

## Senior Services During COVID-19

Seniors are among the groups most affected by and at risk of impacts from COVID-19. The City remains committed to helping older residents navigate resources that may be especially helpful during this challenging time, recognizing that additional support is needed to help all our neighbors stay safe and healthy. This list of resources is also posted on the [City's COVID-19 website](#), which includes additional information and guidance related to COVID-19. The website is updated frequently as we get new information from the state and other partners. To make additions to this list, please contact Christina Kendrick in the City's Neighborhood and Community Relations Department at [christina.kendrick@minneapolismn.gov](mailto:christina.kendrick@minneapolismn.gov)

Many of these organizations offer a wide variety of services beyond the category they are listed under, please contact the organization directly or visit their website for the latest information.

Please consider volunteering and/or donating to the organizations listed. These would support the efforts of getting necessary items to our most vulnerable!

### Online and Phone Bank Senior Resources

- [MNHelp.info Senior Linkage Line](#) - Online database used by Senior Linkage Line, People with Disabilities Linkage Line and Veteran's Linkage Line. People can call in (local) for more personalized assistance finding resources at 1-888-333-2433.
- [Volunteers of America Senior and Caregiver Services](#) - [Resources](#) and support services for seniors and caregivers.
- [Xfinity free internet services](#) – Xfinity is offering free hotspots and low-cost internet services. Or you can call customer service at (1-800-934-6489).
- [USI Wireless](#) - USI wireless is offering free hotspots. 952-253-3277

### Isolated Senior Outreach Services – including grocery and food deliver, and phone visits

- [Senior Community Services](#) - In home services will be suspended until the end of March and we will reevaluate. They are calling program participants in Hennepin and Wright Counties to check in on everyone who receive regular services and to offer assistance with running errands and/or grocery shopping (Minneapolis area)
  - Hennepin County HOME 952-746-4046
  - Wright County HOME 763-416-7969
  - Snow removal service will continue in Hennepin and Wright Counties. Still continue to plan for summer mowing. Sign up for service [here](#)
  - To find other helpful services, please call 612-770-7005.

- [Meals on Wheels](#) – Meal delivery service for elderly in Twin Cities 612-623-3363 (Twin Cities)
- [Help at Your Door](#) - Grocery assistance, home support and transportation services 651-642-1892 or [go here to request a service](#) (Twin Cities)
- Institute on Aging Friendship Line – A 24-hour toll-free crisis line for 60+ and adults living with disabilities. They will also make outreach calls to lonely adults 1-800-971-0016
- [Southeast Seniors](#) – If you would like a phone visitor for isolated seniors or are in need of any other resources, please call and leave a message or email [info@seseniors.org](mailto:info@seseniors.org) (Southeast Como, Marcy Holmes, Prospect Park and Nicollet Island/East Bank in Southeast Minneapolis)
- [Nokomis Healthy Seniors](#) – Grocery delivery, phone visits for isolated seniors 612-729-5499 (leave a message and someone will get back to you) (Bancroft, Bryant, Corcoran, Diamond Lake, Ericsson, Field, Hale, Keewaydin, Minnehaha, Morris Park, Northrup, Page, Regina, Standish, Wenonah)
- [Longfellow Seward Healthy Seniors](#) – Has volunteers who can deliver groceries and/or connect with isolated seniors either by phone, email, or handwritten notes. At this time they are limiting transportation to medical appointments only and priority will be given to already established clients. Please call 612-729-5799 and leave a message or email [info@lshealthyseniors.org](mailto:info@lshealthyseniors.org). (Longfellow, Seward, Hiawatha, Howe, and Cooper neighborhoods. They also do limited outreach services in parts of Cedar Riverside, Ventura Village, and Phillips West neighborhoods. However, these outreach services have been suspended for now because they are group activities such as their “Nurse Is In” Clinics)

## Caregiver Support

- [Senior Community Services](#) - Caregiver support services are available in Hennepin, Scott, Wright, and Carver counties. Support will continue by phone, please call 612-770-7005.
  - CareNextion.org, their free online care team tool, can be used to safety coordinate care and update family members on a loved one’s condition.
- [Family and Medical Leave Act](#)
- [Sick and Safe Time Minneapolis ordinance](#) (COVID-19 specific info at the bottom of page)
- [Volunteers of America Senior and Caregiver Services](#) Resources and support services for seniors and caregivers.

## In-Home Maintenance and Cleaning Services

Most in-home services have been suspended

## Medicare/Medical Support

- [Senior Community Services](#) - Medicare Partners, a program that relieves Medicare co-pays and other out-of-pocket costs, will continue to operate as normal, and members may join by applying online by clicking here or by phone/email: 952-767-0665, [r.jordan@seniorcommunity.org](mailto:r.jordan@seniorcommunity.org)
- [Southeast Seniors](#) – Will provide rides ONLY to essential medical appointments <http://www.seseniorsmpls.org/>

- Staff may be working from home at times, so please leave a voicemail message if they don't answer. Messages will be returned as soon as possible
- Community Healthcare Services - Address concerns, answer questions, provide disease specific education, direct services through current community resources, monitor health and current care needs, get assistance to stay on track with treatment plans and health goals, keep up to date with preventive services. Address ongoing chronic conditions to help avoid crisis care episodes. 952-777-2244, [services@communityhealthcareservices.org](mailto:services@communityhealthcareservices.org)
- [Centers for Medicare & Medicaid Services Newsroom Press Releases](#)
- [Go4Life Workout Videos](#) – Free online workout videos specially designed for older adults that can be done at home from the National Institute on Aging

**Special Shopping Hours** - Special shopping hours are times set aside by businesses so those most vulnerable to COVID-19 can shop with less risk of infection from others. These groups generally includes seniors, those with compromised immune systems, first responders and others.

- [Lunds & Byerlys](#) - 7am-8am every day for vulnerable shoppers only
- [Target](#) - First hour of shopping every Wednesday for vulnerable shoppers only
- [Whole Foods Market](#) - 60+ customers can shop one hour before the store opens to the general public (check store hours, the 60+ shopping hour is one hour before the opening time posted)
- [Kowalski's Market](#) – 6am-8am every day for vulnerable shoppers only
- [Cub Foods](#) – 6am-7am every day for vulnerable shoppers only
- [Seward Community Co-op](#) – 9am-10am every day for vulnerable shoppers only
- [The Wedge Community Co-op](#) – 8am-9am every day for vulnerable shoppers only
- [Restaurants in the Metro Area with Curbside Pickup or Takeout](#)

## General COVID-19 Info for Seniors

- [City of Minneapolis Coronavirus Updates](#)
- [Minnesota Department of Health COVID-19](#)
- [CDC COVID-19 Guidance for Older Adults](#)
- [CDC Video: What Older Adults Need to Know](#)
- [AARP Video: Q&A with Government Experts: The Coronavirus](#)
- [People at Risk for Serious Illness from COVID-19](#)
- [Nursing Homes Assisted Living Centers Told to Bar Most Visitors](#)
- [Coronavirus and Older Adults: Your Questions Answered](#)
- [Preparing for a Coronavirus Outbreak? Stock Up on Prescription Drugs](#)