



APRIL 2023



DISASTER/EVACUATION PREPAREDNESS

The Hub * April 20th * 10:00 a.m.

Over the past years, wildfires, tornadoes, hurricanes, & other disasters have forced residents to evacuate homes at a moment's notice. We also experienced a pandemic that unexpectedly spread across the world, shutting down businesses and confining us to our homes.

These disasters remind us that we never truly know when a disaster is going to impact our lives. With climate change increasing the frequencies of these disasters, it is more important than ever to be prepared.

One important way you can do this is by having a Disaster/Evacuation Home Preparedness Kit or "Go Bag" available in your house.

After a disaster, you may need to survive on your own for several days. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

John Ceryes, (pronounced Sears) a Community Emergency Response Team Member, will share the importance of preparing for disasters and emergencies that could happen at any time. John will answer questions and provide information for preparing for potential emergencies. There is no charge & open to all.

10 North Broadway Ave.
P.O Box 67
Grand Marais, MN 55604
218-387-2660
seniors@boreal.org
grandmaraisub.com

Cook County Council on Aging

Chair Jan Smith
flannelmoosestudio@gmail.com

Vice Chair Gwen Lenz
gwmlenz@boreal.org

Secretary Audrey Stattelman
cattale1952@gmail.com

Treasurer Mary Charlier
marc7charlier@gmail.com

Larry Dean
larrythomasdean309@gmail.com

Roger Linehan
rogerl@boreal.org

Todd Smith
twsmitshsas.ts@gmail.com

County Commissioner Representative
debwhite@co.cook.mn.us

Staff

Programs & Activities Director
Chris Bautch
cccoa@boreal.org

Kitchen Coordinator
Carmen Kivi-Grogan
thehubcook@gmail.com

HAPPY EASTER



The First & Second THRIFT STORE is reopening soon!

Please save your like-new discards for the new store (in the Birchbark building downtown) We'll be collecting clothing, dishes, household goods of all kinds, medical and pet items, books, games, puzzles, and toys. We hope to start accepting donations in May. Help us promote a circular economy in Cook County by recycling household items.

AND

If you volunteer in the store, you'll earn credit toward a donation to your favorite local non-profits. (Last year, \$20+ an hour)

Contact us at 1stand2nd@boreal.org

Mission Statement

The mission of the Cook County Council on Aging is to enhance the quality of life for all, through programs, resources and services and to support health, economic, social and cultural needs.

HAPPY EASTER
Sunday, April 9th



SUPPORT SERVICE AT THE HUB!

If you need assistance filling out paperwork, applications, legal forms, etc. Donna Lunke will be at The Hub on the second Tuesday of each month to assist with any of these tasks.

Tuesday, April 11, 2023

Place: The Hub – 10 Broadway, Grand Marais, MN

Dates: Second Tuesday of each month

Time: 11:00 a.m. until 2:00 p.m.

Questions call The Hub at (218) 387-2660.

First come, first served starting at 11:00 am.

Donna is a certified Notary Public

Grand Marais/Cook County Food Shelf

- Fresh and shelf-stable food, plus two vouchers for dried goods and produce redeemable in Grand Marais grocery stores
- For those in crisis or within income guidelines
- Open every Monday 3-5pm and 1st Wednesday of the month 5-7pm
- Register on site during distribution hours

Food shelf location:
First Congregational Church
300 W 2nd St, Grand Marais
218-387-2113

Ruby's
PANTRY

Next Pop-Up Pantry is Tuesday

April 11, 2023

317 West 5th Street

Grand Marais, MN 55604

DAYS AND HOURS

2nd Tuesday of the Month

Registration begins at 4:30 PM

Food bundles available 4:30-6:00 PM

MEALS ON WHEELS

- Lunches delivered from the Hub/Senior Center to Cook County adults 60+ or homebound
 - Fresh meals delivered Monday-Friday; frozen meals available for weekends
 - Delivery within 5-mile radius of Grand Marais
 - \$4.50 suggested donation per meal
- To register or for more information, contact the Arrowhead Economic Opportunity Agency at 1-800-662-5711



Mobile Food Pantry Program

Our Mobile Food Pantry Program provides a monthly supply of supplemental nutritious food to those who meet our income qualifications or are in crisis. Our availability varies but you may receive shelf-stable, fresh or frozen protein, grains, fruits, vegetables, and dairy. Items like cereal, pasta, brown or white rice; protein like beef, chicken, tuna, or peanut butter; dairy like milk or cheese; fruits, vegetables and more.

Distribution Information:

The 4th Wednesday of Every Month in 2023 (rain or shine)

- Grand Portage Community Center, 11:30am-Noon
73 Upper Road, Grand Portage, MN
- Cook County Community Center, 1:30-2:00pm
317 W. 5th Street, Grand Marais, MN

Additional Information:

- Distributions are a low-contact, safe, drive-through format
- Please be ready to provide basic information like name, address, number of people in your household and household income
- Please make sure your vehicle has capacity for 1-2 boxes of food (limit 4 households per vehicle)



FIBER FRIDAYS 1-3 PM (Friday's at The Hub)

Do you have a favorite "fiber craft" you either do or would like to know more about? Do you Knit? Crochet? Weave? Spin? Felt?

Join us for what we're calling "Fiber Fridays" every Friday from 1-3 PM. Each session will include a demonstration of something, maybe some instruction but mostly fellowship as we enjoy our fiber crafts in community with other fiber enthusiasts.

Our first session (March 3rd) will be a combination of finding out what folks would like to do, and to add a bit of structure to the day, I will offer a demonstration of spinning on a wheel. I will bring some yarns I have spun for folks to see, and I will have some fiber bits so people can try their hand at spinning and maybe even plying.

Spinners: bring your wheel or spindle, some roving and perhaps some yarns you have spun so we can 'ooo' and 'aaahhh' over the wonderful ways that loose, unstructured animal fibers can become durable, stable, usable yarn by merely twisting the fibers together.

Don't spin? Come watch and visit.; bring a project you're working on. Open to all ages!

HEALTHCARE LOAN CLOSET

Check with The Hub/Senior Center next time you are in need of durable medical supplies. Lots of great supplies have been donated to The Hub! We, in turn, loan items out to those who need them. You may keep the item as long as you need it and return it to us when you are done. Items typically on hand are: Walkers, Canes, Commodes, Shower Chairs, Wheelchairs & other miscellaneous supplies.

Call 218-387-2660, we'll be glad to help!

Cook County VITA/TCE Tax Assistance

Once again Cook County VITA/TCE tax assistance volunteers are ready to help low and moderate income folks and all folks 60 or over with their individual income tax returns.

In Person Hours are 9:00 AM to 3:00 PM every Tuesday from Feb. 7th through April 18th at the Cook County Community Center main room at 315 West 5th Street in Grand Marais, MN.

Assistance is on a first come first served basis - no appointments needed or taken.

We also have two additional sites in Cook County that are available for "drop off & pick up later" tax processing. These are at the Tofto Town Hall from 9:00 AM to Noon on Tuesdays during the tax season starting Feb. 14th through April 18th and at the Grand Portage Post Office starting Feb. 1st through April 14th during regular post office hours there.

This option of dropping off your tax documents & picking up the finished returns later will also be available on Tuesdays in Grand Marais at the community center. Interviews will be done by phone for all "dropped off" tax returns.

Bring all your tax documents, social security cards for all in your household to be listed on the tax return and photo IDs for adults.

You will be asked to do an intake form and our volunteers will do an interview and review your documents and in most cases we should be able to E-file your Federal and Minnesota tax returns. We also can process and E-file Minnesota homestead property tax refunds and rent refunds for those eligible.

This service is sponsored by the IRS and our volunteers undergo IRS approved tax training. These are members of your community that enjoy using their skills to assist others in our community.

Looking for **VOLUNTEER** volunteers!



We have many opportunities available for volunteering at The Hub. **We are especially in need of kitchen help.** If you are interested in helping us out, please call 218-387-2660

Visit us at grandmaraishub.com

We continue to work on updating & improving information on our website.



Men's Sober Support Group

Where: The Hub (Senior Center)

When: Every Wednesday 6:30 (Always popcorn, coffee and tea provided)

*Starting March 7th

Are you interested in examining a sober lifestyle (sober curious)? Are you starting to question your relationship with alcohol? Or, do you just need some support to maintain a commitment to sobriety?

What will happen?

Every evening there will be a short presentation, followed by small group discussion. No long lectures, just great discussion and encouragement. The goal is to allow folks to share their personal journey toward sobriety. Successful practices will be discussed that have helped folks in the sober journey. This will be done in a grace filled atmosphere, hopefully with some humor!

Up to date information will be shared on the benefits of sobriety and how to maintain sobriety.

Literature, websites and other resources will be available.

Interested? Call The Hub at 218-387-2660.

Send inquiry emails to: thomas5400@mail.com

Tai Chi

Instructor: Bruce R. Tyler; Board-Certified Instructor

Having discovered the benefits of Tai Chi in his sixties, Bruce is particularly interested in working with older adults to maintain and improve their functional movement and balance, help prevent falls, and provide opportunities for social interaction.

Why do people practice Tai chi?

- Reactivates mindful body connection
- Improves balance & helps prevent falls
- Pain reduction (gentle, slow movement lubricates joints)
 - Improves mood
 - Fosters social interaction

Tuesdays at 10:30 –11:30

Walk-ins welcome!

Comfortable clothing and shoes are suggested
Please call The Hub if you have any questions
at 387-2660.

Chair Yoga for Strength & Ease of Movement

Instructor: Nancy Giguere, Registered Yoga Instructor

Nancy began her study of Yoga in here 50s and is especially interested in working with older & “non-typical” students. Her classes emphasize the development of mindful awareness through explorations of range of motion, alignment, strengthening, function, breathing, and relaxation.

Chair Yoga for Strength & Ease of Movement

Sitting in a chair or standing using the chair for support, you'll explore the mind-body connection through yoga postures and other forms of movement.

Wednesdays at 10:30 -11:30

No charge for class & open to all - Walk-ins welcome

Comfortable clothing are suggested

Call The Hub 218-387-2660 if you have any questions.



The next Foot Care Clinic is

Tuesday, April 18, 2023

Place: The Hub – 10 Broadway, Grand Marais, MN

Dates: Third Tuesday of
every month

Time: 8:30 a.m. until finished

Details:

**Schedule an appointment by calling the Hub at
(218) 387-2660.**

First come, first served starting at 8:30 am.

Patients must remain masked at all times.

Patients need to bring their own:

- Foot basin
- Towel
- \$10 cash

Clinic staff will be using the same infection control protocols that are in place at the clinic.



New,

Guys Coffee & Conversation!

Hey Guys, join others for coffee & conversation on Thursdays at The Hub starting at 11:00!

Stop down and start your Thursday mornings off with a great cup of coffee & conversation!

The focus of the group is purely social based on coffee, conversation, & friendship!

“Boundary Waters Coffee” provided by:
Tyler & Jess Dean
Owners of Ben Franklin,
Grand Marais

Cards, Crafts, Clay, & Coloring

Join us on Tuesdays & Thursdays at 12:30

Everyone welcome and open to all!

Painting on Canvas

Card Making Paper Crafts
DIY Projects Adult Coloring
Clay Projects Rock Painting

Supplies provided. Come learn some fun crafting techniques

Open to ideas and projects ideas!



Make & Take Project!

Thursday, April 20th

10:00-12:00

Come paint your very own handmade Mug. (made by Mike from Grand Marais Pottery)

You'll use special glazes that go on just like regular paint. Once you have it painted Mike from "Grand Marais Pottery" will fire it in his kiln and have it ready for you to pick up at The Hub



Tech Support at The Hub

We are happy to announce that John Jacobsen from *Jake's Computer & Technology Services* will be offering free tech support to the public on Fridays from 1:00-3:00. This is in addition to our tech support provided by the Boreal interns.

Anyone from the community is welcome to come in for free one-on-one tech support assistance.

No appointments, walk-ins on first come first serve basis.



MN Drivers Test & Exams

MN Drivers Test & Written exams monthly at The Hub on the second and fourth Tuesday

10:30 a.m.- 2:00 p.m.

April 11 & 25



Texas Hold Em'

Join us on Tuesdays at 12:30 to play or learn the game of Texas Hold Em'.

Monthly prize given to player with highest score!

Bridge

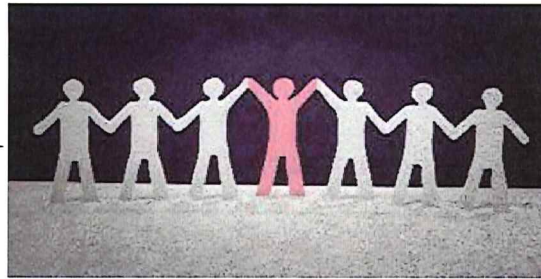
Interested in playing or learning how to play Bridge? Join us on Wednesdays at 12:30 play or

500 Card Game

Friday afternoons at 12:30!

Stronger Than You Know: Uncovering Your Core Connections

Using Eco-mapping to visualize your support network



Saturday, April 15, 2023 • 9am – 12pm

Cook County Higher Education—In person or online via Zoom

Uncover and celebrate the positive connections you already have to age well – and discover ways to enlarge your circle of support. This hands-on workshop will give you the opportunity to create your own eco-map with the help of professionals who are trained in the process. We believe participants will especially benefit from attending in person, but we're pleased to offer a Zoom option as well!

- **\$20 per participant (includes a light breakfast, refreshments and materials)**
- **Scholarships available**
- **Registration deadline April 12**
- **Register online at Cook County Higher Education (mycche.org)**

Workshop Presenters



Stacy Remke, MSW, Teaching Specialist, University of Minnesota School of Social Work

Stacy has over 25 years of experience in pediatric palliative and hospice care, with a passion for helping families cope with serious, life-threatening illness. She has traveled the world as a part of a teaching team on palliative care and has led Death Cafés and grief and loss groups for many years. Stacy leads workshops with an engaging, empowering style that provides freedom for curiosity and compassion.



Julie Wilson, MSW, LGSW, Executive Director, Care Partners of Cook County


Julie has worked in aging services across a broad spectrum of settings for over 15 years. She has experience in direct client practice as well as management in community services, home care, assisted living, and nursing homes. Julie has a passion for the transitions of life and the journeys we take together.



PO Box 282
Grand Marais, MN 55604
(218) 387-3788



301 West 3rd St, PO Box 57
Grand Marais, MN 55604
(218) 387-3411



Elders & Caregivers Gathering

"Sharing the Care"

April 12, 2023 8:30am – 4:00pm

Location: Grand Portage Lodge & Casino
Kitchi Ki Gi Tong Room, 70 Casino Drive
Grand Portage, MN 55605

Join us as we share information
& resources on,
Dementia, Caregiving, Nutrition,
Health & Wellness & much more!
Information booths, speakers,
ice breaker game
Lunch Provided



Presented in Partnership by
Grand Portage Elderly Nutrition
Program
Grand Portage Nutrition Program

To register & request transportation:
Contact Polly James
Email: enpdirector@grandportage.com
Phone: 218-475-2002
On site registration welcome



PO Box 282
513 5th Ave W, Ste 106
Grand Marais, MN 55604

Support and Companionship on the Journey of Aging and Serious Illness

Care Partners of Cook County provides vital support and services to help clients and their families address the transitions of aging, serious illness and end of life with safety, dignity, and confidence.

Death Café



Education and Conversation about Death and

Through Death Cafés, seminars, and workshops Doulas endeavor to destigmatize death and help people have a greater understanding and more conscious relationship to mortality both for others and for themselves.

Death Café is an open and non-directed friendly conversation on the topic of death, typically over tea and cake or other refreshments.

Fourth Thursday of each month

6:30 - 7:30pm

In person @ The Hub/Grand Marais Senior Center

OR online via Zoom

Email Pat Campanaro at pcampanaro@gmail.com

Call Pat at (651) 336-2964

(<https://us02web.zoom.us/j/87031418892>)

Memory Care Café

Thursday, April 20th from 1:00 – 2:30pm at the Hub/Senior Center

10 North Broadway Ave. in Grand Marais

A Memory Café is a free, casual gathering where people with memory loss and the family or friends who care for them can come together in a safe, supportive, relaxed environment. Guests share conversations over a cup of coffee and games, crafts, music or other simple activities. Memory Cafés are not a form of respite care. Instead, they offer a place where both caregiver and care recipient can enjoy one another's company and interact with others who share similar experiences.

The Cook County Memory Café will meet on the third Thursday of each month beginning in November through the support of the Lloyd K. Johnson Foundation, Live Well at Home and the Grand Marais Hub/Senior Center. For more information, call Care Partners at 387-3788

APRIL 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Egg Bake Hashbrown Sausage Juice Yogurt	Taco Salad w/Fixins Tortilla Chips Cottage Cheese Dessert	Philly Cheese Steak Sandwich Ramen Slaw Rice Krispy Bar	Salisbury Steak Mashed w/Gravy Corn Dinner Roll Fruit	Ham Dinner Sweet Potatoes Stuffing Green Beans Blueberry Des- sert
10	11	12	13	14
Cheeseburger on A Bun Potato Salad Pickle Dessert	BBQ Chicken Stuffing Calif. Blend Veggies w/Cheese Pudding	Porkchops Mashed Potatoes w/Gravy Roasted Brussel Sprouts & Carrots Applesauce	Spaghetti w/Meat Sauce Salad Dinner Roll Jell-0	Sub Sandwich Chips Cottage Cheese Pickle Pudding
17	18	19	20	21
Biscuits & Sausage Gravy Hashbrown Peas Juice Banana Bread	Beef Burrito Spanish Rice 3 Bean Salad Dessert	Sweet & Sour Chicken Rice Egg Roll Dessert	Pizza Salad Dessert	Pulled Pork on A Bun Ramen Coleslaw Baked Beans Fruit
24	25	26	27	28
Chicken Sandwich On a Bun Coleslaw Pickle Dessert	Meatloaf Mashed w/Gravy Carrots Bread Jell-O	Chef's Salad Dinner Roll Dessert	Chicken Alfredo Over Noodles Garlic Bread Cauliflower Fruit	Lasagna Garlic Bread Salad Carrot Cake

Must be pre-registered and approved for Meals on Wheels

Call AEOA at 1-800-662-5711 ext. 7323 to register and call the Center at 387-2660 by 9:30am

on day service is desired, or on Monday's to register for the week.

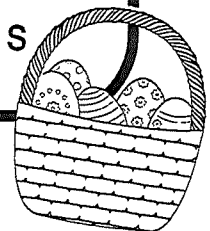
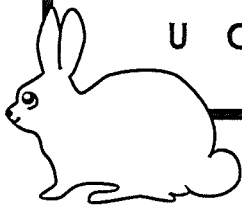
Lunch served Monday - Friday 12:00 pm

April Activities & Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
		10:30 Chair Yoga w/ Nancy 12:30 Bridge	11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring 6:30 Death & Grief Café'	9:30 Free Arrowhead Bus 12:30 Cards - 500 1:00 Tech Support 1:00 Fiber Friday
10	11	12	13	14
1:30 Council on Aging Board Mtg.	10:30 DMV 10:30 Tai Chi w/Bruce 12:30 Crafts, Cards & Coloring 12:30 Texas Hold Em	1 0:30 Chair Yoga w/ Nancy 12:30 Bridge 6:30 Men's Sober Support Group	11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring 6:30 Death & Grief Café'	9:30 Free Arrowhead Bus 12:30 Cards - 500 1:00 Tech Support 1:00 Fiber Friday
17	18	19	20	21
	8:30 Footcare Clinic 10:30 DMV 10:30 Tai Chi w/Bruce (no Tai Chi today) 12:30 Crafts, Cards & Coloring 12:30 Texas Hold Em	10:30 Chair Yoga w/ Nancy 12:30 Bridge 6:30 Men's Sober Support Group	10:00 Disaster Preparedness 10:00 Make & Take Project Pottery Painting w/Mike "Paint a Coffeee/Tea Mug" \$10.00 11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring 1:00-2:30 Care Partners' Memory Café' 6:30 Death & Grief Café'	9:30 Free Arrowhead Bus 12:30 Cards 500 1:00 Tech Support 1:00 Fiber Friday
24	25	26	27	28
	10:30 DMV 10:30 Tai Chi w/Bruce (Tai Chi resumes) 12:30 Crafts, Cards & Coloring 12:30 Texas Hold Em'	10:30 Chair Yoga w/ Nancy 12:30 Bridge 6:30 Men's Sober Support Group	10:00 Cribbage 11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring 6:30 Death & Grief Café'	9:30 Free Arrowhead Bus 12:30 Cards 500 1:00 Tech Support 1:00 Fiber Friday



J K J A H T B C B U L Q N S J Z
E X M A R U P A S W X Q S P H G
X G A P A L X R S O B N F E G B
W S G L A I V R V K A U L E R Y
S P H S J P R O R E E N O P A C
C R J Z N S Z T B S Y T W S S H
H I D B R J X Y T Q L F E J S I
O N V O Z J L F U I Z C R S Z C
C G F T N L V J A D U K S A D K
O N F X E A S T E R B U N N Y S
L H H J T K N K R O K Q N L X G
A Q F B S O S Z O L H I R R Z D
T L M P T L Q D E C O R A T E Y
E A L T J L S U N D A Y Y D L E
L Y O D U G R E O H U N T I T N
U C G A K D M Z O N B E L U Y S

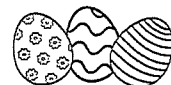


BASKET
CARROT
CHICKS
CHOCOLATE
COTTONTAIL

DECORATE
DYE
EASTER BUNNY
EGGS
FLOWERS

GRASS
HUNT
JELLY BEANS
LAMB
LILY

PEEPS
SPRING
SUNDAY
TULIPS



Card Games



BACCARAT
BLITZ
BRIDGE
CANASTA
CASINO
CRIBBAGE
EUCHRE
FAN TAN
FREE CELL
GO FISH

HEARTS
MAO
NERTZ
OH HELL
OLD MAID
PATIENCE
PINOCHLE
PIQUET
POKER
PYRAMID

ROOK
RUMMY
SKAT
SLAP JACK
SNAP
SPADES
SPIT
WAR
WATTEN
WHIST