



SENIOR CONNECTIONS

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BEST EVER SENIOR DAYS & SENIOR EXPO WITH MORE PARTICIPANTS, EVENTS, EXHIBITORS & SUPPORTERS!



JOE SCHMIT, sports newscaster and author, gave the Keynote address at this year's Senior Expo. His talk was entitled *Silent Impact* telling us no matter how old you are, you can make a profound impact on your world. This inspiring and motivating talk can be seen on our website under the Senior Expo Talks tab.

Mark your calendar for the next *Crosslake Cares' Senior Days & Senior Expo* the weekend of **April 26, 2025**

Visit CROSSLAKECARES.ORG

Crosslake Cares is a local nonprofit organization that connects seniors to services in our area to enrich their lives. On the weekend of April 27th we hosted our third annual **Senior Days** and fifth annual **Senior Expo**, which were major successes for the seniors and organizations in the Crosslake area. Many events took place all around Crosslake from Senior Prom to pickleball, 3K walk to informative presentations, great restaurant, retail and golf discounts, to a fun night at the train museum.

Senior Expo. Also **Jenna Podsiadly** and their orthopedic team, who were a great resource of information at their booth, helping seniors with their many questions.

Save the date for next year's **Senior Days and Expo** on the last weekend of April 26, 2025 where we will again provide inspiring and helpful events for our area seniors!

Our fifth annual Senior Expo was held at The Log Church in Crosslake, which was attended by hundreds of people, and we hosted over 50 exhibitors. We heard great information in our mini-talks from area experts and enjoyed free coffee and pastries all morning long. The keynote address at the Expo was given by Joe Schmit, sportscaster and author, who presented on *Silent Impact*. You can watch his very inspirational address on our website at CrosslakeCares.org where he reminds us we are never too old to make a profound and important impact on those around us, even when we may not realize we are doing so.

If you need assistance with finding resources in our area, please visit our website. Under the resources tab you will find lots of information to direct you in finding help. Our goal at *Crosslake Cares* is to enhance access to senior services that connect existing providers with users.



The staff of CRMC Orthopedics Department

We want to thank **Cuyuna Regional Medical Center** for their Platinum status sponsorship of the

Here at *Crosslake Cares* we are striving to improve transportation options for the Seniors in our community. To better understand those needs, we are asking you to complete a survey to gain information to help you.

Please point the camera on your smart phone to the QR code below and it will take you to our on-line survey. If you prefer you can go to our website at www.CrosslakeCares.org and take the survey there. Please complete it as honestly and completely as possible. Your responses will be used solely for the purpose of gathering information pertinent to our research regarding transportation needs and will not be distributed or shared elsewhere. Thank you for your help in our endeavor to serve you!

THANK YOU TO EVERYONE FOR MAKING SENIOR DAYS A SUCCESS!

We wouldn't be here today without the support and participation of all the individuals and organizations who have assisted *Crosslake Cares* over the past five years. This past **Senior Days & Expo Weekend** was our most successful yet, thanks to everyone's help. We are deeply grateful to our volunteers and partnering organizations for making this possible.

FRIDAY, APRIL 26

Thank you to **Krystin Peterson** and her team at **Tremolo Communications** for their presentation on technology and AI, our seniors were enlightened by the advances



Senior Presentations

in technology and how to stay safe in this digital world. Thank you to **Sandy Anderson** and **Pam Vaughan** for their presentation on resources for senior travel, domestically and internationally. Our seniors enjoyed learning more about ways they can travel locally and afar. Thank you to **Jon Mobeck** with **The National Loon Center** for his presentation on their loon initiatives and new construction coming soon. It was very exciting to learn more about loons and the impact the center is making and planning to make on these remarkable birds. Thank you to **Priscilla Balmer** on her presentation on the **Crosslake Historical Society** and the history of our beloved town. We were fascinated to learn more about what Crosslake was like in the 1900s and the changes and growth of our community. Thank you to the **Crosslake Lutheran Church** for hosting our presentations and providing pastries and coffee.

Thank you to **Pam Vaughan** and **Susan Hobbs** at the **Northern MN Railroad Heritage Association** for providing tours and a senior night at the train museum. Thank you to **Tim Loudon** at **Patriot Lakes Nutrition** for providing delicious snacks and beverages at this event. Guests enjoyed refreshments while learning more about the unique model trains at this museum.

SATURDAY, APRIL 27

Thank you to **Donna Keiffer** and her team of volunteers to organizing and leading the Senior 3K walk to kick off the start of the events on Saturday, the rain didn't stop our avid walkers from getting together and starting the day off right.

Thank you to **Jon Grothe** and our **team of volunteers** who helped design the set up, tear down, participate and organize the Senior Expo. Also thank you to **Immaculate Heart Church, Reeds, Mauceries, Crosslake Coffee** and **Lake Country Crafts & Cones** for providing tasty pastries for guests to enjoy.

Thank you to our three informative and valuable mini-talk speakers, **Jenna Pogorels** from Alzheimer's Association, **Katelin Hohertz** from Home Instead, and **Adam English** from CRMC at the Senior Expo.

Thank you to all the wonderful **exhibitors** for participating in the Senior Expo and for your years of support in providing resources to our area's seniors. Thank you to **CRMC** for being our platinum sponsor for our Keynote Speaker, Joe Schmit. His presentation on "Silent Impact" left our audience both engaged and empowered. Thank you to **Pastor Troy Nelson** and his team at the **The Log Church** in Crosslake for generously hosting and preparing for the Senior Days Expo.



Senior Expo

Thank you to **Peter and Pam Graves** for organizing and teaching pickleball at our Senior Pickleball lessons and tournaments on Saturday and Sunday. Pickleball is the fastest growing sport, so it was a perfect way for our seniors to spend an afternoon learning and participating. Thank you to the **Crosslake Community School** for providing an indoor

space for our Senior Pickleball.

Thank you to **Gail Smith and her team of volunteers** for all their hard work and dedication to make the Senior Prom so spectacular and magical. We had our largest attendance yet with 96 registered for the Prom and it was a blast. Thank you to **Crystal Glaser** and **Manhattans** for providing the restaurant, great food and dance space for our area seniors to enjoy a night of glitz and ritz.



Senior Prom

ALL WEEKEND

Thank you to **Jackie Wipper** for organizing the Senior Retail Deals, new to this year's weekend line up, and thank you to all retailers who provided special senior discounts all weekend. Thank you to **Dawn Mauceri** and **Deb Carlson** for organizing all the restaurant deals throughout the weekend and thank you to all the restaurants for offering senior discounts all weekend as well.

Thank you to **Mike and Kelly Stone** for offering senior discounts on golf all weekend.

We also want to extend a special thank you to **Cindy Mygeto**, with the **Crosslake Chamber of Commerce** for all her help on organizing banners and connecting our group more to the business community. Thank you to our marketing team, **Judy Regan** and **Vanessa Lane**, on all their assistance with marketing efforts for *Crosslake Cares*. Thank you to the **Advisory Committee**, and all our **Volunteers** for all their help with planning, preparing, and executing not only the Senior Days

Weekend, but all the initiatives of *Crosslake Cares* providing resources to our areas seniors to enrich their lives. A special thank you to our **Board of Directors**, **John Bruder**, Chair, **Patty Norgaard**, Vice Chair, **Donna Keiffer**, Treasurer, **Pam Vaughan**, Secretary, **Sandy Anderson**, **Carla Bainbridge**, **Mike Cranny** and **Peter Graves** for their guidance and personal involvement.

THANK YOU to AREA RESTAURANTS & RETAIL

Thank you and a big shout out to these area restaurants and retail stores who gave our Seniors great deals on the specials they offered during Senior Days weekend.

Restaurants:

- Andy's Bar and Grill
- Cedar Chest
- Crosslake Coffee
- Dairy Queen
- Lake Country Crafts & Cones
- Manhattan Beach Lodge
- Maucieri's Italian Bistro
- Mission Tavern
- Moonlite Bay
- Norway Ridge Supper Club
- Patriot Lakes Nutrition
- Pine Peaks Restaurant
- Rafferty's Pizza
- Red Pine Cookhouse
- Riverside Inn Supper Club
- WineDown
- The Wharf
- Zorbaz

Retail:

- Ace Hardware
- Crosslake Drug
- Common Goods
- Kicks Art Place
- Curious Belongings
- Simply Rustic Floral
- Squirrely Mama
- Maverick Boutique
- Key Wellness
- Shoppe 218

INFORMATIVE MINI-TALKS at EXPO

At this years fifth 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 presented by Jenna Pogorels, LICSW, Associate Director of Community Services of the Alzheimer's Association with her talk "Introduction to Alzheimer's Disease and Dementia".



Our second mini-talk was presented by Katelin Hoertz, LICSW, Executive Director at Home Instead with her talk "Stay Home, Stay Local".

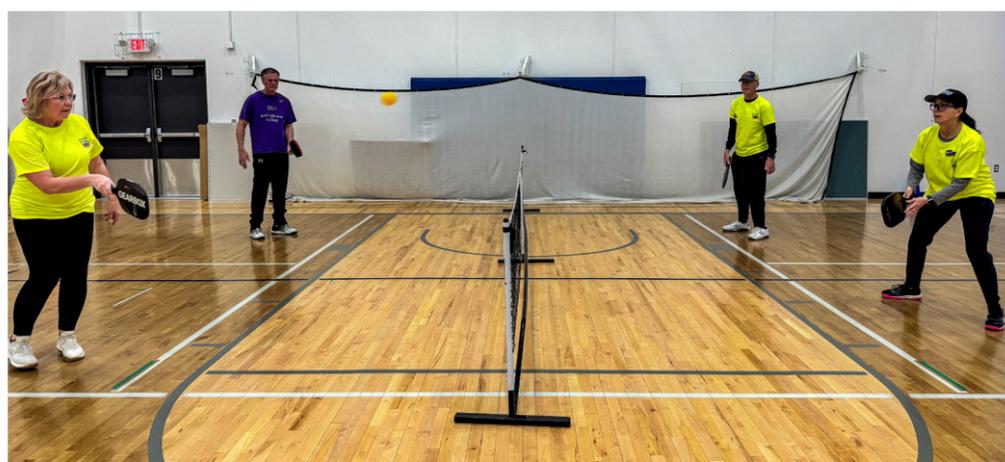


The last mini-talk was presented by Adam English, C.N.P of Cuyuna Regional Medical Center Orthopedics who presented "What Hurts? Head-to-Toe Comprehensive Orthopedic Care".

PHOTOS from SENIOR WEEKEND

Senior 3K Walk

Walkers braved the rain to enjoy an energetic 45 minute walk prior to the Expo!



Senior Pickleball

Two free Senior pickleball events were enjoyed by the Seniors where they learned rules of the game and enjoyed some fun games.

Night at the Train Museum

Seniors enjoyed a stroll around the train museum to see the ever-growing wonderful exhibits.



Senior Expo Kenote Speaker Joe Schmit

THANK YOU TO OUR 2024 EXPO SPONSORS & EXHIBITORS



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Squirrelly Mama
RG Insurance
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MN Highway Safety Discount Program
Whitefish Yacht Club |
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THANK YOU for the PASTRIES

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



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*.