



Crosslake Area Senior Services, Inc.

Connecting Seniors to Services

SENIOR CONNECTIONS

Volume 16 | Summer 2025

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RECORD-BREAKING SUCCESS: CROSSLAKE CARES' SENIOR DAYS & EXPO DRAWS UNPRECEDENTED PARTICIPATION!



BELINDA JENSEN, Meteorologist of KARE 11 News, was our Keynote Speaker at the 6th Annual Senior Expo held on April 26, 2025. Her inspiring talk was all about her personal journey from growing up "in the sticks" to presenting weather in the KARE 11 backyard for over 30 years, becoming Bel the Weather girl!



Visit CROSSLAKECARES.ORG

Crosslake Cares is a dedicated nonprofit organization committed to enriching the lives of seniors by connecting them with services in our community. On the weekend of April 26 we proudly hosted our fourth annual Senior Days and sixth annual Senior Expo—our most successful events to date, benefiting both seniors and local organizations in the Crosslake area.

The weekend was filled with a variety of activities across Crosslake, including new additions like Senior Bingo and Senior Trivia, as well as favorites such as the Senior Prom, pickleball matches, a 3K walk, informative presentations, and exclusive discounts at local restaurants, retail shops, and golf courses. The highlight was the Senior Expo held at The Log Church, which attracted our largest crowd yet, with hundreds of attendees and over 50 exhibitors. Guests enjoyed insightful mini talks from area experts, complemented by free coffee and pastries throughout the morning. A special thank you to Belinda Jensen, Chief Meteorologist at KARE 11, who delivered an inspiring keynote address sharing her career journey and encouraging attendees to embrace every

step of life. Her full presentation is available on our website at crosslakecares.org. We are so thankful and appreciative to Cuyuna Regional Medical Center for their Platinum-level sponsorship of the Senior Expo. Special thanks also to Jennifer Lowe and her team for providing valuable information and assistance to seniors at their booth.

Mark your calendars for next year's **Senior Days and Expo**, scheduled for the weekend of April 25, 2026. We look forward to offering another series of inspiring and helpful events for our area's seniors, and maybe more new additions!



The staff of CRMC Orthopedics Department

For assistance in finding local resources, please visit our website at www.crosslakecares.org. Under the "Resources" tab, you'll find a wealth of information to guide and assist you.

RIDES FOR SENIORS!

Interfaith Volunteers is working with **Crosslake Cares** to solve the community's need for transportation services. Thank you to all those local Seniors who completed our Senior Transportation Survey, your feedback was invaluable!

Their mission is to help older adults and people with disabilities remain living safely and independently at home. Their primary service is to provide rides to medical appointments, grocery shopping and essential areas.

Interfaith Volunteers recently hosted a volunteer driver training session in Crosslake with 15 people in attendance. As a result, we have 5 new drivers who are available to provide rides in the Crosslake community.

If you need more information, need a ride, or would like to learn how to sign up as a volunteer driver, please visit Interfaith Volunteer's website at www.interfaithvolunteers.org or call (218) 820-7454.



THANK YOU TO EVERYONE FOR MAKING SENIOR DAYS A SUCCESS!

We wouldn't be here today without the support and participation of all the individuals and organizations who have assisted *Crosslake Cares* over the past six years. This past **Senior Days & Expo Weekend** was our most successful yet, thanks to everyone's help. We are deeply grateful to our volunteers and partnering organizations for making this possible.



Senior 3K Walk with Mayor Purfeest

Thank you to **Gail Smith and her team of volunteers** for all their hard work and dedication to make **Senior Prom** so dazzling and spectacular. We had a great attendance with 85 people enjoying Prom with a Vegas theme. Thank you to **Crystal Glaser and Whitefish Lodge & Suites** for hosting and providing great food and dance space for our area seniors to enjoy a night in exciting Las Vegas.

THURSDAY, APRIL 24



Senior Bingo

Thank you to **Pam Vaughan** and her team at **The American Legion, Crosslake** for organizing and hosting our first **BINGO NIGHT** during Senior Days! We had lots of fun and a fantastic turnout!

FRIDAY, APRIL 25

Thank you to our speakers during the **Senior Education Sessions** on Friday. Presenters this year were **Tremolo Communications**, with **Dylan Ralph** and **Krystin Peterson**, and their talk on Technology and AI, and how these are transforming our lives. Next, **Alden Hardwick** gave a presentation called *Unexplored Territory: Nearby Excursions You Never Thought to Take!* Then we welcomed **Joe Albrecht** with his presentation on the history of **Crosslake Community Center**, followed by **Jon Mobeck** of the **National Loon Center** with his update on the work of the Loon Center and wonderful information on the lives of loons in our Lakes area! Thank you to **Priscilla Balmer** on her presentation on the **Crosslake Historical Society** and the history of our beloved town. We were fascinated to learn more about what Crosslake was like in the 1900s and the changes and growth of our community. Thank you to **Gail Smith** and the team at **Crosslake Lutheran Church** for hosting our presentations and providing coffee and treats.

Thank you to **Moonlite Bay's Jesse and Richard Eide** for our hosting our first well-received **TRIVIA NIGHT** and for offering meal and drink specials.

SATURDAY, APRIL 26

Thank you to **Donna Keiffer** and her team of volunteers for organizing and leading the Senior 3K walk to kick off the start of the events on Saturday. This year, we had the pleasure of Crosslake **Mayor Jackson Purfeest** joining us on our walk.

Thank you to **Patty Norgaard** for organizing the **Expo**, **Jon Grothe** and **team** who helped design the set up, tear down, participate and organize the Expo. And thank you to **Immaculate Heart Church, Reeds, Mauceries, Crosslake Coffee** and **Lake Country Crafts & Cones** for providing tasty pastries for guests to enjoy.

Thank you to our two informative and valuable mini-talk speakers at the Senior Expo, **Ann Silgen** from **Interfaith Volunteers**, **Chris McCusker** from **CRMC Orthopedic Department**.

Thank you to all the wonderful **exhibitors** for participating in the Senior Expo and for your years of support in providing resources to our area's seniors. Thank you to **CRMC** for being our platinum sponsor for our Keynote Speaker, Belinda Jenson. Her presentation left our audience both engaged and inspired. Thank you to **Pastor Troy Nelson** and his team at the **The Log Church** in Crosslake for generously hosting and preparing for the Senior Days Expo.

Thank you to **Peter and Pam Graves** for organizing and teaching pickleball at our Senior Pickleball lesson and tournament on Saturday. Pickleball is the fastest growing sport, so it was a perfect way for our seniors to spend an afternoon learning and participating. Thank you to the **Crosslake Community Center** for providing the outdoor space for our Senior Pickleball.

ALL THREE DAYS!

Thank you to **Jackie Wipper** for organizing the Senior Retail Deals, new to this year's weekend line up, and thank you to all retailers who provided special senior discounts all weekend. Thank you to **Dawn Mauceri** and **Deb Carlson** for organizing all the restaurant deals throughout Senior days and thank you to all the restaurants for offering senior discounts all well.

Thank you to **Mike and Kelly Stone** for offering senior discounts on golf and minigolf. A special thank you to **Joan Johnson** and her troop of volunteers who work diligently behind the scenes promoting Senior Days.

We also want to extend a special thank you to **Cindy Mygeto**, with the **Crosslake Chamber of Commerce** for all her help on organizing banners and connecting our group more to the business community.

Thank you to our marketing team, **Judy Regan** and **Vanessa Lane**, on all their assistance with marketing efforts for *Crosslake Cares*. Thank you to the **Advisory Committee**, and all our **Volunteers** for all their help with planning, preparing, and executing not only the Senior Days, but all the initiatives of *Crosslake Cares* providing resources to our areas seniors to enrich their lives.



THANK YOU to AREA
RESTAURANTS & RETAIL

Thank you to these area restaurants and retail stores who gave our Seniors great deals on the specials they offered during Senior Days.

Restaurants:

- Andy’s Bar and Grill
- Cedar Chest
- Crosslake Coffee
- Dairy Queen
- Dark Horse Brew
- Lake Country Crafts & Cones
- Manhattan Beach Lodge
- Maucieri’s Italian Bistro
- Mission Tavern
- Moonlite Bay
- Norway Ridge Supper Club
- Up North Social
- Patriot Lakes Nutrition
- Pine Peaks Restaurant
- Rafferty’s Pizza
- Red Pine Cookhouse
- The Wharf
- Zorbaz

Retail:

- Ace Hardware
- Crosslake Drug
- Common Goods
- Kicks Art Place
- Curious Belongings
- Simply Rustic Floral
- Squirrely Mama
- Maverick Boutique
- MN Roots
- Shoppe 218



Expo Kenote Speaker Belinda Jensen

INFORMATIVE MINI-TALKS at EXPO

At this years’ Senior Expo, we presented two informative mini talks, each lasting about 15 minutes, and each provided valuable and informative topics for seniors.

Our first mini-talk was presented by Chris McCusker PT of CRMC: *Stay Steady, Preventing Falls and Building Balance.*



The second talk was given by Ann Silgen of Interfaith Volunteers: *Senior Volunteer Drivers.*



MORE PHOTOS from SENIOR DAYS

Senior Pickleball



Senior Trivia Night



Senior Prom



Senior Prom



Senior Discounts



Senior Expo Keynote Presentation



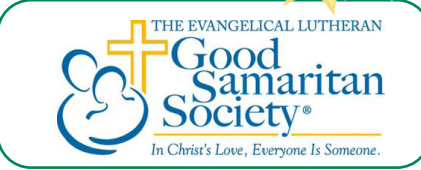
THANK YOU TO OUR 2025 EXPO SPONSORS & EXHIBITORS

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Gold Sponsors & Exhibitors



CRMCM
CUYUNA REGIONAL MEDICAL CENTER



Silver Sponsors & Exhibitors



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- Expo Banners:*
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- Crosslake Presbyterian Church
- Expo Prizes:*
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 - Hubbard Broadcasting
 - Manhattan Beach Lodge
 - Norway Ridge Supper Club
 - Whitefish Inn and Suites
 - Minnesota Wild Hockey Tickets

Bronze Sponsors & Exhibitors

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Crosslake Historical Society

Crow Wing Energized
- Cummings Treasured Time Adult Day Center

MN Highway Safety Discount Program

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Lakes Area Unlimited Learning

Northern MN Railroad Heritage Assoc.

Paul Bunyan Scenic Byway

US Army Corp of Engineers

Rising Tides Wealth Management

RG Insurance

Select Therapy

Whitefish Yacht Club

THANK YOU

Many thanks to **The Log Church** for hosting this year's Expo. We couldn't do it without their support and generous donation of their wonderful facilities, and also to **Crosslake Lutheran Church** for hosting our *Senior Presentations*.

THANK YOU for the PASTRIES

Crosslake Cares offered free coffee and pastries for the attendees to enjoy at **Cafe Cares** during the Expo. We would like to extend heartfelt thank you's for pastry donations from the following: **Crosslake Coffee, Immaculate Heart Church, Lake Area Crafts & Cones, Reeds, and Maurcier's.**

