



Longfellow/Seward Healthy Seniors

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2023 Resource List

We know that the right help, information, or service when you or your family needs it can be key to managing your day- to-day needs. The following list of resources may help you find what you need. Longfellow/Seward Healthy Seniors can also help with many of these services! This list is not comprehensive. We will continue to update the resources as we identify additional resources that meet the needs of seniors in our service area- and if you have any questions or can't find the resource you need, don't hesitate to call us at 612-729-5799. List updated 5/30/2023.

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General Resources

ORGANIZATION NAME	PHONE	SERVICES
AARP MN	888-687-2277	Information, resources, events, and learning opportunities for AARP members in MN <i>Website: www.states.aarp.org/minnesota</i>
Minnesota Board on Aging	651-431-2500	The Minnesota Board on Aging (MBA) is the gateway to services for Minnesota seniors and their families. MBA listens to senior concerns, researches for solutions, and proposes policy to address senior needs. In addition, MBA provides services to seniors including Insurance Counseling. <i>Website: www.mn.gov/board-on-aging</i>
Senior Community Services	612-770-7005	Provides free connection to resources, assistance with program applications, and help navigating life changes <i>Website: www.seniorcommunity.org/services/senior-outreach-services</i>
Senior LinkAge Line	800-333-2433	Senior LinkAge Line® is a service run by the state of Minnesota. Seniors and caregivers can call the toll-free number, and operators will connect you with resources for health, Medicare, housing, finances, and other services important to older adults. <i>Website: www.mn.gov/senior-linkage-line</i>
Trellis: Metropolitan Area Agency on Aging	651-641-8612	Organization that connects older adults, people with disabilities, and their caregivers with the services and programs that they need. Runs the Senior Linkage Line, a phone service that helps older adults meet their needs and lead independent lives. <i>Website: www.trellisconnects.org</i>

Adaptability/Accessibility

ORGANIZATION NAME	PHONE	SERVICES
Age Well at Home	612-699-8067	Nonprofit that provides solutions and services to help older adults remain in their homes, including a free resource guide. <i>Website: www.agewellathome.org</i> <i>Email: info@agewellathome.org</i>
APA Medical Supply	612-722-9000	Carries supplies for mobility, home help, incontinence and more <i>Website: www.apamedical.com</i>
Metropolitan Council for Independent Living	651-646-8342	MCIL works with contractors to fund and install wooden and aluminum ramps, grab bars, doors, steps, railings and decks ensure a physically accessible home. The organization also helps connect older adults with funding via county grants, waiver funding when applicable, and private payments. <i>Website: www.mcil-mn.org/services/home-modification-and-ramps</i> <i>Email: homemodrampservices@mcil-mn.org</i>
Paul's Grab Bars	612-822-0756	Provides and Installs Grab Bars <i>Website: www.paulsgrabbars.com</i>

Rebuilding Together	651-776-4273	Assistance for low-income homeowners to provide repair and modifications to address accessibility, livability, and community needs. <i>Website: www.rtmn.org</i>
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Caregiver Support

Includes information for those who are caring for older adults, vulnerable adults, or children.

ORGANIZATION NAME	PHONE	SERVICES
Caregiver Support and Respite – Lutheran Social Services	866-787-9802	Offers a variety of free and low-cost caregiver resources including support groups, classes, in-home respite services, and group respite services <i>Website: www.lssmn.org/services/older-adults/caregiver-support-respite</i>
East Side Neighborhood Services Caregiver Support Services	612-781-6011	Offers several caregiver support groups, and “NE Day Spot”, a Friday drop-in day program for older adults experiencing a chronic condition or memory loss to allow for caregiver respite. <i>Website: www.esns.org/caregivers</i>
Jewish Family Services, St Paul	651-410-7822	Jewish Family Services manages PEARLS. The program offers free mental health services to caregivers and sliding scale care planning & care coaching services. The service is open to caregivers of all religious and ethnic backgrounds. <i>Website: www.jfssp.org/services/help-for-caregivers</i> <i>Email: Bonnie Jaffe, bjaffe@jfssp.org</i>
Senior Community Services	612-770-7005	Provides caregiver coaching, consultation, support groups, and resource assistance. No one is denied services due to inability to pay. <i>Website: www.seniorcommunity.org/services/caregiver-support</i>
Vulnerable Adults: Hennepin County	Reporting: 844-880-1574 General questions: 612-543-9912	The Minnesota Adult Abuse Reporting Center refers maltreatment reports to the lead investigative agency within the appropriate jurisdiction. <i>Website: www.hennepin.us/residents/human-services/adult-protection</i> <i>Email: adultprotection@hennepin.us</i>

Chores and Yard Work

Longfellow/Seward Healthy Seniors offers some volunteer services to help with chores and yard work. Contact us at 612-729-5799. For snow, see the “Snow Removal” section.

ORGANIZATION NAME	PHONE	SERVICES
Help at Your Door	651-642-1892	Help at Your Door provides grocery, home chore support, and transportation services at a sliding scale based on income and age <i>Website: www.helpatyourdoor.org</i>

Senior Community Services	952-746-4046	A network of skilled workers and volunteers providing indoor and outdoor home maintenance and chore services. Cost based on a sliding fee scale. Services include handypersons, housekeeping, outdoor chores (mowing, raking, snow removal) and home safety assessments. <i>Website: www.seniorcommunity.org</i>
Independent Service Providers		Longfellow/Seward Healthy Seniors keeps a running list of local handy-people and independent service providers who are available for hire to help with chores and yard work. To inquire. <i>Call us at 612-729-5799 or email Julia at juliaockuly@Lshealthyseniors.org</i>

Covid-19 Vaccination

ORGANIZATION NAME	PHONE	SERVICES
MN.gov vaccination finder	1-800-0233	Find out where to get covid vaccines and boosters, as well as other needed vaccines. <i>Website: https://mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp</i>

Driving Education

ORGANIZATION NAME	PHONE	SERVICES
AAA Driving School	952-927-2602	<i>Website: www.exchange.aaa.com/safety/senior-driver-safety-mobility</i>
AARP Smart Driver Program	651-645-0349	Through Keystone Community Services. 4 hour class. \$20. Recurring.
Minnesota Safety Council	651-291-9150 800-444-9150	Offers driving courses in person, online and over zoom. Adults over 55 who complete the courses are eligible for a three-year, 10% reduction on their auto insurance costs. <i>Website: www.minnesotasafetycouncil.org/traffic/mature.cfm</i>

Employment

Employment services geared towards older adults

ORGANIZATION NAME	PHONE	SERVICES
East Side Neighborhood Service Senior Community Employment Program	612-727-4804	Connects unemployed low-income older adults with temporary community service employment. <i>Website: www.esns.org/scsep</i>
Minnesota Senior Community Service Employment Program	651-259-7581	Minnesota State program that provides on-the-job training and work experience for retirees and older adults. <i>Website: www.mn.gov/deed/job-seekers/find-a-job/targeted-services/older</i>

Exercise/Yoga

We have listed some local fitness centers, as well as some citywide services. Longfellow/Seward Healthy Seniors also offers some fitness classes. Call us at 612-729-5799 for current programs.

ORGANIZATION NAME	PHONE	SERVICES
Common Ground Meditation Center	612-722-8260	Offers free yoga classes. Instruction is presented with modifications that are appropriate for different fitness levels. <i>Website: www.commongroundmeditation.org/in-person-programs</i>
Juniper Wellness Classes	855-215-2174	A program of Trellis, Juniper provides classes and wellness services geared towards older adults. Juniper has class listings you can search for by location. <i>Website: www.yourjuniper.org</i>
Keystone Community Services	651-645-0349	Keystone Senior Services provides fitness classes, wellness events and social activities for older adults (age 55+) <i>Website: www.keystoneservices.org/</i>
Silver and Fit	877-427-4788	Health Partners and Moda Health participants have online access to daily classes geared towards seniors. They also partner with fitness centers to offer classes for seniors. <i>Website: www.silverandfit.com</i>
Tandem Strength and Balance	952-746-3222	Programs run by physical therapists that promote strength for injured and aging adults. Free in-home consultations. <i>Website: www.tandemsb.com</i>
YWCA-Minneapolis Lake Street	612-446-0135	There are some classes geared towards seniors, as well as a pool and full facility for exercise. Membership required. <i>Website: www.ywcampis.org/locations/ywca-midtown</i>

Financial Advice

ORGANIZATION NAME	PHONE	SERVICES
AARP Foundation, Tax Aide	888-687-2277	AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. <i>Website: www.aarp.org/money/taxes/aarp_taxaide</i>
AARP Tax Aide – American Indian Center	612-879-1700	Free Appointment Only Tax preparation site (February 5 - April 15)
AARP Tax Aide – Pillsbury House	612-824-0708	Free Appointment Only Tax preparation site (February 3 – April 13)
AARP Tax Aide -Holy Trinity Lutheran Church	612-757-2622	Free Walk-in Tax preparation site (February 3 - April 15)
Community Action of Hennepin County	952-930-3541	Free financial wellness, tax assistance, financial assistance for energy costs, and other services. <i>Website: www.caphennepin.org/</i>

Keystone Community Services	651-645-0349	Care coordination, consultation, advocacy, short-term crisis and long-term care planning <i>Website: www.keystoneservices.org</i>
Lutheran Social Services	888-806-6844 800-777-7419	Personal financial and estate planning, health care agent, care planning and coordination. Free and sliding scale services. <i>Website: https://www.lssmn.org/</i> <i>Email: Protectyourassests@lssmn.org</i>
MN State Attorney General Office	651-296-3353	Seniors Legal Rights with regards to Investments and Lending <i>Website: www.ag.state.mn.us/consumer/Handbooks/SLR/CH3.asp</i>
Prepare and Prosper	651-287-0187	Free tax help, financial counseling, and peer financial groups. <i>Website: www.prepareandprosper.org</i>
Simplify Wealth	612-203-2718	Offers a range of paid financial services, including bill pay, tax record organizing, health care coordination, personal errands and shopping. <i>Website: https://simplify-wealth.com</i> <i>Email: info@simplify-wealth.com</i>
VITA – Seward Tower East	No phone: walk-ins	Free Walk-in Tax preparation site (February 4 – April 14) Somali

Meal Delivery

These organizations deliver ready-to-eat food or meal kits that include the ingredients you need to prepare foods at home. See “Groceries” for grocery delivery and “Food Shelves” for food aid.

ORGANIZATION NAME	PHONE	SERVICES
Homegrown Foods	612-927-2296	Order in advance. Cook-at-home meal kits – they deliver pre-portioned ingredients. \$12 per portion <i>Website: www.eatgoodathome.com</i>
Lutheran Social Service Meals	800.488.4146	Hot meals are delivered Monday – Friday, with frozen meal service for the weekends. Suggested donation, but no one is turned away due to inability to pay. <i>Website: www.lssmn.org/services/older-adults/lss-meals/meals-on-wheels</i>
Meez Meals	773-916-6339	Order in advance. Cook-at-home meal kits – they deliver pre-portioned ingredients. \$9-15 per portion <i>Website: www.meezmeals.com</i>
Metro Meals on Wheels	612-623-3363	Meals on Wheels provides meal delivery for older adults and people with disabilities. Meals cost \$6.50 each, and financial assistance is available. <i>Website: www.meals-on-wheels.com</i>
Mom’s Meals	877-508-6667	Meal Delivery service. Accepts Medicaid and Medicare, or charges \$7.99 per meal. Options for many different dietary needs.
Schwan’s	800-724-9267	Frozen meal delivery <i>Website: www.schwans.com</i>

Food Assistance

These organizations assist people who need help getting enough food.

ORGANIZATION NAME	PHONE	SERVICES
Brian Coyle Center	612-338-5282	Food shelf and produce distribution. Open Monday – Friday 9am – 8pm. First time visitors must bring an ID to register. <i>Website: www.pillsburyunited.org/site/brian-coyle</i>
CAPI Food Shelf East Lake Street location	612-721-0122	Has some limited senior delivery. Offers some culturally specific foods for immigrant populations. Hours: Tuesdays: 1 – 4pm. Wednesdays & Thursdays: 9am – 12 pm; 1 – 4pm. Eligibility Guidelines <ul style="list-style-type: none"> • Resident of Hennepin County 300% or below the Federal Poverty Guidelines
Community Emergency Services Food Shelf	612-870-1125	Food shelf, Meals on Wheels coordination, pet food shelf, limited food shelf delivery.
Flourish Food Market		Plant Based food shelf located at 3501 Aldrich Ave S, Minneapolis. Open Wednesdays from 1-3pm <i>Website: https://www.flourishfoodmarket.com</i>
Keystone Community Services	651-645-0349	Offers food shelves in the Midway neighborhood, and on Rice street in St. Paul. Also offers a grocery delivery program. <i>Website: www.keystoneservices.org/food-shelves</i>
Loaves & Fishes – Holy Rosary Church	612-724-8029	Meals Served: Monday – Thursday, 5:15 – 6:15 PM 2424 18th Ave S, Minneapolis, MN 55404
Lutheran Social Service Meals	800-488-4146	Hot meals delivered Monday – Friday, with frozen meal service for the weekends. Suggested donation, but no one is turned away due to inability to pay. <i>Website: www.lssmn.org/services/older-adults/lss-meals/meals-on-wheels</i>
Metro Meals on Wheels	612-623-3363	Meals on Wheels provides meal delivery for older adults and people with disabilities. Meals cost \$6.50 each, and financial assistance is available. <i>Website: www.meals-on-wheels.com</i>
Minnehaha Food Shelf	612-721-6231	Minnehaha United Methodist Church puts on a food shelf once a month on Tuesdays from 10am-3pm, it offers lots of choices, including dairy, frozen meats, fresh produce, and coffee.
Minnesota Food Help Line	651-486-9860	Operates Mon-Fri, 9am-5pm. Aid in locating food resources. Also the contact for “Market Bucks”, a program that helps clients utilize SNAP resources at farmers markets. <i>Website: www.hungersolutions.org</i>

Nutrition Assistance Program for Seniors (NAPS)	651-201-4404	CSFP is a United States Department of Agriculture supplemental food and nutrition program that is designed to provide healthy and nutritious food each month at no cost to eligible individuals. NAPS is the name of CSFP in Minnesota. <i>Website: www.health.state.mn.us/people/csfp/index.html</i>
Second Harvest Heartland	888-339-3663	Food assistance including senior grocery boxes, monthly grocery assistance, chronic disease nutrition boxes, local food shelf assistance, discount groceries, and Meals on Wheels assistance. <i>Website: www.2harvest.org</i>
SNAP	Hennepin County Eligibility: 612-596-1300 SNAP HOTLINE: 651-431-4050	Formerly known as food stamps. Cash, Food support, Health Care, emergency assistance. People who use SNAP and don't want to leave their homes to get food can authorize a trusted relative, friend or neighbor to pick up and deliver groceries using their electronic benefits card. <i>Website: Minnesotans can fill out an application at ApplyMN.dhs.mn.gov</i>
Waite House	612-721-1681	Food shelf, community meals, and produce distribution. Open Monday – Friday 10am – 4pm. First time visitors must bring an ID to register. <i>Website: www.pillsburyunited.org/site/waite-house</i>

Groceries

Supermarkets and services that deliver groceries. Longfellow/Seward Healthy Seniors also offers limited volunteer-based shopping services. Contact us at 612-729-5799 for more information.

ORGANIZATION NAME	PHONE	SERVICES
Go Go Grandparent	855-464-6872	Offers grocery delivery and rides. Requires a monthly membership. <i>Website: gogograndparent.com</i>
Help at your Door	651-642-1892	Provides transportation, grocery delivery, and some home chore assistance. Will also aid in putting away groceries. Nonprofit service-fees are based on income. <i>Website: www.helpatyourdoor.org</i>
Instacart		Grocery delivery from local stores. Get your groceries the same day. Fees start at \$3.99 for orders \$35 and over. Orders must be put in online or via app, and a driver tip should be included. <i>Website: www.Instacart.com</i>
Kowalski's	612-377-3448	"On the Go" grocery delivery service. Home delivery is \$9.95 per order, and curbside pickup is \$5.95 per order. Minimum charge is \$40. <i>Website: ontheGo/Kowalskis.com</i>
Metro Meals on Wheels	612-623-3363	Meals on Wheels provides meal delivery for older adults and people with disabilities. Meals cost \$6.50 each, and financial assistance is available. <i>Website: www.meals-on-wheels.com</i>

Neighbor to Neighbor Companion	877-540-9443	Low-cost volunteer driven service through Lutheran Social Service of Minnesota. Volunteers visit weekly to help with transportation, shopping, household tasks, and provide companionship. <i>Website: www.lssmn.org/services/older-adults/companion-services/neighbor-to-neighbor</i>
Shipt		Delivers food and items for a fee from local stores. Orders must be placed online or via app. <i>Website: https://www.shipt.com</i>
Target	651-646-6181	Delivers groceries and other items to area for a fee via app. Also provides free drive-up pick-up services for groceries and other items via app.
Twin Cities Concierge	651-631-0330	Delivers groceries. \$30 per hour

Home Repairs and Improvements

ORGANIZATION NAME	PHONE	SERVICES
Age Well at Home	612-699-8067	Nonprofit that provides solutions and services to help older adults remain in their homes, including a free resource guide <i>Website: www.agewellathome.org</i> <i>Email: info@agewellathome.org</i>
Hearts and Hammers	952-922-2451	Provides exterior home improvement assistance for Senior Citizens, Disabled Individuals, and Veterans of the United States Armed Forces or their Surviving Spouses so that they may continue living independently. <i>Website: www.heartsandhammers.org</i>
Independent Contractors		Longfellow/Seward keeps a running list of local handy-people and independent contractors who are available to help with home repairs. <i>To inquire, call us at 612-729-5799 or email Julia at juliaockuly@LShealthyseniors.org</i>
Metropolitan Council for Independent Living	651-646-8342	MCIL works with contractors to fund and install wooden and aluminum ramps, grab bars, doors, steps, railings and decks ensure a physically accessible home. The organization also helps connect older adults with funding via county grants, waiver funding when applicable, and private payment. <i>Website: https://mcil-mn.org/services/home-modification-and-ramps/</i> <i>Email: homemodrampservices@mcil-mn.org</i>
NeighborWorks	651-292-8710	NeighborWorks provides affordable home safety improvement financing to homeowners throughout Minnesota with an emphasis on Twin Cities Locations <i>Website: www.nwhomepartners.org</i>
Rebuilding Together	651-776-4273	Assistance for low-income homeowners to provide repair and modifications to address accessibility, livability, and community needs. <i>Website: www.rtmn.org</i>

Senior Community Services	952-746-4046	A network of skilled workers and volunteers providing indoor and outdoor home maintenance and chore services. Cost based on a sliding fee scale. Services include handypersons, housekeeping, outdoor chores (mowing, raking, snow removal) and home safety assessments. <i>Website: www.seniorcommunity.org</i>
Sustainable Resources Center	612-870-4255	A grant-funded Minneapolis-based nonprofit organization that helps income-qualified residents of Hennepin County with risk identification, lead hazard remediation and weatherization. Services include installing insulation, reducing air leaks, heating tune-ups, appliance repair and replacement, lead control, health screenings and lead assessment. <i>Website: www.src-mn.org</i>
United Way 2-1-1	800-543-7709	United Way 211 provides free and confidential health and human services information for people in Minnesota. Referral information includes: <ul style="list-style-type: none"> • Energy and Utility Assistance • Eviction Assistance • Home Rehabilitation and Repair • Senior Accessibility and Independent Living Services • Weatherization <i>Website: www.211unitedway.org</i>

House Cleaning

ORGANIZATION NAME	PHONE	SERVICES
Help at Your Door	651-642-1892	Provides transportation, grocery delivery, and some home chore assistance. Will also aid in putting away groceries. Nonprofit service-fees are based on income. <i>Website: www.helpatyourdoor.org</i>
Senior Community Services	952-746-4046	A network of skilled workers and volunteers providing indoor and outdoor home maintenance and chore services. Cost based on a sliding fee scale. <i>Website: www.seniorcommunity.org</i>
Independent contractors		Longfellow/Seward keeps a running list of local handy-people and independent contractors who are available to help with chore services. <i>To inquire, call us at 612-729-5799 or email Julia at juliaockuly@LShealthyseniors.org</i>

Housing Services

ORGANIZATION NAME	PHONE	SERVICES
Align Minneapolis	612-870-4416	Emergency short-term rental assistance program <i>Website: www.alignmpls.org/era</i>

Catholic Charities	651-222-3001	Services for older adults and people with disabilities, helping them live independently in their homes and connecting homeless elders to housing. <i>Website: www.cctwincities.org/all-services</i>
Hennepin County Community Action	952-933-9639	CAP provides housing placement assistance, among other services. <i>Website: www.caphennepin.org/what-we-do/housing-stability.html</i>
Hennepin County Housing Assistance	612-348-9260	Rental Housing, Home Buying, and Home Repairs. <i>Website: www.hennepin.us/residents/property/housing-assistance</i>
Homeline MN	612-728-5767 866-866-3546	Free legal help for Renters. <i>Website: www.homelinemn.org</i>
Oasis Senior Advisors	612-400-4755	Free placement service to help connect older adults with senior living communities. <i>Website: www.oasisenioradvisors.com/southern-twin-cities/</i>
Ombudsman for Older Adults	800-657-3591	State service that provides information about assisted living services, home care and nursing homes. Assistance in choosing a nursing home. Handle complaints about nursing homes and home health care service providers. <i>Website: www.mn.gov/ooldtc</i>

Legal Advice and End of Life Planning

ORGANIZATION NAME	PHONE	SERVICES
Bradshaw Funeral Services	612-724-3621	Funeral, cremation, grief, and end of life planning services. Located on Minnehaha Ave.
Guardian and Conservator Services- Lutheran Social Services of MN	888-806-6844	Trust, Power of Attorney, Health Care Directives, Estate, and other legal services. <i>Website: www.lssmn.org/services/older-adults/guardianship-options</i>
Homeline MN	612-728-5767 866-866-3546	Free legal help for Renters. <i>Website: www.homelinemn.org</i>
Honoring Choices MN		Tools and resources to assist with end-of-life planning and Advance Care Directives. <i>Website: www.honoringchoices.org</i>
Law Help MN	651-296-3353	Law Help MN is a free website for low-income people who need help with civil law problems, including power-of-attorney issues. This site includes self-help forms and contact information for legal assistance by zip code. <i>Website: www.lawhelpmn.org</i>
MAGIC Member Directory		A professional association of individuals who provide assistance with guardianship, legal issues, care, financial assistance, etc. Search by location and service category.

		<i>Website: www.minnesotaguardianship.org</i>
MMLA-Minneapolis Senior Law Project	612-332-1441	provides free legal advice, brief services, and full representation to some Seniors experiencing critical legal issues. <i>Website: www.lawhelpmn.org/loon/services/mmla-minneapolis-senior-law-project</i>
Minnesota Bar	612-333-1183	Search to find a lawyer in MN <i>Website: www.mnbar.org</i>
Minnesota Elder Justice Center	651-440-9300	The Minnesota Elder Justice Center provides free information and resources to older adults and vulnerable adults, and their loved ones, around issues of abuse, neglect and financial exploitation. <i>Website: www.elderjusticemn.org</i>
Minnesota Legal Advice		Legal Aid offices provide free civil legal services. While each office may offer different services based on the legal issue and your geographic location, these offices may be contacted for help in situations where there are legal issues (such as denial of Medicaid benefits) caused by financial exploitation. Legal Aid may also be able to provide a referral to another service or pro-bono attorney in some instances. <i>Website: www.mnlegaladvice.org</i>
Minnesota State Attorney General Office	651-296-3353	Seniors Legal Rights Handbook <i>Website: https://www.ag.state.mn.us/Consumer/Seniors/Default.asp</i>

Mental Health

ORGANIZATION NAME	PHONE	SERVICES
988 – Mental Health Hotline	988	Mental health and suicide prevention emergency hotline
Act on Alzheimer’s	651-641-8612	This group provides resources, information, tools and training for individuals, families, providers, and communities regarding Alzheimer’s in MN. <i>Website: www.actonalz.org</i>
COPE	612-596-1223	Community Outreach for mental health emergencies. Call for assistance 24/7. <i>Website: www.healthyhennepin.org/stories/cope</i>
Dementia Friends of Minnesota	651-641-8612	A part of Act on Alzheimer’s MN, this group provides resources, information, tools and training for individuals, families, providers and communities.

Hennepin County Mental Health & Substance Use Services	612-596-9438	Contact us for help in crisis, to get an assessment, or to access ongoing mental health or chemical health services. <i>Website: www.hennepin.us/residents/health-medical/mental-health-substance-use</i>
LEAP: Jewish Family Services, St Paul	651-410-7822 651-983-0767	LEAP is a free program through Jewish Family Service of St. Paul that supports adults 55+ who are suffering from low mood or depression. The program is open to clients of all faith and ethnic backgrounds. <i>Website: www.jfssp.org/services</i>
M Health Fairview Older Adult Outpatient Program	612-672-2736	Outpatient program for older adults. 4 hours per day plus lunch. 2-5 days per week. Group therapy education, skill building, problem solving. <i>Website: www.mhealthfairview.org</i>
PEARLS: Jewish Family Services, St Paul	651-410-7822	Program to Encourage Active and Rewarding Lives (PEARLS) PEARLS counselors meet with older adults in their homes to provide eight FREE one-on-one support sessions over the course of five months. After the sessions are complete, counselors offer monthly follow up phone calls. <i>Website: https://jfssp.org/services/counseling-chaplaincy/program-to-encourage-active-and-rewarding-lives</i>
People Incorporated	612-872-2000	People Inc offers a variety services, including in-home mental health services for clients 55 and older who are unable/unwilling to access mental health resources in the community. Accepts most insurance carriers, private pay clients and medical assistance. <i>Website: www.peopleincorporated.org</i>

Moving and De-Cluttering Assistance

ORGANIZATION NAME	PHONE	SERVICES
Brilliant Moves	612-605-7303	Company that provides moving and home organization services geared towards seniors. <i>Website: www.brilliantmovesmn.com</i>
Clutter 911	651-728-1090	Moving, packing, decluttering and organizing services geared towards older adults <i>Website: www.clutter911.com</i>
Empty the Nest	612-998-0102	Fee based service that packs up unwanted home items and manages recycling and donation. <i>Website: www.emptythenest.net/cleanout-service</i>
Epilepsy Foundation	651-287-2338	Accepts donations of used clothing and household items which are then used to support the foundation. Picks items up curbside at your home at a scheduled time. <i>Website: www.epilepsyfoundationmn.org/donate-used-goods</i>
Gentle Transitions	952-944-1028	Moving services geared towards seniors. Provides packing, planning, and unpacking services.

		<i>Website: www.gentletransitions.net</i>
Minnesota Hoarding Task Force	612-568-5550	Nonprofit that helps connect individuals with resources to help with hoarding. Also maintains a comprehensive hoarding resource list. <i>Email: mnhtf.org@gmail.com</i> <i>Website: www.mnhtf.org</i>
Moving Things Movers		Moving service that works with nonprofits to provide affordable services for low-income individuals. <i>Website: www.movingthingsmovers.com</i> Communicates via email: eric@movingthingsmovers.com
Rose's Daughters	612-330-3772	Turnkey moving service <i>Website: www.rosesdaughters.com</i>
Senior Move Magic	952-261-5457	Organizing, moving, staging, downsizing and organizing services geared towards older adults <i>Website: www.seniormovemagic.com</i>
Sort Toss Pack	651-717-4325	Provides packing, recycling and donation of home items. Paid service. <i>Website: www.sorttosspack.com</i>
Think Organized	612-240-0828	Personalized organization and decluttering assistance. <i>Website: www.think-organized.com</i>

Senior Groups and Activities

ORGANIZATION NAME	PHONE	SERVICES
AARP MN	888-687-2277	Information, resources, events, and learning opportunities for AARP members in MN <i>Website: www.aarp.org/membership/benefits/community/aarp-programs</i>
AmeriCorps for Seniors	800-942-2677	Connects seniors with meaningful volunteer opportunities, including serving as a senior companion and becoming a "foster grandparent". Also provides insurance. <i>Website: https://americorps.gov/serve/americorps-seniors</i>
Connect2Affect		An initiative of AARP to help older adults address social isolation and loneliness. There are local support groups on their website. <i>Website: www.connect2affect.org</i>
East Side Neighborhood Services – Vital Living Program	612-781-6011	Free classes and programs ranging from fitness to book clubs geared toward older adults. Also coordinates volunteer opportunities for older adults. <i>Website: https://www.esns.org/vitalliving</i>
Jewish Family Services, St Paul	651-239-4756	Classes and programs <i>Events website: www.jfssp.org/events</i>
Keystone Services	651-645-0349	Keystone Senior Services offers fitness classes, wellness events and social activities for older adults <i>Website: www.keystoneservices.org/seniors/activities</i>
Minneapolis Community Education	612-668-3939	Classes and educational programs geared at 55+ <i>Website: www.commed.mpls.k12.mn.us/Adult_Programs</i>
Minnesota Good Age	612-825-9205	Calendar of events for seniors and their families. <i>Website: www.mngoodage.com/cant-miss-calendar</i>

Minneapolis Parks and Recreation	612-230-6400	Free and low cost art classes, movies, social groups, outdoor activities, recreation, and other activities geared at 55+ <i>Website: www.minneapolisparks.org/activities-events</i>
Senior Companion Services	888-205-3770	Senior Companions visit for 3-4 hours every week to talk, play games, and help with shopping, transportation, and household tasks. Free, volunteer driven program. <i>Website: www.lssmn.org/services/older-adults/companion-services/senior-companion</i>
Vietnamese Social Services of MN	651-632-8927	Offers elder program for older immigrant adults, as well as other opportunities and resources for immigrants <i>Website: www.vssmn.org/programs</i>
Vision Loss Resources	612-871-2222	Assessments, individual teaching, classes, volunteers and support Groups for individuals with vision loss <i>Website: www.visionlossresources.org</i>
Vital Aging Network	651-226-9578	The Vital Aging Network’s mission is to promote self-determination, civic engagement, and personal growth for people as they age, through education, leadership development, and opportunities for connection. Offers programs and social opportunities. <i>Website: www.vital-aging-network.org</i>

Snow Removal

ORGANIZATION NAME	PHONE	SERVICES
Giving Tree Gardens	612-227-0115	Landscaping services and snow removal. Say you are a Longfellow/Seward Healthy Seniors Client, and you will get a discount – though still a bit pricy. <i>Website: www.givingtreegardens.com</i>
Longfellow Community Council Volunteer Snow Removal Program	612-722-4529	Connects volunteers in the Longfellow and Seward Neighborhoods with neighbors that need help with snow removal. <i>Website: www.longfellow.org/programs</i>
Senior Community Services	952-746-4046	A network of skilled workers and volunteers providing indoor and outdoor home maintenance and chore services. Cost based on a sliding fee scale. Services include handypersons, housekeeping, outdoor chores (mowing, raking, snow removal) and home safety assessments. <i>Website: www.seniorcommunity.org</i>

Technology Assistance

ORGANIZATION NAME	PHONE	SERVICES
Cyber Seniors	844-217-3057	Cyber-Seniors is a non-profit organization that provides free technology services for older adults, provided by youth volunteers. Also provides free webinars on topics ranging from exercise to mental health. <i>Website: www.cyberseniors.org</i>

Free Geek	612-223-5967	Free large electronics recycling, and electronics thrift store that sells computers for as little as \$20. Offers free/low-cost computer packages for people with low income. <i>Website: www.freegeektwincities.org</i>
Senior Community Services	952-767-7893	Provides a technology guide to help with common issues for computers, phones, televisions and other home devices. Also provides technology clinics, and some in-home tech support services. <i>Website: www.seniorcommunity.org/services/tech-support-services</i>
Vision Loss Resources	612-871-2222	Assessments, individual teaching, classes, volunteers, technology help, and support groups <i>Website: www.visionlossresources.org</i>

Transportation

These service providers offer transportation to meet a variety of needs. Some are targeted to specific types or rides or for specific types of riders.

ORGANIZATION NAME	PHONE	SERVICES
Allina Health	651-222-0555	Specific to Allina Medical Appointments, Clients: Non-Emergency Medical Transportation, including: Van Service, Wheelchair Service, Scheduled Ambulance Service <i>Website: www.allinahealth.org/medical-services/emergency-medical-services/non-emergency-transportation</i>
Eastern Royal Medical Transportation	800 696-1495	Only for trips OVER 200 Miles in distance. Provides non-emergency long distance medical transportation. <i>Website: www.long-distance-medical-transport.com</i>
GoGo Grandparent	855-464-6872	Order rides, groceries etc. without a smartphone. <i>Website: www.gogograndparent.com</i>
Good Samaritan Transportation	763-732-0118	Transportation program that provides rides for people in and around their community. Must have transportation benefits and be eligible for Special Transportation Services (STS) by the Department of Human Services (DHS). No Private Pay.
Help at Your Door	651-642-1892	Help at Your Door provides grocery, home chore support, and transportation services at a sliding scale based on income and age <i>Website: www.helpatyourdoor.org</i>
MTM – Minnesota Transportation Program	651-645-9254	MTM provides non-emergency medical transportation Minnesotans on Medical assistance. You can schedule a ride Monday through Friday from 7am to 6pm. Schedule online, or by calling. You must schedule at least three business days before your appointment. <i>Website: https://www.mtm-inc.net/minnesota/recipients</i>
Neighbor to Neighbor Companions	877.540.9443	Low-cost volunteer driven service through Lutheran Social Service of Minnesota. Volunteers visit weekly to help with transportation, shopping, household tasks, and provide companionship. <i>Website: www.lssmn.org/services/older-adults/companion-services/neighbor-to-neighbor</i>
Rainbow Health	612-373-2437	Specific to HIV clients. Support with transportation to medical appointments or pharmacy visits. We also have volunteer drivers who can assist with food shelf deliveries, and offer bus passes to clients. <i>Website: www.rainbowhealth.org</i>

Senior Companion Services	888-205-3770	Senior Companions visit for 3-4 hours every week to talk, play games, and help with shopping, transportation, and household tasks. Free, volunteer driven program. <i>Website: www.lssmn.org/services/older-adults/companion-services/senior-companion</i>
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Veteran's Services

ORGANIZATION NAME	PHONE	SERVICES
Caregiver Support-VA	800-273-8255	Caregiver Support Program that offers training, educational resources, and multiple tools for the caregivers of veterans. <i>Website: www.caregiver.va.gov</i>
Hennepin County Veterans Services.	612-348-3300 Crisis line: 1-800-273-8255 and press 1	Hennepin County Veterans Services provides assistance for veterans, their dependents and survivors in applying for veterans' benefits. Also manages a veterans crisis line for veterans and their families. <i>Website: www.hennepin.us/residents/human-services/veterans-service</i>
MN Dept of Veterans Affairs	888-546-5838	The Minnesota Department of Veterans Affairs runs Minnesota's five state Veterans Homes and assists Minnesota's 370,000 Veterans and their dependents to obtain benefits and services.

Veterinary and Pet Services

ORGANIZATION NAME	PHONE	SERVICES
East Lake Animal Clinic	612-729-2374	East Lake Animal Clinic is a veterinary hospital in Minneapolis MN, serving the Seward, Longfellow and Hiawatha neighborhoods. <i>Website: www.eastlakeanimalclinic.com</i>
Minnehaha Animal Hospital	612-825-4427	Local veterinary clinic. Offers discounted exams for pets adopted from local rescue organizations. Also provides limited free medical care to the pets of qualified low-income, blind, and/or disabled people. <i>Website: www.minnehahaanimalhospital.com</i>
Pets and People Together	612-722-9998	Nonprofit that provides free pet food and supplies <i>Website: www.peopleandpetstogether.org</i>
University of Minnesota Veterinary Medical Center	612-626-8387	At the University of Minnesota Veterinary Medical Center, animals benefit from our collaborative, complete-care approach and the latest research and technologies. Also provides emergency and after-hours pet medical services. <i>Website: www.vmc.umn.edu</i>

