

Aging Services Directory for Cook County



Aging Well Resources

COOK COUNTY MN

Your guide to information, events and services

www.agingwellresources.org • (218) 231-8903 • toll free (855)444-3910

KEY PROVIDERS

Care Partners of Cook County

PO Box 282
501 W 2nd St, Suite 106
Grand Marais, MN 55604
(lower level of Sawtooth Mountain Clinic)
218-387-3788
info@carepartnersofcookcounty.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
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

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](#)

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

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

Minnesota Aging Pathways
Telephone information service for Minnesota Seniors
800-333-2433
www.mn.gov/aging-pathways

MN Aging and Disability Resources
<https://mn.gov/adresources/>

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

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

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

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, 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

National Alliance for Caregiving

202-918-1013

www.caregiving.org

DEMENTIA RESOURCES

Alzheimer's Association

800-272-3900

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 2nd 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 3rd Ave. South, Virginia, MN 55792

(218) 387-4547

FINANCIAL RESOURCES & SUPPORT (CONT)

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 2nd 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

2nd 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 2nd Street, Grand Marais, MN 55604
218-387-3620

HEALTH

Alcoholics Anonymous & Al-Anon Meetings

218-387-3620

www.gm-aa-alanon.com

HEALTH (CONT)

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

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 3rd Street, Grand Marais, MN 55604

218-387-2774

HOUSING

Birchwood Apartments – Subsidized Rental

801 West 5th 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 1st Avenue, Grand Marais MN 55604

701-293-7909 (Meta Property Management)

Harborview Apartments – Subsidized Rental – Senior Living

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

218-387-2163

HOUSING (CONT)

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
218-353-8700

North Shore Health – Care Center

515 5th Ave West, Grand Marais, MN 55604
218-387-3264

Sawtooth Ridges Apartments – Subsidized Rental - Senior Living

701 West 5th. 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

Minnesota Elder Justice Center

Support, information, and resources around issues of elder abuse, neglect, and financial exploitation
651-440-9300
www.elderjusticemn.org

TECHNOLOGY

Cook County Higher Education

Reduced Cost Refurbished Laptop Program for income-eligible households
(218) 387-3411
www.mycche.org

Lighthouse Center for Vital Living

4505 West Superior Street, Duluth MN 55807
218-624-4828
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 2nd 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

Veteran’s Linkage Line 888-546-5838

MISC. INFORMATION

AARP Driver Safety Program 218-350-7025

American Red Cross 612-871-7676

Free Home Smoke Detectors

www.getasmokealarm.org

Arrowhead Economic Opportunity Agency (AEOA)

Community Action Program 800-662-5711

Serving NE Minnesota

www.aeo.org

Disability Hub MN

<https://disabilityhubmn.org> 866-333-2466

MN Aging and Disability Resources

www.mn.gov/adresources

Salvation Army 218-722-7934

Social Security Office – Duluth 855-863-3560