



Senior Rides

- ▶ Assisted Transportation with trained volunteers
- ▶ a supplement to other rides such as Arrowhead Transit or family and friends
- ▶ Rides to:
 - Medical, dental & eye appointments
 - Personal appointments
 - Wellness
 - Social activities
- ▶ Within Cook County or to Duluth
- ▶ For those 60 years old and over.

To arrange a ride call:

Senior Rides at 387-3788

Please give us 48-72 hours advance notice to find a volunteer.

Cost: There is no charge, but clients will be asked to donate or 'share the cost' based on mileage and their income level.

The program is funded by a federal Older Americans Act grant from the Arrowhead Area Agency on Aging.

Other Services

Palliative Care Coordination

Focus on quality of life, planning and support for those with serious illness or at end-of-life.

Volunteer Visits

Trained volunteers provide companionship, presence at end-of-life, and respite for caregivers.

Caregiver Coaching

Our trained Caregiver Consultant helps you assess your needs, reduce stress, gather support and cope with a loved one's illness.

Resource Coordination

Assistance finding resources that work for your goals.

Advanced Care Planning

Assistance completing a health care directive and communicating your wishes to family.

**Contact 387-3788 or
carepartners@boreal.org
for more information.**

2/7/2014



Programs & Services

- ◆ To help seniors stay in their own homes.
- ◆ To support those with serious illness and their caregivers.

Care Partners is a collaborative program of the North Shore Health Care Foundation, Cook County North Shore Hospital, and the Sawtooth Mountain Clinic .

Caregivers' Group

2nd Wednesday of the month
11am – 12:30 pm

Fireside Room, Congregational Church,
Grand Marais, Minnesota

Upcoming Dates:
Feb 12, Mar. 12, April 9, May 14, June 11.

A Time for You:

to share your joys & frustrations,
to share insights & resources,
to feel the support of other caregivers

For more information contact:
Care Partners at 387-3788
Or Vicki Biggs at 387-1913
vbiggs@boreal.org

Need someone to be with your loved one
while you attend the group?

Care Partners' Group Respite program is
offered at the same time and location.



Shared pain is
lessened;
shared joy,
increased

This program is funded through a Community Service/Community Services Development Grant from the Minnesota Department of Human Services.

Group Respite

- ◆ A safe & enjoyable social setting
- ◆ For seniors with early memory loss or other long term illness
- ◆ With trained staff & volunteers
- ◆ Provides their family caregivers with a break from caregiving.

2nd Wednesday & 4th Friday
of the month
11 am – 3 pm

Lower level Congregational Church,
Grand Marais, Minnesota



- ◆ Activities include snacks, games, music, current events & crafts.
- ◆ Participants must complete an assessment with our nurse prior to attending.
- ◆ Contribution is \$25 for 4 hour session.

For more information contact:
Care Partners at 218-387-3788
carepartners@boreal.org

This program is funded through a Community Service/Community Services Development Grant from the Minnesota Department of Human Services.

Powerful Tools for Caregivers

"learn to thrive not just survive"

A nationally acclaimed class taught by
Trained Instructors:

Jeannette Lindgren-RN, Caregiver Coach
Debi LaMusga & Tyler Howell, Caregivers

Spring Class

Thursdays, 5 – 7:30 pm
March 20—April 24

Lower Level
of the Sawtooth Mountain Clinic

Call 387-3788 to register
or arrange a volunteer
to stay with your loved one.

*"I wish I'd taken this
class when I started
caregiving."
Class participant*

