



Upcoming Classes & Events

Updated 05.21.26



LIVE CONCERT TO BENEFIT



with
The Splints!
Thursday, June 4 | 6:30-9:00pm
Up Yonder
1615 W Highway 61, Grand Marais
**Donations cheerfully accepted
at the door**
*Thank you for helping us support community
members on the journey of aging and end of life*



Care Partners of Cook County
615 E Hwy 61, PO Box 282
Grand Marais, MN 55604
218-387-3788



Connecting Caregivers
1st Wednesdays, 1pm
The Hub
Next gathering: June 3

This monthly meeting provides an opportunity for caregivers to gather for casual conversation and mutual encouragement. Connecting Caregivers is open to anyone who is caring for an older friend or family member, near or far, and offers a chance to visit with others who share the caregiving journey. Led by Care Partners volunteer Kay Costello and Care Coordinator Barb Bernardy Rose, the gathering takes place at 1pm on the first Wednesday of each month at The Hub. No pre-registration to remember, no books to read, no homework to do – just come when you can for a cup of coffee, a moment of rest, and the gift of connection.

Reframe Aging Monthly Roundtable

Third Mondays of the month
12:15-1:45pm | The Hub, Grand Marais



*Drop in any time to discuss the
book of the month
or simply for lively, thoughtful
conversation about aging*

Next gathering - June 15th

June book selection:
“The Five Secrets You Must Discover Before You Die”
by John Izzo, PhD



A HUGE thank you to
Cook County Whole Foods Co-op
for selecting Care Partners as their
Round-Up Program recipient for the
month of May -
**and to everyone who rounds up their
purchase this month on our behalf!**

*We are proud of the many ways
our Cook County community
supports friends and neighbors
on the journey of aging and end-
of-life!*



Grief Group

Grief is a journey, and you don't have to walk it alone. Drop in any time for reflection and supportive conversation.



3rd Monday of each month | 5:00–6:30pm
Care Partners offices

Meeting June 15th



info@carepartnersofcookcounty.org
www.carepartnersofcookcounty.org

Memory Café - June 18

Memory Café is a free monthly gathering for people who are living with memory loss and those who are caring for them. The Café offers a safe, supportive, relaxed environment to enjoy light refreshments, casual conversation and friendly connections with others who know the memory loss journey first-hand. Each month we also invite a guest from the community to share a talent, hobby, or area of expertise - in June we will be joined by Gwen Danfelt from Drury Lane Books! Gwen will share a little about her love of reading and help us explore ways to enjoy books all along the journey of aging and memory loss. Join us Thursday, June 18 from 1:00– 2:30pm at The Hub. No preregistration needed, just stop in!



Care Partners office
will be closed

Monday, May 25

in observance of

Memorial Day



Aging Well Resources

COOK COUNTY + MN

Easy access to aging services, information, & events

www.agingwellresources.org

Care Partners envisions a community that is fully supported to navigate our shared journeys of aging and end-of-life.

We provide practical help and companionship for older adults and the people who care for them. Our staff and trained volunteers are here to assist with transportation, chores, advance planning, care coordination, supportive presence at end of life, caregiver coaching, and more. Feel free to contact us by phone at 218-387-3788 or stop by our offices at 615 East Highway 61 in Grand Marais. We're open Monday through Friday, 10am to 3pm.



Lunch & Learn

4th Wednesdays, noon - 1pm

Free classes from Care Partners and Cook County Higher Education designed to support aging well in Cook County, featuring speakers from local and area organizations. . You can join us in person at Cook County Higher Education or online via Zoom. Thanks to our generous donors, those who attend in person can enjoy a free, light lunch!



May 27: The Gift of Sight

For Healthy Vision Month we are pleased to be joined by Patty Stockdale from the UMD Department of Ophthalmology & Visual Neurosciences. Patty will help us learn about the Lion's Gift of Sight Program and provide a glimpse into current vision-related research. Cathy Everett from the Grand Marais Lion's Club will also share her own special experience with the Gift of Sight Program.



June 24: When We're Dreading the Conversation

It's all too easy to put off important conversations with our loved ones – especially when we worry those discussions might result in conflict or misunderstanding. Yet there are moments when we also know that like it or not, it's time to talk. In June we're excited to welcome Licensed Independent Clinical Social Worker Erika Figueira-Basheer as our guest presenter. Erika will give us tips for figuring out why we might be avoiding a conversation, thinking through what we want to say (and how we want to say it), and stepping beyond our fear to invite healthy, honest dialogue with the people we love.