Prairie Five believes all older adults should have the opportunity to age where they choose.

Our mobile center for older adults is a vehicle equipped with high-speed internet that has the capacity for onboard research of a medical diagnosis like dementia or telehealth appointments.

The coffee is always on for socializing or to enjoy during one of the many seminars or classes offered.

We partner with local health care providers to bring services such as blood pressure and blood sugar checks right to your door step. Folks in an area without a grocery store can access the regional grocery delivery service.

The services and options this vehicle provides are endless!
HOW CAN WE SERVE YOU?

The Prairie Five mobile center for older adults is equipped and ready to make it easier for you or your loved one to live comfortably at home with services delivered to your doorstep or local spot.

For more information, for suggestions or feedback with regards to your community, or to request something from the menu listed to the right, contact:
Laura Thomas
Age Friendly Communities Coordinator
320-269-6578
Laura.thomas@prairiefive.org

Informational opportunities:
- Memory loss education and Dementia Friends info
- Medicare counseling and assistance
- Fraud/Scam identification and prevention
- Internet search assistance
- Healthcare Directives and Power of Attorney forms and assistance
- Classes designed with your interests in mind

Social opportunities:
- Card parties
- Coffee and Conversation time
- Caregiver respite
- Karaoke parties
- Video calls and chats with long-distance friends
- Social media assistance

Healthy Living opportunities:
- Blood pressure checks
- Falls prevention screenings
- Tele-health conferences with on-board wifi internet connection
- Tai Chi and yoga sessions
- Stretching and balance education

- AGE FRIENDLY COMMUNITIES
  - LAURA THOMAS
- PRAIRIE FIVE MEALS
  - Home Delivered
  - Frozen Meals
  - 22 congregate meal sites
- PRAIRIE FIVE RIDES
- SNAP APPLICATION ASSISTANCE (formerly known as food stamps)
- NAPS APPLICATION ASSISTANCE (Nutrition Assistance for Seniors)
- ENERGY ASSISTANCE PROGRAM
- WEATHERIZATION AND HOUSING
- CLOTHING ROOMS
- LOAN CLOSET (medical equipment rental)