

**WE ARE HERE FOR YOU!**



**S** WARREN  
SUPPORTING

*Our*

**S** SENIORS

ALSO SERVING ALVARADO AND OSLO  
218-745-4005

**WARREN.LAHNETWORK.ORG**

## **VOLUNTEER**

You can make a difference in the lives of the people in our communities! We have volunteer opportunities for individuals or groups ranging from 1 hour month to daily!

## **DONATE**

Help keep these great programs available! Donations are accepted at the Warren SOS Office  
110 W. Johnson Ave  
Warren, MN 56762

## **CONTACT US**

Program Director:  
Susan Askeland  
**218-745-4005**

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Live Well at Home Grant

Member of the  
Living at Home Network

Brochure  
Funded By:



**Dancing Sky**  
Area Agency on Aging

## **ABOUT US**

SOS (Supporting our Seniors) helps senior citizens stay in their own homes longer with a better quality of life. SOS offers home visits, volunteer services, transportation, nutrition and wellness classes, and other services for home-bound and senior citizens in the Warren, Alvarado, Oslo communities.



# OUR SERVICES

- In-home Assessments
- Referrals to in-home nursing
- Friendly visits-check in calls
- Arrangement for transportation
- Light chores around the home
- In- home safety and nutrition assessments and support
- Exercise and Wellness classes
- Organizations and intergenerational projects
- Referrals to social and support services
- Trikes located in Warren, Alvarado and Oslo
- Nutritional Assistance Programs

Additional services available upon request. Call the office to visit with how we can help you or a loved one live independently at home longer!

All services are based on an income based sliding fee scale



## EXERCISE

Our program offers a variety of exercise programs for seniors!

Exercise is an important part of staying healthy and independent.

- \*Tai Chi
- \*SAIL (Staying Active & Independent for Life)
- \*Arthritis Land Exercise
- \*Matter of Balance
- \*Trikes

Check our website, Facebook page, or call for class times and schedules.

# RESPITE CARE

Companion/Respite Services are for helping individuals care for loved ones in their own homes.

Do you need someone to come into your home to stay with your loved one while you are out? We can help!

- Educate, Support, Assist, Chores
- Volunteer Caregiver Companions are trained and available
- Charges will apply for the service
- Classes for Caregivers "Taking Care of You!"

