

# Connect!

Ways to Stay Engaged with Your Community



Duluth Aging Support

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



UNIVERSITY OF MINNESOTA EXTENSION



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## 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

<http://www.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

<http://www.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. 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.  
<https://www.alzconnected.org/>
- 24/7 Help Line - (800) 272-3900

Contact Alzheimer's Association:  
(218) 733-2560  
<https://www.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  
<http://www.bigandmini.org/>

## BoomerAge

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.

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!:

<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

<http://www.covia.org/services/well-connected/>

## Eldera

Connect with: Intergenerational programs, virtual programs

Eldera offers adults 60 and older and kids age 5 to 18 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>.

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:

<http://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.

- Be Inspired, Create, Share - Select your source of inspiration from the visual arts, words, dance, or music. Then follow the prompts to get creative yourself. Then share your creation with family, friends, or online communities.

<https://www.artandhealing.org/creative-relief/>

- 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/season6/>

Contact Foundation for Art and Healing:

<http://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.

GCFLearnFree.org offers more than 300 topics, including more than 6,000 lessons, more than 2,000 videos, and more than 50 interactives and games, completely free and available in English, Spanish, and Portuguese.

Contact GCFLearnFree.org:

<http://www.edu.gcfglobal.org/en/>

## GetSetUp

Connect with: Education, virtual programs

Would you like to learn how to take better photos or plan the perfect trip? Whether you're looking for fun brain games or ways to make extra money, you can find an interactive community at GetSetUp.

Contact GetSetUp:

(888) 559-1614

<http://www.getsetup.io/>



## Head of the Lakes United

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

<https://volunteerduluth.galaxydigital.com/>

## Institute on Aging's Friendship Line

Connect with: Telephone programs, mental health

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 an accredited crisis line for people aged 60 years and older and adults living with disabilities.

Friendship Line also offers ongoing outreach calls to connect with older adults. Trained volunteers and having a friendly conversation.

Round-the-clock crisis support services include:

- Emotional support
- Elder abuse reporting
- Well-being checks
- Grief support
- Active suicide intervention
- Information and referrals

Contact Institute on Aging's Friendship Line:  
(800) 971-0016

<http://www.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 classes online or in person. To find a class that meets your needs, go to <https://yourjuniper.org/Classes/Search>.

Contact Juniper:

(855) 215-2174

<http://www.yourjuniper.org/>

## Lighthouse Center for Vital Living

Connect with: Adaptive technology, support groups

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

Lighthouse professionals teach older adults and people with disabilities to use both mainstream and assistive technology. Technology assistance is offered both in groups and one-on-one.

The Lighthouse Device Lending Library loans computers, tablets, smartphones and other devices for free for up to 30 days, giving you time to see if the device works for you.

The Lighthouse store offers products such as large-print watches and games, folding canes, and braille items.

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

Contact Lighthouse Center for Vital Living:

(218) 624-4828

<http://www.lcfvl.org/>

## Lutheran Social

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.
- Foster Grandparent volunteers 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.

Contact Lutheran Social Service:

(218) 529-2222

<http://www.lssmn.org/services/older-adults/about-lss-older-adult-services>

## Mather

Connect with: The arts, education, wellness

Looking for ways to connect, have fun, and try new things from the comfort of your home? Mather offers a wide range of discussions, hands-on art projects, guided wellness classes, and other opportunities to explore. Check out whichever categories appeal to you.

- Brain Health
- Mindfulness
- Aromatherapy
- Digital Literacy
- Virtual Art Making

Contact Mather:

(847) 492-7500

<http://www.mather.com/programs>

## Mental Health

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.

<http://www.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).

<http://www.mentalhealthmn.org/support/free-mental-health-support/>

Contact Mental Health Minnesota:  
(800) 862-1799

<http://www.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

<http://www.onestop.umn.edu/academics/senior-citizen-education-program>

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

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  
<http://www.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

<http://www.pointsoflight.org/get-involved/>

## 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

<http://www.roadscholar.org/>

## SAGE

Connect with: Telephone programs, virtual programs, mental health

SAGE offers services and advocacy for LGBTQ+ elders.

- SAGEConnect matches LGBTQ+ elders with volunteers to provide companionship through calls or video conferences. The program is free and available nationally: [sageusa.org/sageconnect/](http://sageusa.org/sageconnect/)
- SAGECents is a digital wellness platform made specifically for LGBTQ+ elders to increase financial stability and reduce economic stress. Create a free account to access tools, information, and resources about topics such as Medicare benefits, creating a health care proxy and living will, and tips for increasing credit scores: <https://www.sageusa.org/what-we-do/sagecents/>
- SAGE National LGBTQ+ Elder Hotline connects LGBTQ+ 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 LGBTQ+ elder or care for one, call the SAGE Hotline toll-free at (877) 360-LGBTQ+ (5428). Hotline responders:
  - Are certified in crisis response
  - Offer support without judgment
  - Answer questions factually and confidentially

Contact Sage:

(212) 741-2247

<http://www.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

<http://www.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

<http://www.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

<http://www.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.

Contact Table Wisdom:

(314) 594-7620

<http://www.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

<http://www.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.

Contact University for Seniors:

(218) 726-7637

<http://www.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

<http://www.volunteermatch.org/>

## Whole Foods Coop

Connect with: Education, physical health, wellness

- 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 which are open to members and non-members alike.

Log on for a list of classes: [wholefoods.coop/classes/](http://www.wholefoods.coop/classes/)

Contact Whole Foods Coop:

(218) 728-0884

<http://www.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>.



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# Duluth Aging Support



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