

THE HUB
COOK COUNTY
COUNCIL ON AGING

P.O. BOX 67
10 N. BROADWAY
GRAND MARAIS, MN 55604
218-387-2660
FAX 218-387-2317

MISSION STATEMENT

"The Mission of The Hub/Senior Center, is to be the center of activity for adults in the community providing resources, programs, and activities that promote healthy lifestyles, cultivate relationships and enhance lifelong learning."

EXECUTIVE COMMITTEE

Board Chair

Vilnis Neilands
hubchair@boreal.org

Vice Chair

Glenda Wickwire
gwickwire0129@gmail.com

Secretary

Evalyn Carlson
evalyn.carlson@gmail.com

Treasurer

Gwen Lenz
gwlenz@boreal.org

County Commissioner

Representative

Myron Bursheim
Myron.bursheim@co.cook.mn.us

Members at Large

Lois Johnson
Bill Shaffer
Roxanne Berglund
Dale McIntire

STAFF

DIRECTOR

Bev Green
seniors@boreal.org

**PROGRAM & SERVICES
COORDINATOR**

Chris Bautch
cccoa@boreal.org

KITCHEN MANAGER

Ann Kiral

THE HUB

MARCH 2020



Lunch At The Hub

Lunch is served each day Monday-Friday at 12:00 p.m.

Call by 9:00 a.m. to reserve a spot for lunch.

60 yrs. & over \$4.00

Under 60 yrs. \$7.50

Lunches include: Entrée /Vegetable/Fruit, Dessert & Milk

Meals on Wheels (MOW)

Must be pre-registered and approved for MOW. Call AEOA 1-800-662-5711

Birch Bark Containers - March 18th 12:30



Instructor: Beth Homa Kraus

Join us March 18th at 12:30 at The Hub to learn about the harvest, weaving, and use of the paper birch. Don't miss this exciting opportunity to learn to design and weave your very own container or basket to bring home. *No cost to attend & open to all ages.*

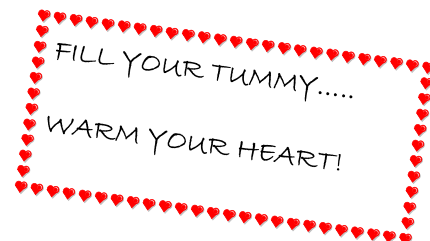
Beth Homa is a full-time basket weaver.. After studying painting in college and working as a caseworker for the homeless, she interned at North House Folk School where she learned many traditional crafts including boat building, but mostly different styles of basketry. This sparked her obsession with birch bark, which is now her main medium. She sustainably harvests and processes her own materials by hand. Beth is always trying to figure out what she can make out of birch bark next and how to share this durable and beautiful material with people.

Cook County Memory Café

Care Partners is excited to offer a Memory Café on the second Thursday of the month, the next Café will be **Thursday, March 12th 1:00 – 2:30pm at The Hub/Senior Center** in Grand Marais.

The challenge of living with memory loss can make social connections more difficult just when they may be most helpful. 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. Contact Kay Grindland at 218-387-3788 for more information **The Hub** is honored and happy to host a meeting place for our friends of The Cook County Memory Café.

**Stop down for a visit and see what is happening at The Hub!
Complimentary fresh brewed coffee served daily!**



Time to
Spring Ahead

**Daylight Saving Begins!
Don't forget to set your
clocks forward March 8,
2020**



HAPPENINGS AT THE HUB

Medicare Counseling

Medicare representatives will be here on March 18th from 9:00-3:00. Appointments will be taken by calling 1-800-333-2433. **Open to the public.**

Intergenerational & Mentor Program

March 17Th 10:00 a.m.

Bringing Adults & Children Together!

The Hub Mentors will join Ms. Dumas' 5th grade class monthly to work together on projects, reading, crafting and other activities.

March 17Th - 5Th grade students from Ms. Dumus' class will be coming down to The Hub to work on a fun project and reading with our mentors.

We need more mentors to help us with this program, please consider volunteering and mentoring our students. Call Chris at The Hub 387-2660 if you have any questions. Join us for a fun & rewarding experience working with & helping youth in our community!

BLOOD PRESSURE - FREE

BLOOD SUGAR - \$3.00

First Tuesday each month, starting at 10:30 a.m. Nurses from Sawtooth Mtn. Clinic are here to check your blood pressure and blood sugar.

No appointment necessary.

FOOTCARE

Third Tuesday of each month 9:00 a.m.-11:00 a.m. (please arrive no later than 10:30a.m.) First come first served. No appointment necessary. Cost \$10.00. Bring a towel and basin to soak your feet in.

No appointment necessary.

- **Third Tuesday/Month 9:00-10:30 a.m.**

HEALTHY LIVING GROUP

A group that enriches the mind by providing a gathering place for people to come share good food, communicate about topics in life, create community support and friendships with each other, learn healthy tips, socialize and always to share a lot of laughter!!

If you would like to know more, please call the senior center at 387-2660 or drop in Mondays at 1:30 & join the group.

- **Mondays 1:30 p.m.**

Tech Support

Available on the 4th Monday of each month from 1:00-3:00 p.m.

There is no charge for this program. This volunteer program is provided by student interns from Boreal.

Mark Your Calendar

Tech Support Dates:

March 30

April 27

May 18 (3rd Monday)

Extra interns can be available to assist with one on one support. Let us know if you would like to have one on one support. Call 387-2660 or stop by. This is a good time to learn how to use and set up Facebook, learn to how to do a search on Google or set-up an email account.

PINCUSHION QUILTERS PLUS

Meetings First & Third Thursdays

The Hub/Senior Center 10:30 a.m.

We have no dues, we have no don'ts.

We welcome all people interested in fiber projects, not just quilters.

- **First & Third Thursday/Month 10:30 a.m.**

MN Drivers Test & Exams

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

8:00 a.m.-2:00 p.m.

The Hub Bus

Our 14 passenger bus is available for rentals to transport your group to meetings, events or parties.

Call 218-387-2660 to talk to one of our staff.



HAPPENINGS AT THE HUB

Book Club

The Book Club meets the 3rd Thursday of every month 1:00 p.m. at The Hub.

Drop-in Calming Coloring

Most Wednesdays, 12:30-3:00. Join us for drop-in coloring! Relaxing, de-stressing and low key fun. Supplies will be provided, but you are welcome to bring your own!

Greeting Cards



We have a large selection of greeting cards available for purchase at The Hub!

**\$.50 each
or 3 for \$1.00**

This is a great deal on greeting cards and the proceeds help to support programs & activities at The Hub. Stop down and check it out!

Thank you for your support!

CARDS

Fridays 12:30 p.m. Interested in playing? Stop down, we need more players!!

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

Friday Matinee Movies!

Join us on Fridays beginning at 12:45 for a matinee movie & popcorn!



Make & Take Crafts, Coloring and Clay

Join us weekly at The Hub on Tuesdays & Thursdays beginning at 12:30 for crafts, coloring, clay & card making.

Do you find you don't have enough time to do those craft projects? Don't have enough room to spread out? Bring your project to work on or join us for a variety of craft projects to work.

Come in for a cup of coffee and enjoy time with friends while working on whatever you like.

Cook County Veteran's Service Officer

Pat Strand, Veteran's Service Officer, will be at The Hub on the second Thursday of each month from 11:00-12 to offer support & assistance for Veterans. Pat will be available to answer questions, assist with paperwork, applications, & an outreach person for resources and services.

No appointment necessary, but can schedule a one on one appointment if needed.

No charge and open to all Veterans and families!

We welcome Pat to The Hub and thank her for her Service!

**Pat Strand
Veteran's Service Officer**

veteran.services@co.cook.mn.us

411 W. 2nd Street
Grand Marais, MN 55604
PH: 218.387.3639

Meeting & Event Space Rental (Building Rental)

The Hub is available to rent for meetings or for that special event (birthday, showers, consultant parties, etc.). Rent with or with or without use of the kitchen.

We also have a variety of tables and chairs that are available to rent.

The Hub building and/or kitchen is a wonderful facility available to accommodate your needs. Stop by and check out our facility or call (387-2660) and talk to one of our staff.

Please note: Although we make every effort to ensure that the information in our newsletter is accurate, sometimes we make an error, or information has changed since the publishing date. Please feel free to contact us at (218)387-2660 or cccoa@boreal.org

Health & Wellness

EAT MORE CABBAGE Studies show that women who eat cabbage or sauerkraut 4+ times a week are 74% less likely to develop breast cancer. It's the most beneficial raw or lightly cooked, as part of a crisp slaw or atop fish tacos.

Tips from IdentityTheft.gov (<https://www.identitytheft.gov>)

These tips can help secure your identity:

1. Neither Medicare nor Social Security will call to ask for your bank account information or SSN.
2. There will never be a fee charged to obtain a Social Security or Medicare card.
3. Never give out personal information over the phone to someone you do not know.
4. Sensitive personal and financial documents should always be kept secure.
5. Review all medical bills to spot any services that you didn't receive.

Winter Smoothies That Fire Up Your Internal Temperature

Warm Banana Maple Walnut Smoothie

Ingredients:

- ¾ cup hot water
- 1 peeled ripe banana
- 3 tablespoons chopped raw walnuts
- ¼ teaspoon cinnamon
- ¼-inch knob fresh ginger
- 2 or 3 pitted organic dates
- 1-2 tablespoons maple syrup

Directions: Blend in high speed blender until smooth. NOTE: If blender has glass container, let water cool a little first as glass can crack or even shatter if too hot.

Green Power Smoothie

Ingredients:

- 1/2 cup frozen blueberries
 - 1 tablespoon cocoa powder, preferably raw
 - 1/2 avocado
 - 1/2 small frozen banana
 - 1 handful baby spinach or other greens
 - Pinch of cayenne
 - 1 tablespoon raw honey
 - 2 cups water
- Combine in blender or food processor

MARCH



SUGGESTIONS WELCOME!

Use our Suggestion Box or send an email! We are always interested in your Suggestions and Feedback! It's easier for us to remember them all if they are in writing.

Thank you! cccoa@boreal.org

SCHEDULE MARCH 2020

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2	3	4	5	6	7
	1:30 pm - Healthy Living Group 1-4pm Felt Group 7pm - AA	7:15 Arrowhead Duluth Bus 9:30 Board of Directors Mtg 10:30 Blood Pressure 12:30-2:30 Make & Take Crafts, Cards, & Coloring		10:30am Pincushion Quilters 12:30-2:30 Make & Take Crafts, Cards, & Coloring 7pm - AA	Free Ride Friday Arrowhead Transit (Grand Marais Only) 12:30 Cards 12:30- Matinee Movie & Popcorn 6:00 Elderberry Syrup & Fire Cider Class	
8	9	10	11	12	13	14
	1:30 pm - Healthy Living Group 3:00 pm Felting Group 7pm - AA	7:15 Arrowhead Duluth Bus 9:30 Board Dirct. Mtg. 10:30 Blood Pressure 12:30-2:30 Make & Take Crafts, Cards, & Coloring		11:00 Veteran's Officer 12:30-2:30 Make & Take Crafts, Cards, & Coloring 1:00-2:30 Memory Care Café 7 pm AA	12:30 Cards 12:30- Matinee Movie & Popcorn	
15	16	17	18	19	20	21
	1:30 pm - Healthy Living Group 7pm - AA	7:15 Arrowhead Duluth Bus 9:00 am Foot Care 12:30-2:30 Make & Take Crafts, Cards, & Coloring	9:30 Medicare 10:00 Sewing Aprons 12:30 /Birch Bark Baskets 12:45-2:00 Crafting & Coloring Group	12:30 Music: Tom Knutsen 12:30-2:30 Make & Take Crafts, Cards, & Coloring 7 pm AA	Free Ride Friday Arrowhead Transit (Grand Marais Only) 12:30 Cards 12:30 pm Matinee Movie & Popcorn	
22	23	24	25	26	27	28
	1:30 pm - Healthy Living Group 3pm Felting Group 7pm - AA	7:15 Arrowhead Duluth Bus 8:00 MN Drivers 12:00-1:00 Legal Aid 12:30-2:30 Make & Take Crafts, Cards, & Coloring 7 pm Fiber Guild Mtg.		10:30am Pincushion Quilter 12:30-2:30 Make & Take Crafts, Cards, & Coloring 7pm - AA	12:30 Cards 12:30 Matinee Movie & Popcorn	
29	30	31				
	1:00-3:00 pm Tech Support 1:30pm - Healthy Living Group 3pm - Fiber Guild 7pm - AA	7:15 Arrowhead Duluth Bus 4 pm Arrowhead Animal Rescue Mtg. 12:30-2:30 Make & Take Crafts, Cards, & Coloring		12:30-2:30 Make & Take Crafts, Cards, & Coloring 7pm - AA	12:30 Cards 12:30 Matinee Movie & Popcorn	

LUNCH MENU MARCH 2020

(Menu subject to change)

Sun	Mon	Tue	Wed	Thu	Fri	Sa
1	2 Hearty Chowder Egg Salad Sandwich Lemon Bars	3 Ham & Cheese Stuffed Potato w/Peas & Fresh Fruit	4 Chef's Salad A Muffin & Slice of Melon	5 Stew & Biscuit Salad Jell-O	6 Joyce Kehoe's Chicken Enchilada Re-Fried Beans Corn Pudding	7
8	9 Homestyle Chili Corn Bread Salad Homemade Brownie	10 Hungarian Porkchop Mashed Potato & Fruit Salad	11 Baked Chicken W/ Potato & Gravy Fresh Squash Cake for Dessert	12 Ham Dinner Sweet Potato Green Beans Cake	13 Herbed Chicken Caesar Salad Fruit	14
15	16 Sweet & Sour Chicken Over Basmati Rice w/Brussel Sprouts Fruit	17 Tater Tot Breakfast Casserole Fruit Muffin	18 Cream Cheese Tomato Soup Grilled Cheese Sandwich Cookie	19 Sunday Pot Roast w/Potatoes & Gravy Beets	20 Taco Salad Chips Fruit	21
22	23 Lou Petti john's Mexican Meatloaf Baked Potato Applesauce	24 Rigatoni w/Sausage & Peas Salad & Fruit	25 Country Shepherd Pie Brussel's Sprouts & Crisp for Dessert	26 Boiled Dinner Biscuit Bread Pudding	27 Beer Battered Fish Baked Potato Coleslaw	28
29	30 Goulash Dinner Salad Fruit for Dessert	31 Pork Tenderloin w/Cabbage Bean Sprouts Apple Sauce For Dessert				

Please call The Hub (Senior Center) by 9:30 a.m. on day service is desired,
or on Monday's to register for the week.

The Hub ▪ 10 N. Broadway ▪ PO Box 67 ▪ Grand Marais MN 55604 ▪ 218-387-2660 ▪ Fax 218-387-2317
Lunch served Monday –Friday*** Seniors over 60 yrs.: \$4.00***Regular Price: \$7.50

Interested in Meals on Wheels Program? Must be pre-registered and approved for MOW.

Call AEOA at 1-800-662-5711 ext. 7323