

Aging Services Directory for Cook County

KEY PROVIDERS

Care Partners of Cook County

Lower level of the clinic, #106
PO Box 282
Grand Marais, MN 55604

218-387-3788
carepartners@boreal.org
www.carepartnersofcookcounty.org

Care Coordination
Caregiver support
Chore
Companion volunteers
Dementia resources
Health Care Directives
Long Term Planning
Senior Rides

Cook County Public Health & Human Services

411 West Second St.
Grand Marais, MN 55604
218-387-3620

*(Waivers can provide additional
funding for community-based
services for those financially
eligible.)*

Adult Protection
Adult Mental Health Case
Management
Care Coordination for
managed care enrollees
Information and Referral
MnCHOICES Assessments—
to determine need & plan
long term care & support
Waiver Case Management

Cook County In Home Support Program

218-387-3615

Adult companion services
Homemaking
Personal Support
Respite Care

Cook County Senior Center

10 North Broadway
PO Box 67
Grand Marais, MN 55604
218-387-2660

Meals on Wheels
Senior Dining
Senior activities
General assistance:
(Medicare,
taxes, legal aid,
& finding local help.)

North Shore Health

515 5th Avenue West
Grand Marais, MN 55604
218-387-3040
Emergency: 911
www.northshorehealthgm.org

Cardiac Rehab
Home Health
Hospital with Emergency
Department
Nursing Home providing
skilled care
Occupational Therapy
Physical Therapy

Sawtooth Mountain Clinic

513 5th Avenue West
Grand Marais, MN 55604
218-387-2330
www.sawtoothmountainclinic.org

Behavioral Health
BP/Blood sugar screening
Care Coordination
Food Skills Classes
Foot Care Clinics
Health Care Appointments
Registered Dietician

Senior LinkAge Line

A One Stop Shop for Minnesota Seniors
800-333-2433
www.Minnesotahelp.info

Health insurance
counseling (Medicare)
Long-term care planning
Resources & Referral for:
fraud
government programs
legal assistance
regional housing

Minnesota Adult Abuse Reporting Center - 1-844-880-1574

GRAND PORTAGE AGING SERVICE PROVIDERS

Grand Portage Community Center

PO Box 428, Grand Portage, MN 55605
218-475-2653

Grand Portage Community Services

PO Box 428, Grand Portage, MN 55605
218-475-2277

Grand Portage Health Services

62 Upper Road, Grand Portage, MN 55605
218-475-2235

Grand Portage Human Services

P.O. Box 428
2 Casino Drive, Grand Portage, MN 55605
218-387-2453

Grand Portage Elderly Nutrition Program

PO Box 428, Grand Portage, MN 55605
218-475-2655

Grand Portage Food Distribution Program

101 Store Road, Grand Portage, MN 55605
218-475-2480

Grand Portage Food Shelf

Grand Portage Human Services, 2 Casino Drive
Grand Portage, MN 55605
218-475-2453

Grand Portage Housing Authority

21 Townsite Road, Grand Portage, MN 55605
218-475-2552

Grand Portage Tribal Veteran Service Officer

PO Box 117, Grand Portage, MN 55605
218-475-2780

OTHER RESOURCES

CAREGIVER RESOURCES

AARP

1-888-687-2277

info@caregiving.org

www.aarp.org/caregiving/

National Alliance for Caregiving

301-718-8444

info@caregiving.org

DEMENTIA RESOURCES

Alzheimer's Association

800-272-3900

Alz.org/mnnd

EMERGENCY/CRISIS

Birch Tree Center – Mental Health Crisis Intervention

4720 Burning Tree Road

Duluth, MN 55811

218-623-1800

Human Development Center

1807 West Hwy 61

Grand Marais, MN 55604

218-387-9444

Law Enforcement Center

143 Gunflint Trail

Grand Marais, MN 55604

Non-Emergency: 218-387-3030

Emergency: 911

Violence Prevention Center

21 West 2nd Street

Grand Marais, MN 55604

218-387-1262 *(answered 24/7)*

FINANCIAL RESOURCES & SUPPORT

Arrowhead Economic Opportunity Agency (AEOA)

702 3rd Ave. South, Virginia, MN 55792
218-387-4547

Cook County Extension

One-on-one financial budgeting through Dollarworks 2 program
317 W. 5th St., Grand Marais, MN 55604
218-387-3015

Telephone Discounts

Consumer Affairs Office 800-657-3782

FOOD SERVICES

Birch Grove Senior Lunch

Every Wednesday at 11:30 a.m.

Cook County Food Shelf

First Congregational Church, 300 W 2nd Street
Grand Marais, MN 55604
218-387-2113

Cook County Ruby's Pantry in Grand Marais

2nd Tuesdays at 5:00 p.m.
218-387-1314

Cook County Senior Center – Senior Dining, Meals on Wheels

218-387-2660

Nutrition Assistance Program for Seniors (NAPS)

Second Harvest Northern Lakes Food Bank
delivered to Grand Marais Food Shelf
888-727-5653

Supplemental Nutrition Assistance Program (SNAP)

Cook County Public Health and Human Services
411 West 2nd Street, Grand Marais, MN 55604
218-387-3620

HEALTH

Alcoholics Anonymous & Al-Anon Meetings

218-387-3620 <https://gm-aa-alanon.com/>

Chemical Dependency—Wilderness Outpatient Program

Cook County Public Health & Human Services

218-387-3620 After Hours: 218-387-3030

Exercise & Wellness Classes

Birch Grove Community Center (218) 663-0170

Bone Builders M-W-F 10:00 a.m. – 11:00 a.m.

Cook County YMCA

105 West 5th St., Grand Marais, MN 55604

(218) 387-3386

Foot Care - Sawtooth Mountain Clinic

Monthly at Senior Center and Birch Grove Community Center

218-387-2330

Grand Marais Family Dentistry

303 East 3rd Street, Grand Marais, MN 55604

218-387-2774

Human Development Center

1807 West Hwy 61, Grand Marais, MN 55604

218-387-9444

Lighthouse Center for Vision Loss

4505 West Superior Street, Duluth, MN 55807

218-624-4828

HOUSING

Birchwood Apartments – Subsidized Rental

801 West 5th St., Grand Marais MN 55604

218-387-2634

Carefree Living – Assisted Living and Memory Care

36 Bell Circle, Silver Bay, MN 55614

218-226-3524

Ecumen Scenic Shores -Two Harbors – Assisted Living

409 13th Avenue, Two Harbors, MN 55616

218-834-8374

Grand Marais Apartments – Subsidized Rental – Senior Living

315 East 1st Avenue, Grand Marais MN 55604

Neta Property Management

701-293-7909 or 1-800-728-7911

Harborview Apartments – Subsidized Rental – Senior Living

11 3rd Street, #104, Grand Marais, MN 55604

218-387-2163

Homestead Cooperative – Senior Independent Living Cooperative

219 W. 11th Avenue, Grand Marais, MN 55604

218-387-1358

Minnesota Veterans Home – Silver Bay

56 Outer Drive, Silver Bay, MN 55614

218-475-2552

North Shore Health Care Center – Skilled Nursing Facility

515 5th Ave West, Grand Marais, MN 55604

218-387-3265

Sawtooth Ridges Apartments – Subsidized Rental - Senior Living

701 West 5th. St., Grand Marais MN 55604

218-387-9247

LEGAL

Free Legal Assistance

www.LawHelpMN.org

Legal Aid Service of Northeastern Minnesota

424 West Superior Street, Suite 302, Duluth, MN 55802

855-204-1697

Volunteer Attorney Program

314 W. Superior St - 1000 Torrey Building, Duluth , MN 55802

218-723-4005

TRANSPORTATION

Arrowhead Transit – Cook County

In Town Service—Within 5 miles of Grand Marais

Bus to Duluth—Every Tuesday

Grand Portage Commuter Route

800-862-0175, option 8

Care Partners of Cook County – Senior Rides Program

218-387-3788

VETERANS INFORMATION

Cook County Veterans Services

411 West 2nd Street, Grand Marais, MN 55604

218-387-3639

DAV Veteran Transportation 218-204-0693

Veteran’s Linkage Line 888-546-5838

Minnesota Assistance Council for Veterans

5209 Ramsey Street, Duluth, MN 55807

218-722-8763

MISC. INFORMATION

AARP Driver Safety Program 218-387-2035

American Red Cross 612-460-3674

Free Home Smoke Detectors

www.getasmokealarm.org

Disability Linkage Line 866-333-2466

Salvation Army 218-370-9443

Social Security Office – Duluth 855-863-3560