

Community Resource Guide for Older Minnesotans



Powered by: Friends & Co
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Purpose: This resource guide offers a curated list of community services available to older adults across Minnesota. Organized by city and resource category, it serves as a helpful starting point. Please note that while this guide includes a variety of resources, it is not exhaustive. We will continue to expand the guide with additional cities and resources to better serve the needs of older Minnesotans.

Confirm details with event organizers

Layout:

- City in MN
 - General Resources
 - Food Support Resources
 - Pets
 - Social Activities Resources
 - Transportation Resources
 - LGBTQ+ Resources
 - *Each organization listed will have the name, contact information, a clickable link, and a brief description of the services provided.*

If you have any further questions or concerns, please reach out to Friends & Co. Contact information is below:

Phone: (612)-721-6215

Email: info@friendsco.org



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[MN Statewide Resources:](#)

These organizations serve communities across Minnesota, providing a wide range of services and valuable information. They are an excellent resource for guiding older adults to the appropriate services and support.

General Resources

Agency	Contact Info	Overview
Angel Foundation	(612) 627-9000	The Angel Foundation offers relief to adults with cancer and their loved ones through financial assistance, education, and emotional support.
Minnesota Help Info	mnhelpdata@trellisconnects.org	A website-based resource that assists in finding programs that can help with older adults, people with disabilities, family caregivers, Medicaid waivers, transportation, and homelessness. This resource is associated with the Senior Linkage Line.
Senior Linkage Line	(800)-333-2433 senior.linkage@state.mn.us Monday-Friday 8:00 am - 4:30 pm CST	General resource line for older adults connecting to local services, finding answers, and getting help.
Nursing Home Abuse Center	(877)-433-5513 help@nursinghomeabusecenter.com	<p>The Nursing Home Abuse Center (NHAC) was founded on the principles of dignity and respect for some of the most vulnerable citizens — seniors. Seniors have built a society of law, order, and protection that we all enjoy today. They fought wars against tyranny, supported equality, and built families and businesses that changed our world.</p> <p>It's time for us to protect them from abuse perpetrated in what should be the safest of places. NHAC is a free online resource designed to inform and encourage improvements to the status quo.</p>

		Let's stand together and protect our seniors.
30 Common Credit Scams:	No contact as this resource is a book.	A guide for financially vulnerable adults.
Minnesota Medicaid (Medical Assistance) Long-Term Care Programs, Benefits & Eligibility Requirements	1-800-657-3739 (Toll-free) 651-431-2670	In Minnesota, Medicaid is also called Medical Assistance. This article focuses on Minnesota Medicaid Long Term Care for seniors, which will pay for care in a nursing home, a beneficiary's home, and other settings through one of three programs – Nursing Home Medicaid, HCBS Waivers, and ABD Medicaid.
OLDER ADULTS Culturally Responsive Caregiver Support and Dementia Services	General Phone: 952-945-4034	Caregiver Services support African American and East African older adults and their caregivers through support groups, health monitoring and education, and respite care. Adult caregivers or informal providers of in-home and community care are eligible for support, so long as they are caring for an adult 60+ years of age or an individual (of any age) with Alzheimer's Disease and Related Dementias.
CareNextion	612-770-7005	CareNextion is a free, secure, award-winning online platform (and mobile app) designed to streamline task coordination, communication, and connection among family members and friends helping to care for a loved one. It can eliminate the need for group texts, long email chains, and multiple calendars.
FormsPal	888-603-4461	Legal language is complex by

		nature, but we strive to make it easy to create various contracts and agreements at a fraction of a price by providing free fillable legal forms and simple step-by-step tools. Our goal is to help Americans save 1 billion dollars in legal fees every year.
United Way 2-1-1	211	Families and individuals in Minnesota can call to obtain free and confidential information on health and human services.
Start Senior Solutions	952-215-7052	As a faith-in-action non-profit, we renew hope for seniors and caregivers, strengthen families, and make our communities better places to live. Through planning, advocacy, and education, we help older adults manage and resolve ongoing crises and empower them to reduce the risk of future crises. We support our clients for as long as they need us and treat them with compassion every step of the way.
Front Porch	800-233-3709	Front Porch is a nonprofit organization driven by integrity and innovation. Each day, we work to positively impact people's lives—through our communities, outreach programs, service, and partnerships.
Loaves & Fishes	612-377-9810	Providing healthy meals to Minnesotans in areas where the need is greatest.
Assisted Living Minnesota	800-973-1540	This guide for assisted living gives an overview of residential care costs across Minnesota and provides options for financial

		assistance to help pay for care.
Memory Care in Minnesota	800-973-1540	This guide overviews memory care costs across the state and lists statewide agencies that support those with memory loss disorders.
Rebuilding Together	651-776-4273	Rebuilding Together Minnesota has been preserving homes and revitalizing communities since 1997. We work year-round to sustain healthy neighborhoods and ensure that people in need can live independently and safely in their homes.
Healthy Eating for Older Adults	Website	To provide objective, science-based information and advice that helps you make health-related decisions and enjoy a healthier, happier lifestyle.
Managing Malnutrition in Older Populations	Website	An article that explores what malnutrition is, why it's a problem, and what steps you can take to prevent it for the older adults in your life.

[Adult Protection Resources](#)

Agency	Contact Info	Overview
The Center Against Sexual and Domestic Abuse (CASDA)	24-hour helpline: 800-649-2921	Provides supportive services to individuals hurt by domestic violence and sexual assault while advocating for a community effort to end violence.

Minnesota Adult Abuse Reporting Center	844-880-1574	Vulnerable adult protection and elder abuse.
National Domestic Violence Hotline	800-799-7233	Help for individuals who have abusive partners or are abusive themselves and need help.
Program for Aid to Victims of Sexual Assault (PAVSA)	24-hour helpline: 218-726-1931 Office: 218-726-1442	Services and programs for sexual assault survivors. Based out of Duluth, MN.
Safe Haven	Shelter: 218-728-6481 Resource Center: 218-623-1000	Safe Haven Shelter and Resource Center provides services to all survivors whose lives have been affected by physical, emotional, sexual, and economic abuse. Based out of Duluth, MN.
Sexual Violence Center	612-871-5111	Support people impacted by sexual violence through crisis intervention, case management, outreach, education, and systems change.

[Duluth, MN](#)

[General](#)

Agency	Contact Info	Overview
Age Well Arrowhead	(218) 623-7800 information@agewell	Services offered include care consultation, chores, companionship,

	arrowhead.org	grocery assistance, in-home help, and transportation.
Arrowhead Area Agency on Aging	(218) 722-5545	Want to help older adults maintain their highest levels of independence.
Interim Healthcare	(218) 722-0053	Interim HealthCare is the nation's first home care company and a trusted provider of home healthcare, personal care, and support, hospice care, and medical staffing services.
Senior Community Service Employment Program (SCSEP)	(218) 302-8400	The City of Duluth offers a variety of employment services and training opportunities to help eligible older workers update skills needed to compete in today's job market. Each program has different eligibility requirements and offers an assorted array of services depending on the individual's needs.
St. Luke's	(218) 249-5555	Home care medical services.
Tender Loving Care	(218) 724-3640	Offers services like individualized home support with or without family, 24-hour emergency assistance, employment services, vocational rehabilitation, semi-

		independent skills, and supported transition.
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Food Support

Agency	Contact Info	Overview
Age Well Arrowhead	(218) 623-7800	Grocery delivery services and household services (i.e. meal prep)
Damiano Center Community Kitchen	(218) 722-8708 info@damianocenter.org	The largest emergency meal provider in Northeastern Minnesota and has the largest free store in Duluth. Offers sixteen meals a week.
Ecumen Lakeshore	(218) 625-7100	Home-delivered meals and on-site senior dining
Salvation Army	(218) 722-7934	Food shelf and community lunches.
Union Gospel Mission	(218) 7222-1196	Curbside meals
Fruit of the Vine	(218) 525-3462	Open twice a week. Can visit twice a month to get food

Pet

Agency	Contact Info	Overview
Puppa's Pals	(218) 491-3015	Puppa's Pals provides foster home

		for the pets of people undergoing crisis. Things such as jail time, needing to go to treatment, natural disasters or homelessness. They have boarding and pet food pantry services.
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Social Activities

Agency	Contact Info	Overview
City of Duluth Minnesota: Senior Programs	(218) 730-4300	Offers a variety of senior programming at three different community centers within the city of Duluth which serve as a gathering space to visit, socialize, enjoy lunch, exercise, bingo, card games, and crafts.
Juniper	1-855-215-2174	Based out of Arden Hills MN, health and wellness classes are offered online.
Touching Hearts at Home	218-453-2877	Touching Hearts at Home offers an array of home care services for seniors, people living with medical conditions or disabilities, those in transition from hospital to home, and anyone over the

		age of 18 who can benefit from the help of a professional Caregiver.
YMCA	218-241-8008	Active Older Adult Program: water exercise, strength building, stability gaining, yoga, and stretching classes. Socialization opportunities like cribbage & coffee, nature walks, and other special events.

[Transportation](#)

Agency	Contact Info	Overview
Age Well Arrowhead	218-623-7800	Senior Wheels is a volunteer-supported program that provides rides to and from medical, dental, and essential well-being appointments for adults aged 60 and older.
Northern Access	218-728-5464	Northern Access Transportation provides special transportation services for older adults or people with disabilities. Their main focus is providing transportation to or from healthcare

		<p>facilities. In addition, they provide service to other destinations, such as workplaces, social events, family visits, etc. Most of their clients use a wheelchair to aid mobility, though they also provide service for clients who can ambulate with assistance without a wheelchair.</p>
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[LGBTQ+](#)

Agency	Contact Info	Overview
<p>Human Rights Office</p>	<p>218-730-5630</p>	<p>The City of Duluth’s Human Rights Officer acts as a liaison for Duluth’s LGBTQ+ community. Residents, community leaders, and businesses can contact Carl Crawford for assistance related to LGBTQ concerns such as filing a discrimination complaint, to voice concerns, for strategies in preventing discrimination based on sexual orientation or gender identity, or</p>

		to be connected with resources in the area
Trans Northland	info@transnorthland.org	Trans Northland is a community-based, 501c3 registered non-profit organization that aims to build a thriving community where people who are transgender, non-binary, gender non-conforming, two spirit, genderqueer, gender diverse, and gender expansive are safe from violence, harassment, and discrimination; valued for all of who they are; and have an equitable place in the larger community.

[Moorhead, MN](#)

[General](#)

Agency	Contact Info	Overview
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Clay County Adult Health	(218) 299-5012	Resources for residents of Clay County.
Comfort Care Angels	(612) 735-6950	Comfort Care Angels LLC play a critical role in caring for seniors and bringing peace of mind to families in need of care for loved ones.
Senior Coalition	https://www.seniorcoalition.org/contact-us	Resource Guide for resident of Clay County

Food Support

Agency	Contact Info	Overview
A Place for Hope	(218) 284-6069	We make referrals to other services and offer support that helps members stretch their monthly budgets. Assistance in the form of daily food baskets, occasional meals, daily snacks, and coffee.
Bridgepointe Community Food Pantry	(701) 540-1383	Food Pantry
Community Action Partnership, Inc. Lakes and Prairie	(218) 512-1500	Works to help people increase access to nutritious foods by connecting them to food resources in the

		community such as SNAP (Food Support) benefits, Mobile Food Drops, and the Nutrition Assistance Program for Seniors (NAPS).
Dorothy Day Food Pantry	(218) 656-7628	Food Pantry
Nutrition Services, Inc.	(218) 299-5519 (218) 287-0434 (320) 795-2481	Their senior meal programs provide home-delivered meals, congregate dining, and/or alternative care
Supplemental Nutrition Assistance Program (SNAP)	(800) 657-3698	Provides nutrition benefits to supplement food budgets

Pet

Agency	Contact Info	Overview
A Place for Hope	(218) 284-6069	Pet supplies
Pet Pantry	(701) 566-0296 *Appointment based*	Free pet food

Social Activities

Agency	Contact Info	Overview
Senior Center	(218) 299-5514	A whole variety of activities for the

		elderly (55+)
Heartland Industries	(218) 299-5600	Activities for the elderly
Juniper	(855) 215-2174	Health and Wellness classes offered online (based out of MN)
YMCA Fargo/Moorhead	(701) 293-9622	Specific activities and classes designed for active older adults

[Transportation](#)

Agency	Contact Info	Overview
FM Ride Source	(701) 476-5967	Transportation options for people ages 60+.
MATBUS	(701) 232-7500	Daily bus service
Metro Senior Ride Service	(701) 356-7433	Provides rides to people ages 60+

[LGBTQ+](#)

Agency	Contact Info	Overview
Fargo-Moorhead Film Festival	(701) 526-4782	Since 2009, the festival has screened films from national and international sources, all focusing on the lived experience of the

		Lesbian / Gay / Bisexual / Transgender communities (we realize that those communities encompass more than the letters LGBT).
Fargo-Moorhead Pride	(218) 287-8034	FM Pride is a 100% volunteer run organization and has zero paid staff in any capacity and is operated by the FM Pride Planning Committee which has two main goals: to ensure the organization is on track with regard to meeting its goals, create short and long term strategic plans, fundraise to support the organization, budget as needed based on goals, and crafting policies in support of those goals and plans. They also are in charge of organizing, overseeing and carrying out all FM Pride events.

St. Cloud, MN

General

Agency	Contact Info	Overview
Home Instead	(320) 207-1711	Helps aging adults live well at home
St. Cloud Aging Services	(320) 255-7245	Promote successful aging by providing visionary leadership and planning, establishing collaborations, and community partnerships to engage, connect, and involve the 55 and older St. Cloud greater community.
St. Cloud Cleaning Services	(320) 259-0065	Home cleaning service
Stearns County Long-Term Care	(320) 656-3600	Stearns County Human Services provides ongoing care coordination services for persons age 65 and over. The care coordinator assists the older person to access needed community supports and services such as adult daycare, assisted living, homemaking, home health care, etc.
Visiting Angels	(320) 230-1140	In-home senior care

Food Support

Agency	Contact Info	Overview
Catholic Charities	(320) 229-4584	Frozen Meal Pick-up, Congregate Dining, SNAP, Home-Delivered Meals.
Salvation Army	(320) 252-4552	Programs include a food pantry, Christmas meals and gifts, and shelter/transitional housing.
Hagen Center	(612) 250-1462	Free meal served every Wednesday and Sunday

Pet

Agency	Contact Info	Overview
Tri-County Humane Society	(320) 252-0896	Pet Food Shelf, Low Cost Neuter/Spay, Vet Care, Retail Shop

Social Activities

Agency	Contact Info	Overview
A Home for the Day	(320) 260-7396	A Home for the Day is a fun, safe, and cost-effective alternative to in-home care and assisted living. We

		like to think of ourselves as a club, providing our “club members” with activities, meals, and other amenities.
Retired and Senior Volunteer Program	(320) 255-7295	At age 55 and beyond, RSVP volunteers are making new friends, staying active, and being part of something greater than any one of us could accomplish alone.
Whitney Senior Center	(320) 255-7245	Whitney Senior Center (WSC) strives to promote the holistic well-being of all people 55+ in the greater St. Cloud area by providing opportunities for social interaction, recreation, and education. We engage, enrich, and empower the diverse interests and needs of people with dignity, innovation, and joy.
YMCA	(320) 253-2664	Exercise programs and social events targeted to older adults.

Transportation

Agency	Contact Info	Overview
Amtrak	(800) 872-7245	Train service around Minnesota (St.Cloud station)
Jefferson Lines	(858) 800-8898	Bus service around Minnesota
St.Cloud Metro Bus: General & Dial-a-Ride	(320) 251-1499	A shared-ride, paratransit service for individuals who are unable to use fixed routes
Tri-County Action Program	(320) 251-1612	Curb-to-curb transportation service
Yellow Cab	(320) 253-7729	Taxi service

LGBTQ+

Agency	Contact Info	Overview
St. Cloud Pride	info@stcpride.org (320) 308-5166	Resource links (general and healthcare) for the LGBTQ+ Community in the St. Cloud, MN Area. Assistance is available for all members of the community.

Mankato, MN

General

Agency	Contact Info	Overview
Open Door Health Center	(507) 388-2120	Provides treatment for chronic and acute health conditions, and preventive and restorative dental care for low-income, uninsured individuals and families living in the Greater Mankato area.
Vine Faith in Action	(507) 387-1666	Help for persons who take care of a family member with an aging-related chronic condition including counseling, support groups, and Hot meals on wheels.
Visiting Angels	(507) 388-6610	When it's time to choose a senior home care agency, it is important to make sure you are getting exactly what you need. Visiting Angels Mankato has customized services to satisfy your home care requirements. Caregivers from our agency can assist with a wide array of daily tasks, making

		ongoing independence easier to achieve.
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Food Support

Agency	Contact Info	Overview
ECHO Food Shelf	(507) 345-7508	The Emergency Community Help Organization (ECHO) provides emergency food assistance to people in Blue Earth County and North Mankato.
Mankato Salvation Army	(507) 345-7840	Free, year-long meal program offered five days a week, Monday through Friday 12-1 at the Salvation Army kitchen.
Food For All	(507) 625-7228	Food For All is our food program that is funded by the proceeds from the Neighborhood Thrift Store. Everyone is welcome to attend with no paperwork necessary. The program is held on the second Saturday of each month at Goodrich Construction, 1700 3rd Ave., Mankato, MN. It begins at 9:00am and you are

		welcome to arrive at 8:30am to line up early.
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Pet

Agency	Contact Info	Overview
BENCHS	(507) 625-6373	The BENCHS Food Share program is a community service offered to support families and individuals in the need of help feeding their pets. It offers free dog and cat food to help keep pets together with their families.
For Pets	(507) 317-3792	For Pets mission, is to further the welfare of compassion animals, by promoting spay and neutering, which will reduce the number of unwanted animals going into shelters, and providing animal assistance and education, in our community.

Social Activities

Agency	Contact Info	Overview
Ecumen Pathstone	(507) 345-4576	Adult day-off campus program provides quality care as well as a full range of fun activities for anyone during weekday hours.
JUNIPER	(507) 387-1256	Juniper is a network of community organizations delivering evidence-based programs to help people manage chronic health conditions, prevent falls, and foster personal well-being
VINE	(507) 387-1666	The VINE Adult Community Center offers a one-stop shop for aging adults to improve physical health, socialize with peers, volunteer to help others and access needed services. There are a variety of fun and interesting activities to appeal to adults of all ages including exercise classes, speaker series, bus trips, social and recreational activities.

Transportation

Agency	Contact Info	Overview
VINE Transportation	(507) 387-1666	People who do not drive or have access to public transportation need to shop, go the doctor, or attend appointments. VINE's volunteer driver program provides 90 rides per weekday throughout VINE's service area.
Care Transport Services	(507) 344-8900	Care Transport Services is a non-emergency medical transportation provider based in Mankato, MN and has been serving south central Minnesota since the end of 2018.

LGBTQ+

Agency	Contact Info	Overview
Unitarian Universalist Fellowship of Mankato	507-388-5022	We are a welcoming congregation, recognized by the Unitarian Universalist Association since 2006. This means we affirm and include people who are lesbian, gay, bisexual, transgender, and queer at every level of congregational

		life—in worship, in program, and in social occasions.
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Rochester, MN

General

Agency	Contact Info	Overview
Mayo Clinic	(507) 284-2511	Hospital for appointments, clinical trials, treatment, specialty care, and more.
Family Service Rochester	(507) 287-2010	Our professional staff and volunteers work with older adults and persons with disabilities so they can remain in their homes and neighborhoods.
Semcac	(507) 864-7741	The mission of this program is to support and empower seniors and caregivers by addressing their individual needs and preferences, enabling them to live safely and independently in their own homes, and communities, as long as possible.

Food Support

Agency	Contact Info	Overview
Three Rivers Community Action	(507) 316-0610	Meals on Wheels provides hot, nutritious noon meals to people with limited mobility who are unable to prepare their own meals. The meals are provided by local caterers and delivered by volunteers. In addition, Older Adults Advocates meet with each individual to discuss nutrition and other services available to aid them in remaining independent.
Semcac	(507) 864-7741	Semcac Senior Dining has dining sites in 11 southeastern Minnesota counties: Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha and Winona.

Pet

Agency	Contact Info	Overview
Community Pet Food Pantry/Vaccine Clinics	(585) 428-5990	<p>Rochester Animal Services provides a Community Pet Food Pantry for City of Rochester Residents. The pantry is held every 2nd and 4th Friday of the month. The pantry is held in parking lot C (back corner by the blue storage bins) of the Rochester Community Sports Complex. Enter the parking lot at 448 Smith Street.</p> <p>Rochester Animal Services periodically holds free canine DAAP (Distemper/Parvovirus) vaccine clinics (does not include rabies vaccine).</p>

Social Activities

Agency	Contact Info	Overview
Senior Cafe	(507) 287-7805	<p>Older adults can enjoy lunch on Mondays and Tuesdays at 11:30 at our south building location 1625</p>

		Highway 14 East in Rochester. Mondays after lunch is card games and the second and fourth Tuesdays of each month are bingo.
Shorewood Senior Campus	(507) 252-9110	We offer a wide variety of events from educational presentations, live entertainment, outings to theaters, and community tours. Residents also give back to their neighbors by volunteering within Shorewood and the greater community.

[Transportation](#)

Agency	Contact Info	Overview
Elder Network	(507) 285-5272	Provides transportation to health care appointments such as medical, dental, support groups, mental wellness, hearing, and eye, etc.
Semcac	(507) 864-7741	Semcac Volunteer Driver Program (Rolling Hills Transit) provides

		<p>transportation for persons on Medical Assistance, Blue Plus, and UCare to medical and dental appointments. This program also provides transportation to anyone who is 60 years and older to medical, dental, or personal appointments as well as to senior congregate dining.</p>
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[LGBTQ+](#)

Agency	Contact Info	Overview
<p><u>Rochester Pride</u></p>	<p>(507) 216-7996</p>	<p>To provide Pride events for the gender-identity and sexual-orientation minority communities and their allies; that inspire, educate, commemorate and celebrate our diverse community.</p>
<p><u>LGBTQIA+</u> (Book Club)</p>	<p>(507) 328-2300</p>	<p>Interested adults are invited to this book discussion group to read a diverse selection of books</p>

by, for, and about
LGBTQIA+ people.

Twin Cities, MN

General

Agency	Contact Info	Overview
Senior Linkage Line	(800) 333-2433	A free state service that connects older Minnesotans and their families with the help they need.
Help Older Adults MN	HelpOlderAdultsMN.org	HelpOlderAdultsMN.org is a searchable listing of services categorized under headings such as home-delivered meals, grocery and drug deliveries, care coordination, and home care.
Prepare and Prosper	651-287-0187	We work with individuals and families to build brighter financial futures. Prepare + Prosper believes everyone deserves access to financial wellness, economic justice and wealth-building opportunities regardless of income. We provide free

		services as well as access to low-fee and no-fee banking
DARTS	651-455-1560	DARTS services include things like; light housework, outdoor chores, home repairs, caregiving resources, resource connection, volunteer opportunities and transportation.
Hope Dental Clinic	(651) 789-7605	Our mission is to provide dental care to those most in need, regardless of the ability to pay.

[Food Support](#)

Agency	Contact Info	Overview
Second Harvest Heartland	(651) 401-1411	Low-income seniors may qualify for a free box of healthy groceries each month. Each month's senior food box contains a variety of healthy groceries such as canned fruits, vegetables and juices, milk, cheese, canned meat, peanut butter

		or dried beans, cereal, rice, or pasta.
VEAP	(952) 888-9616	Serves Bloomington, Richfield, Edina, and South Minneapolis. Food pantry delivers to homebound older adults.
Open Arms Minnesota	(612) 872-1152	Open Arms of Minnesota is a nonprofit organization that prepares and delivers medically tailored meals at no cost to critically ill Minnesotans and their loved ones.
Meals On Wheels	(612) 623-3363	Meals on Wheels is a community-based service that provides fresh, nutritious meals delivered directly to the homes of seniors and individuals with disabilities throughout the Twin Cities.

[Pet](#)

Agency	Contact Info	Overview
MnSCASD	(651) 261-5808	The companion animal relationship

		enriches and strengthens the lives of seniors and persons with disabilities. We seek to facilitate, support, and strengthen the human-animal bond in this group by facilitating the placement of companion animals and helping with the costs of veterinary care and pet supplies.
MN Snap	(612) 720-8236	Our mission is to end the suffering of Minnesota cats and dogs due to overpopulation by providing high quality and accessible spay and neuter surgeries to those in need.
Animal Care Foundation	(763) 529-5060	"Providing veterinary care for pets of people who are disabled or elderly and have limited financial resources, thus advancing human and animal health, and promoting the human-animal bond."

Social Activities

Agency	Contact Info	Overview
Suite Living Senior Care	651-770-2273 or 952-521-8687	Website provides ideas for outings like the summit avenue walking tour, historic main street walking tour, and Como Conservatory senior strolls.
Let's Do Lunch/Coffee <i>*This is a Friends & Co program!</i>	https://friendsco.org/lets-do-lunch-cafe-community-resources/	Let's Do Lunch/Coffee brings together older LGBTQ+ community members for lunch/coffee and connection "on the house."
Keystone Community Services	Community Centers 651-645-0349 (Zipcode 55104) and 651-298-5493 (Zipcode 55102)	Keystone Senior Services helps older adults "age in place" by providing activities to keeps one's mind and body healthy. There is overwhelming evidence that shows the importance of fitness and social connections for individuals of all ages. Our programs and activities are designed specifically for older adults and keep our greatest generation engaged as a vital part of our community.

Transportation

Agency	Contact Info	Overview
Right at Home	952-854-6122	Right at Home's insured/bonded caregivers can provide

		transportation for seniors to help them safely travel to appointments, the grocery store or pharmacy, or wherever they want to go.
Metro Transit	612-373-3333	Metro Transit is a leading transportation resource for the Twin Cities, offering an integrated network of buses, light rail and commuter trains, microtransit, as well as resources for those who carpool, vanpool, walk or bike.

[LGBTQ+](#)

Agency	Contact Info	Overview
Twin Cities PRIDE	612-255-3260 (office phone) info@tcpride.org (general information email)	The mission of Twin Cities Pride is to empower every LGBTQ+ person to live as their true self. We envision a future where all LGBTQ+ people are valued and celebrated for who they are. There are events, resources, groups, and activities on the

		website.
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[Winona, MN](#)

[General](#)

Agency	Contact Info	Overview
<u>Winona Senior Advocates</u>	507-457-8234 (City Hall)	<p>The Senior Advocacy Program offers information, referral and assistance to all individuals in Winona County age 60 and better who live independently in our community. This is a free and confidential service.</p> <p>Services include: Educational programs, home visits, medicare assistance, support in housing, notary services, money management, and health insurance.</p>
<u>Health & Human Services</u>	507-457-6500	Provides links and accessibility to commonly used

		health forms, immunization services, and overall health and human services in the Winona area.
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[Food Support](#)

Agency	Contact Info	Overview
Winona Volunteer Services Home Delivered Meals and Groceries on the Go	507-452-5591 info@winonavs.org	The Home Delivered Meal program is a service provided by Winona Volunteer Services (WVS) in which volunteers deliver a nutritious meal to qualified persons living in the city limits of Winona or Goodview.
NAP	877-500-8699	Located in Winona, MN, the Nutrition Assistance Program for Seniors (NAP) is dedicated to ensuring that older adults have access to essential nutritious food. We supply a variety of food items including fruits, vegetables, dairy, proteins, and grains, all packed into convenient food boxes designed specifically for seniors in need.

Pet

Agency	Contact Info	Overview
Winona Feed Seed & More	507-454-5331	Winona Feed Seed & More is a locally owned and operated store supplying

		specialty pet foods and treats as well as lawn seed & fertilizers, garden seed & supplies, indoor planting supplies, chicken food & supplies, wild bird seed, bird feeders & houses, deer food plot and decor.
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Social Activities

Agency	Contact Info	Overview
Benedictine	507-615-4889	We provide quality adult day care programs for older adults with health care, personal and/or social needs. Benedictine Adult Day Center offers a wide variety of health and personal care services for your loved one, as well as meaningful social activities, companionship, and nutritious meals and snacks. Our highly trained professional staff provides an atmosphere that encourages maximum

		independence, social interaction, and maintenance of satisfactory health for every guest.
Winona Friendship Center	507-454-5212	Cards and games, book club, exercise classes, performances, education, and more!

Transportation

Agency	Contact Info	Overview
Winona Transit Service	507-457-8234 (City Hall)	We accept cash payments on the bus and these must be exact fares only as the drivers do not make change. You can also purchase single ride tokens or monthly bus passes. These can be purchased at the City Finance Department at City Hall.
Semcac	800-528-7622 (option 2) to schedule a ride	Semcac's Volunteer Driver Program provides transportation for persons age 60 and over and Medical Assistance, Blue Plus, Medica, South Country and UCare clients to medical

		and dental appointments.
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LGBTQ+

Agency	Contact Info	Overview
Just Being	queer.winona@gmail.com	A monthly gathering in Winona, MN for LGBTQIA2S+ people.

Owatonna, MN

General

Agency	Contact Info	Overview
Benedictine	507-444-4200	Benedictine Living Community- Owatonna, formerly known as Koda Living Community, is proud to offer compassionate, quality senior health care to the people of Owatonna, MN. Set on a shared campus with the Owatonna Hospital and Owatonna Clinic-Mayo Health System, we first opened our doors in 2013.
MN Prairie County Alliance	507-431-5600	Our services help

		<p>seniors who reside in Steele County live as independently as possible. We work to make sure seniors and their families know the resources available to help them from the county, state and federal government. We offer assistance through phone consultations, in-person service assessments, and support planning.</p>
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Food Support

Agency	Contact Info	Overview
Community Pathways of Steele County	507-455-2991	<p>Community Pathways provides an inclusive space with programs focused on the dignity and livelihoods of our clients. We help individuals and families in Steele County and the surrounding areas to combat food and clothing insecurity through the Marketplace, Marketplace Delivery, and Unique Finds.</p>
Mobile Meals	507-455-3195	<p>For anyone age 60+ years who is</p>

		<p>confined to their home or anyone unable to prepare a balanced meal.</p> <p>Meals are prepared at Semcac Senior Dining sites or catered, depending on what is available in the area being served.</p> <p>Volunteers deliver the meals to recipient's home.</p>
Table For All	<p>Trinity Lutheran Church (Every Thursday, 5:30-6:30 pm)</p> <p>If in need of transportation to and from Table for All, call 507-451-2520 by noon on Thursday to set up a ride.</p>	<p>Table for All provides a hot quality meal once a week for anyone who is at a point in their life where food or fellowship is hard to come by.</p>

[Pet](#)

Agency	Contact Info	Overview
Steele County Humane Society	507-451-4512	Steele County Humane Society is dedicated to helping homeless dogs and cats find forever

		homes.
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Social Activities

Agency	Contact Info	Overview
West Hills Social Commons	507-444-4321	West Hills Social Commons is a space focused on promoting wellness, independence, and empowerment for adults 50 years or older. Our recreational, educational, and social opportunities are designed to create and maintain independence in all phases of life. Stop by and see all of the activities offered for adults over 50.
Senior Companion Services	507-774-7648	Healthy Seniors of Steele County volunteers visit seniors in the comfort of their own homes, providing an opportunity for friendship and fellowship.

Transportation

Agency	Contact Info	Overview
SMART	855-762-7821	Whether you need help getting to an appointment or the grocery store, we've got you covered. SMART Transit provides senior transportation services in Albert Lea, Owatonna, Waseca and Austin, MN.

[LGBTQ+](#)

Agency	Contact Info	Overview
Rainbowatonna	507-455-2991	RAINBOWATONNA is a new LGBTQ+ organization in Owatonna, MN. We hope to foster education, advocacy, social activities, PRIDE events, youth programming, and faith community outreach.

[Bemidji, MN](#)

[General](#)

Agency	Contact Info	Overview
Care	https://www.care.com	Companion Care

	/senior-care/bemidji-mn	
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Food Support

Agency	Contact Info	Overview
Bemidji Community Food Shelf	218-444-6580	Food shelf. Mobile clinic (free) on the first friday of the month. Blood drives.
Home Delivered Meals	515-332-1928	Home Delivered Meals in Bemidji, MN, is dedicated to providing nutritious and delicious frozen entrees directly to the doors of homebound and elderly individuals in need. With a rotating menu of 20 different dietitian-approved meal options that include breakfast items, our service ensures wholesome meals are accessible without the hassle of prep work.

Pet

Agency	Contact Info	Overview
Bemidji Community Food Shelf	218-444-6580	Food shelf with pet

		food.
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Social Activities

Agency	Contact Info	Overview
Bemidji Senior Center	218-751-8836	We are not letting any grass grow under our feet at the Bemidji Senior Center! Presentations, exercise, music and trips will keep us busy all year long.

Transportation

Agency	Contact Info	Overview
Paul Bunyan Transit	218-751-8765	Public transportation
Northwoods Caregivers	218-333-8264	Volunteers provide services such as transportation to medical appointments, grocery shopping assistance, and friendly visiting to seniors and people living with a disability.

LGBTQ+

Agency	Contact Info	Overview
Bemidji Pride	Facebook: Bemidji Pride Instagram: @Bemidjipride Email: Bemidjirainbows@gmail.com Youtube: Bemidji Pride	Festival, Resources, Merch, and information.

National Resources

- Elder Care Locator: Older adults calling from outside Minnesota looking for support, can call 1-800-677-1116 or you can access Elder Care Locator at https://eldercare.acl.gov/Public/About/Contact_Info/Index.aspx
- The Elder Care Locator is a nationwide service that connects older Americans and their caregivers with trustworthy local support resources. It links those who need assistance with state and local agencies on again, as well as community-based organizations that serve older adults and their caregivers. Whether help is needed with services such as meals, home care, transportation, or a caregiver in need of training or education, the Elder Care Locator is there to point that individual in the right direction.