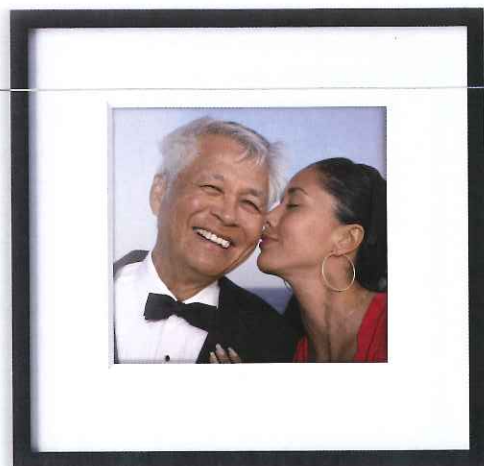


**WE ASK THE EXPERTS**  
**THIS ISSUE: AGING**



# THE FUTURE OF AGING



**AS DEMOGRAPHICS SHIFT, NONPROFITS OFFER VITAL SUPPORT TO MINNESOTA'S GRAYING POPULATION – AND YOU CAN TOO.** By Susan Perry

**A**MERICAN DEMOGRAPHICS ARE UNDERGOING A SEISMIC SHIFT, INCLUDING IN MINNESOTA. Both the country's and the state's populations are rapidly aging. In 2030, some 1.3 million Minnesotans will be aged 65 or older, more than double the number in that age group in 2000. Indeed, people aged 85 and older are the fastest growing demographic in Minnesota – not surprising, perhaps, given that the state has one of the highest life expectancies in the country (81.1 years).

Such a dramatic graying of Minnesota's population presents significant challenges. Communities must find more effective, efficient – and caring – ways of supporting the needs of older people so they can live healthy, independent lives. Those needs include easy and affordable access to a wide range of services, including transportation, nutritious meals, age-appropriate exercise programs, counseling and long-term care.



PHOTO BY BREFRESH PRODUCTIONS

Minnesota has many nonprofits dedicated to addressing those needs. Recently, Minnesota Philanthropy Partners teamed with philanthropic-research company Philanthropedia to ask local experts which nonprofits are effectively supporting this growing population. Whether you're looking to give time or money, here are some nonprofits to consider.

**If You Want to Support ... People with Alzheimer's Consider: ACT on Alzheimer's**

A statewide collaborative that grew out of the 2009 legislative session, ACT on Alzheimer's includes more than 60 nonprofit, government and private organizations. Its goal is to prepare Minnesota for the personal, social and budgetary impacts of Alzheimer's and related dementias, which currently affect more than 88,000 Minnesotans aged 65 or older. "One of our biggest accomplishments has been fostering the creation of dementia-friendly communities throughout the state," says Executive Lead Olivia Mastry. At the start of this year, some 33 Minnesota communities were working toward becoming more supportive for people with dementia and their families.

**New & Noteworthy:** This year, ACT on Alzheimer's is working with a multicultural group to revise its online screening, diagnosis and treatment protocols for health care providers to increase cultural competency — and thus be more effective in helping people of different cultures.

**How You Can Help:** Contact ACT on Alzheimer's to learn how you can help your community become dementia-friendly. It offers great resources online, including a readiness survey and ACT toolkit ([actonalz.org/toolkit](http://actonalz.org/toolkit)).

**If You Want to Support ... Homebound Seniors Consider: Store to Door**

Store to Door delivers groceries and prescriptions to aging adults who are physically unable to shop on their own, thus helping them live independently for longer. Volunteers call clients every two weeks to take orders and shop at Cub Foods, then Store to Door staff deliver groceries and help unpack items and open difficult packaging. Fees are based on the client's income level. During the 2014 fiscal year, Store to Door made 22,445 deliveries to 1,779 clients in the seven-county metro area. An additional 1,226 food deliveries were made to 183 low-income senior households through partnerships with local food-shelf programs.

**New & Noteworthy:** In 2014, Store to Door expanded its free food-shelf home-delivery program to include three new food-shelf partners, allowing it to reach more low-income households each month.

**How You Can Help:** Volunteer to take orders or shop. "Order takers are matched with a few regular, long-term clients and can work flexible times from wherever they have access to a phone and Internet," says Development Director Tim Puffer.



## 12 HIGH-IMPACT NONPROFITS

The Minnesota nonprofits that were most frequently cited by experts in the Philanthropedia survey as having high impact in the field of aging:

1. **Amherst H. Wilder Foundation**, [wilder.org](http://wilder.org)\*
2. **Alzheimer's Association Minnesota-North Dakota**, [alz.org/mnnd](http://alz.org/mnnd)
3. **Lutheran Social Service of Minnesota**, [lssmn.org](http://lssmn.org)\*
4. **Volunteers of America**, [voa.org](http://voa.org)\*
5. **ACT on Alzheimer's**, [actonalz.org](http://actonalz.org)
6. **Episcopal Homes**, [ehomesmn.org](http://ehomesmn.org)
7. **Jewish Family and Children's Service of Minneapolis**, [jfcsmpls.org](http://jfcsmpls.org)\*
8. **Senior Community Services**, [seniorcommunity.org](http://seniorcommunity.org)\*
9. **FamilyMeans**, [familymeans.org](http://familymeans.org)\*
10. **AARP Minnesota**, [aarp.org/states/mn](http://aarp.org/states/mn)
- 11 (tie). **Little Brothers - Friends of the Elderly**, [littlebrothersmn.org](http://littlebrothersmn.org)\*
- 11 (tie). **Store to Door**, [storeto-door.org](http://storeto-door.org)\*

\*This nonprofit has been reviewed by the Charities Review Council and meets the organization's Accountability Standards. To learn more about any of these nonprofits, visit GuideStar or Charity Navigator.

**The Philanthropedia Survey**  
 Philanthropedia is a California-based philanthropic-research company owned by GuideStar. For this project, Philanthropedia surveyed 49 local experts from 42 organizations, asking them to recommend aging-related nonprofits that have had high impact in Minnesota over the past few years. See more data at [myphilanthropedia.org](http://myphilanthropedia.org).