



Crosslake Area Senior Services, Inc.

Connecting Seniors to Services

# SENIOR CONNECTIONS

Volume 14 | Winter 2025

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

[www.facebook.com/CrosslakeCares18](https://www.facebook.com/CrosslakeCares18)

Join us for

## SENIOR DAYS & EXPO

April 24, 25, & 26, 2025

- ✓ Senior Bingo
- ✓ Senior Presentations
- ✓ Senior 3K Walk
- ✓ Senior Restaurant Discounts
- ✓ Senior Store Discounts
- ✓ Senior Prom
- ✓ Senior Pickleball
- ✓ Senior Golf Discounts
- ✓ Senior Expo
- ✓ Senior Trivia Night

Visit [CrosslakeCares.org](http://CrosslakeCares.org) and  
[Facebook.com/CrosslakeCares18](https://Facebook.com/CrosslakeCares18) for details



**BELINDA JENSEN**

Chief Meteorologist, KARE 11

EXPO Keynote Speaker

Sponsored by: *Cuyuna Regional Medical Center*

### EXCITING SENIOR DAYS WEEKEND AHEAD!

Mark your calendars for another unforgettable **Senior Days Weekend & Expo**, happening Thursday, April 24 through Saturday, April 26 with exciting new events, more activities, and a schedule designed to be informative and entertaining! Most events are free or offered at a discount, making it accessible and enjoyable for for Crosslake's Senior community.

The festivities begin on Thursday with the brand-new addition of **Senior Bingo** at the Crosslake American Legion. Bring your friends and competitive spirit for a full house of fun! (*American Legion License # #00997*).

Next up on Friday, April 25 we will be offering five informative **Senior Presentations** at the Crosslake Lutheran Church. Tremolo Communications on Senior Technology; the National Loon Center with an update; Crosslake Community Center with an update; Senior travel opportunities; and Tales and History of Crosslake's colorful past. On Friday evening there will be another new event, **Senior Trivia Night**, at Moonlite Bay from 4 to 6 PM with discounts on food and prizes.

Finally, the day of back-to-back activities on Saturday, April 26 we start off the morning with a refreshing **Senior 3K Walk** for all fitness levels beginning at The Log Church. Afterwards, walk your way inside The Log Church for our Annual **Senior Expo** featuring over 50 organizations offering valuable resources for our area seniors. Enjoy informative mini talks from area experts, prize giveaways, and delight in free coffee and pastries courtesy of **Café Cares**. We conclude the

Expo with our Keynote Speaker, KARE 11 Chief Meteorologist, **Belinda Jensen**, sponsored by Cuyuna Regional Medical Center. With 32 years of experience at KARE 11, co-hosting *Grow with Kare*, Belinda's talk will be about her personal journey with insights and inspiration. Following the Expo, join local experts for an afternoon of **Senior Pickleball** at the Crosslake Community Center (weather permitting). Come and discover one of the fastest growing sports in the country with time to "Learn the Game" and "Come play some short (get to know you) games". The Pickleball event starts at 1:30PM. Location will be announced at the Expo in case of inclement weather.

Wrap up the weekend in style with the **Senior Prom** at the Whitefish Lodge in Crosslake. This year's theme, **Viva Las Vegas**, invites you to dance the night away. Doors



will open at 5:30 PM, with a three-course dinner, music from a DJ playing the greatest hits, and a night of unforgettable memories. Reservations can be made by calling Whitefish Lodge at (218) 692-2246 or stopping by at the front desk. Credit card and meal selections are required when making reservations. A cash bar will be available. Cost will be \$39 per person. There will be dancing, and a DJ until 10:00 PM.

Throughout Senior Days, enjoy **Senior Discounts and Deals** on Golf at Crosswoods Golf and Whistling Wolf Mini Golf, as well as exclusive deals at Crosslake retail shops and restaurants! Each year, **Senior Days Weekend** aims to offer even more opportunities for education, recreation, and connection for our area's seniors.

### CUYUNA REGIONAL MEDICAL CENTER: CARING FOR THE LAKES AREA PLATINUM EXPO SPONSOR

Cuyuna Regional Medical Center (CRMC) has been a vital part of the lakes area community since its beginnings as a miner's hospital in the 1950s. Today, it serves a growing population of about 60,000 residents and visitors drawn to the area's natural beauty and recreational opportunities.

Located in Crosby, Minnesota, CRMC includes a 25-bed critical access hospital, five physician clinics in Breezy Point, Baxter, Longville, Crosby, and SuperOne (Crosby), and a senior living community in partnership with Presbyterian Homes and Services.

CRMC offers more than 40 specialties, including orthopaedics, interventional pain management, cardiology, endocrinology, women's health, and cancer care. Home Health & Hospice services ensure support for patients and families, and the region benefits from CRMC's focus on advanced treatments in urology, heartburn, and reflux care.

As a modern healthcare provider with deep community roots, CRMC continues to build on its legacy of delivering compassionate, comprehensive care to residents across the region.





# DRIVING CHANGE FOR OUR SENIORS - SENIOR TRANSPORTATION

In 2024, *Crosslake Cares* set out to learn more about the transportation challenges faced by seniors in the Crosslake area. Understanding the needs of the senior community has always been at the heart of our mission, and we believe that hearing directly from our areas seniors would guide us in making meaningful changes. We have heard about the issues regarding senior transportation in Crosslake and were serious about ways to help with it.

To accomplish this, we conducted a survey that was launched at the **2024 Senior Expo**, and what we discovered was eye-opening and beneficial for our plans. The results of the survey revealed a significant need for reliable transportation among the Crosslake senior population. Of the hundreds of total respondents, a staggering 71% were over the age of 71. These individuals highlighted their struggles in finding transportation for such needs as medical appointments, running errands,

attending church or other religious functions, and participating in social outings. This insight highlighted a pressing issue: transportation is not just a convenience, it's a necessity for seniors for maintaining their independence, staying socially connected, and accessing vital services. As an organization dedicated to supporting and providing resources for seniors, *Crosslake Cares* knew we needed to act.

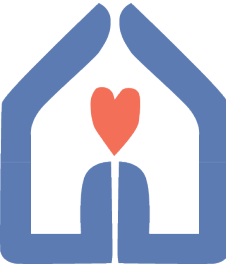
The transportation challenges in a small community facing our areas seniors is multifaceted. Limited transportation options, the inability to drive due to age or medical conditions, or a lack of nearby family and friends to provide regular rides all contribute to a growing sense of isolation for many older adults. For many seniors, the inability to access reliable transportation can lead to missed medical appointments, difficulty getting groceries or prescriptions, and decreased opportunities for socialization. These barriers can affect their physical, spiritual, mental, and emotional well-being. Recognizing the importance of transportation resources, we were determined to find a solution that would ensure seniors in the area access to the transportation they need. After extensive research and outreach, *Crosslake Cares* found the perfect partner in **Interfaith**

**Volunteers of Crow Wing County.** Founded in 2001, Interfaith Volunteers has been dedicated to helping seniors remain safe and independent in their homes. Their programs provide essential transportation services for seniors and construction ramps to improve accessibility for those with mobility challenges. Together, *Crosslake Cares* and Interfaith Volunteers have launched a **Joint Marketing Plan** to address the transportation needs of seniors in the Crosslake area. This partnership combined the strengths of both organizations, utilizing local connections, volunteer resources and expertise to create a solution.

Through this collaboration, each organization brings its unique strengths to the table to create a seamless program for senior transportation. *Crosslake Cares* will be the connection by joining local organizations, community leaders and members to raise awareness, host informative meetings with individuals' interest in volunteering, and answer community questions. Interfaith Volunteers is the operations with enrolling and on-boarding volunteer drivers, providing volunteer driver training, providing liability insurance coverage, and coordinating ride requests with our volunteer drivers and seniors.

At the heart of this initiative are the volunteer drivers who make this possible. These volunteer drivers provide more than just a ride, they offer companionship, a friendly face and a sense of community for our seniors. In order to make this effort a reality, we need YOUR help! Becoming a volunteer driver is a meaningful way to give back to the community and make a difference in the lives of our seniors. The commitment is flexible, there is no minimum time commitment required and Interfaith Volunteers ensures that all drivers receive necessary training and support. You can register to volunteer on their website below or give them a call at (218) 820-7454. Signing up to volunteer is a simple process. Start by completing your basic information (name, address, contact info.), have a valid driver's license, complete a simple background check, and tell IFV your preferred volunteer schedule. Interfaith Volunteers will take it from there and begin matching you with people in need in your community. To learn more about how to volunteer, please reach out to us at: [jfbruder@gmail.com](mailto:jfbruder@gmail.com). Also check out our website and Facebook page (on page one) for more details and Interfaith Volunteers website at: [interfaithvolunteers.org](http://interfaithvolunteers.org).

This partnership between *Crosslake Cares* and Interfaith Volunteers is about more than solving Crosslake's transportation challenges, it's about building a stronger, more connected community. By working together, we can help our seniors have the resources they need to live independently, stay connected, and thrive. Each year, *Crosslake Cares* strives to enhance the lives of seniors in Crosslake, and addressing transportation needs is a vital step in that mission. Join us in this effort because every ride counts.



**Interfaith Volunteers**  
[interfaithvolunteers18@gmail.com](mailto:interfaithvolunteers18@gmail.com)  
(218) 820-7454



DRIVING CHANGE FOR OUR SENIORS:  
**SEEKING VOLUNTEERS!**





## Who is Interfaith Volunteers and how to get involved:

Interfaith Volunteers have been around since 2001, and our organization is committed to helping seniors remain living safely and independently at home. Our volunteers provide rides to medical appointments, grocery shopping and general errands. Volunteers are the backbone of our organization, and we hope that you will consider sharing your time with us!

## Why Interfaith Volunteers is joining with Crosslake Cares:

We are working together to solve the transportation needs of seniors of Crosslake and surrounding areas.

## HOW TO GET INVOLVED:

You can register to volunteer on the Interfaith Volunteers website at: [interfaithvolunteers.org](http://interfaithvolunteers.org) or you can call us at: **218-820-7454**. You can also find more information at [crosslakecares.org](http://crosslakecares.org).

### Signing up to volunteer is a simple process:

1. Complete your basic information such as name, address, contact information, and date of birth.
2. You must have a valid driver's license.
3. We will complete a simple background check.
4. Tell us your preferred volunteer schedule (days of the week and times of day).
5. Insurance coverage is provided.
6. We will take it from there and begin matching you with people in need in your community.
7. No minimum time commitment is required.



## STEP OUT, GIVE BACK: THE POWER OF COMMUNITY INVOLVEMENT

Your couch or recliner can look awfully inviting. What a great place to relax, read, watch TV, and nap. But spending too much time there can lead to boredom, loneliness, depression, and even hasten your death.

Your community needs and wants you to step out, to get involved. And when you do, you may be surprised by how much you get in return. You can opt to be a little involved – or a lot. Give an hour here and there – or be busily engaged full time. You can opt to volunteer in a seated position (such as reading to children or to people who cannot see) or standing on a ladder, swinging a hammer (such as building homes with *Habitat for Humanity*).

How about helping at the Crosslake Area Library, which needs people who can give three hours one day a week, or one hour a couple of days a week? The library could also use folks to help with occasional special events.

Contact *Interfaith Volunteers* or *Faith in Action* in Crosslake. Both need volunteers to provide rides for medical appointments, errands, and community activities. Lutheran Social Service can

get you set up to spend time with an older adult so their caregiver can run errands or get a bit of personal time.

Maybe you would like to deliver prepared meals to people’s homes. You don’t need to cook; just pick up and deliver through Lutheran Social Services *Meals to Go* or *Meals on Wheels*. Call Crosslake Food Shelf if you would like to help there.

Do you have home maintenance and repair skills? *Interfaith Volunteers* and *Faith in Action* could put you to work making modifications or repairs to help older adults stay longer in their homes.

Don’t like any of these opportunities? How about working a few hours every now and then with Red Cross blood drives? Consider seeking a spot on a city or county board or committee, or volunteer with your chosen political party or church.

What do you get if you get involved? Perhaps a greater sense of purpose, pride in contributing to your community, new friendships, an enhanced sense of belonging. You may find a fresh spring in your step, a happier outlook, perhaps even improved mobility.

Your horizons may be broadened as you collaborate with people of different backgrounds and perspectives. You may find yourself feeling less focused on your aches and pains. You’ll

experience greater empathy for others. You may feel empowered in ways you never imagined.

And consider this: When you volunteer, you very likely will inspire others to do the same, which will make the community an even better place for everyone.



Article submitted by  
David D. Goodwin, MD  
Physician and Medical Director,  
Geriatric Physician Services  
Cuyuna Regional Medical Center  
(218) 546-2324

## HOW PREPLANNING YOUR FUNERAL CAN HELP WITH THE GRIEVING PROCESS

Grief is an inevitable part of life, yet it remains one of the most challenging experiences for those left behind after losing a loved one. While death is never easy to discuss, preplanning your funeral can be an act of kindness that significantly eases the burden on family and friends during an emotionally difficult time. By making decisions in advance, individuals not only ensure that their final wishes are honored but also help alleviate stress and confusion for their loved ones. Here are a few ways how preplanning a funeral can positively impact the grieving process.

**1. Reduces Emotional Stress**  
One of the most immediate benefits of funeral preplanning is that it relieves the emotional burden on family members who would otherwise have to make difficult decisions under distress. When a loved one passes away unexpectedly, family members are often left with the overwhelming task of organizing a funeral while simultaneously coping with their loss. During the grieving process, the logical side of your brain many times is taken over by the emotional side. By outlining your preferences ahead of time, you give your family the space to grieve without the added pressure of making arrangements on short notice.

**2. Provides Financial Relief**  
Funeral costs can be significant, and pre-



planning can help mitigate that financial strain. Many funeral homes offer prepayment plans. This proactive approach prevents families from facing unexpected financial hardship or having to make rushed financial decisions during an already challenging time. Knowing that expenses are covered can provide a great sense of relief to grieving loved ones.

**3. Ensures Personal Wishes Are Honored**  
When funeral arrangements are made in advance, there is no uncertainty about the deceased’s preferences regarding burial, cremation, religious ceremonies, or memorial services. This eliminates potential disagreements among family members and ensures that the service aligns with the individual’s values and beliefs. By having these decisions documented, families can focus on honoring and remembering their loved one rather than worrying about what they would have wanted.

**4. Encourages Open Conversations About Death**  
Preplanning a funeral opens the door for important discussions about end-of-life wishes. These conversations can foster emotional preparedness and give family members an opportunity to express their thoughts and concerns. By addressing these topics in advance, loved ones can gain clarity and peace of mind, knowing they are following the deceased’s wishes.

**5. Provides a Sense of Control and Peace of Mind**  
For individuals planning their own funeral, having a say in how they will be remembered can bring a profound sense of comfort. It allows them to reflect on their life, consider how they want to be commemorated, and ensure that their legacy is preserved in a meaningful way. This act of

preparation can provide peace of mind, knowing that everything is taken care of and that their loved ones will be spared unnecessary stress.

**6. Strengthens the Healing Process**  
With logistical concerns already addressed, families can focus entirely on the grieving and healing process. Rather than being consumed by administrative tasks and financial worries, they can spend time supporting one another, sharing memories, and finding solace in the presence of loved ones. The ability to grieve without distractions fosters a healthier, more intentional mourning process.

Preplanning a funeral is not just a practical decision—it is a compassionate act that eases the burden on grieving loved ones. By taking the time to organize details in advance, individuals provide their families with the gift of clarity, financial security, and emotional relief. While discussing and preparing for death may seem daunting, it ultimately helps create a smoother transition for those left behind, allowing them to focus on healing and remembrance rather than logistical stress. Taking control of your final arrangements is a profound way to show love and care for your family, even after you are gone.



Article submitted by  
Magdalen Brenny  
(218) 828-5051



SENIOR BINGO

THURSDAY, APRIL 24, 2025  
4:00 PM - 6:00 PM



*New This Year!*  
to be held at the  
Crosslake  
American Legion

Legion's license #00997

SENIOR TRIVIA

FRIDAY, APRIL 25, 2025  
4:00 PM - 6:00 PM



*New This Year!*  
to be held at  
Moonlite Bay,  
Crosslake

Join us at Moonlite Bay for Trivia Night, with discounts on food and beverage. Fun and Prizes!

WATCH FOR FULL DETAILS OF THE 2025 SENIOR DAYS & EXPO  
on our website and our next Newsletter in April

MEET NEW PEOPLE, DO KOOL THINGS, BECOME A LION!

The living mantra of the Lions throughout the world is "We Serve". This year will be full of great service events such as *Kidsight Screening* at the Minnesota State Fair. Last year we screened 3,158 kids of which 325 were referred for further evaluation by an eye care professional. Lions conducted two blood drives and packaged 2,582 meals for the Outreach Program to stock local food shelves. Over 60 of our sponsored students in robotics, track and field, and trap teams from Community and Pequot schools helped us with our yearly roadside clean up last year followed up with complimentary pizza and refreshments at Zorbaz.

This year fun events will continue with music in the Square. The 2025 lineup is: June 28-PK Mayo; July 5-Shane Martin; July 12-One Night Stand; July 19-Harpers Chord; July 26-Duluth Transit Authority; August 2-Kevin Klimek; August 9-Honky



Tonk Cowboys; August 16- Julie Pachouli; August 23-Mighty Trains; and August 30-Doug Allen Nash.

We have our yearly events such as the Peaches Sale, the 100 Elite Fishing Contest, a brand new upcoming Golf Scramble. Sponsorships of the fun Halloween event - *Camp Spooktacular* at the Army Corps of Engineers, the Senior Expo, and we are the 2025 Hot Habanero sponsors of *Crosslake Days* as well as participants in the St. Patty's Day Parade.

When humanitarian crisis strikes, such as those currently in California and North Carolina, we, as Lions, are ready to help. Right beside us is Lions Clubs International Foundation (LCIF), our global foundation. LCIF is mobilizing funds, including emergency grant funding and a US\$100,000 Major Catastrophe Grant, to empower Lions in California to help their communities recover. Local Clubs continue to donate to LCIF's Disaster Relief Fund, specifically reserved for all disaster relief state side and throughout the world. We

invite you to join us and share in this journey and living our mantra, "Together We Can"! The Crosslake Ideal Lions Club meet monthly, every second Wednesday at Maucieri's Restaurant in Crosslake. The Social Hour begins at 5:30 PM and general meeting begins at 6:00 PM. Many members arrive early for added fellowship. We have speakers from different Local Enterprises along with Lion speakers specializing in one of the *Eight Pillars* we dedicate ourselves to: Diabetes, Disaster Relief, Environmental, Vision, Hunger, Humanitarian Efforts, Childhood Cancer, and Youth. For more information, please contact us at Crosslake Ideal Lions online at [info@crosslakeideallions.org](mailto:info@crosslakeideallions.org), or come to a meeting and find out more about the club. Hope to see you soon. Lions continue to Serve!

Article submitted by  
Kim Walesheck,  
Secretary of  
Crosslake Ideal  
Lions



GETTING THE MOST OUT OF YOUR DOCTOR VISIT

**Maximizing Your Time and Health Outcomes:** Being prepared for a doctor's visit and knowing what you want are critical to getting the most out of the time spent in a doctor's office. Here are several key recommendations to help you maximize your visit:

**1. Write Your Questions Down**

Before you arrive at your doctor's appointment, make a list of questions or concerns you want to address. This can help you stay focused and ensure you don't forget anything important. It is not uncommon to feel nervous or distracted during a doctor's visit, so having a written list can help keep you on track.

**2. Keep a Record of Your Medications**

Bring a list or pictures on your phone of all the medications you are currently taking. This includes



prescription medications, over-the-counter drugs, vitamins, supplements, and even marijuana. It is crucial that your physician knows about all the substances you are taking to avoid potential drug interactions and to provide the best possible care.

**3. Update Your Medical Record**

Make sure to update your medical record with any new information. This could include a new illness or disease in your family, a recent surgery, or any other significant changes in your health. Keeping your medical record current helps your doctor make more informed decisions about your care.

**4. Honesty is Key**

Be honest with your doctor about your symptoms, lifestyle, and habits. Don't provide answers you think they want to hear. For example, if you didn't take all your prescribed medication, are drinking more alcohol, or experiencing anxiety due to work stress, let your doctor know. Honesty helps your doctor diagnose and treat your condition more accurately.

**5. Ask Questions**

If you don't understand what the doctor is saying, speak up and ask questions. Your doctor wants you to understand your diagnosis, treatment plan, options, and when to call back if there is no improvement. There are no stupid questions, and a question not asked cannot be answered.

By taking these steps, you can make the most out of your doctor visits, ensuring you receive the best possible care. Remember, your health is a partnership between you and your doctor. Being proactive and engaged in your care can lead to better health outcomes and a more positive experience.

Article submitted by  
Bruce B.  
Cunningham, DO  
UR Country Doc  
Crosslake, MN

