



Crosslake Area Senior Services, Inc.

Connecting Seniors to Services

# SENIOR CONNECTIONS

Volume 10 | Fall 2023

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

[www.facebook.com/CrosslakeCares18](https://www.facebook.com/CrosslakeCares18)

## SECOND ANNUAL SENIOR DAYS & SENIOR EXPO WAS A HUGE SUCCESS!

Mark your calendar for the next *Crosslake Cares'* **Senior Days & Senior Expo** the weekend of **April 27, 2024.**

DON SHELBY, former TV Anchor giving his reenactment of America's best humorist and novelist, Mark Twain which he has been doing for over 25 years. He is also considered the most honored and decorated local TV journalist in the country.



Visit [CROSSLAKECARES.ORG](http://CROSSLAKECARES.ORG)

*Crosslake Cares* is a local nonprofit organization that connects seniors to services in our area to enrich their lives. They hosted their second annual **Senior Days & Expo Weekend**, which was a major success for the organizations and seniors in the Crosslake area. *Crosslake Cares* has hosted four successful Senior Expos since 2019 and last year expanded their vision to a whole weekend of activities and useful information for our area seniors.

*Crosslake Cares* is focused on providing more opportunities and support for seniors in the area and do so by hosting this informative and fun packed weekend. The weekend started on Friday, April 28 with educational **Senior Presentations**. The first on **Senior Technology** and cyber security presented by Tremolo Communications and our second presentation on **Senior Travel** opportunities presented by Pamela Vaughan. We ended day one with **Senior Night at the Train Museum** where guests enjoyed tours of the intricate model trains at the Northern Minnesota Railroad Heritage Association with snacks provided by Patriot Lakes Nutrition.

April 29 started with a **Senior 3K Walk** where our areas' avid walkers joined to walk around Crosslake. The weather was perfect and it was a great way to kick off the start of the busy day. Following the 3K walk, walkers, exhibitors, mini talk speakers and visitors from our area joined us at our fourth **Senior Expo**. We had nearly 60 exhibitors/sponsors

this year from area organizations. They provided specific resources, educational mini talks, prize giveaways, delicious *Cares Café*, and puppies (yes, puppies) that entertained a record amount of visitors.

The Expo ended with our Keynote Speaker, retired WCCO news anchor Don Shelby, performing his famous and hilarious rendition of the *Adventures of Tom Sawyer* novelist, journalist, lecturer and humorist, Mark Twain. Don's performance left each person with a smile on their face and laughter in their heart.

Following the Senior Expo, the Crosslake Community Center hosted **Senior Pickleball**, where seniors participated in lessons and tournaments of the quickly growing and competitive game of pickleball.



The night ended with a **Senior Prom, A Night in Paris**, where guests dined on delicious appetizers and dinner at Manhattan Beach Lodge, then rock n'rolled to music from the 60's and 70's by DJ Michael Constant.



Attendees visiting Exhibitors booths at the 2023 Senior Expo in Crosslake

Concluding the busy weekend, Sunday consisted of **Senior Golf** with discounted golf at Crosswoods and Whistling Wolf Golf. There was also a second day of pickleball tournaments. Throughout the weekend, 15 area restaurants provided discounts for seniors on meals, appetizers, and drinks. We had another outstanding Senior Days & Expo Weekend and we are excited for our third in April 2024.

Make sure to stay tuned and watch out for additional information on our website: [CrosslakeCares.org](http://CrosslakeCares.org) and our Facebook page: [CrosslakeCares18](https://www.facebook.com/CrosslakeCares18).

## SENIOR DAYS & EXPO EVENTS

### SENIOR PICKLEBALL

On Saturday, the weather cooperated enough to let us use the outdoor courts at the Community Center to offer a “Learn To Play Pickleball” event which provided demonstrations, teach basic skills and allow some modified short games played. This let the dozen plus new players try out this fun game. A great time was had by all and as usual we have new converts to the game. On Sunday a “Get to Know You” pickleball playing event was offered but cold temperatures and strong winds made it too challenging for beginners to play outside so the Community Center kindly opened their doors to allow us to set up two courts inside. The fifteen volunteers who came to help pair up with “newbies” got to play against each other and had a rousing good time. Thanks to the Community Center and staff for being flexible with a special thanks to Peter and Pam Graves for organizing our pickleball events.



### SENIOR PRESENTATIONS

A *Seniors Going Places* presentation was held to announce the day trips, planned by Sandy Anderson, for area Seniors to take once each month May through October 2023. Many thanks to Judy Cotten and Pamela Vaughan for coordinating these trips. Many seniors attended the presentation and showed an interest in the *Seniors Going Places* plans. A brief summary of each destination, the dates, and carpool information was provided to attendees. The day trips are to local museums and history centers, the Arboretum, and an Alpaca Farm; and a lunch-included boat ride on Gull Lake. For information about the monthly destinations go to [CrosslakeCares.org](http://CrosslakeCares.org).

The second presentation was designed for Seniors about technology and Internet security. Everything from web browsing to mobile devices and smart devices installed in your home have the potential to erode your privacy and personal security. Dylan Raph and Krystin Peterson, from Tremolo



Communications, presented *Technology Today: Staying Safe and Making Life*

*Easier*. During this presentation, they discussed ways to safeguard personal information from cyberattackers and scam artists along with red flags to watch out for when on the web.

### SENIOR NIGHT AT THE TRAIN MUSEUM

Senior Night at the Train Museum was a pleasant and enjoyable evening. Trains were running on three scales: HO scale, O scale and G or garden scale. O scale had trains chugging along with smoke coming from the engine stack and whistles blowing as trains emerged from the tunnel. The G scale on the lower level was a welcome surprise to Seniors. Seniors were heard saying they were coming back and bringing their grandkids. Patriot Nutrition was on hand with peanut butter balls, Krispy treats and a refreshing energy drink. Special thanks to Pamela Vaughn and Susan Hobbs for making this wonderful night a reality. It was a great night for all ferroequinologists!



### SENIOR GOLF

Super golf discounts were offered for Seniors at Crosswoods Golf Course and Whistling Wolf Mini Golf. The rain stayed away this year and our area Seniors enjoyed playing at our great local golf courses. This is the second year that Kelly and Mike have supported *Crosslake Cares'* Senior Days with excellent discounts for our area Seniors. Whistling Wolf has challenging and fun mini golf. Crosswoods Golf Course, with its 27 holes, is a favorite of area Seniors. Thank you Kelly and Mike Stone helping *Crosslake Cares* make golf a key part of Senior Days.

### SENIOR EXPO

Our 2023 Senior Expo held at The Log Church was another huge success. Most importantly, *Crosslake Cares* continues to “Connect Seniors To Information That Can Improve Their Lives” through the annual Senior Expo. Nearly 60 exhibitors, sponsors, and supporters provided vital information to area Seniors in the areas of health and wellness, legal services, real estate, financial planning, and insurance. A special thank you to The Babinski Foundation who helped make the Expo lower level an exciting place to visit with their offering of cats, dogs and other pets



who can provide such vital companionship. In keeping with our sharing of critical Senior information, another huge thank you to our three speakers, Miranda Foy, RN from Cuyuna Regional Medical Center; Dr. Paul Rud, Orthopedic Surgeon from Essentia Health and Kathy Krueger, a resource specialist for the Minnesota Senior LinkAge Line. (Full details on page 4.)

This year, thanks to Patty Norgaard, we introduced *Cafe Cares* in the lower level, a place where Seniors could gather, rest, and enjoy coffee and pastries. The coffee was delicious and over 600 pastries were all gone before Mark Twain's visit. Speaking of Mark Twain - Don Shelby was back for his second presentation at the Senior Expo who thrilled everyone with his reenactment of America's best humorist and novelist, Mark Twain.

## THANK YOU to AREA RESTAURANTS

Thank you and a big shout out to these local area restaurants who gave our Seniors great deals on the specials they offered during Senior Days weekend. Thank you to Dawn Maucieri and Deb Carlson for organizing these deals!



## INFORMATIVE MINI TALKS



At this year's fourth Senior Expo, we provided three illuminating mini talks each lasting about 15 minutes, and each provided valuable and informative topics for seniors. The first talk was on the *Benefits of an Annual Wellness Visit* presented by Miranda, Foy RN of Cuyuna Regional Medical Center. The audience appreciated the wellness visit information and the value of scheduling an annual visit. These appointments are more critical as we age. Thank you, Miranda, for your support and important information.

Our second presentation was given by Dr. Paul Rud, on the *Benefits of Exercise as We Grow Older*. Dr. Paul is an Orthopedic Surgeon with Essentia Health and had invaluable insight into why exercise is important for physical and mental health. He also gave tips on activities that are best for people as they age. Thank you, Dr. Paul on the guidance and advice on how to get active and stay healthy as we age.



Our last mini talk presenter was Kathy Krueger on *The Value of Utilizing the Senior LinkAge Line*. Kathy is a Resource Specialist with the Minnesota Senior LinkAge Line, an organization that offers free services for older adults and caregivers of older adults. She gave us great resources that can be utilized during each step of aging. Thank you, Kathy, on highlighting all the services available through the Senior LinkAge Line. You can reach them at (800) 333-2433.

## THANK YOU

Many thanks to The Log Church for hosting this year's Expo. We couldn't do it without their support and generous donation of their wonderful facilities, and also to Crosslake Lutheran Church for hosting our *Senior Presentations*.

## THANK YOU for the PASTRIES



Crosslake Cares offered free coffee and pastries for the attendees to enjoy in **Cafe Cares** at our Expo! We would like to extend heartfelt thank you's to the following for their generous donations: **Crosslake Coffee, Immaculate Heart Church, Lake Area Crafts & Cones, Maurcieri's and Reeds.**



## DID YOU KNOW...

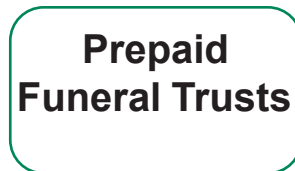
that the *Crosslake Cares* website is a wealth of resources and information for connecting Seniors to services that improve their lives and helping them make the Crosslake area "home for a lifetime"! Visit us today at **CROSSLAKECARES.ORG**

# THANK YOU TO OUR 2023 EXPO SPONSORS & EXHIBITORS

## Gold Sponsors & Exhibitors



## Silver Sponsors & Exhibitors



## Bronze Sponsors & Exhibitors

ACOE / Byway  
 American Legion  
 Babinski Foundation  
 Baywood Home Care  
 Brainerd Community Action  
 Camp Knutson  
 Central MN Council on Aging  
 Chris Cullen Real Estate Group  
 Crisis Line Referral  
 Crosslakers / GCAF  
 Crosslake Art Club  
 Crosslake Community Center

Crosslake Fire Department CPR  
 Crosslake Ideal Lions  
 Crow Wing Adult Protection  
 Cuyuna Area Connections  
 Gracewin Living Cooperative  
 Home Service Hearing Aid, Inc.  
 Interfaith Volunteers  
 Lakes Area Unlimited Learning  
 Northern MN Railroad Heritage Assoc.  
 Pine River Watershed  
 Riverwood Bank  
 Brainerd Lakes Area Community Foundation

**Other Donors**  
*In Kind:*  
 Simply Rustic Floral  
 Northwedge Nursery  
  
*Financial Donations:*  
 Lions Club and  
 Immaculate Heart Church  
  
*Expo Banners:*  
 Crosslake Chamber  
  
*Expo Program:*  
 Crosslake Presbyterian  
 Church



## 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 helped on the day of the Senior Expo, we extend an armful of gratitude to you...  
**Thank you!**