

Minneapolis SHIP Community Resource List

<p>Physical Activity</p>	<p>Minneapolis Community Education - 612-668-3939</p> <ul style="list-style-type: none"> - A variety of sports, swimming, classes for exercise and wellness, cooking, gardening, and family activities - To find current classes go to: http://www.mplscommunityed.com/ > Browse the Catalog > Health, Fitness & Sports - Classes are 5 to 11 week sessions for a fee (approx \$5-\$60/session) located at public schools and community sites - Discounts for 62 or older; enrollees of Social Security, Unemployment, or MFIP; MHP/UCare participants; youth <p>Minneapolis Community and Recreation Centers - 612 230-6400</p> <ul style="list-style-type: none"> - Offers some free and reduced cost classes, sports, and open facilities. - Must pre-register for most activities and show a picture ID to enter. - Register online or in person at any Recreation Center using cash, check or a credit card. - Find a recreation center: http://www.minneapolisarks.com/default.asp?PageID=90&advSearch=recCtrs - Find activities and programs: http://www.minneapolisarks.com/default.asp?PageID=15 <p>Minneapolis Park and Recreation Board - 612 230-6400</p> <ul style="list-style-type: none"> - Find a park with paths, fields, and amenities: http://www.minneapolisarks.org/default.asp?PageID=5&advSearch=parks - Find trails and pathway maps: http://www.minneapolisarks.org/default.asp?PageID=907 - Minneapolis Bike Maps and Where to Ride: http://www.ci.minneapolis.mn.us/bicycles/where-to-ride.asp <p>YMCA – Minneapolis – 612-230-9622, www.ymcatwincities.org</p> <ul style="list-style-type: none"> - Members have access to pools, open gym, weights, cardio machines, classes, etc. - Free 3 day pass for non-members to check out facilities, free fitness consultation for new members - Membership Rates (as of 8/6/10): Adults - \$60/mo, Dual - \$94/mo, Family - \$110/mo. Joining Fee: \$150 - Offers health plan discounts, personal pricing plans, and income-based sliding scale scholarship of 10-50% fee reduction <ul style="list-style-type: none"> - Fill out short application form: http://www.ymcatwincities.org/assets/pdfs/p3_application_form.pdf - Provide verification: Current state-issued photo ID with home zip code and most recent Federal Tax Return or a Statement of Government Benefit Payments - Minneapolis locations include: <ul style="list-style-type: none"> - YMCA Blaisdell, 612-827-5401, 3335 Blaisdell Ave Mpls, MN 55408 Building Hours: Monday - Friday 5:30am-10:00pm, Saturday - Sunday 7:00am-8:00pm - YMCA Downtown, 612-371-8740, 30 South 9th Street, Mpls, MN 55402 Building Hours: Monday - Friday 5:30am-9:30pm, Saturday:7:00am-7:00pm, Sunday:8:00am-7:00pm - YMCA North Community (youth program site only), 612-588-9484, 1711 W Broadway Ave Mpls, MN 55411 - YMCA Hiawatha, (program site only) 612-729-7397, 4100 28th Ave S Mpls, MN 55406 <p>YWCA – Minneapolis</p> <ul style="list-style-type: none"> - Members have access to pools, open gym, weights, cardio machines, classes, etc. - Offers health plan discounts and scholarships - Free Babysitting/Fit Kids Gym (Midtown and Uptown locations) - Minneapolis locations include: <ul style="list-style-type: none"> - YWCA Midtown (co-ed), 612-215-4333, 2121 E Lake St Mpls, MN 55407 - YWCA Downtown (co-ed), 612-332-0501, 1300 Nicollet Mall Mpls, MN 55403 - YWCA Uptown (co-ed), 612-874-7131, 2808 Hennepin Ave S Mpls, MN 55408
<p>Physical Activity: Family Programs</p>	<p>YMCA PHD (Physical, Healthy, and Driven) - 612-230-9622</p> <ul style="list-style-type: none"> - A Fun Health + Nutrition Program for Kids (ages 5-10) that shows kids and families how to become more physically active and motivated while increasing their overall health. - Each 7 week session is 2 days/wk, 1 hr each day. Kids engage in fitness screening, exercise and nutrition lessons. - Cost: \$50 for YMCA members, \$66 for non-members. Parents receive free YMCA guest passes during program. - PHD runs every 7 weeks throughout the school year at 19 YMCA locations: Register online > or call 612-230-9622. <p>YWCA Strong, Fit, Fast - 612-215-4367 (Native American Families) / 612-215-4373 (Latino Families)</p> <ul style="list-style-type: none"> - A 12-month health and fitness program for Latino and Native American youth and their families. - Focuses on reducing childhood obesity and type II diabetes rates in the Latino and Native American communities. - Youth meet 2x/wk for fun classes to develop fitness and nutrition habits that support healthy weight and wellness. - Parents receive a free pass to use the fitness facilities while youth are in classes - Call to register or for more info visit: http://www.ywcamppls.org/community-programs/girls-youth/strong-fast-fit.asp
<p>Healthy Foods: Access</p>	<p>Fare For All -1-800-582-4291</p> <ul style="list-style-type: none"> - Packages of fresh produce and frozen meat at 40% savings, packages from \$10-\$25 for pre-order or cash/carry - Pick up 1x/month, several Mpls locations: http://www.emergencyfoodshelf.org/ourfamilyofprograms/ffa/Index.aspx <p>Hennepin County Food Support Program - 612-596-1300</p> <ul style="list-style-type: none"> - Helps people with low income get access to nutritious food by using an electronic card to buy food at local stores - Residents must apply for Food Support in the county where they live, there are 4 appointment locations in Minneapolis - Applications are available by phone, in person, or online: http://www.hennepin.us/portal/site/HennepinUS/

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	<p>Hennepin County Woman, Infants and Children (WIC) Program – 612-348-6100</p> <ul style="list-style-type: none"> - Provides vouchers for nutritious food, breastfeeding support, nutrition education, and referrals to social services for eligible pregnant women, infants and children. Gross income must fall at or below 185% FPG to be eligible. - Applicant must call the Hennepin County Health Department for an appointment at one of four Mpls locations <p>Minneapolis Farmer’s Markets – 3-1-1 (in Minneapolis only)</p> <ul style="list-style-type: none"> - Markets sell fresh fruits, vegetables, flowers, and other goods at various outdoor locations. - Markets are often open limited days/times per week and most are open Spring through Fall. - List and map of Minneapolis mini markets (5 vendors or less) and farmer’s markets locations can be found at: http://www.ci.minneapolis.mn.us/sustainability/MplsFarmersMarkets.asp or call 3-1-1 (in Minneapolis only) - Electronic Benefits Transfer (EBT) is now available at the following locations to purchase a variety of food items, including fruits and vegetables. For a limited time, there is a free match of up to \$5 in coupons for EBT purchases. <ul style="list-style-type: none"> - Midtown Farmers Market, (612) 724-7457, 2225 East Lake Street Minneapolis, MN 55407, www.midtownfarmersmarket.org, Hours: Sat. 8 am-1 pm May-Oct, Tue. 3 pm-7 pm June-Oct - Minneapolis Farmers Market (Lyndale), (612) 333-1718, 312 East Lyndale Avenue North Minneapolis, MN 55405, www.mplsfarmersmarket.com, Hours: Mon.-Fri. 9am-12pm July-Nov, Sat.-Sun. 7am-1pm July-Nov - Northeast Farmers Market, 7th Avenue NE & University Avenue NE Minneapolis, MN 55413, www.nemplsfarmersmarket.com, Hours: Sat. 9 am-1 pm June-Oct <p>NorthPoint Health and Wellness Produce Distribution - 612-767-9164</p> <ul style="list-style-type: none"> - Free distribution of produce to the public, every other Friday, May – September, 9am-noon - NorthPoint Parking lot, 1315 Penn Ave. North, Minneapolis, MN 55411
<p>Healthy Foods: Classes</p>	<p>Cooking Matters – 612-625-8284</p> <ul style="list-style-type: none"> - Healthy cooking and nutrition program offered 1 night/week for 6 weeks at community or clinic locations - Free to low-income (180% FPL)adults and families, offered in English and Spanish - Call to set-up a class for your patients. Classes are not ongoing, must be organized by clinic or community agency. <p>Simply Good Eating – 612-596-2125</p> <ul style="list-style-type: none"> - Participants will learn how to apply basic nutrition principles to their food choices, plan healthy meals on a limited budget, stretch their food dollar, and cook with an emphasis on safe food practices. - Free to low-income (180% FPL)adults and families, offered in English and Spanish - Call to set-up a class for your patients. Classes are not ongoing, must be organized by clinic or community agency.
<p>Tobacco Cessation</p>	<p>MN Clinic Fax Referral Program</p> <ul style="list-style-type: none"> - A fax based or EMR based referral form completed by a clinic provider to refer patient to tobacco quitline services - Patient agrees to be called by a phone counselor to begin cessation process - To register your clinic go to: www.preventionminnesota.com and click on the <i>Call It Quits</i> icon on the home page. <p>QUITPLAN Helpline - 1-888-354-PLAN</p> <ul style="list-style-type: none"> - Professional phone counseling for All Minnesotans (may include Nicotine Replacement Therapy) - Callers are transferred to counseling service covered by their health plan, or to Clearway vendor if uninsured - Available to Spanish speakers and the hearing-impaired. Interpreter services are available for other languages. <p>QUITPLAN Centers - 1-888-354-PLAN</p> <ul style="list-style-type: none"> - Clinic based individual counseling and medication services (English only) - Some health plans do not cover all or a portion of services - Locations in Minneapolis include: <ul style="list-style-type: none"> - Park Nicollet Clinic – Minneapolis, 952-993-3636, 2001 Blaisdell Avenue South, Minneapolis, MN 55404 - Smiley’s Family Medicine Clinic, 612-333-0770, 2020 East 28th Street, Minneapolis, MN 55407 - Broadway Family Medicine Clinic, 612-802-8200, 1020 West Broadway, Minneapolis, MN 55411 <p>Freedom from Smoking (American Lung Association) - 800-586-4872 option 2</p> <ul style="list-style-type: none"> - 8 session behavior change approach online, at various locations, or train a trainer for classes at your clinic - Topics include health issues associated with tobacco use, coping skills needed to prevent relapse and group support to reinforce your decision to stop using tobacco. - Current series open to patients at Abbott Northwestern Hospital and Allina clinics, including Allina Medical Clinic, Aspen Medical Group and Quello Clinic locations. Also offered at United Hospitals, including Virginia Piper Cancer Institute, Mercy and Unity hospitals. <p>Nicotine Anonymous - 952-404-1488</p> <ul style="list-style-type: none"> - A free 12-step recovery program offered in a group setting; donations accepted. - Minneapolis area locations include: <ul style="list-style-type: none"> - Saturday 10:00am, Linden Hills Congregational Church, 612-927-4603, 4200 Upton Ave. S, Minneapolis, MN 55410, enter at the back door. - Or search for a meeting: https://www.nicotineanonymous.org/standard_search.php

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<p>Alcohol Dependency Support</p>	<p>Alcoholics Anonymous Greater Minneapolis – 952-922-0880</p> <ul style="list-style-type: none"> - 12 step program, support group meetings, free and open to anyone - To find a meeting time and location in MN call or go to: http://www.aaminneapolis.org/pages/meeting/LocationIndex.asp <p>Rule 25 Chemical Health Assessments</p> <ul style="list-style-type: none"> - African American Family Services – 612-871-7878, 2616 Nicollet Ave South Hours: Mon-Thurs, opens @ 8am, 9 rule 25 per day - Hennepin County Chemical Health Services – 612-879-3501, 1800 Chicago Ave South Hours: Tues-Thurs 7am, 25 rule 25 per day, also offers public assistance
<p>Weight Management</p>	<p>Overeaters Anonymous - (888) 540-1212</p> <ul style="list-style-type: none"> - A 12 step program to help individuals abstain from compulsive eating,. Support groups are free and open to everyone - For help finding a meeting in the Minneapolis leave a message at: (888) 540-1212 or search online: http://www.overeaters.org/localmeetings.html <p>Weight Watchers - 800-651-6000</p> <ul style="list-style-type: none"> - Support for losing and maintaining weight through tools for healthy food choices - Fees for program enrollment apply, meetings through employers are often free - Offered at various Minneapolis community locations, including some YMCA and YWCA locations - Find a support group meeting near you: http://www.weightwatchers.com/util/mtf/index.aspx
<p>Evidence Based Community Programs</p>	<p>Chronic Disease Self-Management Program - demonstrated increase in physical activity and healthy eating</p> <ul style="list-style-type: none"> - A program to help adults identify their health risks related to their chronic conditions, such as arthritis, diabetes and heart disease, and develop action plans to manage those risks - The curriculum is usually one 2 hour session/week for 6 weeks - Locations in or near Minneapolis: <ul style="list-style-type: none"> - Living in Balance - Native American Community Center, Franklin Ave Safety Center, 1201 East Franklin Ave. Tuesdays, 5:00pm – 7:00pm - Call to register, 612-872-8086 Ext. 116 - Pathways to Better Health – HealthEast System Offered at various locations, call or logon for time and location 651-326-5061, http://www.healtheast.org/wellness/pathways/classes.html - Normandale Center for Healing & Wholeness, 6100 Normandale Road, Edina, MN 55436 Date, time, and room varies - Call To Register - (952) 929-1697 http://healing.normluth.org/News/headlines/healing_wholeness_calendar.html <p>Diabetes Prevention Program (Lifestyle Balance programs)– modest (5-10%) weight loss by increased physical fitness, improved diet, increased self-monitoring and self-care</p> <ul style="list-style-type: none"> - I CAN Prevent Diabetes in MN (including Minneapolis) - http://icanpreventdiabetes.org/groups.html <ul style="list-style-type: none"> - 16 Week Class Curriculum helps prediabetics lose weight, eat healthier and increase physical activity - Times and location vary, for class schedule contact Rita Mays, rita.mays@state.mn.us - YMCA Diabetes Prevention Program (Y-DPP) – www.ydpp.org <ul style="list-style-type: none"> - Nutrition, physical activity and behavior modification for pre-diabetics facilitated by trained Lifestyle Coach. - Cost of class may be covered by some UnitedHealth Group or Medica Insurance providers. - Cost for a full year (16 weekly core sessions plus 8 monthly sessions maintenance): \$249 member/\$320 non-member. - For more information or to register contact Sheryl Grover at (612)465-0489 or Sheryl.Grover@ymcatwincities.org - Classes are held throughout the Greater Twin Cities: http://www.ymcatwincities.org/assets/pdfs/ydpp_schedule.pdf <p>The YWCA Coach Approach Program - 612-230-9622, www.ymcatwincities.org</p> <ul style="list-style-type: none"> - Literature supported exercise adherence and behavior change counseling program designed to help non exercisers - Free to YWCA members that meet screening guidelines (exercise less than 2 days per week for last six months) - Program starting Winter 2010 <p>Matter of Balance – demonstrated increase in physical activity, <u>geared toward older adults</u></p> <ul style="list-style-type: none"> - Reduce fear of falling, increase self-management skills in preventing falls including goal setting, problem solving and increasing balance, flexibility and lower body strength - Eight two-hour sessions for a small group led by a trained facilitator. - Program originally designed for seniors but some programs are open to anyone concerned about falls or simply interested in improving balance, flexibility and strength. - Classes in Minneapolis: <ul style="list-style-type: none"> - Normandale Center for Healing & Wholeness, 6100 Normandale Road, Edina, MN 55436 Call To Register - (952) 929-1697 - Date, time, and room varies http://healing.normluth.org/News/headlines/healing_wholeness_calendar.html - Volunteers Of America, Southwest Center, 3612 Bryant Avenue South, Minneapolis, Minnesota 55409 Call for registration and information 612-822-3194, (ages 55 and greater only)

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	<p>http://www.voamn.org/Services/SeniorServices/SouthwestCenter/tabid/3013/Default.aspx</p> <p>Enhance Fitness – increased physical activity</p> <ul style="list-style-type: none"> - Exercise <u>program for older adults</u> to improve functional ability including flexibility, joint range of motion, strength, balance, endurance - Minneapolis locations include: <ul style="list-style-type: none"> - Minneapolis Park and Recreation Board, call 612-668-3450 to register or search for classes using keyword “Enhance Fitness” at: http://www.thegrandrounds.com/default.asp?PageID=15 - Volunteers Of America, Southwest Center, 3612 Bryant Avenue South, Minneapolis, Minnesota 55409 Call for registration and information 612-822-3194, (ages 55 and greater only) http://www.voamn.org/Services/SeniorServices/SouthwestCenter/tabid/3013/Default.aspx - Other community sites in MN: http://www.projectenhance.org/locations_minnesota.html
<p>Disease Management Health & Wellness Coaching</p>	<p>Health Plan Resources</p> <ul style="list-style-type: none"> - Most health plans have phone based disease management or health coaching available to some members - Insured patients can call the customer service number on the back of their health insurance card to inquire about health and wellness services available to them <ul style="list-style-type: none"> - Medica – 1-866-905-7430, available to most members (some self-insured employer groups may not have this benefit) - HealthPartners – 952-883-5469, eligible members may have access to disease management programs and phone-based health coaching (employer purchased programs only) - Preferred One – 763-847-4477 (or, 1-800-997-1750), eligible members may have access to disease management programs. - Blue Cross/Blue Shield – health coaching varies by member plan - DHS – (651) 431-2478, Medicaid (651) 431-2670; MinnesotaCare (651) 297-3862; GAMC (651) 431-2317. - MHP – (651) 431-2478 - UCare – 612-676-3600 (for Medicare beneficiaries) or 612-676-3200 (for state program beneficiaries), members may contact Amy Bender at 612-676-3351 for health promotion programs.
<p>Databases and Directories of Resources</p>	<p>United Way 2-1-1</p> <ul style="list-style-type: none"> - Call 2-1-1 for 24/7 (Multilingual lines available) information on food shelves, food service, food distribution programs, inpatient and outpatient services for tobacco and alcohol cessation, fitness and community centers. <p>Minnesota Help. Info</p> <ul style="list-style-type: none"> - Directory of services especially rich in resources for seniors, people with disabilities, veterans, parents and families, and low income people - Includes information on programs for food assistance and meals, alcohol dependency, tobacco cessation, physical activity and weight related support groups. - Can be accessed online at http://minnesotahelp.info or by phone 1-800-333-2433 <p>Minneapolis 3-1-1</p> <ul style="list-style-type: none"> - Three digit phone number for information on Minneapolis services and phone numbers from 7 a.m. to 7 p.m. or search for services online: http://www.ci.minneapolis.mn.us/311/ <p>www.Walkscore.com</p> <ul style="list-style-type: none"> - Type in an address to search for a variety of resources that are within walking distance from the address - Includes restaurants, groceries, parks, and more. “Customize” the map to search for additional resources such as “fitness” - Can’t find what you are looking for? Add resources by clicking on “Something missing?”
<p>Online Resources</p>	<p>FitnessConnect – 1-800-999-4332</p> <ul style="list-style-type: none"> - Web-based directory of certified personal trainers, group fitness instructors, fitness directors: http://www.ideafit.com/fitnessconnect
<p>Other – Can’t find what you’re looking for?</p>	<p>Fitness Centers</p> <ul style="list-style-type: none"> - Locate private health clubs, community fitness, churches, etc. near your clinic <p>Open access facilities</p> <ul style="list-style-type: none"> - Locate malls, skyways and other public venues for exercise near your clinic <p>Clinical Group visits</p> <ul style="list-style-type: none"> - Develop provider-led group visits on chronic disease prevention and management. For guidance go to: http://www.aafp.org/online/etc/medialib/aafp_org/documents/clinical/pub_health/aim/groupvisits.Par.0001.File.tmp/GroupVisitAIM.pdf <p>Group support</p> <ul style="list-style-type: none"> - Develop clinic-based classes on nutrition, physical activity, weight management led by volunteers or health professional interns. <p>Individual in-person counseling</p> <ul style="list-style-type: none"> - Expand volunteer or contracts for Dietetic services at your clinic