

Resources for Minneapolis Seniors: *Healthy Homes*



The City of Minneapolis is proud to partner with the U.S. Department of Housing and Urban Development (HUD) on the Healthy Homes Thriving Communities grant

If you need this material in an alternative format please call the Minneapolis Health Department at (612) 673-2301 or email health@minneapolismn.gov.

Deaf and hard-of-hearing persons may use a relay service to call 311 agents at (612) 673-3000. TTY users may call (612) 673-2157 or (612) 673-2626.

Attention: If you have any questions regarding this material please call 311 or (612) 673-2301
Hmong - Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu (612) 673-2800;
Spanish - Atención. Si desea recibir asistencia gratuita para traducir esta información, llama (612) 673-2700;
Somali - Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la' aan wac (612) 673-3500

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To obtain a copy of this booklet, call the Minneapolis Health Department at 612-673-2301, or visit <http://www.minneapolismn.gov/health> for a downloadable PDF version.

Introduction to *Healthy Homes* for Senior Citizens

Many seniors wish to live independently and remain in their homes as they age. To promote longevity and success with aging-in-place, the homes where seniors reside must be safe and well-maintained. The City of Minneapolis Health Department is committed to fostering healthy homes for the senior population.

Healthy Homes includes topics related to:

- Injuries, falls and safety
- Pest management
- Indoor air quality
- Environmental hazards (like lead or mold)
- Food safety
- Clean water

The Minneapolis Health Department is working with community organizations to make resources more available and accessible to senior homeowners. Connecting local resources and services to each other is one component of increased accessibility. This booklet offers contact information for many of the organizations in Minneapolis that serve seniors within the *Healthy Homes* scope. The intent is to facilitate networking and connect resources and agencies. This will raise awareness of each other for the purpose of linking seniors to the appropriate services for their needs.

A downloadable PDF version of this resource guide will be available on the City of Minneapolis Health Department website at <http://www.minneapolismn.gov/health>. You may also call the Health Department at (612) 673-2301 to have more copies mailed to your organization.

Thank you for making Minneapolis a community that supports aging-in-place. We hope this resource guide is useful in the effort to continue serving seniors as a connected network of accessible and affordable services.

Getting Started

The following phone numbers might help:



Minneapolis 3-1-1

Dial: 311

<http://www.minneapolismn.gov/311>

Senior LinkAge Line

(800) 333-2433

<http://www.mnaging.org/advisor/SLL.htm>

Disability Linkage Line

(866) 333-2466

<http://www.mnhelp.info/Public/default.aspx?se=dlink>

Veterans Linkage Line (LinkVet)

(888) LinkVet (546-5838)

<https://linkvet.custhelp.com>

United Way

Dial: 211

<http://www.211unitedway.org>

Hennepin County Aging and Disabilities

(612) 348-4500

<http://www.hennepin.us/residents/human-services/resource-directory>

Minnesota Department of Human Services Aging and Adult Services

(651) 431-2600

<http://mn.gov/dhs/people-we-serve/seniors>

Chore/Home Repair Services



The city of Minneapolis does not endorse any of the following organizations and has not purposefully omitted any agencies. This listing was made using the MNhelp.info directory resource, available to the general public.

Not-for-Profit Organizations

Caring Souls

(651) 338-8866

www.caringsouls.org

Matches youth volunteers with a person in need based on location and type of services requested.

Community Emergency Assistance Program (CEAP)

(763) 450-3667

www.ceap.org

Seasonal outdoor work, snow removal, minor home maintenance, indoor housekeeping. Only serves Camden area of Minneapolis.

Greater Minneapolis Council of Churches:

HandyWorks Chore Services

(612) 276-1578

www.handyworks.gmcc.org

Indoor and outdoor chore services, as well as minor repairs. Low-income seniors may be eligible for sliding fee scale.

Hearts & Hammers

(763) 502-1000

www.heartsandhammers.org

Free home painting and exterior home rehab for seniors or physically challenged individuals. Held twice yearly in May and September.

Metro Paint-A-Thon

(612) 276-1571

www.paintathon.gmcc.org

Scrape, prime and paint homes for 60+ or disabled homeowners during the first weekend in August. Applications are due in May.

Chore/Home Repair Services



Neighborhood Involvement Program (N.I.P.)

(612) 374-3322

www.neighborhoodinvolve.org

Low-cost home maintenance services for Minneapolis seniors 60+ such as housecleaning, seasonal jobs (lawn care, snow removal), and minor repairs. Partial subsidies may be available depending on income.

Rebuilding Together

(651) 776-4273

www.rebuildingtogether-twincities.org

Home repairs and modifications to revitalize homes.

Southeast Seniors

(612) 331-2302

www.seseniormpls.org

Block nurse program that offers some in-home services as well as assistance with finding services.

Tree Trust

(612) 590-7836

www.treetrust.org/ls/residential-properties

Snow removal, yard maintenance, tree trimming, and other landscape services.

TRUST, Inc.

(612) 827-6150

www.trustinc.org

Chore services based on sliding fee scale. Serves southwest Minneapolis seniors, from Cedar Ave to the west. The northern boundaries are South 42nd Street (east of 35W) and South 36th Street (west of 35W).

Twin Cities Habitat for Humanity:

A Brush With Kindness (ABWK)

(612) 331-4090

www.tchabitat.org/about/abwk-overview

Helps low-income homeowners with home improvement, modifications, or repair projects. Projects chosen based on need and available skill level within current volunteer pool.

Chore/Home Repair Services



For Profit Services

1 - 1 Caring Hands LLC. (952) 400-6123

www.1-1caringhands.com
Assists with light chores and housekeeping.

Advanced Care, Inc. (612) 721-1957

www.advancedcareinc.com
Homemaker services.

Dominion Home Health Services (320) 864-9926

www.dominionhomehealth.com
Homemaking and companionship.

Gutter Maids (612) 598-1318

www.guttermaids.com
10% senior discount for gutter cleaning.

Liz's Home Management Services, LLC (612) 226-1662

www.lizshomeservices.com
Home management services.

Professional Resource Network Home Health Care (952) 858-8807

www.prn-mn.com

Right at Home - Twin Cities and South Suburbs (952) 854-6122

www.rightathome.net/twincities
Adult in-home respite and light housekeeping.

Saintly Homecare (651) 260-2248

Seniors Helping Seniors (763) 694-0165

www.seniorshelpingseniors.com
An agency of senior employees who help other seniors with handyman, household chores, yard work, etc.

Home Organizing Agencies



The city of Minneapolis does not endorse any of the following organizations and has not purposefully omitted any agencies. This listing was made using the MNhelp.info directory resource, available to the general public.

To search the directory of professional organizers who are members of the Minnesota chapter of the National Association of Professional Organizers, visit www.napominnesota.com or call (612) 564-5795.

Works in Homes with Hoarding?

Agape Services	(612) 202-9964	Yes
Breakthrough Organizing www.btorganizing.com	(612) 719-1292	Yes
Changing Lifestyle Solutions www.myclsolutions.com	(612) 986-3196	Not Currently
Chore Girl Services www.choregirlservices.com	(612) 281-6149	Yes
Domestic Engineering www.domesticengineering.org	(651) 342-1385 (651) 442-3333	Yes
Empty The Nest www.emptythenest.net	(612) 998-0102	Yes, for a fee
Everything's Together www.everythingstogether.com	(952) 939-8080	Yes

Home Organizing Agencies



Works in Homes with Hoarding?

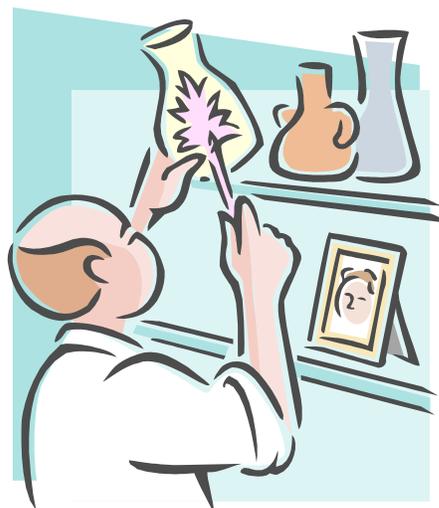
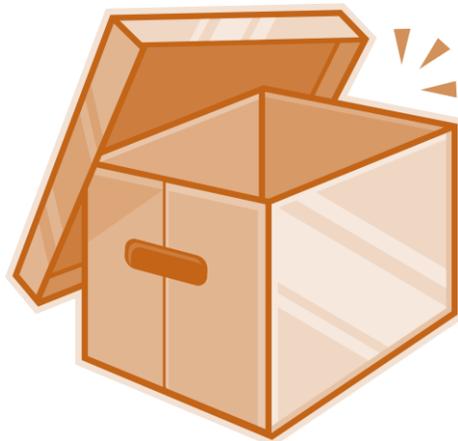
Gentle Transitions Senior Move Management	(952) 944-1028	Will help de-clutter if also moving
www.gentletransitions.com		
Haul By Paul	(612) 298-6755	Yes
www.haulbypaul.com		
Hunks Removing Junk	(952) 512-1000	Yes, even condemned homes
www.hunksremovingjunk.com		
Junk Genius	(612) 363-4401	Yes
www.twincities.junkgenius.com		
Junk King	(612) 345-9058	Yes
www.junk-king.com		
Kaldecon	(888) 922-6228	Yes
Key Changes With Karen	(612) 388-3745	Depends on situation
www.keychangeswithkaren.com		
Rubbish Boys Disposal Service, Inc.	(800) 468-5865	Yes
www.1800gotjunk.com		
Scene Clean	(612) 643-0911	Yes
www.sceneleanmn.com		

Home Organizing Agencies



Works in Homes with Hoarding?

Service Master www.servicemastermn.reachlocal.net	(612) 284-4639	Yes
Six Points Plus www.sixpointspl.us	(952) 923-7953	Yes
Smarter Spaces, LLC. www.smarterspaces.net	(651) 321-4595	Yes, but not dangerous homes
Sort Toss Pack www.sorttosspack.com	(651) 717-4325	Yes
TUBS www.tubsinc.com Supplies dumpsters and removes them after filling. Does NOT do home clean-out.	(612) 825-8827	N/A



Energy Assistance Programs



The city of Minneapolis does not endorse any of the following organizations and has not purposefully omitted any agencies. This listing was made using the MNhelp.info directory resource, available to the general public.

American Red Cross-Northern Minnesota Region **(612) 871-7676**

www.redcrossmn.org
Emergency financial assistance.

Center for Energy and Environment **(612) 335-5858**

www.mncee.org
Assists homeowners with lending programs to modify, update, and improve home energy expenditures to keep homes safe, efficient and comfortable.

Community Action Minneapolis **(612) 335-5837**

www.campls.org
The Energy Assistance Program provides heating assistance from October 1 to May 31.

Energy CENTS Coalition **(651) 774-9010**

www.energycents.org/affordability.html
Two programs available (through CenterPoint Energy and Xcel Energy) to make utilities more affordable.

Hennepin County Emergency Assistance **(612) 596-1300**

www.hennepin.us/residents/human-services/emergency-assistance

Salvation Army - Heatshare **(651) 746-3400**

www.salvationarmynorth.org
Helps pay winter utility bills after a shut-off notice has been issued.

Twin Cities United Way **211**

www.gtcuw.org/

Home Modification Assistance Programs



The city of Minneapolis does not endorse any of the following organizations and has not purposefully omitted any agencies. This listing was made using the MNhelp.info directory resource, available to the general public.

Community Action Partnership of Suburban Hennepin **(952) 933-9639**

www.capsh.org

Provides outreach, energy assistance, homeownership services, and financial counseling, and other services that may benefit low income residents of Hennepin County.

Community Neighborhood Housing Services **(651) 292-8710**

www.communitynhs.org

Home remediation and improvement loans for those at or below 120% AMI. Emergency assistance also available. Grants are occasionally available.

Greater Metropolitan Housing Corporation **(612) 722-7141** **(612) 588-3033** **(South)** **(North)**

www.gmhhousing.org

Loans/grants are available through various programs, such as the City Living Program, for home improvement/modification. The type of loan issued depends on availability, eligibility, neighborhood, and the individual need of the homeowner.

Hennepin County Human Services and Public Health Department **(612) 348-4500**

www.hennepin.us/residents/human-services/services-for-seniors

Elderly Waiver, HOME program, Neighborhood Stabilization Program (NSP).

Making Home Affordable **888-995-HOPE (4673)**

www.makinghomeaffordable.gov

Mortgage modification programs to reduce mortgage rates, as well as assistance for home improvement modifications for homeowners who are at risk of becoming delinquent on their mortgage payments.

Minnesota Housing Finance Agency **(651) 296-7608**

www.mnhousing.gov

Rehabilitation, fix-up and accessibility loans for both low-income and moderate-income homeowners through Minnesota's Assistive Technology Act Program.

Home Modification Assistance Programs



National Association Of Home Builders

(800) 368-5242

www.nahb.org

Assists in finding a Certified Aging-in-Place Specialist (CAPS).

National Reverse Mortgage Lenders Association

(202) 939-1760

www.reversemortgage.org

62+ homeowners can convert part of their home equity into accessible money as a loan. That loan is not repaid until the home is vacated by the owner or sold.

Neighborhood Housing Services of Minneapolis

(612) 521-3581

www.minneapolisnhs.org

Home improvement financing available for homeowners of modest means.

Project for Pride in Living

(612) 455-5100

www.ppl-inc.org

Foreclosure Prevention Repair Grants and Home Repair Loans help homeowners make necessary repairs to their homes for lower-income Minneapolis and St. Paul residents. FPRGs have designated eligible neighborhoods, and HRLs have low income maximums.

Veterans Affairs

**(888) LinkVet
(546-5838)**

www.mn.gov/mdva

www.benefits.va.gov/homeloans

Financial assistance for loans and grants may be available to veterans and their families for home remedification and improvement.

Indoor Health Hazard Information, Referral, and Assistance



City of Minneapolis Health Department

(612) 673-2301

www.minneapolismn.gov/health/homes/index.htm
Call to check for grant availability and eligibility.

Minnesota Department of Health

(651) 201-4620

www.health.state.mn.us/topics/healthyhomes
Call to check for grant availability and eligibility.

Project for Pride & Living

(612) 455-5100

www.ppl-inc.org
Home Repair Loan Program for low-income homeowners. Must be used first to address lead and/or radon issues, and then to address other home health and safety issues. Up to \$27,000 loans are available and may be forgivable in some situations.

Sustainable Resources Center

(612) 870-4255

www.src-mn.org
Nonprofit organization whose goal is to ensure all Minnesotans have healthy homes. Lead, radon, carbon monoxide, mold, energy efficiency, and more. Grants and low-cost options are available. Some interpreter services available.



Pest Control Companies



The City of Minneapolis does not endorse any of the following organizations and has not purposefully omitted any agencies. For help with finding a trustworthy pest control agency, please contact the Better Business Bureau of Minnesota and North Dakota at (651) 699-1111 or online at www.minnesota.bbb.org.

Senior Discount?

Abba Complete Pest Control LLC. www.abbabestpest.com	(763) 593-8808	
Abra Kadabra Environmental Services www.abrakadabrapest.com	(763) 537-0330	
Action Pest Control	(763) 497-2799	
Adam's Pest Control www.adamspestcontrol.com	(763) 447-4172	No
American Pest Solutions www.americanpestsolutions-mnwi.com 10% senior discount for any services.	(612) 331-2099	Yes
Arrow Pest Control www.arrowpestcontrolmn.com Will provide discount in most situations for Minneapolis seniors.	(612) 272-6500	Yes
B & E Pest Control www.bepest.com	(612) 825-8087	
Be There Pest Control www.be-there4you.com 5% senior discount.	(612) 392-1833	Yes

Pest Control Companies



		Senior Discount?
Bed Bug Guys www.americasbestmn.com Only manages bed bugs. 20% senior discount.	(612) 267-0335	Yes
Brothers Services www.broserv.com	(651) 646-1696	
Buggs Pest Control www.buggspestcontrol.com	(612) 722-3770	Yes
Enviro Care Pest Management Co	(612) 363-7638	
EnviroCare Pest Solutions www.envirocare.org 10% discount for Minneapolis seniors; pricing available over the phone.	(651) 775-1286	Yes
Environmental Pest Management www.bugtech.com	(952) 432-2221	
Guardian Pest Solutions www.guardian-online.com Works with budgets on a case-by-case basis.	(612) 378-1966	Yes
Laughlin Pests www.pestandcrittercontrol.com 5% senior discount.	(651) 646-6131	Yes
Lee Pest Control www.leepestcontrol.com	(612) 874-7700	

Pest Control Companies



Senior Discount?

Metro Pest Management/Bradley Exterminating	(612) 861-2003	Yes
www.metro-pest.com 10% off one-time service for seniors; 5% off maintenance plan. Service area includes Minneapolis homes south of the Mississippi River.		
Midwest Pest	(612) 598-2882	
www.midwest-pest.com		
Minnesota Echotech Pest Control	(612) 237-8282	
www.greenpestmn.com		
North Country Pest Control	(763) 533-4006	
Orkin	(877) 250-1652	
www.orkin.com		
Paffy's Pest Control	(651) 383-4651	
www.pestcontrol-stpaul.com		
Plunkett's Pest Control	(866) 906-1780	No
www.plunketts.net		
Professional Pest Control	(612) 333-6969	Yes
Works with budgets on a case-by-case basis.		
Rove Pest Control	(651) 735-3101	Yes
www.rovepestcontrol.com 12% discount for Minneapolis seniors.		
Terminix	(952) 926-4297	No
www.terminix.com		

Need Help Finding a Contractor or Consultant?

The following are suggestions and resources that can help identify contractors for mitigation of indoor health hazards. Programs that offer financial assistance often work with specific contractors. These programs and resources may be able to provide guidance in your search for a quality company to help fulfill your Healthy Homes goals.

Minnesota Department of Health

Asbestos:

(651) 201-4620

- A listing of licensed asbestos consultants and contractors is available online. Listing can be limited to show only metro area service providers.
- http://www.health.state.mn.us/divs/eh/asbestos/find_contractor

Lead:

(651) 201-4620

- A listing of licensed lead consultants and contractors is available online. The list can be limited to show only metro area service providers.
- http://www.health.state.mn.us/divs/eh/lead/find_firm

Radon:

(651) 201-4601

- A listing of licensed radon contractors in Minnesota is available online. For each contractor, service areas and type of service provided is listed.
- <http://www.health.state.mn.us/divs/eh/indoorair/radon/mitigation.html>

Tips for Choosing a Consultant/Contractor

- **Ask friends or family** to refer contractors that they have worked with.
- Choose a contractor with **experience** in the specific work that needs to be done.
- Consider using a contractor that is a **Certified Aging-in-Place Specialist (CAPS)**. CAPS designation can help identify someone who is trained in the specific needs of the aging population who wish to remain safe and independent in their homes.
- Be sure the contractor is **licensed** to work in Minneapolis.
- Check with the **Better Business Bureau** for ratings and accreditation.
- Ask the company to provide **references**.
- Choose a company that has been in business for a **long time**.
- Make sure the company has **liability insurance**.
- Ask for evidence that the company is **in compliance** with regulatory agencies, such as OSHA.
- Ask the contractor for a **detailed estimate**/contract before starting.
- **Compare several written bids** from different contractors before choosing one.
- Do not pay for the work up front. **Negotiate a payment schedule**; for example, one quarter before starting, and the rest after the work is finished.
- Consider contractors that follow **environmentally sound practices** with waste or hazardous materials.
- Choose a contractor or consultant that **you feel comfortable** with. This person and his or her coworkers will be in your home and has access to you, your identity and your belongings.
- When others are in your home, **secure valuable belongings** and personal identification information in a safe, preferably locked, area.

Building/Remodeling Resources

Better Business Bureau in Minnesota and North Dakota

(651) 699-1111

www.minnesota.bbb.org

Builders Association of the Twin Cities

(651) 697-1954

www.batconline.org

City of Minneapolis – Business Licenses and Consumer Services

(612) 673-2080

<http://www.minneapolismn.gov/licensing>

Minnesota Department of Labor and Industry

(651) 284-5005

www.dli.mn.gov

Not For Profit Companies

Access Solutions

(612) 238-5429

www.accesssolutions.org

Accessibility Consultants

(612) 532-5323

www.accessibilityconsultants.org

Greater Metropolitan Housing Corporation

(612) 588-3033

(612) 722-7141

(North)

(South)

www.gmhchousing.org

Sustainable Resources Center

(612) 870-4255

www.src-mn.org

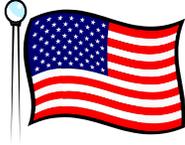
Tree Trust

(612) 590-4881

(612) 590-7836

www.treetrust.org/ls/ramps

Exterior home accessibility ramps.



Information for Veterans



The City of Minneapolis is proud to be part of the Beyond the Yellow Ribbon network, which seeks to assist veterans, active duty military personnel, and their families. The type of assistance provided includes community support, resources, finding services, and training. To find out more about Beyond the Yellow Ribbon communities, visit www.beyondtheyellowribbon.org or call (651) 282-4002.

The Minnesota Department of Veterans Affairs can provide:

- Dental Assistance
- Disaster Relief
- Financial Assistance
- Homeless Veteran Prevention and Assistance
- Minnesota Service CORE
- Optical Assistance
- Special Needs Grant
- Women Veterans Program
- Surviving Spouse Education
- Benefit
- Veteran Education Assistance

<http://mn.gov/mdva/resources/familyassistance/index.jsp>

Inquire about low interest loans and grants to remodel, build, or buy homes to promote independent, barrier-free living as well as resources for abatement of city or county housing code violations.

Other helpful resources:

Disabled American Veterans Department of Minnesota

Local: (651) 291-1212

Toll-Free: (888) 317-2291

<http://davmn.org>

Hennepin County Veterans Service

(612) 348-3300

<http://www.hennepin.us/residents/human-services/veterans-service>

U.S. Department of Veterans Affairs

(800) 827-1000

<http://www.benefits.va.gov/homeloans>

Veterans Crisis Line (800) 273-8255 (Press 1)

For Up-to-Date Information and Additional Resources

The contents of this guide were compiled and printed in January of 2014. While the resources listed within were up-to-date at the time of printing, the agencies and contact numbers available may have changed by the time of its use. Please know that the updated information can be obtained by contacting the Metropolitan Area Agency on Aging.

The Metropolitan Area Agency on Aging in partnership with the Minnesota Board on Aging provides free information and assistance for Minnesota seniors through a service called the Senior LinkAge Line®. The Senior LinkAge Line® is “A One Stop Shop for Minnesota Seniors” and those caring for them. Please feel free to contact 1-800-333-2433 to find additional local resources and to explore those options.

Many of the resources in this booklet were found using the mnhelp.info website, which is a comprehensive online directory of resources for residents of Minnesota. The contact information in this directory is updated frequently so that resources are up-to-date and available.

- Medicare & Other Health Insurance Options
- Government Service-Related Questions
- Caregiver Support
- Respite & Adult Day Care
- Prescription Drug Assistance
- Support Groups
- Transportation
- Home Care and Homemaking Services
- Long Term Care Options
- Nursing Homes
- Hospice Care
- Chore Services
- Home Repair
- Employment
- Senior Centers
- Housing
- Nutrition
- Volunteer Opportunities

METROPOLITAN AREA AGENCY
ON
AGING

MinnesotaHelp.info

**Senior
LinkAge Line®**
1-800-333-2433

A One Stop Shop for Minnesota Seniors