



May 2024

Medicare 101 - Informational Presentation

May 21, 2024 1:00-2:30

The Hub 10 N Broadway
Grand Marais

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

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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.

Medicare is a federal health insurance program for people age 65 and older and certain people with a disability. Medicare can be complicated, but not knowing the basics and when to enroll can lead to increased costs and missed opportunities.

When you become eligible for Medicare, you must decide whether to get your health care benefits through Original Medicare or a Medicare health plan.

There are two types of Medicare health plans, Medicare Advantage and Medicare Cost Plans. Cost Plans are only available to some Minnesota Counties.

Reps from The Senior LinkAge Line will be at The Hub to help you learn all the basics—Medicare parts A,B,C, D, and more and answer questions.

REGISTRATION—Contact The Hub at 218-387-2660 or Senior LinkAge Line at 800-333-2433



Lois & Lois

Pictured at left: Lois Johnson & Lois Eyinck
We love to see these two wonderful ladies at The Hub enjoying weekly activities & programs!



National Day of Prayer will be observed Thursday, May 2, on the Courthouse steps from 12:00 noon to 1:00 p.m.

***MARK YOUR CALENDAR:** The Hub will be closed Monday, May 27th



New to Medicare

m MINNESOTA
SENIOR LINKAGE LINE

Medicare can be complicated, and if you're just getting started, it can seem very overwhelming. The Senior LinkAge Line can help you learn all the basics - Medicare Parts A, B, C, D, and more. And we will give you an overview of the Medicare.gov site so you can compare plans and choose the one that will be best for you.

REGISTRATION

Contact Chris at 218-387-2660 or Senior LinkAge Line at 800-333-2433

May 21st

1:00 pm - 2:30 pm

The Hub
10 Broadway
Grand Marais,
MN

The Senior LinkAge Line is a free, statewide service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging. The Senior LinkAge Line helps older Minnesotans and caregivers find answers and connect to the services and support they need.

New program at The Hub beginning May 13th at 12:30

Hope to see you there!

No need to register open to all & no charge

How to lower your carbs (sugar/flour) and still enjoy your food

Weekly conversations at the HUB to take back your health by improving your diet



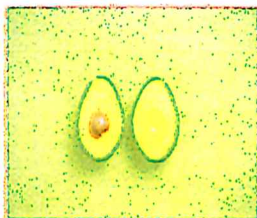
Metabolic Health

Chronic health conditions associated with too much sugar in your diet.

START

Easy ways to lower carbs

Yes, it's possible.



History of food and food science

How did we get where we are today?



Addictive Eating

How to overcome problems with addictive eating



Strategies

Taking back your health

Instructor Information

Barbara Chiles completed training at the Advisor level with Nutrition Network, a profession training platform in Therapeutic Carbohydrate Restriction. She has attended multiple trainings in addictive eating. Barbara has a Bachelor of Social Work from the University of Texas and is a resident of Lutsen.

FINISH

For more information, contact: barbarachiles6@gmail.com

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.

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



The next Foot Care Clinic
is
Tuesday, May 21, 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.

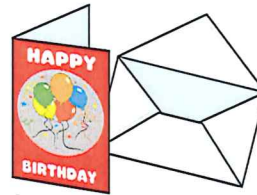
Patients need to bring their own:

- Foot basin
- Towel
- \$10 cash

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

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.



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

Proceeds benefit programs & activities provided at
The Hub!

Death Cafe



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.

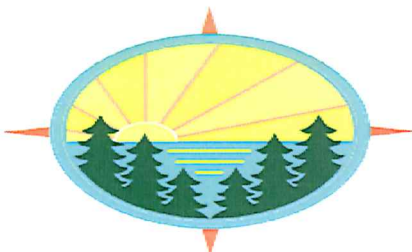
The Death Café meets the fourth Thursday of each month
from 6:30 – 7:30pm. These confidential gatherings are
open to everyone!

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
Questions? Call Pat at 651-336-2964 or
email pcampanaro@gmail.com

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



Aging Well Resources
COOK COUNTY MN

<https://agingwellresources.org/>



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.



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, May 14, 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**

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!

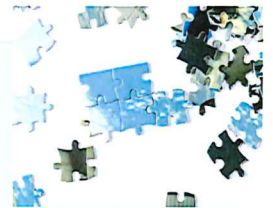
(Complimentary coffee/tea)

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.

Free popcorn!

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.



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!

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

Proceeds benefit programs & activities provided at The Hub!

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
May 14**

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

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
500	Fridays	12:30 am



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 Airpark 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



GRAND MARAIS TOASTMASTERS CLUB



Grand Marais Toastmasters: Let's Start a Club!



www.toastmasters.org

Meets on the 2nd & 4th Tuesday of each
month at

Cook County Higher Ed.
300 W. 3rd St.

Grand Marais, MN 218-387-3411

In Person:

tm.matthew.villella@gmail.com

807-627-2148

Check us out on Facebook- Grand Marais
Toastmasters

Happy Mother's Day!

Sunday, May 12h



Mother's Day is a celebration honoring
the mother of the family or individual,
as well as motherhood, maternal
bonds, and the influence of mothers in
society.

COOK COUNTY
**Winter
Market**

1st Saturday Each Month | 10 AM - 4 PM
Local Artists & Artisans

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



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.
May 14th 12Th & 28Th

SELF-ADVOCATE LEADERSHIP INITIATIVE



WHAT'S THIS ABOUT?

Are you a person with a disability who wants to grow your skills in advocacy and leadership? Join us for a series of meetings to learn with and from other self-advocates in your area! Please use the QR code to learn more and register!

4TH THURSDAYS FROM 3-5PM

Cook County Community Center

DATE AND TOPIC

APRIL 25:

Community
Room

TOPIC:

Intro, Purpose,
and Overview

MAY 30:

Community
Room

TOPIC:

What is Self-
Advocacy?

JUNE 27:

Community
Room

TOPIC:

Self-Advocacy
Leadership Panel



218-355-8264



rlambert@arcnorthland.org

COMMUNITY PICNIC

For Local Residents

Sunday May 5th

(if raining will try again May 12th)



Time: Lunch time

Bring your own picnic and beverage
you can bring something to share if you like

Where: Beach and Pavillion in the
Grand Marais Campground

*This event is not sponsored, it is not a fundraiser, it is not a rally just a time
to come and visit with your neighbors, people watch and enjoy.*

Make sure to clean up your mess!



MAY 2024 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
MENUS ARE SUBJECT TO CHANGE DUE TO FOOD AND SUPPLY AVAILABILITY		Meatloaf Mashed w/Gravy Corn Dinner Roll Pudding	Sub Sandwich Cottage Cheese Cuke/Tomato Salad Fruit/Yogurt	Pulled Pork on A Bun Beet Salad Potato Chips Cake
6	7	8	9	10
BLT Wrap Cottage Cheese Potato Chips Pudding	Sloppy Joe on a Bun Baked Beans Coleslaw Pudding	Chicken w/Honey Mustard Glaze Cheesy Potatoes Broccoli Cookie	Taco Pie w/Sour Cream & Salsa Corn Dessert	Chef Salad Dinner Roll Apple Cobbler Yogurt
13	14	15	16	17
Loaded Baked Potato Side Salad Cottage Cheese Blueberry Crisp	Cuban Sliders Ramen Slaw Strawberry Dreamsicle Dessert	Turkey Mashed w/Gravy Stuffing Green Beans Jell-o	Cheeseburger on a Bun with Lettuce, Tomato, & Onion Tater Tots Oatmeal Bars	Philly Cheesesteak Tater Tots Cuke/Tomato Salad Applesauce
20	21	22	23	24
Egg Bake Hashbrown Sausages Juice Rice Krispy Bar	Pizza Side Salad Dessert	Lasagna Side Salad Garlic Bread Carrot Cake	BBQ Chicken Mac & Cheese Carrots Pudding	Pork Stir Fry Rice Egg Roll Fruit Salad
27	28	29	30	31
Closed for Memorial Day	Chicken Bacon Ranch Casserole Salad Banana Bars	Spaghetti w/meat Sauce Garlic Bread Side Salad Dessert	Chicken Burritos Spanish Rice Corn Grape Salad	Salisbury Steak Mashed w/Gravy Peas 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.
 Dine In Lunch served Monday - Friday 12:00 pm

MAY 2024 Programs & Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		10:30 Chair Yoga w/Nancy 12:30 Bridge	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
6	7	8	9	10
10:00 Bone Builders 1:00 Fiber Guild (Play Day) 1:30 Council on Aging Board Mtg 3:00-5:00 Food Shelf	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 NoTech Support today
13	14	15	16	17
10:00 Bone Builders 12:30 Lower Your Carbs & Sugar 1:00 Fiber Guild Paper Group 3:00-5:00 Food Shelf	7:40 Bus to Duluth 8:30 Footcare Clinic 10:30 DMV 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 4:30 Ruby's Pantry	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
20	21	22	23	24
10:00 Bone Builders 12:30 Lower Your Carbs & Sugar 3:00 Fiber Guild Paper Group 3:00-5:00 Food Shelf	7:40 Bus to Duluth 8:30 Footcare Clinic 10:30 Tai Chi w/Bruce 10:30 Crafts 12:30 Texas Hold Em' 1:00 Tech Support 1:00 Medicare Presentation	10:30 Chair Yoga w/Nancy 12:30 Bridge 12:00 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
27	28	29	30	31
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