



PROGRAMS IN CARLTON COUNTY

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

EMPLOYMENT AND TRAINING

Adult Education – (218) 879-5588

CareerForce - (218) 293-4400

Minnesota Dislocated Worker program (DW) - (218) 410-9089

Minnesota Family Investment Program (MFIP) Employment Services - (218) 410-9089

Minnesota Family Resiliency Program (MFRP) - (218) 410-9089

Supplemental Nutrition Assistance Program Employment and Training - (218) 410-9089

Supplemental Nutrition Assistance Program Application Assistance - (218) 879-5588

SENIOR AND NUTRITION SERVICES

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

Supplemental Nutrition Assistance Program Outreach and Application Assistance – (218) 404-6050

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

AEOA's 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., entrepreneur training, 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.

Minnesota Dislocated Worker Program (DW)

The Minnesota Dislocated Worker (DW) Program offers employment and training services for eligible workers. AEOA's experienced staff provide personalized career counseling, career planning, job search assistance, and workforce development services tailored to each participant's goals. Resources available through the program may include financial assistance for approved training, housing, transportation, relocation, childcare, and other career-related needs. Opportunities for paid on-the-job training may also be available. The program serves a variety of eligible individuals, including workers affected by layoffs or business closures, self-employed individuals who are now unemployed, displaced homemakers, veterans and military spouses, individuals with certain injuries or illnesses affecting employment, long-term unemployed individuals, low-income or recipient of public assistance, adult who is basic skills deficient, and other qualifying adults seeking to enter or re-enter the workforce.

Minnesota Family Investment Program (MFIP) Employment Services

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. Individuals who have provided unpaid household services for an extended period, experienced the loss of their primary source of income due to loss of public assistance, disability (self or partner) divorce, desertion, separation, death or loss of income to military deployment and now need to support themselves or their family may be eligible. Employment Counselors help participants assess their circumstances, identify their employment goals and develop an individualized path toward self-sufficiency. 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.

Supplemental Nutrition Assistance Program Employment and Training

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 Application Assistance

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: Meals on Wheels and Senior Dining

AEOA's Nutrition services help older adults remain healthy, independent, and connected to their communities. Services include nutritious meals, nutrition screening, assessment, and education. A Registered Dietitian reviews and approves menus and completes nutritional analysis. 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 prioritizes serving adults age 60 or older with the greatest economic or social need, including individuals with disabilities, low incomes, limited English proficiency, and those living in rural areas or at risk of institutional care.

- a. **Meals on Wheels** - Also known as Home Delivered Meals, provides nutritious meals to adults age 60 and older who have been assessed and determined to be homebound. Meals are prepared in AEOA kitchens or by contracted meal providers and delivered to participants' homes by volunteers. In addition to supporting nutrition, meal delivery provides an important opportunity for regular social interaction and wellness checks. Service is available on a suggested contribution basis, and no eligible participant will be denied service due to inability to contribute.
- b. **Senior Dining** - Senior Dining provides nutritious meals and opportunities for social engagement at community dining locations, including senior centers, community centers, and participating restaurants. The program is open to individuals age 60 and older. Participants enjoy healthy meals, companionship, and access to nutrition education. Meals are offered on a suggested contribution basis, and no eligible participant will be denied service due to an inability to contribute. Advance sign-up is required prior to participation.

Supplemental Nutrition Assistance Program Outreach and Application Assistance

AEOA's Food Access Coordinator provides screening and outreach services to help community members determine their eligibility for SNAP. The can Food Access Coordinator assists individuals with completing and submitting applications, navigating the enrollment process, and connecting with available food support programs. Outreach and educational presentations are also offered throughout the community to increase awareness of nutrition assistance programs and help individuals and families access the resources available to them. The goal is to ensure community members have the information and support needed to improve food security and overall well-being.

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 provides a Dial-A-Ride Service in many areas.