



# Resources for Seniors in Ramsey County

2022

For additional information and resources contact:

[Senior Linkage Line](https://www.ramseycounty.org/2022/01/24/senior-linkage-line/) 1-800-333-2433



RAMSEY COUNTY

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)

Phone: 651-266-4107.

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

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# General Information and Referrals

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## **Senior Linkage Line**

Phone: 1-800-333-2433

Website: <https://metroaging.org/help-information/senior-linkage-line/>

Services: Help with Medicare, housing, financial support & services M-F 8-4:30

## **County Contact Center**

Phone: 651-266-8500

Website: <https://www.ramseycounty.us/coronavirus>

Services: Answers to COVID questions & help connecting to County services

## **Disability Hub**

Phone: 1-866-333-2466

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

Services: Resources and referrals for those 60 and under with a disability

## **United Way 2-1-1**

Phone: 2-1-1

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

Services: Information and referrals to resources & housing assistance available 24/7

## **Veteran's Linkage Line**

Phone: 1-888-LinkVet

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

Services: Support 7 days/week for Minnesota Veterans and their families

# Care Management and Service Coordination

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## **Jewish Family Service of St. Paul**

Phone: 763-300-3146

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

Services: Caregiver support group and free short-term counseling (PEARLS)

## **Keystone Community Services**

Phone: 651-298-5493

Website: <https://keystoneservices.org/seniors/care-consultation/>

Services: Helping seniors find the resources they need

# Caregiver Resources

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## **Jewish Family Service of St. Paul**

Phone: 763-300-3146

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

Services: Caregiver support group and free short-term counseling (PEARLS)

## **Lyngblomsten Caregiver Resources**

Phone: 651-632-5320

Website: <https://www.lyngblomsten.org/community-services/caregiver-resources1/>

Services: Caregiver coaching, zoom support groups, activity emails

## **Wilder Caregiver Services**

Phone: 651-280-2273

Website: <http://www.wilder.org/Caregiving>

Services: Caregiver respite, support groups, consultation & networking

# Chore/Homemaking/Home Care

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## **Help at Your Door**

Phone: 651-642-1892

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

Services: Interior/exterior home handyman services for older or disabled adults

## **Living at Home Network**

Phone: 651-649-0315

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

Services: Neighborhood Block Nurse Programs helping St. Paul seniors

## **MnCHOICES Assessment**

Phone: 651-266-3613

Website: <https://www.ramseycounty.us/residents/assistance-support/assistance/seniors>

Services: Determine eligibility for senior services & public assistance programs

## **Senior Chore Program**

Phone: 651-757-4061

Website: <http://www.nyfs.org/services/senior-chore/>

Services: Indoor & outdoor chores for those 60+ residing in Northeast Suburbs

## **Wilder Community Care**

Phone: 651-280-2273

Website: <https://www.wilder.org/what-we-offer/healthy-aging-caregiving-services/community-care-services>

Services: Home health care support to maintain health & live independently

# Community Support

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## **American Indian Family Center**

Phone: 651-793-3803

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

Services: Programs & services for American Indian individuals & families

## **CLUES**

Phone: 651-379-4200

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

Services: Programs and services for Latinx elders, families & new immigrants

## **Hallie Q. Brown**

Phone: 651-224-4607

Website: <https://www.hallieqbrown.org/site/>

Services: Gathering place for seniors, food shelf by appt. w/ delivery to seniors

## **HAP - Hmong American Partnership**

Phone: 651-495-1557

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

Services: Culturally sensitive programs & services for individuals & families

## **Rainbow Health**

Phone: 612-373-2437

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

Services: Aging initiative, support for those living with HIV, counseling, AidsLine

# Companionship

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## **Coffee Talk**

Phone: 612-746-0728

Website: <https://www.friendsco.org/coffee-talk/>

Services: Commitment-free drop-in chat line when a friendly voice is needed

## **Friends & Co.**

Phone: 612-721-1400

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

Services: Phone & visiting companions for those 65+

## **LSS Companion Services**

Phone: 651-310-9455

Website: <https://www.lssmn.org/services/older-adults/companion-services>

Services: Companions are currently providing phone & video chats

# Delivery Services

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## **Help at Your Door**

Phone: 651-642-1892

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

Services: Order groceries & volunteers' shop, deliver & asst. with putting away

## **Keystone Grocery Delivery**

Phone: 651-645-0349

Website: <https://keystoneservices.org/seniors/grocery-delivery/>

Services: Monthly delivery of nutritious food to low-income homebound adults in St. Paul (call or check website for eligibility and delivery area)

## **Living at Home Network**

Phone: 651-649-0315

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

Services: Nine neighborhood Block Nurse Programs serve St. Paul seniors

## **Metro Mobility**

Phone: 651-602-1111

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

Services: Grocery & goods delivery to certified Metro Mobility riders

# Financial Assistance and Financial Counseling

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## **Bridge to Benefits**

Phone: 651-227-6121

Website: <http://www.bridgetobenefits.org/Home2>

Services: Web-based screening tool provides a guideline to public benefits

## **County Emergency Assistance**

Phone: 651-266-4884

Website: <https://www.ramseycounty.us/residents/assistance-support/assistance/financial-assistance/emergency-assistance>

Services: Help paying rent, mortgage, utilities & car repairs in crisis

## **County Financial Assistance**

Phone: 651-266-4444

Website: <https://www.ramseycounty.us/residents/assistance-support/assistance/financial-assistance>

Services: Help determining eligibility for financial assistance programs

## **County Veterans Services**

Phone: 651-266-2545

Website: <http://www.co.ramsey.mn.us/vs>

Services: Help for Ramsey County veterans & their survivors in accessing benefits such as pensions, health care, dental care, long term care, etc.

## **Community Action Partnership**

Phone: 651-645-6470

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

Services: Resources available for food, heating, and housing costs

## **LSS Financial Counseling**

Phone: 1-888-577-2227

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

Services: Budget/debt management, reverse mortgage, foreclosure prevention

## **Prepare + Prosper**

Phone: 651-287-0187

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

Services: Free tax preparation, financial coaching, low-cost banking products

## **Food Resources**

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### **County Food Resource Site: Help to Find Food Resources Near You**

Phone: 651-266-8500

Website: <https://www.ramseycounty.us/covid-19-info/help-people/food-resources>

Services: Online map of resources near you, food resource guide with shelf listing, and more

### **Fare for All**

Phone: 763-450-3880

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

Services: Groceries, produce, meat packages up to 40% off retail at various sites each month

### **Food Helpline**

Phone: 1-888-711-1151

Website: <http://hungersolutions.org/programs/mn-food-helpline/>

Services: Assistance with food resources, SNAP eligibility, and applications

## **Food Shelves**

### **Keystone Community Services**

Phone: 651-917-3792

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

Services: St. Paul food shelves, food mobile, and grocery delivery to homebound seniors

### **Merrick Community Services**

Phone: 651-287-2088

Website: <https://merrickcs.org/community-services/>

Services: Eastside Ramsey County food shelves

### **Neighborhood House Food Support**

Phone: 651-789-2534

Website: <http://neighb.org/program/foodsupportprogram/Food>

Services: St. Paul food shelf/SNAP assistance

### **North St. Paul Food Shelf**

Phone: 651-770-1309

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

Services: North St. Paul, call to schedule appointment

### **Ralph Reeder Food Shelf**

Phone: 651-621-6280

Website: <https://www.moundsviewschools.org/foodshelf>

Services: For Mounds View Area School District 621 residents, delivery available

### **White Bear Area Food Shelf**

Phone: 651-407-5310

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

Services: Open to all, drive-thru, mobile markets

## **Meals on Wheels of Ramsey County**

Phone: 651-318-9091 to enroll

Website: <https://www.mealsonwheels-rc.org/>

Services: Enroll by calling or going on our website

### **Gladstone Meals on Wheels**

Phone: 651-748-7250, Phone: 651-318-9091 to enroll

Website: <https://www.isd622.org/Page/6259>

Services: Delivering meals to Near Eastside of St. Paul, and No. St. Paul, Maplewood, Oakdale School District residents

### **Jewish Family Service of St. Paul Meals on Wheels**

Phone: 651-315-9167, Phone: 651-318-9091 to enroll

Website: <https://jfssp.org/services/aging-disability-services/kosher-meals-on-wheels>

Services: Kosher Meals delivered to West 7<sup>th</sup> and Highland Park neighborhoods of St. Paul

## **Keystone Community Services Meals on Wheels**

Phone: 651-645-7424, Phone: 651-318-9091 to enroll

Website: <https://keystoneservices.org/seniors/meals-on-wheels/>

Services: St. Paul neighborhoods of Saint Anthony Park, Midway, Merriam Park, Highland, MacGroveland, West 7th, Summit Hill, and West Side

## **Merrick Community Services Meals on Wheels**

Phone: 651-287-2092, Phone: 651-318-9091 to enroll

Website: <https://merrickcs.org/community-services/>

Services: St. Paul Eastside & Woodbury

## **Mounds View Area Meals on Wheels**

Phone: 651-621-7950, Phone: 651-318-9091 to enroll

Website: <https://www.moundsviewschools.org/mealsonwheels>

Services: School District 621 residents

## **Roseville Area Meals on Wheels**

Phone: 651-604-3524, Phone: 651-318-9091 to enroll

Website: <https://www.isd623.org/community/community-ed/seniors/meals-wheels>

Services: School District 623 residents

## **White Bear Area Meals on Wheels**

Phone: 651-653-3123, Phone: 651-318-9091 to enroll

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

Services: White Bear Lake Area School District 624 residents and Mahtomedi

## **Wilder Meals on Wheels**

Phone: 651-280-2500, Phone: 651-318-9091 to enroll

Website: <https://www.wilder.org/what-we-offer/healthy-aging-caregiving-services/meals-wheels>

Services: St. Paul Downtown, North End, Midway & Frogtown neighborhoods

## **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: Receive box of nutritious food each month

## **SNAP-Supplemental Nutrition Assistance Program/Food Support**

Phone: 1-888-711-1151-The Minnesota Food HelpLine for information and assistance in applying

Website: <https://mn.gov/dhs/mnfoodhelper/>

Services: SNAP provides an EBT card, like a debit card, to be used to buy groceries at most stores and farmer's markets

## **Optage Senior Dining Choices**

Phone: 651-746-8280

Website: <https://www.optage.org/senior-dining-services/mn/dining-home-delivered-meals/>

Services: Home delivered meals for those over 60 at nutritional risk

# Health and Disability Support

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## **Alzheimer's Association**

Phone: 1-800-272-3900

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

Services: Care and support 24/7 for those affected by all forms of dementia

## **COVID-19 Hotline**

Phone: 1-833-431-2053

Website: <https://www.health.state.mn.us/diseases/coronavirus/index.html>

Services: MN Dept. of Health answers COVID-19 questions Mon-Fri: 9am-7pm

## **Dental Care**

Phone: 651-789-7605

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

Services: Hope Dental Clinic provides dental care for those without dental insurance

## **Disability Hub**

Phone: 1-866-333-2466

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

Services: Resources and referrals for those 60 and under living with a disability

## **Disability Parking**

Phone: 651-297-3377

Website: [https://dps.mn.gov/divisions/dvs/forms-documents/Documents/MV\\_DisabilityParkingCertificate.pdf](https://dps.mn.gov/divisions/dvs/forms-documents/Documents/MV_DisabilityParkingCertificate.pdf)

Services: Applications for temporary or permanent parking permits or plates

## **Fairview Lifeline**

Phone: 952-885-6185

Website: <http://www.fairview.org/Overarching-Care/Home-Care-and-Hospice/Lifeline>

Services: Personal medical alert, falls alert & medication reminder systems

## **Hearing Loss Services**

Phone: 1-800-657-3663

Website: <https://mn.gov/deaf-hard-of-hearing/hearing-loss/adults/age-related-hearing-loss/>

Services: MN Dept of Human Services offers support, assistive devices, etc.

## **Telephone Equipment**

Phone: 651-431-5945

Website: <https://mn.gov/deaf-hard-of-hearing/communication-access/ted/>

Services: Free assistive telephone equipment for those with hearing loss

## **Vision Loss/State Services**

Phone: 651-539-2331

Website: <https://mn.gov/deed/ssb/seniors/>

Services: Support & services for coping with vision loss & living independently

## **Home Maintenance, Repair, and Accessibility**

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### **Energy Conservation Loan**

Phone: 612-335-5884

Website: <https://www.mncee.org/suburban-ramsey-county-energy-conservation-deferred-loan>

Services: Deferred loan program for Suburban Ramsey homeowners

### **Hearts & Hammers**

Phone: 651-636-0797

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

Services: Free home restoration & exterior painting for eligible homeowners

### **Help at Your Door**

Phone: 651-642-1892

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

Services: Installing grab bars, ramps, smoke & carbon monoxide detectors

### **Housing Rehab & Fix Up**

Phone: 651-774-9064

Website: <http://www.dbnhs.org/Services>

Services: Deferred loan programs available to eligible homeowners countywide

### **Rebuilding Together Minnesota**

Phone: 651-776-4273

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

Services: Free safety modifications & ramps, indoor & outdoor home repairs, home safety kits

## **Housing Assistance**

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### **Community Support Center**

Phone: 651-387-8050

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

Services: Rent assistance & support to prevent eviction in northern Ramsey County suburbs

### **Help to Find/Pay for Rental Housing**

Phone: Call 2-1-1

Website: <https://www.mnhousing.gov/sites/np/renters>

Services: MN Housing website with resources for renters

## **Homeless Elders Program**

Phone: 651-647-3100

Website: <http://cctwincities.org/locations/homeless-elder-services/>

Services: Catholic Charities provides one-on-one assistance for those 55+ at risk or currently homeless

## **Homeline Tenant Hotline**

Phone: 612-728-5767

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

Services: Information & free legal help for renters

## **HousingLink**

Phone: 612-522-2500

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

Services: Simplify your affordable housing search with current online listing

## **Neighborhood House**

Phone: 651-789-2500

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

Services: Housing stability services for those at risk countywide

## **Senior Linkage Line**

Phone: 1-800-333-2433

Website: <https://trellisconnects.org/senior-linkage-line/>

Services: For questions about housing for seniors, financial support, in-home services, etc.

# Legal and Consumer Assistance

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## **Consumer Assistance**

Phone: 651-296-3353

Website: <https://www.ag.state.mn.us/default.asp>

Services: MN Attorney General's Office Hotline for information and advocacy

## **Estate and Elder Law**

Phone: 612-676-6300

Website: <https://www.voamnwi.org/estate-and-elder-law>

Services: Volunteers of America legal services for Wills, POA, Trusts, Probate

## **Guardianship Information Line**

Phone: 1-844-333-1748

Website: <https://www.voamnwi.org/cesdm>

Services: In-depth consultation, referrals, and assistance regarding supported decision-making

## **Lawyer Referral**

Phone: 612-752-6699

Website: <https://www.mnlawyerreferral.org/public-area>

Services: MN Lawyer Referral & Information Service

## **Legal Services - SMRLS**

Phone: 1-888-575-2954

Website: <https://www.smrls.org/get-help#>

Services: Legal assistance for those age 60+ re: housing issues, government benefits, basic needs

## **Volunteer Lawyers Network**

Phone: 612-752-6677

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

Services: Connects volunteer lawyers with those in poverty needing legal help

# Mental Health and Substance Abuse Crisis Support

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## **County Crisis Phone Line**

Phone: 651-266-7900

Website: <https://www.ramseycounty.us/content/mental-health-crisis-services>

Services: Mobile mental health/substance abuse crisis services available 24/7

## **Crisis Text Line**

Phone: Text 741741

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

Services: Text the letters HOME to number 741741, support available 24/7/365

## **Jewish Family Services of St. Paul Counseling**

Phone: 651-698-0767

Website: <https://jfssp.org/services/counseling-chaplaincy/counseling-mental-health>

Services: Assessment and treatment of a diverse range of mental health issues

## **Jewish Family Services of St. Paul PEARLS**

Phone: 763-300-3146

Website: <https://jfssp.org/services/counseling-chaplaincy/program-to-encourage-active-and-rewarding-lives>

Services: In-home counseling for those 55+ experiencing depression

## **Minnesota Warmline**

Phone: 651-288-0400

Website: <https://mentalhealthmn.org/support/minnesota-warmline/>

Services: Call for confidential peer-to-peer support Mon-Sat 12 PM to 10 PM

## **Senior Recovery Center**

Phone: 651-773-0473

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

Services: Licensed outpatient recovery services/support groups for those 50+

## **Suicide Prevention Lifeline**

Phone: 988 or 1-800-273-8255

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

Services: For those in distress, their caregivers & professionals, available 24/7, 365 days a year

## **Wilder Mental Health & Wellness**

Phone: 651-280-2310

Website: <https://www.wilder.org/what-we-offer/mental-health-wellness-services>

Services: Community outpatient clinic for mental health & substance use

## **Pet Help**

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### **Animal Humane Society**

Phone: 952-435-7738

Website: <https://www.animalhumanesociety.org/pet-helpline>

Services: Pet Helpline M-F 9am-7pm, Low-cost/sliding fee veterinary services

## **Technology Support**

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### **Cyber-Seniors**

Phone: 1-844-217-3057

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

Services: Tech Mentors help older adults with smartphone, tablet, or computer

### **PCs for People**

Phone: 651-354-2552

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

Services: Affordable computers, internet, repairs, & technology recycling

# Transportation

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## **Help at Your Door**

Phone: 651-642-1892

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

Services: Transportation for set fee, or free for those qualified, throughout TC

## **Living at Home Network**

Phone: 651-649-0315

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

Services: Nine neighborhood Block Nurse Programs serve St. Paul seniors

## **Metro Mobility**

Phone: 651-602-1111

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

Services: Door-through-door accessible rides for those certified with disabilities

## **Metro Transit Information**

Phone: 612-373-3333

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

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

## **Transit Link**

Phone: 651-602-5465

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

Services: Dial-a-ride accessible bus for those in areas without fixed bus routes

# Vulnerable Adult Protection and Advocacy

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## **Adult Protection**

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

## **MN Elder Justice Center**

Phone: 651-440-9300

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

Services: Support for those impacted by elder abuse, neglect, or exploitation

## **MN Ombudsman for LTC**

Phone: 651-431-2555

Website: <https://mn.gov/dhs/people-we-serve/seniors/services/ombudsman/>

Services: Information, consultation, advocacy for long term care consumers

## **SOS Sexual Violence Services**

Phone: 651-266-1000

Website: <https://www.ramseycounty.us/residents/health-medical/clinics-services/sos-sexual-violence-services>

Services: Crisis helpline, referrals, advocacy, support, & counseling 24/7

## **Supported Decision Making, Center for Excellence in**

Phone: General: 952-945-4174, Guardianship Information Line: 1-844-333-1748

Website: <https://www.voamnwi.org/cesdm>

Services: For older adults and people with disabilities navigating less-restrictive alternatives to guardianship in Minnesota