



# Resources for Seniors in Ramsey County

Compiled by the Senior Services Consortium of Ramsey County  
2023

For additional information and resources contact:

[Senior Linkage Line](https://www.ramseycounty.org/links) 1-800-333-2433



RAMSEY COUNTY

## **Resources for Seniors in Ramsey County, Minnesota**

**2023-2024**

**Compiled by**

**The Senior Services Consortium of Ramsey County-**

**Meals on Wheels of Ramsey County**

This directory includes the services provided by the member agencies of the Senior Services Consortium of Ramsey County as well as other non-profit and public agencies that provide free or sliding-fee scale services to seniors in Ramsey County.

This directory is not exhaustive, and inclusion does not imply endorsement. As this directory is updated annually, or as we become aware that changes have occurred, note that some information contained here may no longer be accurate. If you know of changes, please let us know.

For additions, corrections, or other inquiries, contact:

**email@mealsonwheels-rc.org** or **651-266-4107**.

This directory is available online on our website at:

**<https://www.mealsonwheels-rc.org/resource-directory>**

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# General Information and Referrals

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## **Senior Linkage Line**

Phone: 1-800-333-2433, M-F 8am - 4:30pm

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

Services: A free service of the Minnesota Board on Aging, delivered by Trellis, to help with questions about Medicare, housing, financial support, or services that help you live safely in your home.

## **Ramsey County Navigators and Service Centers**

Phone: 651-266-0600

Website: <https://www.ramseycounty.us/your-government/contacts-locations/ramsey-county-service-centers>

Services: In-person assistance and connections with a wide range of county programs and services, as well as computer access and document drop-off. Check website for locations and hours of assistance.

## **Disability Hub MN**

Phone: 1-866-333-2466

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

Services: Resource network for those under 60 living with a disability and their families, to help solve problems, navigate the system, and plan for the future.

## **United Way 2-1-1**

Phone: Call 2-1-1 or Text your zip code to 898-211

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

Services: Free and confidential health and human services information and referrals & housing assistance available 24/7.

## **Veteran's Linkage Line**

Phone: 1-888-LinkVet (546-5838)

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

Services: Customer service and support 7 days/week for Minnesota Veterans and their families.



# Care Planning and Service Coordination

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## **Elder Care IQ**

Phone: 952-239-6394

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

Services: An easy-to-use online tool to help people screen nursing homes, assisted living, home care, boarding care and hospitals which links to the Minnesota Department of Health investigation reports of abuse, neglect, and exploitation.

## **Jewish Family Service of St. Paul**

Phone: 651-497-8248

Website: <https://jfssp.org/services/aging-disability-services/senior-care-services>

Services: Culturally sensitive care planning, care coordination, caregiver coaching, and advance care planning for seniors to ensure safe, supported, and independent living at home and provide resources, education, and respite for caregivers.

## **Keystone Community Services**

Phone: 651-645-0349

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

Services: Helping seniors find the resources and support they need when facing short-term crisis or long-term planning.

# Caregiver Resources

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## **Jewish Family Service of St. Paul**

Phone: 763-300-3146

Website: <https://jfssp.org/services/aging-disability-services>

Services: Caregiver coaching, support group, and free short-term counseling for caregivers (PEARLS).

## **Lyngblomsten Caregiver Resources and Support**

Phone: 651-632-5320

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

Services: Caregiver coaching, education and resources, Memory Loss Caregiver Support Groups, online enrichment for those living with memory loss, and The Gathering - group respite care.

## **Wilder Caregiver Services**

Phone: 651-280-2273

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

Services: Caregiver consultation, coaching, classes, support groups, group & in-home respite.

# Chore, Homemaking, Home Care

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## **Help at Your Door**

Phone: 651-642-1892

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

Services: Home interior & exterior chore, repairs, and safety installations for older or disabled adults.

## **Living at Home Network**

Phone: 651-649-0315

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

Services: Nine neighborhood programs help St. Paul seniors stay healthy & safe in their homes. See Page 24 for listing of neighborhood programs. Services vary by program but can include grocery shopping assistance, transportation, in-home support, foot care, nursing assistance, and more.

## **MnCHOICES Assessment**

Phone: 651-266-3613

Website: <https://www.ramseycounty.us/residents/assistancesupport/assistance/seniors/mnchoices-intake-assessment>

Services: County assessment to determine the supportive services, and eligibility for payment assistance, that can help seniors and disabled adults in need to remain in their own homes.

## **Wilder Home Care Services**

Phone: 651-280-2273

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

Services: In-home care & personalized support for older adults and adults with disabilities to help maintain health & independence in their own home or senior living community.

# Community Support

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## **American Indian Family Center**

Phone: 651-793-3803, M 11am-4pm, T-F 10am-4pm, Address: 579 Wells Street, St. Paul

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

Services: Programs & services enriched by traditional American Indian values and culture that help American Indian families thrive.

## **CLUES-Comunidades Latinas Unidas en Servicio-Mayores Mejores**

Phone: 612-299-2310 for Mayores Mejores Initiative which meets Thursdays 3:00-5:30pm

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

Services: Weekly workshops in Spanish related to how to prevent and detect dementia by focusing body and mind on living life to the fullest. Activities include discussions on nutrition, mental health, overall health, art classes, field trips, games and more.

## **Hallie Q. Brown Community Center**

Phone: 651-224-4607

Website: <https://www.hallieqbrown.org/site/index.php/senior-programs/>

Services: Gathering place for seniors, several ongoing groups welcoming new members, and a food shelf by appt. w/ delivery to seniors available.

## **HAP - Hmong American Partnership**

Phone: 651-495-1557 (Main Office)

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

Services: Culturally sensitive programs & services for individuals & families of diverse immigrant and refugee communities across the Twin Cities.

## **Rainbow Health**

Phone: 612-341-2060 (Main), 612-373-2437 (AIDSLine)

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

Services: HIV-specific services, mental health services, resources, and aging & HIV directories.

# Companionship

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## **Coffee Talk**

Phone: 612-746-0728 Twin Cities Local, or 877-238-2282 Toll-Free, M-F 8am-Noon.

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

Services: Commitment-free drop-in phone line that instantly connects you with caring “coffee-talkers” for a friendly one-to-one conversation.

## **Friends & Co.**

Phone: 612-746-0737 for Phone and Visiting Companions

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

Services: Meaningful connections with phone & visiting companions for those 62+. Let’s Do Lunch Café and Coffee brings together older LGBTQ+ community members for connection.

## **LSS Companion Services**

Phone: 651-310-9455-Senior Companions & 877-540-9443-Neighbor to Neighbor Companions

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

Services: Customized support, transportation, & friendship for older adults. Senior Companions matches volunteers who are 55+ to assist older adults who qualify so that they can remain in their own home as long as possible. Neighbor to Neighbor Companions is a similar service available to purchase for those who do not qualify for Senior Companions.

# Financial Assistance and Financial Counseling

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## **County Cash Assistance**

Phone: 651-266-4444, M-F 8:30am-4:30pm

Website: <https://www.ramseycounty.us/residents/assistance-support/assistance/financial-assistance/cash-assistance> To apply for benefits online: <https://MNbenefits.mn.gov/>

Services: Assistance to eligible low-income residents through a variety of programs including Ramsey County Burial Assistance, General Assistance, and Minnesota Supplemental Aid.

## **County Emergency Assistance**

Phone: 651-266-4884 (Ramsey County Emergency Assistance Hotline), M-F 8am-4:30pm

Website: <https://www.ramseycounty.us/residents/assistance-support/assistance/financial-assistance/emergency-assistance> To apply for benefits online: <https://MNbenefits.mn.gov/>

Services: Help with housing costs (security deposit or past due rent/mortgage) and utilities (electricity, heat, and water) when there is threat of disconnection, eviction, or homelessness.

## **County Veterans Services**

Phone: 651-266-2545

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

Services: Aids veterans, their dependents & survivors in applying for MN and US veterans' benefits such as pension, health care, dental care, burial, home loan, etc.

## **Community Action Partnership of Ramsey and Washington Counties**

Phone: 651-645-6445 (Main), 651-645-6470 (Energy/Water Bill), 651-603-5883 (Food Support)

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

Services: Assistance for energy/water bills, emergency furnace/boiler services, food support, energy conservation/weatherization, affordable housing, car ownership/repair, & tax clinic.

## **LSS Financial Counseling**

Phone: 1-888-577-2227

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

Services: Budget and debt management, counseling for home buying, reverse mortgage, and foreclosure prevention.

## **Prepare + Prosper**

Phone: 651-287-0187

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

Services: Free tax preparation & do-it-yourself tax resources, money mentors, financial planning, coaching, and counseling, banking and credit-building solutions, and help with payday loan debt.

# Food Resources

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## **County Website: Find Food Near You**

Phone: 651-266-8500

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

Services: Guide to food resources for Ramsey County residents including food shelves, no-cost meal sites, mobile grocery, farmers markets, Fare for All, SNAP, and help for special populations.

## **The Food Group: Fare for All and Twin Cities Mobile Market**

Phone: 763-450-3860

Website: <https://www.thefoodgroupmn.org/groceries/fare-for-all/>

Services: Fair for All is a pop-up grocery store available to all at rotating sites selling monthly packs of fresh produce, frozen meat, and other items at up to 40% off retail prices.

Mobile Market sells affordable healthy foods from a bus in neighborhoods that don't have easy access to fresh fruits, vegetables, meat, dairy, staples and more.

## **Food Helpline**

Phone: 1-888-711-1151, M-F 10am-5pm

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

Services: Help connecting with local food resources, SNAP eligibility info. and how to apply.

## **NAPS-Nutrition Assistance Program for Seniors**

Phone: 651-484-8241

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

Services: Second Harvest provides a box of nutritious food each month to low-income seniors 60+ at various distribution sites.

## **SNAP-Supplemental Nutrition Assistance Program**

Phone: 1-888-711-1151-Minnesota Food HelpLine provides SNAP information and assistance

Website: <https://mn.gov/dhs/mnfoodhelper/> (To apply online or get application assistance)

Services: SNAP can be used like cash to help buy healthy food at local grocery stores, farmers markets.

# Food Shelves

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## **Ramsey County Food Shelves**

For a complete listing of food shelves in Ramsey County, go to:

<https://www.ramseycounty.us/residents/assistance-support/assistance/food-resources>

### **Keystone Community Services**

Phone: 651-917-3792 Midway Food Shelf and 651-487-2792 Rice St. Food Shelf

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

Services: Midway & Rice Street sites. These two sites will be closing January 1, 2024, and Keystone will be opening a new site. Food mobile and delivery to homebound seniors in select areas is also available.

### **Merrick Community Services**

Phone: 651-287-2088 Address: 1669 Arcade Street (Door 3), St. Paul, MN 55109

Website: <https://merrickcs.org/nutrition/>

Services: Drive through and in-person shopping for Eastside St. Paul and Maplewood residents.

### **Neighborhood House**

Phone: 651-789-3602 (Main), 651-789-2534 Food Shelf Delivery, 651-789-2520 SNAP Assistance

Website: <https://neighborhoodhousemn.org/service-connect/>

Services: Two Food Markets: Wellstone Center and Francis Basket are open to anyone. NAPS distribution site and SNAP assistance are also available.

### **North St. Paul Food Shelf**

Phone: 651-770-1309 Address: 2266 2<sup>nd</sup> St. N., North St. Paul, MN 55109

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

Services: Open to all. Open M-F, 10:30-12:30. Call to schedule appointments up to twice/month.

### **Ralph Reeder Food Shelf**

Phone: 651-621-6280

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

Services: For Mounds View Area School District residents by appointment only; Senior Care Box delivery available.

### **White Bear Area Food Shelf**

Phone: 651-407-5310 (Main) Delivery: 651-390-6507 Address: 1884 Whitaker St., White Bear Lk.

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

Services: Open to all. Drive-thru pickup, mobile produce markets, and delivery available.



# Grocery Delivery

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## **Help at Your Door Grocery Assistance**

Phone: 651-642-1892

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

Services: Order groceries online or by phone; volunteers shop, deliver and assist with putting items away; EBT/SNAP benefits accepted.

## **Keystone Grocery Delivery**

Phone: 651-645-0349

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

Services: Monthly delivery from food shelf (meat, dairy, fresh produce & shelf stable items) to low-income homebound adults in St. Paul (call or check website for eligibility/delivery area).

## **Living at Home Network**

Phone: 651-649-0315

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

Services: See Page 24 for nine neighborhood programs helping St. Paul seniors stay healthy and safe in their own homes. Services vary by program but can include grocery shopping assistance, transportation, in-home support, foot care, nursing assistance, and many others.

# Meal on Wheels

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## **Meals on Wheels of Ramsey County**

Phone: 651-266-4107 (Office), 651-318-9091 for central enrollment & general questions

Website: <https://www.mealsonwheels-rc.org/>

Services: Nutritious daily hot meals or weekly frozen meals delivered directly to your home by friendly volunteers from eight local member programs:

### **Gladstone Meals on Wheels**

Phone: 651-748-7250, Call: 651-318-9091 to enroll

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

Services: Delivering meals to Near Eastside of St. Paul and to North St. Paul-Maplewood- Oakdale Area School District residents.

### **Jewish Family Service of St. Paul Kosher Meals on Wheels**

Phone: 651-239-4756, Call: 651-318-9091 to enroll

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

Services: Frozen kosher meals delivered to West 7<sup>th</sup> and Highland neighborhoods of St. Paul.

### **Keystone Community Services Meals on Wheels**

Phone: 651-645-7424, Call: 651-318-9091 to enroll

Website: <https://keystoneservices.org/seniors/meals-on-wheels/>

Services Delivery to the St. Paul neighborhoods of Saint Anthony Park, Midway, Merriam Park, Highland, Mac-Groveland, West 7th, Summit Hill, and West Side.

### **Merrick Community Services Meals on Wheels**

Phone: 651-219-5531, Call: 651-318-9091 to enroll

Website: <https://merrickcs.org/mow/>

Services: Delivery to Eastside St. Paul & Woodbury.

### **Mounds View Area Meals on Wheels**

Phone: 651-621-7950, Call: 651-318-9091 to enroll

Website: <https://www.moundsviewschools.org/mealsonwheels>

Services: Delivery to Mounds View Area School District 621 residents.

### **Roseville Area Meals on Wheels**

Phone: 651-604-3524, Call: 651-318-9091 to enroll

Website: <https://communityed.isd623.org/adults/meals-on-wheels>

Services: Delivery to Roseville Area School District 623 residents.

### **White Bear Area Meals on Wheels**

Phone: 651-653-3123, Call: 651-318-9091 to enroll

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

Services: Delivery to White Bear Lake Area School District 624 residents and Mahtomedi.

### **Wilder Meals on Wheels**

Phone: 651-280-2500, Call: 651-318-9091 to enroll

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

Services: Delivery to Downtown St. Paul, North End, Midway & Frogtown neighborhoods.

## Other Meal Delivery

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### **Open Arms of Minnesota**

Phone: 612-872-1152

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

Services: Medically tailored meals delivered to the critically ill Minnesotans & their loved ones.

# Health and Disability Support

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## **Alzheimer's Association**

Phone: 1-800-272-3900

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

Services: Care, support, and information 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: Minnesota Department of Health answers COVID-19 related questions for individuals, organizations, health care and housing facilities.

## **Dental Care – Hope Dental Clinic**

Phone: 651-789-7605

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

Services: Provides dental care for those without dental insurance and unable to pay for services.

## **Disability Hub**

Phone: 1-866-333-2466

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

Services: Statewide resource network that helps those with disabilities and their caregivers to solve problems, navigate the system, and plan for the future.

## **Disability Parking Certificate**

Phone: 651-297-3377

Website: [https://onlineservices.dps.mn.gov/EServices/\\_/#3](https://onlineservices.dps.mn.gov/EServices/_/#3) Application Form:  
[https://dps.mn.gov/divisions/dvs/formsdocuments/Documents/MV\\_DisabilityParkingCertificate.pdf](https://dps.mn.gov/divisions/dvs/formsdocuments/Documents/MV_DisabilityParkingCertificate.pdf)

Services: Application for temporary or permanent disability parking certificate.

## **Hearing Loss - Minnesota Department of Human Services**

Phone: 1-800-657-3663 or email: <https://mn.gov/deaf-hard-of-hearing/contact/>

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

Services: Support and information on hearing loss, hearing aids and assistive technology.

## **State Services for the Blind and Seniors with Low Vision**

Phone: 651-539-2331 Services for Seniors

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

Services: Support, information, and technology for seniors with low vision.

## **Telephone Equipment Distribution Program**

Phone: 1-800-657-3663 or email: <https://mn.gov/deaf-hard-of-hearing/contact/>

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

Services: Adaptive phone services equipment for people who have difficulty using the phone, those who are deaf, deafblind, hard of hearing or who have a physical or speech disability.

# Home Maintenance, Repair, and Accessibility

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## **Age Well at Home**

Phone: 612-699-8088

Website: <https://agewellathome.org/services/>

Services: Home modifications for older homeowner safety & accessibility.

## **Energy Conservation Deferred Loan**

Phone: 612-335-5884

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

Services: The Center for Energy and Environment partners with Ramsey County to offer the Energy Conservation Deferred Loan (up to \$10,000 for 0% APR) to income eligible Suburban Ramsey County homeowners who have completed a home energy audit. Eligible home energy improvements include heating systems, boiler, programmable thermostats, water heaters, attic/wall insulation, air sealing, and air conditioning (for medical reasons or over age 65).

## **Hearts & Hammers**

Phone: 651-636-0797

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

Services: Free home restoration (exterior repair and painting) for homeowners with a disability, age 60+, or a veteran or surviving spouse, who meet income guidelines.

## **Help at Your Door**

Phone: 651-642-1892

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

Services: Interior and exterior chore and home repair services, including installing grab bars, wheelchair ramps, smoke & carbon monoxide detectors.

## **NeighborWorks Home Partners**

Phone: 651-292-8710

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

Services: Advisors assist with home financing, refinancing, and home improvement loans.

## **Rebuilding Together Minnesota**

Phone: 651-776-4273

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

Services: The Safe at Home Program provides free safety modifications and wheelchair ramps to those 55+ or living with a disability. The Home Repair Program and Manufactured Home Critical Repair Program provides indoor & outdoor health & safety home improvements to eligible homeowners.

# Housing Assistance

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## **Community Resource Center – St. Andrew’s Lutheran Church**

Phone: 651-762-9124, M-Th 8:00am-4:00pm Address: 900 Stillwater Road, Mahtomedi, MN

Website: <https://www.saintandrews.org/community-resource-center/>

Services: Help, hope, and healing to neighbors in need. Assistance with basic needs, family shelter, rental assistance, food, clothing, household items and more.

## **Community Support Center**

Phone: 651-387-8050

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

Services: Help to prevent homelessness and solve financial problems for residents of northern Ramsey County suburbs (New Brighton, Mounds View, North Oaks, Shoreview, Arden Hills).

## **Find Housing Help**

Phone: Call 2-1-1 United Way First Call for Help 24/7

Website: <https://www.mnhousing.gov/housing-help.html>

Services: Minnesota Housing website with resources for immediate shelter, renters, and homeowners in need of assistance to pay for housing and housing related expenses.

## **Homeless Elder Services**

Phone: 651-647-3100

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

Services: Catholic Charities provides one-on-one assistance for those 55+ at risk or currently homeless in Catholic Charities’ shelters and housing programs

## **Homeline Tenant Hotline**

Phone: 612-728-5767

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

Services: Tenant advocacy organization providing Information & free legal help for renters

## **HouseCalls-Ramsey County**

Phone: 651-266-1290

Website: <https://www.ramseycounty.us/residents/assistance-support/assistance/housing-services-support/housecalls>

Services: Homelessness prevention due to safety and sanitation concerns.

## **HousingLink**

Phone: 612-522-2500

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

Services: Simplify your affordable housing search with current online listings to match your criteria

## **Minnesota Home Ownership Center**

Phone: 651-659-9336

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

Services: Helps with foreclosure, reverse mortgage, home repairs and rehab.

## **Neighborhood House Housing Stability**

Phone: 651-789-3602

Website: <https://neighborhoodhousemn.org/service-connect/>

Services: Housing stability services for those at risk of homelessness countywide. Assistance may include emergency financial support, housing inspections, or mediation services.

## **Senior Linkage Line**

Phone: 1-800-333-2433

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

Services: Answers to questions re: housing for seniors, financial support, in-home services, etc.

# Legal and Consumer Assistance

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## **Consumer Assistance – Minnesota Attorney General’s Office**

Phone: 651-296-3353

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

Services: Information, assistance and advocacy related to consumer complaints and fraud.

## **Estate and Elder Law Services – Volunteers of America**

Phone: 612-676-6300

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

Services: Complete estate planning law services on a sliding scale basis for older adults and people with disabilities (estate, incapacity, and long-term care planning and probate).

## **Guardianship Information Line**

Phone: 1-844-333-1748

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

Services: The Center for Excellence in Supported Decision Making at Volunteers of America offers in-depth consultation and advocacy regarding less restrictive alternatives to guardianship for older adults and people with disabilities in Minnesota.

## **Lawyer Referral**

Phone: 612-752-6699

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

Services: Minnesota Lawyer Referral & Information Service provides phone consultation and referral to private attorneys.

## **Legal Services – Southern Minnesota Regional Legal Services**

Phone: 1-877-696-6529

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

Services: Free legal help for low income and senior citizens (60+) in a full range of civil matters related to preserving and maintaining life essentials such as income, health, safety, and shelter.

## **Volunteer Lawyers Network**

Phone: 612-752-6677

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

Services: Connecting Minnesotans experiencing poverty with free legal help. Intake M-Th, 10:00am-1:00pm.



# Living at Home Network

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## **St. Paul Neighborhood Programs**

Phone: 651-649-0315

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

Services: Nine neighborhood programs helping St. Paul seniors stay healthy and safe in their own homes. Services vary by program but can include grocery shopping assistance, transportation, in-home support, foot care, nursing assistance, and many others.

### **ComoConnects**

Phone: 651-642-1127

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

Services: Serving Como Park and Falcon Heights neighborhood seniors.

### **East Side Elders**

Phone: 651-683-2326

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

Services: Dayton's Bluff, Payne-Phalen, Conway-Battle Creek areas of east side St. Paul.

### **Hamline Midway Elders**

Phone: 651-209-6542

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

Services: Hamline Midway & Western Frogtown, between Dale St. and Transfer Rd.

### **Highland Block Nurse Program**

Phone: 651-696-8425

Website: <https://ourladyofpeacemn.org/highland-block/>

Services: Highland & Mac-Groveland, South of St. Clair Ave. and East of Lexington.

### **Keystone Block Nurse Program**

Phone: 651-298-5493

Website: <https://keystoneservices.org/seniors/>

Services: In-home services to St. Paul's West 7<sup>th</sup> neighborhood seniors.

### **Neighborhood Network for Seniors**

Phone: 651-646-2301

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

Services: Mac-Groveland, Lex-Ham, Merriam Park, Summit-University neighborhoods.

### **North East Seniors for Better Living**

Phone: 651-808-1901

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

Services: Greater Eastside St. Paul, Maplewood, and North St. Paul.

### **North End – South Como Block Nurse Program**

Phone: 651-487-5135

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

Services: District 6 and Frogtown neighborhood seniors.

## **St. Anthony Park Area Seniors**

Phone: 651-642-9052

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

Services: District 6 and Frogtown neighborhood seniors.

# Mental Health and Substance Abuse Crisis Support

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## **County Mental Health Crisis Services**

Phone: 651-266-7900 (Adult Crisis Line) Address: 402 University Ave. East (Adult Urgent Care)

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

Services: Phone support 24/7/365, mobile crisis teams available to meet people in their homes or community, walk-ins welcome at Adult Mental Health Urgent Care (above), M-F 8am - 5:30pm.

## **Crisis Text Line**

Phone: Text 741741

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

Services: Text the letters “HOME” to cell number 741741 for a trained crisis counselor 24/7/365.

## **Jewish Family Service of St. Paul - Counseling and Mental Health Services**

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.

## **Minnesota Warmline - Mental Health Peer Support**

Phone: 651-288-0400, 7 days/week, 9am-9pm

Website: <https://mentalhealthmn.org/what-we-do/peer-support/minnesota-warmline/>

Services: Call, Text (Text “Support” to 85511), or Chat online for confidential peer-to-peer support.

## **Recovery Café Frogtown**

Phone: 651-206-8347

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

Services: Community of individuals in recovery supporting activities and peer coaching.

## **Senior Recovery Center**

Phone: 651-773-0473

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

Services: Licensed outpatient recovery services and support groups for those aged 50+.

## **Suicide and Crisis Lifeline**

Phone: 988

Website: <https://988lifeline.org/>

Services: For those in distress, their loved ones & care professionals, available 24/7/365 days.

## **Wilder Mental Health & Wellness Services**

Phone: 651-280-2310 Address: 451 Lexington Parkway North, 2<sup>nd</sup> Floor, St. Paul, MN

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

Services: Community outpatient clinic for mental health, addiction and recovery services, no appointment needed, walk-ins available in-person (walk-in to clinic) or virtually (call us).

# Pet Help

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## **Pet Helpline - Animal Humane Society**

Phone: 952-HELP-PET (435-7738), M-F, 9am – 7pm & Sat., 10am – 6pm

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

Services: Advice, resources, & referrals to address all animal concerns (behavior issues, end-of-life services, low-cost veterinary care, pet-friendly housing, surrender alternatives, and more).

# Respite Care – In-person Group Programs

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## **Ebenezer Daybreak of St. Paul**

Phone: 651-326-4889

Address: 45 W 10<sup>th</sup> St., Suite 3440, St. Paul, MN 55102

Website: <https://www.ebenzercares.org/ebenezer-daybreak-st-paul>

Services: Adult Day Services offers seniors social activity and care during the day, M-F 8am-4pm, and a respite for caregivers. Located at the Fairview Community Health and Wellness Hub.

## **Lyngblomsten - The Gathering**

Phone: 651-632-5320

Meets at various sites. Call for locations.

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

Services: Four-hour (10-2pm) weekly in-person group respite program for adults with early to mid-stage memory loss who are paired with volunteers for group activities and lunch.

## **Wilder Connect**

Phone: 651-280-2294

Address: 941 Lafond Ave., St. Paul, MN 55104

Website: <https://www.wilder.org/what-we-offer/healthy-aging-caregiving-services/connect-long-term-care-support-program>

Services: A half day (M-Th, 12-4), in-person program for adults with memory loss, Parkinson's disease, and neurodegenerative disorders. Includes lunch, activities, and personal support.

# Technology Support

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## **Cyber-Seniors**

Phone: 1-844-217-3057

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

Services: Free technology support & training for older adults with smartphone, tablet, or computer questions.

## **PCs for People**

Phone: 651-354-2552

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

Services: Affordable computers, internet, repairs, and recycling.

# Transportation

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## **Help at Your Door**

Phone: 651-642-1892

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

Services: \$10 personal rides. Sliding scale based on age and income for rides over 10 miles.

## **JCC Transportation**

Phone: 651-255-4743, M-F 10:30am-4pm

Website: <https://minnesotaicc.org/programs/capp-center-st-paul/adult/transportation/>

Services: Door to door service for those 60+ in the St. Paul-Highland Area.

## **JFS Transportation**

Phone: 651-359-7775

Website: <https://jfssp.org/services/community-outreach/transportation-service>

Services: Round trip rides in St. Paul & suburbs provided by volunteer drivers.

## **Living at Home Network**

Phone: 651-649-0315

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

Services: Volunteers with St. Paul neighborhood programs provide local rides in their own vehicles (see Page 24 for specific neighborhood programs).

## **Metro Mobility**

Phone: 651-602-1111

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

Services: Shared door-through-door accessible rides for those certified with a disability that prevents them from being able to drive or use other forms of public transportation.

## **Metro Transit Information**

Phone: 612-373-3333

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

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

## **Transit Link**

Phone: 651-602-LINK (5465)

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

Services: Shared dial-a-ride accessible bus for anyone in areas without fixed bus routes.

# Vulnerable Adult Protection and Advocacy

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## **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 to the Minnesota Adult Abuse Reporting Center.

## **Minnesota Elder Justice Center**

Phone: 651-440-9300 (Main) and 651-440-9312 (Victim Services)

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

Services: Support, information, and resources including legal services, for older adults and their loved ones around issues of abuse, neglect, and/or financial exploitation.

## **Minnesota Office of Ombudsman for Long Term Care**

Phone: 1-800-657-3591

Website: <https://mn.gov/ooltc/>

Services: Information, consultation, and advocacy for the health, safety and rights of people receiving long term care services in their own home, nursing facility or assisted living.

## **SOS Sexual Violence Services of Ramsey County**

Phone: 651-266-1000

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

Services: Crisis helpline, referrals, advocacy, support, and counseling available 24/7.