



Edina Resource Center Newsletter

October 2017

Greetings!

Check out this month's focus on Mental Health with upcoming workshops offered in Edina. Read on to learn about a new transportation fare option for low-income residents and new features with MNsure. And don't forget to set your clocks back when Daylights Savings Ends on Sunday, November 5, 2017.

If you are seeking a specific resource or have a resource you would like to share, please let me know.

Have a great day!

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Resources & Opportunities

New! Transit Assistance Program- \$1.00 fares for buses and trains

The Transit Assistance Program (TAP) is designed to help make public transit more affordable for low-income residents by offering \$1.00 fares for buses and trains. Discount does not apply to Metro Mobility Buses or TransitLink.

To sign up, you must:

- Present one of the following accepted certificates: EBT Card, Free/Reduce Lunch Approved Letter, WIC ID Folder, Metro HRA Family Summary
- Show a photo ID card or utility statement with your name and address on it.
- [Add money](#) to your TAP card.
- Once the TAP card is used, you will have access to the \$1.00 fare for a full year.

To enroll, go to:



- Metro Transit Service Centers
- Southwest Transit Station
- or [Mail order](#)

MetroTransit.org/TAP

MNsure Open Enrollment begins on November 1st

Open enrollment for MNsure begins on November 1st. MNsure's [online comparison tool](#) will help you research and compare health plans before open enrollment even begins. This tool identifies premiums, deductibles, any tax credits you are eligible for, and even provides an estimate for out-of-pocket costs based on your health profile. On October 31 look for the a drug formulary look-up to see which plans cover your prescription medications.



Navitagors are available to assist you throught the research and sign-up process. To find one near you, click [here](#).

MNsure.org 651-531-2099

FARE FOR ALL

Fare For All provides fresh, quality food items at a lower cost than a typical grocery store. **Anyone can participate.** Options include:



FARE FOR ALL
Food that Makes Cents

Produce Pack \$10 - Typically contains 3-4 varieties of fresh vegetables and 3-4 varieties of fresh fruits.

Mini Meat Pack \$11 - Includes a variety of 4-5 frozen meat items, such as: turkey, beef, chicken or fish. This pack is pork-free.

Combo Pack \$20 - save \$1 when you buy both!

Holiday Pack \$30 - Available in November and December, holiday packs contain most of the fixings for a holiday meal, including a turkey in November and a ham in December.

To learn more and search the upcoming schedule, click [here](#).

SHOE AWAY HUNGER SHOE SALE

Good In the Hood's- Shoe Bus will be selling gentle used children (\$2.00) & adult shoes (\$5.00) at the next FARE FOR ALL Pick in Eden Prairie. You can also donate shoes at this event.

Grace Church in Eden Prairie
9301 Eden Prairie Road
November 7, 2017
3:30pm-5:30pm

For other dates and locations click [here](#).

What should go on top of Highway 100?

Come learn about the possibility of putting a green lid over portions of MN Highway 100 in Edina, creating open space in the Grandview Area. During the open houses, residents will be asked to give their ideas on what should go in that newly created 2-3 acre park space. A formal 20minute

presentation will be at 6:00pm and 7:30pm.

Edina City Hall
November 9 & 13
5:30pm - 8:30pm

For more information click [here](#).

This Month's Focus: Mental Health



Did you know.....

- 1 in 5 adults experience a mental illness
 - 1 in 25 adults have a chronic mental illness
 - 1 in 5 children ages 13-18 have, or will have a serious mental illness
 - Half of all chronic mental illness begins by age 14
 - The average delay between onset of symptoms and intervention is 8-10 years
- Nearly 50% of 8-15 year olds did not receive treatment in the last year

source: NAMI

[Mental Health is Real, Common and Treatable](#)

Resources to help are in reach.....

[NAMI \(National Alliance on Mental Illness\) MN](#)

offers education, workshops, support and advocacy for children and adults with mental illness and their families

[Crisis Connection](#)

is a free 24 hour crisis line 1-866-379-6363 or 612-379-6363 if you or someone you know is in need of help.

[PrairieCare](#) offers a free Needs Assessment. Call 952-826-8475 for an appointment

Edina Public Schools partners with [FRASER](#) and [Family Innovations](#) to provide enhance school-based (on-site) mental health services and student supports across the district. Talk to your student's school psychologist or social worker to learn more about this option.

Check with your employer and health insurance to find out if they offer an Employee Assistance Program (EAP) with low or no-cost, confidential help.

For additional Mental Health providers, contact the [Edina Resource Center](#).

Minnesota School Mental Health Conference

"Everyday Tools to Build Resiliency"

- Understand how culture and trauma affect students' ability to learn
- Learn about mental health and school evidence-based practices (EBP) that can provide integrated supports to students to help them succeed
- Develop understanding of the school and mental health service providers' roles and responsibilities in a multi-tiered support system
- Explore different funding opportunities for school mental health services

November 8-10, 2017

Cragun's Resort, Brainerd

For more information click [here](#).

[Free Workshops Presented by NAMI](#)

Hope for Recovery

Obtain information about mental illnesses, treatments, crisis management, suicide prevention, the mental health system and local resources along with practical strategies for helping a loved one or friend. This includes learning the LEAP strategy for improving communication; Listen, Empathize, Agree-on what you can, and Partner.

This is a six-hour workshop for family and friends of a teen or adult living with a mental illness and people living with a mental illness who are doing well in their recovery.

Lutheran Church of the Good Shepherd

4801 France Ave, Edina

November 11, 2017

9:00am- 3:00pm

For more information and to register click [here](#).

Safe Talk, A Suicide Prevention Workshop

Learn how to support someone's desire for safety by recognizing the warning signs of suicide, identifying people who are at risk, and applying the TALK steps (Tell, Ask, Listen and Keep Safe) to connect a person to suicide first aid resources.

Listed on the national best practice registry, safeTALK allows time for both practice and discussion. safeTALK is based on research that shows people experiencing thoughts of suicide often send out subtle invitations to help them stay safe.

This three-hour class is for members of the community over the age of 16 who want to learn and practice the basic best practices in suicide prevention.

Southdale Library

December 7, 2017

1:00pm-4:00pm

For more information and to register click [here](#).

Upcoming Events

October 27 8:pm	<u>"Not so Scary Halloween"</u> Edinburgh Park 6:30pm-8:30pm
October 28	<u>Buckthorn Removal Collection Site</u> 8:00am- 4:00pm <u>Edina Library Book Sale</u>

	9:00am-5:00pm
October 29	<u>Buckthorn Removal Collection Site</u> 12:00pm-4:00pm <u>Edina Library Book Sale</u> \$5 bag sale 12:00pm-5:00pm
October 30	<u>Edina Library Book Sale</u> -free! 9:00am-8:00pm
November 1	<u>How to talk with Children about Race</u> 7:00pm-8:30pm
November 2	Edina Human Rights & Relations <u>Essay Contest Due</u>
November 5	Daylight Savings Ends- Set clocks back 1 hour
November 6	<u>PCN Forum: "Creating Character & Connection in Your Home"</u> 7:00pm-9:00pm Southview Middle School Auditorium
November 7	Election Day
November 1	<u>How to talk with Children about Race</u> 7:00pm-8:30pm
November 9	<u>Edina Remembers the Vietnam War</u> 6:30pm-8:30pm
November 11	Veteran's Day
November 16	<u>Give to the Max Day</u>
November 23	Thanksgiving Day

Donation Opportunity of the Month



Give to the Max Day-November 16, 2017

Last year, Minnesotans donated \$20 million to more than 5,700 organization on Give to the Max Day (GTMD). Select your favorite organization(s) and support them on November 16. There are several organizations in Edina seeking your support this year. Your donation may be a golden ticket winner for your organization. You can learn more about GTMD and search for all participating organizations [here](#).

Common Resources Serving Edina

[Bloomington Public Health](#)
[Community Action Partnership of Hennepin County](#)
[City of Edina](#)
[Conflict Resolution Center](#) (mediation)
[Edina Community Education](#)
[Edina Public Schools](#)
[Hennepin County Services](#)



[Senior Community Services](#)(aging support/resources)

[Transit Link](#) (Dial-a-ride) – Oct 1, 2017 Fare Increased to \$3.50/\$4.50 rush-hour

[United Way - Twin Cities 2-1-1](#)

[VEAP](#) (food)

For a full list of common resources click [here](#).

The Edina Resource Center is your connection to community resources, services and information. Our services are free and confidential. We serve anyone who lives, works or goes to school in Edina. To learn more about the Edina Resource Center visit our [website](#) or call 952-848-3936.

We are open Monday-Friday 8am-4:30pm to help connect you to the resources you need.

Edina Resource Center

5701 Normandale Road

Edina, MN 55424

952.848.3936

[VISIT OUR WEBSITE](#)
