



PROGRAMS IN KOOCHICHING COUNTY

AEOA does not operate Head Start or Housing programming in Koochiching County.

EMPLOYMENT AND TRAINING

Adult Education – (218) 780-1982

CareerForce - (218) 285-7529

Diversionary Work Program (DWP) - (218) 240-9075

Free at Last - (218) 283-6271

LIFE for Homeless Youth - (218) 283-6271

Minnesota Dislocated Worker Program (DW) - (218) 240-9075

Minnesota Family Investment Program (MFIP) - (218) 240-9075

Minnesota Family Resiliency Program (MFRP) - (218) 240-9075

Senior Community Service Employment (SCSEP) - (218) 240-9075 or (218) 735-6849

Supplemental Nutrition Assistance Program (SNAP) - (218) 240-9075

Supplemental Nutrition Assistance Program (SNAP Outreach) - (218) 780-1982

SENIOR AND NUTRITION SERVICES

Nutrition: Senior Dining & Meals on Wheels - (218) 735-6899

Prepared Frozen Meals - (218) 735-6899

Supplemental Nutrition Assistance Program (SNAP Outreach) - (218) 259-4524 or (218) 748-7325

TRANSIT

Dial-a-Ride - (800) 862-0175

Medical Transportation Services - (218) 735-6812 or (218) 735-6854

Scheduled Services - Visit www.arrowheadtransit.com or call (800) 862-0175

PROGRAM DESCRIPTIONS

EMPLOYMENT AND TRAINING

Adult Education

The Adult Education program provides a full spectrum of learning options for community members who are age 17 years or older and are not enrolled in or required to be enrolled in any school in the K-12 system. In addition, the individual must lack a secondary high school credential and/or function below the 12th grade level in any of the basic academic areas including reading, math, and ability to read, write and understand English. Adult Education services include: basic skill and computer training, GED preparation, English language learning (ELL), college and career preparation, and industry-specific training (i.e., carpentry pre-apprenticeship, ServSafe food manager certification, para-professional certification). Services are available in person and online.

CareerForce

As a partner with CareerForce, AEOA provides under-employed and unemployed individuals with information on coping with unemployment, seeking and applying for employment, maintaining employment, as well as providing information on training opportunities and other forms of employment and training assistance. Job Clubs offer an opportunity for job seekers to network with other job seekers and to share experiences in their search for employment.

Diversionsary Work Program (DWP)

The Diversionsary Work Program (DWP) is a four-month program that helps low-income Minnesota families find a job. The program is aimed at helping participants obtain employment quickly and preventing them from needing additional public assistance services. Most families are enrolled in this program when they first apply for County assistance and can only be referred to AEOA by a County Financial Worker.

Free at Last

The Free at Last program is for at-risk youth who have been in County approved out of home placement. Free at Last is for youth aged 16 up to age 24. This program focuses on teaching independent living skills through experiential education, teamwork, and individual counseling. Participants attend weekly group meetings, take part in community service projects, and attend outdoor challenge activities. Youth that are homeless are also assisted.

LIFE for Homeless Youth

The LIFE program is a transitional housing program for homeless youth between the age of 18 and 24. Eligible youth are offered a menu of services to build a plan that will help stabilize their housing situations. Some of these services may include rental assistance, security deposits, utility assistance, moving expenses, and case management.

Minnesota Dislocated Worker Program (DW)

The Minnesota Dislocated Worker (DW) Program helps workers who lost their job through no fault of their own find a new career. An individual typically must qualify for Unemployment Insurance (UI) benefits to be eligible. DW staff work with the unemployed worker to re-enter the workforce in a stable job within a high-demand occupation providing career counseling and planning. Resources available through the DW program can include financial assistance for approved training, housing assistance, transportation assistance, relocation assistance, childcare, and other career-related needs. There may also be an opportunity for paid on-the-job training.

Minnesota Family Investment Program (MFIP)

The Minnesota Family Investment Program (MFIP) is the state's public assistance program for low-income families with children. The program focuses on the overall family's well-being and provides resources to move to employment quickly, whether this be through up-skilling or through help with interview and job search skills. Referral to this program can only be provided to AEOA by a County Financial Worker.

Minnesota Family Resiliency Program (MFRP)

The Minnesota Family Resiliency Program (MFRP) is a program provided to individuals who have lost their primary source of income for reasons such as loss of a relationship through separation, divorce, death, or disability. If you lose public assistance benefits you may also qualify for the program. You must have provided unpaid household services for at least two years, have lost your primary source of income, and now find that you must support yourself or your family. Employment Counselors help individuals seek employment, assist in budgeting, teach stress management skills, and provide guidance and support, among other things. There are limited financial resources to assist clients with training costs, transportation, childcare, and housing assistance. Eligible MFRP participants may also be eligible to receive services from the Dislocated Worker program which could include additional assistance with training, transportation, childcare, and housing assistance.

Senior Community Service Employment Program (SCSEP)

The Senior Community Service Employment Program (SCSEP) is designed to promote part-time, temporary employment through which program participants are engaged in community service and receive work experience and job skills that can lead to unsubsidized employment. It is AEOA's goal to enhance employment opportunities for older individuals and to promote older workers as a solution for businesses seeking a trained, qualified, and reliable workforce. This program serves individuals aged 55 and over and has income eligibility guidelines.

Supplemental Nutrition Assistance Program (SNAP)

The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, is a program provided to adults with or without children who are seeking employment. AEOA Employment Counselors help SNAP clients in gaining the appropriate skills and abilities to obtain employment to gain self-sufficiency.

Supplemental Nutrition Assistance Program (SNAP Outreach)

The Adult Education program provides screening to community members to help them determine if they are eligible for SNAP services. That goal is to help people make an informed decision about what hunger resources are available to them to ensure an overall successful transition from poverty to self-sufficiency.

SENIOR AND NUTRITION SERVICES

Nutrition: Senior Dining & Meals on Wheels

AEOA's Nutrition services provide a full spectrum of services for seniors to live healthy and independently. In addition to nutritious meals, the service includes nutrition screening, assessment, and education. A Registered Dietitian completes a nutritional analysis and approves the cycle menus. Meals comply with the most recent Dietary Guidelines for Americans and provide a minimum of one-third of the dietary reference intakes established by the Food and Nutrition Board. The program specifically targets older adults 60 years of age or older with the greatest economic or social need, with attention to disabled, low-income, and minority individuals, as well as older adults in rural communities, older adults with limited English proficiency, and older adults at risk of institutional care.

- a. **Meals on Wheels** - Also known as Home Delivered Meals, this is a service for dining patrons 60 years of age or older who have been assessed and are deemed "homebound." Once prepared,

the meals are packed for home delivery by volunteers. Service is available at a discounted rate. For many home-delivered meal recipients, the volunteer delivering the meal may be the recipient's only human contact of the day.

- b. **Senior Dining** - Dining services are offered at numerous locations such as senior housing, community or senior centers, and some restaurants for individuals 60 years of age or older. Dining patrons enjoy the company of peers, great conversation, and meals that provide over 40% of the daily intake of most key ingredients. Dining is open to all individuals 60 years of age or older with the opportunity for a reduced rate.

Prepared Frozen Meals

AEOA delivers frozen meals to four homeless shelters and 12 food shelves across nine counties who provide food and support services to adults aged 18-60 and their dependents. Meals are prepared in AEOA commercial kitchens by ServSafe certified kitchen staff, assembled, packaged, then frozen. Program delivery staff deliver meals to sites using two refrigerated transit vans. This program ensures individuals experiencing food insecurity have access to nutritious meals, regardless of their circumstances.

Supplemental Nutrition Assistance Program (SNAP Outreach)

AEOA's Senior Services staff and the Adult Basic Education program provide screening to community members to help them determine if they are eligible for SNAP services. The goal is to help people make an informed decision about what hunger resources are available to them to ensure an overall successful transition from poverty to self-sufficiency.

TRANSIT

Dial-a-Ride

Arrowhead Transit's Dial-a-Ride is an on-demand system that provides transportation to individuals in our service areas. Passengers only need to call our dispatch at 800-862-0175 and select the number for their county or city. All transit buses are ADA accessible, and drivers are trained to assist passengers on and off the buses.

Medical Transportation Services

Medical Transportation Services assists individuals on Medical Assistance to get to and from medical appointments. Arrowhead Transit has contracts with four major insurance companies and with various counties in the area. The Volunteer Program encourages the individual to contact their insurance provider to see if they qualify for the program. The Volunteer Driver Program operates in ten counties including Aitkin, Carlton, Chisago, Cook, Isanti, Itasca, Koochiching, Lake, Pine, and St. Louis, and can perform medical rides in other counties in Greater Minnesota as requested by the insurance companies.

Scheduled Services

Arrowhead Transit has scheduled stops and the Dial-A-Ride service in many areas.