

Help Your Family: Do Advance Care Planning

By Kitty Mayo

Someone I work with recently lost her mother. At such times we think of our own mothers, and we extend heartfelt sympathy. Her response was pointed and powerful:

“If you’re wondering if there’s anything you can do to help, I would say please help your own family by getting your Advance Directives in place, in writing, and on file with your health system.”

Advance care planning, or a health care directive, is one of the most loving things we can do for our families, the people who will be left wondering what our wishes were if we can not speak for ourselves. I have been close enough to that bridge too often recently, and realize how stressful it can be if we haven’t had these tough conversations.

Ask your doctor for the forms. They are not complex, but raise issues most of us would rather not think about: what would you want to be decided if you could no longer breathe on your own? Who do you want to be your

proxy, or make decisions on your behalf?

However, easing decisions for those speaking for you is an immeasurable kindness. And, in the words of my friend: “Even if you don’t have a known underlying condition - you never know when life will throw you and your loved ones a curveball.”

Essentia Health will be holding classes on advance care planning that goes beyond just filling out forms, but includes considerations of how to choose a proxy, and values and beliefs. The free classes are at the following locations and dates:

St. Mary’s Medical Center Auditorium, 407 E. Third St., 2nd floor

• Nov. 6th, 4 to 5:00 p.m.

Essentia Health-West Duluth Clinic, 4212 Grand Ave.

• Jan. 16th, 2 to 3:00 p.m.

• March 13th, 4:30 to 5:30 p.m.

Essentia Health-Hermantown Clinic, 4855 W. Arrowhead Road

• Feb. 6th, 4:30 to 5:30 p.m.

WTIP Community Radio Announces Special Events and Programming for the WTIP All Stars Membership Drive

The drive begins during *DayBreak* at 7 am on **Wednesday, October 17**, and continues through noon on **Monday, October 22**.

- **Wednesday, Oct. 17**, WTIP broadcasts live, **CCHS Vikings Football from South Ridge**, with Norman Moe & Dick Dorr—with pre-game at 4:45 p.m.
- **Thursday, October 18**, 7 – 8 p.m., **Third Thursday Community Conversations—Local Ssss...ports!** with stories shared by WTIP listeners. Joe Friedrichs and Sterling Anderson will field your calls during the show, or you can email us your favorite local sports story ahead of time. Just email joe@wtip.org to share your story.
- **Friday, October 19**, 4 – 8 p.m. **Be Wild at the North Shore Winery & Sawtooth Mountain Cider House!**
The Roadhouse and Small Change, broadcasting live, from the Barrel Room, 202 Ski Hill Road in Lutsen, MN
- Music by Gordon Thorne, beginning at 4 p.m.
- **WTIP All Stars Silent Auction** culminates at 8 p.m. that evening. Amazing auction items include premium **tickets to a MN Wild hockey game, an authentic MN Wild hockey stick signed by the whole club**, downhill and cross country ski passes, and more!
- Special Opportunities for WTIP Membership that evening, including wine and truffle flights for fall membership and gifts at the \$120 level or above.

*This event is free and open to all. Membership is not required.

• **Live Musical Performances In-Studio at WTIP**—1712 West Highway 61, Grand Marais, MN

- **Friday, October 19**: Plucked Up String Band from 1 - 2, *Wunderdogs on the Scenic Route* from 4 – 5
- **Saturday, October 20**: Rod and Al from 5 – 5:45, Rampant Roots from 6 – 7
- **Sunday, October 21**: Maria Nickolay on *Women in Music*, from 2 – 4 p.m.

• **All day, Saturday, October 20**, join us for **Backyard games and Saturday brats on the grill, plus Moose Madness Activities for kids!**

- o Test your skill!
- o Solve an audio-puzzle and pick up some Moose Bucks!
- o Witness live, radio in action!
- o WTIP--Your source for popcorn, peanuts and cracker jacks!
- **Sunday, October 21** from noon to 2 p.m., **LIVE Pickle Ball from the YMCA**, women’s, men’s and mixed doubles, with Bob Carter, CJ Heithoff and Mike Carlson calling all the action. Witness the games in person at the Cook County YMCA gymnasium.

Events are free and open to the public.

If you can’t be here in person, tune in at **90.7 FM North Shore / 90.1 FM Grand Portage / 89.1 FM Gunflint Trail** or stream us live at wtip.org

Century 21 Gilderman



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FEATURE PROPERTIES

•**1848 Hwy 61, Two Harbors**, MLS6076141: Lake Superior property with cobblestone beach and frontage on Silver Creek too. Kayak on Lake Superior or fish in the creek and enjoy the wildlife from the deck of this 3 bedroom, 2 bath home with a large lakeside deck, gas fireplace, new detached 2 car garage and more. Furniture, appliances and other furnishings are included. **REDUCED \$690,000**



•**54 Banks Blvd, SB** MLS6076423: 3 BR, 1 BA home, detached 1 car garage w/distant view of Lake Superior. **\$53,500**

Silver Bay & Surrounding Area

HOMES IN TOWN

- 62 Horn Blvd, SB**, MSL6078916: 4 BR, 2 BA, home w/full basement, det'd 2 car, fenced yard, & enclosed porch. Central air, quartz countertops, newer flooring coverings, recessed lighting, recent paint & a patio door to the fenced back yard. **\$138,500**
- 7 Kent Lane, SB**, MLS 6078837: Enjoy the views of Lake Superior from the livingroom, dining room, bedroom, family room, laundry room & balcony of this 3 BR, 3 BA home w/hardwood floors, 2 wood fireplaces, newer shingles, walkout basement, & 2 car garage **\$239,000**
- 22 Law Drive, SB**: 2 BR, 2 BA house w/full basement, det'd 1 car garage, back to the woods location. **\$67,500**
- 49 Nelson Dr., SB** MLS #6078681: Carefully maintained 2 story, 4 BR, 2.5 BA home w/full basement, 2 car garage, on larger back to the woods site. Updates: siding, windows, sun room add'n, remod. kitchen w/maple cabinets, maple hdwd flooring, Silestone countertop, newer appliances, gas fireplace, extensive landscaping, lg. workshop & shed. **\$189,500**
- 10 Rose Lane, Beaver Bay**: 3 acre private setting w/view of Lake Superior, 4 BR, 2.5 BA home w/att'd garage & an auxiliary garage w/living quarters on 2nd floor. City sewer & water **\$297,500**
- 1205 Ruth St., BR** MLS #6075915: 2+ BR, 2 BA, basement house w/att'd garage, det'd garage, storage shed, deck on a 3 lot site close to Lake Superior. **\$115,900**
- 61 Adams Blvd, SB** MLS6026996 : 1.7 story, 4 BR, 2 BA house back to the woods. updates incl: siding, windows, shingles, 2nd floor add'n, new garage roof, no maint. decks, hdwd floors, new Kit. countertops & backsplash, oak cabinetry, hearth stove, new carpet, & landscaping. Full basement, att'd 2 car garage, shed & lg. side yard. **\$218,900**
- 35 Arthur Cir., SB** MLS6073842: If you want a 5 BR, 1-1/2 BA home w/att'd 2 car garage be sure to take a look at this property. Updates incl: newer shingles, remod. Kit. & BA's, FR, wood FP, refinished hardwood floors, fresh paint & more. On a level site w/lg yard, perennial plantings & add'l storage garage. **REDUCED \$179,500**
- 45 Horn Blvd, SB** MLS6076737: 2 BR, 2 BA house full basement, deck, & det'd 2 car garage in convenient location. Features: vinyl siding, newer windows, shingles, & private yard w/a glimpse of Lk Superior. New curb, gutter, sidewalk & street in '17. **\$108,500**

RURAL HOMES

- 6990 Air Base Rd, Finland** MLS6030813: Listen to Tower Creek from the quiet setting of this 3 finished BR, plus a potential master BR suite, house w/ull walkout basement, deck, det'd 2 car garage & many updates including several windows, patio door, shingles, furnace, stainless appliances, remod. BA, hdwd floors & paint. **\$154,900**

LAND & BUILDING SITES

- 6826 Breezy Lane, Finland, MN** MLS6017955: Wooded 115.94 acres w/frontage on the Baptism River, access from Breezy Lane & power available nearby. **\$165,000**
- XX Burk Dr., SB** MLS6031120: Wooded vacant lot w/view of Lk Sup., city water/sewer nearby. **\$18,500**
- XXX Kane Lk Rd.** 40 Acr. of remote hunting land w/road acc. & public land surrounding **\$34,500**
- XXX London Crossing & JC Campbell Rd.** 242 Acres with a 20'x20' hunting shack, ATV trail access, public land surrounding, mix of high and low ground and a trout stream running through the property **\$205,700**
- 61XX Little Marais Road** Lot A, and Lot B, Silver Bay, MN: Two 10 acre lots with views of Lake Superior near Little Marais. Lot A reduced to \$69,900, Lot B reduced to \$59,900. MLS #'s 6076206, 6076208
- XXX Hwy 61 & Onion River Rd.** MLS6005052: 18 Acres commercial resort bldg site between Tofte & Lutsen on Onion River Rd. Great views of Lk Sup. High ground w/pwr at rd. Close to Sup. Hiking trl & rec. activities. **\$173,500**
- XX Marks Drive, Silver Bay**: 5 – Large residential building sites w/city water, sewer, curb & gutter and back to the woods **\$45,000 each** or **\$205,000 for all 5**
- XXX Hwy 1 Finland**: Large piece of property w/a network of Roads in place, trout streams, Lake frontage, mature Norway Pine trees. Close to ATV & Snowmobile trails. An Investor or hunting party's chance to own 846 acres. **\$889,000**