



Longfellow/Seward Healthy Seniors

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2024 Resource List

The Longfellow/Seward Healthy Seniors Resource List is a directory of community organizations, businesses, services, and programs that can help older adults in the greater Longfellow and Seward communities meet their daily needs. While the list is not exhaustive, hopefully it can serve as a starting point for you and your family. **Longfellow/Seward Healthy Seniors can help you too!** See a listing of our services at the beginning of the guide. If you know of a useful resource that can be added to the list, don't hesitate to reach out to us by calling 612-729-5799, or by email at rjames@LShealthyseniors.org. This list was updated 5/23/2024.

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Longfellow/Seward Healthy Seniors

Individual Support and Community Health Services

Find out more about our programs, services, and events at LShealthyseniors.org, or by calling 612-729-5799. We also send out a monthly email newsletter, and triannual print newsletter. Email rjames@LShealthyseniors.org, or call our office to be added to the mailing list!

Activities, classes, and support groups: We offer a changing schedule of exercise and art classes, Senior Social/Health Talks, support groups, technology classes and more! See the current schedule at LShealthyseniors.org.

Caregiver support and respite: Respite (a break for caregivers) may be provided through caring volunteers.

Foot care: We partner with a local foot care provider who offers in-home nail trimming, lotion, massage, foot soaks, and foot health assessments.

“Friendly Visitor” companion services: Through our network of volunteers, we can match older adults with a caring visitor. Friendly visitors can connect through in-person visits, phone calls, or even letters.

Food distribution/delivery: We pack and deliver food from local food shelves to eligible older adults. We also have a limited supply of grocery gift cards for eligible older adults.

Grocery shopping assistance: Volunteers assist with grocery shopping, including providing transportation to grocery stores, in-store shopping help, and grocery delivery.

Household task assistance: Volunteers can help with light housework such as laundry or trash removal, and some seasonal outdoor work such as raking or snow removal. Services are limited by volunteer availability.

In-home nurse visits: In-home nurse visits can include health, fall prevention, and vision assessments, as well as blood pressure checks and health information/referrals.

Information, referral, and advocacy: Information, referral and advocacy are provided to help seniors remain independent. We can help older adults connect with the programs, services, and assistance that they need.

Outreach to Somali Elders: We distribute culturally appropriate food boxes and personal care items to local Somali elders. Staff members fluent in Somali provide help with interpretation, reading mail, and completing paperwork.

Personal technology assistance: In-home technology assistance is provided by volunteers. We also sponsor “Tech Clinics” where local older adults can get 1:1 technology help and we offer technology education classes.

Transportation to local medical appointments: Volunteers provide rides to local medical appointments for older adults.

General Resources

ORGANIZATION NAME	PHONE	SERVICES
AARP Minnesota	888-687-2277	Information, resources, events, and learning opportunities for AARP members in MN <i>Website: https://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, provides research 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, household assistance, technology support, caregiver resources, and help navigating life changes <i>Website: www.seniorcommunity.org/services/senior-outreach-services</i>
Senior LinkAge Line	800-333-2433	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	651-641-8612	Organization that connects older adults, people with disabilities, and their caregivers with the services and programs that they need. <i>Website: www.trellisconnects.org</i>

Adaptability/Accessibility

ORGANIZATION NAME	PHONE	SERVICES
Age Well at Home	612-699-8067	Nonprofit that provides repairs and modifications 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 health, 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 to 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 repairs and modifications to address accessibility, livability, and community needs. <i>Website: www.rtmn.org</i>

Care Management

ORGANIZATION NAME	PHONE	SERVICES
Keystone Community Services	651-645-0349	Keystone Care Consultants provides assessments and care plans to help seniors navigate their health, economic and social needs. Paid service. <i>Website: https://keystoneservices.org/seniors/care-consultation/</i>
Hennepin County – Front Door	612-348-4111	Referrals for in-home support and community services. Free. <i>Website: https://www.hennepin.us/residents/human-services/seniors-disabilities-supports</i>
Lifespark	952-345-8770	Assistance with in-home health, transportation, and medical planning. Paid service, covered for some Medicaid recipients. <i>Website: https://lifespark.com/primary-care/</i>
Pathfinder Care Management	612-729-9096	Assessment, care planning, accompaniment to medical appointments, caregiver assistance, medical advocacy, insurance assistance. Paid service. <i>Website: https://www.pathfindergcm.com/services/</i>
Senior Community Services: Senior Outreach Services	612-770-7005	Help identifying strength and needs, program referrals, ongoing support to navigate changes. Free to older adults 55+ <i>Website: https://seniorcommunity.org/services/senior-outreach-services/</i>
Volunteers of America: Minnesota and Wisconsin	952-945-4000	Recommendations for remaining in-home, help with medical interactions, service coordination, ongoing monitoring. Paid service, accepts insurance. <i>https://www.voamnwi.org/care-management-consultation</i>

Caregiver Support

Includes information for those who are caring for older adults, vulnerable adults, or disabled 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 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. The service is open to caregivers of all religious and ethnic backgrounds. <i>Website: https://jfssp.org/services/help-for-caregivers</i>

Longfellow/Seward Healthy Seniors	612-729-5799	Respite (providing a break for caregivers) may be provided through caring volunteers. <i>Website: www.LShealthyseniors.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: 1-844-880-1574 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

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>
Longfellow/Seward Healthy Seniors	612-729-5799	Limited volunteer services to help with chores and yard work <i>Website: www.LShealthyseniors.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: https://seniorcommunity.org/services/home-program/</i>

Covid-19 Vaccinations

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>

Driver Safety 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	Classes around the metro area. Learn more and choose a class on their website. <i>Website: https://www.aarp.org/auto/driver-safety/locations</i>
Minnesota Safety Council	651-291-9150 800-444-9150	Offers driving courses in person, online and over zoom. <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 Classes

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>
Longfellow/Seward Healthy Seniors	612-729-5799	We offer a rotating program of fitness classes. Past offerings have included yoga, tai chi, laughter yoga, and self-defense. <i>Website: www.LShealthyseniors.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>
Silver Sneakers	866-584-7389	Phone app that offers free digital fitness classes, and partners with some in-person fitness locations. Free for some Medicare participants. <i>Website: https://tools.silversneakers.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.ywcamppls.org/locations/ywca-midtown</i>

Financial Advice & Tax Assistance

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 – at Holy Trinity Lutheran Church in Mpls.	612-757-2622	Free tax preparation site for older adults, must make an appointment. (early February – early April)
Community Action Partnership 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: Protectyourassets@lssmn.org</i>
MN State Attorney General's 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 (early February – early April). Somali language services.

Food Assistance

These organizations assist people who struggle with food insecurity. Also see “Groceries” and “Meal Delivery” for more food options

ORGANIZATION NAME	PHONE	SERVICES
Brian Coyle Neighborhood 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>
Community Emergency Services Food Shelf	612-870-1125	Food shelf, Meals on Wheels coordination, pet food shelf, limited food shelf delivery. Requires registration <i>Website: https://cesmn.org/visit-the-food-shelf/</i>
Flourish Food Market		FREE Plant Based food market located at 3501 Aldrich Ave S, Minneapolis. Open Wednesdays from 1-3pm <i>Website: https://www.flourishfoodmarket.com</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 <i>Website: https://www.loavesandfishesmn.org/community-meal-sites/holy-rosary-catholic-church/</i>
Longfellow/Seward Healthy Seniors	612-729-5799	We pack and deliver food from local food shelves to eligible older adults. We also have a limited supply of grocery gift cards for local older adults. <i>Website: www.LShealthyseniors.org</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>
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 week on Tuesdays from 10am-3pm, it offers lots of choices, including dairy, frozen meats, fresh produce.
Minnesota Food Help Line	651-486-9860	Operates Mon-Fri, 9am-5pm. Aid in locating food resources. Also, serves as 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 (formerly known as Food Stamps)	Hennepin County Eligibility: 612-596-1300 SNAP HOTLINE: 651-431-4050	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. Also see “Food Assistance” and “Meal Delivery” for food information.

ORGANIZATION NAME	PHONE	SERVICES
Aldi Grocery Delivery		Groceries can be selected online, and then delivered to your door. Requires pre-payment with a credit or debit card. Delivery fees apply, usually \$5-10. <i>Website: https://www.aldi.us/</i>
Amazon Fresh		Online grocery delivery through Amazon. Requires an Amazon account but not an Amazon Prime membership. There is a delivery fee. <i>Website: amazon.com</i>
Go Go Grandparent	855-464-6872	Offers grocery delivery and rides. Requires a paid 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	844-981-3433	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. Offers special senior assistance line at 1-844-981-3433. <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>
Longfellow/Seward Healthy Seniors	612-729-5799	We offer volunteer grocery shopping assistance. <i>Website: www.LShealthyseniors.org</i>
Lunds & Byerly's		Grocery delivery. Fees apply. <i>Website: https://shop.lundsandbyerlys.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	877-540-9443	Low-cost service provided by volunteers 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 this 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 among other services. \$30 per hour.

Hearing and Vision Loss

ORGANIZATION NAME	PHONE	SERVICES
Blindness: Learning in New Dimensions	612-872-0100	Class program to help older adults adjust to vision loss. <i>Website: https://www.blindinc.org/programs/senior-program/</i>
National Federation of the Blind – Minnesota Chapter	612-872-9363	Resources, community, events, and voting assistance for vision impaired adults. <i>Website: https://nfbmn.org/</i>
Minnesota Deaf Senior Citizens		Organizes social events and shares resources for deaf/hard-of-hearing older adults in Minnesota. https://minnesotadeafseniorcitizens.org/
Minnesota Dept. of Human Services - Deaf and Hard of Hearing Divisions	651-431-5945 Videophone users: 651-964-1514	Assistive technology, Communication resources and training program for older adults who are deaf or hard of hearing. <i>Website: https://mn.gov/deaf-hard-of-hearing/</i>
Minnesota Relay Service	651-539-2300	Free service providing telephone accessibility to people who are deaf, deafblind, hard of hearing or speech disabled. <i>Website: https://mn.gov/deaf-hard-of-hearing/communication-access/mn-relay/</i>
Minnesota State Services for the Blind	651-539-2300	Offers a variety of tools, techniques, and training to help seniors with vision loss stay mentally and physically active and independent. Low-vision products may be loaned out through the MN Aging Eyes Initiative program. Contact Longfellow/Seward Healthy Seniors for more information on this program. <i>Website: https://mn.gov/deed/ssb/seniors/</i>

National Alliance on Mental Illness		List of local mental health service providers who are accessible to hard-of-hearing and deaf clients <i>Website: https://namimn.org/the-deaf-and-hard-of-hearing/</i>
Vision Loss Resources	612-871-2222	Adjustment to Blindness Program and Seniors Program to help older adults age in place while managing vision loss. Also offers support groups, peer mentor program, resource list, and social events. <i>Website: https://visionlossresources.org/programs/</i>

Home Repairs and Improvements

ORGANIZATION NAME	PHOE	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 or their surviving spouses so that they may continue living independently. <i>Website: www.heartsandhammers.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 to ensure a physically accessible home. The organization also helps connect older adults with funding via county grants and waivers. <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>
Sicora Cares	952-929-0098	Home repairs for low-income homeowners, specifically targeting age 60+, disabled, veterans, and surviving spouses of veterans. The cost of the repairs is shared between Sicora, the homeowner, and offset by donations (materials and/or monetary) Interested homeowners should email rsonnek@sicora.com to receive an application.

Sustainable Resources Center	612-870-4255	<p>A grant-funded Minneapolis-based nonprofit organization that helps income-qualified residents of Hennepin County with risk identification, lead hazard remediation and weatherization.</p> <p>Services include installing insulation, reducing air leaks, heating tune-ups, appliance repair and replacement, lead control, health screenings and lead assessment.</p> <p><i>Website: www.src-mn.org</i></p>
United Way 2-1-1	211	<p>Greater Twin Cities United Way 211 provides free and confidential health and human services information for people in the Twin Cities metro area. Referral information includes:</p> <ul style="list-style-type: none"> • Energy and Utility Assistance • Eviction Assistance • Home Rehabilitation and Repair • Senior Accessibility and Independent Living Services • Weatherization <p><i>Website: www.211unitedway.org</i></p>

House Cleaning

ORGANIZATION NAME	PHONE	SERVICES
Help at Your Door	651-642-1892	<p>Provides transportation, grocery delivery, and some home chore assistance. Will also aid in putting away groceries. Nonprofit service-fees are based on income.</p> <p><i>Website: www.helpatyourdoor.org</i></p>
Longfellow/Seward Healthy Seniors	612-729-5799	<p>We offer some volunteer house cleaning assistance.</p> <p><i>Website: www.LShealthyseniors.org</i></p>
Senior Community Services	952-746-4046	<p>A network of skilled workers and volunteers providing indoor and outdoor home maintenance and chore services. Cost based on a sliding fee scale.</p> <p><i>Website: www.seniorcommunity.org</i></p>

Housing Services

ORGANIZATION NAME	PHONE	SERVICES
Align Minneapolis	612-870-4416	<p>Emergency short-term rental assistance program</p> <p><i>Website: www.alignmpls.org/era</i></p>
Catholic Charities	651-222-3001	<p>Services for older adults and people with disabilities, helping them live independently in their homes and connecting homeless elders to housing.</p> <p><i>Website: www.cctwincities.org/all-services</i></p>
Grace Place	612-332-3483	<p>Assisted living program for Korean elders who experience language and cultural barriers.</p>

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>
Minnesota Government Assisted Living Checklist	800-333-2433	Information about assisted living facilities includes fact-finding checklist and facility scorecard. <i>Website: https://mn.gov/senior-linkage-line/older-adults/housing/assisted-living/</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/ooltc</i>
Twin Cities Senior Housing Guide		Comprehensive senior housing directory for Minneapolis and St. Paul. Also includes listings for home care, adult day care, and hospice care. <i>Website: https://seniorhousingguide.us/</i>

Legal Advice and End of Life Planning

ORGANIZATION NAME	PHONE	SERVICES
Bradshaw Funeral & Cremation Services	612-724-3621	Funeral, cremation, grief, and end of life planning services. Located on Minnehaha Ave. in Minneapolis. <i>Website: https://www.bradshawfuneral.com/</i>
Guardian & 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>
Interra Green Burial	651-774-9797	Provides environmentally friendly end of life services <i>Website: https://www.interraburial.com/</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 that provides assistance with guardianship, legal issues, care, financial assistance, etc. Search by location and service category. <i>Website: www.minnesotaguardianship.org</i>
Mid-Minnesota Legal Aid	877-696-6529	Offers free legal representation to low-income adults age 60+ in 26 central Minnesota counties. <i>Website: https://mylegalaid.org/</i>
MMLA-Minneapolis Senior Law Project	612-332-1441	Provides free legal advice, brief services, and full representation to some seniors experiencing legal issues. Legal service categories include health care, benefits, estate planning, elder law, housing, immigration, money, debt, and taxes. <i>Website: www.lawhelpmn.org/loon/services/mmla-minneapolis-senior-law-project</i>
Minnesota Bar	612-333-1183	Search to find a lawyer in Minnesota. <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 and/or vulnerable adults, and their loved ones, around issues of abuse, neglect, and financial exploitation. <i>Website: www.elderjusticemn.org</i>
Minnesota Legal Advice		Legal Advice 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's Office	651-296-3353	Seniors Legal Rights Handbook <i>Website: https://www.ag.state.mn.us/Consumer/Seniors/Default.asp</i>

Meal Delivery

These organizations deliver ready-to-eat food or meal kits that include the ingredients you need to prepare food at home. Also see "Food Assistance" and "Groceries" for more food related information.

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: https://www.lssmn.org/services/older-adults/lss-meals</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.
Yelloh! (formerly Schwan’s)	800-724-9267	Delivery of frozen foods, prices vary. <i>Website: www.schwans.com</i>

Mental Health

ORGANIZATION NAME	PHONE	SERVICES
988 – Suicide and Crisis Hotline	988	National 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 in Hennepin County. Call for assistance 24/7. <i>Website: www.hennepin.us/en/residents/emergencies/mental-health-emergencies</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. <i>Website: https://dementiafriendsmn.org/</i>
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>
Korean Service Center	612-332-9577	In-home mental health and dementia management programs for Korean-Americans over age 65 <i>Website: https://www.kscmn.org/mental-health</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, and problem solving. <i>Website: www.mhealthfairview.org</i>

People Incorporated	612-872-2000	People Inc. offers a variety of 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>
Rainbow Health Mental Health Services	612-341-2060	Mental health and substance abuse services for LGBTQ+ adults. Also offers resource list geared specifically towards LGBTQ+ older adults. <i>Website: https://rainbowhealth.org/mental-health-services/</i>

Moving and De-Cluttering Assistance

ORGANIZATION NAME	PHONE	SERVICES
The Arc Minnesota	952-920-0855	Housing Services can provide free moving support for some eligible low-income older adults. <i>Website: arcminnesota.org/ways-we-can-help/housing-stabilization-services/</i>
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	Comprehensive moving service for older adults. Includes services such as space planning and post-move assistance. <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. <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 Minnesota. <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.” Provides modest stipend and insurance options. <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. <i>Website: https://www.esns.org/vitalliving</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>
Longfellow/Seward Healthy Seniors	612-739-5799	We offer support groups, Senior Social/Health Talks, exercise and art classes, technology classes, Friendly Visitors (volunteers who visit on a regular basis), and more! <i>Website: www.LShealthyseniors.org</i>
Minneapolis Community Education	612-668-3939	Classes and educational programs geared for older adults age 55+ <i>Website: www.commed.mpls.k12.mn.us/Adult_Programs</i>
Minneapolis Parks and Recreation	612-230-6400	Free and low-cost art classes, movies, social groups, outdoor activities, recreation, and other activities geared for adults age 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 to 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. <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 through 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>
Korean Service Center – Seniors Better Connected	651-802-0117	Korean-language technology assistance for older adults. <i>Website: https://www.kscmn.org/sbc</i>
Longfellow/Seward Healthy Seniors	612-729-5799	We offer volunteer technology support and periodic technology clinics and classes geared to older adults. <i>Website: www.LShealthyseniors.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>
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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 receive non-emergency medical transportation including van service, wheelchair service, and 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>
Longfellow/Seward Healthy Seniors	612-729-5799	Longfellow/Seward Healthy Seniors provides volunteer-driven transportation to local medical appointments for older adults who live in our service area. <i>www.Website: LShealthyseiors.org</i>
MTM – Minnesota Transportation Program	651-645-9254	MTM provides non-emergency medical transportation for 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. They 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 to 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>
Minnesota Department 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
Community Emergency Services Food Shelf	612-870-1125	Free pet food delivery for Meals on Wheels participants: <i>Website: https://cesmn.org/food-programs/#ani</i>
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>
The Bond Between (formerly People and Pets Together)	952-322-7643	Nonprofit that provides free pet food and supplies. Runs a pet food shelf at 2501 Minnehaha Ave. in Minneapolis. <i>Website: www.thebondbetween.org/pet-food-shelf</i>
University of Minnesota Veterinary Medical Center	612-626-8387	At the University of Minnesota Veterinary Medical Center, animals benefit from a collaborative, complete-care approach and the latest research and technology. Also provides emergency and after-hours pet medical services. <i>Website: www.vmc.umn.edu</i>

