



Crosslake Area Senior Services, Inc.  
Connecting Seniors to Services

# SENIOR CONNECTIONS

Volume 3 | Spring 2021

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

**Crosslake Cares brings you:**  
**SAVE THE DATE**  
**POWER of AGING EXPO**  
Saturday, September 25, 2021 Keynote Speaker: **DON SHELBY**  
**FREE ADMISSION**  
at The Log Church, Crosslake

## POWER OF AGING 2021 EXPO

Crosslake Cares is looking forward to hosting all our area seniors, caregivers and their families at the the **POWER OF AGING EXPO** this Fall. We had a great turnout for our 2019 Expo, and we don't want you to miss our 2021 Expo.

This year's Expo will be located at The Log Church in Crosslake on Saturday, September 25, 2021 during Crosslake Days.

Please save the date to your calendar as you will not want to miss hearing Don Shelby (retired WCCO senior anchor) give his keynote address. Don is excited to share his thoughts and insights on seniors, "The Best is Yet to Come".

Admission is free so you can come and enjoy informative presentations, free food, and an opportunity to meet area businesses that are focused on providing important services to help YOU – our treasured area seniors.

In addition to Don's presentation, we are pleased to bring you other mini-talks focused on seniors. These talks will be lively and informative, and of course "Gertrude" will make you laugh out loud!

Here are some topics we may be including:

- ✓ Downsizing Your Stuff
- ✓ Mental Health & Me, My Kids and Grandkids
- ✓ Scams and Fraud: Are We Safe in Crosslake and at Home?
- ✓ "Gertrude and Friends" How Time Flies - a talk on Memories
- ✓ National Loon Center Update
- ✓ AARP - Livable Communities



**Don Shelby**  
Keynote Speaker for the 2021 Expo

The Crosslake Cares' Power of Aging EXPO will again feature free food provided by our area churches as they compete in their own chili cook-off.

In addition, we are expecting over 50 exhibitors showing the best from the health and wellness industry (including blood pressure measures and fitness opportunities), and other important senior service providers from local financial, real estate, law, and travel businesses. They are all interested in answering your questions.

Come enjoy and be part of this year's EXPO with your Crosslake area neighbors on Saturday, September 25, 2021 during Crosslake Days!

The doors will open at 8:00 AM and Don Shelby will finish his keynote address around 1:00 PM. You are free to come and go at any time throughout the event.

For ongoing updates or if you have any questions on the Expo - please visit our website at [www.CrosslakeCares.org](http://www.CrosslakeCares.org). We'll see you during Crosslake Days at Crosslake Cares' **POWER OF AGING EXPO!**



**Whitefish**  
at the Lakes

(The Keynote speaker is sponsored by Whitefish at the Lakes Senior Living, our Platinum Expo Sponsor.)

## IF YOU'RE A CAREGIVER, FIND THE SUPPORT YOU NEED

Tony and Marie Wagner met in sixth grade and were instantly smitten. While they went separate ways by attending different junior high schools, they rekindled their romance at North High School in Minneapolis where Tony became the class president and Marie the homecoming queen.

Now married 53 years, the Wagners have enjoyed a rich and full life together with two daughters and meaningful careers of service. After serving in Vietnam, Tony later became CEO of Pillsbury United Communities and Marie put her talents to work in several careers, including as a church administrator, real estate agent and consultant. Recently, some new challenges have come their way. Three years ago, Tony started noticing changes in his wife. "She couldn't

keep up with the conversation and would mix up dates," he said. Early last year, Marie was diagnosed with what the Wagner family had already suspected: Alzheimer's Disease.

A week after Marie's diagnosis, Tony suffered a stroke and was airlifted to a hospital in St. Cloud. Thankfully, everything is fine now for Tony who hasn't experienced any recurring issues. Though, his sudden health crisis put family members in a tailspin wondering who would care for Marie in his absence.

"That freaked everybody out," Tony said. The Wagner family connected with Lutheran Social Service of Minnesota (LSS) to learn more about **Emergency Care Planning** – a new service that brings peace of mind to caregivers and their families by helping them develop a

plan for any potential situation when a primary caregiver could no longer care for a loved one.

"It's a relief," said Tony about having an emergency care plan in place that involves his two daughters and friends. "LSS is a high-quality organization and the resources have been so helpful."

Since then, Tony has also reached out to LSS for caregiver support. In addition to Emergency Care Planning, LSS also offers a wide variety of services to support caregivers and their



families, including: **Caregiver Coaching and Counseling** helps family caregivers develop their caregiving skills, find available resources and practice self-care to maintain a healthy and balanced lifestyle.

**Caregiver Support Groups** are a safe place for caregivers to discuss their experiences and share resources. Groups also provide caregivers with information, training and tools, and assist caregivers in building a supportive network. They meet monthly for one hour.

**Caregiver Workshops and Classes** offer many presentations, workshops, classes and skill building exercises that can help inform and support family caregivers.

**Caregiver Technology Program** provides support via your tablet/smart phone or one owned by LSS, to help caregivers reduce stress, grow caregiver skills, join discussion groups and address concerns.

**Military and Veterans Services** include caregiver in-home counseling and coaching for immediate family members caring for veterans and/or veterans caring for their family members.

Tony is just starting on the caregiver journey with Marie. "It's been quite a year!" he said. "The disease progresses. You can see it. But we are doing okay. I'm learning how to do new things." "I commend caregivers for being so willing to be part of this journey," said Mary Smith, coordinator of Caregiver Support Services for LSS who serves the region. "Getting the information and support you need is so important to staying healthy and delivering the care that loved one needs."

During the pandemic, LSS Caregiver Support Services is providing support virtually via telephone visits, the computer and iPads. LSS will continue to consult with the MN Department of Health and CDC to determine when services will resume in person. If you are a caregiver and could benefit from support, learn more by visiting [www.lssmn.org/caregiversupport](http://www.lssmn.org/caregiversupport) or by calling Mary Smith, caregiver coordinator at (218) 203-7312.



## ACTIVE SENIORS

With the COVID-19 restrictions over the past twelve months, many of us became lethargic – the proverbial couch potato! Our usual routines of exercising and socializing came to an abrupt halt. This resulted in changes to our health, such as loss of muscle tone, cardiac strength, weight gain and depression.

It is never too late to regain all that was lost by revitalizing our bodies. One way to do that is to start a walking plan of 30 minutes a day or 10 minutes 3 times a day for at least 5 days a week. Walking cannot be overstated! Not only can it increase energy and stamina, but

also can provide a good cardiovascular workout. It can also decrease the risk of developing diseases such as diabetes and improve our balance.



We are very fortunate in the Crosslake area having access to a wonderful community center which offers exercise facilities including a weight room and a large gymnasium which is open for walking on rainy days when you can't walk outside. There is no charge for walking in the gym.

Silver Sneakers classes are offered every week day. Classes include yoga stretching and circuit/cardiac. If you would like to learn more about the classes offered, please call the Community Center at (218) 692-4271 for more information. Not only are the classes a great way to get exercise and socialize, you may make new friends!  
*Submitted by Donna Keiffer, Senior Fitness Instructor*



## STAY CONNECTED

If you want to receive future Senior Connection newsletters and information - please give us your email and we can keep you connected! Send your email address to [info@crosslakecares.org](mailto:info@crosslakecares.org). (Your email will not be sold or shared). Please visit our website for helpful senior information at [www.CrosslakeCares.org](http://www.CrosslakeCares.org).

## THE VALUE OF CAREGIVING

### Professional Caregiving - A Noble Career with an Important Mission

In a year when professional caregivers have never been more essential or heroic we want to recognize and thank each and every professional caregiver in the Crosslake area. During these challenging times the demand for home care has grown exponentially — and it continues to grow as more seniors make the decision to age at home as a result of the pandemic. Hospitals and clinics are overwhelmed; however, our professional caregivers can serve as an extension of the healthcare system and play a critical role in keeping vulnerable seniors safe and healthy at home.

Home has always been a haven for older adults. In fact, before the pandemic, 94% of senior homeowners indicated an overwhelming desire to age in the comfort of their own homes.



The Crosslake community understands and appreciates how important it is to keep our aging loved ones safe at home and as active members of the community, and we at Home Instead are proud to be a part of that mission.

Adult children are juggling a lot these days with work and keeping up with their children’s busy schedules, making their ability to care for their aging parents difficult. At Home Instead, our CAREGivers care for seniors in their homes by assisting with personal care, prescription

medications, groceries, light cleaning and most importantly, companionship. CAREGivers are dedicated to creating positive experiences for their clients by spending additional time to make meaningful connections. Many even view them as family.

People who are patient, have a passion for helping others and an interest in interacting with older adults could find caregiving to be the perfect job. A few benefits of working in caregiving include a flexible schedule, professional and personal growth, the opportunity to learn from the older generation and build new relationships - an overall rewarding experience. Many of our CAREGivers are also retired adults or have experience in the profession, extending their ability to further relate to their clients.

To learn about becoming a CAREGiver and joining the Home Instead family, visit [www.homeinstead.com/jobs](http://www.homeinstead.com/jobs).

*Submitted by Michael Cranny  
Director of Business Development  
Home Instead, Brainerd MN*

## VACCINE RIDE CALL-IN LINE

### Partnership between Crosslake Cares and Interfaith Volunteers

This past year’s continued COVID-19 challenges have created opportunities for partnership as Crosslake Cares works to meet the needs of seniors in our community and surrounding area. For the past three months one of these partnerships has seen *Crosslake Cares* volunteers partnering with Interfaith Volunteers.

This joint effort of volunteers answered a dedicated phone line to assist area seniors needing rides to vaccine appointments. The

**NEED A RIDE to your COVID-19 vaccination appointment?**  
**Call-in Line**  
**218-546-3233**  
 Monday-Friday 1:00pm-5:00pm  
**218-820-7454**

Rides supported by:  
 Crosslake Cares  
 www.crosslakecares.org  
 Interfaith VOLUNTEERS  
 www.interfaithvolunteers.org

phone has been answered from 1:00 to 5:00 PM on Monday through Friday by Judy Stieve, Donna Kieffer and Gail Smith. Calls have ranged from where to find vaccines to

general information related to COVID-19 with only one concerning rides to vaccine appointments. The information gathered was forwarded to Interfaith Volunteers who then contacted the person requesting rides. They also provided the volunteers who are able to provide those rides. It was a very easy process to work with and seemed to be much appreciated by anyone who called. Thank you to all who answered the phones, it has been great to have such a willing group of friendly voices and to provide needed assistance in finding a resource during these times. The telephone lines are still open if you need a ride to receive your already-scheduled vaccine.

*Submitted by Gail Smith, RN  
Parish Nurse, Crosslake Lutheran Church*

## EF TOURS

### with Sandy Anderson

Are you a seasoned traveler looking to experience the world in a whole new way, with personalized itineraries and sites you will never forget? EF (Education First) Tours may be the perfect opportunity for you.

 Sandy Anderson, of Crosslake, has been involved with EF Tours for ten years as a traveler and now, as a Group Coordinator. Her role is to recruit travelers, travel with them throughout the tour, make sure everyone is accounted for and stays with the individuals in case issues arise. Her favorite part of these tours are the expert

local tour guides and authentic local cuisine all while paying attention to the travelers safety and security. She says, “Every tour I have been a part of has been exceptional with wonderful Tour Directors.” Each tour has packages of meals included, hotels, sites and activities planned.

There will be three upcoming tours: the Fall Foliage Tour Fall Foliage Tour: Vermont to Massachusetts from October 23rd-30th, 2021 with 30 spots available, the Belize tour from February 19th-27th, 2022 with only 15 spots available, and the Canadian Rockies/Banff to Vancouver tour from October 1st-9th, 2022 with 30 spots open. If you are interested in these tours, contact Sandy at (651) 587-3821. Check out the website for more information too at <https://grouptoursite.com/sandyanderson>.



**“Define the world in your own terms as you chase your wanderlust.”**

### EXPO 2021 PLATINUM SPONSOR

You are invited to an Open House on June 3 and 4, 2021 from 4:00 PM to 6:00 PM at Whitefish at the Lakes Senior Living in Crosslake. This upscale, senior living community celebrated their first year in Crosslake on February 1st, 2020, and consists of 86 spacious apartments, including 65 for both Independent and Assisted Living residents and 21 in Legacy Court Memory Care. Their beautiful one bed, one bed plus den



**Whitefish at the Lakes**  
A Distinctive Senior Community

and two bed / two bath units offer something for everyone and their pet friendly community means you don't have to leave your furry friend behind. Amenities include a bistro and

fireside lounge, wellness center, full-service Salon, as well as outdoor patios and private dining. There are still apartment available, with various floor plans to choose from, so contact [whitefishatthelakes.com](http://whitefishatthelakes.com) to learn more or call (218) 210-0770.

See you at the Open House!

Article Submitted by  
Linda Pfaff, Director of Marketing

## AREA SENIORS STAYING HEALTHY

### CUYUNA REGIONAL MEDICAL

Cuyuna Regional Medical Center's physician clinic in Breezy Point on County Road 11 across from the ice rink continues to offer the full spectrum of medical care for the entire family. Most patients can be seen in same day appointments and the clinic is a referral source to CRMC's specialty departments. Consider having that surgery or medical procedure you have been putting off while you are up north. CRMC offers consultations, any necessary testing, procedures, and surgeries all in a short period



of time so you can recover in the comfort of your cabin or a nearby resort. A surprising array of specialties are available at CRMC, including general surgery, orthopaedics, spine, weight-loss surgery, hernia, urology, foot & ankle, reflux and heartburn, gynecology and more in a clean, safe environment.

Recognizing patients don't want to wait for their procedures or treatments, we have a dynamic workflow model that ensures fast access to procedures when needed. Scheduling efficiencies make it possible for patients to complete comprehensive evaluations in a single day. Our high-tech medical campus is staffed with warm-hearted caregivers. For

many care situations, nurse navigators guide you through every part of the process, giving you the peace of mind of having an influential ally at your side, smoothing the way to your better health. And, we've taken every step to create a comforting care experience, starting with parking. The Breezy Point Clinic is open Monday through Friday from 7:30 AM to 5:00 PM and on Saturdays from 8:00 AM to noon. In addition to the full range of family medicine services, including Lab and X-ray, obstetrics and gynecology is offered. The clinic is staffed by Dr. Mark Bernston, physician assistants and nurse practitioners Bret Danielson, Danielle Munsterman and Jaime Westerman. Call (218) 568-4926 for an appointment. (CRMC is a Sponsor at our 2021 Expo)

### ESSENTIA HEALTH

Get primary care services for your entire family right in town at the Essentia Health St. Joseph's-Crosslake Clinic. Our 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 here. You'll find us south of town on County Road 3. St. Joseph's-Crosslake Clinic is an outpatient department of Essentia Health St. Joseph's



### Essentia Health

Medical Center. Our family medicine team provides primary care services to your whole family—babies, kids, and adults. See us for your next physical or to discuss new or ongoing health concerns. Family medicine providers may offer prenatal care as part of their services—even if they don't deliver babies. You can easily schedule a primary care appointment at the St. Joseph's-Crosslake Clinic online at [EssentiaHealth.org](http://EssentiaHealth.org), through MyChart, or by calling (218) 692-1010.

Specialty care is also available right in Crosslake, including: Dietitian, Imaging

& Radiology, Lab Services, Medication Management, Orthopedics & Sports Medicine, Orthopedic Surgery Consults, Physical Therapy, Tobacco Cessation. Essentia Health, which includes many Catholic facilities, is guided by the values of Quality, Hospitality, Respect, Joy, Justice, Stewardship, and Teamwork.

Count on the medical professionals at Essentia Health for compassionate and comprehensive medical care for your whole family. (Essentia is a Gold Sponsor at our 2021 Expo)

## Meet the Crosslake Cares Board



John Bruder  
Founder,  
President &  
Secretary



Patty Norgaard  
Vice President,  
& former  
Mayor of Crosslake



Pastor Kristin Oltmann  
Treasurer, &  
Senior Pastor at  
Crosslake Lutheran  
Church



Pastor Mark  
Holmen  
Senior Pastor at  
The Log Church  
Crosslake



Donna Keiffer  
Crosslake Silver  
Sneakers, & Senior  
Fitness Instructor



Michael Cranny  
Director of  
Business  
Development of  
Home Instead



Rev. Drew Braun  
Pastor at  
Immaculate Heart  
Catholic Church  
Crosslake

The Mission of **Crosslake Cares** is to function as a non-profit organization operating in the long-term best interests of seniors in the greater Crosslake area by developing new opportunities and enhancing access to existing services while providing opportunity for joint promotion. **Crosslake Cares** was incorporated in October, 2018 and approved as a 501(c)3 non-profit corporation in December, 2018.

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