



Resources for Seniors in Ramsey County

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

Compiled by



MEALS ON WHEELS
RAMSEY COUNTY
Caring for nutritional needs

2025

General Information and Referrals

Minnesota Aging Pathways - Confidential help with Medicare, housing, financial support, and services, M-F 8am-4:30pm **1-800-333-2433**

County Service Centers - Navigator assistance & connection to county programs & services **651-266-8500**

Veteran's Linkage Line - Support 7 days/week for Minnesota veterans & their loved ones **1-888-LinkVet**

Disability Hub MN - Resource network for those with disabilities & their caregivers **1-866-333-2466**

United Way 2-1-1 - Helps connect you to community resources, 24/7, all languages **Call 2-1-1**

Care Consultation and Service Coordination

Elder Care IQ - Online tool helps screen nursing homes, assisted living, home care **952-239-6394**

Keystone Community Services - Helping seniors find the resources they need **651-298-5493**

Jewish Family Service - Care management, care planning, advance directives planning **651-497-8248**

Caregiver Support

Jewish Family Service - Caregiver coaching, free virtual support group, care planning **651-497-8248**

Wilder Caregiver Services - Caregiver consultation, coaching & support groups **651-280-2273**

Lyngblomsten-Caregiver - Caregiver education, support groups, day & overnight respite **651-632-5320**

Chore, Homemaking, In-Home Services

Help at Your Door - Home chore, repairs, safety installations for older or disabled adults **651-642-1892**

MnCHOICES Assessment - Determine eligibility for supportive services to help live independently **651-266-3613**

Living at Home Network - Neighborhood programs in St. Paul helping seniors stay in their own homes **651-649-0315**

Community Senior Centers, Education & Recreation Programs

Gladstone Senior Programs - North St. Paul-Maplewood-Oakdale school district programs for adults **651-748-7250**

Mounds View Adult Enrichment - School district adult & senior activities and enrichment opportunities **651-620-6020**

Mounds View Senior Programs - Senior Center events, activities, enrichment and fitness classes **763-717-4043**

Roseville Area Senior Program - School district groups, classes, and opportunities for ages 50+ **651-604-3520**

St. Paul Public Schools - Adult enrichment, education and activities **651-767-8179**

White Bear Area Senior Program - School district adult & senior activities and enrichment opportunities **651-653-3121**

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**

Violet Directory/HIV Hotline - LGBTQ+ Aging Directory and HIV Care & Prevention Directory **651-431-2398**

Companion Services

Coffee Talk - Commitment-free drop-in phone line available Mon-Fri 8-noon **612-746-0728**

Friends & Co - Visiting companions for those 70+, Phone or Cards Connect for 62+ **612-746-0737**

LSS Companion Services - Trained volunteers provide home support, transportation & friendship **651-255-2361**

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, furnace repair, food, car & housing expenses **651-645-6445**

LSS Financial Counseling - Budget/debt management, foreclosure prevention, reverse mortgage **1-888-577-2227**

Prepare + Prosper - Free tax prep, financial coaching, credit building & no cost banking **651-287-0187**

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 traveling affordable grocery and Mobile Markets **763-450-3860**

Hunger Solutions - Food HelpLine connects to local food resources & SNAP assistance **1-888-711-1151**

Food Shelves

For a complete listing go to **Ramsey County Food Resources: Find Food Near You**

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**

NAPS - Nutrition Assistance - Free monthly box of nutritious food for low-income seniors 60+ **1-866-844-3663**

SNAP - Food Support - EBT card to pay for healthy food at grocery stores & farmers markets **1-888-711-1151**

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 & help put groceries away **651-642-1892**

Keystone Grocery Delivery - Monthly delivery to homebound adults in select St. Paul zip codes **651-645-0349**

Meals on Wheels - Ramsey County Neighborhood Programs - 651-371-9007

New to Meals on Wheels? Call Metro Meals on Wheels to sign up @ **651-318-9091** and get connected with your local program.

Jewish Family Service of St. Paul Kosher Meals - St. Paul W. 7th/Highland area **651-239-4756**

Keystone Meals on Wheels - St. Anthony, Midway, Merriam, Highland, Mac- Groveland, W. 7th, Summit Hill, West Side **651-298-5493**

Merrick Meals on Wheels - East Side St. Paul, N. St. Paul, Maplewood, Oakdale, 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 Lake Area Meals on Wheels - School District 624 residents **651-653-3123**

Wilder Meals on Wheels - Downtown, North End, Midway, and Frogtown **651-280-2533**

Other Meal Delivery

Open Arms of Minnesota - Tailored meals support those with HIV/AIDS & other critical illnesses **612-767-7333**

Optage Meals - Frozen meals delivered throughout 7-county Metro Area **651-746-8280**

Health and Disability Support

Alzheimer's Association - 24/7 support & information for those affected by all forms of dementia **1-800-272-3900**

Disability Parking - Application for temporary or permanent disability parking certificate **651-297-3377**

Community Dental Care - Non-profit, accessible, dental care at two Maplewood locations **651-925-8400**

Hearing Loss - Support, information & free technology for those with hearing loss **651-431-5945**

Disability Hub MN - Statewide resource network helps those with disabilities & caregivers **1-866-333-2466**

State Services for the Blind - Support, information & free technology for seniors with low vision **651-539-2324**

Home Accessibility, Maintenance and Repair

Community Action Partnership - Assist with utility bills, energy conservation & emergency repairs **651-645-6470**

Home Energy Conservation - Various programs to assist homeowners with reducing energy costs **651-221-4462**

Hearts & Hammers - Exterior home restoration, repairs & painting for eligible homeowners **612-208-2791**

NeighborWorks - Home Partners help those wanting to buy, fix or keep their home **651-292-8710**

Help at Your Door - Home safety modifications (grab bars, handrails, door repairs, etc.) **651-642-1892**

Rebuilding Together MN - Home owner safety modifications (ramps, indoor & outdoor repairs) **651-776-4273**

Housing Assistance

Community Support Center - Support to prevent homelessness / N & NW Ramsey Co. suburbs **651-387-8050**

HousingLink - Search tool connecting people to affordable rental homes & information on subsidized housing

Homeless Elders Program - Intensive case management for currently homeless elders age 60+ **651-647-3100**

Minnesota Home Ownership - Center helps with foreclosure prevention, reverse mortgage, repairs **651-659-9336**

Homeline Tenant Hotline - Tenant advocacy, confidential information & free legal help for renters **612-728-5767**

Neighborhood House - Housing stability services for those at risk of eviction/homelessness **651-789-2547**

HouseCalls-Ramsey County - Homelessness prevention due to safety or sanitation concerns **651-266-1290**

Minnesota Aging Pathways - 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 for inds. & caregivers in navigating decision-making alternatives **1-844-333-1748**

LawHelpMN.org - Helping Minnesotans solve legal problems, connect to info. & assist., live chat also avail.

Living at Home Network - 651-649-0315

ComoConnects - Serving Como Park and Falcon Heights neighborhood seniors **651-642-1127**

East Side Elders - Dayton's Bluff, Payne-Phalen, Conway-Battle Creek areas of St. Paul's East Side **651-683-2326**

Hamline Midway Elders - Hamline Midway & west Frogtown, between Dale St and Transfer Rd **651-209-6542**

Keystone Block Nurse Services - West 7th & Summit Hill neighborhood seniors **651-298-5493**

Legal Services (SMRLS) - Help in civil matters, basic needs, eviction & public benefit appeals
1-877-696-6529

Volunteer Lawyers Network - Free legal help in civil matters for those experiencing poverty
612-752-6677

Neighborhood Network for Seniors - Highland, MacGroveland, Merriam Park, Summit-University **651-646-2301**

North East Seniors for Better Living - Greater Eastside St. Paul, Maplewood, & North St. Paul
651-808-1901

North End Area Seniors - District 6 & Frogtown neighborhood seniors **651-487-5135**

St. Anthony Park Area Seniors - St. Anthony Park in St. Paul & Lauderdale neighborhood seniors **651-642-9052**

Mental Health and Substance Abuse Crisis Support

County Crisis Services - 24/7 phone support, mobile crisis teams, & walk-in urgent care **651-266-7900**

Crisis Text/Chat Line - Text the letters HOME to 741741 for confidential support 24/7/365
Text 741741

Jewish Family Service - Counseling and mental health services for adults and couples
651-698-0767

Minnesota Warmline - Confidential peer-to-peer support 7 days/week from 9am - 9pm **651-288-0400**

Northeast Youth & Family Services - Clinic-based services for all ages, located in Shoreview & White Bear **651-486-3808**

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 - Outpatient mental health & substance use recovery services **651-280-2310**

Pet Help

Animal Humane Society - Pet Helpline - advice, resources & referrals M-F 9am-7pm & Sat 10am-6pm **952-435-7738**

Animal Humane Society - Community Outreach, quarterly pet food distribution & wellness clinics **651-788-4685**

Respite Care - In-person Group Programs

Ebenezer DayBreak St. Paul - Day Program provides social activities & caregiver respite M-F 8-4pm **651-326-4889**

Lyngblomsten-The Gathering - 4 hr weekly in-person group respite for those with memory loss **651-632-5320**

Technology Support

Cyber-Seniors - Free technology support & training services for phones & computers **1-844-217-3057**

PCs for People - Affordable computers, internet, repairs & recycling **651-354-2552**

Transportation

Help at Your Door - \$12 one-way rides up to 10 miles, sliding-scale based on income & Waiver **651-642-1892**

Metro Transit Information - Bus/light rail discounts, route & schedule info, Metro micro in some areas **612-373-3333**

JFS Transportation - Round-trip rides in St. Paul & suburbs provided by volunteer drivers **651-248-3885**

Newtrax - Assisted & Independent Living group rides & area Circulator Loops **651-789-6221**

Living at Home Network - Some of the St. Paul neighborhood programs provide local rides **651-649-0315**

Transit Link - Dial-a-ride accessible bus for anyone in areas without fixed bus route **651-602-5465**

Metro Mobility - Door-thru-door accessible rides for those who apply & are certified with a disability **651-602-1111**

Transportation Plus - On-demand & Special Transportation Services (wheelchair) provider **612-888-8888**

Vulnerable Adult Protection and Advocacy

Adult Protection - Report suspected elder abuse, neglect, or financial exploitation 24/7 **1-844-880-1574**

LongTerm Care Ombudsman - Advocating for health, safety & rights of long-term care consumers **1-800-657-3591**

MN Elder Justice Center - Support for those impacted by elder abuse, neglect, or exploitation **651-440-9312**

SOS Sexual Violence Services - County 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 or call **651-371-7009**.