

# 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

**The Hub /  
Grand Marais 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 5<sup>th</sup> Avenue West  
Grand Marais, MN 55604  
218-387-3040  
Emergency: 911  
[www.northshorehealthgm.org](http://www.northshorehealthgm.org)

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

**Sawtooth Mountain Clinic**

513 5<sup>th</sup> Avenue West  
Grand Marais, MN 55604  
218-387-2330  
[www.sawtoothmountainclinic.org](http://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](http://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](mailto:info@caregiving.org)

[www.aarp.org/caregiving/](http://www.aarp.org/caregiving/)

#### **National Alliance for Caregiving**

301-718-8444

[info@caregiving.org](mailto:info@caregiving.org)

### DEMENTIA RESOURCES

#### **Alzheimer's Association**

800-272-3900

[Alz.org/mnnd](http://Alz.org/mnnd)

### EMERGENCY/CRISIS

#### **Birch Tree Center – Mental Health Crisis Intervention**

4720 Burning Tree Road

Duluth, MN 55811

218-623-1800

#### **Law Enforcement Center**

143 Gunflint Trail

Grand Marais, MN 55604

Non-Emergency: 218-387-3030

**Emergency: 911**

#### **Violence Prevention Center**

21 West 2<sup>nd</sup> Street

Grand Marais, MN 55604

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

## **FINANCIAL RESOURCES & SUPPORT**

### **Arrowhead Economic Opportunity Agency (AEOA)**

702 3<sup>rd</sup> Ave. South, Virginia, MN 55792  
218-387-4547

### **Cook County Extension**

One-on-one financial budgeting through Dollarworks 2 program  
317 W. 5<sup>th</sup> 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 2<sup>nd</sup> Street  
Grand Marais, MN 55604  
218-387-2113

### **Cook County Ruby's Pantry in Grand Marais**

2<sup>nd</sup> 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 2<sup>nd</sup> 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 3<sup>rd</sup> 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 5<sup>th</sup> 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 13<sup>th</sup> Avenue, Two Harbors, MN 55616

218-834-8374

**Grand Marais Apartments – Subsidized Rental – Senior Living**

315 East 1<sup>st</sup> Avenue, Grand Marais MN 55604

Neta Property Management

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

**Harborview Apartments – Subsidized Rental – Senior Living**

11 3<sup>rd</sup> Street, #104, Grand Marais, MN 55604

218-387-2163

**Homestead Cooperative – Senior Independent Living Cooperative**

219 W. 11<sup>th</sup> 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 Living – Skilled Nursing Facility**

515 5<sup>th</sup> Ave West, Grand Marais, MN 55604

218-387-3265

**Sawtooth Ridges Apartments – Subsidized Rental - Senior Living**

701 West 5<sup>th</sup>. St., Grand Marais MN 55604

218-387-9247

**LEGAL**

**Free Legal Assistance**

[www.LawHelpMN.org](http://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

## **Minnesota Elder Justice Center**

Support, information and resources around issues of  
elder abuse, neglect and financial exploitation

651-440-9300

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

## **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 2<sup>nd</sup> 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](http://www.getasmokealarm.org)

**Disability Linkage Line**

866-333-2466



**Salvation Army**

218-370-9443

**Social Security Office – Duluth**

855-863-3560

*Updated by Care Partners, 2/5/20*