



# Upcoming Events & Classes

## Care Partners Lunch & Learn—4th Wednesdays, noon-1pm at Cook County Higher Ed

Free in-person classes designed to support aging well in Cook County (Zoom option also available) featuring speakers from area organizations like the Arrowhead Area Agency on Aging, The Hub/Cook County Senior Center, the Alzheimer’s Association of Northern MN, and more. Thanks to generous area business sponsors, the first 20 people who sign up for in-person classes can enjoy a free, locally-sourced lunch! Register for Lunch & Learn classes at Cook County Higher Education’s website: [www.mycche.org](http://www.mycche.org).



### Wednesday, August 23 —Nutrition & Aging: Eating Right, Eating Well

Join us for an especially yummy Lunch & Learn as we welcome special guest Annie Albertson, MS, RD, and Grocer/Nutritionist at the Cook County Whole Foods Co-op for over 7 years. She retired from General Mills after serving 30 years in the Bell Institute of Health and Nutrition conducting population-based nutrient intake research among many other nutrition related assignments. Annie loves sharing her knowledge and love of food, and will help us explore key issues around nutrition and aging, and discover resources and practical tips for healthy AND delicious eating. In-person class attendees will also enjoy tasty, good-for-us lunch from the Co-op!



### Wednesday, September 27 - Safe at Home: Find and Fix Fall Hazards

Since 2006, the National Council on Aging has promoted Falls Prevention Awareness during the month of September, home to the first day of...Fall! Many people think falls are a normal part of aging, but the truth is, they’re not. Most falls can be prevented—and we have the power to reduce the risk. Becky Stoner, Physical Therapist from the Grand Marais Wellness Center, will help us discover how even small changes in our personal habits, health care routines, and living spaces can make a big difference in keeping us safe. Cook County Public Health Educator Andrea Orest will also share about our county’s Healthy Homes Assessment initiative and other programs that may help address safety issues in and around the home.



### Wednesday, October 25– Preparing Your Estate Plan

This seminar will help familiarize us with the basic steps of estate planning, including the function of a will and the different types of trusts. The goal is to help attendees feel more confident knowing how to begin or modify a process to gift their assets according to their wishes. Our presenter will be Claire Smith from Edward Jones.



### Upcoming Lunch & Learns

- Wednesday, November 29—Adult Protective Services, Myths and Facts

## More from Care Partners...

### Memory Café— 3rd Thursdays, 1:00-2:30pm at The Hub



This monthly gathering for people who are living with dementia and those who are caring for them offers a safe, supportive, relaxed environment to enjoy light refreshments, casual conversation and friendly connections with others who know the dementia journey first-hand. Each month we are also joined by a special guest who will share stories, offer their talents, or perhaps encourage us to try our hand at a fun, easy activity! In August, we're happy to welcome The Cook County Historical Society and enjoy photos and stories from our community's amazing history, and in September we'll be joined by Cook County Master Gardeners.

### Powerful Tools for Caregivers Six-Week Class Begins October 11

It is said that all of us will be caregivers at some point in our lives—some of us, many times over. Join us for this powerful course, whether you:

- Were a caregiver in the past, and need some help finding your way forward,
- Are currently caregiving and need some respite and tools to take care of you in the process, or
- Anticipate being a caregiver in the future.



Powerful Tools for Caregivers is a **free** six-week class that gives you the skills to take care of yourself while caring for someone else. Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources. On-site respite care is also available for those who need it to attend the class.

Our Fall 2023 Powerful Tools for Caregivers class will be led by trained facilitators Kathy Reeves, Retired RN, and Julie Wilson, MSW, LGSW. We'll meet in person on Wednesdays from 10-11:30am, October 11 – November 15 at the Surfside Resort ballroom in Tofte. To register or for more information, call Care Partners or visit the Care Partners website.

Keep up to date with Care Partners services, programs and events!  
visit [www.carepartnersofcookcounty.org](http://www.carepartnersofcookcounty.org) or call (218) 387-3788

## From the Cook County End of Life Doulas...

### Death Café— 4th Thursdays, 6:30 – 7:30pm at The Hub

At a Death Cafe people virtually drink tea, eat cake and discuss death. The aim is to increase awareness of death to help people make the most of their (finite) lives. Death Café is hosted by Cook County End of Life Doulas Pat Campanaro, Nancy Larson, Margy Nelson, Suzanne Sherman, and Jean Skeels. All are welcome!

