



Resources for Seniors in Ramsey County

2021

For additional information and resources contact:

[Senior Linkage Line](#) 1-800-333-2433



RAMSEY COUNTY

This list was compiled by **Meals on Wheels of Ramsey County** and includes services of our member agencies as well as other non-profit and public agencies that provide a service to seniors in Ramsey County, or neighborhoods within the county, free of charge or on a sliding fee scale. This list is not exhaustive, and inclusion does not imply endorsement, nor omission indicate disapproval. Information may be edited to meet space requirements.

For any additions, changes or other inquiries:

Contact: email@mealsonwheels-rc.org

Phone: 651-266-4107.

To access this listing online: www.mealsonwheels-rc.org/other-senior-services/

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General Information and Referrals

Senior Linkage Line

Phone: 1-800-333-2433

Website: <https://metroaging.org/help-information/senior-linkage-line/>

Services: Help with Medicare, housing, financial support & services M-F 8-4:30

County Contact Center

Phone: 651-266-8500

Website: <https://www.ramseycounty.us/coronavirus>

Services: Answers to COVID questions & help connecting to County services

Disability Hub

Phone: 1-866-333-2466

Website: <https://disabilityhubmn.org/>

Services: Resources and referrals for those 60 and under with a disability

United Way 2-1-1

Phone: 2-1-1

Website: <https://www.211unitedway.org/>

Services: Information and referrals to resources & housing assistance available 24/7

Veteran's Linkage Line

Phone: 1-888-LinkVet

Website: <https://linkvet.org/>

Services: Support 7 days/week for Minnesota Veterans and their families

Care Management and Service Coordination

Jewish Family Service

Phone: 763-300-3146

Website: <https://jfssp.org/>

Services: Caregiver support group and free short-term counseling (PEARLS)

Keystone Community Services

Phone: 651-298-5493

Website: <https://keystoneservices.org/seniors/care-consultation/>

Services: Helping seniors find the resources they need

Caregiver Resources

Jewish Family Service

Phone: 763-300-3146

Website: <https://jfssp.org/>

Services: Caregiver support group and free short-term counseling (PEARLS)

Lyngblomsten Caregiver Resources

Phone: 651-632-5320

Website: <https://www.lyngblomsten.org/community-services/caregiver-resources1/>

Services: Caregiver coaching, zoom support groups, activity emails

Wilder Caregiver Services

Phone: 651-280-2273

Website: <http://www.wilder.org/Caregiving>

Services: Caregiver respite, support groups, consultation & networking

Chore/Homemaking/Home Care

Help at Your Door

Phone: 651-642-1892

Website: <https://helpatyourdoor.org/services/#handyman>

Services: Interior/exterior home handyman services for older or disabled adults

Living at Home Network

Phone: 651-649-0315

Website: <http://lahnetwork.org/>

Services: Neighborhood Block Nurse Programs helping St. Paul seniors

MNChoices Assessment

Phone: 651-266-3613

Website: <https://www.ramseycounty.us/residents/assistance-support/assistance/seniors>

Services: Determine eligibility for senior services & public assistance programs

Senior Chore Program

Phone: 651-757-4061

Website: <http://www.nyfs.org/services/senior-chore/>

Services: Indoor & outdoor chores for those 60+ residing in Northeast Suburbs

Wilder Community Care

Phone: 651-280-2273

Website: <https://www.wilder.org/what-we-offer/healthy-aging-caregiving-services/community-care-services>

Services: Home health care support to maintain health & live independently

Community Support

American Indian Family Center

Phone: 651-793-3803

Website: <https://aifcmn.org/>

Services: Programs & services for American Indian individuals & families

CLUES

Phone: 651-379-4200

Website: <http://clues.org/>

Services: Programs and services for Latinx elders, families & new immigrants

Hallie Q. Brown

Phone: 651-224-4607

Website: <https://www.hallieqbrown.org/site/>

Services: Gathering place for seniors, food shelf by appt. w/ delivery to seniors

Hmong American Partnership

Phone: 651-495-1557

Website: <https://hmong.org/>

Services: Culturally sensitive programs & services for individuals & families

Rainbow Health

Phone: 612-373-2437

Website: <https://rainbowhealth.org/>

Services: Aging initiative, support for those living with HIV, counseling, Aidsline

Companionship

Coffee Talk - LBFE

Phone: 612-746-0728

Website: <https://www.littlebrothersmn.org/coffee-talk/>

Services: Commitment-free drop-in chat line when a friendly voice is needed

Little Brothers Friends of The Elderly

Phone: 612-721-1400

Website: <http://littlebrothersmn.org/>

Services: BFE Phone & visiting companions for those 65+

LSS Companion Services

Phone: 651-310-9455

Website: <https://www.lssmn.org/services/older-adults/companion-services>

Services: Companions are currently providing phone & video chats

Delivery Services

Help at Your Door

Phone: 651-642-1892

Website: <https://helpatyourdoor.org/services/#grocery>

Services: Order groceries & volunteers' shop, deliver & asst. with putting away

Keystone Grocery Delivery

Phone: 651-645-0349

Website: <https://keystoneservices.org/seniors/grocery-delivery/>

Services: Monthly delivery of nutritious food to low-income homebound adults

Living at Home Network

Phone: 651-649-0315

Website: <http://lahnetwork.org/>

Services: Nine neighborhood Block Nurse Programs serve St. Paul seniors

Metro Mobility

Phone: 651-602-1111

Website: <http://www.metromobility.org/>

Services: Grocery & goods delivery to certified Metro Mobility riders

Financial Assistance and Financial Counseling

Bridge to Benefits

Phone: 651-227-6121

Website: <http://www.bridgetobenefits.org/Home2>

Services: Web-based screening tool provides a guideline to public benefits

County Emergency Assistance

Phone: 651-266-4884

Website: <https://www.ramseycounty.us/residents/assistance-support/assistance/financial-assistance/emergency-assistance>

Services: Help paying rent, mortgage, utilities & car repairs in crisis

County Financial Assistance

Phone: 651-266-4444

Website: <https://www.ramseycounty.us/residents/assistance-support/assistance/financial-assistance>

Services: Help determining eligibility for financial assistance programs

County Veterans Services

Phone: 651-266-2545

Website: <http://www.co.ramsey.mn.us/vs>

Services: Help for Ramsey Co. veterans & survivors in accessing benefits

Community Action Partnership

Phone: 651-645-6470

Website: <https://caprw.org/>

Services: Resources available for food, heating, and housing costs

LSS Financial Counseling

Phone: 1-888-577-2227

Website: <http://www.lssfinancialcounseling.org/>

Services: Budget/debt management, reverse mortgage, foreclosure prevention

Prepare + Prosper

Phone: 651-287-0187

Website: <https://prepareandprosper.org/>

Services: Free tax preparation, financial coaching, low-cost banking products

Food Resources

County Food Resource Site

Phone: 651-266-8500

Website: <https://www.ramseycounty.us/covid-19-info/help-people/food-resources>

Services: County Food Resource Site Online map of neighborhood resources, food shelf listing and more

Fare for All

Phone: 763-450-3880

Website: <http://www.fareforall.org/>

Services: Groceries, produce, meat packages up to 40% off retail-various sites

Food Helpline

Phone: 1-888-711-1151

Website: <http://hungersolutions.org/programs/mn-food-helpline/>

Services: Assistance with food resources, SNAP eligibility and applications

Food Shelf Listing by Area

Phone: 651-266-8500

Website:

https://www.ramseycounty.us/sites/default/files/Projects%20and%20Initiatives/Coronavirus/COVID-19/Area_Specific_Food_Resources-English%207.2021.pdf

Services: Ramsey County Guide lists food shelves by neighborhood

Food Shelves

Keystone Community Services

Phone: 651-917-3792

Website: <https://keystoneservices.org/food-shelves/>

Services: St. Paul food shelves, food mobile

Merrick Community Services

Phone: 651-287-2088

Website: <https://merrickcs.org/community-services/>

Services: - Eastside Ramsey Co. food shelves

Neighborhood House Food Support

Phone: 651-789-2534

Website: <http://neighb.org/program/foodsupportprogram/Food>

Services: St. Paul food shelf/SNAP assistance

North St. Paul Food Shelf

Phone: 651-770-1309

Website: <https://www.nspafoodshelf.org/>

Services: North St. Paul, call to schedule appointment

Ralph Reeder Food Shelf

Phone: 651-621-6280

Website: <https://www.moundviewschools.org/foodshelf>

Services: School District 621, delivery available

White Bear Area Food Shelf

Phone: 651-407-5310

Website: <https://whitebearfoodshelf.org/>

Services: Open to all, drive-thru, mobile markets

Meals on Wheels of Ramsey County

Phone: 651-318-9091

Website: meals-on-wheels.com

Services: Enroll by calling or going on our website

Gladstone Meals on Wheels

Phone: 651-748-7250

Website: <https://www.isd622.org/Page/6259>

Services: No. St. Paul, Maplewood, Oakdale

Jewish Family Service of St. Paul

Phone: 651-315-9167

Website: <https://jfssp.org/services/aging-disability-services/kosher-meals-on-wheels>

Services: Kosher Meals throughout county

Keystone Community Services

Phone: 651-645-7424

Website: <https://keystoneservices.org/food-shelves/>

Services: St. Paul Highland & Downtown

Merrick Community Services

Phone: 651-287-2092

Website: <https://merrickcs.org/community-services/>

Services: St. Paul Eastside & Maplewood

Merrick Community Services

Phone: 651-621-7950

Website: <http://neighb.org/program/foodsupportprogram/Food>

Services: St. Paul Eastside & Maplewood

Roseville Area Meals on Wheels

Phone: 651-604-3524

Website: <https://www.isd623.org/community/community-ed/seniors/meals-wheels>

Services: School District 623 residents

White Bear Area Meals on Wheels

Phone: 651-653-3123

Website: <https://communityservices.isd624.org/adults-seniors/programs>

Services: School District 624 residents

Wilder Meals on Wheels

Phone: 651-280-2500

Website: <https://www.wilder.org/what-we-offer/healthy-aging-caregiving-services/meals-wheels>

Services: St. Paul Midway & Frogtown areas

NAPS-Nutrition Assistance

Phone: 651-484-8241

Website: <https://www.2harvest.org/who--how-we-help/services-and-programs/programs/csf.html>

Services: Program for Seniors - receive box of nutritious food each month

SNAP-Food Support

Phone: 651-603-5883

Website: <https://caprw.org/services/energy-food-housing/food-support.html>

Services: Formerly known as Food Stamps-CAPRW can assist with application

Optage Senior Dining Choices

Phone: 651-746-8680

Website: <https://www.optage.org/senior-dining-services/mn/dining-home-delivered-meals/>

Services: Home delivered meals for those over 60 at nutritional risk

Health and Disability Support

Alzheimer's Association

Phone: 1-800-272-3900

Website: <https://www.alz.org/>

Services: Care and support 24/7 for those affected by all forms of dementia

COVID-19 Hotline

Phone: 1-833-431-2053

Website: <https://www.health.state.mn.us/diseases/coronavirus/index.html>

Services: MN Dept. of Health answers COVID-19 questions Mon-Fri: 9am-7pm

Dental Care

Phone: 651-789-7605

Website: <https://www.hopedentalclinic.org/>

Services: Hope Dental Clinic dental care for those without dental insurance

Disability Hub

Phone: 1-866-333-2466

Website: <https://disabilityhubmn.org/>

Services: Resources and referrals for those 60 and under with a disability

Disability Parking

Phone: 651-297-3377

Website: https://dps.mn.gov/divisions/dvs/forms-documents/Documents/MV_DisabilityParkingCertificate.pdf

Services: Applications for temporary or permanent parking permits or plates

Fairview Lifeline

Phone: 952-885-6185

Website: <http://www.fairview.org/Overarching-Care/Home-Care-and-Hospice/Lifeline>

Services: Personal medical alert, falls alert & medication reminder systems

Hearing Loss Services

Phone: 1-800-657-3663

Website: <https://mn.gov/deaf-hard-of-hearing/hearing-loss/adults/age-related-hearing-loss/>

Services: MN Dept of Human Services offers support, assistive devices, etc.

Telephone Equipment

Phone: 651-431-5945

Website: <https://mn.gov/deaf-hard-of-hearing/communication-access/ted/>

Services: Free assistive telephone equipment for those with hearing loss

Vision Loss/State Services

Phone: 651-539-2331

Website: <https://mn.gov/deed/ssb/seniors/>

Services: Support & services for coping with vision loss & living independently

Home Maintenance, Repair, and Accessibility

Energy Conservation Loan

Phone: 612-335-5884

Website: <https://www.mncee.org/suburban-ramsey-county-energy-conservation-deferred-loan>

Services: Deferred loan program for Suburban Ramsey homeowners

Hearts & Hammers

Phone: 651-636-0797

Website: <https://heartsandhammers.org/homeowners/>

Services: Free home restoration & exterior painting for eligible homeowners

Help at Your Door

Phone: 651-642-1892

Website: <https://helpatyourdoor.org/services/#handyman>

Services: Installing grab bars, ramps, smoke & carbon monoxide detectors

Housing Rehab & Fix Up

Phone: 651-774-9064

Website: <http://www.dbnhs.org/Services>

Services: Deferred loan programs available to eligible homeowners countywide

Rebuilding Together

Phone: 651-776-4273

Website: <https://rebuildingtogether-twincities.org/apply-for-help/>

Services: Free safety modifications & ramps, indoor & outdoor home repairs

Housing Assistance

Community Support Center

Phone: 651-387-8050

Website: <http://communitysupportcenter.org/>

Services: Rent assistance & support to prevent eviction in northern suburbs

Help to Find/Pay For Rental Housing

Phone: Call 2-1-1

Website: <https://www.mnhousing.gov/sites/np/renters>

Services: MN Housing website with resources for renters

Homeless Elders Program

Phone: 651-647-3100

Website: <http://cctwincities.org/locations/homeless-elder-services/>

Services: Catholic Charities provides one-on-one assistance for those 55+

Homeline Tenant Hotline

Phone: 612-728-5767

Website: <http://homelinemn.org/>

Services: Information & free legal help for renters

HousingLink

Phone: 612-522-2500

Website: <http://housinglink.org/>

Services: Simplify your affordable housing search with current listing online

Neighborhood House

Phone: 651-789-2500

Website: <http://neighb.org/>

Services: Housing stability services for those at risk countywide

Rent Help MN

Phone: Call 2-1-1

Website: <https://www.renthelpmn.org/>

Services: COVID-19 Emergency Rental Assistance for overdue rent & utilities

Senior Linkage Line

Phone: 1-800-333-2433

Website: <https://trellisconnects.org/senior-linkage-line/>

Services: For questions about housing, financial support, in-home services, etc.

Legal and Consumer Assistance

Consumer Assistance

Phone: 651-296-3353

Website: <https://www.ag.state.mn.us/default.asp>

Services: MN Attorney General's Office Hotline for information and advocacy

Estate and Elder Law

Phone: 612-676-6300

Website: <https://www.voamnwi.org/estate-and-elder-law>

Services: Volunteers of America legal services for Wills, POA, Trusts, Probate

Guardianship Information Line

Phone: 1-844-333-1748

Website: <https://www.voamnwi.org/cesdm>

Services: In-depth consultation, referrals, and assistance

Lawyer Referral

Phone: 612-752-6699

Website: <https://www.mnlawyerreferral.org/public-area>

Services: MN Lawyer Referral & Information Service has Referral Counselors

Legal Services - SMRLS

Phone: 1-888-575-2954

Website: <https://www.smrls.org/get-help#>

Services: Legal assistance for 60+ re: housing issues, government benefits

Volunteer Lawyers Network

Phone: 612-752-6677

Website: <https://www.vlnmn.org/>

Services: Connects volunteer lawyers with those in poverty needing legal help

Mental Health and Substance Abuse Crisis Support

County Crisis Phone Line

Phone: 651-266-7900

Website: <https://www.ramseycounty.us/content/mental-health-crisis-services>

Services: Mobile mental health/substance abuse crisis services available 24/7

Crisis Text Line

Phone: Text 741741

Website: <https://www.crisistextline.org/>

Services: Text the letters HOME to number 741741, support available 24/7/365

JFS Counseling

Phone: 651-698-0767

Website: <https://jfssp.org/services/counseling-chaplaincy/counseling-mental-health>

Services: Assessment and treatment of a diverse range of mental health issues

JFS PEARLS

Phone: 763-300-3146

Website: <https://jfssp.org/services/counseling-chaplaincy/program-to-encourage-active-and-rewarding-lives>

Services: In-home counseling for those 55+ experiencing depression

Minnesota Warmline

Phone: 651-288-0400

Website: <https://mentalhealthmn.org/support/minnesota-warmline/>

Services: Call for confidential peer-to-peer support Mon-Sat 12 PM to 10 PM

Senior Recovery Center

Phone: 651-773-0473

Website: <http://www.seniorrecoverycenter.org/>

Services: Licensed outpatient recovery services/support groups for those 50+

Suicide Prevention Lifeline

Phone: 1-800-273-8255

Website: <https://suicidepreventionlifeline.org/>

Services: For those in distress, caregivers & professionals, 24/7, 365 days/yr

Wilder Mental Health & Wellness

Phone: 651-280-2310

Website: <https://www.wilder.org/what-we-offer/mental-health-wellness-services>

Services: Community outpatient clinic for mental health & substance use

Pet Help

Animal Humane Society

Phone: 952-435-7738

Website: <https://www.animalhumanesociety.org/pet-helpline>

Services: Pet Helpline M-F 9am-7pm, Low-cost/sliding fee veterinary services

Technology Support

Cyber-Seniors

Phone: 1-844-217-3057

Website: <http://www.cyberseniors.org/>

Services: Tech Mentors help older adults with smartphone, tablet, or computer

PCs for People

Phone: 651-354-2552

Website: <https://www.pcsforpeople.org/>

Services: Affordable computers, internet, repairs, & technology recycling

Transportation

Help at Your Door

Phone: 651-642-1892

Website: <https://helpatyourdoor.org/>

Services: Transportation for set fee, or free for those qualified, throughout TC

Living at Home Network

Phone: 651-649-0315

Website: <http://lahnetwork.org/>

Services: Nine neighborhood Block Nurse Programs serve St. Paul seniors

Metro Mobility

Phone: 651-602-1111

Website: <http://www.metromobility.org/>

Services: Door-through-door accessible rides for those certified with disabilities

Metro Transit Information

Phone: 612-373-3333

Website: <http://www.metrotransit.org/>

Services: Fixed route bus & light rail discounts, route help & schedule info.

Transit Link

Phone: 651-602-5465

Website: <http://www.transitlinktc.org/>

Services: Dial-a-ride accessible bus for those in areas without fixed bus routes

Vulnerable Adult Protection and Advocacy

Adult Protection

Phone: 1-844-880-1574

Website: <https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/adult-protection/>

Services: Report suspected elder abuse, neglect, or financial exploitation 24/7

MN Elder Justice Center

Phone: 651-440-9300

Website: <http://www.elderjusticemn.org/>

Services: Support for those impacted by elder abuse, neglect, or exploitation

MN Ombudsman for LTC

Phone: 651-431-2555

Website: <https://mn.gov/dhs/people-we-serve/seniors/services/ombudsman/>

Services: Information, consultation, advocacy for long term care consumers

SOS Sexual Violence Services

Phone: 651-266-1000

Website: <https://www.ramseycounty.us/residents/health-medical/clinics-services/sos-sexual-violence-services>

Services: Crisis helpline, referrals, advocacy, support, & counseling 24/7

Supported Decision Making

Phone: 952-945-4174

Website: <https://www.voamnwi.org/cesdm>

Services: VOA Center for Excellence for vulnerable adults & their caregivers