



Crosslake Area Senior Services, Inc.

Connecting Seniors to Services

Volume 4 | Fall 2021

www.CrosslakeCares.org

SENIOR CONNECTIONS



Keynote Speaker

PAUL DOUGLAS

Meteorologist and Business Owner

Crosslake Cares Presents

2021 Sat, Sept. 25
8:00 AM - 1:00 PM

POWER OF AGING

EXPO

to be held at
The Log Church
Crosslake, MN

Join us for the 2021 POWER OF AGING EXPO

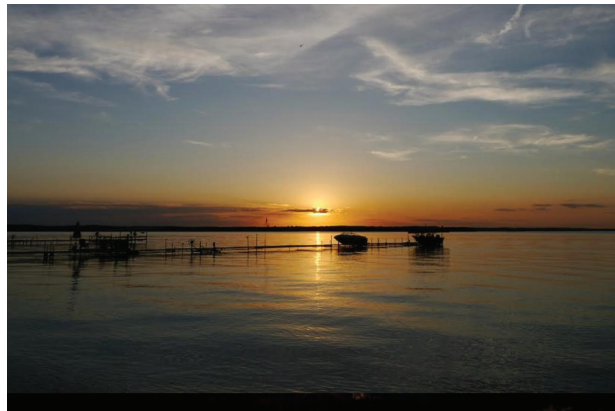
Crosslake Cares is very excited to present the second annual **Power of Aging Expo** this fall. You won't want to miss this unforgettable Expo! Why? Guests have the opportunity to meet organizations serving the Crosslake area showcasing services and resources for our seniors to improve their lives.

There will be a taste of chili, educational mini talks, BIG prize giveaways and a captivating presentation by Paul Douglas. Our first Expo was held in the Spring of 2019, where hundreds of people experienced all the wonderful organizations in our area that provide services to enrich our seniors' lives. Due to the Covid pandemic, we were delayed until now, but we are really looking forward to Saturday, September 25, 2021 to bring the Expo back!

This year's Expo will be located at The Log Church, 37218 Co Rd 66 in Crosslake during *Crosslake Days*. Doors will open at 8:00 AM with Paul Douglas finishing the events with his presentation. Guests are welcome to come and go as they chose throughout the duration of the Expo.

Our Keynote speaker this year is Paul Douglas, TV Meteorologist, and business owner, and is sponsored by **Whitefish at the Lakes Senior Living** (our Platinum Sponsor). Paul will start his presentation

at 12:15 PM and go until the closing of the event at 1:00 PM. You won't want to miss his keynote address on his insights for seniors. Paul Douglas' presentation is titled "Life is Like the Weather", touching on meteorology, how his life and career have focused on weather and business, and what he has learned along the way.



In addition to Paul's presentation, we will have session mini-talks throughout the event starting at 9:30 AM leading to 11:50 AM. These presentations range from many helpful topics such as:

- An update from The National Loon Center
- How to Protect Yourself from Scams
- Being the Family Caregiver
- Mental Health - Me, My Kids & Grandkids
- Matter of Balance - Fall Prevention
- And of course, the entertaining "Memories or Lack of it" with Gertrude that will surely bring a smile to your face while informing you on Memory Loss topics.

Another exciting aspect of this Expo is it's *a free admission event* for all to come and enjoy to hear informative presentations and have the opportunity to meet area

organizations. We are very lucky to be in an area with so many great organizations that offer various services to support our area seniors.

The *Crosslake Cares Power of Aging Expo* will feature a chili sampling contest for guests provided by our area churches as they compete in their own chili contest - a popular highlight of the Crosslake Days events regime.

In addition, there will be over 50 exhibitors who can provide the best information from the health and wellness industries. Other important senior service providers in the area will include financial, real estate, law, travel business and exercise groups who are very excited to answer any questions guests may have.

Those who register at the door will be entered for door prizes that will be given away at the end of the Expo prior to Paul Douglas' presentation. Prizes will include Wild hockey tickets, a beautiful handmade quilt, theater tickets and more.

Come enjoy this year's Expo with our Crosslake area organizations during *Crosslake Days* and collect information to help make Crosslake a home for a lifetime!

We will see you Saturday, September 25 at the *Crosslake Cares Power of Aging 2021 Expo!*

Masks will be recommended but not required, and we will have extras at the door.

MINI TALKS

During the Expo we will have six short, informative, and entertaining mini-talks throughout the duration of the Expo. These mini-talks are free and you may attend all or just one as you choose.

Our MC this year is Dan Hegstad.

Our topics vary however they are all geared to be of interest to the seniors in our community. The talks start at 9:30 AM and run for about 15 minutes each with a 10 minute break in between. They will be held in the sanctuary of The Log Church. To help you decide which talks to attend we have outlined the topics for you.

Our first mini-talk at 9:30 AM will be presented by Jon Mobeck, the first Executive Director of **The National Loon Center** located in Crosslake. Jon will provide an update on recent developments

at The National Loon Center and highlight future objectives. (The National Loon Center is a Gold Sponsor for the Expo.)

Talk #2 at 9:55 AM will be presented by Crow Wing County Sheriff Scott Goddard and he will have a conversation about **Senior Scams**, particularly some recent scams taking place in our area. He will then open it up for a Q&A time from attendees.

Talk #3 at 10:20AM will be presented by Deb Cranny. Deb is the Executive Director of Home Instead Senior Care in the Brainerd Lakes Area and will discuss her working experiences with **Family Caregivers**, and to families that are caring for their loved ones on their own – addressing the commitment, the guilt, the burn out, and the wonderful moments! (Home Instead is a Gold Sponsor.)

Talk #4 at 10:45 AM is titled **Mental Health - Me, My Kids and Grandkids** and will be

presented by Dr. Kristin Furan-Kriesel, a clinical psychologist practicing at Cuyuna Regional Medical Center in Crosby. She will address mental health issues focusing on “me, my kids and grandkids”.

Talk #5 at 11:10 AM will be presented by Norma Hudson, who leads Crow Wing County’s “Matter of Balance” initiative. **Fall Prevention** is the title of her talk. She has presented her program numerous times in the Crosslake area and will talk about how seniors can learn to avoid falls.

For our final mini-talk, at 11:35 AM, sit back and be entertained with stories! This talk will be presented by Gail Smith, RN and Paulette Wilske. Their talk is titled “**Memories or the Lack Thereof**”. Gail has over 45 years of nursing experience at Cuyuna Regional Medical Center with Minneapolis Heart Institute. She serves as the Parish Nurse at Crosslake Lutheran Church.

CHILI CONTEST

A big thanks to some of our Crosslake area churches who have cooked up big batches of delicious chili for you to sample for free! The chili will be served from 10:00 AM until it is all gone. After you have sampled them on your way out, please take the time to vote for your favorite. At the end of the mini-talks the winner will be awarded with a prize for the best Chili of the Expo!



We would like to thank Crosslake Lutheran Church, Crosslake Presbyterian Church, Immaculate Heart Catholic Church and The Log Church-Crosslake for planning, preparing, and serving us with the food.

Water bottles have been donated by **Home Instead Senior Care** of Brainerd Lakes area.

(The chili contest maybe subject to changes due to pandemic guidelines. Updates will be posted as they become available on our website.)

EXHIBITORS

Thank you to our **Platinum Sponsor** for this year's Expo - **Whitefish at the Lakes Senior Living**.



Whitefish at the Lakes

A Distinctive Senior Community

To find out more about their facility located at 35625 Ostlund Avenue in Crosslake, check out their website at <https://whitefishatthelakes.com>. You can give them a call at (218) 210-0770.

Thank you to our **Gold Sponsors** this year: Breen & Person; Home Instead; Crosslake Communications; Chris Cullen Real Estate Group; UCare; Medica; The National Loon Center; Essentia Health and Crow Wing Energized; Gracewin Living Coop; Harlan V. Johnson Insurance Agency; Ouradnik Insurance Agency; UR Country Doc; Select Therapy; Cuyuna Regional Medical Center; Catholic United Financial; and Aspire Insurance Services.

Thank you to our **Silver Sponsors**: United Health Care; North Central Medical Supply; Golden Horizons; Riverwood Bank; Ed Matthews Law Office, WAPOA / WFYC; Blue Cross Blue Shield; Interfaith Community. and Attorney Ed Matthews.

Thank you to our **Bronze Sponsors**: Ideal Green Market; CaptionCall; Wellness in the Woods; Funeral Specialist; Crisis Line Referral; AdvantagePCA/Senior Care; Go Ahead Tours; Crosslakers - GCAF; Crosslake Community School; American Legion; Crosslake Historical Society; ACCRA Care; Knute Nelson Home Care; NMRHA; Treasured Time Adult Care; Lutheran Social Service; Cuyuna Area Connections; Corinthian Partners LLC; Jump by Jenny; Crosslake Community Center Heartland Hospice Care; and Camp Knutson.

Other **supporters** are: Lakes Area Music Festival; Happy Dancing Turtle; Crosslake Ideal Lions; and Immaculate Heart Catholic Church.

A huge thank you to **THE LOG CHURCH** for the use of their building for this year's Expo!

**PLEASE CHECK OUR WEBSITE
CLOSER TO THE EVENT
FOR ANY IMPORTANT CHANGES TO
THE EXPO!**



COVID-19 VACCINATIONS AVAILABLE

COVID-19 Vaccines will be available during the expo from 10:00 AM to 2:00 PM. Look for the white tents in the parking lot. (Vaccinations are given courtesy of Minnesota Department of Health).

No appointment will be necessary, walk-in appointments available.



**ROLL UP YOUR SLEEVES,
MINNESOTA**

STAY SAFE MN

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