

Resources for Seniors in Ramsey County 2023-2024

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

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 & connections 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 resources & housing assistance available 24/7	Call 2 1 1
Veteran's Linkage Line	Support 7 days/week for Minnesota Veterans and their families	1-888-LinkVet

Care Planning 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, advanced care	651-497-8248
Keystone Community Services	Helping seniors find the resources they need	651-645-0349

Caregiver Resources

Jewish Family Service	Caregiver support, classes, and free short-term PEARLS counseling	763-300-3146
Lyngblomsten Caregiver	Resources, caregiver coaching, support groups, respite care	651-632-5320
Wilder Caregiver Services	Caregiver consultation, coaching, support groups, respite care	651-280-2273

Chore, Homemaking, Home Care

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	Helps determine eligibility for supportive services to remain at home	651-266-3613
Wilder Home Care Services	In-home care & support to maintain health & live independently	651-280-2273

Community Support

American Indian Family Ctr	Programs & services that help American Indian families thrive	651-793-3803
CLUES Mayores Mejores	Supporting Latino elders with weekly workshops in Spanish	612-299-2310
Hallie Q. Brown Center	Gathering place for seniors, food shelf with delivery to seniors	651-224-4607
Hmong American Partnership	Culturally sensitive programs & services for individuals & families	651-495-1557
Rainbow Health	HIV services, Aging Initiative, support, counseling, AIDSLine	612-373-2437

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

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Financial Assistance and Financial Counseling

County Cash Assistance	Assistance to low-income residents through variety of cash programs	651-266-4444
County Emergency Assistance	Crisis assistance for paying rent, mortgage, utilities, security deposit	651-266-4884
County Veterans Services	Help for veterans & their survivors in applying for veterans' benefits	651-266-2545
Community Action Partnership	Assistance with energy, water, food, car, and 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, debt. mgmt, credit building/banking	651-287-0187

Food Resources

County Food Resource Site	Help finding and affording food and connecting to local resources	651-266-8500
Fare for All & Mobile Market	Pop-up grocery store selling produce & meat packages up to 40% off	763-450-3860
Food Helpline	Help connecting with local food resources & applying for SNAP	1-888-711-1151
NAPS - Nutrition Assistance	Program for Seniors 60+ to receive monthly box of healthy groceries	651-484-8241
SNAP - Food Support	EBT card to pay for healthy food at grocery stores & farmers markets	1-888-711-1151
	Keystone Community Services - Midway, Rice St., & food mobile	651-645-0349
Food Shelves - For a complete list of food shelves by neighborhood, see Ramsey County Food Resources website.	Merrick Community Services - For Eastside St. Paul & Maplewood	651-287-2088
	Neighborhood House - 2 St. Paul locations, NAPS & SNAP assist.	651-789-3602
	North St. Paul 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 - Open to all, mobile markets, delivery	651-407-5310

Grocery Delivery

Help at Your Door	Volunteers take grocery orders, shop, deliver & help at home	651-642-1892
Keystone Grocery Delivery	Monthly delivery to homebound adults in specific St. Paul zipcodes	651-645-0349
Living at Home Network	See below for the 9 neighborhood programs helping St. Paul seniors	651-649-0315

Meal on Wheels

		Local Phone
	Gladstone Meals on Wheels - N. St. Paul, Maplewood, Oakdale	651-748-7250
Meals on Wheels Nutritious daily hot or weekly frozen meals delivered to your home by friendly volunteers from local member programs. Call 651-318-9091 to enroll.	Jewish Family Service of St. Paul -Kosher Meals to W 7th/Highland	651-239-4756
	Keystone Community Services - Various St. Paul neighborhoods	651-645-7424
	Merrick Community Services - Eastside St. Paul & 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	651-280-2500

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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	Age-related hearing loss information, support, and assistive devices	651-431-5945
State Services for the Blind	Support, information and technology for seniors with low vision	651-539-2331
Telephone Equipment Distr.	Free assistive phones for those with hearing loss or other disabilities	651-431-5945

Home Accessibility, Maintenance, and Repair

Age Well at Home	Home modifications for older homeowner safety & accessibility	612-699-8088
Energy Conservation	Deferred loan program for suburban Ramsey County homeowners	612-335-5884
Hearts & Hammers	Free exterior restoration, repairs & painting for eligible homeowners	651-636-0797
Help at Your Door	Interior/exterior chore & home repairs, including grab bars & ramps	651-642-1892
NeighborWorks	Advisors assist with home financing, refinancing, improvement loans	651-292-8710
Rebuilding Together MN	Free 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
HousingLink	Connecting people to affordable rental homes with online search tool	612-522-2500
Minnesota Home Ownership	Center helps with foreclosure, reverse mortgage, repair and rehab	651-659-9336
Minnesota Housing Finance	Resources to help homeowners, renters, homeless. Call United Way:	Call 2 1 1
Neighborhood House	Housing stability services for those at risk of homelessness	651-789-3602
Senior Linkage Line	Info. on senior housing, assisted living, long term care, financial asst.	1-800-333-2433

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Legal and Consumer Assistance

Consumer Assistance	MN Attorney General's Office for information, assistance, advocacy	651-296-3353
Estate & Elder Law Services	Complete estate planning law services of Volunteers of America	612-676-6300
Guardianship Info. Line	Help navigating less-restrictive decision alternatives to guardianship	1-844-333-1748
Lawyer Referral	Information service, consultation, and referral to private attorneys	612-752-6699
Legal Services (SMRLS)	Free legal help for age 60+ in a full-range of civil matters/basic needs	1-877-696-6529
Volunteer Lawyers Network	Connecting Minnesotans experiencing poverty with free legal help	612-752-6677

Living at Home Network - St. Paul Neighborhood Programs

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 east side St. Paul	651-683-2326
Hamline Midway Elders	- Hamline Midway & western Frogtown, between Dale St and Transfer Rd	651-209-6542
Highland Block Nurse Program	- Highland & Mac-Groveland, so. of St. Clair Ave, east of Lexington	651-696-8425
Keystone Block Nurse Services	- In-home services to St. Paul's West 7th neighborhood seniors	651-298-5493
Neighborhood Network for Seniors	- Mac-Groveland, Lex-Ham, 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-South Como Block Nurse Program	- 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	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
JFS Counseling	Assessment & 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, 7 days/week, 9am-9pm	651-288-0400
Recovery Cafe Frogtown	Community of individuals in recovery support activities & coaching	651-206-8347
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 8-4	651-326-4889
Lyngblomsten The Gathering	Four hour weekly in-person group respite for those with memory loss	651-632-5320
Wilder Connect	Half day in-person long term care support program, M-Th 12pm-4pm	651-280-2294

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Technology Support

Cyber-Seniors	Free technology (phone/computer) support & training for older adults	1-844-217-3057
PCs for People	Affordable computers, internet, repairs & recycling	651-354-2552

Transportation

Help at Your Door	\$10 personal rides. Sliding scale based on age/income over 10 miles	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	651-359-7775
Living at Home Network	Many 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
Transit Link	Dial-a-ride accessible bus for anyone in areas without fixed bus route	651-602-5465

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

The **Senior Services Consortium of Ramsey County-Meals on Wheels** compiles this list of community resources for seniors living in Ramsey County. The list includes our member agencies as well as other non-profit and public agencies that provide services FREE of charge or on a sliding-fee scale. This list is not exhaustive, and inclusion does not imply endorsement. As this list is updated annually, or as we become aware that changes have occurred, 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: email@mealsonwheels-rc.org or call **651-266-4107** and find the most up-to-date listing on our website: <https://www.mealsonwheels-rc.org/resource-directory>.

