

Medicare presentations and fall colors

Medicare made simple—well at least understandable—will be the topic of three presentations at the Senior Center in September and October by Marjori Bottila. These sessions are sponsored by the Senior LinkAge Line®, which is a comprehensive information and assistance service of the Minnesota Board on Aging and Area Agencies on Aging. Sessions will be provided by the Arrowhead Area Agencies on Aging Senior LinkAge Line®. These are neutral, unbiased educational sessions. No prior registration is required for these presentations.

On Monday, September 14 at 10:30 a.m. Ms. Bottila will present *Creating a Long-Term Care Insurance Partnership*. This presentation is primarily for adults aged 40-70 and will focus on the education and outreach campaign to help Minnesotans understand long-term care insurance and the Long-term Care Partnership in Minnesota. The Long-Term Care Partnership is a public/private arrangement between long-term care insurers and Minnesota's Medical Assistance program. It enables Minnesota residents who purchase certain long-term care insurance policies to have more of their assets protected if they later need the state to help pay for their long-term care.

Those attending will learn about long-term care costs, how to plan for long-term care, what Medicare will cover and the role of the Minnesota Long-term Care Partnership in helping plan for the future.

At 1:00 p.m. on September 14, Ms. Bottila will present *Health Care Fraud - Detect, Protect, and Report*. She will include an overview of how to watch for and minimize health care fraud, waste and abuse, protect against identity theft and be aware of and reduce the risk of mail, phone and other scams.

On Monday, October 19, Ms. Bottila will present *Medicare Update - 2010, Information about Medicare parts A through D, legislative changes, extra help for prescriptions and other programs*. This will be particularly helpful to people, new to Medicare.

Fall colors are the theme of upcoming bus trips. Monday, September 21, we will leave the Senior Center at 12:30 p.m. to ride the gondola and tour the top of Moose Mountain at Lutsen Mountains. The maples should be at the peak of color. The trip will cost \$17/person and payment is due September 14.

On Wednesday, September 30, at 10:00 a.m., we will be going on our annual Fall Color Tour on the back roads of Cook and Lake counties. Lunch will be at the Trestle Inn, with BBQ ribs, the promised special. Transportation will be \$20/person due on September 23 and lunch will be at your own expense.

The AARP Driver Safety classes are winding down for 2009. There will be a refresher class at the Senior Center noon - 4:00 p.m. on Tuesday, September 15 and a beginning class at Birch Grove Tuesday, September 22 and Wednesday, September 23, from 5:30 - 9:30 p.m. each evening. Beginning and refresher classes cost \$17 for AARP members and \$19 for non-members. Call the Senior Center at 387-2660 or Birch Grove at 663-7977 to register.

For more information about these or any other Senior Center activities, call 387-2660.

News from the "Brighter Side" of aging is provided by Pam McDougall, assistant director of the Grand Marais Senior Center. Pam can be reached at (218) 387-2660 or via e-mail at CCCOA@boreal.org.

BRIGHTER SIDE OF AGING

Pam McDougall

Busy summer leads to busy fall at Care Center!

Staff reports

Summer went by quickly for residents at North Shore Care Center. Like everyone else, we had to work around the weather to be outdoors for picnics, luaus, live music, and other activities.

Fisherman's Picnic was a fun-filled weekend for residents with lots of family around. Fish burgers were donated by the Larry Larsen family. Then there was the classy ride in the parade as part of the 50th Anniversary for the Hospital. Many thanks to the Hospital Auxiliary and Luxury Limousine Service for making our first ever limo ride possible.

August outings took us to the dairy farm, a wedding dinner/dance in Colvill, and the County Fair. Everyone was excited about the exhibits and our 11 prize-winning entries.

Birthdays in August honored Sylvia Hunt, Anne Maurin, Jack Halverson, and Marv Holmen with individual and monthly parties.

Our annual Hawaiian Week included a luau with water games, and authentic foods made by Maureen and Ross Wilson. Live music featured *The Sivertones*, and of course some Limbo and hula dancing. The band *Portage* played later in the week for the Hawaii Five-O dance.

Student volunteers from the Incredible Exchange Program were great helpers all summer. Thanks, Kimberlee Dossey, Emma Nalezny, and Libby Zafft for all your hard work.



Above: Lovely ladies at Luau. (L-R) Mable Stoltz, Sylvia Hunt and Grace Sieckert looked lovely for the annual Hawaiian Luau on August 26. The weather cooperated for a great evening outdoors on the patio with food, live music by *The Sivertones* and lots of fun. **Left:** "How low can you go?" Donna Helmerson and Phyllis Schulte try limbo dancing at the Hawaii Five-O Dance with the band *Portage* on August 29. Limbo stick holders are Gert Benton and Jean Roberts.

September brings one more BBQ picnic on Labor Day, as well as the first day of autumn, and leaf tour outings later on in the month. Residents will attend the play, *Wizard of Oz* at ACA, and the WTIP Radio Waves music fest at Sweetheart's Bluff.

There will be plenty of live

music all month, including a performance by Prudence Johnson at the Care Center on September 20 at 10 a.m. The band *Portage* will play for the dance and happy hour on September 26 at 6:30 p.m. Families and community members are always welcome to join our special music events.

September birthdays will be celebrated for Irene Leng, Mable Stoltz, and Gladys Rindahl on September 9 at 3 p.m.

Volunteers are needed for computer assistance and for outings. For more information about volunteer opportunities, please contact the Activity Dept. at 218.387.3518.

September 2009 Senior Center Menu & Events

- September 1**
9:00 am **Council on Aging Meeting**
11:30 am **Lunch:** Turkey Sandwich, Vanilla Pudding
12:15pm **Scrabble**
1:00 pm **Duplicate Bridge**
- September 2**
10:00 am **Exercise Group**
10:30 am **B P Check**
11:30 am **Lunch:** Goulash, Apricot Halves
12:00 pm **Reservation due for 9/10 lunch**
12:15 pm **Bridge**
- September 3**
9:45 am **Cribbage**
11:30 am **Lunch:** Roast Pork Dinner, Apple Crisp
12:30 pm **Bingo**
- September 4**
9:30 am-4:00 pm **Free Bus**
10:00 am **Exercise Group**
11:30am **Lunch:** Cabbage Roll Hot Dish, Lemon Cake
- September 7**
Labor Day-Senior Center Closed
- September 8**
7:15 am **Bus to Duluth**
8:00 am-2:00 pm **Driving Exams**
11:30 am **Lunch:** Ham Dinner, Coconut Cream Pie Squares
12:15pm **Scrabble**
1:00 pm **Duplicate Bridge**
- September 9**
10:00 am **Exercise Group**
11:30 am **Lunch:** Tater Tot Hot Dish, Pineapple Tidbits
12:15 pm **Bridge**
- September 10**
9:45 am **Cribbage**
11:30 am **Back to School Party/Lunch:** BBQ Chicken, Lemon Bar
12:30pm **Bingo**
- September 11**
10:00 am **Exercise Group**
11:30 am **Lunch:** Hot Pork Sandwich, Blushing Pears
- September 14**
10:30 am **Long-Term Care Partnership Program**
11:30 am **Lunch:** Cook's Choice, Dessert
1:00 pm **Medicare Fraud Program**
4:00 pm **Trip Payment Due for Gondola Trip**
- September 15**
9:00-11:30 am **Foot Care**
11:30 am **Sawtooth Ridges at Lunch:**
Breakfast Frittata, Cinnamon Streusel Cake
12:00 pm **Driver Safety Refresher**
12:15 pm **Scrabble**
12:30 pm **Bingo**
12:30-1:30pm **Legal Aid**
- September 16**
10:00 am **Exercise Group**
11:30 am **Lunch:** Roast Turkey Dinner, Fruit Cocktail
12:15pm **Bridge**
- September 17**
9:45 am **Cribbage**
11:30 am **Birthdays Lunch with Homestead Co-op:**
Sloppy Joe, Grapes
12:30pm **Bingo**
- September 18**
9:30 am-4:00 pm **Free Bus**
10:00 am **Exercise Group**
11:30 am **Lunch:** Fish Dinner, Banana Pineapple Delight
- September 21**
11:30 am **Lunch:** BBQ Riblet, Tapioca Pudding
12:30 pm **Gondola Trip**
5:30 pm **Driver Safety Beginning Class at Birch Grove**
- September 22**
8:00 am-2:00 pm **Driving Exams**
11:30 am **GM Apts at Lunch:** Hamburger Stroganoff, Cookie
12:15 pm **Scrabble**
12:30 pm **Bingo**
5:30 pm **DSP at Birch Grove**
- September 23**
10:00 am **Exercise Group**
11:30 am **Lunch:** Turkey Wild Rice Hot Dish, Carrot Cake
12:15 pm **Bridge**
4:00 pm **Payment Due for Fall Color Tour**
- September 24**
7:15 am **Bus to Duluth**
9:45 am **Cribbage**
11:30 am **Grand Marais Condos at Lunch:**
Beef Stew, Strawberry Rhubarb Sauce
12:30pm **Bingo**
- September 25**
10:00 am **Exercise Group**
11:30 am **Lunch:** Roast Chicken Dinner, Banana
- September 28**
11:30 am **Lunch:** Macaroni & Cheese, Cookie
1:30 pm **Make Bagels**
- September 29**
11:30 am **Harbor View at Lunch:**
Pork Chow Mein, Vanilla Ice Cream Cup
12:15 pm **Scrabble**
12:30 pm **Bingo**
- September 30**
10:00 am **Fall Color Tour**
10:00 am **Exercise Group**
11:30 am **Vets Officer at Lunch:**
Roast Beef Dinner, Angel Food Strawberry Trifle
12:15pm **Bridge**



Staff photo/Brian Larsen

For over 30 years, former students and teachers of Maple Hill schools have gotten together to enjoy good food, talk about old times, and catch up on the present. Evelyn Larsen of Grand Marais has been hosting this get-together on the Thursday of Fisherman's Picnic since 1986, with anywhere between nine and 35 people attending. Pictured is this year's group. In the front row (L-R) are Harriet (Boostrom) Taub, Hazel (Berglund) McClanahan, Gladys (Dedson) Ardis (Nelson) Johnson. In the back row (L-R) are Eleanor (Saethre) Waha, Evelyn (Pederson) Larsen, Joyce (Nelson) Krueger, Jean (Anderson) Bushman, and Irene (Saethre) Thompson.



Stay with us during your recovery

The staff at Hillhaven is here to help during your recovery from surgery or illness. Enjoy a private room on our beautiful grounds, and we'll do the housekeeping and cooking for you. Our staff is available for assistance 24 hours a day, giving you the freedom to do as you please—so you can enjoy life with no worries until you're back on your feet.

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Assisted residential housing for seniors licensed by Minnesota Department of Human Services.