Care Partners of Cook County

Upcoming Classes & Events

Updated 10.20.26

Connecting Caregivers

1st Wednesdays, 1pm

Cook County Community Center - Conference Room

Next Gathering: November 4

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 in the Conference Room of the Cook County Community Center (317 W 5th St, Grand Marais.) 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.

Aging Well Resources
COOK COUNTY MN
Easy access to aging services, information, & events

www.agingwellresources.org

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 - November 16

November book selection:

Honest Aging: An Insider's Guide to the Second Half of Life
by Roseanne M. Leipzig

(Participants are invited to read Part I and any other chapters that pique their interest.)

See details about the Roundtable, including upcoming book selections!

Grief Group

Grief is a journey, and you don't have to walk it alone. Attend when you can for reflection and supportive conversation - no preregistration necessary.

3rd Monday of each month | 5:00-6:30pm

Care Partners office | 615 E Hwy 61, Grand Marais

Next meeting November 16

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!

October 28 - Understanding POLST (Provider Orders for Life-Sustaining Treatment)

In this session, Dr. Kurt Farchmin, geriatrician and former Sawtooth Mountain Clinic provider, will help us understand one of the most frequently misunderstood Advance Planning documents – the POLST form. He'll walk us through the form step by step, explain what it is, why it is important, and how to work with your medical provider to complete it. Dr. Farchmin will also touch on the crucial role of Advance Planning documents from a medical provider's perspective.

November 18 - Wisdom's Teeth: Oral Health in Older Adulthood

In November we are pleased to welcome Dr. Alyssa Hedstrom from Grand Marais Family Dentistry who will help us learn how to keep our best senior smiles! She'll tell us about the dental changes we might expect as we age, how to recognize and deal with common age-related dental problems, and provide tips for tending well to our teeth and gums in older adulthood. She'll also give us the scoop on the Oral Health Task Force's amazing sliding fee scale program that can provide a significant discount on basic dental services for income-eligible Cook County seniors aged 65+.

Light Up a Life

Celebrate the life of loved ones and support aging and end-of-life care in Cook County

Each donation helps light the Memory Tree in front of Johnson Heritage Post!

Tree-Lighting Ceremony

Johnson Heritage Post
Thursday, December 10
5:30 pm

All are welcome!

Ways to make a donation:

- Use the scan code at right
- Visit www.carepartnersofcookcounty.org
- Send your name, address, phone number, and the name of honoree(s) along with check made out to Care Partners

Care Partners of Cook County
PO Box 282 | 615 East Highway 61
Grand Marais, MN 55604
218-387-3788