

Resources for Seniors in Ramsey County - 2022

For additional information and resources contact: [Senior Linkage Line 1-800-333-2433](tel:1-800-333-2433)

General Information and Referrals

Senior Linkage Line	Help with Medicare, housing, financial support & services M-F 8-4:30	1-800-333-2433
County Contact Center	Answers to COVID questions & help connecting to County services	651-266-8500
Disability Hub	Resources and referrals for those 60 and under with a disability	1-866-333-2466
United Way 2-1-1	Info. & referrals to resources & housing assistance available 24/7	2-1-1
Veteran's Linkage Line	Support 7 days/week for Minnesota Veterans and their families	1-888-LinkVet

Care Management and Service Coordination

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 Resources

Jewish Family Service	Caregiver support group and free short-term counseling (PEARLS)	763-300-3146
Lyngblomsten Caregiver Resources	Caregiver coaching, zoom support groups, activity emails	651-632-5320
Wilder Caregiver Services	Caregiver respite, support groups, consultation & networking	651-280-2273

Chore / Homemaking / Home Care

Help at Your Door	Interior/exterior home handyman services for older or disabled adults	651-642-1892
Living at Home Network	Neighborhood Block Nurse Programs helping St. Paul seniors	651-649-0315
MNChoices Assessment	Determine eligibility for senior services & public assistance programs	651-266-3613
Senior Chore Program	Indoor & outdoor chores for those 60+ residing in Northeast Suburbs	651-757-4061
Wilder Community Care	Home health care support to maintain health & live independently	651-280-2273

Community Support

American Indian Family Center	Programs & services for American Indian individuals & families	651-793-3803
CLUES	Programs and services for Latinx elders, families & new immigrants	651-379-4200
Hallie Q. Brown	Gathering place for seniors, food shelf by appt. w/ delivery to seniors	651-224-4607
Hmong American Partnership	Culturally sensitive programs & services for individuals & families	651-495-1557
Rainbow Health	Aging initiative, support for those living with HIV, counseling, Aidsline	612-373-2437

Companionship

Coffee Talk	Commitment-free drop-in chat line when a friendly voice is needed	612-746-0728
Friends & Co.	Phone & visiting companions for those 65+	612-721-1400
LSS Companion Services	Companions are currently providing phone & video chats	651-310-9455

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Delivery Services

Help at Your Door	Order groceries & volunteers shop, deliver & asst. with putting away	651-642-1892
Keystone Grocery Delivery	Monthly delivery of nutritious food to low income homebound adults	651-645-0349
Living at Home Network	Nine neighborhood Block Nurse Programs serve St. Paul seniors	651-649-0315
Metro Mobility	Grocery & goods delivery to certified Metro Mobility riders	651-602-1111

Financial Assistance and Financial Counseling

Bridge to Benefits	Web-based screening tool provides a guideline to public benefits	651-227-6121
County Emergency Assistance	Help paying rent, mortgage, utilities & car repairs in crisis	651-266-4884
County Financial Assistance	Help determining eligibility for financial assistance programs	651-266-4444
County Veterans Services	Help for Ramsey Co. veterans & survivors in accessing benefits	651-266-2545
Community Action Partnership	Resources available for food, heating, and housing costs	651-645-6470
LSS Financial Counseling	Budget/debt management, reverse mortgage, foreclosure prevention	1-888-577-2227
Prepare + Prosper	Free tax preparation, financial coaching, low-cost banking products	651-287-0187

Food Resources

County Food Resource Site	Online map of neighborhood resources, food shelf listing and more	651-266-8500
Fare for All	Groceries, produce, meat packages up to 40% off retail-various sites	763-450-3880
Food Helpline	Assistance with food resources, SNAP eligibility and applications	1-888-711-1151
Food Shelves	Keystone Community Services - St. Paul food shelves, food mobile	651-917-3792
	Merrick Community Services - Eastside Ramsey County	651-287-2088
	Neighborhood House Food Support -St. Paul food shelf/SNAP asst.	651-789-2534
	North St. Paul Food Shelf - N. St. Paul, call to schedule appointment	651-770-1309
	Ralph Reeder Food Shelf - School District 621, delivery available	651-621-6280
	White Bear Area Food Shelf -Open to all, drive-thru, mobile markets	651-407-5310
Meals on Wheels of Ramsey County For enrollment, call 651-318-9091 or visit meals-on-wheels.com	Gladstone Meals on Wheels - No. St. Paul, Maplewood, Oakdale	651-748-7250
	Jewish Family Service of St. Paul -Kosher Meals, Highland & W.7th	651-315-9167
	Keystone Community Services - St. Paul, call for neighborhoods	651-645-7424
	Merrick Community Services - St. Paul Eastside & Woodbury	651-287-2092
	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 - St. Paul Downtown, North End, Frogtown	651-280-2500
NAPS-Nutrition Assistance	Program for Seniors to receive box of nutritious food each month	651-484-8241
SNAP-Food Support	Provides EBT card to purchase groceries at most stores & markets	888-711-1151
Optage Senior Dining Choices	Home delivered meals for those over 60 at nutritional risk	651-746-8280

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Health and Disability Support

Alzheimer's Association	Care and support 24/7 for those affected by all forms of dementia	1-800-272-3900
COVID-19 Hotline	MN Dept. of Health answers COVID-19 questions Mon-Fri: 9am-7pm	1-833-431-2053
Dental Care	Hope Dental Clinic dental care for those without dental insurance	651-7897605
Disability Hub	Resources and referrals for those 60 and under with a disability	1-866-333-2466
Disability Parking	Applications for temporary or permanent parking permits or plates	651-297-3377
Fairview Lifeline	Personal medical alert, falls alert & medication reminder systems	952-885-6185
Hearing Loss Services	MN Dept of Human Services offers support, assistive devices, etc.	1-800-657-3663
Telephone Equipment	Free assistive telephone equipment for those with hearing loss	651-431-5945
Vision Loss/State Services	Support & services for coping with vision loss & living independently	651-539-2331

Home Maintenance, Repair, and Accessibility

Energy Conservation Loan	Deferred loan program for Suburban Ramsey homeowners	612-335-5884
Hearts & Hammers	Free home restoration & exterior painting for eligible homeowners	651-636-0797
Help at Your Door	Installing grab bars, ramps, smoke & carbon monoxide detectors	651-642-1892
Housing Rehab & Fix Up	Deferred loan programs available to eligible homeowners countywide	651-774-9064
Rebuilding Together	Free safety modifications & ramps, indoor & outdoor home repairs	651-776-4273

Housing Assistance

Community Support Center	Rent assistance & support to prevent eviction in northern suburbs	651-387-8050
Help to Find/Pay For Rental Housing	MN Housing website with resources for renters	Call 2-1-1
Homeless Elders Program	Catholic Charities provides one-on-one assistance for those 55+	651-647-3100
Homeline Tenant Hotline	Information & free legal help for renters	612-728-5767
HousingLink	Simplify your affordable housing search with current online listing	612-522-2500
Neighborhood House	Housing stability services for those at risk countywide	651-789-2500
Senior Linkage Line	For questions about housing, financial support, in-home services, etc.	1-800-333-2433

Legal and Consumer Assistance

Consumer Assistance	MN Attorney General's Office Hotline for information and advocacy	651-296-3353
Estate and Elder Law	Volunteers of America legal services for Wills, POA, Trusts, Probate	612-676-6300
Guardianship Information Line	In-depth consultation, referrals, and assistance	1-844-333-1748
Lawyer Referral	MN Lawyer Referral & Information Service	612-752-6699
Legal Services - SMRLS	Legal assistance for 60+ re: housing issues, government benefits	1-888-575-2954
Volunteer Lawyers Network	Connects volunteer lawyers with those in poverty needing legal help	612-752-6677

Resources for Seniors in Ramsey County - 2022

Mental Health and Substance Abuse Crisis Support

County Crisis Phone Line	Mobile mental health/substance abuse crisis services available 24/7	651-266-7900
Crisis Text Line	Text the letters HOME to number 741741, support available 24/7/365	Text 741741
JFS Counseling	Assessment and treatment of a diverse range of mental health issues	651-698-0767
JFS PEARLS	In-home counseling for those 55+ experiencing depression	763-300-3146
Minnesota Warmline	Call for confidential peer-to-peer support Mon-Sat 12 PM to 10 PM	651-288-0400
Senior Recovery Center	Licensed outpatient recovery services/support groups for those 50+	651-773-0473
Suicide Prevention Lifeline	For those in distress and their caregivers 24/7, 365 days a year	988
Wilder Mental Health & Wellness	Community outpatient clinic for mental health & substance use	651-280-2310

Pet Help

Animal Humane Society	Pet Helpline M-F 9am-7pm, Low-cost/sliding fee veterinary services	952-435-7738
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Technology Support

Cyber-Seniors	Tech Mentors help older adults with smartphone, tablet or computer	1-844-217-3057
PCs for People	Affordable computers, internet, repairs, & technology recycling	651-354-2552

Transportation

Help at Your Door	Transportation for set fee, or free for those qualified, throughout TC	651-642-1892
Living at Home Network	Nine neighborhood Block Nurse Programs serve St. Paul seniors	651-649-0315
Metro Mobility	Door-through-door accessible rides for those certified with disabilities	651-602-1111
Metro Transit Information	Fixed route bus & light rail discounts, route help & schedule info.	612-373-3333
Transit Link	Dial-a-ride accessible bus for those in areas without fixed bus routes	651-602-5465

Vulnerable Adult Protection and Advocacy

Adult Protection	Report suspected elder abuse, neglect, or financial exploitation 24/7	1-844-880-1574
MN Elder Justice Center	Support for those impacted by elder abuse, neglect, or exploitation	651-440-9300
MN Ombudsman for LTC	Information, consultation, advocacy for long term care consumers	651-431-2555
SOS Sexual Violence Services	Crisis helpline, referrals, advocacy, support, & counseling 24/7	651-266-1000
Supported Decision Making	Center for Excellence for older adults & people with disabilities	952-945-4174

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, 651-266-4107. To access this listing online: <https://www.mealsonwheels-rc.org/resource-directory>



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