

Opportunities for social interaction are well-known to be a fundamental building block for aging well and maintaining health. After merging with Socially Active Seniors (SAS) in December 2017, the Community Partners staff and board, building on the work of SAS, focused on shaping our outreach and social programming to appeal to a broader group of older adults. By moving to the Community Center, we also wanted to create a hub of activity, supporting the total concept of a Community Center.

In January 2019, Community Partners officially transitioned our social outreach into a program called “**engAGE**.” Coordinated by a group of active volunteers, we began hosting a variety of events that ranged from Norwegian and Valentine Bingo to a Community Celtic Celebration.



Our upcoming engAGEments include:

MAY:

Engaging Skills Based Volunteers MAVA Training

Thursday, May 16, 2019, 1:00 PM - 3:00 PM

@ TH Community Center. Free to attend. For adults of all ages.

The Workshop will cover Best Practices related to Skills Based Volunteers. Presented by MAVA. Registration required. Visit mavanetwork.org to register.

Black Tie Bingo & Local Music Fundraising Event

Friday, May 17th, 5:00 – 8:00 pm @ TH Community Center. \$10 per person (includes: ties, corsages, bingo, light appetizers and music by THUG!) RSVP required - 218-834-8024

JUNE:

Games Day - Indoor/Outdoor Games

Thursday, June 13th, 1:00 – 3:00 @ TH Community Center. (weather permitting) Bring a game to share or just join in! Free - Donations welcomed.

Volunteer Training - Transportation

June 17th, 1pm - 2pm at the TH Community Center. Transportation volunteers - look for more info to come!

JULY:

2nd Annual Pulled Pork and Pie on the 4th of July! Fundraising Event

Food and Raffle. 50/50 Raffle tickets on sale now at Community Partners. Thursday, July 4th, 3:00 – 9:00 pm @ TH Community Center. All ages.



AUGUST:

CP's Annual All Volunteer Training

Save the Date: August 19th. More details to come.

MAVA Certificate in Volunteer Leadership Training

August 22nd—23rd. 8:30am—5pm @ the Two Harbors Community Center. Earn your certificate in volunteer leadership by completing an 8-topic training series in 2 days. \$100 MAVA members, \$150 non-MAVA members.



ONGOING:

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.

FALL:

The following classes planned for fall:

A Matter of Balance is an 8-week workshop that helps people develop coping strategies to reduce the fear of falling.

Living Well with Chronic Conditions is a 6-week workshop that assists participants in developing strategies to *Live Well with ongoing health conditions.*

Dates and times to be determined.

Become a class leader! Upcoming leadership trainings approaching **quickly** in May. Call CP for more info. No experience necessary.



***Watch your mail for future events!**

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.

Our **engAGE** committee is seeking volunteers who like to plan events and have FUN! Interested? Call Dana at 834-8024.

Did you Know?
May is Older Americans Month
Visit <https://acl.gov/oam/2019/older-americans-month-2019> for more info
#ConnectCreateContribute

THANK YOU—TO ALL WHO HAVE CONTRIBUTED TO COMMUNITY PARTNERS FROM NOVEMBER 2018—MARCH 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
Two Harbors Area Fund, an affili-
ate 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 Mardag Foundation

Cash Contributions

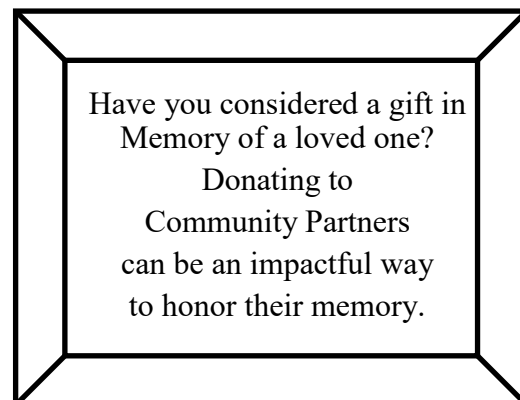
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In-kind Contributions

Karen Howard
Robin Glaser
AARP Minnesota for sponsoring
our Lake County Summit on Aging!
All of our Volunteers!



THANK YOU

Honorariums & Memorials

Anonymous donation in memory of Elfie Rinne
Audree Martinovich in memory of husband Jacko
Bart & Lisa Anderson in honor of George and Pat Anderson
Bea Fjeran in memory of Bill Fjeran & Linda Costley
Berdie Antilla in honor & memory of Frank Antilla (67 years of marriage)
Beth & Jim Gunnarson in honor of Carol Houle, in memory of Lloyd Houle
Bill Berg in memory of Terry Berg
Bob Anderson in memory of Mabel Anderson
Bonnie Hatfield in memory of Nancy Bayle
Chris & Diane Brelie in memory of Jesse Fleck and Drew Fleck
Clifford Hanson in memory of Lela K. Hanson
Daniel L. O'Day in memory of Carol Larson & Larry (Looper) Larson, Myron Vold, Larry Holmes, and Phil DuFresne.
Daryl Johnson in memory of Vicky Johnson, my beautiful wife!
Dean and Betty Willow in honor of our grandchildren
Denise Cruser & Cheryl Elliott in memory of Wilfred Cruser & Marie Christianson
Dorothy M. Moe in memory of Dale Boyle
Edalee Hedin in memory of Roger Hedin
Gene Cotton in memory of Chuck Trischmann
Gerald & Ruth Ann Abbott in memory of Bob Abbott
Gina Gualtieri Andrus in memory of Dr. Daniel & Marilyn Gualtieri
Harlan and Patricia Ann Olson in honor of our parents - Tom & Stella Olson and Carl & Evelyn Carlson
Jean Hudson in memory of my husband Leon Hudson
Joan Burke in memory of Glen Burke
Joanne Alreck in memory of Oden Alreck
Kathleen Rose Holm-Partlow in honor of Taylor Holm
Katy Keranen in memory of my parents Erika & Hans Eckhardt
Larry and Colleen Saur in memory of Paula Johnson
Lawrence & Anna Bradley in memory of Roger C. Bradley
Lenore Johnson in memory of Len & Vangie Hall
Margaret Lillegaard in memory of my family
Martha Eayrs to support the independence of people 60+ and their caregivers

Mary Antonich in memory of Paul Antonich and Evelyn Michie
Maxene Lind in memory of Meredith Magnuson
Meredith Medler in memory of Cal Gruver
Morris Moen in memory of Elaine Melby-Moen
Nancy Aleff in memory of Gary Aleff
Norma Aho in memory of Elsa Purinen & Gert Heil
The Wick Family in memory of Donald Wick
William Koski in memory of Mildred Koski
William A. Thompson in memory of Janis Thompson

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) so far. Our sincerest gratitude to all! Thank you!

(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.



Community Partners

417 South Avenue
P.O. Box 327
Two Harbors, MN 55616

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Two Harbors, MN



Supporting the independence of our neighbors 60+

In 2019, we will be closed:

- ◆ Memorial Day
- ◆ Independence Day (except for our Fundraiser!)
- ◆ Labor Day
- ◆ Thanksgiving Day
- ◆ Christmas Eve & Christmas Day

STAFF

- Taylor Holm, Executive Director
- Linda Kinnunen, Caregiver Consultant
- Dana Thewis, Volunteer Coordinator
- Laura Lingo, Program Assistant

BOARD OF DIRECTORS

Katie Klessig, Christine McCarthy, Beth Swanson, Robin Glaser, Bob Larkin, Julie Hukriede, Debbie Ruberg, Kathy Goedel, Nancy Frischmann, Tricia Osbakken, Dave Johnson, Ann Gilbert

