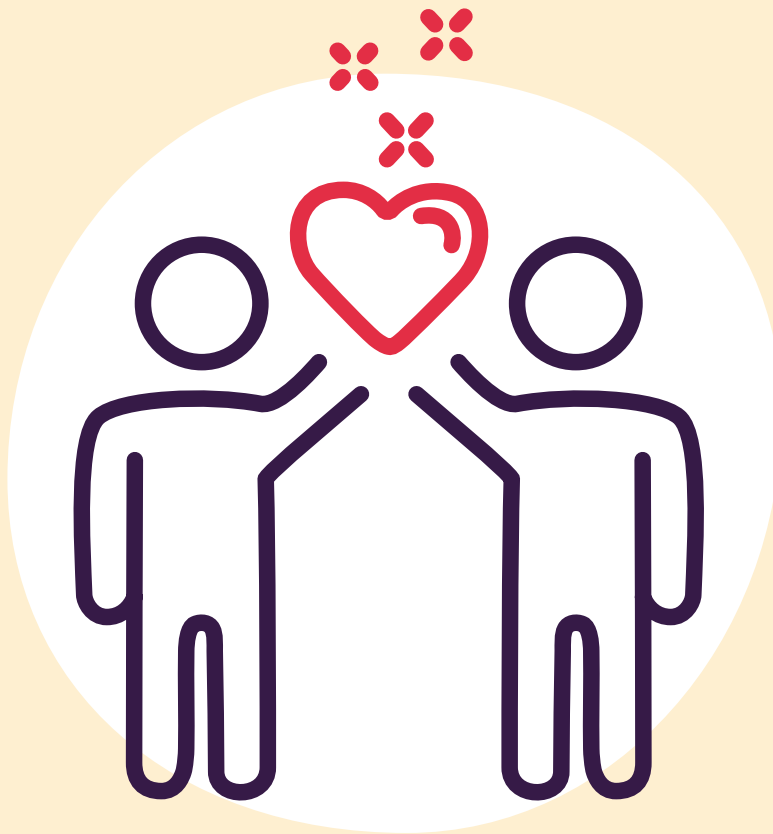


# Connect!

Resources for Combating Isolation



Whether you're looking for a class, a support group,  
or a friendly voice on the phone, connections await!



**Duluth Aging Support**

*Senior support led by love*



UNIVERSITY OF MINNESOTA EXTENSION



# Table of contents

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## TELEPHONE PROGRAMS

AARP Friendly Voice	page 4
Alzheimer's Association	page 5
Big & Mini	page 5
Covia's Well Connected and Well Connected Espanol	page 6
Institute on Aging's Friendship Line	page 9
Lutheran Social Service	page 11
Mather Telephone Topics	page 11
Mental Health Minnesota	page 12
National Alliance on Mental Illness (NAMI)	page 13
SAGE	page 15
Senior LinkAge Line	page 15

## VOLUNTEER/VOLUNTEERING PROGRAMS

Age Well Arrowhead	page 4
Head of the Lakes United Way	page 9
Lutheran Social Service	page 11
Points of Light	page 14
VolunteerMatch	page 18

## VIRTUAL PROGRAMS

Alzheimer's Association	page 5
Big & Mini	page 5
BoomerAge Duluth!	page 6
Covia's Well Connected and Well Connected Espanol	page 6
Eldera	page 7
GCFLearnFree.org	page 8
GetSetUp	page 8
Juniper	page 10
Lutheran Social Service	page 11
National Alliance on Mental Illness (NAMI)	page 13
Road Scholar	page 14
SAGE	page 15
Sharing Smiles	page 16
StoryCorps Connect	page 16
Table Wisdom	page 16
University for Seniors	page 17

## ADAPTIVE TECHNOLOGY PROGRAMS

Lighthouse Center for Vital Living	page 10
Telephone Equipment Distribution (TED) Program	page 17

# Table of contents

---

## **SUPPORT GROUP PROGRAMS**

AARP Friendly Voice	page 4
Alzheimer's Association	page 5
Covia's Well Connected and Well Connected Espanol	page 6
Lighthouse Center for Vital Living	page 10
National Alliance on Mental Illness (NAMI)	page 13

## **INTERGENERATIONAL PROGRAMS**

Big & Mini	page 5
Eldera	page 7
Lutheran Social Service	page 11
Sharing Smiles	page 16
Table Wisdom	page 16

## **EDUCATION PROGRAMS**

BoomerAge Duluth!	page 6
Covia's Well Connected and Well Connected Espanol	page 6
GCFLearnFree.org	page 8
GetSetUp	page 8
Juniper	page 10
Minnesota Senior Citizen Education Program	page 12
Road Scholar	page 14
University for Seniors	page 17

## **PHYSICAL / MENTAL HEALTH PROGRAMS**

AARP Friendly Voice	page 4
BoomerAge Duluth!	page 6
Institute on Aging's Friendship Line	page 9
Juniper	page 10
Mental Health Minnesota	page 12
National Alliance on Mental Illness (NAMI)	page 13
SAGE	page 15
Whole Foods Coop	page 18

## **THE ARTS PROGRAMS**

Foundation for Art and Healing	page 7
Mather Telephone Topics	page 11

## **WELLNESS PROGRAMS**

Foundation for Art and Healing	page 7
Mather Telephone Topics	page 11
Whole Foods Coop	page 18

## AARP Friendly Voice

### Connect with: Mental health support, telephone programs

We may be isolated, but we don't have to be alone. Just hearing a friendly voice on the other end of the line can help in challenging times.

Trained AARP Friendly Voice volunteers will call to say hello. To request a call for yourself or someone you know, dial (888) 281-0145 and leave your information

Contact AARP Friendly Voice  
(888) 281-0145  
[aarpcommunityconnections.org/friendly-voices/](http://aarpcommunityconnections.org/friendly-voices/)

## Age Well Arrowhead

### Connect with: Volunteers/volunteering

Age Well Arrowhead supports healthy aging and independence. You can make a difference in someone's life by volunteering. Are you willing to:

- Shovel a sidewalk?
- Deliver groceries?
- Dust and vacuum?
- Provide rides to medical appointments?

Or maybe you could use a hand with help in the home, transportation, or getting groceries.

Contact Age Well Arrowhead:  
(218) 623-7800  
[agewellarrowhead.org/](http://agewellarrowhead.org/)

## Alzheimer's Association

### Connect with: Support groups, telephone programs, virtual programs

- Support groups – Both peer groups and professionally led groups are available for people living with dementia and caregivers. All group facilitators are trained. During the pandemic, groups connect by phone or video conference.
- Message boards – Become part of an online community. Message boards are available at no charge to people living with dementia, caregivers, family members, and friends. Ask questions, find support, and get advice.
- 24/7 Help Line – (800) 272-3900

Contact Alzheimer's Association:  
(218) 733-2560  
[alz.org/](http://alz.org/)

## Big & Mini

### Connect with: Intergenerational programs, telephone programs, virtual programs

Interested in forming friendships across generations? Big & Mini connects older adults ("Bigs") and youth ("Minis") through video conference or phone calls. Create an account, read a training document, and get matched with someone who shares your interests. Big and Mini will set up your chat. Find a friend!

Contact Big & Mini:  
(817) 755-0775  
[bigandmini.org/](http://bigandmini.org/)

## BoomerAge Duluth!

### Connect with: Physical health, education, virtual programs

BoomerAge Duluth! brings together adults over age 50 who are interested in getting and staying physically fit. BoomerAge provides a full calendar of fitness activities for members including hiking, walking, biking, tennis, pickleball, skiing, skating, rock climbing, snowshoeing, and dancing.

BoomerAge also offers book clubs, classes, card games, and movies. Events are hosted and led by the organizer and members who volunteer to host events.

During the pandemic, some events are held through Zoom or Facebook. Live events are capped at 10 participants, and events are selected that allow people to wear masks and socially distance.

BoomerAge is meant to be a club of like-minded individuals who will get to know one another and become friends. Members are asked to attend at least four events per year. Yearly dues are \$15. To become a member, go to [meetup.com](https://www.meetup.com/boomerage/), complete your free registration, and create a profile.

Contact BoomerAge Duluth!:  
[meetup.com/boomerage/](https://www.meetup.com/boomerage/)

## Covia's Well Connected and Well Connected Espanol

### Connect with: Education, support groups, telephone programs, virtual programs

Would you like to learn how to knit, or do you want to discuss last night's game? Whether you enjoy travel or birds, music or meditation, there is a Covia program for you.

Or maybe you're living with vision loss or chronic pain. Connect with a support group!

All groups are accessible by phone from wherever you are at no cost to you. Call a toll-free number at a set time each week. Some groups offer virtual options. And Well Connected meets 365 days a year, so there's always a chance to connect.

Contact Covia's Well Connected and Well Connected Espanol:  
(877) 797-7299  
[covia.org/services/well-connected/](https://www.covia.org/services/well-connected/)

## Eldera

### Connect with: Intergenerational programs, virtual programs

Eldera offers adults 60 and older and kids age 5 to 15 a chance to connect via video chat so they can learn from each other and have fun. After a free background check, Eldera matches an older adult with a kid who may want to read a story or get homework help or just talk about their day. You can join the Eldera global community here: <https://www.eldera.ai/sign-up-1>.

Every few weeks Eldera holds fireside storytelling sessions, inviting a special guest to tell their story and answer questions. Guests have ranged from authors to an astronaut to a man who worked in the White House.

Contact Eldera:  
[eldera.ai/](https://www.eldera.ai/)

## Foundation for Art and Healing

### Connect with: The arts, wellness

Creative activities help reduce anxiety while promoting meaningful connections – even when we can't be in the same room.

- Stuck at Home (together) offers opportunities to engage in creative expression and connect with others. It also offers mindfulness activities that may help reduce anxiety: <https://www.artandhealing.org/stuckathome/>
- The Unlonely Film Festival invites you to stream 35+ films curated to inspire, enlighten, elevate, and inform you. You'll also find opportunities to reflect and engage. The goal is to provide a sense of connectedness between you, the filmmaker, and others viewing the films: <https://www.artandhealing.org/>

Contact Foundation for Art and Healing:  
[artandhealing.org/](https://www.artandhealing.org/)

## **GCFLearnFree.org**

### **Connect with: Education, virtual programs**

Need help polishing your resume or brushing up on Excel? Maybe you're getting acquainted with a smart phone or trying to edit a photo. Or does your child need help learning math?

GCFLearnFree.org offers more than 200 topics, including more than 2,000 lessons, more than 1,000 videos, and more than 50 interactives and games, completely free and available in English, Spanish, and Portuguese.

Contact GCFLearnFree.org:  
[edu.gcfglobal.org/en/](http://edu.gcfglobal.org/en/)

## **GetSetUp**

### **Connect with: Education, virtual programs, volunteers/volunteering**

Would you like to explore your genealogy, or would you rather find others to play card games with online? Maybe you're looking for help understanding your Medicare costs or your radiology exam. Whether you want to learn all about the orchestra or how to take great photos, you can find an interactive community at GetSetUp. Free membership benefits include:

- One small group class free.
- Opportunities to connect with new friends during classes.
- Newsletter with the latest on aging trends and news.

GetSetUp is also looking for teachers! Apply at: [www.getsetup.io/join-guide](http://www.getsetup.io/join-guide)

Contact GetSetUp:  
(888) 559-1614  
[getsetup.io/](http://getsetup.io/)



## Head of the Lakes United Way

### Connect with: Volunteers/volunteering

Would you like to put your time and talents to work making a difference in your community? The United Way website offers a convenient way to discover volunteer opportunities that fit your skills and your schedule.

Contact Head of the Lakes United Way:

(218) 726-4770

[volunteerhluw.org/](http://volunteerhluw.org/)

## Institute on Aging's Friendship Line

### Connect with: Telephone programs, mental health

Friendship Line reaches out to lonely, depressed, isolated, frail, and/or suicidal older adults nationwide. Trained volunteers specialize in offering a caring ear and having a friendly conversation.

Friendship Line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls. Friendship Line's 24-hour toll-free service is the only accredited crisis line in the country for people aged 60 years and older and adults living with disabilities. They also make ongoing outreach calls to lonely older adults.

Round-the-clock crisis support services include:

- Emotional support
- Elder abuse reporting
- Well-being checks
- Grief support through assistance and reassurance
- Active suicide intervention
- Information and referrals for isolated older adults and adults living with disabilities

Contact Institute on Aging's Friendship Line:

(800) 971-0016

[ioaging.org/services/all-inclusive-health-care/friendship-line](http://ioaging.org/services/all-inclusive-health-care/friendship-line)

## Juniper

### Connect with: Physical health, education, virtual programs

Juniper is working to create a healthier Minnesota by helping us take charge of our own fitness and well-being.

- Are you concerned about your risk for falls?
- Are you looking for ways to stay active and independent?
- Do you want to learn how to live well with arthritis, diabetes, or chronic pain?

Improve your health and stay connected by taking live classes in small groups online. To find a class that meets your needs, go to <https://yourjuniper.org/Classes/Search>.

Contact Juniper:  
(855) 215-2174  
[yourjuniper.org/](https://yourjuniper.org/)

## Lighthouse Center for Vital Living

### Connect with: Adaptive technology, support groups

Lighthouse helps people challenged by disabilities, vision loss, and aging to live confident, independent lives.

They loan phones, computers, and tablets (many with internet access) to people of all ages and abilities. Their Tech Help Line is available to adults 55 and older: (218) 624-4828, Option 3.

They offer support groups and peer mentoring to people with vision loss.

During the pandemic, they also offer help accessing COVID testing and masks, and they help people register for vaccinations.

Contact Lighthouse Center for Vital Living:  
(218) 624-4828  
[lcfvl.org/](https://lcfvl.org/)

## Lutheran Social Service

**Connect with: Volunteers/volunteering, intergenerational programs, telephone programs, virtual programs**

- Companion services provide customized support, transportation, and friendship for older adults who want to live at home, stay healthy, and remain as independent as possible. During the pandemic, companion services are being offered virtually via phone and video chat.
- Foster Grandparent volunteers traditionally provide one-on-one mentoring a few hours a week to at-risk youth to help them boost their self-esteem and overall success. Older adults can positively impact the lives of children and youth and earn extra income. In the COVID-19 environment, Foster Grandparents are supporting teachers and students remotely.

Contact Lutheran Social Service:

(218) 529-2222

[lssmn.org/services/older-adults/about-lss-older-adult-services](https://lssmn.org/services/older-adults/about-lss-older-adult-services)

## Mather Telephone Topics

**Connect with: The arts, education, telephone programs, wellness**

Call a toll-free number to listen to a variety of discussions and programs. Dial in for:

- Educational programs - Learn about history, healthy habits, architecture, and more.
- Discussion topics - Join lively discussions on sports, movies, and other topics.
- Live performances - Enjoy a live vocal performance or master storytelling session in the comfort of your own chair - with no cover charge!
- Wellness programs - Participate in live, guided chair yoga or meditation sessions to stretch your body and mind.

Contact Mather Telephone Topics:

(847) 492-7500

[mather.com/neighborhood-programs/telephone-topics](https://mather.com/neighborhood-programs/telephone-topics)

## Mental Health Minnesota

### Connect with: Telephone programs, mental health

Mental Health Minnesota works to help people on their journey toward mental health recovery and wellness.

- Peer support -- The Minnesota Warmline provides peer-to-peer mental health support through anonymous phone calls. Calls are answered by professionally trained Certified Peer Specialists who have first-hand experience living with a mental health condition.

The Warmline provides a safe and confidential environment to connect with someone who's there to listen and help. Call 877-404-3190 toll-free Monday-Saturday, 12:00 p.m. to 10:00 p.m. Or text "Support" to 85511. [mentalhealthmn.org/support/minnesota-warmline/](https://mentalhealthmn.org/support/minnesota-warmline/)

- Free professional support -- Free, confidential, anonymous support is available seven days a week, 9:00 a.m. until 9:00 p.m. Talk to a volunteer mental health professional toll-free by calling 833-437-3466 (833-HERE4MN). [mentalhealthmn.org/support/free-mental-health-support/](https://mentalhealthmn.org/support/free-mental-health-support/)

Contact Mental Health Minnesota:  
(800) 862-1799  
[mentalhealthmn.org/](https://mentalhealthmn.org/)

## Minnesota Senior Citizen Education Program

### Connect with: Education

Want to learn another language? Wondering how Lake Superior came to be? Wishing you knew more about Latin American history? Take a class!

Eligible Minnesota residents age 62 and older can audit classes for free at all state-supported institutions of higher education in Minnesota - or take classes for credit at \$10 per credit.

Contact Minnesota Senior Citizen Education Program:  
218-726-8000  
[onestop.umn.edu/academics/senior-citizen-education-program](https://onestop.umn.edu/academics/senior-citizen-education-program)

## National Alliance on Mental Illness (NAMI) - Duluth Area

### Connect with: Mental health, telephone programs, support groups, virtual programs

The NAMI mission is to champion justice, dignity, and respect for people affected by a mental illness, including family members.

The NAMI helpline is for people seeking help for themselves or a loved one. NAMI provides guidance to people navigating the mental health system and identifies helpful resources and treatment. Call 888-NAMI-HELPS or e-mail [namihelps@namimn.org](mailto:namihelps@namimn.org).

During the pandemic, NAMI Minnesota has gone virtual:

- Facebook (@NAMIMinnesota)
- Twitter (@NAMIMinnesota)
- Instagram (@nami\_minnesota\_helps)
- Free Zoom classes and videotaped classes

NAMI also offers online peer-led support groups for people living with a mental illness and their family members. To register, go to: [2a392k31wksy2wkejf1y03dp-wpengine.netdna-ssl.com/wp-content/uploads/sites/188/2020/10/Support-Groups-10.20-1.pdf](https://2a392k31wksy2wkejf1y03dp-wpengine.netdna-ssl.com/wp-content/uploads/sites/188/2020/10/Support-Groups-10.20-1.pdf)

Contact National Alliance on Mental Illness (NAMI) - Duluth Area:  
(218) 409-6566  
[namiduluth.org/](http://namiduluth.org/)

## Points of Light

### Connect with: Volunteers/volunteering

Build a better future by finding ways to make a difference in your community.

- Are you willing to provide rides for a cancer patient?
- Have you thought about becoming a volunteer firefighter?
- Would you like to have your dog trained to bring smiles to people on hospice?

You'll find lots of volunteer opportunities at Points of Light.

Contact Points of Light:  
(404) 979-2900  
[pointsoflight.org/](http://pointsoflight.org/)

## Road Scholar

### Connect with: Education, virtual programs

Road Scholar guides lifelong learners on learning adventures from San Francisco to Siberia. Their programs combine travel and education. Meet new people, touch history where it happened, and delve deep into cultures and landscapes.

They also offer adventures online:

- Multi-day adventures online – Join a small group of new friends and expert instructors for multiple days of lectures, performances, and discussions
- Virtual lectures, 45-60 minutes long – To get a taste of one of Road Scholar's most popular programs, join your instructor for an online lecture with a live Q&A session to quench your curiosity on the subject.

Contact Road Scholar:  
(800) 454-5768  
[roadscholar.org/](http://roadscholar.org/)

## SAGE

### Connect with: Telephone programs, virtual programs, mental health

SAGE offers services and advocacy for LGBT elders.

- SAGEConnect matches LGBT elders with volunteers to provide companionship through calls or video conferences. The program is free and available nationally: [sageusa.org/sageconnect/](https://sageusa.org/sageconnect/)
- SAGECents is a financial wellness platform designed specifically to help LGBT elders navigate the economic impacts of the COVID-19 pandemic and beyond through access to financial planning, guidance, and resources. This program is free and open to all: [sageusa.org/what-we-do/sagecents/](https://sageusa.org/what-we-do/sagecents/)
- SAGE National LGBT Elder Hotline connects LGBT older people who want to talk with friendly responders who are ready to listen. The hotline is available for free 24 hours a day, 7 days a week, in English and Spanish, with translation in 180 languages. If you are an LGBT elder or care for one, call the SAGE Hotline toll-free at (877) 360-LGBT (5428). Hotline responders:
  - Are certified in crisis response
  - Offer support without judgment
  - Answer questions factually and confidentially

Contact Sage:  
(212) 741-2247  
[sageusa.org/](https://sageusa.org/)

## Senior LinkAge Line

### Connect with: Telephone programs

If you're an older adult who has questions, Senior LinkAge Line is your one-stop shop. There's no charge to talk with an expert in aging services about Medicare, long-term care planning, or other topics.

Contact Senior LinkAge Line:  
(800) 333-2433  
[arrowheadaging.org/default.asp?PageID=183](https://arrowheadaging.org/default.asp?PageID=183)

## Sharing Smiles

### Connect with: Intergenerational programs, virtual programs

Would you enjoy having a penpal from a different generation? Empowering the Ages created Sharing Smiles to help older and younger folks connect safely through e-mail, cards, and letters. Some Sharing Smiles participants write joint stories or create poetry or share artwork. Your penpal is waiting for you!

Contact Sharing Smiles:  
(301) 476-0186  
[empoweringtheages.org/sharing-smiles/](http://empoweringtheages.org/sharing-smiles/)

## StoryCorps Connect

### Connect with: Virtual programs

Would you like future generations to be able to hear from someone you love? Use video conference technology to interview a person who's a special part of your life. Audio of your interview, along with a photograph, will become part of American history when it's archived at American Folklife Center at the Library of Congress.

Contact StoryCorps Connect:  
(646) 723-7020  
[storycorps.org/participate/storycorps-connect/](http://storycorps.org/participate/storycorps-connect/)

## Table Wisdom

### Connect with: Intergenerational programs, volunteers/volunteering, virtual programs

Table Wisdom brings together foreign-born students and older adults fluent in English for professional mentoring and conversational English-speaking sessions. The matches combine language learning, mentoring, and friendship. Their Co-video Partner Program matches volunteers with someone from a different city.

Contact Table Wisdom:  
(314) 594-7620  
[table-wisdom.org](http://table-wisdom.org)



## Telephone Equipment Distribution (TED) Program

### Connect with: Adaptive technology

The TED Program provides adaptive devices to people who have difficulty using the phone. These devices make phone use easier for people who are deaf, deafblind, or hard of hearing, or who have speech or physical disabilities.

A variety of equipment is available, including:

- Flashing lights or loud ringers to indicate when the phone is ringing
- Captioned phones
- Echo Dot to enable voice-command dialing
- Electronic larynx to enable speech
- Phones with tone and volume adjustments
- Buttons to slow down the speaker by 10%

Devices are loaned at no cost to those who qualify, for as long as they are needed.

Contact Telephone Equipment Distribution (TED) Program:  
(218) 302-3174  
[mn.gov/deaf-hard-of-hearing/communication-access/ted/](https://mn.gov/deaf-hard-of-hearing/communication-access/ted/)

## University for Seniors

### Connect with: Education, virtual programs

University for Seniors is a lifelong learning program of the University of Minnesota Duluth. The program is designed to provide humanities-based opportunities for intellectual and cultural development and stimulation for individuals age 50 and older. Programs include study groups, lectures, field trips, special interest groups, and cultural and social opportunities. During the pandemic, University for Seniors is offering Zoom-only classes.

Contact University for Seniors:  
(218) 726-7637  
[university-seniors.d.umn.edu/](https://university-seniors.d.umn.edu/)

## VolunteerMatch

### Connect with: Volunteers/volunteering

Whether your passion is animals or art, kids or older adults, VolunteerMatch can help you connect with a local organization that needs you and your talents. Find both virtual and in-person ways to make a difference.

Contact VolunteerMatch:  
(415) 241-6868  
[volunteermatch.org/](https://volunteermatch.org/)

## Whole Foods Coop

### Connect with: Physical health, wellness

- Would you like advice on how to sleep well through the night?
- Do you want to learn to cook with Thai flavors?
- Looking for a class in yoga or Qigong?

Duluth's local coop offers a wide range of classes (virtually during the pandemic), and often they're free. Classes are open to members and non-members alike. Log on for a list of classes: [wholefoods.coop/classes/](https://wholefoods.coop/classes/)

Contact Whole Foods Coop:  
(218) 728-0884  
[wholefoods.coop/](https://wholefoods.coop/)

**Thank you to the University of Minnesota Extension for providing financial assistance for the printing of this resource booklet!**

The University of Minnesota Extension recognizes that Minnesotans are in the midst of school and workplace shutdowns, social distancing, and combining working remotely with family caregiving. Extension is still at work across the state and in your community offering education, resources and advice to help you get through these difficult times. The Extension webpage has COVID-19 resources in the following categories: families at home, finances, food support, communities, stress relief, support for farmers, and stories.

To find Extension COVID-19 resources, go to: <http://z.umn.edu/ExtCovid19>.



UNIVERSITY OF MINNESOTA EXTENSION



# Duluth Aging Support

*Senior support led by love*



UNIVERSITY OF MINNESOTA EXTENSION

