

### Volunteer Opportunities

Many organizations offer opportunities for meaningful volunteer work. Programs may provide training, supervision, and support to the volunteer who wants to lend a hand to others. Reimbursement for mileage, meals, and other expenses may be provided.

### **WHAT HELPS ME PROTECT MY RIGHTS?**

In Minnesota your rights are protected by the law. The following describe advocacy and legal means to assist you.

#### Durable Power of Attorney

A written authorization for someone to handle property or financial matters for you that continues beyond your incapacity.

#### Guardianship/Conservatorship

A court appointed guardian/conservator is responsible to ensure that the personal, medical, and financial needs of a vulnerable adult, who would otherwise be in danger of receiving inadequate care and/or supervision, are being met.

### Legal Services

Attorneys and paralegals are available to resolve legal matters by providing legal education, information and advice, making referrals, and representing the client in legal proceedings. Legal services are free and targeted to low-income older persons. Some of the issues addressed by Legal Services include public benefits, unemployment, tenant/landlord problems, discrimination, veteran benefits, consumer protection, etc.

#### Minnesota Health Care Directive

A legal document that allows an adult to state his/her wishes for health care in the event of incapacity and the inability to make decisions. Sometimes known as a living will, the health care directive does not need to be prepared by a lawyer, only witnessed. A proxy can be named to make decisions on one's behalf. Copies of the completed document should be distributed to appropriate people and health care providers.

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## The **DOWNTOWNER**

#### EXTRAS

Guest bedroom available  
Heat and water furnished  
Central trash chute  
Central air conditioning  
Saunas  
All apartments have decks  
or patios

#### CONVENIENCE

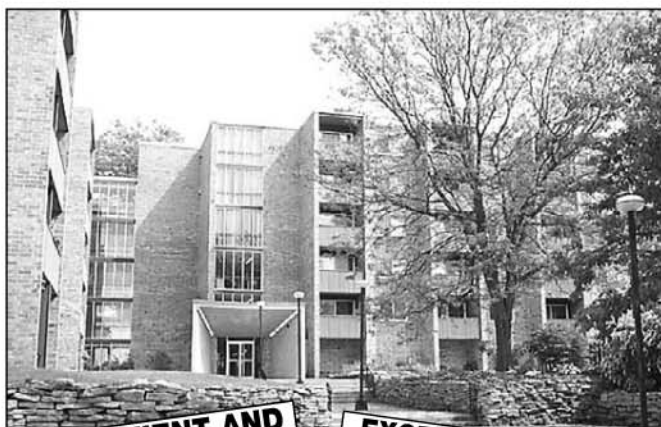
Elevators  
Garages available  
Two conveniently-located  
laundry rooms  
Appliances  
Garbage disposal  
Plug-ins for car heaters

#### LEISURE

Large outdoor swimming pool  
Party room (includes kitchen)  
and furnished  
Recreation room  
(Ping pong, pool table)

#### LIMITED ACCESS BUILDING

Entry system to screen  
visitors



**CONVENIENT AND  
COMFORTABLE  
LIVING**

**EXCELLENT ON-SITE  
MANAGEMENT STAFF**

## **THE DOWNTOWNER APARTMENTS**

405 North 5th Street, Mankato • (507) 388-7724

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