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T ABLE OF CONTENTS

**HELP
SUPPORT
YOUR
LOCAL
BUSINESS**

2-3	LOCAL AREA EVENTS
4	RESIDENTIAL SERVICES
6	PINE COUNTY HISTORY
7-9	PINE COUNTY COMMUNITIES
10	CARLTON COUNTY HISTORY
11-12	CARLTON COUNTY COMMUNITIES
14	PARKS & RECREATION
16-17	LOCAL AREA ATTRACTIONS
20-21	SENIOR RESOURCES
22	VETERANS - SERVICES
23	FISHING SEASONS

Scan the QR Codes
to go to the
individual county
pages.

Book



Pine County



Carlton County



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JANUARY

Beau Berglund Hockey Tournament | Pine City
January Interim at the Audubon Center | Sandstone
Stitchers and Weavers Exhibit | Carlton
BINGO at the Muni | Moose Lake

FEBRUARY

Carlton Winterfest | Carlton
Cloquet Rotary Hook'n Slice on Ice | Carlton
Pine Pond Hockey Tournament | Pine City
Pine Technical College Gun Show | Pine City
Operation Mugs & Hugs | Moose Lake

MARCH

St. Urho's Day Celebration | Finlayson
Maple Syrup Day | Sandstone
Home, Business & Sport Show | Cloquet
Holy Angels Grand Breakfast | Moose Lake

APRIL

Easter Egg Hunt | Hinckley
Easter Egg Hunt | Moose Lake
Easter Egg Hunt | Sandstone

MAY

Big Day Cloquet | Cloquet
Lumberjack Laps Fun Run | Cloquet
Moose Run 5K & 10K | Moose Lake
Memorial Day Services | Moose Lake
City Wide Garage Sales | Pine City

Art in the Park | Pine City
Memorial Day Parade | Pine City
Paddlefest | Sandstone
Mother's Day Brunch | Sandstone
Sandstone Rodeo | Sandstone
Veteran's Golf Tournament | Sandstone
Retiree Coffee Party | Cloquet

JUNE

Spring Fever Days | Barnum
Chmielewski International Polka Festival | Carlton
Fly-In Breakfast | Cloquet
City Wide Garage Sales | Hinckley
Celebration Pow Wow | Hinckley
Hinckley Knights Baseball Tournament | Hinckley
Snowmobile Water-Cross Racing | Moose Lake
Solid Rock in the Park | Pine City
Freedom Fest | Pine City
East Central MN GLBT Pride Celebration | Pine City
Museum Crocheting Program | Carlton

JULY

Carlton Daze Community Celebration | Carlton
4th of July Celebration | Cloquet
4th of July Celebration | Finlayson
Fly-In & Drive-In Breakfast | Hinckley
Hinckley Corn & Clover Festival | Hinckley
Miss Moose Lake Pageant | Moose Lake
4th of July Parade & Aerial Flyover | Moose Lake

JULY (CONT.)

Kiddie Parade | Moose Lake
Relay for Life | Moose Lake
Art in the Park | Moose Lake
Fireman's Steak Fry | Moose Lake
Agate Days | Moose Lake
Antique Car Show | Moose Lake
Boat Parade | Pine City
Art Fest | Pine City
City Wide Garage Sales | Sandstone
Willow River Area Days | Willow River
Wrong Days | Wright

AUGUST

Askov Fair & Rutabaga Festival | Askov
Carlton County Fair | Barnum
White Pine Logging & Threshing Show | Finlayson
Hinckley Smokin' Rib Fest | Hinckley
Ma & Pa Kettle Days | Kettle River
Crazy Corn Day & Depot Fest | Moose Lake
Highway 61 Folks Festival | Pine City
Pine County Fair | Pine City
Pine City Fun Run & Parade | Pine City
Czech Booya Festival | Pine City
Classic Car Show | Sandstone

AUGUST (CONT.)

Quarry Days | Sandstone
Brickyard Days | Wrenshall
Fall Wine Tasting | Hinckley
Open House/Craft and Bake Sale | Moose Lake

SEPTEMBER

The Chicken Swap | Carlton
Labor Day Celebration & Parade | Cloquet
Cloquet River Run | Cloquet
Harvest Fest | Cromwell
Fall Fest | Moose Lake
North West Company Fall Gathering | Pine City
PRCA Championship Rodeo | Rock Creek
Rock Creek Relics Threshing & Sawing Show | Rock Creek
Fall Fest | Wrenshall
Silver Brook Corn Maze | Wrenshall

PINE COUNTY

Assessor	(320) 591-1632
Attorney	591-1560
Auditor	591-1670
Child Support	591-1570
Court Administration	591-1500
Extension Office	591-1650
Finances	591-1588
Health & Human Services (Pine City)	591-1570 or 1-800-450-7463
Health & Human Services (Sandstone)	216-4100 or 1-800-450-7463
Highway Department	216-4200
Land	216-4224
Probation	591-1550
Public Health	216-4140
Recorder	591-1642
Sheriff	629-8380
Treasurer	591-1660
Veterans Services	216-4250
Zoning	216-4220

CARLTON COUNTY

Assessor	(218) 384-9142
Attorney	384-9166
Auditor	384-9127
Economic Development	384-9597
Emergency Management	384-9141
Extension	384-3511
Facilities	384-9100
Highway	384-9150
Human Services	879-4583
Land	384-9179
Long Term Care & Elderly Services	879-4511 or 1-888-818-4511
MN Board on Aging	651-431-2500 or 1-800-882-6262
Recorder	384-9195
Sheriff	384-3236
Senior LinkAge Line	1-800-333-2433
Veterans Services	384-9172
Zoning	384-9174
Sheriff	931-7106
Veterans Services	934-0408

The Great Hinckley Fire of 1894 “burned everything for twenty miles to ashes,” Steve Johnson, chairman of the Hinckley Fire Museum, says. The disaster killed over 400 people, changed fire prevention laws and logging procedures, and destroyed a thriving, prominent city that seemed destined to become the 3rd largest city in the state. “We’ve been sorting it out for 120 years now, and we’re still collecting stories,” Johnson says. The great-grandchildren of young people who survived the fire sometimes come out with new information to share. It was recently discovered that members of a wedding party survived by taking shelter in a root cellar, where they doused themselves and the door with milk. An unmarked mass grave containing hundreds of bodies was also found and is under investigation now.

Before the fire, Hinckley was a lumbering community whose lumber was used to build most of the Midwest, including the city of Chicago. According to Johnson, the fact that people came back to rebuild as a farming community is “a testimony to the spirit of the people here. To come back and rebuild – we call that ‘the Spirit of 1894,’ and we try to promote that idea to our community and our children.”

Visit the Hinckley Fire Museum to see a replica of the Railroad Depot where heroes helped hundreds of people escape the fire by train. Experience a fire relief house replica, where survivors lived before Hinckley was rebuilt, and watch an 18-minute video about the fire featuring powerful photo stills set to sound.

“burned everything for twenty miles to ashes,”



Pine county was established in 1856 and was named for the abundance of pine trees in the area. It was formed from parts of Chisago and Ramsey Counties, and included much of the area which is present day Carlton and Aitkin Counties. Early industry was dominated by logging and communities were founded near logging sites and railroad junctions. In 1872 Pine City was selected as the county seat and the area continued to develop until 1894. It was then that the largest fire in Minnesota's history began in Hinckley which engulfed most of the county. Hundreds of people died and many were left homeless, but the area was rebuilt resiliently. Now Pine County is known for its scenery, wildlife, miles of recreational trails and history honored with the Hinckley Fire Museum, the North West Company Fur Post and many other attractions. Today Pine County is home to approximately 28,279 residents.

CITIES:

ASKOV – pop. 364
BROOK PARK – pop. 139
BRUNO – pop. 102
DENHAM – pop. 35
FINLAYSON – pop. 315
HENRIETTE – pop. 71
HINCKLEY – pop. 1,800
KERRICK – pop. 65
PINE CITY (COUNTY SEAT) – pop. 3,123
ROCK CREEK – pop. 1,628
RUTLEDGE – pop. 229
SANDSTONE – pop. 2,849
STURGEON LAKE – pop. 439
WILLOW RIVER – pop. 415

TOWNSHIPS:

ARLONE – pop. 345
ARNA – pop. 86
BARRY – pop. 587
BIRCH CREEK – pop. 217
BREMEN – pop. 246
BROOK PARK – pop. 495
BRUNO – pop. 179
CHENGWATANA – pop. 864

CLOVER – pop. 316
CROSBY – pop. 97
DANFORTH – pop. 84
DELL GROVE – pop. 699
FINLAYSON – pop. 506
FLEMING – pop. 115
HINCKLEY – pop. 820
KERRICK – pop. 272
KETTLE RIVER – pop. 491
MISSION CREEK – pop. 590
MUNCH – pop. 222
NEW DOSEY – pop. 74
NICKERSON – pop. 247
NORMAN – pop. 247
OGEMA – pop. 298
PARK – pop. 37
PARTRIDGE – pop. 518
PINE CITY – pop. 1,249
PINE LAKE – pop. 576
POKEGAMA – pop. 2,570
ROYALTON – pop. 976
SANDSTONE – pop. 1,614
STURGEON LAKE – pop. 409
WILMA – pop. 137
WINDEMERE – pop. 1,489
**Populations are approximate.*



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ASKOV

Askov was originally settled in 1889 by the name of Partridge. Much of the village was destroyed by the Hinckley fire in 1894, but the residents rebuilt and was renamed to Askov in 1909. Today Askov is home to approximately 356 residents.

BROOK PARK

Brook Park was originally established as a lumber camp. Most of Brook Park was demolished by the Hinckley Fire. A monument was established on the southern side of the town to honor the fire victims. Today Brook Park is home to approximately 505 residents.

BRUNO

Bruno was named after Brno, a village in the Czech Republic, as many early settlers were of Czechoslovakian descent. Bruno was incorporated in 1903 and a school was established. Today Bruno is home to approximately 106 residents.

DENHAM

Settlers were attracted to the fertile soil, access to water and Denham was established in 1908. The community began to develop and was incorporated in 1939. Today Denham is home to approximately 40 residents.

FINLAYSON

Finlayson was named in honor of David Finlayson, who established the first saw mill in the area. The community was established in 1887 and was a leader for producing lumber and potatoes. Today Finlayson is home to approximately 508 residents.

HINCKLEY

Hinckley was named in honor of Isaac Hinckley, the president of the Wilmington and Baltimore railroad company. Isaac Hinckley is also credited as a member of the Northern Pacific company. The community was incorporated in 1885 and was known as "Central Station" because of its rail location as the halfway point between St. Paul and Duluth. On September 1st, 1894 a huge fire decimated the town and surrounding area, killing hundreds of residents. A huge tourist attraction today is the Hinckley Fire Museum which was established to teach people about the history of the area before and after the fire. Today Hinckley is home to approximately 1,409 residents.

KERRICK

Kerrick was named in honor of Cassius M. Kerrick, a contractor and mechanic for the Great Northern Railway. As the railroad arrived Kerrick started to develop and businesses were established. Today Kerrick is home to approximately 71 residents.

PINE CITY (COUNTY SEAT)

Pine City was named after the abundant pine trees in the area. It was incorporated in 1881 and selected as the county seat. Railroad expansion and lumbering opportunities attracted many new residents. Soon Pine City became one of the largest timber producers in the area. Today Pine City is home to approximately 3,285 residents.

RUTLEDGE

Rutledge was originally named Kettle River before changing to its current name in 1892. The city was incorporated as a village that same year and its proximity to water allowed for development. Today Rutledge is home to approximately 195 residents.

SANDSTONE

Sandstone was named for the extensive sandstone and quarries in the area especially on the Kettle River. It was platted in 1887 and populations poured in from the extension of the railroad to the area for work in the quarry. Sandstone was one of the many communities affected by the Hinckley Fire in 1894, but was later rebuilt. Today Sandstone is home to approximately 2,792 residents.

STURGEON LAKE

The city of Sturgeon Lake was named for Sturgeon Lake which is located just outside of the city boundaries. Sturgeon Lake was originally platted by the St. Paul and Duluth Railroad as a rail stop and was incorporated in 1889. Today Sturgeon Lake is home to approximately 372 residents.

WILLOW RIVER

Willow River was incorporated in 1891 and was established as a lumber town. Northern Pacific Railroad constructed a station within the community and the area continued to grow. Today Willow River is home to approximately 391 residents.

Carlton County was named in honor of Reuben B. Carlton, one of the first settlers in the area and first Senator in the Minnesota Legislature from the district. Carlton county was established in 1857 and the village of Carlton was named the county seat in 1886. Carlton County includes some of the area of the Fond du Lac Reservation, which includes the Lake Superior Band of Ojibway. Like Pine County to the South, Carlton County was established as a major lumber area due to the extensive forests of pine trees in the area, however much of the county was destroyed in 1918 with the Cloquet Fire. Sparks from the railroad set dry grass ablaze, killed hundreds of people and destroyed many of the historic buildings Carlton County was known for. After redevelopment, Carlton County has become known for its scenic wildlife, parks and proximity to Highway 35. Today Carlton County is home to approximately 33,933 residents.

CITIES:

BARNUM – pop. 613
CARLTON (COUNTY SEAT) – pop. 862
CLOQUET – pop. 12,124
CROMWELL – pop. 234
KETTLE RIVER – pop. 180
MOOSE LAKE – pop. 2,751
SCANLON – pop. 991
THOMSON – pop. 159
WRENSHALL – pop. 399
WRIGHT – pop. 127

TOWNSHIPS:

ATKINSON – pop. 319
AUTOMBA – pop. 137
BARNUM – pop. 978
BESEMAN – pop. 149
BLACKHOOF – pop. 809
EAGLE – pop. 565
HOLYOKE – pop. 179
KALEVALA – pop. 302
LAKEVIEW – pop. 194
MAHTOWA – pop. 494
MOOSE LAKE – pop. 956
PERCH LAKE – pop. 998
SILVER – pop. 398
SILVER BROOK – pop. 609
SKELTON – pop. 372
SPLIT ROCK – pop. 152
THOMSON – pop. 4,361
TWIN LAKES – pop. 1,912
WRENSHALL – pop. 326
**Populations are approximate.*



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BARNUM

Barnum is named in honor of George G. Barnum, a lawyer and banker for the Lake Superior and Mississippi Railroad. The community was a prosperous lumber town until the decline of the lumber industry in the early 1900s. Advances in agriculture helped Barnum redevelop and the area has continued to grow. Today Barnum is home to approximately 595 residents.

CARLTON (COUNTY SEAT)

Carlton, like the county, was named in honor of Reuben B. Carlton and selected as the county seat. The community was established as a lumber town due to the amount of white pine trees in the area and its location as the halfway point on the railroad between St. Paul and Duluth allowed for dramatic growth. Today Carlton is home to approximately 770 residents.

CLOQUET

Cloquet was named after the Cloquet River that runs through the area and the community developed with the start of the logging industry. On October 12, 1918 a fire wiped out Cloquet and much of Carlton County leading to the most loss of life in one day in Minnesota's history. The area was rebuilt and has continued to grow. Today Cloquet is home to approximately 1,387 residents.

KETTLE RIVER

The city of Kettle River was named after the Kettle River which flows through it. Much of the population was destroyed due to the Cloquet Fire in 1918 and was not incorporated until 1921. Today Kettle River is home to approximately 171 residents.

MOOSE LAKE

Moose Lake was incorporated in 1889 and as railroads were established industry began to expand. Like most of Carlton County, Moose Lake was devastated by the Cloquet Fire of 1918. A monument now stands in the northern section of the town for the hundreds of people that perished. Today Moose Lake is home to approximately 2,386 residents.

THOMSON

Thomson was named by the Northern Pacific railroad in honor of David Thompson, a Canadian explorer and geographer, and a postal error led to its current spelling. Thomson was selected as the county seat of Carlton County until 1886 when it was moved to Carlton. Today Thomson is home to approximately 5,220 residents.

WRENSHALL

Wrenshall was named in honor of C.C. Wrenshall, who was head of maintenance and bridges of the Northern Pacific Railroad Company. The area began to grow and develop upon the arrival of the railroads from St. Paul to Duluth. The town was the location of one of the depots for the Northern Pacific Railroad. Today Wrenshall is home to approximately 381 residents.

The winter can be tough for everyone, especially seniors. During these months you find yourself dealing with cold temperatures, ice, and snow. Here are a few ways to make your winter safer and more enjoyable.

Prevent Slips and Falls

- Wear cleats on your boots or shoes while outdoors.
- Take your boots or shoes off when indoors. They may have snow or ice on the bottom making them slick on smooth surfaces.
- Salt/sand driveway and sidewalks or have someone do it for you.
- Use an ice tip on your cane.

Keeping Warm

Older adults tend to produce less body heat than younger people and run a higher risk of getting hypothermia or frostbite. Warning signs of hypothermia include, lots of shivering, cold skin that is pale or ashy, feeling very tired, confused and sleepy, feeling weak, problems walking, slowed breathing or heart rate. Warning signs of frostbite include, skin that's white or ashy (for darker skin) or grayish-yellow (for lighter skin), skin that feels hard or waxy, and numbness. Dress in layers when going outside. For the best results, wear polypropylene or another man-made fabric next to the skin, a knit middle layer, and a man-made outer layer. Never stay in the cold if you have wet or damp clothing, it cools the body more quickly. Depending on the temperature or wind chill you may want to cover all exposed skin to reduce the risk of hypothermia or frostbite.

BANNING STATE PARK

Sandstone | (320) 245-2668

Located near Sandstone, Banning State Park features the historic Sandstone Quarry, biking trails, cross-country skiing, canoeing and kayaking on the Kettle River and nature trails.

CHENGWATANA STATE FOREST

Pine City | (651) 296-6157

Located on 29,000 acres near Pine City, Chengwatana State Forest features 26 campsites an eight mile ski and hiking trail and snowmobile trail.

FOND DU LAC STATE FOREST

Cromwell | (651) 296-6157

Located on 64,505 acres near Cromwell, Fond du Lac State Forest features picnic shelters, biking and nature trails, 40 miles of off-highway motorcycle and snowmobile trails, canoeing and kayaking and camping areas.

JAY COOKE STATE PARK

Carlton | (218) 384-4610

Located near Carlton, Jay Cooke State Park features nature trails, horseback riding trail, mountain bike trails and cross-country ski trails.

MOOSE LAKE STATE PARK

Moose Lake | (218) 485-5420

Located on 1,199 acres, Moose Lake State Park features a campground, nature trails, fishing pier, snowmobile trails, cross-country skiing trails and a science and nature center.

NEMADJI STATE FOREST

Moose Lake | (218) 485-5410

Located near Moose Lake, Nemadji State Forest features a campground and miles of ATV and snowmobile trails.

ST. CROIX STATE PARK

Hinckley | (320) 384-6591

Located on 33,895 acres, St. Croix State Park offers a variety of activities. The park features a campground, canoeing on both the Kettle and St. Croix Rivers and recreational trails.



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(218) 878-8179

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(320) 384-7427

HINCKLEY FIRE MUSEUM

106 Old Hwy. 61 | Hinckley
(320) 384-7338

KANABEC HISTORY CENTER

805 W Forest Ave. | Mora
(320) 225-6233

LAKE THEATER

318 Elm Ave. | Moose Lake
(218) 485-8060

MOOSE LAKE DEPOT & FIRES OF 1918 MUSEUM

900 Folz Blvd. | Moose Lake
(218) 485-4234

NORTH WEST COMPANY FUR POST

12551 Voyageur Ln. | Pine City
(320) 629-6356

OLD DEETZ SLATE MINE QUARRY

234 Hwy. 61 W | Esko
(218) 879-6063

PINE CENTER FOR THE ARTS

265 5th St. SE | Pine City
(320) 629-4942

PINE CITY COUNTRY CLUB

10413 Golf Course Rd. SW | Pine City
(320) 629-3848

PINE COUNTY HISTORICAL SOCIETY

P.O. Box 123 | Askov
(320) 838-3665

PINE HILL GOLF CLUB

1689 Co. Rd. 61 | Carlton
(218) 384-3727

POKEGAMA LAKE RV PARK & GOLF COURSE

19193 Island Resort Dr. | Pine City
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PROCTOR HISTORICAL MUSEUM

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P.O. Box 22 | Mora
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**For more information on events throughout Pine and Carlton Counties, visit: www.exploreminnesota.com.*

10 Tips for Green Thumb GARDENING

Don't like all the dirt in your fingernails while you work in the garden? Before you go out, run your fingernails across a bar of soap and you'll effectively seal the undersides of your nails so dirt cannot accumulate. Then, after you are all done gardening, use a toothpick or nailbrush to remove the soap and your nails will be sparkling clean.



Spray vegetable oil on your string trimmer to help prevent jamming or breaking (Treat before installing string in trimmer).



Make a convenient measuring tool out of a long handled garden tool by laying it on the ground next to a tape measure. Use a permanent marker to copy the inches and feet. Next time you are spacing plants you already have a dual-purpose measuring tool in your hand!

Write the names of your plants (With a permanent marker) on the flat parts of stones of any size and lay them in front of your plants for natural looking markers.



The next time you boil or steam vegetables, use the leftover water to water potted patio plants, and you'll be surprised at how the plants grow with "vege-soup."



You can use leftover tea and coffee grounds to help acidify the soil of acid-loving plants like azaleas, rhododendrons, camellias, gardenias and blueberries. A light sprinkle of about 1/4 of an inch applied once a month will help keep the pH of the soil on the acidic side.



You can use chamomile tea to control damping-off fungus, which often attacks young seedlings quite suddenly. Just add some tea to the soil around the soil of seedlings once a week for healthy plant.

Here is a really quick way to dry out your herbs: Just lay a sheet of newspaper on the seat of your car, arrange the herbs in a single layer, then roll up the windows and shut the car doors. Your herbs will be dry in no time!



Use your blender to grind up egg shells. Just like a mother bird chews up worms for the baby birds making the food easier to digest, grinding eggshells makes it easy for your garden to absorb the calcium egg shells retain.

Animals (cats especially) seem to think all of the hard work you've put into your garden looks like a huge litter box. To keep them from pooping on your basil and other plants, strategically place a few plastic forks around your plants to deter them from destroying your fresh herbs, fruits, and vegetables.



10% off for seniors 55+ all day Wednesday (Mention this ad)



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- Live Music
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(218) 485-4481

Barnes Care

Assisted Living Facility
56 W Highway 61 Esko, MN
(218) 879-2635

Carlton County Health Services

In-Home Care
30 10 Th St N, Cloquet, MN
(866) 845-4903

Carlton Place

Assisted Living Facility
813 Third Street, Carlton, MN
(218) 384-8440

Diamond Willow Cloquet

Assisted Living Facility
132 West North Road Cloquet, MN
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Edgewater Assisted Living

Assisted Living Facility
14856 Edgewater Rd NE, Pine City, MN
(320) 629-1447

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Assisted Living Facility
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(320) 384-7373

Evergreen Knoll

Assisted Living Facility
1309 14th Street, Cloquet, MN
(218) 878-3302

Family Pathways

Assisted Living Facility
314 N Main St, Sandstone, MN
(866) 827-0169

Golden Horizons

Assisted Living Facility
1305 Eighth Street SW, Pine City, MN
(320) 629-7272

Horizon Assisted Living

Assisted Living Facility
705 Horizon Circle, Cloquet, MN
(218) 878-0077

Horizons Assisted Living

Assisted Living Facility
1909 Tall Pine Lane, Cloquet, MN
(866) 827-3953

Horizons Assisted Living

Assisted Living Facility
3722 Horizon Drive, Barnum, MN
(218) 522-0056

Inter-Faith Care Center

Nursing Home
811 Third Street, Carlton, MN
(218) 384-4258

Johnson Virginia Kalafut

Assisted Living Facility
27295 Groningen Rd, Sandstone, MN
(866) 827-1020

Lakeside Medical Center

Assisted Living Facility
129 Sixth Avenue SE, Pine City, MN
(320) 629-2542

Larson Commons

Assisted Living Facility
810 Cloquet Avenue, Cloquet, MN
(218) 879-3759

Lighthouse of Barnum

Assisted Living Facility
3722 Horizon Drive, Barnum, MN
(218) 522-0056

Lighthouse of Cloquet

Assisted Living Facility
701 North Rd, Cloquet, MN
(218) 522-0056

Mercy Hospital & Health Care Center

Nursing Home
710 South Kenwood Avenue
Moose Lake, MN
(218) 485-4481

Mighty Fortress Extended Care

Assisted Living Facility
206 Lawler Ave N, Hinckley, MN
(866) 825-8549

New Perspectives Senior Living

Assisted Living Facility
701 Horizon Circle, Cloquet, MN
(218) 249-0186

Oakview Residential Care

300 Talbot Drive, Moose Lake, MN
(218) 485-8779

Pine Medical Center

Nursing Home
109 Court Ave S, Sandstone, MN
(866) 871-8551

Pine View Apartments

Assisted Living Facility
800 Third Street, Carlton, MN
(866) 825-8543

Plainview Estates

Assisted Living Facility
46 Thomson Road, Esko, MN
(218) 879-8230

Scandia House of Pine City

Assisted Living Facility
14856 Edgewater Road NE Pine City, MN
(866) 333-6002

Solway Serenity Acres

Assisted Living Facility
3615 Munger Shaw Road, Cloquet, MN
(866) 827-5137

Sophies Manor Assisted Living

Assisted Living Facility
1700 Ranch Drive, Pine City, MN
(320) 629-2064

Suncrest Assisted Living

Assisted Living Facility
2400 Washington Avenue, Scanlon, MN
(218) 878-1180

Sunnyside Health Care Center

Nursing Home
512 Skyline Boulevard, Cloquet, MN
(218) 879-4641

The Pines Senior Care

Assisted Living Facility
575 Ninth Street Southwest Pine City, MN
(320) 629-8174

Vista Villa Cardinal Court

Assisted Living Facility
1220 Villa Court Drive, Cromwell, MN
(218) 644-3331

Waldow Lynette

Assisted Living Facility
28809 State Highway 123 Sandstone, MN
(866) 827-0169

Veterans of Foreign Wars

210 Arch St, Cloquet, MN
(218) 879-2447

American Legion

1216 Cloquet Ave, Cloquet, MN
(218) 879-3204

Pine City American Legion Post 51

525 Main St N, Pine City, MN
(320) 629-2021

Pine County Veterans Service Office

1602 Hwy 23 N, Sandstone, MN
(320) 216-4250

Carlton County Veterans Service Office

14 N 11th St Suite 120, Cloquet, MN
(218) 878-3295

Berchin's



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05/14/16 - 02/26/17
Walleye, Sauger, Northern Pike -
2016 Season

06/04/16 - 12/01/16
Muskellunge (Muskie) - 2016
Season

05/28/16 - 02/26/17
Smallmouth and Largemouth
Bass 2016 Season

05/14/16 - 05/17/16
and 09/12/16 - 02/26/16
Smallmouth Bass - Catch and
Release

05/14/16 - 05/27/16
Largemouth Bass - Catch and
Release

12/01/16 - 10/02/16
Lake Trout (Lake Superior)

05/14/16 - 09/30/16
Lake Trout (Summer)

01/16/16 - 03/31/16
Stream Trout and Lake Trout
(Winter)

04/16/16 - 09/30/16
Stream Trout in Streams
(Summer)

05/14/16 - 10/31/16
Stream Trout in Lakes (Summer)

Continuous
Catfish, Channel

04/01/16 - 11/30/16
Catfish, Flathead

06/18/16 - 04/16/17
Lake/Shovelnose Surgeon

01/16/16 - 01/18/16
Take a Kid Ice Fishing Weekend

06/03/16 - 06/05/16
Take a Kid Fishing Weekend

05/07/16 and 05/08/16
Take a Mom Fishing Weekend

*Contact the MN DNR for specific
zone information by calling:
1 (888) 646-6367 or go to
www.dnr.state.mn.us
for more information

Operating Watercraft

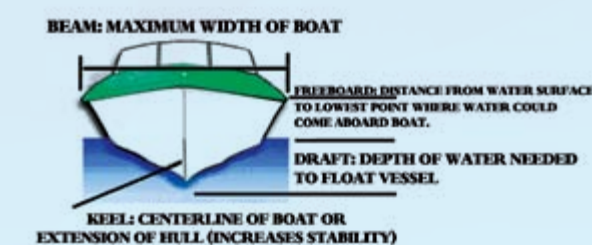
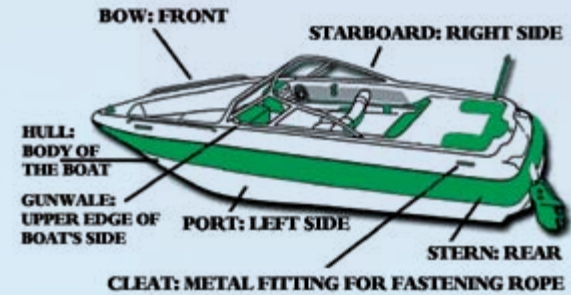
FOLLOW THESE GUIDELINES TO HELP PREVENT AND PREPARE FOR CAPSIZING, SWAMPING, OR SOMEONE FALLING OVERBOARD.

- MAKE SURE THAT YOU AND YOUR PASSENGERS ARE WEARING LIFE-JACKETS WHILE THE BOAT IS MOVING.
- ATTACH THE IGNITION SAFETY LANYARD TO YOUR WRIST, CLOTHES, OR LIFE JACKET.
- DON'T ALLOW ANYONE TO SIT ON THE GUN WALE, BOW, SEAT BACKS, MOTOR COVER, OR AREAS NOT DESIGNED FOR SEATING. ALSO, DON'T LET ANYONE SIT ON PEDESTAL SEATS WHEN CRAFT IS NOT IN IDLE.
- DON'T OVERLOAD YOUR BOAT. BALANCE THE LOAD OF PASSENGERS AND GEAR STORED ON-BOARD.
- KEEP YOUR CENTER OF GRAVITY LOW BY NOT ALLOWING PEOPLE TO STAND UP OR MOVE AROUND WHILE CRAFT IS IN MOTION.
- IN SMALL BOATS, DON'T ALLOW ANYONE TO LEAN BEYOND THE GUNWALE.
- TURN BOAT AT SLOW RATES OF SPEED.
- SECURE THE ANCHOR LINE TO THE BOW, NEVER TO THE STERN.
- DON'T RISK OPERATING WATER CRAFT IN ROUGH CONDITIONS OR BAD WEATHER.

Who May Operate a Motorboat

(OTHER THAN A PERSONAL WATERCRAFT)

- **FOR ENGINES 25 HORSEPOWER OR LESS:**
 - THOSE UNDER AGE 12 MAY OPERATE WITHOUT RESTRICTIONS.
- **FOR ENGINES OVER 25 HORSEPOWER THROUGH 75 HORSEPOWER:**
 - THOSE UNDER AGE 12 MUST HAVE SOMEONE 21 YEARS OF AGE OR OLDER ON BOARD WITHIN REACH OF THE CONTROLS.
- **FOR ENGINES OVER 75 HORSEPOWER:**
 - NO CHILDREN UNDER AGE 12 MAY OPERATE, EVEN WITH AN ADULT ON BOARD.
 - OTHER RESTRICTIONS APPLY TO BOAT OPERATORS 12 TO 17 YEARS OLD:
 - OPERATORS FROM 12 TO 17 YEARS OF AGE MAY OPERATE ENGINES OF 25 HORSEPOWER OR LOWER WITH NO RESTRICTIONS.
- **FOR ENGINES OVER 25 HORSEPOWER:**
 - OPERATORS 12 TO 17 YEARS OF AGE MUST HAVE: A WATERCRAFT OPERATOR'S PERMIT, OR SOMEONE AGE 21 YEARS OR OLDER ON BOARD WITHIN REACH OF THE CONTROLS.



- 1.
- 2.
- 3.
- 4.
- 5.

All Watercraft Must Have...

- AT LEAST ONE COAST GUARD APPROVED TYPE 1, 2, 3 OR 5 FLOTATION DEVICE THAT IS THE PROPER SIZE FOR EACH PERSON ON BOARD OR BEING TOWED.
- ALL DEVICES MUST BE IN GOOD CONDITION AND EASILY ACCESSIBLE.
- CHILDREN UNDER AGE 10 MUST WEAR A DEVICE WHEN ON BOARD A BOAT THAT IS UNDERWAY UNLESS:
IN AN ENCLOSED CABIN OR BELOW DECK OR ON AN ANCHORED BOAT THAT IS BEING USED FOR SWIMMING OR DIVING OR PASSENGER CRAFT WITH A LICENSED CAPTAIN.
- ALONG WITH THE ABOVE AT LEAST ONE APPROVED TYPE 4 MUST BE ON BOARD BOATS 16 FT. OR LONGER (EXCEPT CANOES AND KAYAKS) AND IMMEDIATELY AVAILABLE.
- A COAST GUARD APPROVED TYPE 5 DEVICE MAY BE SUBSTITUTED FOR ANY OTHER COAST GUARD APPROVED DEVICE IF IT MEETS THE SAME REQUIREMENTS AND IS NOTED ON THE LABEL.
- ANYONE RIDING A JET SKI OR OTHER PERSONAL WATER CRAFT MUST WEAR AN APPROVED -NON INFLATING FLOTATION DEVICE, AS WELL AS ANYONE BEING TOWED BY A WATER CRAFT.

Here are some tips to make your life with vision impairment easier:

Brushing teeth-

Use the most colorful toothpaste available in store. This way when you are squirting it on your tooth brush it's easier to see how much to apply.

Using a cell phone-

Most Smart phones are voice activated. Ask your phone provider to set up your phone so it may be activated by voice commands.

Marking dials on the stove-

Use tactile paint or puffy paint to mark levels on the knobs. (These can be found at fabric stores) Or use liquid white out if you have dark colored or black stove dials.

Matching Socks-

Pin your socks together before putting them into the laundry. Use brass or stainless steel safety pins so they do not rust.

Lighting-

Increase the amount of light and focus it directly over the task at hand. LED lights, natural light and natural daylight bulbs are recommended. Do not use fluorescent lights, as fluorescent light causes glare.

Pouring liquids-

Pour coffee into a white mug; the contrast between the color of the mug and the coffee will make it easier to see how full the cup is. For cold liquids you can place your index finger inside the cup; you will feel when the liquid touches your finger.

Yoga is good for adults of all ages, especially seniors. Studies have shown that yoga can be extremely helpful when it comes to combating stress, fatigue and pain. Some yoga poses increase core strength and balance, which reduces the risk of fall-related injuries. Other poses can alleviate senior-related health issues such as menopause. Above all, yoga is a form of exercise that can help seniors feel younger.

The One-legged Wind Releasing pose is a good, gentle stretch for the mid- to low back and hips because it stretches all of the muscles in those areas, which helps resolve low back pain.



Here's How...

1. Lie down on your back with your knees bent and your feet on the floor.
2. Hug your right thigh to your chest, using a strap or belt to assist you, if necessary.
3. Straighten your left leg along the floor, keeping your foot flexed.
4. Keep your pelvis and right buttock on the floor (or, if you're unable, keep your left leg slightly bent).
5. Breathe deeply until you feel the muscles relax, and then stay a few breaths longer.
6. Repeat on the other side.

You may find that one side may take more or fewer breaths to relax, so pay attention to what your body's telling you.

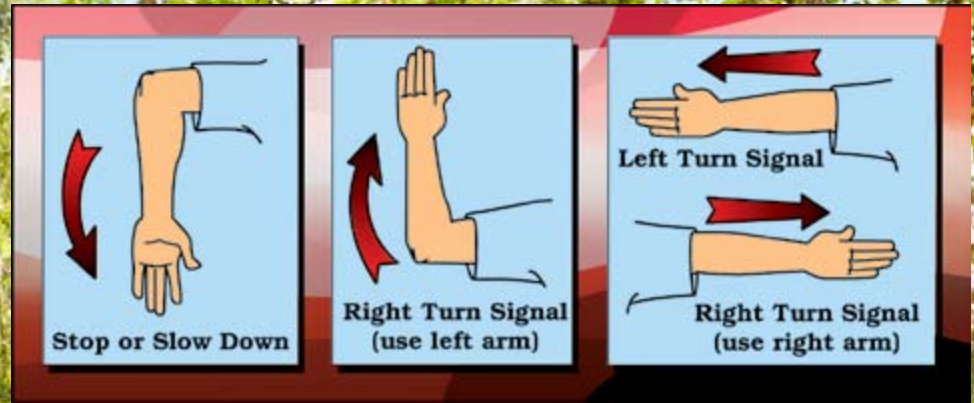
Other poses aimed at reducing chronic back pain include relaxation pose, forward fold and seated forward bend in a chair.

Seniors know that other aches and pains can also get in the way of an active life.

Be Cautious of Other Bikers

- Be sure your handlebars, seat and wheels fit snugly.
- Keep your bike in good shape by checking and oiling your chain, making sure your brakes work properly and maintaining your tire pressure.
- Always ride with both hands on the handlebars except when doing turn signals.
- When leaving a driveway, curb or alleyway always stop and check for traffic in both directions.
- Cross only at intersections.
- Use the crosswalk to walk your bike across busy intersections and follow the traffic signals.
- Never ride against traffic.
- Travel in the same direction as the cars.
- Whenever you can, use bike routes and avoid busy streets.

Drink lots of Water!



Bicycle Hand Signals

- Always use bicycle hand signals to alert traffic of your changing direction.
- Don't ride near parked cars as doors can open and cause accidents.
- Obey all traffic signs and traffic lights.
- When biking with friends, ride in a single file.
- Always pass other bikers or pedestrians on the left and say "On your left!" to make your presence known.

Congratulations! You're (not) a Millionaire! But reading this article is for your benefit.

Clever schemes are used by people every year. They often combine technology and sophisticated tricks to get people to send money and give personal information. New twists and old schemes add pressure to get people to make important decisions.

Some common work-at-home scams tell you how the Business Opportunity Rule requires people who promote legitimate opportunities to support their claims. If you're looking to work at home whether it's an internet business, mystery shopping job, direct selling through a multilevel marketing plan, or something else do your homework first.

Be cautious when receiving mail and email that offer money, jewelry, or vacations in exchange for money or personal information. Also beware of prize and sweepstakes scams. Sweepstake scams often target older people and have official looking letters, with seals, stamps and identification numbers and will say things like "You have won a million dollars" but to claim the million they will have you send money by cash, check or money order. The only ones collecting money are the scam artists behind the scheme.

Don't send money or give them your checking account or credit card number. Take your time and talk to someone you trust before you do anything. By talking about the scams you might help someone you care about avoid falling for one. Report scams at ftc.gov/complaint or 1-877-FTC-HELP. Your report makes a difference.

Tactics are constantly changing for scammers. The Financial Industry Regulatory Authority (FINRA) funded research to better understand these tactics. Many of these techniques are similar to marketing approaches used by legitimate businesses.

To report a scam you should contact the Better Business Bureau (BBB) at 3033 Wilson Blvd, Suite 600 Arlington, VA 22201. This should be done by letter or by e-mail: ask@thefirstbbb.org

Get Active!!!

**Go Outside
and Do
SOMETHING!**

- Yard Work
- Gardening
- Walk the Dog
- Bike Ride
- Swimming
- ANYTHING!!!

Anything to get your heart rate up,
and your blood flowing...

YOU'LL FEEL BETTER and it's good for your health!

Online Safety Tips

With the internet we can email, send messages, check the news and weather, stay in touch with family and friends, shop, make travel plans, manage spending.

With so much being done on the computer, you need to go about things safely. Many crimes today are committed on the internet. People can be scammed, stolen from or abused online, and many of the scammers target older people, often through things like emails, health care, and dating services.

- Don't reveal any personal information online. This includes things such as your name, email, social security, address, age, birthday and phone. Thieves can piece together your information and use it to steal your identity or money. Seniors are defrauded twice as much as others.
- Most banks and other organizations will never ask for your personal information via email. Be wary of any emails asking for your information or offering something for free, and do not open emails from unknown senders.
- When looking up information be sure the information and the website it is on are current, and do not only use a single website. Sites with .edu or .gov at the end can be good information sources.

SUCCESSFUL AGING

Regular Exercise -

Exercise boosts your mood and keeps you in shape

Education -

Keep learning new things

Maintain Good Relationships -

Spend time with friends and family

Watch What You Eat -

Keep a balanced diet and regular proportions.

Positive Attitude -

Keeping a good outlook keeps you happy

Get Plenty of Rest -

Take the time to relax

Keep Trying New Things -

Be open to new experiences

Stay Creative and Curious -

Never stop expanding your boundaries



FALL PREVENTION SAFETY

1. Remove obstacles in the house that could cause tripping—everything from small floor rugs to objects on the floor like an oversized vase or magazine stand.
2. Install handrails and lights on staircases, with light switches at the top and bottom of the stairs.
3. Install shower and tub grab bars in the bathroom, around the toilet and the tub.
4. Place no-slip mats on the shower floor and bathtub.
5. Paint doorsills with a different, highlighting color to avoid tripping.
6. Put on hip pads if you're at high risk for falls.
7. Make home lighting brighter, but prevent glare.

STAY HYDRATED

Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.

PROTECT YOUR EYES

Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

RUB ON SUNSCREEN AND WEAR HATS

Everyone, young and old, should wear sunscreen when outdoors. The elderly especially need the extra sun protection to help keep them healthy. Caregivers, family and friends can help by gently reminding loved ones about applying sunscreen and helping to put it on when necessary. Hats are also a great idea, especially for those with light colored hair and those with only distant memories of a full head of hair.



FIRST AID FOR INSECT BITES/ANAPHYLAXIS & POISON SAFETY

INSECT BITES/ANAPHYLAXIS

Anaphylaxis is a severe allergic reaction from insect bites (latex, food and drug allergies can also cause Anaphylaxis). Typical symptoms include hives, the swelling of lips or eyes, swollen throat, drop in blood pressure, light headedness, confusion, nausea or diarrhea. If someone is having an allergic reaction from an insect bite with these symptoms, seek medical attention.

POISON PREVENTION

Teach your children about poison and how it can look like a food or drink.

They should always ask an adult before eating or drinking anything. Have them learn the poison control phone number: 1-800-222-1222 and keep it programmed or posted near all your phones. Here are some prevention tips.

Lock up your poisons and medications. Keep them out of the reach of children, lock them up if possible. Make sure your children understand that medicine is not candy.

Follow directions carefully. Read your labels. Be sure to use and store all poisons and medications properly according to recommendations.

Keep your pets safe from household chemicals, too. Don't allow pets near areas that have just been cleaned with chemicals, such as freshly mopped floors or bleached bathtubs and sinks. Clean up any antifreeze/coolant spills. Pets like the flavor but they can die if they ingest it. Store poisonous foods or plants in areas that your pets cannot access. Call your local emergency veterinary hospital if you believe your pet has been poisoned.



FIRST AID FOR BURNS & CHOKING

BURNS

For minor 1st and 2nd degree burns smaller than 3" in diameter: Cool the Burn. Run cool water over the burned area for 5 minutes, or until the pain diminishes. Never put ice on a burn!

Bandage the burn with sterile gauze:

It is important to use loosely wrapped gauze. This will avoid pressure and the bandage protects blisters. NEVER put lotions, vaseline, ointments or butter on burn. Do not break any blisters, which can cause infection.

Take Aspirin, Ibuprofen, Naproxen or Acetaminophen to relieve pain:

Minor burns usually heal with these basic treatments. Be aware for signs of infection which may include: increased pain, redness, fever, swelling or oozing. If symptoms develop, seek medical help. Avoid tanning the burned area for at least a year. Protect the area with sunscreen outdoors. Avoid giving aspirin to children.

For 3rd degree burns/all major burns - DIAL 911

DO NOT run cold water over large severe burns - this can cause shock.

DO NOT remove burnt clothing.

Check for signs of breathing/coughing/movement.

If there are no signs of breathing begin CPR.

Elevate burned areas above heart level, if possible.

Cover the burn(s) with cool, sterile, moist bandages, towels or cloth.

CHOKING

Most people clutch at their throats when choking, an obvious symbol for help. However, if a person isn't giving that signal, be alert for these indications. Inability to talk, difficulty breathing or noisy breathing, inability to cough forcefully, skin/lips/nails turning blue, loss of consciousness.

The Red Cross recommends a "five-and-five" method for first aid: First give five blows between the person's shoulders with the heel of your hand. Second, perform the Heimlich maneuver (abdominal thrusts) five times. Alternate between five back blows and five abdominal thrusts until the blockage is dislodged.



IN AN EMERGENCY, DIAL 911

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When Your Loved One Can't

Betty's Harbor Memory Care

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