



Resources for Seniors in Ramsey County

2025-2026

Compiled by



MEALS ON WHEELS
RAMSEY COUNTY
Celebrating 50 Years of Service in 2025

For additional information and resources contact:

[Meals on Wheels of Ramsey County](#) 651-371-7009 or
[Minnesota Aging Pathways](#) 1-800-333-2433

Resources for Seniors in Ramsey County, Minnesota

2025-2026

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Meals on Wheels of Ramsey County

This directory includes the services provided by the member agencies of Meals on Wheels 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, 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 **651-371-7009**.

This directory is available online on our website at:

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



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General Information and Referrals

Minnesota Aging Pathways

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

Website: <https://trellisconnects.org/minnesota-aging-pathways/>

Services: A free service of the Minnesota Board on Aging, delivered by Trellis, to help with questions and provide information and resources related to Medicare, housing, transportation, financial support, and more.

Ramsey County Service Navigators and Service Centers

Phone: 651-266-8500

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

Services: County Navigator assistance with, and connections to, a wide range of county programs and services, as well as access to a computer, document scanning and uploading, or public Wi-Fi for internet access on personal devices. Check the website for all in-person locations and hours of assistance.

Disability Hub MN

Phone: 1-866-333-2466

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

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

United Way 2-1-1

Phone: Call 2-1-1 or 651-292-0211, or Text your zip code to 898-211

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

Services: Free and confidential information and connection to community resources statewide. Available 24/7, and for all languages.

Veterans Linkage Line & Veterans Crisis Line

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

Crisis Line: Dial 988 then PRESS 1

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

Services: Customer service and support 7 days/week for Minnesota Veterans and their loved ones. You don't have to be enrolled in VA benefits or healthcare to connect.



Care Planning and Service Coordination

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 management, care planning, caregiver coaching, and advance directives planning for seniors to ensure safe, supported, and independent living at home and provide resources, education, and support for caregivers.

Keystone Community Services

Phone: 651-298-5493

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

Jewish Family Service of St. Paul

Phone: 651-497-8248

Website: <https://jfssp.org/services/help-for-caregivers>

Services: Caregiver coaching, free virtual support group, annual conference and care planning.

Lyngblomsten Caregiver Resources and Support

Phone: 651-632-5320

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

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

Wilder Caregiver Services

Phone: 651-280-2273

Website: <https://www.wilder.org/services/aging-caregiving/caregiver-support/>

Services: Caregiver consultation, information and assistance, coaching, and support groups.



Chore, Homemaking, Home Care

Help at Your Door

Phone: 651-642-1892

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

Services: Home support services, including indoor and outdoor chores, home repairs, and safety installations such as grab bars, stair rails, and more.

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/assistance-support/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.

Community Senior Centers, Education and Recreation Programs

Gladstone Adult and Senior Programs

Phone: 651-748-7250

Address: 1945 Manton Street, Maplewood

Website: <https://communityeducation.isd622.org/adult/gladstone>

Services: North St. Paul–Maplewood–Oakdale School District Programs for Adults 18+, including seniors 50+ and adults with disabilities.

Mounds View Adult Enrichment

Phone: 651-620-6020

Address: 5394 Edgewood Drive, Mounds View

Website: <https://moundsview.arux.app/courses/category/106/adult-activities-enrichment>

Services: School district adult and senior activities and enrichment, including daytime programming created to meet the needs and interests of adults 50 and older.

Mounds View Senior Program

Phone: 763-717-4043

Address: 5394 Edgewood Drive, Mounds View

Website: [https://www.moundsviewmn.org/residents/mounds view community center/adult programs/index.php](https://www.moundsviewmn.org/residents/mounds_view_community_center/adult_programs/index.php)

Services: Senior Center located in Mounds View Community Center provides enrichment and fitness classes, events and other activities.

Roseville Area Senior Program

Phone: 651-604-3520

Address: 1910 County Road B West, Roseville

Website: <https://communityed.isd623.org/adults/senior-program>

Services: School district groups, classes, & opportunities for ages 50+

St. Paul Public Schools Community Education

Phone: 651-767-8179

Address: 1780 West 7th Street, St. Paul

Website: <https://commed.spps.org/adult-programs>

Services: Adult enrichment, education and activities.

White Bear Area Senior Program

Phone: 651-653-3121

Address: Sunrise Park District Service Center, 2399 Cedar Ave,
White Bear Lake

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

Services: School district adult and senior activities and enrichment



Community Support

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

Address: 797 East 7th St., St. Paul, MN 55106

Website: <https://clues.org/services/elder-programs/>

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: 651-224-4601

Address: 270 N. Kent St., St. Paul, MN 55102

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) Address: multiple sites in St. Paul

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

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

Rainbow Health - The Ryan White Programs Customer Care Line

Phone: Ryan White Programs Customer Care Line is the Mn DHS information line to help and support those living with HIV/AIDS: 651-431-2398.

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

Services: Rainbow Health closed its doors July 19, 2024, but you can still access their Violet Directories, the LGBTQ+ Aging Directory and the HIV Care & Prevention Directory, from their website.

Companionship

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

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

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 and farmers markets.



Food Shelves

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 Address: 1800 University Ave. Food Center

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

Services: Food Center on University Ave is open to all. Food mobile available to select St. Paul locations (check website) and monthly delivery to homebound seniors in select St. Paul zip codes is also available (see Grocery Delivery below).

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 Assist.)

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 2nd 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 2x/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) Address: 1884 Whitaker St., White Bear Lk. (Main) and 2446 County Rd F (Community Market)

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

Services: Open to all. No appt needed. Drive-Thru Pick-up at 1884 Whitaker St., White Bear Lake available Mon, Tues 4pm-7pm and Wed, Thurs, Fri 11am-2pm. Community Market at 2446 County Rd F open for in-person shopping Mon, Tues, Wed and Fri from 1pm-4pm. In-season Mobile Produce Markets are available at various sites throughout White Bear Area.

Grocery Delivery

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 select St. Paul zip codes (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.



Meals on Wheels

Meals on Wheels of Ramsey County

Phone: 651-371-9007 (Ramsey County office), 651-318-9091 (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:

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 7th and Highland neighborhoods of St. Paul.

Keystone Community Services Meals on Wheels

Phone: 651-298-5493, 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 East Side St. Paul, North St. Paul, Maplewood, Oakdale & parts of Woodbury.

Mounds View Area Meals on Wheels

Phone: 651-621-7950, Call: 651-318-9091 to enroll
Website: <https://communityed.mvpschools.org/food/meals-on-wheels>
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 parts of Mahtomedi.

Wilder Meals on Wheels

Phone: 651-280-2533, 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 Local Meal Delivery

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.

Optage Meals

Phone: 651-746-8280

Website: <https://optage.org/meals/>

Services: Frozen meals delivered ready to heat and eat throughout the 7-county Metro Area.



Health and Disability Support

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, not just Alzheimer's Disease.

Dental Care – Community Dental Care

Phone: (651) 925-8400

Address: 1670 Beam Ave., Suite 204, Maplewood, MN 55109

Phone: (651) 774-2959

Address: 600 Carlton Street North, Maplewood, MN 55119

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

Services: A non-profit organization providing affordable and accessible dental care to all ages, backgrounds and income levels. Clinics include two Maplewood locations.

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>

Services: Information and 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 other 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 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 Accessibility, Maintenance, and Repair

Community Action Partnership of Ramsey and Washington Counties

Phone: 651-645-6445 (Main), 651-645-6470 (Energy/Water Bill & Emergency Furnace and Boiler Services), Energy Conservation and Weatherization (651-482-8260)

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

Services: Assistance with energy & water bills, emergency furnace or boiler services, and energy conservation & weatherization including energy audit to help lower monthly utility bills.

Hearts & Hammers

Phone: 651-208-2791

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

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

Help at Your Door

Phone: 651-642-1892

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

Services: Interior and exterior chore, safety modifications, and home repair services, including installing grab bars, handrails, door repairs, smoke & carbon monoxide detectors.

Home Energy Conservation

Phone: 651-221-4462 (Roseville office)

Website: <https://www.mncee.org/how-get-started>

Services: Center for Energy and Environment works with utilities to implement cost-effective residential energy efficiency programs. Information and assistance with energy audits, energy rebates, home improvement and home energy loans, solar energy and City-specific offerings.

NeighborWorks Home Partners

Phone: 651-292-8710

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

Services: Advisors assist with home financing, refinancing, and home improvement loans for those wanting to buy, fix or keep their home.

Rebuilding Together Minnesota

Phone: 651-776-4273

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

Services: Safe at Home Program provides free home safety and fall prevention modifications & wheelchair ramps to those 55+ or living with a disability. Home Repair & Roof Program (on pause until 2026 in Twin Cities Metro Area) provides indoor & outdoor health & safety repairs or improvements to eligible homeowners.



Housing Assistance

Community Support Center

Phone: 651-387-8050, M-F 8:30am-4:30pm

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: Minnesota Housing Finance Agency: 651-296-7608

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 Elders Program

Phone: 651-647-3100

Website: <https://cctwincities.org/services-and-locations/aging-and-disability-services/>

Services: Catholic Charities provides intensive case management and advocacy on behalf of vulnerable elders experiencing homelessness. Serving elders 60+ (55+ if Native American) currently experiencing homelessness in Hennepin and Ramsey counties.

Homeline Tenant Hotline

Phone: 612-728-5767

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

Services: A non-profit tenant advocacy organization providing confidential 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 assistance due to safety or sanitation concerns. HouseCalls services include financial assistance for: utility disconnection, eviction assistance due to non-payment of rent, or sanitation condemnation.

HousingLink

Phone: online resource only

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

Services: Simplify your affordable housing search with current online listings to match your specific criteria. Also access information and resources related to subsidized housing and legal help.

Minnesota Home Ownership Center

Phone: 651-659-9336

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

Services: Helping Minnesotans achieve sustainable homeownership. Advisors offer free services and resources to help buy a home, and one-on-one help to prevent foreclosure when times are tough (including reverse mortgage, home repair and rehabilitation resources).

Neighborhood House Housing Stability Services

Phone: 651-789-2547

Website: <https://neighborhoodhousemn.org/programs/housing-stability/>

Services: Housing stability services for those at risk of eviction and homelessness in Ramsey County. Assistance may include emergency financial support, housing inspections, or mediation services.

Minnesota Aging Pathways

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

Website: <https://trellisconnects.org/minnesota-aging-pathways/>

Services: Information and resources related to housing for seniors, assisted living, financial support, and long-term care services.



Legal and Consumer Assistance

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, health care, housing, utilities, senior legal rights, and charities. Many free publications are available from the website related to consumer protection, estate planning, legal rights, seniors, charitable giving, and many more.

Guardianship Information Line – Center for Excellence in Supported Decision Making

Phone: 1-844-333-1748, M-F 8:00am-4:30pm

Website: <https://www.voamnwi.org/center-excellence-supported-decision-making>

Services: The Center for Excellence in Supported Decision Making at Volunteers of America Minnesota offers in-depth consultation and advocacy regarding less restrictive alternatives to guardianship for older adults and people with disabilities in Minnesota. Professionals or informal caregivers are also eligible for assistance in navigating guardianship, conservatorship and less restrictive alternatives.

LawHelpMN.org

Phone: no public phone access but live chat available from website and local kiosks

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

Services: helping Minnesotans solve legal problems, get connect with legal help and information.

Legal Services – Southern Minnesota Regional Legal Services

Phone: 1-877-696-6529 (877-MY-MN-LAW)

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

Services: Free legal help for low-income persons and senior citizens (60+) on a full range of civil matters related to preserving and maintaining life essentials such as income, health, safety, and shelter. If you are a senior and have a problem with Social Security’s SSI program, Medical Assistance, or have a nursing home or other matter, we may be able to help.

Volunteer Lawyers Network

Phone: 612-752-6677, M-Th 10:00am-1:00pm

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

Services: Connecting Minnesotans experiencing poverty with free legal help in civil cases (i.e. Bankruptcy, criminal expungement, debt collection, employment, family law, housing law such as eviction or eviction expungement, immigration and other general civil legal cases). Call the intake line M-Th, 10:00am-1:00pm and a non-lawyer employee will let you know whether we can help you.



Living at Home Network – St. Paul Neighborhood Programs

Phone: 651-649-0315

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

Services: Helping seniors stay healthy & safe in their own homes. Services vary by program, but may include: transportation, in-home support, foot care, chores, social activities, and more.

ComoConnects

Phone: 651-642-1127

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

Serving: Como Park and Falcon Heights neighborhood seniors.

East Side Elders

Phone: 651-683-2326

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

Serving: Dayton's Bluff, Payne-Phalen, Conway-Battle Creek areas of St. Paul's East Side.

Hamline Midway Elders

Phone: 651-209-6542

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

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

Keystone Block Nurse Program

Phone: 651-298-5493

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

Serving: St. Paul's West 7th neighborhood seniors.

Neighborhood Network for Seniors

Phone: 651-646-2301

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

Serving: Highland Park, Mac-Groveland, Lex-Ham, Merriam Park, Summit-University.

North East Seniors for Better Living

Phone: 651-808-1901

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

Serving: Greater Eastside St. Paul, parts of North St. Paul, and Maplewood.

North End Area Seniors

Phone: 651-487-5135

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

Serving: District 6 and Frogtown (north of University Ave. and east of Dale St.

St. Anthony Park Area Seniors

Phone: 651-642-9052

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

Serving: St. Anthony Park in St. Paul and Lauderdale neighborhood seniors.



Mental Health and Substance Abuse Crisis Support

County Mental Health Crisis Services

Phone: 651-266-7900 (Adult Crisis Line) Address: 402 University Ave. East (Mental Health Urgent Care)
Website: <https://www.ramseycounty.us/residents/health-medical/clinics-services/mental-health>
Services: Phone support 24/7/365, mobile crisis teams meet people in their homes or community, and walk-ins welcome at Mental Health Urgent Care (M-F 8am-7pm, & Sat 10am-5pm).

Crisis Text Line

Phone: Text 741741
Website: <https://www.crisistextline.org/>
Services: Text the letters "HOME" or "HOLA" to 741741 for confidential crisis counseling 24/7/365.

Grief & Loss Support – Family Means Center for Grief & Loss

Phone: 651-641-0177 Address: 1129 & 1133 Grand Ave., St. Paul
Website: <https://griefloss.org/>
Services: Specialized therapy (individual, couple, family & group) for grief, trauma, & life transitions.

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

Phone: 651-698-0767 Address: 1633 West 7th St., St. Paul
Website: <https://jfssp.org/services/counseling-chaplaincy/counseling-mental-health>
Services: Therapists provide 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, M & W 11am-7pm, T & Th 10am-3pm Address: 499 Charles Ave., St. Paul
Website: <https://recoverycafefrogtown.org/>
Services: Nurturing recovery, wellness, & wholeness through connection, advocacy, hope & healing.

Senior Recovery Center

Phone: 651-773-0473 Address: 200 Plato Blvd., St. Paul
Website: <http://www.seniorrecoverycenter.org/>
Services: Licensed outpatient recovery services and support groups for those aged 50+.

Suicide and Crisis Lifeline

Phone: 988 – Call, text, or chat available 24/7/365 days Veteran's Crisis Line: Dial 988 then press 1
Website: <https://988lifeline.org/>
Services: Confidential support for those in distress, their loved ones & care professionals.

Wilder Mental Health & Wellness Services

Phone: 651-280-2310, M-Th 9am-3pm & F 9am-2pm Address: 451 Lexington Parkway N, St. Paul
Website: <https://www.wilder.org/what-we-offer/mental-health-wellness-services>
Services: Outpatient clinic for mental health, addiction and recovery services; walk-in & virtual.

Pet Help

Animal Humane Society – Pet HelpLine

Phone: 952-HELP-PET (952-435-7738), 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).

Animal Humane Society – Community Outreach

Phone: 651-788-4685

Website: <https://www.animalhumanesociety.org/outreach/community-outreach>

Services: provides free pop-up wellness clinics, pet food distribution at neighborhood food shelves, free pet food pantry pop-ups, crisis pet care and temporary crisis housing.

Respite Care – In-person Group Programs

Ebenezer Daybreak of St. Paul

Phone: 651-326-4889

Address: 45 W 10th St., Suite 3440, St. Paul, MN 55102

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

Services: Ebenezer Adult Day Program offers seniors daytime social activities during the day while their caregivers take time away, M-F 8am-4pm. Located at the Fairview Community Health and Wellness Hub. Seniors can attend daily or weekly.

Lyngblomsten - The Gathering

Phone: 651-632-5320 Meets at various sites. Call for more information and locations.

Website: <https://lyngblomsten.org/community-services/the-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.



Technology Support

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

Help at Your Door

Phone: 651-642-1892 or complete online request for services form.

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

Services: \$12 one-way trips within 7 county Metro area up to 15 mins. or sliding scale based on age and income. If it is over 10 miles, additional fees may apply. Some county waivers and health plans accepted.

JFS Transportation

Phone: 651-359-7775, rides available M-Th 9am-4pm to those assessed and eligible

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

Services: Round trip rides provided by volunteers for essential appointments or errands in St. Paul and suburbs for those who can walk & get in and out of a car without assistance. Limited to one round trip/week to eligible riders.

Living at Home Network

Phone: 651-649-0315

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

Services: Volunteers with some of the St. Paul neighborhood programs provide local rides in their own vehicles. (see Page 25 for specific neighborhood programs)

Metro Mobility

Phone: 651-602-1111 Operates extended hours 7 days/week, check website for your community's hrs.

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

Services: Shared door-through-door accessible rides for those certified with a disability or health condition that prevents them from being able to drive or use regular fixed-route buses. A completed application, signed by a medical provider, must be submitted at least 30 days prior to using services. Applications are available on the website. Riders may be accompanied by a personal care attendant/caregiver.

NEW Premium On-Demand Program (POD) - Metro Mobility riders can now also book personal rides (not shared) premium on-demand paratransit and assisted mobility rides with Transportation Plus (www.tplusride.com/) or by calling 612-888-8888, Carepool (www.carepool.us) at 612-284-5204, and UZURV (<https://uzurv.com/metro-mobility-ride/>) at 612-473-4115. These providers can accommodate wheelchairs, scooters, and service animals. Metro Mobility pays \$20, and you pay \$5.00 and any additional amount over the first \$25. If you have questions about the Premium On-Demand (POD) program, contact Metro Mobility Service Center at 651-602-1111 or email: metromobility@metc.state.mn.us.

Metro Transit Information

Phone: 612-373-3333 Transit Information Center Transit Experts provide information about routes, schedules and fares M-F 6:30am-8pm & Sat 8am-4:30pm. Or **Text 612-444-1161 for transit info.**

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

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

New Metro micro – Book a door-to-door shared ride anywhere in the service area and drop off anywhere in same service area with free transfers. Uses ADA-accessible minibuses for fast, safe, and convenient service with minimal waiting times. Growing service areas (currently in Ramsey County, service is only available in Roseville). Operates M-F 5:30am-10:30pm & weekends 7am-10:30pm. Go to: <https://www.metrotransit.org/micro>

Newtrax

Phone: 651-789-6221

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

Services: Assisted Living and Independent Living group rides and area Circular Loops.

Transit Link

Phone: 651-602-LINK (5465) Service available: M-F 6am-7pm, schedule rides up to 5 days in advance.

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

Services: Shared dial-a-ride accessible bus service for anyone in areas without regular fixed bus routes. No application needed but rides need to be scheduled in advance. Fares based on distance travelled.

Transportation Plus

Phone: 612-888-8888

Website: <https://www.tplusride.com/>

Services: Personal on-demand non-emergency medical rides and Special Transportation Services (paratransit and assisted mobility transportation with accessible vehicles). Personal rides can be booked on the same day by calling or on-line at [tplusride.com](https://www.tplusride.com).

Vulnerable Adult Protection and Advocacy

Adult Protection – Minnesota Vulnerable Adult Abuse Reporting Center

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 Office) 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 facilities 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.