

SUPPORT OUR INITIATIVES

VOLUNTEER/DONATE: SEWA-AIFW.ORG

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

JOIN US

SENIOR SOCIAL

We meet monthly as a group to have a fun & relaxing time together. We also arrange transport to and from various community events.

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.

FOLLOW US: [@SEWAAIFWMN](https://www.instagram.com/SEWAAIFWMN)



WHO WE ARE

Sewa-Aifw is a nonprofit 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.



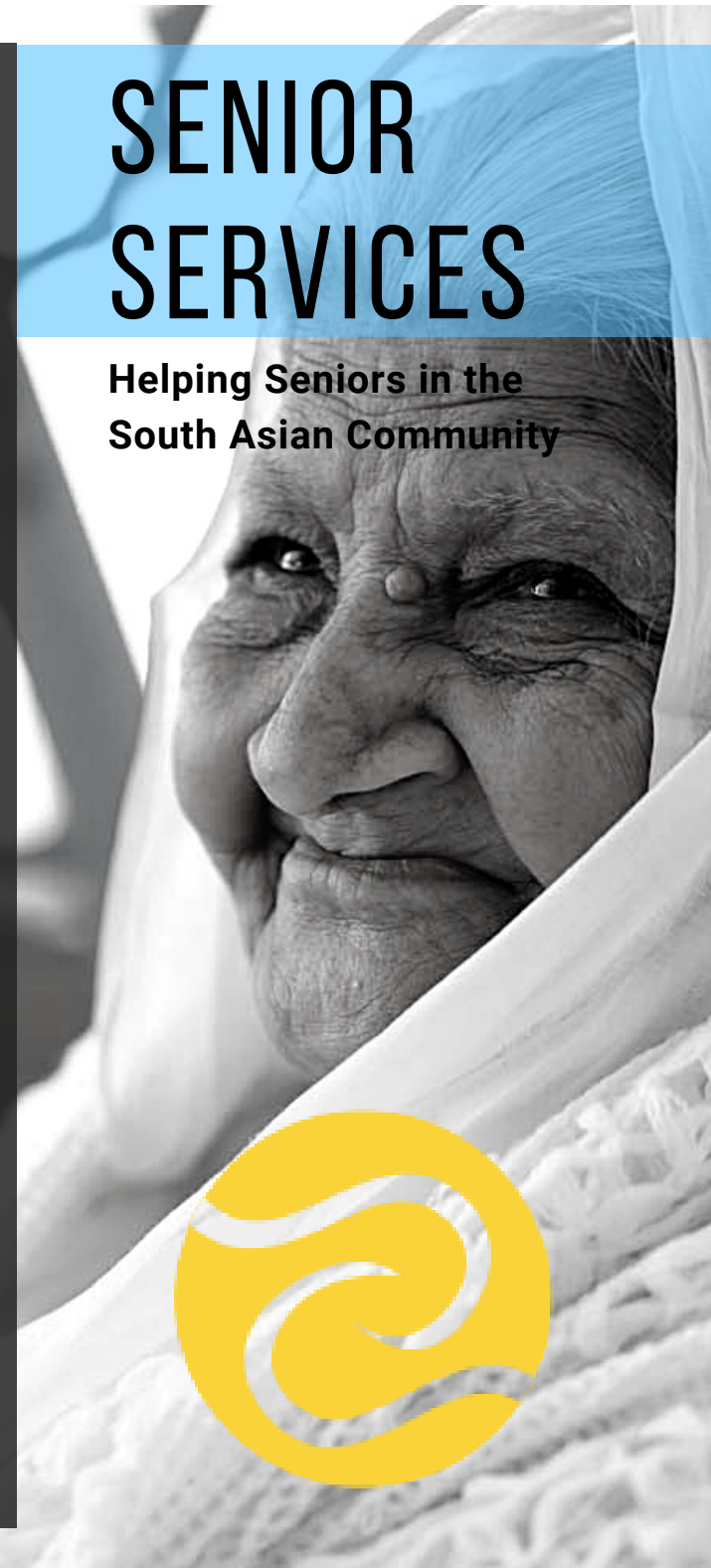
CONTACT US

SEWA-AIFW

24/7 CRISIS LINE: 952-912-9100
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Minneapolis MN 55406
763-234-8301 | sewa-aifw.org
info@sewa-aifw.org

SENIOR SERVICES

Helping Seniors in the South Asian Community



LIVE WELL AT HOME

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.



SNAP

SNAP is a government program helping families get more nutritious and balanced meals. SNAP can be used at various grocery stores and other locations.

SNAP recipients get an Electronic Benefit Transfer (EBT) card, which works like a debit card. Each month, your benefits will be transferred to your card.

SEWA-AIFW staff can prescreen for eligibility and help you complete the application. Make sure you have:

- Identity (driver's license, birth certificate, passport)
- Social Security Card/Immigration Status
- Residency in MN (mortgage statement, rental agreement, state ID)
- Proof of Income (Pay stubs, tax forms, unemployment statement)
- Housing Costs (rent/house payment)
- Medical Costs (prescriptions, medical bills)

email us: snap@sewa-aifw.org



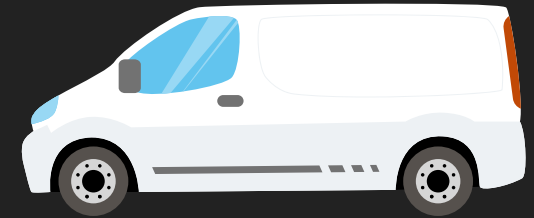
MEALS PROGRAM



We raise funding & collect donations to be able to provide culturally specific meals and/or groceries to seniors who have limited access.

TRANSPORTATION

We are able to provide transportation to seniors to and from community events.



LEGAL & IMMIGRATION

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