



Resources for Seniors in Ramsey County

Compiled by Meals on Wheels of Ramsey County

Includes free, low-cost, and sliding-fee scale services

2024-2025

To access these resources online go to www.mealsonwheels-rc.org/resource-directory

RAMSEY COUNTY

For additional resources, contact [Senior Linkage Line](#) M-F 8-4:30, at 1-800-333-2434

General Information and Referrals

Senior Linkage Line	Help with Medicare, housing, financial support & in-home services	1-800-333-2433
County Service Centers	In-person assistance & connection to county programs & services	651-266-0600
Disability Hub MN	Resource network for those with disabilities & their caregivers	1-866-333-2466
United Way 2-1-1	Info. & referrals to all kinds of resources state-wide, available 24/7	Call 2-1-1
Veteran's Linkage Line	Support 7 days/week for Minnesota veterans & their families	1-888-LinkVet

Care Consultation and Service Coordination

Elder Care IQ	Online tool to help screen nursing homes, assisted living, home care	952-239-6394
Jewish Family Service	Care planning, care coordination & caregiver coaching	651-497-8248
Keystone Community Services	Helping seniors find the resources they need	651-298-5493

Caregiver Support

Jewish Family Service	Caregiver coaching, support groups and classes	763-300-3146
Lyngblomsten-Caregiver	Caregiver coaching, support groups classes & group respite care	651-632-5320
Wilder Caregiver Services	Caregiver consultation, coaching & support groups	651-280-2273

Chore, Homemaking, In-Home Services

Help at Your Door	Home chore, repairs & safety installations for older or disabled adults	651-642-1892
Living at Home Network	Neighborhood programs helping St. Paul seniors stay healthy & safe	651-649-0315
MnCHOICES Assessment	Determine eligibility for supportive services to remain at home	651-266-3613

Community Support

American Indian Family Ctr	Programs & services that help American Indian families thrive	651-793-3803
CLUES Mayores Mejores	Support for Latino community members experiencing dementia	612-299-2310
Hallie Q. Brown Center	Gathering place for seniors & food shelf with delivery to seniors	651-224-4601
Hmong American Partnership	Culturally sensitive programs & services for individuals & families	651-495-1557

Companion Services

Coffee Talk	Commitment-free drop-in chat line when a friendly voice is needed	612-746-0728
Friends & Co	Phone and visiting companions for those 62+	612-746-0737
LSS Companion Services	Customized support, transportation & friendship for older adults	651-310-9455

Financial Assistance and Financial Counseling

County Cash Assistance	Variety of programs assist very low-income residents w/ basic needs	651-266-4444
County Emergency Assist.	For those struggling to pay rent, housing costs & utilities	651-266-4884
County Veterans Services	Assists veterans & their survivors in applying for veterans benefits	651-266-2545
Community Action Partnership	Assistance with utilities, food, car & housing expenses	651-645-6445
LSS Financial Counseling	Budget/debt management, reverse mortgage, foreclosure prevention	1-888-577-2227
Prepare + Prosper	Free tax prep, financial coaching, credit building & no cost banking	651-287-0187



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Food Resources

County Food Resources Site	Help finding and affording food and connecting to local resources	651-266-8500
The Food Group	Fair for All's traveling affordable pop-up grocery and Mobile Markets	763-450-3860
Food Helpline	Help connecting with local food resources & applying for SNAP	1-888-711-1151
NAPS - Nutrition Assistance	Free monthly box of nutritious foods for low-income seniors 60+	866-844-3663
SNAP - Food Support	EBT card to pay for healthy food at grocery stores & farmers markets	1-888-711-1151

Food Shelves

Food Shelves - For a complete list of food shelves by neighborhood, see Ramsey County Food Resources website.	Keystone Community Food Center - 1800 University & Foodmobile	651-917-3792
	Merrick Community Services - Eastside of St. Paul & Maplewood	651-771-9339
	Neighborhood House - 2 St. Paul locations, NAPS & SNAP assist.	651-789-3602
	North St. Paul Area Food Shelf - Call to schedule appointment	651-770-1309
	Ralph Reeder Food Shelf - Mounds View School District residents	651-621-6280
	White Bear Area Food Shelf - Community groceries open to all	651-407-5310

Grocery Delivery

Help at Your Door	Volunteers take your order, shop, deliver & put groceries away	651-642-1892
Keystone Grocery Delivery	Monthly delivery to homebound adults in specific St. Paul zip codes	651-645-0349

Meals on Wheels - Ramsey County Neighborhood Programs - 651-318-9091 Local #s:

Meals on Wheels Nutritious hot or frozen meals delivered to your home by friendly volunteers from local member programs. Call 651-318-9091 to enroll, cancel or change your meals.	Gladstone Meals on Wheels - N. St. Paul, Maplewood, Oakdale	651-748-7266
	Jewish Family Service of St. Paul - Kosher Meals, W 7th/Highland	651-239-4756
	Keystone Meals on Wheels - Various St. Paul neighborhoods	651-298-5493
	Merrick Meals on Wheels - Eastside St. Paul & parts of Woodbury	651-219-5531
	Mounds View Meals on Wheels - School District 621 residents	651-621-7950
	Roseville Area Meals on Wheels - School District 623 residents	651-604-3524
	White Bear Area Meals on Wheels - School District 624 residents	651-653-3123
	Wilder Meals on Wheels - Downtown, North End, Midway, Frogtown	651-280-2533

Other Meal Delivery

Open Arms of Minnesota	Medically tailored meals delivered to critically ill & their loved ones	612-872-1152
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Health and Disability Support

Alzheimer's Association	Care, support, info. 24/7 for those affected by all forms of dementia	1-800-272-3900
COVID-19 Hotline	Answers to COVID-19 questions on testing, vaccines, & medications	1-833-431-2053
Dental Care	Hope Dental Clinic provides care for those without dental insurance	651-789-7605
Disability Hub MN	Statewide resource network helps those with disabilities & caregivers	1-866-333-2466
Disability Parking	Application for temporary or permanent disability parking certificate	651-297-3377
Hearing Loss	Hearing loss information, support & free communication technology	651-431-5945
State Services for the Blind	Support, information & free technology for seniors with low vision	651-539-2324



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Home Accessibility, Maintenance and Repair

Energy Conservation	Deferred loan program for suburban Ramsey County homeowners	612-335-5884
Hearts & Hammers	Exterior restoration, repairs & painting for eligible homeowners	651-636-0797
Help at Your Door	Home safety modifications, ramps, indoor & outdoor chores & repairs	651-642-1892
NeighborWorks	Assistance with home financing, refinancing and improvement loans	651-292-8710
Rebuilding Together MN	Home safety modifications, ramps, indoor & outdoor repairs	651-776-4273

Housing Assistance

Community Resource Center	Crisis case management & help with basic needs / NE Ramsey Co.	651-762-9124
Community Support Center	Support to prevent homelessness / N & NW Ramsey Co. suburbs	651-387-8050
Homeless Elder Services	Intensive case management for currently homeless elders age 60+	651-647-3100
Homeline Tenant Hotline	Tenant advocacy, information & free legal help for renters	612-728-5767
HouseCalls-Ramsey County	Homelessness prevention due to safety & sanitation concerns	651-266-1290
Housing Benefits 101	A resource of Disability Hub MN to help explore housing options	1-866-333-2466
HousingLink	Connecting people to affordable rental homes with online search tool	612-522-2500
Minnesota Home Ownership	Center helps with foreclosure, reverse mortgage, repair & rehab.	651-659-9336
Minnesota Housing	Help finding or paying for housing for both renters & homeowners	651-296-7608
Neighborhood House	St. Paul housing stability services for those at risk of homelessness	651-789-3602
Senior Linkage Line	Info. on senior housing, assisted living, & long term care services	1-800-333-2433

Legal and Consumer Assistance

Consumer Assistance	MN Attorney General's Office - information, assistance, advocacy	651-296-3353
Guardianship Info. Line	Help navigating less-restrictive decision-making alternatives	1-844-333-1748
Legal Services (SMRLS)	Help in civil matters, basic needs, eviction & public benefit appeals	1-877-696-6529
MN Lawyer Referral	Information service, consultation & referral to private attorneys	612-752-6699
Volunteer Lawyers Network	Free legal help in civil matters for those experiencing poverty	612-752-6677

[Living at Home Network - St. Paul Neighborhood Programs - 651-649-0315](#)

ComoConnects	Como Park & Falcon Heights	651-642-1127
East Side Elders	East St.Paul: Dayton's Bluff, Payne-Phalen, Conway-Battle Creek	651-683-2326
Hamline Midway Elders	Hamline Midway & Western Frogtown, between Dale & Transfer Rd	651-209-6542
Keystone Block Nurse Services	West 7th and Summit Hill	651-298-5493
Neighborhood Network for Seniors	Highland, MacGroveland, Merriam Park, & Summit-University	651-646-2301
NE Seniors for Better Living	Eastside St. Paul, Maplewood & North St. Paul	651-808-1901
North End Area Seniors	District 6 & Frogtown	651-487-5135
St. Anthony Park Seniors	St. Anthony Park in St. Paul & Lauderdale	651-642-9052



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Mental Health and Substance Abuse Crisis Support

County Crisis Services	Phone support 24/7, mobile crisis teams, & walk-in urgent care	651-266-7900
Crisis Text/Chat Line	Text the letters HOME to number 741741, support available 24/7/365	Text 741741
Jewish Family Service	Assessment & treatment of a diverse range of mental health issues	651-698-0767
Minnesota Warmline	Confidential peer-to-peer support 7 days/week from 9am - 9pm	651-288-0400
Senior Recovery Center	Licensed outpatient recovery service & support groups for those 50+	651-773-0473
Suicide & Crisis Lifeline	For those in distress, their loved ones & care professionals 24/7/365	Call 9 8 8
Wilder Health & Wellness	Walk-in & phone clinic for mental health & substance abuse recovery	651-280-2310

Pet Help

Animal Humane Society	Pet Helpline advice, resources & referrals M-F 9-7pm & Sat. 10-6pm	952-435-7738
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Respite Care - In-person Group Programs

Ebenezer DayBreak	St Paul Adult Day Services provides social activity & care M-F 8-4pm	651-326-4889
Lyngblomsten-The Gathering	Four hour weekly in-person group respite for those with memory loss	651-632-5320

Technology Support

Cyber-Seniors	Technology support & training for using phones & computers	1-844-217-3057
PCs for People	Affordable computers, internet, repairs & recycling	651-354-2552

Transportation

Help at Your Door	\$10 personal rides up to 10 miles or sliding-scale based on income	651-642-1892
JCC Transportation	Door to door service for those 60+ in the St. Paul-Highland Area	651-255-4743
JFS Transportation	Round trip rides in St. Paul & suburbs provided by volunteer drivers	651-248-3885
Living at Home Network	St. Paul neighborhood programs (see above) provide local rides	651-649-0315
Metro Mobility	Door-through-door accessible rides for those certified with a disability	651-602-1111
Metro Transit Information	Fixed route bus/light rail discounts, route help & schedule information	612-373-3333
Newtrax	Assisted & Independent Living group rides & area Circulator Loops	651-789-6221
Transit Link	Dial-a-ride accessible bus for anyone in areas without fixed bus route	651-602-5465
Transportation Plus	Book online, text, call or use ihail app for standard or wheelchair ride	612-888-8888

Vulnerable Adult Protection and Advocacy

Adult Protection	Report suspected elder abuse, neglect or financial exploitation 24/7	1-844-880-1574
Minn. Elder Justice Center	Support for those impacted by elder abuse, neglect or exploitation	651-440-9312
LongTerm Care Ombudsman	Advocating for health, safety & rights of long term care consumers	1-800-657-3591
SOS Sexual Violence Services	Crisis helpline, referrals, advocacy, support & counseling 24/7	651-266-1000

This list includes the member programs of **Meals on Wheels of Ramsey County** as well as other non-profit & public agencies that provide services free of charge, at low-cost, or on a sliding-fee scale. This list is funded in part by a grant from Ramsey County. It is not exhaustive, nor does inclusion imply endorsement. For the full directory or other inquiries: email@mealsonwheels-rc.org, 651-371-7009,

www.mealsonwheels-rc.org/resource-directory



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