COMMUNITY RESOURCES: FOR SENIORS 50+

Senior Outreach Assistance – From Columbia Heights Active Agers 50+ Receive assistance with filling out forms for food support, medical assistance, and other community resources. Call and leave a message with Karen Fantle at 763-783-4741. She will return your call. She is also able to assist on the second Monday of every month at 1:30pm upstairs in Murzyn Hall prior to their 2pm BINGO.

Helpful Phone Numbers and Community Resources:

- **ACCAP Chores & More:** 763-783-4767
- **Happy Feet Foot Care:** 763-346-3390 to make an appointment. Cost $45 (subject to change)
- **Health Insurance Counseling:** 1-800-333-2433
- **Lutheran Social Services:** https://www.lssmn.org/services/order-adults 800-582-5260 Care coordination, Caregiver support, Respite, Companion Services, foster grandparent, Supported Decision-Making & Guardianship, Friendly Helper, Health Transitions, help in home, Meals, financial planning, home matching
- **Help at Your Door:** https://helpatyourdoor.org 651-642-1892 (Grocery Assistance, Home support, Transportation Support)
- **Alzheimer's Association:** 24/7 Hotline for all types of Dementia 1-800-272-3900

Continuing to Offer this NEW Resource:

Understanding Senior Living Options:

As we get older, it often becomes necessary to look at living options that are different than our current situation. This whole process can be quite emotional…change is hard! However, there's a lot of information and many resources to help as you explore and make decisions.

This document includes:

A. Types of senior living options (brief summaries)
B. Financial considerations
C. Questions to ask yourself as you explore options.
D. A check-List to use when you call and tour facilities that might be options.
E. Resources you can contact for more help

Also a Great article at: https://www.agingcare.com/articles/evaluating-senior-living-options-95733.htm

If you'd like a copy of a "**CHOOSING A SENIOR LIVING OPTION"** and a checklist of what questions to consider, ask Parish Nurse Kathy Rosenberg and she will send you a copy of this helpful tool she can send you either a printed copy or via email.

FOR QUESTIONS ON ANY OF THE ABOVE HEALTH AND WELLNESS INFORMATION, OR FOR ADDITIONAL RESOURCES: CONTACT YOUR PARISH NURSE KATHY.ROSENBERG@STMATTHEW-CH.ORG OR 612-296-1812