



# April 2024

Hopefully, Spring is upon us and we can look forward to warmer, longer days and more sunshine!

Spring cleaning can also relate to your health and well being. Take the time to breathe and re-center yourself.

Connecting with others can be a good start. The Hub has many opportunities to meet new friends and get involved with our activities & programs!

Thank you for taking the time to sign in when visiting The Hub, our numbers help with grants and funding.

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

**Kitchen Coordinator**  
Carmen Kivi-Grogan  
thehubcook@gmail.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** Todd Smith  
twsmithsas.ts@gmail.com

**Larry Dean**  
larrythomasdean309@gmail.com

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

*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 cultural needs.

*April is Volunteer Appreciation Month, so we would like to*



*to all of our volunteers!*  
*We could not do it without you!*

*We are truly grateful for you all & all you do!*

## Memory Café

Memory Café is a monthly gathering for people who are living with dementia and those who are caring for them. The Café offers a safe, supportive, relaxed environment to enjoy light refreshments, casual conversation and friendly connections with others who know the dementia journey first-hand. Each month we are also joined by a special guest who will share stories, offer their talents, or perhaps encourage us to try our hand at a fun, easy activity! The Cook County Memory Café meets at The Hub the third Thursday of each month from 1:00pm-2:30pm April through October and online via Zoom January through March.



A Death Café isn't a place, but an event in which people are invited to express their thoughts, dreams, questions and concerns about death and dying. Paradoxically, sharing about death often inspires participants to embrace a more meaningful life.

The Death Café meets the fourth Thursday of each month from 6:30 – 7:30pm. These confidential gatherings are open to everyone!

Attend in person at The Hub/Senior Center (tea and healthy snacks will be served!)



Death Café is hosted by Cook County's End of Life Doulas

[Click here to learn more about Cook County's End of Life Doulas](#)

Questions? Call Pat at 651-336-2964 or email [pcampanaro@gmail.com](mailto:pcampanaro@gmail.com)

<https://agingwellresources.org/>



**Aging Well Resources**

COOK COUNTY ✦ MN



### The next Foot Care Clinic is

**Tuesday, April 16, 2024**

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.

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.

## The Hub Blood Pressure + Blood Sugar Screenings

The Sawtooth Mountain Clinic will be offering monthly blood pressure and blood sugar screenings at The Hub on the first Thursday of the month at 9:15 -10:15. No registration necessary, provided on a first come first serve basis.

Cost for the services:

Blood Pressure Screening - Free

Blood Sugar Screening: \$3.00

**Next screening date: April 5th**

## Need a Greeting Card?



Stop down and check out the beautiful variety of handmade cards our Hub crafters have created.

These are one of a kind with a great price!

**Cost \$1.00 ea. / 6 for \$5.00**

## 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. Questions, call 218-387-2660.

## Card Games



A variety of card games are held at The Hub. If you never have played and would like to learn, stop down and check it out.

Texas Hold 'Em	Tuesdays	12:30 pm
Bridge	Wednesdays	12:45 pm
Cribbage	Thursdays	10:00 am

## SENIOR LINKAGE LINE

Want help on the phone? Call the Senior LinkAge Line 1-800-333-2433 Your link to senior services and Health insurance counseling. [www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)  
A service of the Minnesota Board on Aging and Area Agencies on Aging

The Hub is open Monday – Friday 8 AM – 4 PM except for holidays or extreme inclement weather.

The Hub's mission is to enhance the quality of life for all through programs, resources, and services to support health, economic, social, and cultural needs. It is important that everyone feels comfortable at the Hub, thus we request that if you require a service/emotional

support animal, please ensure the animal is wearing an appropriate identifying vest/tag. We want everyone to be able to utilize our services, so your cooperation is greatly appreciated.



## Tech Support (Additional Day Added!)

The Hub will be offering tech support each week on Tuesdays & Fridays from 1:00-3:30.

Bring your devices and your questions!

This is on a first come first basis

There is no charge for this service.



## Anyone up for Puzzle Assembly?

Drop by any day Monday-Friday from 8-4 and help us complete our current puzzle at your leisure!



We are looking to start other games - like Hearts or Board Games like Scrabble, etc. If interested, call 218-387-2660.

## Application & Paperwork Support at The Hub

Donna Lunke will be available at The Hub on the second Tuesday of each month to assist people with paperwork, applications, legal forms, insurance, & etc.

This month: **Tuesday, March 12, 2024**

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**



## Drop In Board Game Fridays

Join us on Friday afternoons from 12:45-3:30 and choose from a variety of board games to play.

## Men's Thursday Coffee & Conversation



Stop down and start your Thursday mornings off with a great cup of coffee & conversation!  
Thursdays at The Hub at 11:00.

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



## Open Craft Days

Paper Crafts, Card Making,  
Coloring,

Rock Painting, Clay and More!

Open House crafting on

Tuesdays & Thursdays

10:30-3:30

Everyone welcome & open to all!

Supplies provided. Come learn some fun crafting techniques

**Always Open to ideas & projects!**



## MN Drivers Written Test & Exams

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

10:30 a.m.– 1:30 p.m.

March 12th & 26th

**February 13th & 27th**

# WHAT IS TOASTMASTERS?

Find out!  
Wednesday April 17, 2024 1:30 p.m.



Grand Marais Toastmasters: Let's Start a Club!



**Wednesday, April 17th 1:30 p.m.**  
**Cook County Higher Education**  
**300 W 3rd St.**  
**Grand Marais, MN 55604**

[www.toastmasters.org](http://www.toastmasters.org)

LEARN HOW TO BE MORE CONFIDENT IN EVERYDAY CONVERSATION, BECOME A STRONGER LEADER, AND A MORE DYNAMIC PUBLIC SPEAKER

In Person:

[tm.matthew.villella@gmail.com](mailto:tm.matthew.villella@gmail.com)

807-627-2148

Check us out on Facebook- Grand Marais Toastmasters



## FREE MEDICARE COUNSELING & 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. You can schedule your own Medicare Counseling appointment at [trellisconnects.org/get-help/Medicare/](http://trellisconnects.org/get-help/Medicare/). Select a date and time that work best for you and be sure to bring your questions! 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/get-help/upcoming-presentations/](http://trellisconnects.org/get-help/upcoming-presentations/). You've got questions. We've got answers. Call the Senior LinkAge Line at 800-333-2433

# COOK COUNTY Winter Market

1st Saturday Each Month | 10 AM - 4 PM

Local Artists & Artisans



@ THE HUB | 10 BROADWAY AVE, GRAND MARAIS, MN 55604



Once again in February of 2024 VITA/TCE tax assistance volunteers will be helping low and moderate income folks as well as folks 60 or over with their individual income tax returns.

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

2024 Start date: February 6th, continuing weekly through April 16th.  
Hours: 9 am-3 pm at The Cook County Community Center

**Please bring:**

**All related tax documents such as W-2s etc.**

**Social security cards for all in your household to be listed on the tax return.**

**Picture IDs for adults.**

You will be asked to do an intake form and our volunteers will do an interview and review your documents .

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.

We also have two additional sites in Cook County that are available for "drop off & pick up later" tax processing.

These are at the Tofte 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.

Questions about the VITA program may be directed to **Steve Deschane at 218-387-1767**

This service is sponsored by the IRS and our volunteers undergo IRS approved tax training.

## 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



### Next Pop-Up Pantry is Tuesday April 9

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 | 218-336-2312 | 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/](https://trellisconnects.org/gethelp/upcoming-presentations/). You've got questions. We've got answers. Call the Senior LinkAge Line at 800-333-24

# HEALTH & WELLNESS



## Bone Builders

Please join us on Mondays and/or Fridays at 10:00am at The HUB (10 Broadway Ave in Grand Marais) for Bone Builders! Participation is free of charge and open to all!

Bone Builders is a group exercise weight training program that was created for adults that are interested in preventing and reducing osteoporosis. Other benefits include increased energy and well-being, improved balance and increased socialization.

Please join us on Mondays and/or Fridays at 10:00am at The HUB (10 Broadway Ave in Grand Marais) for Bone Builders!

Once you experience the benefits of Bone Builders, perhaps you would like to become a leader for this program.

Come and see what the excitement is about! If you have questions call 218-387-2660.



## 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 call us 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.

Healthy  
Living





# APRIL 2024 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Sweet & Sour Chicken w/Rice & Veggies Egg Roll Pudding	Pulled Pork on Bun Baked Beans Coleslaw Cake	Meatloaf Mashed/Gravy Carrots Dinner Roll Dessert	Sub Sandwich Potato Salad Potato Chips Fruit	Reuben Casserole Side Salad Corn Dessert
8	9	10	11	12
Biscuits & Gravy Hashbrown Sausage Juice	Pasta w/Meat Sauce Side Salad Garlic Bread Pudding	Turkey Mashed/Gravy Stuffing Green Beans Jell-0	Cheeseburger w/Bun w/Lettuce, Tomato, Onion Tater Tots Cuke/Tomato Salad Dessert	BLT Wrap Cottage Cheese Potato Chips Apple Cobbler
15	16	17	18	19
Polish Sausage On A Bun With Sauerkraut Antipasta Salad	Pizza Side Salad Fruit	Porkchops w/ mushroom gravy Stuffing Carrots Applesauce	Sloppy Joes Baked Beans Coleslaw Cookie	Swedish Meatballs & Gravy over Noodles Peas Jell-0/Fruit
22	23	24	25	26
Tomato Soup Grilled Cheese Sandwich Cottage Cheese Fruit Salad	Chicken Alfredo w/Noodles Garlic Bread Corn Pudding	Salisbury Steak Mashed/Gravy California Veggies Cake	Chicken Caesar Salad Dinner Roll Cottage Cheese Blueberry Cobbler	Egg Bake Hash Brown Sausage Cookie Juice
29	30			
BBQ Chicken Mac & Cheese Corn Pudding	Beef Burrito Spanish Rice Dessert	**MENUS ARE SUBJECT TO CHANGE DUE TO FOOD & SUPPLY AVAILABILITY.		

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.

Dine In Lunch served Monday - Friday 12:00 pm

# APRIL 2024 PROGRAMS & ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
10:00 Bone Builders	7:40 Bus to Duluth 10:30 DMV 10:30 Tai Chi w/Bruce 10:30 Crafts 12:30 Texas Hold Em 1:00 Tech Support 3:00 Fiber Guild	10:30 Chair Yoga w/Nancy 12:30 Bridge	9:15 Blood Pressure & Blood Sugar Screenings 11:00 Men's Coffee Group 10:30 Crafts 2:00 Fiber Guild - Paper Group	9:30 Free Arrowhead Bus 10:00 Bone Builders 12:30 Drop In Board games & puzzles 12:30 Cards - 500 1:00 Tech Support
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10:00 Bone Builders 1:00 Fiber Guild (Play Day) 1:30 Council on Aging Board Mtg	7:40 Bus to Duluth 10:30 DMV 10:30 Tai Chi w/Bruce 10:30 Crafts 12:30 Texas Hold Em 1:00 Tech Support 3:00 Fiber Guild	10:30 Chair Yoga w/Nancy 12:30 Bridge	10:30 Crafts 11:00 Men's Coffee Group 2:00 Fiber Guild -Paper Group	9:30 Free Arrowhead Bus 10:00 Bone Builders 12:30 Drop In Board games & puzzles 12:30 Cards - 500 1:00 Tech Support
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10:00 Bone Builders 1:00 Fiber Guild Paper Group	7:40 Bus to Duluth 8:30 Footcare Clinic 10:30 Tai Chi w/Bruce 10:30 Crafts 11:00 Paperwork Support Services w/Donna Lunke 12:30 Texas Hold Em 1:00 Tech Support 3:00 Fiber Guild	10:30 Chair Yoga w/Nancy 12:30 Bridge 1:00 Quilting Group 1:30 Memoir Writing	10:00 Cribbage 1:00 Men's Coffee Group 10:30 Crafts 1:00 Care Partners Memory Café"	9:30 Free Arrowhead Bus 10:00 Bone Builders 12:30 Cards 500 12:30 Drop In Board games & puzzles 1:00 Tech Support
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10:00 Bone Builders 3:00 Fiber Guild Paper Group	7:40 Bus to Duluth 10:30 DMV 10:30 Tai Chi w/Bruce 10:30 Crafts 12:30 Texas Hold Em 1:00 Tech Support	10:30 Chair Yoga w/Nancy 12:30 Bridge 1:30 Food Distribution Community Center 2:00 Knitting Group	10:00 Cribbage 11:00 Men's Coffee Group 10:30 Crafts 12:00 Fiber Guild 6:30 Death Café'	9:30 Free Arrowhead Bus 10:00 Bone Builders 12:30 Drop In Board games & puzzles 12:30 Cards 500 1:00 Tech Support
<b>29</b>	<b>30</b>			
10:00 Bone Builders	7:40 Bus to Duluth 10:30 Tai Chi w/Bruce 10:30 Crafts 12:30 Texas Hold Em 1:00 Tech Support			