



Crosslake Area Senior Services, Inc.
Connecting Seniors to Services

SENIOR CONNECTIONS

Volume 1 | Fall 2019

www.CrosslakeCares.org

Crosslake Cares brings you:

SAVE THE DATE

POWER^{of} AGING EXPO

Saturday, April 25, 2020 Keynote Speaker: DON SHELBY



Don Shelby
Keynote Speaker for the 2020 Expo

Hi Crosslake Area Seniors!

That's right - we are starting to plan for our 2020 Crosslake Cares *Power of Aging* Senior Expo! We are very excited to host you again on April 25, 2020 at The Log Church on Route 66 in Crosslake, the same site as our 2019 Expo.

Highlighting our *Power of Aging* Expo in 2020 will be the renowned **DON SHELBY** (retired senior anchor at WCCO) as our keynote speaker! Don is excited to share his thoughts and key insights on seniors - *The Best is Yet To Come!* We haven't concluded

his topic yet but it may include his famous presentation of the beloved Mark Twain - whatever topic he speaks to, we know it will be very special and entertaining!

In addition to Don's presentation, we are pleased to bring you 4 other mini-talks.

Topics may include:

- ✓ Downsizing Your Stuff
- ✓ Mental Health & Me, My Kids and Grandkids
- ✓ Scams and Fraud: Are We Safe in Crosslake and at Home?
- ✓ How Time Flies (on Memories)

These talks will be quick hitting and informative, and Gertrude will make you laugh again, just like at the last expo!

The 2020 *Power of Aging* Expo will again feature free food provided by Crosslake Area restaurants. We are expecting over 50 exhibitors showing the best from the

health and wellness industry (including blood pressure measures and interactive exercise), and other important senior service providers from local financial, real estate and travel businesses.

Be part of the best Senior Expo ever - with your Crosslake Area neighbors on the last Saturday in April, 2020!

The doors will open at 8:00 AM and Don Shelby finishes at 1:00 PM. You are free to come and go at anytime throughout the event.

Admission is FREE for you to come and enjoy Crosslake area food, informative presentations, and an opportunity to meet area businesses that are focused on providing services to help you.

For ongoing updates or if you have any questions on the Expo please visit our NEW website at www.CrosslakeCares.org.

Check for updates on the
POWER OF AGING EXPO
at www.CrosslakeCares.org

Power of Aging Expo 2019



Our Board of Directors decided that one of the key purposes of Crosslake Cares was to “connect seniors to services that help improve their lives”. They decided to launch a SENIOR EXPO in Crosslake - to both introduce Crosslake Cares and “connect area seniors to important services and information” provided by industry experts. We invited members of our Advisory Council and area leaders to help us plan the first ever Crosslake Cares Senior Expo. These volunteers were excited to help and the results exceeded everyone’s expectations.

There were also 4 mini-talks with great topics. The first talk was about The National Loon Center (soon to be located in Crosslake), the second AARP updating us on the great contributions made by seniors in Minnesota, the third on the Crosslake Community School. Finally, we concluded the mini-talks with “Gertrude and the Pharmacist” trying to make sense out of prescription drugs, which made the whole room roar with laughter!



Mark Rosen - Keynote Speaker in 2019
(Sponsored by Essentia Health)

We also enjoyed free food provide by 14 area restaurants, information from 37 exhibitors, interactive senior events including blood pressure readings, pickle ball and putt-putt golf. There were over 500 attendees that laughed, learned and enjoyed socializing with their friends and neighbors.

We would like to thank our volunteers for all of their hard work, dedication and care that they provided to make this event such a success. It was so special to have these great volunteers come together to provide such a wonderful event for our community. We want to thank the people of the Crosslake area for attending the Expo too, and we look forward to seeing you all next year!

Thank you to our 2019 Expo Sponsors!

Platinum Sponsor



Essentia Health

Silver Sponsors



Whitefish at the Lakes
A Distinctive Senior Community



Bronze Sponsor

- North Central Medical Supply
- Home Instead Senior Care
- Riverwood Bank
- Golden Horizons Assisted Living
- Cuyuna Area Connections
- Harlan Johnsons Agency
- Paul Bunyan Scenic Byway
- Crosslake Lutheran Church
- Crosslake Presbyterian Church
- The Log Church
- Immaculate Heart Catholic Church

Food Vendors

Thank you to the following restaurants who provided free food for the attendees at Expo 2019!

- Andy’s Bar and Restaurant
- Cedar Chest Restaurant and Bar
- Lake County Crafts and Cones
- Crosslake Coffee
- Jitterz
- Jr’s No. 19 BBQ
- Manhattans
- Maucieri’s Italian Bistro
- Moonlite Bay Family Restaurant
- Rafferty’s Pizza
- Riverside Inn
- Valeri Ann’s Family Foods
- The Wharf
- Zorbaz

The Crosslake Cares Team

Crosslake Cares' future plans include:

1. To develop the Crosslake Cares volunteers group.
2. To make available outings or trips for Crosslake area seniors.
3. Research a transportation solution for Crosslake area seniors to help them keep important health and wellness appointments.

If you are interested in joining a fun group of local people helping seniors, please consider volunteering with Crosslake Cares. Drop us an email at info@crosslakecares.org. We would love to hear from you!



Some of Crosslake Cares' Board and Advisory members planning for Expo 2020!

Survey says....

Crosslake Cares has a focus on connecting area seniors with information that can help improve their lives. We think it is important to ask seniors what kinds of information or topics interests them - what would you like to know more about? To accomplish this we conduct periodic surveys to get *YOUR* answers.

At the 2019 Crosslake Cares Senior Expo we provided a survey when people entered the Expo to register. Over 280 of the Expo participants provided answers to our survey questions selecting their most interesting topics.

The top 5 survey items selected were:
 5-Aging In Place, 4-Downsizing Your Stuff
 3-Leisure Time Activities, 2-Taking Trips and
 1-Exercising.

Crosslake Cares is focused on providing our area seniors with more information and opportunities to meet the needs expressed in the survey. For example, on our website at www.CrosslakeCares.org you will find information on "exercising", "taking trips" and "leisure time activities" under the Active Living tab. We will also address your survey interests at our 2020 Power of Aging Expo.



The Board and Advisory Council planning the 2019 Expo

Check us out at www.CrosslakeCares.org and come to the 2020 Expo on April 25, 2020. Both of these resources have important information for improving seniors' lives!



www.CrosslakeCares.org

We are excited to announce that our new website is launched!
 Please visit the website to access all the resources and valuable information you need to help improve your life in the Crosslake area.

About Crosslake Cares

Crosslake Cares was incorporated in October, 2018 and approved as a 501(c)3 non-profit corporation in December, 2018.

OUR MISSION

Our mission is to function as a non-profit operating in the long-term best interests of seniors in the greater Crosslake area by developing new opportunities and enhancing access to existing services providing opportunity for joint promotion.

Senior Health and Wellness Services

Medical Clinics in the Crosslake Cares service area include the following two clinics:



Essentia Health



St. Joseph's-Crosslake Clinic of Essentia Health

Get primary care services for your entire family right in town at the Essentia Health St. Joseph's-Crosslake Clinic. The Crosslake Clinic provides the community access to quality care right here. The family medicine team provides primary care services to your

whole family—babies, kids, and adults. They also offer access to a Dietitian, Imaging and Radiology, Lab Services, Medication Management, Orthopedics & Sports Medicine, Physical Therapy, and Tobacco Cessation.

It's that time of the year again.... cold and flu season.

Get your flu shot now and prevent being sick this season!

Essentia's knowledgeable providers work as a team. No matter who you see, everyone stays in the loop so you can get the best care possible. Vacationers and residents alike are always welcome. The clinic is south of town at 35205 County Road 3 in Crosslake. *"In partnership with our communities, we take care of each other. And live healthier."*

Hours at the Crosslake location are Monday through Friday from 8 am to 4:30 pm. You can call (218) 692-1010 to make an appointment. Essentia Health also has locations in Emily, Pequot Lakes and Pine River.

CRMC CUYUNA REGIONAL MEDICAL CENTER

Dedicated to You. Every Day.

Quality healthcare is now more accessible at Cuyuna Regional Medical Center's new Breezy Point Clinic. One physician and an advanced practice provider are located at the 7,000-square-foot space. The clinic includes nine exam rooms, a procedure room for outpatient clinic care, laboratory and diagnostic imaging services.

The new clinic is the anchor of the new North Star Center that was developed on 20 acres along County Road 11 across from the Breezy Point Sports Center.

CRMC recognizes the high level of growth in the region and strives to meet the needs of the communities it serves. "We continually



The new Cuyuna Regional Medical Center in Breezy Point

evaluate demographic shifts, community need, depth and breadth of available services, accessibility, and consumer ease," stated Kyle Bauer, CRMC's CEO.

"Our goal was to bring high quality, convenient health services closer to the communities we serve." Like all CRMC satellite locations, the new clinic is connected to the MyChart electronic health

record system, so all patients' vital medical information is available to any CRMC provider, no matter where they are seen, for better coordinated care.

The clinic is open Monday through Friday from 7:30 am to 6 pm and on Saturdays from 8 am to noon. Walk-ins are welcome. For an appointment, call (218) 568-4926.