



FEBRUARY 2025



10 North Broadway Ave.
P.O Box 67
Grand Marais, MN 55604
218-387-2660
cccoa@boreal.org
grandmaraishub.com
Hours: Monday –Friday
8:00 a.m.- 4:00 p.m.

Staff

Programs & Activity Director
Chris Bautch cccoa@boreal.org

Bookkeeper
Becky Isbell
mrsisbell@hotmail.com

Kitchen
Carmen Kivi-Grogan
thehubcook@gmail.com

**Cook County
Council on Aging**

Chair Todd Smith
twsmithsas.ts@gmail.com

Vice Chair Jes Rodne
jmrodne@gmail.com

Secretary Gwen Lenz
gwlenz@boreal.org

Treasurer
Jan Smith
flannelmoosestudio@gmail.com

County Commissioner
Representative
Debra White
Debra.White@co.cook.mn.us

At Large Members
Linda Bauer
gmyarnlady@gmail.com

Cindi Shaughnessy
shaughnessycynthia@gmail.com

"LOVE THE HUB"
Pasty Sale!



Pre-book your order
homemade freshly-baked
pasties by calling The Hub at
218-387-2660.

Pre-orders will be
taken until Thursday, February 13th
by 3:00 p.m.

\$8.00 Ea. (Check or Cash only)

Pasties will be available for pick up at
The Hub, (10 N. Broadway Ave.)

February 20th & 21st from 8:00-3:00.

These traditional recipe pasties are made with
ground beef, potatoes, carrots, rutabaga, onion
and seasonings baked in dough.

Mission Statement:

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



Breakthrough T1D™

Formerly JDRF

Northland Diabetes Support

Type 1 and Type 2 Diabetics

Topic this month

Diabetic Med bag and Emergency supplies

- Meet others in your community and explore resources to help you and others on their journey with diabetes

Tuesday February 4th, 2025

5:30 pm

Cook County Higher Ed Center

300 W 3rd St.

Room 214

All are welcome!

*supported and funded by Breakthrough T1D (JDRF)

Questions contact Mike at 218 370 0789

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

Location: First Congregational Church
300 W. 2nd St. Grand Marais, MN
218-387-2113

Ruby's PANTRY

**Next Pop-Up Pantry is Tuesday
February 11, 2025**

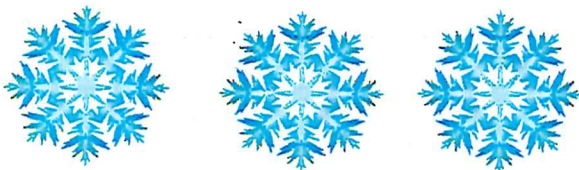
317 West 5th Street Grand Marais, MN 55604

DAYS AND HOURS 2nd Tuesday of the Month

Registration begins at 4:30 PM

Food bundles available 4:30-6:00 PM

Hosted by: Spirit of the Wilderness Church



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)



second harvest northern lakes food bank
4503 Airport Boulevard, Duluth MN 55811 | 218-338-2312 | info@northernlakesfoodbank.org

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

FREE MEDICARE COUNSELING AND PRESENTATIONS PROVIDED BY THE SENIOR LINKAGE LINE

This service provides one-on-one appointments, in-person or by phone appointments, to help older adults navigate the often-complex process of enrolling in Medicare or supplemental health insurance policies. They also offer presentations in-person or virtually. Join a presentation on Medicare 101, Health Care Fraud and Scams, Health Care Directives, or How the Senior LinkAge Line Can Help You. You can register for these presentations at trellisconnects.org/gethelp/upcoming-presentations/. You've got questions. We've got answers. Call the Senior LinkAge Line at 800-333-24