











---

Learn more about Social Security and manage your benefits only through the Social Security webpage.

Website: [www.ssa.gov](http://www.ssa.gov)

## HEALTH, WELLNESS & NUTRITION

---

### AARP – HEALTH CENTER

+1888-687-2277

AARP offers a variety of resources related to health, including; healthy living, Medicare resource centers, health insurance, dementia and food and nutrition.

Website: [www.aarp.org/health/](http://www.aarp.org/health/)

---

### AARP – MEDICARE RESOURCE CENTER

+1888-687-2277

Within the AARP Health Center webpage, AARP includes a Medicare Resource Center for information on eligibility and enrollment, Medicare management and common Q&A.

Website: [www.aarp.org/health/medicare-insurance/](http://www.aarp.org/health/medicare-insurance/)

---

### ALZHEIMER'S ASSOCIATION MINNESOTA-NORTH DAKOTA CHAPTER

Alzheimer's Association Minnesota-North Dakota Chapter provides no-charge support, education programs, support groups and training for individuals and families in Minnesota impacted by Alzheimer's disease and other dementias.

Website: [www.alz.org/mnnd](http://www.alz.org/mnnd)

---

### ALZHEIMER'S FOUNDATION OF AMERICA

+1866-232-8484

Alzheimer's Foundation of America (AFA) is to provide support, services and education to individuals, families and caregivers affected by Alzheimer's disease and related dementias.

Website: [www.alzfdn.org/](http://www.alzfdn.org/)

---

### ALZNAVIGATOR™

+1866-232-8484

Managed by the Alzheimer Association, the ALZNavigator™ is a digital tool that allows families and individuals affected by dementias to create a step-by-step action plan.

For technical support, please email [ALZNavigator@alz.org](mailto:ALZNavigator@alz.org).

Website: [www.alz.org/help-support/resources/alznavigator](http://www.alz.org/help-support/resources/alznavigator)

---

### ASSISTANCE FOR SENIORS - USDA

The USDA Food and Nutrition Service offers resources for food and nutrition assistance to seniors. Explore the various resources available through the USDA website, linked below.

Website: [Assistance for Seniors | Food and Nutrition Service \(usda.gov\)](https://www.usda.gov/assistance-for-seniors)

The Community Action Partnership of Scott, Carver & Dakota Counties (CAP) provides meal pick-up services Monday through Friday at 11:30 a.m. unless otherwise noted. Reservations are required. To make the required three-day advance meal reservation, please call the pick-up site at its listed phone number.

### **Meal Pick-Up Locations:**

#### Chanhassen City Hall – Chanhassen

7700 Market Boulevard  
Chanhassen, MN 55317  
(952) 227-1127

#### Talheim Apartments – Chaska

407 Oak Street North  
Chaska, MN 55318  
(952) 361-5072

#### Waconia Legion – Waconia

233 Olive Street  
Waconia, MN 55387  
(952) 442-5478

Website: [www.capagency.org](http://www.capagency.org)

---

#### FARE FOR ALL

763-450-3880

Fare For All is The Food Group's cooperative purchasing program that offers affordable groceries and packages of produce and meat for discount prices.

Website: [www.thefoodgroupmn.org/groceries/fare-for-all/](http://www.thefoodgroupmn.org/groceries/fare-for-all/)

---

#### FIND FOOD CARVER COUNTY

612-479-6409

Find Food Carver County is a Carver County and A Better Society partnership program that connects Carver County residents with local food resources.

Website: [findfoodcarvercounty.org/](http://findfoodcarvercounty.org/)

---

#### HELP AT YOUR DOOR

651-642-1892

Help At Your Door provides grocery shopping assistance by delivering food directly to your home. The service is available to people who are unable to go to the store, or for those who prefer to have groceries delivered.

Website: [helpatyourdoor.org/](http://helpatyourdoor.org/)

Institute on Aging (IoA) provides online educational resources geared to enhance the quality of life for aging adults. Additionally, IoA hosts a 24-hour toll-free Friendship Line for people 60+ and adults living with disabilities. To access the Friendship Line, call +1 800-971-0016.

Website: [www.ioaging.org](http://www.ioaging.org)

---

**JUNIPER HEALTH**+ 1855-215-2174

---

Juniper, a program of Trellis, is a network of community-based organizations and health systems that offers free and low-cost health classes.

Website: [www.yourjuniper.org/](http://www.yourjuniper.org/)

---

**MNCHOICES**952-361-1999

---

Carver County Health & Human services uses the MnCHOICES assessment and support application system to determine eligibility for a wide variety of programs and services for individuals of all ages. MnCHOICES is a comprehensive web-based application that integrates assessment and support planning for Minnesotans who need long-term services and supports. MnCHOICES is for people of all ages who have any type of disability or need for long-term services and supports.

Contact the department's Information and Referral line at (952) 361-1999 to learn more or an email to [HCBCIntake@co.carver.mn.us](mailto:HCBCIntake@co.carver.mn.us).

---

**SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**651-486-9860

---

The Supplemental Nutrition Assistance Program (SNAP) helps low-income Minnesotans get the food they need for nutritious, well-balanced meals. Find the nearest SNAP outreach partner by calling the Minnesota Food Helpline at 651-486-9860 or contact the Community Action Partnership of Scott, Carver and Dakota Counties (CAP) at 952-402-9835 with help on an application.

Website: [www.mn.gov/dhs/mnfoodhelper](http://www.mn.gov/dhs/mnfoodhelper)

---

**THE HUMANITY ALLIANCE**612-799-1784

---

The Humanity Alliance offers free or freewill donation weekend meal delivery. Orders must be placed by the end of the day Monday to receive delivery on the following Friday.

Contact The Humanity Alliance by visiting their website below or by emailing [hello@humanityalliance.org](mailto:hello@humanityalliance.org)

Website: [www.humanityalliance.org](http://www.humanityalliance.org)

---

**VICTORIA FARMERS MARKET**

Victoria Farmers' Market on Thursday afternoons in the summer months. All goods sold at the market are locally-grown or locally made. Vendors offer fresh vegetables and fruits, meats, eggs, cheeses, artisan breads and sweet treats, honey and maple syrup, starter plants and flower bouquets, food trucks, & more.

Website: [www.enkibrewing.com/whats happening/victoria-farmers-market](http://www.enkibrewing.com/whats happening/victoria-farmers-market)



## FOOD SHELVES

### **Bountiful Baskets**

1600 Bavaria Rd, Chaska, MN  
55318 952-556-0244

[www.bountifulbasketfoodshelf.org](http://www.bountifulbasketfoodshelf.org)

### **Southwest Carver County Food Shelf**

10 First Avenue NE, Norwood Young America,  
MN, 55397

952-467-1870

[www.southwestcarvercountyfoodshelf.com](http://www.southwestcarvercountyfoodshelf.com)

### **People Reaching Out to People (PROP)**

14700 Martin Drive Eden Prairie, MN 55344

952-442-3050

[www.propfood.org](http://www.propfood.org)

### **Waconia United Food Shelf**

11 S Elm St, Waconia, MN 55387

952-442-3878

[www.waconiafoodshelf.org](http://www.waconiafoodshelf.org)

## HOME HEALTH & MAINTENANCE SERVICES

### AARP – HOME FIT GUIDE / HOUSING RESOURCES

+1888-687-2277

AARP offers a variety of resources related to housing and home health care.

Website: [www.aarp.org/livable-communities/housing/info-2020/homefit-guide/](http://www.aarp.org/livable-communities/housing/info-2020/homefit-guide/)

### A BETTER SOCIETY

A Better Society is a non-profit organization that connects individuals to local service and resources within Carver County.

Website: [www.abettersociety.org/get-help/](http://www.abettersociety.org/get-help/)

### AGING CONNECTED

877-745-1930

Aging Connected helps older adults get at-home internet services through the Federal Government's Affordable Connectivity Program (ACP). The ACP is a benefit that helps eligible low-income household pay for internet services and connected devices.

Website: [agingconnected.org/#offers](http://agingconnected.org/#offers)

### COMMUNITY ACTION PARTNERSHIP (CAP)

952-496-2125

The Community Action Partnership of Scott, Carver & Dakota Counties (CAP) assist with payment of energy bills, facilitates the repair or replacement of homeowner's malfunctioning heating system and helps navigate the process of applying for financial assistance to prevent eviction.

Website: [www.capagency.org](http://www.capagency.org)

### CYBER SENIORS

+1844-217-3057

Cyber-Seniors provides free technology support and training for senior citizens.

Website: [www.cyberseniors.org](http://www.cyberseniors.org)

## MN LIVE WELL AT HOME

---

Live Well at Home educates and prepares older Minnesotans and veterans on the best options to live well longer in their own homes. Learn more about available resources, like the Live Well at Home Resource Quiz and create a success plan by visiting the Live Well at Home website.

Website: [www.mn.gov/dhs/live-well](http://www.mn.gov/dhs/live-well)

## SENIORS HELPING SENIORS

---

+1800-677-1116

Seniors Helping Seniors® pairs those who need assistance with fellow seniors. Assistance services provided includes light housekeeping, cooking, shopping, companionship, yard work and small repairs.

Website: [www.seniorshelpingseniors.com](http://www.seniorshelpingseniors.com)

## SENIOR LINKAGE LINE

---

+1800-333-2433

The Senior Linkage Link connect seniors with services provided by a local agency on aging or other public or nonprofit agencies, as well as for-profit companies. Fees vary by service and location, but some may be free or offered on a sliding scale, depending on income.

Website: [www.mn.gov/senior-linkage-line](http://www.mn.gov/senior-linkage-line)

## SENIOR PLANET

---

+1888-713-3495

Senior Planet's courses help our participants and members find new ways to live and thrive in today's digital society.

Website: [www.seniorplanet.org](http://www.seniorplanet.org)

## TRELLIS

---

Trellis is an area agency on aging for the seven-county area – including Carver County. Trellis initiatives and activities include Jupiter Health, the Senior LinkAge Line, and Dementia Friendly Training.

Website: [www.trellisconnects.org](http://www.trellisconnects.org)

## HOUSING

---

### ABLELIGHT CORNERSTONE VILLAGE

---

855-466-3188

AbleLight Cornerstone Village is a place where people aged 55 and better can live in joy, comfort and camaraderie, all in a maintenance-free home. Cornerstone offers one-and-two-bedroom rental apartments as well as rental ranch-style townhomes. Address: 1519 82nd St, Victoria, MN 55386

Website: [ablelightvillage.org/](http://ablelightvillage.org/)

### CARVER COUNTY COMMUNITY DEVELOPMENT AGENCY (CDA)

---

952-448-7715

Carver County Community Development Agency (CDA) provides affordable housing opportunities for residents throughout the County, including over 600 rental units for working families and seniors. Additionally, the CDA administers several rental assistance programs to help residents find affordable rental housing.

Website: [www.carvercda.org](http://www.carvercda.org)

---

#### EMERALD CREST MEMORY CARE VICTORIA

952-856-7510

Victoria Emerald Crest by Augustana Care is a memory care assisted living facility located at 8150 Bavaria Road, Victoria, MN 55386.

Website: [www.emeraldcrest.com/memory-care/victoria-mn/](http://www.emeraldcrest.com/memory-care/victoria-mn/)

---

#### MN HOUSING BENEFITS 101

+1866-333-2466

Housing Benefits 101 (HB101) helps people who need affordable housing, and supports to maintain that housing, understand the range of housing options and support services available.

Website: [www.mn.hb101.org](http://www.mn.hb101.org)

---

#### TWIN CITIES SENIOR HOUSING GUIDE

The Twin Cities Senior Housing Guide offers information on resources and services that can help you remain in your home or research future housing opportunities.

Website: [seniorhousingguide.us/](http://seniorhousingguide.us/)

## LEGAL

---

#### LAWHELPMN.ORG

LawHelpMN.org is a program that maintains a list of private attorneys and can connect people who need legal services to attorneys that can help them. Examples of specialty areas are family law, elder law, immigration law and real estate law.

Website: [www.lawhelpmn.org](http://www.lawhelpmn.org)

---

#### SOUTHERN MINNESOTA REGIONAL LEGAL SERVICES

+1877-696-6529

Southern Minnesota Regional Legal Services offers free legal help to low-income and senior citizen (60+) clients in a full range of civil matters.

Website: [www.smrls.org/](http://www.smrls.org/)

## LIFE-LONG LEARNING & RECREATION

View below local and regional life-long learning opportunities and recreational programs and events.

### **Carver County Historical Society**

555 1st Street West, Waconia, MN 55387

952-442-4234

[www.carvercountyhistoricalsociety.org](http://www.carvercountyhistoricalsociety.org)

### **Carver County Library: Victoria Branch**

1670 Stieger Lake Lane, Victoria, MN 55386

952-442-3050

[www.carverlib.org](http://www.carverlib.org)

### **Carver County Parks & Recreation**

952-466-5250

[www.co.carver.mn.us/departments/public-works/parks-recreation](http://www.co.carver.mn.us/departments/public-works/parks-recreation)

### **Community Education: Eastern Carver County Schools**

952-556-6400

[www.ce4all.org](http://www.ce4all.org)

### **Community Education: Minnetonka Public Schools**

952-401-6800

[www.minnetonkaschools.org/district/mcec](http://www.minnetonkaschools.org/district/mcec)

### **Community Education: Waconia Public Schools**

952-442-0610

[isd110.org/community-education-0](http://isd110.org/community-education-0)

### **Minnesota Landscape Arboretum**

612-624-2200

[arb.umn.edu/](http://arb.umn.edu/)

### **Ridgeview Medical**

500 S. Maple St. Waconia, MN 55387

952-442-2191

[www.ridgeviewmedical.org](http://www.ridgeviewmedical.org)

### **Three Rivers Park District**

763-559-9000

[www.threeriversparks.org](http://www.threeriversparks.org)

### **Three Rivers Park District: Carver Park Preserve**

7400 Grimm Road, Victoria, MN 55386

763-694-7650

[www.threeriversparks.org](http://www.threeriversparks.org)

### **University of MN Extension Service**

612-624-1222

[www.extension.umn.edu](http://www.extension.umn.edu)

### **Victoria Recreation Center**

952-443-4255

[www.ci.victoria.mn.us](http://www.ci.victoria.mn.us)

## MEDICAL SUPPLIES & EQUIPMENT

### MINNESOTA STAR PROGRAM

651-201-2640

A System of Technology to Achieve Results (STAR) is located within the Minnesota Department of Administration. STAR's mission is to help all Minnesotans with disabilities gain access to and acquire the assistive technology they need to live, learn, work and play.

Website: [www.mn.gov/admin/star](http://www.mn.gov/admin/star)

## TRANSPORTATION

### SOUTHWEST PRIME EDGE

952-797-7463

SW Prime Edge offers on-demand rides for Chaska, Chanhassen, Carver, Victoria and Eden Prairie from 5:30 am-7:00 pm on weekdays and 6:00 am-5:30 pm on Saturdays for dining, shopping, doctor appointments, errands, etc.

Website: [www.swtransit.org](http://www.swtransit.org)

### SOUTHWEST PRIME ESSENTIAL

952-797-7463

SW Prime Essential offers on-demand rides for Chaska, Chanhassen, Carver, Victoria and Eden Prairie from 5:30 am-7:00 pm on weekdays and 6:00 am-5:30 pm on Saturdays for those in need of rides for grocery and pharmacy needs.

Website: [www.swtransit.org](http://www.swtransit.org)

### SOUTHWEST PRIME MD

952-797-7463

SW Prime MD provides non-emergency medical transportation to any medical facility in Eden Prairie, Chanhassen, Chaska, Carver, and Victoria. Ridgeview facilities in Waconia and Excelsior, as well as medical facilities in select areas of Minnetonka and Edina, are also included in SW Prime MD's service area. Riders may be picked up and dropped off in Eden Prairie, Chanhassen, Chaska, Carver, and Victoria.

Website: [www.swtransit.org](http://www.swtransit.org)

### WECAB

+1844-743-3932

WeCAB is a network of volunteers who provide safe, affordable and flexible supplemental transportation for medical appts, groceries, social events, etc. Service area includes Carver County, Westonka, Minnetrista, Mound, Navarre, Spring Park, St. Bonifacius, and Maple Plain.

Website: [www.wecab.org](http://www.wecab.org)

## VETERANS

### CARVER COUNTY VETERANS SERVICES

952-442-2323

The County Veteran Service Officers of Minnesota are here to ensure that all Veterans, their families and survivors receive all of the benefits and services they so well deserve for the hardships they have endured.

Website: [www.carvercountymn.gov/departments/public-services/veteran-services](http://www.carvercountymn.gov/departments/public-services/veteran-services)

### MINNESOTA VETERANS SERVICES

+1888-546-5838

The Minnesota Department of Veterans Affairs (MDVA) is a cabinet-level state agency dedicated to serving Veterans and their families by assisting them in securing state and federal benefits, and by providing programs and services relating to higher education, benefits, burial, claims, outreach and Veterans preference.

Website: [www.mn.gov/mdva/](http://www.mn.gov/mdva/)

### VETERANS AFFAIRS

+1800-698-2411

The Department of Veterans Affairs runs programs benefiting veterans and members of their families. It offers education opportunities and rehabilitation services and provides compensation payments for disabilities or death related to military service, home loan guaranties, pensions, burials, and health care that includes the services of nursing homes, clinics, and medical centers.

Website: [www.va.gov](http://www.va.gov)

## VISION

### MINNESOTA STATE SERVICES FOR THE BLIND (SSB)

651-539-2300

Minnesota State Services for the Blind (SSB) offers counseling, training and referrals to help seniors find ways to adapt to changes in their vision and improve their quality of life and their ability to live independently.

Website: [mn.gov/deed/ssb/seniors/](http://mn.gov/deed/ssb/seniors/)

### MINNESOTA LIONS VISION FOUNDATION

+1866-887-4448

Minnesota Lions Vision Foundation has been supporting the blind and visually impaired since 1960. Assistance includes the used eyeglass program and gift of sight program.

Website: [www.mnlionsvisionfoundation.org/](http://www.mnlionsvisionfoundation.org/)

### VISION LOSS RESOURCES

612-871-2222

Vision Loss Resources is a nonprofit provider of training, classes, social activities and support groups for people with vision loss living in the Minneapolis-Saint Paul area.

Website: [visionlossresources.org](http://visionlossresources.org)

## VOLUNTEERING

VOLUNTEER VICTORIA

952-443-4210

The City of Victoria encourages public participation in an effort to build a sense of community. Volunteer opportunities exist for individuals and groups, at different age levels, from a few hours to years of service.

More information about volunteer opportunities in Victoria and the surrounding community by visiting the City of Victoria website, clicking 'community, then 'Volunteer.

Website: [www.ci.victoria.mn.us/community/volunteer.php](http://www.ci.victoria.mn.us/community/volunteer.php)