



Save the Date for the next
POWER OF AGING SENIOR EXPO and **"SENIOR DAYS"**
Saturday, April 30th, 2022

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www.CrosslakeCares.org

SENIOR CONNECTIONS

2021 POWER OF AGING EXPO: Another Great Expo!

Crosslake Cares, a local nonprofit organization that connects seniors to services in our area, was delighted to be part of Crosslake Days! In particular, we were pleased to host the **Senior Expo – The Power of Aging** which took place at The Log Church on Saturday, September 25, 2021. A new record was set with 54 exhibitors and sponsors. We are so very appreciative of the support these patrons provide, particularly during these difficult times. We would like to extend a special thank you to Whitefish at the Lakes Senior Living, our platinum sponsor. 389 registration and senior survey forms were distributed during this event. Once again, seniors voted for their top areas of interest which included taking trips, exercise, and



leisure time activities. Each of these activities will be an area of focus during our 2022 Senior Expo. All who attended this year's event had the opportunity to listen to six wonderful guest speakers supported by an excellent MC. 500 programs were distributed along with many

green Crosslake Cares shopping bags and pens. Everyone enjoyed the churches' chili and thanks to the Minnesota Department of Health, 45 seniors received COVID-19 vaccinations. This year's door prizes included tickets to Minnesota Wild and Bemidji State hockey games along with Christmas concert tickets, a beautiful handmade quilt, gift cards to Cragun's Resort and Manhattan Beach Lodge. Paul Douglas wrapped up the 2021 Crosslake Cares Senior Expo with his delightful narrative "Life is like the weather."

We are already planning for 2022. Don Shelby will be our keynote speaker on Saturday, April 30th again at The Log Church. Be sure to stay tuned and watch for additional information on "Senior Days" the last weekend in April, 2022.



THANK YOU TO OUR 2021 EXPO SPONSORS & EXHIBITORS!

We would like to thank all our exhibitors, sponsors, volunteers, and presenters for all their support, dedication and hard work they provided to make the **2021 Power of Aging Expo** so successful. It was amazing to have organizations in our community

come together and provide valuable information and interactions for the guests who attended. This event would not have been as successful without our members and the volunteers involved with organizing, planning, and taking part of this event. We

also would like to thank the people of the Crosslake area for attending this Expo, the Crosslake area is truly a special area to live. We will look forward to seeing everyone again on Saturday, April 30th 2022 for our next **Power of Aging Expo!**

Platinum Sponsor & Exhibitor

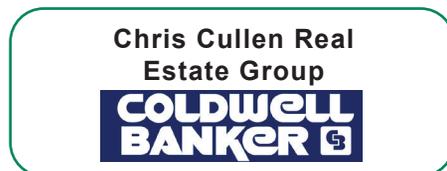
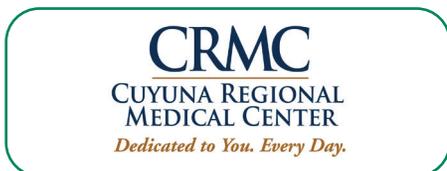


**Whitefish
at the Lakes**
A Distinctive Senior Community

Thank you to our **Platinum Sponsor** for this year's Expo - **Whitefish at the Lakes Senior Living**. To find out more about their senior living community located at 35625 Ostlund Avenue in Crosslake, check out their website

at <https://whitefishatthelakes.com>. The facility offers independent living, assisted living and memory care. Their mission is "To enrich the Lives of Those We Serve". Please call them today at (218) 210-0770.

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Silver Sponsors & Exhibitors



Bronze Sponsors & Exhibitors

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- Go Ahead Tours
- Knute Nelson Home Care

- Crosslake Community School
- Crosslakers | Greater Crosslake Area Foundation
- Crosslake Historical Society
- Treasured Time Adult Care
- Northern MN Heritage Association

- Lutheran Social Services
- Cuyuna Area Connections
- Corinthian Partners LLC
- Heartland Hospice
- MN Department of Health
- Crosslake Community Center

- Caption Call
- Jump by Jenny
- Camp Knutson
- Humana
- American Legion
- ACCRA Care

Other Financial Supporters

- Lakes Area Music Festival
- Frandsen Bank & Trust
- Happy Dancing Turtle
- Crosslake Ideal Lions
- Immaculate Heart Catholic Church



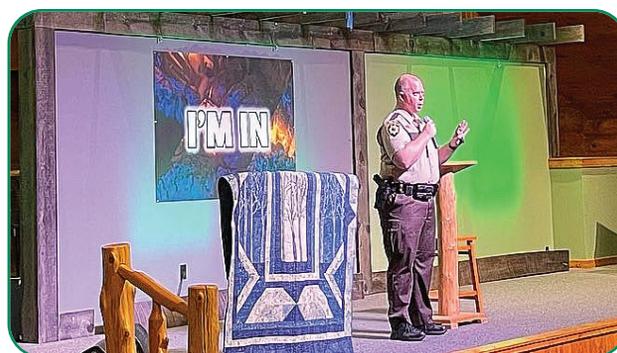


John Bruder, Founder of Crosslake Cares (dba Crosslake Area Senior Services, Inc., a non-profit organization.)

MINI TALKS

This year's Expo offered six short mini talks with varied topics and information directed to the interests of our Senior population. A big thank you to our Master of Ceremonies this year, Dan Hegstad. Thank you also to our mini-talk speakers - Jon Mobeck, Executive

Director of the National Loon Center; Crow Wing County Deputy Sheriff Andy Galles; Deb Cranny, Executive Director of Home Instead Senior Care; Dr. Kristin Furan-Kriesel, Clinical Psychologist at Cuyuna Regional Medical Center; Norma Hudson, Crow Wing County "Matter of Balance" Initiative; Gail Smith RN and Paulette Wilske RN of Crosslake Lutheran Church. They provided us with very informative and entertaining talks!



Crow Wing County Deputy Sheriff Andy Galles
Mini Talk on Senior Scams



VACCINATION TENT

A big thank you to the State of Minnesota Department of Health who provided free COVID-19 shots outside the Expo in their three white tents.

Vaccinations were given to 45 people during the Expo, helping to keep our Seniors safe.



COVID-19 VACCINE



CHILI CONTEST WINNER

A big thanks to four of our Crosslake area churches who cooked up big batches of delicious chili for us to sample during the Expo! **Crosslake Lutheran Church** won the taste-off. Thanks to Crosslake Presbyterian, The Log Church, and Immaculate Heart Catholic Church who also provided chili.

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