

Aging Services Directory for Cook County

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](#)

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

North Shore Health

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

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

Sawtooth Mountain Clinic

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

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

Senior LinkAge Line

Telephone information service for
Minnesota Seniors
800-333-2433
www.minnesotahelp.info

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

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

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

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

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

Free Home Smoke Detectors

612-871-7676

www.getasmokealarm.org

Arrowhead Economic Opportunity Agency (AEOA)

Community Action Program
Serving NE Minnesota

800-662-5711

www.aeoa.org

Disability Hub

www.disabilityhubmn.org

866-333-2466

Salvation Army

218-722-7934

Social Security Office – Duluth

855-863-3560