

# Aging Services Directory for Cook County

## KEY PROVIDERS

### **Care Partners of Cook County**

PO Box 282  
501 W 2<sup>nd</sup> St, Suite 106  
Grand Marais, MN 55604  
(lower level of Sawtooth Mountain Clinic)  
218-387-3788  
info@carepartnersofcookcounty.org  
[www.carepartnersofcookcounty.org/](http://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  
[www.co.cook.mn.us](http://www.co.cook.mn.us)

*(Waivers may 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**

A program of Cook County Public Health & Human Services  
218-387-3615  
[www.co.cook.mn.us](http://www.co.cook.mn.us)

Adult companion services  
Homemaking  
Personal Support  
Respite Care

**The Hub /  
Cook County Senior Center**

PO Box 67  
10 North Broadway  
Grand Marais, MN 55604  
218-387-2660  
[Facebook Page](#)

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**

Telephone information service 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

## **GRAND PORTAGE AGING SERVICE PROVIDERS**

### **Grand Portage Community Center**

PO Box 428, 73 Upper Road, Grand Portage, MN 55605  
218-475-2653

### **Grand Portage Community Services**

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**

PO Box 428, 2 Casino Drive, Grand Portage, MN 55605  
218-475-2453

### **Grand Portage Elderly Nutrition Program**

PO Box 428, 73 Upper Road, 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**

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

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

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

202-918-1013

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

### DEMENTIA RESOURCES

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

800-272-3900

[www.alz.org/mnnd](http://www.alz.org/mnnd)

### EMERGENCY/CRISIS

#### **Law Enforcement Center/Cook County Sheriff**

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

#### **Cook County Economic Assistance**

Public Health & Human Services

411 W 2nd St

Grand Marais, MN 55604

(218) 387-3620

#### **Energy Assistance Program**

Arrowhead Economic Opportunity Agency (AEOA)

702 3<sup>rd</sup> Ave. South, Virginia, MN 55792

(218) 387-4547

## **Internet Discounts**

Federal Affordable Connectivity Plan  
877-384-2575

## **Telephone Discounts**

Mn Public Utilities Commission, 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 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  
888-727-5653

### **Ruby's Pantry**

2<sup>nd</sup> Tuesdays, 4:30-6:00pm  
Cook County Community Center  
317 W 5th St, Grand Marais, MN 55604  
218-387-1314

### **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

[www.gm-aa-alanon.com](http://www.gm-aa-alanon.com)

### **Chemical Dependency—Wilderness Outpatient Program**

Cook County Public Health & Human Services

218-387-3620

After Hours: 218-387-3030

### **Cook County End of Life Doulas**

Call Care Partners (218) 387-3788 or email: [pcampanaro@gmail.com](mailto:pcampanaro@gmail.com)

### **Exercise & Wellness Classes**

Birch Grove Community Center

Bone Builders Wednesdays 10-11am

Cook County YMCA

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

(218) 387-3386

Lutsen Town Hall

Bone Builders Mondays 10-11am

### **Foot Care - Sawtooth Mountain Clinic**

Monthly at Senior Center and Birch Grove Community Center

218-387-2330

### **Grand Marais Family Dentistry**

Discounted services available for income-eligible older adults through the Senior Oral Health Care Program

303 East 3<sup>rd</sup> Street, Grand Marais, MN 55604

218-387-2774

## **HOUSING**

### **Birchwood Apartments – Subsidized Rental**

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

218-356-5314 (DW Jones Management)

### **Carefree Living – Assisted Living and Memory Care**

36 Bell Circle, Silver Bay, MN 55614

218-226-3524

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

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

701-293-7909 (Meta Property Management)

**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  
218-353-8700

**North Shore Health – Care Center**

515 5<sup>th</sup> Ave West, Grand Marais, MN 55604  
218-387-3264

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

701 West 5<sup>th</sup>. St., Grand Marais MN 55604  
218-387-9247 (Ebenezer Senior Living)

**LEGAL**

**Legal Aid Service of Northeastern Minnesota**

424 West Superior Street, Suite 302, Duluth, MN 55802  
855-204-1697

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

**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)

**TECHNOLOGY**

**Cook County Higher Education**

Reduced Cost Refurbished Laptop Program for income-eligible  
households  
(218) 387-3411

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

**Lighthouse Center for Vital Living**

4505 West Superior Street, Duluth MN 55807  
218-624-4828

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

### **Minnesota Assistance Council for Veterans**

5209 Ramsey Street, Duluth, MN 55807  
218-722-8763

[www.mac-v.org](http://www.mac-v.org)

### **Veteran’s Linkage Line**

888-546-5838

## **MISC. INFORMATION**

### **AARP Driver Safety Program**

218-350-7025

### **American Red Cross**

Free Home Smoke Detectors

612-871-7676

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

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

Community Action Program  
Serving NE Minnesota

800-662-5711

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

### **Disability Hub**

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

866-333-2466

### **Salvation Army**

218-722-7934

### **Social Security Office – Duluth**

855-863-3560