

# Resources for Seniors in Ramsey County - 2021

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

## General Information and Referrals

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

## Care Management and Service Coordination

<a href="#">Jewish Family Service</a>	Care planning, care coordination, caregiver coaching	651-497-8248
<a href="#">Keystone Community Services</a>	Helping seniors find the resources they need	651-298-5493

## Caregiver Resources

<a href="#">Jewish Family Service</a>	Caregiver support group and free short-term counseling (PEARLS)	763-300-3146
<a href="#">Lynngblomsten Caregiver Resources</a>	Caregiver coaching, zoom support groups, activity emails	651-632-5320
<a href="#">Wilder Caregiver Services</a>	Caregiver respite, support groups, consultation & networking	651-280-2273

## Chore / Homemaking / Home Care

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

## Community Support

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

## Companionship

<a href="#">Coffee Talk - LBFE</a>	Commitment-free drop-in chat line when a friendly voice is needed	612-746-0728
<a href="#">Little Brothers Friends of The Elderly - LBFE</a>	Phone & visiting companions for those 65+	612-721-1400
<a href="#">LSS Companion Services</a>	Companions are currently providing phone & video chats	651-310-9455

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### Delivery Services

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

### Financial Assistance and Financial Counseling

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

### Food Resources

<a href="#">County Food Resource Site</a>	Online map of neighborhood resources, food shelf listing and more	651-266-8500
<a href="#">Fare for All</a>	Groceries, produce, meat packages up to 40% off retail-various sites	763-450-3880
<a href="#">Food Helpline</a>	Assistance with food resources, SNAP eligibility and applications	1-888-711-1151
<a href="#">Food Shelf Listing by Area</a>	Ramsey County Guide lists food shelves by neighborhood	651-266-8500
<a href="#">Food Shelves</a>	<a href="#">Keystone Community Services</a> - St. Paul food shelves, food mobile	651-917-3792
	<a href="#">Merrick Community Services</a> - Eastside Ramsey Co. food shelves	651-287-2088
	<a href="#">Neighborhood House Food Support</a> - St. Paul food shelf/SNAP asst.	651-789-2534
	<a href="#">North St. Paul Food Shelf</a> - N. St. Paul, call to schedule appointment	651-770-1309
	<a href="#">Ralph Reeder Food Shelf</a> - School District 621, delivery available	651-621-6280
	<a href="#">White Bear Area Food Shelf</a> - Open to all, drive-thru, mobile markets	651-407-5310
<a href="#">Meals on Wheels of Ramsey County</a> For enrollment, call <b>651-318-9091</b> or visit <a href="http://meals-on-wheels.com">meals-on-wheels.com</a>	<a href="#">Gladstone Meals on Wheels</a> - No. St. Paul, Maplewood, Oakdale	651-748-7250
	<a href="#">Jewish Family Service of St. Paul</a> - Kosher Meals throughout county	651-315-9167
	<a href="#">Keystone Community Services</a> - St. Paul MacGroveland, Highland	651-645-7424
	<a href="#">Merrick Community Services</a> - St. Paul Eastside & Maplewood	651-287-2092
	<a href="#">Mounds View Meals on Wheels</a> - School District 621 residents	651-621-7950
	<a href="#">Roseville Area Meals on Wheels</a> - School District 623 residents	651-604-3524
	<a href="#">White Bear Area Meals on Wheels</a> - School District 624 residents	651-653-3123
<a href="#">Wilder Meals on Wheels</a> - St. Paul Downtown & Frogtown	651-280-2500	

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<a href="#">NAPS-Nutrition Assistance</a>	Program for Seniors - receive box of nutritious food each month	651-484-8241
<a href="#">SNAP-Food Support</a>	Formerly known as Food Stamps-CAPRW can assist with application	651-603-5883
<a href="#">Optage Senior Dining Choices</a>	Home delivered meals for those over 60 at nutritional risk	651-746-8680

### Health and Disability Support

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

### Home Maintenance, Repair, and Accessibility

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

### Housing Assistance

<a href="#">Community Support Center</a>	Rent assistance & support to prevent eviction in northern suburbs	651-387-8050
<a href="#">Help to Find/Pay For Rental Housing</a>	MN Housing website with resources for renters	Call 2-1-1
<a href="#">Homeless Elders Program</a>	Catholic Charities provides one-on-one assistance for those 55+	651-647-3100
<a href="#">Homeline Tenant Hotline</a>	Information & free legal help for renters	612-728-5767
<a href="#">HousingLink</a>	Simplify your affordable housing search with current listing online	612-522-2500
<a href="#">Neighborhood House</a>	Housing stability services for those at risk countywide	651-789-2500
<a href="#">Rent Help MN</a>	COVID-19 Emergency Rental Assistance for overdue rent & utilities	Call 2-1-1
<a href="#">Senior Linkage Line</a>	For questions about housing, financial support, in-home services, etc.	1-800-333-2433

### Legal and Consumer Assistance

<a href="#">Consumer Assistance</a>	MN Attorney General's Office Hotline for information and advocacy	651-296-3353
<a href="#">Estate and Elder Law</a>	Volunteers of America legal services for Wills, POA, Trusts, Probate	612-676-6300
<a href="#">Guardianship Information Line</a>	In-depth consultation, referrals, and assistance	1-844-333-1748

## Resources for Seniors in Ramsey County - 2021

<a href="#">Lawyer Referral</a>	MN Lawyer Referral & Information Service has Referral Counselors	612-752-6699
<a href="#">Legal Services - SMRLS</a>	Legal assistance for 60+ re: housing issues, government benefits	1-888-575-2954
<a href="#">Volunteer Lawyers Network</a>	Connects volunteer lawyers with those in poverty needing legal help	612-752-6677

### Mental Health and Substance Abuse Crisis Support

<a href="#">County Crisis Phone Line</a>	Mobile mental health/substance abuse crisis services available 24/7	651-266-7900
<a href="#">Crisis Text Line</a>	Text the letters HOME to number 741741, support available 24/7/365	Text 741741
<a href="#">JFS Counseling</a>	Assessment and treatment of a diverse range of mental health issues	651-698-0767
<a href="#">JFS PEARLS</a>	In-home counseling for those 55+ experiencing depression	763-300-3146
<a href="#">Minnesota Warmline</a>	Call for confidential peer-to-peer support Mon-Sat 12 PM to 10 PM	651-288-0400
<a href="#">Senior Recovery Center</a>	Licensed outpatient recovery services/support groups for those 50+	651-773-0473
<a href="#">Suicide Prevention Lifeline</a>	For those in distress, caregivers & professionals, 24/7, 365 days/yr	1-800-273-8255
<a href="#">Wilder Mental Health &amp; Wellness</a>	Community outpatient clinic for mental health & substance use	651-280-2310

### Pet Help

<a href="#">Animal Humane Society</a>	Pet Helpline M-F 9am-7pm, Low-cost/sliding fee veterinary services	952-435-7738
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### Technology Support

<a href="#">Cyber-Seniors</a>	Tech Mentors help older adults with smartphone, tablet or computer	1-844-217-3057
<a href="#">PCs for People</a>	Affordable computers, internet, repairs, & technology recycling	651-354-2552

### Transportation

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

### Vulnerable Adult Protection and Advocacy

<a href="#">Adult Protection</a>	Report suspected elder abuse, neglect, or financial exploitation 24/7	1-844-880-1574
<a href="#">MN Elder Justice Center</a>	Support for those impacted by elder abuse, neglect, or exploitation	651-440-9300
<a href="#">MN Ombudsman for LTC</a>	Information, consultation, advocacy for long term care consumers	651-431-2555
<a href="#">SOS Sexual Violence Services</a>	Crisis helpline, referrals, advocacy, support, & counseling 24/7	651-266-1000
<a href="#">Supported Decision Making</a>	VOA Center for Excellence for vulnerable adults & their caregivers	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](mailto:email@mealsonwheels-rc.org), 651-266-4107. To access this listing online: [www.mealsonwheels-rc.org/other-senior-services/](http://www.mealsonwheels-rc.org/other-senior-services/)



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