

White Bear Area Guide to Senior Services

INCLUDES TRANSPORTATION

Prepared by the White Bear Area Senior Program,
a division of the WBLAS Community Services & Recreation





White Bear Area Senior Program

Normandy Park Education Center / Senior Center

2484 East County Road F, White Bear Lake, MN 55110

651-653-3121 Monday-Friday 8:00 am - 4:00 pm

WELCOME TO OUR SENIOR SERVICES GUIDE

The guide contains resources compiled in response to inquiries made by seniors and caregivers in our community. They include resources and providers known to serve the White Bear Area at the time of publication. We do our best to provide current data. We do not endorse or have any direct relationship with the providers listed.

Listed providers do not pay to be included in this guide; instead we rely on community contributions to help us underwrite the cost of this publication, distribution, and ongoing updates. We deeply appreciate our community sponsors on the back cover.

- **Guides available at:** White Bear Area Senior Center.
- **View Guide Online:** www.whitebearseniorprogram.org

For comments, additional information, or for businesses or organizations interested in being listed in future editions of this guide, please contact:

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The Senior Services Consortium of Ramsey County is pleased to partner with the White Bear Area Senior Programs in support of the 2023 White Bear Area Guide to Senior Services. For more information about the Senior Services Consortium of Ramsey County see page 9.

WHITE BEAR LAKE AREAS SCHOOLS COMMUNITY SERVICES & RECREATION SENIOR PROGRAM

The WBLAS Community Services & Recreation Senior Program, provides education, recreation, and resources for area seniors and their families. Our Senior Center is available to all adults (55+), no matter where you live. Be sure to check out our resource wall and our newsletters for the most current information.

The WBLAS Community Services Adult Programs distributes two newsletters focusing on older adult (55+) activities.

The Voice: A free, quarterly newsletter featuring WBLAS Community Adult Education classes, activities, and news.

Current Wave: A monthly email with supplemental information to The Voice. It features activities and events in the White Bear Lake area and surrounding communities.

To sign up, call 651-653-3121 or email: whitebearseniorprogram@isd624.org

Thank Goodness It's Food
Due to the success and fun we had last year with 12 food banks, we will be offering the program again this winter! A number of things, because of the success of TGF, we believe still were awarded a Minnesota Community Education Association program award. Our supervisor submitted TGF to the Association Board as an outstanding program that exemplified the concept of Community Education. We received our award on November 14th at the WBL School Board meeting.

Meals will be offered one Friday a month from January thru April at the Senior Center. This year meals will be three in total and we are making it up with two lunches and two dinners.

Friday Lunch | \$5 | 11:00 am & 12:00 pm Seating
* January 26, 6:00 pm **Dinner & Tea**
Chicken Wild Rice Soup, sandwich, chips, cookie

February 17, Key's Café
White Bean Chili, chips, pickle, and a cookie

Friday Dinner | \$5 | 4:30 & 5:45 pm Seating
* March 17, To be announced
* April 28, To be announced

Registration Required. Call 651-653-3121 or www.whitebearisd624.com, Search Food

Walk to End Hunger
This Thanksgiving, we are participating in the Walk to End Hunger to raise funds for our hunger relief efforts in Minnesota and specifically, the White Bear Area. The Walk to End Hunger is a fundraising event that directly benefits our local White Bear Area Meals on Wheels program. Every dollar that is raised goes directly back to our community. Best of all, all monies up to \$2,500 will be matched by Metro Meals on Wheels!

We have been participating in the Walk to End Hunger for many years now. Our former Meals on Wheels specialist, Deb Walker, started this and we are continuing the tradition of helping our community through this walk!

Last year we raised nearly \$5,500 through our fundraising efforts which allowed us to do a number of free Meals on Wheels programs in the Senior Center and in the community.

To donate, visit www.walktoendhunger.org, click on DONATE and search for: **Meals on Wheels - White Bear Lake** Select our program on the list to come back to the White Bear Area Meals on Wheels!

Thank you for your support!
Jim, Michele, Jennifer and Doug

Don't have a dining partner?
Don't let that stop you from joining us! We will have a few tables set up for group dining and meeting new people!

Help us reach our goal of \$2,500.
Donate at: www.walktoendhunger.org
Search for: **Meals on Wheels - White Bear Lake**

December - January - February

TABLE OF CONTENTS

General Information & Referrals	4
Adult Protection & Advocacy	5
Financial Assistance & Advocacy	6
• Information & Advocacy	• Employment and Training
• Benefits Assessment	• Energy Assistance & Conservation
• County Assistance	• Financial Counseling & Coaching
• Burial Assistance	• Tax Assistance
Food Resources	9
• Meals on Wheels	• Grocery Delivery
• Food Shelves	• Food/Nutrition Assistance Programs
Health Resources.....	12
• Dental Care & Foot Care	• Mental Health
• Medical Equipment & Supplies	• Substance Use Recovery
• Medicare / Health Insurance Counseling	
Home Safety, Maintenance & Repair	15
• Accessibility & Safety Modifications	• Security & Emergency Response Systems
• Maintenance & Repair	• Senior Move Managers & Home Organizers
• Recycling, Disposing, Donating Items	
Home Care & Other In-Home Services	19
• Resources to Locate & Evaluate Home Care	• Home Care: Private Pay
• MnCHOICES Assessments	• In-Home Support: Non-Medical
• Home Health Care & Hospice: Medicare	• Companion Programs
Legal Resources	23
• Legal Information & Referrals	• Estate & Elder Law Services
• Free or Low Cost Legal Services	• Local Estate & Elder Law Attorneys
• Guardianship & Conservatorship	
Support Groups & Caregiver Resources	25
• Adult Day Center	• Grief & Loss
• Alzheimer's, Dementia & Memory Loss	• Hearing & Vision Loss, Parkinson's & Stroke
• Caregiver Coaching, Consultation & Respite	
Technology	29
Transportation	30
• Fixed Bus Routes	• Special Transportation
• Curb to Curb Service	• Disability Parking
• Door Through Door Service	
Wellness Education & Enrichment.....	33
Veteran Assistance.....	34

GENERAL INFORMATION & REFERRALS

988 Suicide and Crisis Lifeline Dial 988

Connect with trained counselors who listen, understand, provide support, and connect callers to resources if necessary.

Disability Hub 1-866-333-2466

www.disabilityhubmn.org

Free statewide resources and referrals for individuals 60 years and families caring for someone with a disability.

Senior LinkAge Line® 1-800-333-2433

Metropolitan Area Agency on Aging
Translation services available

www.seniorlinkageline.com

Mon-Fri 8:00 am - 4:30 pm

Free telephone information and assistance for seniors and their caregivers who are trained to understand your needs and goals; help with eligibility and applications related to Medicare, Medicaid, and long-term care decision making.

United Way 2-1-1 1-800-543-77096

www.211unitedway.org

Free and confidential health and human services information 24 hours a day, seven days a week.

White Bear Area Senior Program 651-653-3121

White Bear Area School District
2484 East County Rd F, WBL

www.whitebearseniorprogram.org

See page 33 for programming details.

American Indian Family Center 651-793-3803

www.aifcmn.org

579 Wells St, St Paul

Mon / 11am - 4pm & Tue-Fri / 10am - 4pm

Provides families with programs and services enriched by traditional values and culture. Programs include assistance with mental health, recovery, employment, housing, family, and youth services.

CLUES Latino Communities United in Service 651-379-4200

www.clues.org

797 E 7th St, St. Paul

Mon-Fri 8:30 am - 5:00 pm

A Latino-led nonprofit providing culturally and linguistically relevant services. Individualized support to elders (age 60+) and caregivers through home visits and at our offices. Assistance with correspondence, medical insurance, benefits navigation, scheduling appointments, housing, accessing public assistance programs and more.

Hmong American Partnership 651-495-1557

www.hmong.org

Assists through culturally sensitive social services including strengthening neighborhoods through housing, community and economic development opportunities. Promoting the rich heritage of our ethnic communities.

Rainbow Health 612-373-2437

www.rainbowhealth.org

Mon-Fri 8:00 am - 4:00 pm

Serving the aging LGBTQ+ community, those living with HIV, and all those facing barriers to equitable healthcare.

ADULT PROTECTION AND ADVOCACY

REPORTING SUSPECTED ABUSE, NEGLECT OR EXPLOITATION

Minnesota Adult Abuse Reporting Center (MAARC) 1-844-880-1574

MN Department of Human Services
www.mn.gov/dhs/report-abuse

Available 24-hours, 7-days a week

Call to report suspected abuse, neglect, self-neglect or financial exploitation of vulnerable adults. If reporting an emergency that requires immediate assistance from the police/sheriff, fire department or an ambulance, call 911 first, then call MAARC.

INFORMATION, SUPPORT AND ADVOCACY

Elder Voice Advocates

www.eldervoicefamilyadvocates.org

Gives family and others a public voice to engage, support, educate, expose and advocate for the protection of those receiving care from senior living, home care and long-term care providers in Minnesota.

- **Elder Care IQ**

www.eldercareiq.org

A decision-making tool to screen Minnesota nursing homes, assisted living facilities, home care or home health agencies. It provides the investigation reports from the MN Department of Health for complaints of abuse, neglect and exploitation of the residents or clients.

Minnesota Elder Justice Center 651-440-9300

2610 University Ave, St. Paul, MN 55115

www.elderjusticemn.org

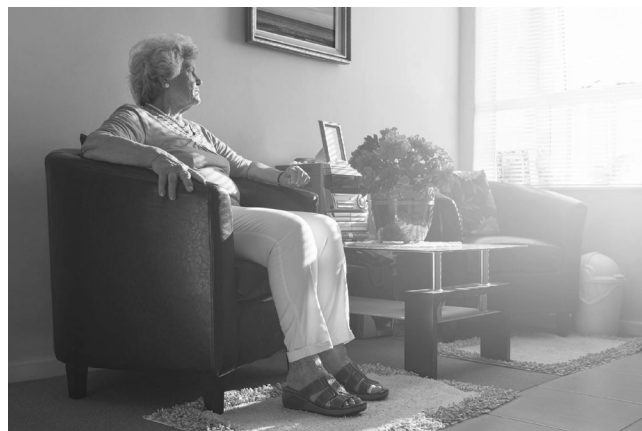
Support for those impacted by elder abuse, neglect, and financial exploitation including support groups, help finding needed resources, accessing legal information and legal support to provide protection and safety, and making a plan for what comes next. All advocacy services are free of charge.

Office of Ombudsman for Long-Term Care

651-431-2555 / 1-800-657-3591

<https://mn.gov/ooltc/>

Offers information and consultation about consumer rights and regulations to residents of nursing homes, board and care homes, housing with services, assisted living, adult foster care, and home care services. The Long-Term Care Ombudsman investigates complaints concerning the health, safety, welfare and rights of long-term care consumers, works to resolve individual concerns, identifies problems and advocates for changes to address them, at no charge to the consumer.



FINANCIAL ASSISTANCE & ADVOCACY

INFORMATION AND ADVOCACY

State of MN Attorney General's Office **651-296-3353**

www.ag.state.mn.us

Provides consumer assistance and free publications on a variety of topics, including information about scams and financial exploitation. For information on how to spot a scam and questions related to Senior Citizen Scams, visit the website.

Minnesota Department of Commerce **651-539-1500**

www.mn.gov/commerce/consumers/

Information and advocacy related to consumer issues including banking, insurance, and fraud, as well as energy and telephone discounts.

Long-Term Care Insurance Benefit Review and Claims Advocacy **763-307-9138**

Amada Senior Care
www.amadatwincities.com

Complimentary comprehensive benefits analysis. Experts help policy holders understand and verify their Long-Term Care benefits, claims processing, paperwork submission, and advocacy.



BENEFITS ASSESSMENT

Benefits CheckUp

National Council on Aging
www.benefitscheckup.org

Learn more about benefits and available programs to save money.

Bridge to Benefits

651-227-6121

www.mn.bridgetobenefits.org/Home2

Web-based tool to find public support programs and tax credits. There is a short survey to determine eligibility. Confidential and free.

County Assistance

For more information on emergency cash, food, health care, child care, funeral and energy assistance programs, eligibility, and applications, contact county of residence. Applications can be obtained and submitted online, in-person, or through the U.S. mail.

- **Anoka County Economic Assistance**
763-422-7200
www.anokacountymn.gov/193/economic-assistance
- **Ramsey County Human Services**
651-266-4444
www.ramseycounty.us/residents/assistance-support/assistance/financial-assistance
- **Washington County Economic Support**
651-430-6499
www.co.washington.mn.us/787/economic-support

BURIAL ASSISTANCE

Funeral Wise

www.funeralwise.com

Information and resources on planning and paying a funeral.

Minnesota Department of Health and Human Services

651-431-2000

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

Provides assistance with Minnesota funerals and burials at the county level. The program covers a basic cremation unless it can be shown that the deceased did not approve of cremation. The amount of assistance available varies by county. Eligibility is based on financial need and the municipality may attempt to recover funds from the deceased's estate if there is one. Applications must be submitted within 14 days of death.

Ramsey County Burial Assistance

651-706-2946

www.ramseycounty.us

When families need help arranging their loved ones' final resting place, Ramsey County's Burial Assistance Program can help. Applications must be submitted within 30 days of the date of death. The county will not reimburse payments already made.

Veterans Burial Information

See page 34.



EMPLOYMENT AND TRAINING

Ramsey County Workforce Solutions

651-266-9890

Locations in Maplewood & Roseville.
Call for hours and address.

www.ramseycounty.us/your-government/departments

Provides employment and training services to businesses and job-seekers in Ramsey County. Career development and coaching services include assessments, basic skill development, job search support, occupational skills training, support services, and job placement.

ENERGY ASSISTANCE AND CONSERVATION

Community Action Partnership of Ramsey & Washington County's

1101 Geneva Ave, Oakdale

www.caprw.org

- **Energy Assistance**

651-645-6470

Mon - Fri 8:00 am - 4:30 pm

Helps low income homeowners and renters pay heating bills and provides advocacy assistance for shut-offs during the heating season. Information about other utility discounts, including phone discounts, available on website. Must apply yearly between October and May.

- **Energy Conservation and Weatherization Program**

651-482-8260

Provides home energy audits, free weatherization, insulation, furnace repair, and replacement services for qualified low-income homeowners/renters to help conserve energy and lower monthly energy bills.

FINANCIAL COUNSELING AND COACHING

Family Means Financial Solutions

651-789-4014

1875 Northwestern Ave S, Stillwater

www.familymeans.org

Budget and debt counseling, debt management program, credit report review and financial education.

LSS Financial Counseling

1-888-577-2227

www.lssfinancialcounseling.org

Offering budgeting, credit report reviews, student loan repayment, debt counseling, and debt management plans. Additional services include pre-purchase homeownership, foreclosure prevention, and reverse mortgage housing counseling (HUD approved). Serving Minnesota residents with free appointments by phone, online, and in person at local offices. Call for an appointment and office locations.

Prepare + Prosper Money Mentors Financial Coaching Program

651-262-2175

2610 University Ave W, St. Paul

www.prepareandprosper.org/money-mentors

Individualized financial coaching and peer support. Participants meet with a financial coach once a month for a minimum of six months. Applications accepted on a rolling basis.

TAX ASSISTANCE

AARP Tax Assistance

651-653-3122

January 30 - March

Mon-Fri 10:00 am - 12:00 pm

AARP volunteers assist seniors with free tax filing in White Bear Lake. Call to schedule an appointment. Calls are accepted at the White Bear Area Senior Program during the tax season only.

Minnesota Department of Revenue

1-800-657-3666

www.revenue.state.mn.us/tax-professionals

Information on tax filing, refund status, property tax relief, rent rebates, and locations of free tax preparation assistance.

Prepare + Prosper

651-287-0187

2610 University Ave W, St. Paul

www.prepareandprosper.org

Free tax preparation and financial services provided by a team of IRS-certified volunteers. Prepares federal and Minnesota returns, including property tax refunds for renters and homeowners. Services are available year-round for individuals with annual income under \$35,000 and families under \$60,000. Call or visit our website to schedule an appointment.



FOOD RESOURCES



Meals on Wheels

WBLAS Community Services & Recreation / Senior Program

651-653-3123

White Bear Area Senior Program
2484 East County Rd F, White Bear Lake

mealsonwheels@isd624.org

RAMSEY COUNTY Delivery: Mon-Fri 11:30 am - 12:45 pm

Meals on Wheels is a community based program that delivers nutritious meals to homes through the help of volunteers. Meals on Wheels is for anyone in our community in need of support or for those who just need a break from cooking.

Serves: Birchwood, Gem Lake, Hugo, Lino Lakes, Little Canada, Mahtomedi, Maplewood, North Oaks, Vadnais Heights, White Bear Lake and White Bear Township

- Nutritionally balanced meals.
- Hot, fresh, and frozen meals.
- Low sodium and diabetic friendly.
- Friendly drivers provide a wellness check and peace of mind for families.
- Many dietary meal choices available (vegetarian, renal, gluten free, mechanical soft, puree).
- Assistance programs accepted: MA/EW and CADI Waiver. Other assistance may be available.
- Sliding fee is based on self-reported monthly income.

Hot or Cold Meals - Order Monthly

Menus sent monthly to clients

Pick & Choose
When YOU Want Meals

Meal Price Range
\$5.50 - \$8.90

Delivered Between
11:30 am - 12:45 pm

Depending on
Monthly Income

Senior Services Consortium of Ramsey County

The White Bear Area Senior Program is a member of the Senior Services Consortium of Ramsey County. The Senior Services Consortium receives funding from Ramsey County to provide support to its member programs to ensure that daily hot nutritious home delivered meals are available to those in need regardless of their ability to pay. In addition, the Consortium provides Ramsey County Meals on Wheels recipients with information on additional resources available to help them age successfully in their homes.



Minnesota Food HelpLine**1-888-711-1151**www.hungersolutions.org

Provides assessment and solutions to food needs; eligibility for Supplemental Nutrition Assistance Program, or food shelf locations. Call, chat or fill out the online form.

FOOD SHELVES**Centennial Community Food Shelf****763-784-2013**

200 Civic Heights Circle, Circle Pines

www.centennialfoodshelf.org

Mon-Thu 4:00 - 6:00 pm

Serving South Eastern Anoka County including Cities of Blaine, Circle Pines, Lexington, Lino Lakes & Centerville.

Hugo Good Neighbors Food Shelf**651-528-6224**

15106 Francesca Ave N, Hugo

www.hugofoodshelf.org

Mon & Thu 4:00 - 7:00 pm

Tue 12:00 - 3:00 pm

Serving zip code 55038 residents, which includes Hugo, Centerville, portions of Lino Lakes and White Bear Lake. Serves all who are in need by providing fresh food, shelf-stable food, and other health-related items.

Mahtomedi Area Food Shelf**651-395-5350**

St. Jude of the Lake Catholic Church

700 Mahtomedi Ave, Mahtomedi

www.stjudeofthelake.org/mahtomedi-area-food-shelf/

Serves people in the city of Mahtomedi and surrounding communities including families of children attending Mahtomedi area schools. Call for an appointment.

North St. Paul Food Shelf**651-770-1309**

2266 2nd St. North, N. St. Paul

www.nspafoodshelf.org

Mon-Fri 10:30 am - 1:00 pm

Serves MN residents with household income at or below Federal Poverty Level Guidelines.

Vadnais Heights Community Food Program**651-746-4158**

655 East County Rd F, Vadnais Heights

www.cityvadnaisheights.com3rd Saturday of Month

Jan-Oct 9:00 - 10:00 am

Nov-Dec 9:00 - 11:00 am

Food distribution to Vadnais Heights residents. Register the day of distribution with proof of residency (i.e. driver's license or copy of utility bill) when picking up food.

White Bear Area Food Shelf**651-407-5310**

1884 Whitaker St, White Bear Lake

www.whitebearfoodshelf.org

Mon & Tue 4:00 - 7:00 pm

Wed & Fri 11:00 am - 2:00 pm

Fresh produce, meat, milk, and dry goods available. Deliveries, Mobile Markets, and Free Farmers Markets are also available. Visit website for more information.



GROCERY DELIVERY

The Food Group

- **Fare for All**

www.fareforall.org

763-450-3880

Community of Grace Church
4000 Linden St, White Bear Lake

A traveling grocery store for quality produce and meats at up to 40% off retail prices.

Monthly on Fri: 1:00 pm - 3:00 pm

Visit website for dates.

- **Twin Cities Mobile Market**

www.thefoodgroupmn.org/groceries/twin-cities-mobile-market/markets/

A traveling food market that stops in neighborhoods without access to full-service grocery stores or food shelves.

Help at Your Door

651-642-1892

8441 Wayzata Blvd, Golden Valley

www.helpatyourdoor.org

Serves seniors and individuals with disabilities with affordable groceries. Easy to use product catalogue includes food and household items. Order online or by phone. Delivery and help with putting away items. Fee: \$15.00 for new clients with financial assistance available.

HOME DELIVERD MEALS

MEALS ON WHEELS

651-653-3123

mealsonwheels@isd624.org

See page 9.

Optage Senior Dining Choices

651-746-8280

email: orders@optagedining.org.

www.optage.org/senior-dining-services/mn/

Frozen or hot meals are available for adults 60+. Financial assistance available.

NUTRITION ASSISTANCE PROGRAMS / FOOD SUPPORT

NAPS and SNAP are federal food programs based on income guidelines. The agencies below assist with screening and applications.

Nutrition Assistance Program for Seniors (NAPS)

651-484-8241

Second Harvest Heartland
7101 Winnetka Ave N, Brooklyn Park

www.2harvest.org

Mon, Wed, Thu, Fri 8:00 am - 4:00 pm

Tue 8:00 am - 7:00 pm

Monthly box of nutritious foods available to low income seniors 60+.

Supplemental Nutrition Assistance Program (SNAP)

SNAP provides food-purchasing assistance based on household size, income, and expenses. SNAP benefits are provided on a debit card.

- **Second Harvest Heartland SNAP Outreach**

651-209-7963

email: snapprefer@2harvest.org

<https://www.2harvest.org/snap>

- **Community Action Partnership**

651-603-5883

email: foodsupport@caprw.org

www.caprw.org/get-assistance.html

Many grocery stores now offer delivery services. Contact your local store for details.



HEALTH RESOURCES

DENTAL CARE

Affordable Dentures and Implants **651-301-7553**

1845 County Rd D E, Maplewood

www.affordabledentures.com

Mon-Fri 8:00 am - 4:00 pm

Affordable dentures and related denture and tooth extraction services, partials and implants. Free consultation.

Century College Dental Hygiene Clinic **651-779-5787**

3300 Century Ave N, White Bear Lake

Open Sept - May | When school in session

www.century.edu/community-resources

Provides exams and preventative care including x-rays, cleaning, fluoride, and sealants. No fillings, root canals, extractions, or crowns. 2022 rates: \$40 per visit if 63 or older.

Community Dental Care **651-925-8400**

1670 Beam Ave, Maplewood

www.cdentc.org

Mon-Thu 7:30 am - 9:00 pm

Fri 7:30 am - 5:30 pm

For uninsured patients, there is a sliding scale based on income level and family size. Offers all types of dental care; new Medical Assistance patients; new immigrants, and non-English speakers welcome.



Hope Dental Clinic **651-789-7605**

800 Minnehaha Ave E, St. Paul

www.hopedentalclinic.org

Mon-Thu 8:00 am - 9:00 pm

Fri 7:30 am - 5:00 pm

Serves those without dental insurance or finances to pay. Exams, fillings, cleanings, extractions, and sealants; no dentures or crowns. Minimum \$20 administrative fee, but dental services are free.

Metropolitan State University Advanced Dental Therapy Clinic **651-793-1793**

1670 Beam Ave, Maplewood

www.dental.metrostate.edu

Mon-Thu 8 am - 9 pm | Fri 8 am - 4 pm

Affordable dental care to people who do not have dental insurance; students provide services including fillings, extractions and stainless steel crowns. Excludes root canals and wisdom teeth extractions.

University of MN School of Dentistry Main Clinic Appointments: 612-625-2495 **515 Delaware St. SE, Minneapolis**

www.dentalclinics.umn.edu

Mon-Fri 8:15 am-12:00 pm & 1:00-4:00 pm

Comprehensive dental care provided by supervised students at one-third the normal cost. Payment required at visit.

Veterans Dental Benefits **651-266-2545**

90 Plato Blvd W, St. Paul

<https://mn.gov/mdva/resources/healthdisability/dentalassistance.jsp>

Provides assistance annually to veterans and their dependents with routine dental care, extractions and denture procedures. Income and asset guidelines apply to qualify.

FOOT CARE

Foot Care

White Bear Area Senior Center

651-653-3121

2484 East County Rd F, White Bear Lake
Registered nurses provide full and routine foot health exam and care.

Footopia, Inc.

651-470-9979

In-home appointments with a nurse for routine foot care in the White Bear area.

Happy Feet Footcare

763-560-5136

Forest Lake Community Center,

767 4th St SW, Forest Lake

www.happyfeetfootcare.com/locations

Services provided by professional foot care nurses.

Midwest Podiatry Center

612-788-8778

10995 Club West Parkway, Blaine

www.midwestpodiatrycenters.com

Comprehensive podiatric care from heel pain to sports injuries to stubborn skin and nail conditions on feet and ankles.

White Bear Foot and Ankle

651-426-3995

4653 White Bear Pkwy, White Bear Lake

<https://whitebearfootandankleclinic.com/>

Provides podiatric care including, routine foot care, diagnostic examinations, relief for foot and ankle pain, custom orthotics, physical therapy referrals and podiatric surgery.



For more information on Veterans Benefits and Resources see page 34.

MEDICAL EQUIPMENT SUPPLIES

Forest Lake Medical Supply

651-982-0002

255 MN-97, Forest Lake

www.powerchairsandscooterstore.com

South Shore Trinity Lutheran Church

651-429-4293

2480 S Shore Blvd, White Bear Lake

Accepts and loans out durable medical equipment such as wheelchairs, walkers or bath stools.

MEDICARE / HEALTH INSURANCE COUNSELING

Senior LinkAge Line®

1-800-333-2433

www.mn.gov/senior-linkage-line

In person appointments held at the White Bear Area Senior Center.

Volunteers provide assistance with health insurance questions, understanding bills, choosing plans, enrollment in Medicare and supplement insurance, and other issues for Medicare beneficiaries. Phone counseling and in-person appointments available.

Possehl Agency

Schedule appointment at 651-653-3121.

In person appointments held at the White Bear Area Senior Center.

Licensed, trained, and knowledgeable about all aspects of Medicare insurance at no cost.

Veterans Linkage Line

1-888-546-5838

www.minnesotaveteran.org

Serving Minnesota Veterans, their dependents and survivors by connecting them with the federal and state care the benefits they have earned.

MENTAL HEALTH

Suicide and Crisis Lifeline

Dial: 988

Trained counselors are available to listen, understand, provide support, and connect callers to resources.

Crisis Text Line

Text HOME to 741741

Live, trained Crisis Counselor receives the text and responds, all from our secure online platform.

County Crisis Response

24 hour / 7 days a week support for adults with a mental health or substance abuse crisis.

- **Anoka County** 763-755-3801
- **Ramsey County** 651-266-7900
- **Washington County** 651-275-7400

National Alliance on Mental Illness Minnesota (NAMI-MN)

651-645-2948

1919 University Ave W, St. Paul

www.namimn.org

Nonprofit providing free education, support, and advocacy to those with mental illness and their families. Various support groups offered in multiple locations. Call for current classes and meeting time or check website.

Northeast Youth & Family Services

651-429-8544

1280 N Birch Lake Blvd, White Bear Lake

www.nyfs.org

A nonprofit mental health and community services agency serving all people in the northeast suburbs. Senior support services include mental health counseling. Medicare accepted and a sliding-fee scale for low-income clients may also apply.

Program to Encourage Active and Rewarding Lives (PEARLS)

Faith Community Nurse Network

651-204-0904

1614 Mahtomedi Ave, Mahtomedi

www.fcnnct.org/programs/PEARLS

Jewish Family Service of St. Paul

651-698-0767

1633 West 7th St, St. Paul

www.jfssp.org

Provides adults 55+ and caregivers one-on-one coaching sessions via phone, virtual, or office, for up to 8 sessions over 5 months. Learn skills to take action and make lasting life changes which will improve quality of life and reduce low mood or depressive symptoms.

SUBSTANCE USE RECOVERY

Senior Recovery Center

651-773-0473

235 Roselawn Ave E, Maplewood

www.seniorrecoverycenter.squarespace.com

An out-patient substance abuse clinic providing recovery services for seniors impacted by alcohol, drugs or medications. Services and support groups address an array of aging-specific issues such as grief, physical and mental health problems, loss, emotional and social isolation.

Silver Sobriety

651-342-1402

11550 Stillwater Blvd, Lake Elmo

www.silversobriety.org

Providing adults 50+ with affordable non-residential recovery services for alcohol and drug addiction. Offers strategies to handle emotional issues such as loneliness, depression and grief.

HOME SAFETY, MAINTENANCE & REPAIR

A Brush with Kindness

Twin Cities Habitat for Humanity

612-788-8169

www.tchabitat.org

Partners with low to moderate income homeowners on exterior painting, health and safety repairs including accessibility modifications; carpentry; mechanical systems; tree trimming and removal. Online applications accepted from June to early November for repairs to be completed the following year.

Evolve Well Occupational Therapy

651-383-1197

www.evolvewellot.com

Personalized aging in place services to increase independence, safety and quality of living at home. Outpatient therapy improves personal abilities and adapts tasks to make them easier and safer. Therapist evaluates the home, makes recommendations and assists with modification implementation based on current and future needs.

Hearts & Hammers Twin Cities, Inc.

651-636-0797

www.heartsandhammers.org

Nonprofit providing free exterior painting and repairs for income-qualified seniors, disabled adults, veterans or their surviving spouse. Volunteers and materials are provided. Projects are completed on designated program days. Apply online or call to request an application.

Handyman Hench

651-263-3107

Email: handyman@gmail.com

Local handyman. Carpentry and yard work. Spring and fall cleanup, and snow removal.

Help at Your Door

651-642-1892

www.helpatyourdoor.org

A nonprofit serving seniors and those with disabilities. Installs accommodation features such as grab bars and wheelchair ramps. Offers affordable help with cleaning, chores, light maintenance and home repairs such as hanging decor, painting walls and more. Ongoing home support provided 1-2 times/month, \$30/hour with a 1-hour minimum. Waiver programs accepted.

Independent Living Solutions

612-743-7373

www.mnils.com

Certified aging in place specialist providing home modifications and renovations enabling people of all abilities to remain in their homes.

Lifeway Mobility Minneapolis

952-295-3147

www.lifewaymobility.com/minneapolis

Certified aging in place specialist offering free home accessibility and safety assessment, wheelchair lifts, modular ramps, transfer aids, accessible showers and walk-in tubs, architects and contractors. Affordable rental and financing options available.

Need help with a small chore?

A small group of men from South Shore Trinity Church is willing to help with basic home repairs, small projects that do not require a permit, and outside chores.

Call George Gifford at 651-464-1022.

**Metropolitan Center for
Independent Living
651-646-8342**

www.mcil.mn.org

530 Robert St N, St Paul

Provides a list of certified contractors for home modifications and ramp building to those who have the resources to self-pay. The Ramp Program manages projects and coordinates funds with the county for individuals with Medicaid, Elderly Waiver or Alternative Care.

**Paul's Grab Bars
612-822-0756**

Specializes in grab bars for homes. Over 500 grab bars in stock and 150 on the truck to install same day. Physical therapist assists with consultation.

**Rebuilding Together Twin Cities
651-776-4273**

www.rebuildingtogether-twincities.org

- **Home Repair Program**
Provides volunteer-delivered safe and healthy housing repairs including interior improvements (i.e. installing flooring, patching, painting), siding, windows, and landscaping. It also provides sub-contractor delivered repair or replacement of essential systems, such as HVAC, electrical, plumbing, and roofs that are critical to healthy, livable homes.
- **Safe at Home Program**
Provides home safety and fall prevention modifications and ramps for older adults or those living with a disability.

**Sherman Handyman
651-350-0937**

4756 Banning Ave, WBL

Home services and repairs.

**SENIOR MOVE MANAGERS
AND HOME ORGANIZERS**

Move Managers/Organizers specialize in helping older adults and their families through the process of transitioning to a new residence or in organizing a home for aging in place and an improved quality of life. They understand a move is much more than just a move and assist with both the emotional and physical aspects of rightsizing and relocation.

Caring Transitions

612-405-6729

www.caringtransitionsTCEast.com

Details: Organizing It All

651-402-9801

www.detailsorganizingitall.com

Gentle Transitions, Inc.

651-224-0335

www.gentletransitions.net

Home to Sweet Home

651-351-0038

www.hometosweethome.com

Rose's Daughters

612-330-3772

www.rosesdaughters.com

Sort, Toss, Pack

651-717-4325

www.sorttosspack.com



RECYCLING AND DISPOSAL

Junk Removal Guys

612-460-7640

www.junkremovalguys.com

Specializes in home junk removal and hauling. Take everything but hazardous waste. Recycle and donate 60% -80% of each removal.

Johnson Junk Removal

651-323-4682

www.johnsonjunkremoval.com

Local owner-operated small business removing items from your home, garbage, attic, or businesses. Junk removal, clean outs, and haul away of construction debris, furniture, yard waste, appliances and electronics.

Medication Disposal

651-429-8587

White Bear Lake Police & Fire Department
4701 Highway 61, White Bear Lake

www.whitebearlake.org/ee/page/medicine-disposal

Mon-Fri 8:00 am - 4:00 pm

Free drop box to safely dispose of unwanted, expired, and unused medicines to prevent abuse, accidental poisoning, and to protect the environment.

Ramsey County Recycling & Disposal

651-633-3279

www.ramseycounty.us

Environmental Center

651-275-7475

4039 Cottage Drive, Woodbury

www.co.washington.mn.us/604/Environmental-Center

Year-round disposal for household hazardous materials, electronics, and recyclables.

DONATING ITEMS

Bridging

952-888-1105

1730 Terrace Dr, Roseville

www.bridging.org

Free drop off: Mon-Thu 9:00 am - 6:00 pm

Fri-Sat 9:00 am - 3:00 pm

Accepts a variety of basic home essentials; furniture, mattresses/box springs and goods in gently-used and new condition to provide to nearly 100 households each week transitioning out of homelessness and poverty. Call to schedule fee based pickup.

The Closet

WBL Area Educational Foundation

651-407-7696

email: info@wblaf.org

2449 Orchard Ln, White Bear Lake

Serves WBLAS district students, who have been referred by school administration and are in need of clothing. Students are able to shop for clothing items free of charge. Donations are accepted by appointment only.

Epilepsy Foundation of Minnesota

651-287-2300

www.epilepsyfoundationmn.org

Free pickup for clothing, housewares and bedding (except mattresses and bed frames), electronics (no computers), small appliances, small sporting goods, tools.



LOCAL PHARMACIES

Many local pharmacies also accept medication disposal. Contact your local pharmacy for details.

Goodwill Easter Seals

651-426-0824

4500 Centerville Rd, White Bear Lake

www.goodwilleasterseals.org

Drop off only, no pick up.

Mon-Fri 10:00 am - 8:00 pm

Sat 10:00 am - 7:00 pm

Sun 11:00 am - 6:00 pm

Accepts new and gently used clothing and household items.

Neighbors Helping Neighbors Thrift Store

651-777-1107

1956 Spruce Place, White Bear Lake

Behind St. Stephen's Church

Mon-Thu 10:00 am - 4:00 pm

Sat 10:00 am - 1:00 pm

Volunteer run store with all proceeds supporting White Bear area charitable organizations. Accepts gently used clothing and accessories only. No household items.

South Shore Trinity Lutheran Church

651-429-4293

2480 S Shore Blvd, White Bear Lake

Accepts and loans out durable medical equipment such as wheelchairs, walkers or bath stools.

SAFETY, SECURITY, EMERGENCY RESPONSE SYSTEMS

Accent Care Fairview Health Alert Systems

952-885-6185

www.accentcare.com/our-services/health-alert/

Offering a wide variety of medical alert and medication management devices along with professional installation, guided instruction, and customer support. No long-term contracts required.

EZ Help 911 Cell Phones

651-429-2374

Free cell phones for 911 calls only.

File of Life

651-653-3121

A free emergency medical information form for Ramsey County residents to complete and keep on their refrigerator door to assist emergency medical personnel with personal health information and emergency contacts.

MedicAlert + Safe Return

1-800-432-5378

MedicAlert Foundation

www.medicalert.org

A partnership of MedicAlert and the Alzheimer's Association offers live 24-hour emergency response services for those at risk of wandering and other medical emergencies. Call or register online.

White Bear Area Senior Program

651-653-3121 | Mon-Fri | 8:00 am - 4:00 pm

2484 East County Rd F, White Bear Lake

- Books & Jigsaw Puzzles
- Pop Tops
- Buttons, Fabric, Ribbon
- Cell Phones with Charger
- Eyeglasses & Hearing Aids
- Fabric
- Greeting Cards with Envelope - New
- Used Foreign, Commemorative Stamps and Picture Postcards
- Paper Grocery Bags & Plastic Bags
- Yarn, New & Partial Skeins

HOME CARE & OTHER IN-HOME SERVICES

The general term home care describes two different types of care:

- **Home health care provided by licensed medical professionals.** Skilled Medicare certified care including nursing, rehabilitation therapies, and medication management. Hospice care is also provided by some Medicare certified home health agencies for those nearing the end of life.
- **Home care provided by professional caregivers.** Hands-on assistance with activities of daily living, including personal care (help with bathing, dressing and toileting), and in-home support (housekeeping, meal preparation, transportation, and shopping).

In addition, there are in-home support, homemaking or home management providers, as well as volunteer companion programs that offer other in-home support, that can help with light housekeeping and transportation.

Payment also varies depending on many factors, such as acute or long term medical needs, homebound status, insurance coverage, income and asset eligibility, and personal resources.

Paying for home care:

- Medicare (short-term)
- Medical Assistance/Medicaid
- Elderly Waiver and Alternative Care
- VA Benefits
- Long Term Care Insurance
- Private Pay

RESOURCES TO HELP LOCATE AND EVALUATE HOME CARE

Minnesota Department of Health

www.health.state.mn.us/facilities/regulation/choosefacility.html

Provides an up-to-date searchable database of licensed health care providers, home care providers, and other useful resources.

Care Options Network

www.careoptionsnetwork.org

Provides online listings of Medicare certified and private duty home care agencies.

Elder Care IQ

Service of Elder Care Advocates

www.eldercareiq.org

A decision-making tool to screen Minnesota nursing homes, assisted living facilities, home care or home health agencies.

It reports investigation from the MN Department of Health of abuse, neglect and exploitation of the residents or clients.

Home Health Compare

www.medicare.gov/homehealthcompare/search.html

Compare federally licensed home health agencies in your area by patient survey or quality care ratings. Provides a home health agency checklist for comparisons.

Senior LinkAge Line®

1-800-333-2433

www.trellisconnects.org/senior-linkage-line

Mon-Fri 8:00 am - 4:30 pm

Metropolitan Area Agency on Aging

Translation services available

Get answers about: Planning for long-term care, Home health care and home care, Other in-home support services, How to pay for care, and how to arrange for services.

MNCHOICES ASSESSMENT AND FINANCIAL ASSISTANCE

MNChoices is a state funded and county administered program providing an in-home assessment and eligibility determination for Elderly Waiver or Alternative Care grants which help pay for case management and in-home support services. The assessment is available to seniors or disabled adults needing long-term care regardless of income.

- **Anoka County**
763-324-1450
www.anokacountymn.gov/3260/Disability-and-Senior-Services
- **Ramsey County**
651-266-3613
www.ramseycounty.us/seniors
- **Washington County**
651-430-6484
www.co.washington.mn.us/780/Adult-Child-Senior

HOME HEALTH CARE AND HOSPICE: MEDICARE CERTIFIED

Skilled home health care with licensed medical professionals. Services can include nursing assessment and care, physical, speech and occupational therapies, medication management, post-op and wound care, social work, and hands-on assistance with transfers and mobility, bathing, dressing, toileting and continence.

Some agencies also provide Hospice Care, a Medicare certified home health care service for those needing palliative care or support through the end stages of life.

Brighton Hospice

651-731-7692
www.BrightonHospice.com

CenterWell Home Health

1-833-466-3014
www.centerwellhh.com

Ecumen Hospice

651-714-0200
www.ecumenhospice.org

AccentCare Fairview Hospice

612-728-2468
www.fairview.org/overarching-care/home-care-and-hospice

Firstat Nursing Services

651-288-0222
www.firstatmn.com

Good Samaritan Home Care

763-546-9020
www.good-sam.com

Hospice of the Midwest

651-344-1040
www.hospiceofthemidwest.com

Interim HealthCare of the Twin Cities

651-917-3634
www.interimhealthcare.com

Intrepid USA Healthcare Services

651-638-7800
www.intrepidUSA.com

Lakeview Homecare and Hospice

651-430-3320
www.healthpartners.com

Our Lady of Peace Home Health Care Hospice Services

651-789-5030
www.ourladyofpeacemn.org

HOME CARE: PRIVATE PAY

Services include personal care assistance with activities of daily living such as eating, bathing, dressing, toilet, transferring, and medication management. Services also may include home management services, such as assistance with light housekeeping, laundry, meal prep, transportation, and shopping. Typically billed on an hourly basis with a minimum number required of hours/visits in a given time period.

Amada Senior Care

763-307-9138

www.amadaseniorcare.com

BrightStar Care

651-770-8427

www.brightstarcare.com/st-paul

Comfort Keepers

651-789-0317

www.comfortkeepers.com

Home Care Solutions

763-231-9000

www.homecaresolutionsmn.com

Home Instead Senior Care

651-747-8722

www.homeinstead.com

Interim HealthCare of the Twin Cities

651-917-3634

www.interimhealthcare.com

Morning Glory Home Care

651-493-1251

www.mghome.care

Northern Stars Home Care

651-528-6649

www.northernstarshomecare.com

Senior Helpers of Stillwater

651-571-2225

www.seniorhelpers.com/mn/stillwater

Synergy HomeCare Northeast Metro

763-205-4440

www.synergyhomecare.com

IN-HOME SUPPORT: NON MEDICAL

These agencies are registered with the Minnesota Department of Health as providers of Home Management Services and offer two or more of the following in-home support services: light housekeeping, meal preparation, laundry, companionship, transportation, and shopping assistance.

These agencies also bill consumers directly for their services, typically on an hourly basis with a minimum number of hours and/or visits a week.

Comfort Keepers

651-789-0317

www.comfortkeepers.com

Home Instead Senior Care

651-330-5734

www.homeinstead.com

Morning Glory Home Care

651-493-1251

www.mghome.care

Senior Home Living, Inc.

952-456-6561

www.seniorhomeinc.com

Wholehearted Living

763-328-8840

wholeheartedlivingcare@gmail.com



COMPANION PROGRAMS

Non-profit programs match seniors with volunteers to provide companionship and affordable help such as light housekeeping, chores, or yard clean-up. Some provide grocery shopping assistance and transportation. Services and rates vary, some with set affordable hourly rates or offer a sliding fee scale according to income level or have a county waiver program eligibility.

Help at Your Door

651-642-1892

www.helpatyourdoor.org

Lutheran Social Services

1-800-582-5260

2485 Como Ave, St. Paul

- **Neighbor to Neighbor**

1-877-540-9443

www.lssmn.org/services/older-adults

- **Senior Companions**

1-888-205-3770

www.lssmn.org/services/older-adults/companion-services/senior-companion

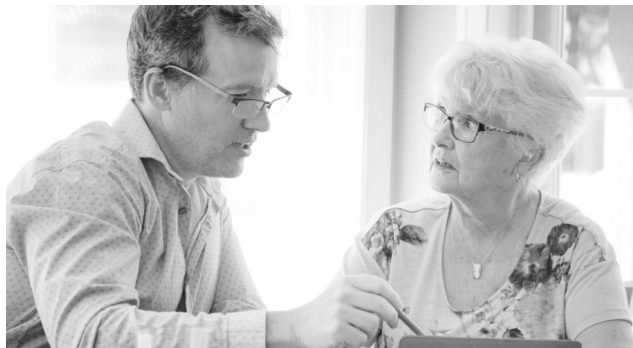
Friends & Co.

612-721-1400

1845 East Lake St, Minneapolis

www.friendsco.org

Offers a variety of volunteer companion programs: visiting companions and phone companions, in addition to a Friendship and Flowers visiting program.



FOOT CARE

Footopia, Inc.

651-470-9979

In home appointments with a nurse for routine foot care for the White Bear area.

HAIR CARE

Anywhere Hair

763-291-5191

Tu, Th, Fri 10:00 am - 8:00 pm

Hair services for men and women: cut, style, shampoo, color, and perm.

Haircuts by Barber Debbie

651-246-3958

Hair services for men and women: cut, style, shampoo, color, and perm.

EXPLORE THESE WEBSITES FOR MORE SENIOR SERVICES & HOUSING

Care Option Network

www.careoptionsnetwork.org

Connecting Twin Cities older adults, and surrounding areas, to housing and services for over 30 years. We gather and share comprehensive data that strengthens our senior care community!

Twin Cities Senior Housing Guide

www.seniorhousingguide.us

Comprehensive Senior Housing for the Twin Cities and surrounding counties. Listings for home care, adult day care, hospice and other senior services.

LEGAL RESOURCES

LEGAL INFORMATION AND REFERRALS

LawHelpMN.org

Provides online resources to help low income Minnesotans solve legal matters. A Self-Help Library, Providers and Clinics Directory, and LawHelpMN Guide, can help with finding resources in your area.

Office of Minnesota Attorney General 651-296-3353

www.ag.state.mn.us

Provides free publications on a variety of topics including:

- *Probate and Planning*, information on planning for the future and how to write your own will.
- *Seniors' Legal Rights*, designed to inform older adults of their rights on topics ranging from consumer protection and estate planning to utilities and nursing homes.

Ramsey County Bar Association Attorney Referral 651-222-0846

www.mnbar.org/public-resources/finding-legal-help

Assists callers in finding a local attorney who practices in the area of law that best fits the caller's needs. All attorneys are pre-screened and in good standing with the Bar Association.

FREE OR LOW-COST LEGAL SERVICES

Legal Advocacy for Older People 1-888-575-2954

Southern MN Regional Legal Services
55 E 5th St, Suite 400, St. Paul
www.smrls.org

Free advice and legal representation to people age 60 + in social and economic need. Case priorities emphasize access to housing, long-term care, and other basic necessities.

Volunteer Lawyers Network 612-752-6677

www.vlnmn.org

Mon-Thu 10:00 am - 1:00 pm

Connects people experiencing poverty with trained volunteer lawyers who provide advice and brief services or representation in court. Legal services provided in cases such as: housing, eviction, immigration, family, consumer, employment and bankruptcy, excluding wills and estate law.

Minnesota Judicial Branch

www.MNCourts.gov

Visit for a variety of printable legal forms.



GUARDIANSHIP AND CONSERVATORSHIP

Guardian and Conservator Services 1-888-806-6844

Lutheran Social Services
2485 Como Ave, St. Paul
www.lssmn.org

Works with county social services, community-based service providers, courts, legal representatives and trustees. Ensures the well-being of individuals who can no longer make personal or financial decisions for themselves but are able to continue living, participating and contributing in their communities.

Protective Services and Guardianship Information Line 952-945-4174

Volunteers of America
Center for Excellence in Supported Decision-Making
3333 N 4th St, Minneapolis
www.voamnwi.org/cesdm

Serves adults who may not have the ability to manage or make decisions regarding care, finances or safety and their caregivers. Offers in-depth telephone consultation, information, advice and referrals; in-person assessments regarding the need for guardianship with a focus on less restrictive alternatives; advocacy and coaching to assist families.



ESTATE AND ELDER LAW SERVICES

Estate and Elder Law Services 612-676-6300

Volunteers of America
1900 Central Ave NE, Minneapolis
www.voamnwi.org/estate-and-elder-law
Mon-Fri 9:00 am - 3:30 pm

Assists with wills, trusts, estate planning, probate, power of attorney, health care directives, guardianship, conservatorship, special needs trust, Medical Assistance planning, and real estate. Legal fees typically billed at an hourly rate. Basic wills and trusts available for a flat-fee. Private-pay rates. Individuals may qualify for subsidized rates based on monthly income and assets. In home or in office appointments.

LOCAL ESTATE AND ELDER LAW ATTORNEYS

Collins Law Office 651-464-7400

20 Lake St N, Ste 202, Forest Lake
www.rcollinslaw.com

Mary Ebb Law, PLLC Elder Law Attorney 651-409-8756

1310 Hwy 96 E, White Bear Lake
www.maryebblaw.com

Safe Harbor Estate Law Estate and Elder Law Attorneys 612-615-9535

3240 Rice St, Roseville
www.safeharborestatelaw.com

Sheila J. Kelly Law Firm, LLC Estate and Elder Law Attorney 612- 568-4938

4856 Banning Ave, White Bear Lake
www.sheilakellylaw.com

SUPPORT GROUPS & CAREGIVER RESOURCES

ADULT DAY CENTER

Hope Senior Center

651-340-3387

1730 Gervais Ave, Maplewood

www.hopesenior.org

Mon-Fri 7:30 am - 5:30 pm

Licensed adult day health center for adults 18+ who need specialized support to maintain independent living and respite for their family caregivers. Offers daily activities, meals, and nursing services. Coordination with health providers, and personal care assistance, such as bathing and foot care.

ALZHEIMER'S, DEMENTIA, AND MEMORY LOSS SUPPORT

Alzheimer's Association

952-830-0512

24/7 HelpLine: 1-800-272-3900

7900 W 78th St, Minneapolis

www.alz.org/mnnd

General information and referrals, support groups, care consultation, community resource finder, and educational programs.

Caregiver Support Group

Brookdale North Oaks

763-913-6140

300 Village Center Dr, North Oaks

www.brookdale.com

Last Wed of the month: 10:00 - 11:00 am

Join other caregivers to exchange tips and suggestions with others who know what you are going through. Bring your loved one to join in on planned activities.

Lyngblomstem Community Services

651-632-5320

caregiving@lyngblomsten.org

- **The Gathering**

Hosted weekly at St John in the Wilderness. A four hour, group respite program providing brain-stimulating and social engagement through intentionally designed activities for adults living with memory loss while giving their informal caregiver a break to care for themselves.

- **Memory Loss Caregiver Support Groups**

Trained facilitators lead group for caregivers of those with Alzheimer's or related dementia.

- * **In-person support groups**

- 1st Wed. of each month, 10:30 am
Como Park Lutheran Church
1376 Hoyt Ave W, St. Paul

- * **Virtual support groups**

- 2nd Tue 10:30 am
3rd Thu 10:30 am

- **Memory Collective**

An online enrichment class for adults living with memory loss

www.lyngblomsten.org

A supportive community with others on a similar journey and collectively discover ways to keep living your best life possible. Each 8-week session will feature a variety of educational topics and activities.

CAREGIVER COACHING AND CONSULTATION

Caregiver Resources 2nd Half with Lyngblomsten 651-632-5320

www.lyngblomsten.org/community-services/caregiver-resources1/

If you are caring or supporting an older adult, we can help you navigate the journey. Specializing in memory loss caregiver support. Available to share resources and education as well as caregiving coaching.

Family Means Caregiving and Aging 651-439-4840

1875 Northwestern Ave S, Stillwater
www.familymeans.org/help-for-caregivers/

Support groups, education programs, and individualized coaching and consultation to help gain confidence, learn new skills, and guide families through decision making.

Wilder Caregiver Services 651-280-2273

451 Lexington Prkwy N, St. Paul
www.wilder.org/Caregiving

Connect caregivers to support, resources, events, and classes.



CAREGIVER RESPITE: GROUP AND IN HOME

The Gathering 2nd Half with Lyngblomsten 651-414-5291

St. John Church, 2175 1st St, WBL

www.lyngblomsten.org/community-services/caregiver-resources1/gathering/

In person: Thu 10:00 am - 2:00 pm

Online: Fri 11:00 am - 12:00 pm

Provides respite for caregivers and a day of stimulating activities for the person they care for who is experiencing early to mid-stage memory loss. The program is offered in collaborative partnerships with local churches who provide the facilities.

Family Means 651-439-4840

1875 Northwestern Ave S, Stillwater

www.familymeans.org/breaks-for-caregivers

In-home and group respite provided with the help of volunteers to give caregivers the break they need. In-home respite provides 2-4 hour regularly scheduled visits to offer companionship and supervision while the caregiver is away. Group respite participants enjoy personalized attention, discussions, creative projects, music, exercise, games, and fun in a group setting once per week.

Wilder Caregiver Services 651-280-2273

451 Lexington Prkwy N, St. Paul

www.wilder.org/Caregiving

In Person Support: Mon-Thu 12:00 - 4:00 pm

In person programs for adults with memory loss, Parkinson's disease, and neurodegenerative disorders; includes lunch, activities, and personal support.

GRIEF & LOSS SUPPORT

Companions in Grief

651-429-5337

St. Mary's, 4741 Bald Eagle Ave, WBL

St. Pius, 3878 Highland Ave, White Bear Lake

Thu 4:00 - 5:00 pm

Support group open to the community.
Alternates between St. Pius and St. Mary's.

Family Means Center for Grief and Loss

651-641-0177

1129 Grand Ave, St. Paul

www.griefloss.org

Offers specialized therapy for complicated grief, trauma and life transitions. Staff are clinically trained mental health therapists that provide individual, couples, family, and group therapy for all ages.

GriefShare

1-800-395-5755

www.griefshare.org

GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. Free weekly meetings at various locations. There is a \$20 workbook for the sessions. Registration is required.



HEARING LOSS SUPPORT

Deaf & Hard of Hearing Services

Voice: 800-657-3663

Video phone: 651-964-1514

TTY: 651-431-5976

85 East 7th Place, Ste 105, St. Paul

email: dhs.dhhsd@state.mn.us

www.mn.gov/deaf-hard-of-hearing

Services for the deaf, deafblind, hard of hearing, and late deafened, and their families. Services include direct consumer assistance, information and referral, mental health services, a technology demonstration lab, a list of financial resources for hearing aids, training and consultation to service providers.

Hearing Loss Association of America Twin Cities Chapter

763-447-9672

www.hearingloss.org

Courage Kenny Rehabilitation Institute

3915 Golden Valley Rd, Mpls

Provides tools for self help; sensitizes the general population about the special needs of people who have hearing loss; and promotes understanding of the nature, causes, complications, and remedies of hearing loss. Get information from technological and medical advances to coping and parenting strategies.

Telephone Equipment Distribution

1-800-657-3663

www.mn.gov/deaf-hard-of-hearing

Provides access to telephone services for those with hearing loss, speech or limited physical disabilities to use a standard telephone. Equipment is provided on a long-term basis at no cost to consumers who qualify.

PARKINSON'S DISEASE SUPPORT

Parkinson's Foundation HelpLine **1-800-473-4636**

Email a question: helpline@parkinson.org
www.parkinson.org

Mon-Fri 8:00 am - 7:00 pm

Staffed by professionals to support you with: current disease information and medical issues; including symptoms and treatments, health and social care, and referrals to local health professionals and community resource support.

Wilder Connect **651-280-2294**

941 Lafond Ave, St. Paul
www.wilder.org/what-we-offer

Mon-Thu 12:00 - 4:00 pm

Wilder Connect is a long term care support program that provides four hours of engaging activities, personal care and healthy meals for adults, while offering respite and self-care time for their family and friend caregivers

STROKE SUPPORT

Minnesota Stroke Association **763-553-0088**

2277 Hwy 36 W, Roseville
www.strokemn.org

Stroke prevention and resources, caregiver advocacy, education, and information on support groups.

VISION LOSS SUPPORT

State Services for the Blind **651-539-2331**

2200 University Ave W, St. Paul
www.mnssb.org

Offers practical support, training and referrals to help seniors find ways to adapt to changes in their vision and improve their quality of life and their ability to live independently. This includes providing free low vision aids and adaptive devices.

Vision Loss Resources **612-871-2222**

www.visionlossresources.org

Offers one-on-one instruction in the home related to independent living skills: from cooking and cleaning to writing a check; magnification tools to assist with reading; technology assistance such as use of smartphones and other devices, and mobility assistance. Referrals to State Services for the Blind, Independent Living Skills classes, Peer Mentors, and Community Center.

Vision Loss Support Group **612-843-2593**

Lakewood Salvation Army
2080 Woodlyn Ave, Maplewood
4th Mon Mar-Nov 10:00 - 11:00 am

Support group for those experiencing vision loss later in life.



TECHNOLOGY

TECHNOLOGY SUPPORT

Affordable Connectivity Program

877-384-2575

www.fcc.gov/acp

Provides discount for internet service and equipment for those who meet eligibility criteria.

Cyber-Seniors

1-844-217-3057

www.cyberseniors.org

Tech mentors assist older adults with free technology support and training on smart phones, tablets, or computers.

PCs for People

651-354-2552

www.pcsforpeople.org

Affordable computers, internet, repairs and technology recycling.

PASSWORD PROTECTION

Most websites are secure, but there's always a small chance someone may try to access or steal your information. A strong password is one of the best ways to defend your accounts and private information.

Instead of writing your passwords on paper where someone might find them, you can use a password manager to store them securely online. Password managers can remember and enter your password on different websites, which means you won't have to remember longer passwords.

Remember to never use personal information like birthdates, do not use the same password for each account and try to include numbers, symbols or capital letters.

Search online for available password managers.

Ramsey & Washington County Branch Libraries

- Need extra help on computers?
- Have questions about email accounts?
- Need assistance working on a document?
- Want to learn how to surf the Internet?

Technology assistance is available at most libraries. Call for hour of operation and to schedule an appointment.

Maplewood Library

651-724-6003

3025 Southlawn Dr, Maplewood

Roseville Library

651-724-6001

2180 N Hamline Ave, Roseville

Shoreview Library

651-724-6006

4560 Victoria St N, Shoreview

White Bear Library

651-724-6007

2150 2nd St, White Bear Lake

Wildwood Library

651-426-0242

763 Stillwater Rd, Mahtomedi



TRANSPORTATION

REGULAR FIXED ROUTE BUS

Public transit routes with set schedules and designated stops.

 **Metro Transit Fixed Route Bus**
612-373-3333
www.metrotransit.org

CURB TO CURB SERVICES


Driver picks-up/drops-off rider at the curb. Driver does not help individuals into buildings.

Discover Ride*
651-288-0327
www.discoverride.com

GoGo Grandparent
1-855-464-6872 (855-GOGO-USA)
www.gogograndparent.com

Lyft
www.lyft.com/rider

 **Newtrax**
651-789-6221
www.newtrax.org

 **Transit Link***
651-602-5465
www.metrotransit.org/transit-link

Uber
www.uber.com

**Door-to-Door Service: If requested will ensure the rider makes it safely from their door to vehicle to the destination door.*


DOOR THROUGH DOOR SERVICES

Driver enters first exterior door of home to provide assistance to the rider to ensure they make it safely through their front door, onto the vehicle, and into the first door of their destination, with same service on return trip.


 **Allegiance Transportation**
651-207-5211
www.allegiancetransportation.com

Discover Ride
651-288-0327
www.discoverride.com

Help at Your Door
651-642-1892
www.helpatyourdoor.org

 **Metro Mobility
ADA Certified Riders**
651-602-1111
www.metro-mobility.org/metro-mobility

 **Premier Handicap Services**
612-467-9684
www.premierhandicapservices.com

 **TLC Special Transportation**
952-882-0535
www.TLCspecialtransportation.com



SPECIAL TRANSPORTATION

Health Insurance - Transportation Benefits

Some health insurance plans offer transportation benefits to their enrollees for rides to and from medically-related destinations. Health plans can have varying levels of transportation benefits for specific types of enrollees. Call your insurance company to determine your specific member benefits.

Medicare Services 1-800-916-2863

www.medicarefaq.com/faqs/medical-rides

Some Medicare plans provide options for coverage of medical transportation services. Visit the above listed website to review the different types of Medicare transportation, when they are covered, and how to utilize the benefits.

MN Non-Emergency Transportation (MNET) 866-467-1724

www.mtm-inc.net/minnesota

Coordinates/schedules rides for non-emergency medical appointments only for those with MN Medical Assistance, Elderly Waiver, or CADI Waiver coverage through their county of residence.

Road to Recovery American Cancer Society 800-227-2345

www.cancer.org/involved/volunteer/road-to-recovery.html

Free for cancer patients.

Veterans Transportation Service 612-467-5799

Free for veterans to VA Medical Center.

DISABILITY PARKING

MN Council on Disability 651-297-3377

www.disability.state.mn.us/technical-assistance/disability-parking/

Apply for or renewal of a Disability Parking Certificate and online applications for temporary or permanent parking permits or plates.



HOME CARE AGENCIES & TRANSPORTATION

There are a number of local home care agencies that offer transportation as one of their service options for their home care clients. Some offer rides to weekday health appointments, medical procedure-to-home, or TCU-to-home packages.

For Home Care agencies that offer transportation as a service, **see page 19.**



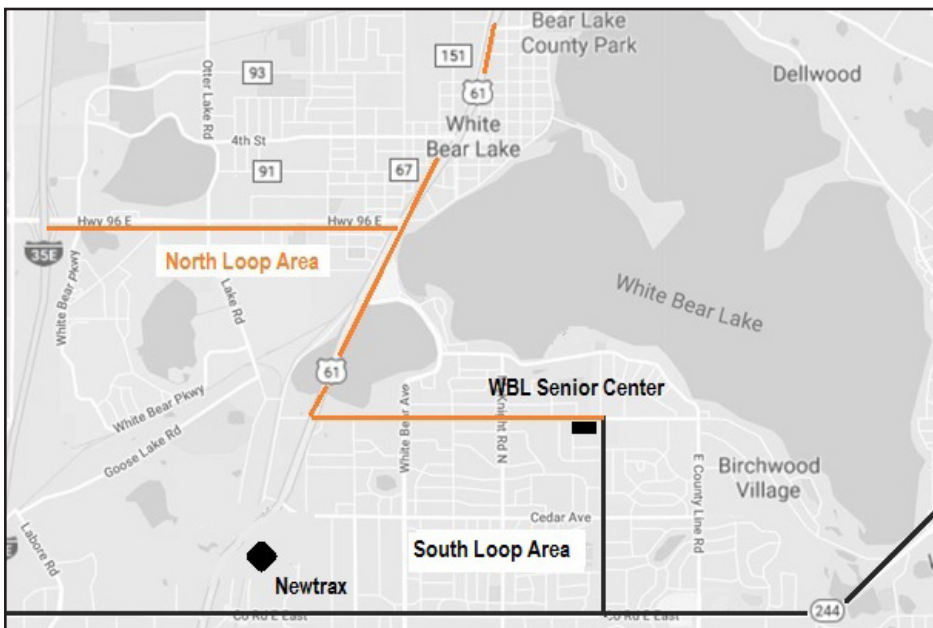


Group Rides & the North & South Loops

Newtrax is a local nonprofit organization expanding transportation opportunities within our local communities by utilizing our vehicles and drivers to make a bigger impact.

We are helping our valued community members stay more engaged by providing increased access to community events, social activities, local attractions, and volunteer opportunities. . . an important aspect in keeping our neighborhoods vibrant.

Newtrax has a weekly bus circulator route in partnership with the cities of White Bear Lake, Vadnais Heights, Mahtomedi, White Bear Township, and Gem Lake to transport seniors and people with disabilities to many destinations within our beautiful lake area communities.



Thursday morning 'Loops' provide access to local destinations.

- Area grocery and retail shopping destinations
- Restaurants and other area attractions
- Library, Post Office
- White Bear Center for the Arts, Lakeshore Players Theater, YMCA, and more
- White Bear Area Senior Center
- 17 senior housing facilities

Voluntary Donation Service.
Pay what you wish.



DRIVERS WANTED

Great full-time or flexible part-time opportunity for retirees and others!
We need YOU to help us provide transportation for seniors and/or individuals with disabilities in our community to area events, restaurants, shopping, and more. No special license required and we provide the training. To learn more about this rewarding opportunity, please contact us at 651-789-6221 or email us at info@newtrax.org.

"Very flexible work schedules, excellent maintained equipment and very friendly staff". - Tom L.

WELLNESS EDUCATION & ENRICHMENT



White Bear Area Schools Community Services & Recreation

651-407-7501

4855 Bloom Ave, White Bear Lake
www.communityservices.isd624.org

White Bear Area Senior Center

651-653-3121

2484 E County Rd F, White Bear Lake
www.whitebearseniorprogram.org

Register for all classes and activities: www.whitebear.ce.eleyo.com

The mission of Community Services & Recreation Mission, a dynamic department at the leading edge of community programming, is to connect and engage individuals and the community in lifelong learning and enrichment through a vital system distinguished by:

- Safe, nurturing environments and accessible spaces
- Inclusive, varied programs and experiences
- Participants, volunteers, and staff who reflect and embrace the diversity of our community
- Synergistic partnerships and meaningful relationships
- Dedicated, qualified, and supported staff and volunteers

Activities and Services:

- **Senior Program:** Provides daily activities and enrichment opportunities at our Senior Center, which includes: Craft Corner Gift Shop, Foot Care Clinic, Get Up & Go Fitness, Lending Library & Puzzles, Meals on Wheels, Medicare Insurance Counseling, Social Activities, Games, and Community Events.
- **Adult Enrichment & Recreation:** Classes on Arts & Hobbies, Culinary, Dance & Fitness, Finance, Health & Wellness, Home, 55+ Defensive Driving and more. Current recreational activities are Pickleball Club and free indoor walking track.
- **Adult Basic Education** offers basic education to adults in the North St. Paul, Maplewood, Oakdale, Mahtomedi and White Bear Lake area at no cost.
- **Community Bridge Consortium** provides enrichment for adults with cognitive disabilities.
- **Youth Enrichment & Recreation:** Afterschool, non-school day, and summer enrichment classes. Sports, recreational leagues for grades K-12 and Middle School Athletics.
- **Before and After School Care** for grades K-8.
- **Early Childhood Family Education & Preschool:** Serves our youngest learners, age birth through 5 (before Kindergarten).

Find details on programming in the WBLAS Community Services & Recreation *Seasonal Brochure* or our older adult newsletter *The Voice*.

Need a copy of these publications? Visit one of the above locations.

**Lyngblomsten Community Services
Wellness Education
651-632-5330**

www.lyngblomsten.org

communityservcies@lyngblomsten.org

Offering evidence-based wellness classes in partnership with the Faith Community Nurse Network and Juniper in the St. Paul and Northeast metro area. Classes include Matter of Balance, Living with Chronic Conditions, and Powerful Tools for Caregivers.

**Community Bridge Consortium
651-748-7252**

2520 East 12th Ave, N. St. Paul

www.isd622.ce.eleyo.com

Community Bridge offers customized classes, recreational and social opportunities for adults with cognitive disabilities.

Juniper

www.yourjuniper.org

Juniper helps communities across Minnesota create a culture of health, where prevention and wellness are the norms. The evidence-based programs give you the tools you need to take control of your health and manage it in a way that works best for you and your life.

VETERANS ASSISTANCE

Veterans Crisis Line

Dial 988 then press 1

www.veteranscrisisline.net

24/7, confidential crisis support for Veterans and their loved ones
Enrolled in VA benefits or health care not required.

Veterans Linkage Line

1-888-LinkVet (546-5838)

Veterans Burial Benefits

www.va.gov/burials-memorials/veterans-burial-allowance/

You may be eligible for Veterans burial allowances if you're paying for the burial and funeral costs. Visit website for requirements.

Veterans Dental Benefits

651-266-2545

90 Plato Blvd W, St. Paul

<https://mn.gov/mdva/resources/healthdisability/dentalassistance.jsp>

Provides assistance annually to veterans and their dependents with routine dental care, extractions and denture procedures. Income and asset guidelines apply to qualify.

COUNTY VETERANS SERVICES

Primary source of contact for all county benefits and services are County Veterans Service Officers (CVSO). CVSOs are certified and accredited to assist veterans, their dependents, and surviving spouses, in understanding benefit eligibility, applying for benefits, including assistance with burials, home care, health care, pensions, etc.

- **Anoka County Veterans Services**
763-324-4501 www.anokacountymn.gov/2746/Veterans-Services
- **Ramsey County Veterans Services**
651-266-2545
www.ramseycounty.us/residents/assistance-support/assistance/veterans-assistance
- **Washington County Veterans Services**
651-430-6895 www.co.washington.mn.us/819/Veterans-Service-Office

WHITE BEAR AREA SENIOR CENTER

Craft Corner Gift Shop

Monday-Friday
11:00 am - 3:30 pm

Our Gift Shop is the perfect place to shop for a variety of beautiful, handcrafted items.

If you are 50 years of age or older, or a disabled adult, you can sell your hand crafted items in our shop. A small portion of sales is donated to the Senior Program; the rest is paid to the consignee.

Senior Center
Normandy Park Education Center
2484 East County Rd F
White Bear Lake, MN 551510
651-653-3130

FOOT CARE

WBL SENIOR CENTER



Brief medical history
Assessment and ongoing monitoring
Trimming and filing toenails
Reducing thick toenails
Treatment for ingrown toenails
Calluses and corn reduced
Minor skin irritation, cuts, cracks,
Lower extremity skincare
Referrals and recommendations
Light massage and moisturization

30-Minute Appointment
\$50 cash/check | \$53 credit card

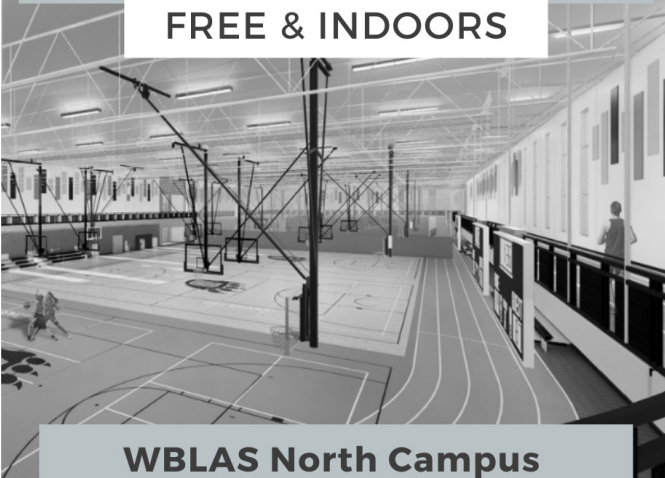
Call 651-653-3121

White Bear Area Senior Center
2484 E County Rd F, White Bear Lake

White Bear Lake Area Schools

WALKING TRACK

FREE & INDOORS



WBLAS North Campus
Field House
5040 Bald Eagle Ave, WBL

For current schedule

Call 651-653-3121

www.communityservices.isd624.org

POLICE & FIRE NON-EMERGENCY

- **Hugo Fire Department**
651-429-6366
- **Ramsey County Sheriff**
651-484-3366
- **Vadnais Heights Fire Department**
651-204-6030
- **Washington County Sheriff**
651-439-9381
- **White Bear Lake Fire Department**
651-429-8568
- **White Bear Lake Police**
651-429-8511

SPONSORS

A special thank you to our community partners.

PRINTING SPONSORS

Senior Helpers - Stillwater Lions Club - Vadnais Heights
St. Paul-Ramsey County Public Health White Bear Food Shelf

BRONZE SPONSORS

2nd Half with Lyngblomsten Forest Lake Medical Supply
Silver Sobriety

SILVER SPONSORS

