

LSS Senior Companion  
**Anne and Anita**



Her neighbors might think she does too much house and yard work on her own, but 100-year-old Anne believes that good health and support from her St. Paul community has made it possible to keep the independent life she loves.

For the little support she does need, Anne has come to rely on the weekly visits from Anita, her Senior Companion from Lutheran Social Service of Minnesota. Anita, who loves to meet the needs of others, helps Anne with rides to the grocery store and doctor appointments. Most importantly, Anita is a friendly, familiar face for Anne to visit with each week.

Many of Anne's friends have passed away or moved into nursing homes, leaving her feeling more isolated. "Oh, I just love Anita and everything she does," she said. "I don't know what I would do without her."

**Statewide, 320 Senior Companion volunteers are helping Minnesotans remain in their homes for as long as they would like. Consider becoming a volunteer!**

**Mission:** Lutheran Social Service of Minnesota expresses the love of Christ for all people through service that inspires hope, changes lives, and builds community.

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# Our Services

Serving 1 in every 65 Minnesotans.

As Christians, we are called to love our neighbors. With the proper tools and opportunity, Minnesotans can create healthy and productive lives.

## Services for Children, Youth and Families

*Adoption • Behavioral Health • Camp Knutson • Camp Noah • Center for Changing Lives • Crisis Nurseries • Crisis Shelters for Youth • Disaster Services • Eastside Financial Center • Employee Assistance • Employment Services • Energy Assistance • Families in Safe Hands • Financial Counseling • Foreclosure Prevention • Foster Care • Foster Grandparents • Guardianship/Conservatorship • Homeless Youth Services • Housing Services • Independent Living Skills for Youth • Kinship Caregivers • Knutson Point Retreat Center • Parenting Education • Portland House • Pregnancy Counseling • Refugee Resettlement • Safe Place • School-Based Youth Services • Teen Wellness Center • Support Groups • Veterans Support • Youth Diagnostic Center • Youth Resiliency.*

## Services for Older Adults

*Caregiver Counseling/Coaching and Training • Caregiver Respite • Conservatorship • Guardianship • Neighbor to Neighbor Companions • Personal Representative of the Estate • Pooled Trust • Power of Attorney • Senior Companions • Senior Nutrition and Home-Delivered Meals.*

## Services for Persons with Disabilities

*Person-Centered Support • Camp Knutson • In-Home Support • Host Homes • Consumer Directed Community Supports • Pooled Trust • Respite Care • Supervised Community Homes • Transitions – homes for people with brain injuries.*

**Give. Serve. Advocate.**

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Saint Paul, MN 55108  
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