



Crosslake Area Senior Services, Inc.

Connecting Seniors to Services

SENIOR CONNECTIONS

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FIRST EVER SENIOR DAYS & EXPO IN MINNESOTA... A HUGE SUCCESS!



Mark your calendar for the next *Crosslake Cares' Senior Days & Senior Expo* the weekend of **April 29, 2023.**

DON SHELBY, former TV Anchor at WCCO giving his Keynote address at the 2022 Power of Aging Senior Expo (sponsored by Gracewin Living, Baxter). Don shared his experience dealing with a debilitating medical condition, and how his positive attitude helped in his astonishing recovery. You can watch Don's presentation on our website!



Visit CROSSLAKECARES.ORG

Crosslake Cares, a local nonprofit organization that connects seniors to services in our area to enrich their lives, hosted a successful, first ever in Minnesota, **SENIOR DAYS WEEKEND!** Crosslake Cares has hosted very successful Senior Expos over the past few years and this past Spring, wanted to expand it by having a weekend full of activities and resources for our area seniors.

Crosslake Cares is focused on providing more opportunities and support than there was before, and this event did just that.

The weekend started on Friday, April 29 with valuable SENIOR PRESENTATIONS on **technology** given by Crosslake Communications and on **travel** opportunities developed by Sandy Anderson.

Saturday, April 30 started with a SENIOR 3K walk. Although we experienced slight rain, our avid walkers still participated. Following the 3K, walkers, exhibitors, mini talk speakers, and visitors

from our area joined us at the third SENIOR EXPO. We had over 50 exhibitors/sponsors from area organizations providing their specific resources, and educational mini talks that entertained crowds.

The Expo closed with our Keynote speaker, Don Shelby, presented by our Platinum sponsor, Gracewin Living. The retired WCCO news anchor provided powerful insights into retirement and left with a standing ovation. Visit our website to watch Don's presentation.

Following the Senior Expo, the Crosslake School hosted Senior Pickleball where Seniors participated in lessons and games of the ever-growing and fun game. We ended the night with a SENIOR PROM where guests were catered a delicious dinner from Manhattan Lodge and then danced the night away to music throughout the decades by Electrifying Dynamics DJ.

After the excitement of Saturday, Sunday consisted of Golf lessons and discounted golf at Crosswoods. Throughout the senior weekend, area restaurants had discounts for seniors of meals, appetizers, and drinks. The weekend was such a huge success that Crosslake Cares is starting the planning process for a second SENIOR DAYS WEEKEND in April 2023. Be sure to stay tuned and watch out for additional information on our website and Facebook page at CrosslakeCares.org and [facebook.com/CrosslakeCares18](https://www.facebook.com/CrosslakeCares18).



Exhibitors at the Senior Expo 2022

SENIOR PICKLEBALL

On Saturday, April 30 seniors in the Crosslake area enjoyed a free introduction to America's fastest growing sport-pickleball. Many thanks to Peter and Pam Graves for organizing the event attended by 18 area seniors. Thank you to both the Crosslake Community School for hosting the event and the many volunteers who helped demonstrate the game for new senior pickleballers many of whom were trying pickleball for the first time. Peter commented that not only did seniors get a chance to watch and learn the game, but they were able to do so in an encouraging environment. You can become part of the Crosslake Pickleball community by going to the Crosslake Community Center website at cityofcrosslake.org or you can call (218) 692-4271. Seniors - it's fun to learn how to "dink"!



SENIOR DAYS & EXPO EVENTS

SENIOR PRESENTATIONS

On Friday, April 29 over 80 area seniors were treated to presentations on **Senior Technology** and **Senior Travel** as part of *Crosslake Cares Senior Days and EXPO*. Thank you to the Crosslake Lutheran Church for hosting both presentations and providing refreshments too. We learned how important technology was during the pandemic when many area seniors were using Zoom or other virtual methods via the internet to participate in meetings and learn vital information useful in their everyday lives. Crosslake and Emily Communications provided an excellent overview of technology. Many thanks to Krystin Peterson and her team for their professional and informative presentation. Each year *Crosslake Cares* conducts a survey at the Expo. "Leisure Time Activities" and "Travel Opportunities" have consistently ranked in the top 3 areas of interest for our seniors. *Crosslake Cares* is lucky to have their own travel expert in Sandy Anderson. Sandy researched and developed a brand new service for our area seniors called *Seniors Going Places*. These *Senior Going Places* destinations promote a great learning experience for our area seniors. A huge thank you to Sandy for this new program designed to provide seniors with fun, informative and simple outings. Stay tuned for more information on *Seniors Going Places* on our website CrosslakeCares.org



SENIOR PROM

The first ever Senior Prom was held in the beautiful Manhattans Beach Lodge on Saturday, April 30, it truly was an unforgettable night. Guests were served appetizers, drinks, and a delicious meal to get ready for a night under the Moon at the Moon River themed Prom event. All attendees relived the past with music from their era and dressing to the nines in Prom gowns and suits. The dance floor was packed the whole night and everyone had a fantastic time. Everyone stated they can't wait for next year! We couldn't thank Gail Smith and Crystal Glaser enough for all of their planning, preparation and execution. Make sure to mark your calendars for next year - Saturday April 29, 2023!



SENIOR EXPO

With over 400 people attending, our free 3rd Senior Expo on Saturday, April 30, gave Seniors a chance to gather information from companies and services that help benefit their lives and to learn what is available for them in our area. After giving away awesome door prizes, Don Shelby gave his inspirational and captivating keynote address, and our three mini-talk presentations gave the audience lots of useful information. Throughout the Expo attendees enjoyed free coffee and pastries while walking around the rows of exhibitors. Thank you to The Log Church for hosting the Expo and all volunteers who made it happen!



THANK YOU TO OUR 2022 EXPO SPONSORS & EXHIBITORS

Platinum Sponsor & Exhibitor

Opening in Spring 2023, Gracewin Living Cooperative is Brainerd Lakes area's newest ownership housing option for adults 55+ on a prime location off Glory Drive in Baxter. A cooperative community, Gracewin offers its residents an independent lifestyle with fantastic amenities such as a fitness and creators' spaces, wood shop, pickleball courts, and a rooftop lounge with outdoor terrace and golf simulator. Enjoy the same financial benefits as single-family homeowner (i.e. tax savings and equity earnings) with on-site property management staff and all-inclusive maintenance to ensure your home and building are beautifully maintained. Like *Crosslake Cares*, Gracewin is about empowering local seniors with the tools and resources they need to live the life they've earned as they grow older. As the Platinum Sponsor for the 2022 Senior Expo, we were thrilled by the diversity of exhibitors and shared presentations, including the wonderful presentation by former WCCO journalist Don Shelby, to inspire new ideas in how you want to live. For more information contact Gracewin Living Cooperatives at (855) 472-2396 or info@gracewinliving.com.



Gold Sponsors & Exhibitors



Silver Sponsors & Exhibitors



Other Donors

Pastries at Expo:
Reeds, Crosslake Coffee, Maucieri's, Crafts and Cones, and Immaculate Heart Church
Financial Donations:
Lions Club and Immaculate Heart Church
Expo Banners:
Crosslake Chamber
Expo Program:
Crosslake Presbyterian Church

Bronze Sponsors & Exhibitors

ACOE / Byway
 American Legion
 Be a Pal
 Camp Knutson
 Central Council on Aging
 Crisis Line Referral
 Crosslakers / GCAF
 Crosslake Art Club
 Crosslake Community Center

Crosslake Ideal Lions
 Cuyuna Area Connections
 Ideal Green Market
 Interfaith Volunteers
 National Loon Center
 Northern MN Railroad
 Heritage Assoc.
 Simply Rustic Floral Design
 Whitefish Area Senior Living
 Woods to Water Real Estate

THANK YOU to AREA RESTAURANTS

Thank you and shout out to these local area restaurants who gave our Seniors great deals on specials during Senior Days weekend.



THANK YOU to our WONDERFUL VOLUNTEERS



Crosslake Cares' Senior Days and Senior Expo would not be possible if it were not for the countless hours and dedicated effort of our dozens of volunteers. From the Board, Advisory Committee, Marketing Team, the Event planners, and all those who help at the Senior Expo, we extend an armful of gratitude to you.... **Thank you!**



THANK YOU for the PASTRIES

Crosslake Cares offered free coffee and pastries for the attendees at our Expo to enjoy! We would like to extend heartfelt thank yous to the following for their generous donations. The donuts were provided by Reeds Grocery Store, cookies were donated by Crosslake Coffee, cannellonies were donated by Maucieri's Italian Bistro, scones were donated by Lake Country Crafts and Cones, and the cinnamon rolls were donated by Immaculate Heart Church of Crosslake.



INFORMATIVE MINI TALKS

At this Spring's Expo we offered three mini-talks each lasting about 15 minutes, and each with informative and interesting topics. The first talk was given by Dr. Peter Henry who gave us lots of great information during his presentation titled "Proactive Healthcare As You Age". The large audience garnered valuable advice to take home with them. Dr. Henry currently serves as Chief Medical Officer at St. Joseph's Hospital and Clinics and served as the Essentia Health System's Chief Medical Officer from 1996-2022. Thank you to Dr. Henry!



Another of our mini-talks was presented by Senior Pastor Mark Holmen whose topic was "How to be a GRAND Grandparent in Today's Challenging Times". A topic many of us can relate to and we learned some valuable tips. Pastor Holmen serves as the senior pastor of The Log Church in Crosslake and the Director for *Faith at Home Ministries*. Thank you Mark for your entertaining and interesting presentation.



Dr. Lauren Hurt gave another of our mini-talks, and her topic was "How to prevent, improve or slow the onset of fatigue, dizziness, and loss of strength and balance", something very relevant to us and our ability to stay healthy, and living safely at home. Dr. Hurt is a Board Certified Specialist in Neurologic Physical Therapy and is owner and founder of It Matters Neurologic Rehabilitation. Thank you to Dr. Hurt for valuable advice, and common sense practices we can all implement in our daily lives.

DID YOU KNOW...

that the *Crosslake Cares* website is a wealth of resources and information for connecting Seniors to services that improve your lives and helping you make the Crosslake area "home for a lifetime"! Visit us today at **CROSSLAKECARES.ORG**