

## JOIN US

### SENIOR SOCIAL

We meet weekly as a group to have a fun & relaxing time together. We meet online for games, conversation, & learn new things!

### HEALTH CLINICS

Join our monthly health clinics, learn about common health concerns with the South Asian community, sign up for testing, get a consult with one of our volunteer physicians.

### MENTAL HEALTH CONSULTS

We arrange consults for individuals & families dealing with emotional problems, mental health concerns, suicidal thoughts, anger, depression, stress, isolation, etc.

### VOLUNTEER/DONATE: SEWA-AIFW.ORG

Our events and direct services for seniors engage isolated seniors and help them lead a healthier, happier life.

### FOLLOW US: @SEWAAIFWMN



## WHO WE ARE

Formed in 2004 Sewa-Aifw is a nonprofit 501(c) 3 organization committed to serving, supporting, and enhancing family wellness for the South Asian community in the Twin Cities and throughout MN. We provide health care access; wellness information; access to family violence resources and support; and elder care services.

We are licensed to provide home & community-based services for seniors age 65+ in MN.

Our crisis line is ready to assist those experiencing violence, mental or physical health emergencies, and immigration & legal emergencies.



## CONTACT US

SEWA-AIFW

24/7 CRISIS LINE: 952-912-9100  
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N, Brooklyn Center, MN 55430  
763-205-9873: sewa-aifw.org  
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# SEWA-AIFW SENIORS SERVICES

Helping Seniors in the  
South Asian Community

## AGE FRIENDLY MINNESOTA

### SUPPORT CAREGIVERS & PROMOTE INDEPENDENCE

We provide companionship, personal support (such as help with errands), independent living skills training, and family support/respite care.

### RESPITE CARE

Respite is care provided to a senior with needs in order to give temporary relief to the family caregiver of that senior. This provides short-term relief to the caregiver from the intensive demands of providing ongoing care and helps improve the physical and mental health of the entire family.

### IMPROVE CHRONIC DISEASE MANAGEMENT

By arranging health clinics & fairs and providing respite care & services, we are continually finding avenues to improve the health of our seniors.

## WALK WITH EASE

Learn safe, relaxing and enjoyable ways to make walking part of your everyday life. You'll start walking and stay active. Develop and sustain a personal plan to make walking a daily part of your life..

## HOMEMAKER

- **light housekeeping tasks**
- **Assisting in meals preparation**
- **Shopping for groceries and personal items.**
- **Answering or making telephone calls**
- **Other electronic communication**
- **Doing light house work (including but not limited to laundry)**

## DID YOU KNOW?

Per Census, Asian Indian Seniors make up the poorest of the Asian & Pacific Islander (API) population in MN and have serious unmet needs including health care, housing, food, & transportation.

## DEMENTIA

- **Increase awareness**
- **Promote early identification**
- **cognitive testing**
- **Connect family, friends & neighbors care giving**

## TRANSPORTATION

We are able to provide transportation for seniors to necessary medical appointments or essential shopping.



## LEGAL/ IMMIGRATION

We help navigate legal procedures, immigration concerns, & the necessary paperwork.

## DONATE HERE

