

## Mission

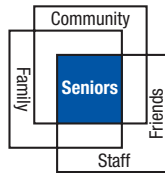
Healthy Seniors of Steele County services help seniors in need who are 65 and older live healthy, safe, and independent in their own homes, to prolong the length of spending down into Medical Assistance and, to divert nursing home placements.

Volunteers are matched with community members who may be isolated, frail, or simply unable to accomplish a particular task without assistance. Healthy Seniors of Steele County volunteers provide thousands of good neighbor acts of kindness each year.



## Healthy Seniors of Steele County

Supported, in part, by The United Way of Steele County, Minnesota Prairie County Alliance, the Otto Bremer Foundation, Mardag Foundation, Medica Foundation, Steele County, fundraising, individual contributions, memorials, and in-kind donations.



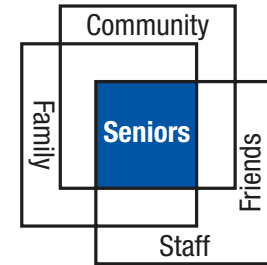
## Healthy Seniors of Steele County

*Providing needed support & services to keep seniors safely living well at home.*

## Healthy Seniors of Steele County

is always in need of volunteers who want to share their time, talents and skills to help seniors continue to live safely and independently in their own homes. If you are interested in volunteering or in learning how you can support financially, please contact us.

Office (507)774-7648  
[healthyseniorsmn.org](http://healthyseniorsmn.org)



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## Senior Companion

Volunteers visit seniors in the comfort of their own homes, providing an opportunity for friendship and fellowship.

## Caregiver Support

On-going support services are offered for those caring for a senior that are living in their own home, apartment or residing in an assisted living facility in Steele County.

Healthy Seniors of Steele County's staff is knowledgeable about local resources and is able to advise local and long-distance caregivers who are concerned for the well-being of a frail adult.

## In-Home Volunteer Respite

Trained respite volunteers are available to come into the home and provide companionship to allow caregivers time away from their caregiver duties.

## Senior & Caregiver Advocacy

Our senior & caregiver support coordinators serve as an advocate for services on behalf of seniors and their caregivers.



## Volunteers help reduce Isolation and Loneliness

### Social Activities

Social activities are held weekly and monthly in communities within Steele County.

### Library Book Delivery

In partnership with the Owatonna Public Library, books are delivered to increase adult literacy among the isolated homebound seniors. Volunteers pick up and deliver books to homebound seniors each month.

## Needs Assessments & Referral

Individual needs assessments are done to help meet, create or connect resources in order to fulfill needs that may arise in order to keep seniors residing in Steele County healthy, safe and independent in their own homes. Our service team will help identify areas of daily life where support may be needed:

- We suggest trusted, affordable resources for chores, financial help, personal care, activities, transportation, medical or legal issues, and more.
- Apply for government or other programs to help pay for services.
- Locate housing alternatives such as assisted living, subsidized apartments, or senior living communities.
- Navigate life changes and help with planning for future needs.

## Fall Prevention Home Safety Assessments

A program designed to help decrease the number of falls for seniors to maintain independence in their own home.

## Chores

Volunteers assist older adults with needs that might arise: fall clean-up, grocery assistance, and many other tasks.



## Medical Escorts

The medical escort service provides a companion for medical appointments, assisting the senior in understanding physicians' orders and helping to facilitate communication between the senior and the medical staff. This service was established between the Mayo Clinic Health System Owatonna and Healthy Seniors to support the need for increased understanding of medical directives between senior patients and clinic personnel.

## Nurse – In

Blood pressure services are held throughout the county. Call for location and times.

## Healthy Partners

A twelve week in-home program concentrated on helping seniors identify risks of falls, exercise to improve flexibility, balance and strength, and light chore to help seniors reduce the risks of falling within their home.



## Volunteer Your time and talents

After attending an initial orientation session and completing necessary background checks, volunteers choose how they would like to share their time, talents and skills.

Trained and insured volunteers contribute thousands of hours each year providing essential services that help friends and neighbors remain independent, living in their own homes or homes of choice such as low income based apartments, and assisted living communities.

In each community throughout Steele County, adult volunteers are recruited and trained. As part of the vision of Healthy Seniors, we see the individual having the option of being surrounded by family, friends and community, rather than by an institution.