



## **Heritage Park Health and Wellness Center**

### **Title**

Aging and Public Health

Building Design, cross Sector Partnership, Colocation or services and Social Engagement

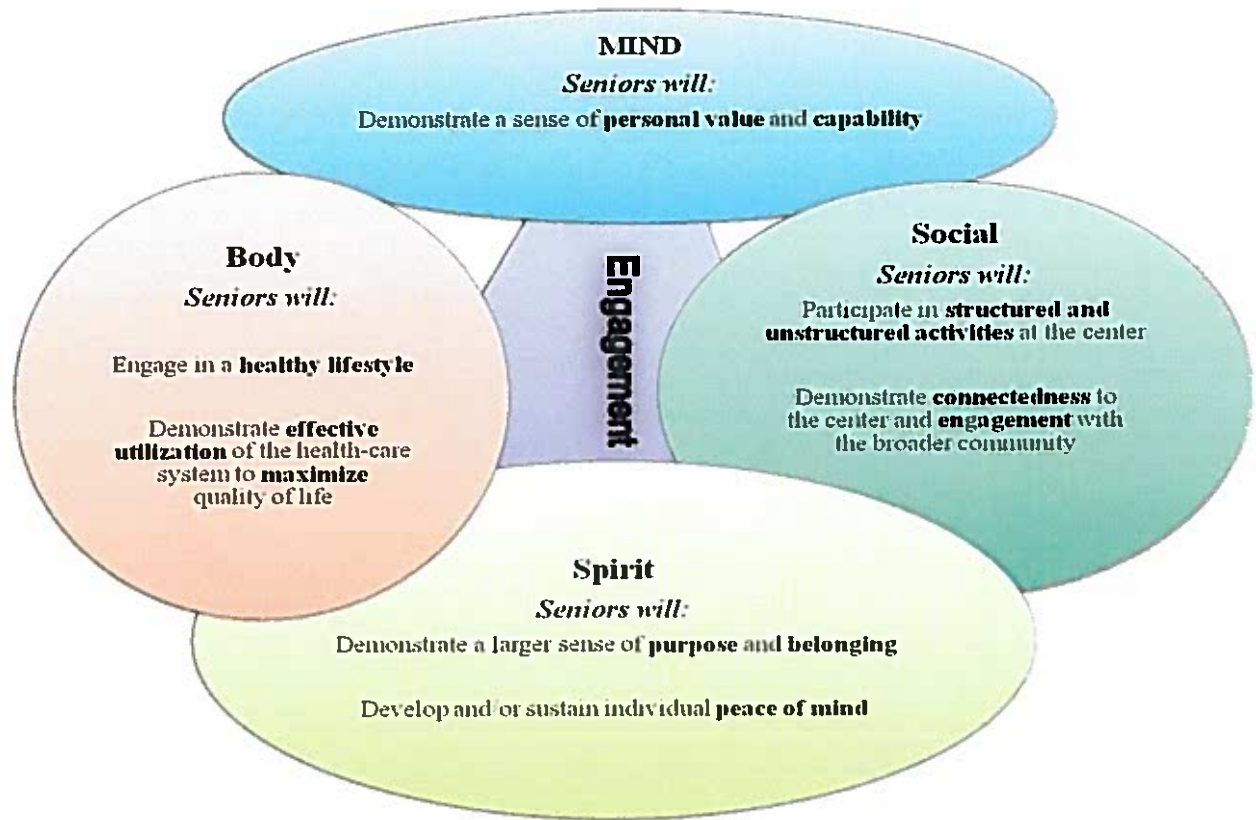
Adults - Innovation and Collaboration for Healthy Living

### **Overview**

This two story, 5,000 sq. ft., facility connected by way of an enclosed link to a memory care facility, built by Minneapolis Public Housing Authority, is the first in the nation public housing senior service center dedicated to aging adults. Located in North Minneapolis, this facility includes an adult day program, ¼ mile indoor walking path, porch over-looking a pond, fireplace, community space with a fireplace, community garden, etc. Individuals who frequent the facility are primarily low income, African American older adults who are MPHA and/or North Minneapolis residents.

The effort, a partnership between Minneapolis Public Housing Authority, Augustana Care Corporation, MPHA residents, YMCA, Minneapolis High-rise Council, NorthPoint Health and Wellness and the Courage Kinney Center includes a physical design that address the physical, social and medical needs of its residents, while promoting collaboration about its providers.

## Goals and Activities



The Center is a fully accessible senior health and wellness center providing medical services, wellness and exercise programs, recreation, and adult day health services. The Center also offers civic engagement training to low-income MPHA residents.

## Populations Served

The Senior Center serves the over 400 elderly public housing residents who live in North Minneapolis as well as other low-income seniors and adults 50 and older in the community.

## Major Partners & Funders

Minneapolis Public Housing Authority, YMCA of Heritage Park, Heritage Seniors Clinic (operated by Neighborhood HealthSource), Augustana Community Partners, Courage Kenny/Allina Health, and the Minneapolis High-rise Representative Council.

## Major Outcomes

Improved health and wellness opportunities for low-income seniors living in Minneapolis's North Side neighborhood by offering senior services co-located with affordable housing.

Program participants report that they can now access services better than they could before.

Increased participation in political and civic activities by hundreds of MPHA residents.

Increased opportunities for neighborhood seniors to volunteer.

Increased retention of employees (NorthPoint, YMCA, Augustana Community Partners, etc.).

Increase job satisfaction.

## **Ingredients for Success**

Developed vision and core values as the foundation of services and expected outcomes.

All work is based on engagement and relationships.

Incorporated resident feedback from the start of the project through development, design, and programming based on focus groups.

Meet regularly with partner organizations to ensure active and ongoing collaboration of services and programs.

Partnership among providers, weekly and monthly meetings designed to identify ways to collectively serve and mitigate issues related to both the partnership and clients needs.

## **Advice for Others**

“Identify areas of collaboration and partnership for the overall success of services as well as opportunities to enhance the services and programs.” Evelyn LaRue – Heritage Park Health and Wellness Campus Director