

RESOURCE GUIDE

MAY 2010



**FOR SENIORS AND PERSONS
WITH DISABILITIES**

Washington
County

For additional information about services that are available to you in the community, contact Washington County Public Health and Environment at 651-430-6655, Senior Linkage Line at 1-800-333-2433, United Way at 651-291-0211 or 2-1-1, or refer to your local yellow pages for specific services.

The Washington County Resource Guide for Seniors and Persons with Disabilities was developed to serve as a resource to the community. Inclusion of an organization in the directory does not constitute endorsement of its programs or policies by Washington County Public Health and Environment, while exclusion does not imply disapproval.

Every effort has been made to obtain accurate information about the organizations listed in this directory. Washington County Public Health and Environment is not liable for the accuracy of any editorial and/or information printed in this directory. Availability of service providers may vary.

Printed copies of the guide are available upon request by calling Washington County Public Health and Environment at 651-430-6655 / TTY (Hearing Impaired) 651-430-6246.

Online availability of the Resource Guide for Seniors and Persons with Disabilities provides easy access for family members, caregivers, and professionals working with seniors and persons with disabilities in Washington County to help them identify community resources that will promote the health, safety, and independence of seniors and persons with disabilities living in Washington County.

You may access this resource guide online at:

www.co.washington.mn.us/publichealth

Click on 'Adult Health' and then click on 'Resource Guide' located in the upper right-hand corner.

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HOTLINES AND CRISIS NUMBERS

**Adult Children of Alcoholics/
Dysfunctional Families 763-574-0903**
www.aaminneapolis.org

After Hours Crisis Response 651-290-8605
Hours 5:00 p.m. to 12:00 a.m. weekends and holidays
10:00 a.m.—12:00 a.m.

Al-Anon/Ala Teen Resource Service..... 952-920-3961
<http://al-anon-alateen-msp.org>
A 12-step support service for anyone who is now, or has been, trying to cope with living or associating with an alcoholic.

Alcoholics Anonymous of St. Paul 651-227-5502
www.aastpaul.org

Ambulance, Fire, Police 9-1-1

American Red Cross 651-439-0031
www.scvarc.org

Provides assistance after fires and other emergencies.
Communication link for military families.

Cocaine Anonymous of Minnesota 800-925-6159
www.caofmn.com

Call for meeting times, places, or contacts.

Crisis Connection..... 612-379-6363
Or..... 888-379-6363

www.crisis.org

Confidential phone counseling and referral.

Day One Center, Inc. 1-866-223-1111
Or 612-825-0000

www.dayonecenter.org

A 24-hour crisis line for women experiencing domestic abuse.

HOTLINES AND CRISIS NUMBERS (Cont'd)

Domestic Violence Crisis Line

(East Metro) 651-770-0777

(West Metro) 612-825-0000

www.tubman.org

Support, referral, and shelter.

Drug Abuse Hotline 800-276-6818

Drug and alcohol treatment.

Emergency Social Services 651-291-6795

Emotions Anonymous 651-647-9712

www.emotionsanonymous.org

Family Violence Network (Tubman Family Alliance)

(East Metro) 651-770-0777

(West Metro) 612-825-0000

www.tubman.org

Crisis intervention and safe homes for women in suburban Washington County and Ramsey County.

First Call for Help 2-1-1

H.S.I-Crisis Clinic 651-777-5222

Face-to-face emergency counseling. Fees based on sliding fee schedule. No denial of service due to inability to pay.

Love Lines 612-379-1199

Crisis phone calls 24-hours a day. Referrals made to Christian therapists and community churches.

MAP AIDS Line/

Minnesota AIDS Project 612-341-2060

TTY 612-373-2465

www.mnaidsproject.org

Men's Line, The 612-379-6367

A 24-hour counseling and referral service for men concerning hurtful, controlling, or violent behavior.

HOTLINES AND CRISIS NUMBERS (Cont'd)

- Metro Crisis Coordination Program** 612-869-6811
www.metrocrisis.org
- Metro Area Shelter Hotline**..... 888-234-1329
A 24-hour hotline for information on emergency shelter and housing.
- Minnesota Aids Project AIDS Line**..... 612-341-2060
www.mnaidsproject.org
Statewide information and referral, HIV testing, prevention services, and information.
- Minnesota Problem Gambling Helpline**..... 800-333-4673
www.miph.org/gambling
- Narcotics Anonymous (Referrals)** 612-822-9472
Or 24-Hour Help Line 952-939-3939
www.naminnesota.org
- Over-Eaters Anonymous (Taped message)**..... 612-377-1600
www.overeaters.org
- Poison Control Center** 800-222-1222
www.mnpoison.org
- Sexual Assault** 651-777-1117
Phone counseling, information and referral, advocacy and accompaniment to hospital, police, and courtroom.
- Spenders Anonymous**
www.spenders.org
- Suicide Prevention** 612-873-2222
- Tubman Family Alliance Administration** 612-825-0000
www.tubman.org

HOTLINES AND CRISIS NUMBERS (Cont'd)

Tubman Family Alliance

(East Metro) 651-770-0777

(West Metro) 612-825-0000

Anne Pierce Rogers (Women's shelter)

Hill House (Women's shelter)

Crisis Intervention-24-Hour Crisis Hotline

www.tubman.org

Intervention and safe homes for women in Washington and Ramsey Counties.

ABUSE-PHYSICAL and/or SEXUAL

Council on Crime and Justice,

General Victims Service 612-340-5400

Aids victims of general crime, available 24-hours, seven days a week.

Domestic Abuse Hotline

National 800-799-7233

Provides crisis assistance and shelter referrals for all languages.

Metro Area Shelter Hotline

(Automated Line) 888-234-1329

Provides locations, eligibility rules, and contact numbers of metro area emergency shelters and transitional housing for individuals, families, and youth.

ABUSE-PHYSICAL and/or SEXUAL (Cont'd)

Minnesota Domestic Violence

(Crisis Line) 866-223-1111

Or 612-825-0000

Works with people of all ages to obtain restraining orders, orders for protection, shelter, and support groups.

Sexual Violence Center 612-871-5111

A 24-hour crisis line for immediate support, resource and referral, advocacy, order for protection, information and referral.

Washington County Common Entry

Point Adult Protective Services 651-430-6484

Investigates reports of alleged abuse, neglect, exploitation, or abandonment and offers some short-term emergency services. Washington County Vulnerable Adult/Adult Protection responds to and investigates reports of maltreatment (abuse & neglect) for vulnerable adults. Also offers protective services to prevent maltreatment.

ADULT DAY PROGRAMS

Adult Day Care Centers provide day programs that may include a variety of health, social, and support services to meet the needs of individuals who may be physically impaired, socially isolated, or limited in their ability to function independently in their community.

- Cerensity Care Center-Residence-**
Marian of St. Paul 651-793-2100
- Circle of Friends**
(Oak Park Heights) 651-275-5800
- Common Sense Services for Seniors**
(South St. Paul)..... 651-552-0288
- Courage Center (Minneapolis)** 763-520-0312
www.couragecenter.org
- Ebenezer Daybreak Adult Day**
Program (Hastings)..... 651-438-9800
www.fairviewebenezer.org
- Elder Friends (Woodbury)** 651-738-0045
- Golden Living Center LakeRidge**
(Roseville) 651-483-5431
- Johnson, Bob and Mary (Hugo)** 651-653-0660
- Lakewood-Salvation Army Adult Day Center**
(Maplewood) 651-779-9177
- Margaret S. Parmly Day Care**
(Chisago City) 651-257-0575
- Wilder Adult Day Health Services**
(St. Paul) 651-774-6574
www.wilder.org

HOME SERVICES (Cont'd)

FOOT CARE

- Footworks-Foot Care..... 651-501-0624**
Foot care in the home.
- Happy Feet Footcare, Inc. 763-560-5136**
Makes home visits.

HOME CARE/HOSPICE

Health care provided in your home that includes a wide array of services authorized by your physician and provided by nurses and trained aides who can assist with personal cares, light housekeeping, meal preparation, therapists, or respite for caregivers. Hospice provides coordinating care for the terminally ill and their families. If you have web access, additional information may be found at:

www.minnesotahelp.info.

- Alliance Health Services 651-895-8030**
- Care Plus, HHA Inc. 763-529-5520**
- Equity Services of St. Paul, Inc. 651-489-4656**
- HealthEast Home Care 651-232-2800**
- HomeCaring and Hospice Fairview**
 - Lakes Regional Health Care 651-257-8850**
- Hospice Minnesota 651-659-0423**
 - Or 800-214-9597**
- Integrated Home Care..... 651-415-4663**
- Intrepid USA 651-636-4663**
- Lakeview Homecare and Hospice 651-430-3320**
- REM Home Health Inc. 952-926-6776**

HOME SERVICES (Cont'd)

Sunrise Health Services Inc. 651-462-9331

Washington County Public Health

Personal Care Assistance 651-430-6655

Program provides services to individuals of any age who require additional care to meet their day-to-day needs. Participants must be on Medical Assistance. The recipient must be able to direct their own care or have a responsible party who is able to do so on their behalf. A county public health nurse will complete a PCA assessment to determine if PCA services are appropriate and to determine the amount of time needed.

HOMEMAKING SERVICES

Includes services such as housekeeping, meal preparation, and shopping.

Abbey Care Choice, Inc. 651-690-5352

Alliance Health Care 651-895-8030

Comfort Keepers 651-779-7740

Common Sense Services for Seniors 651-552-0288

Crystal Care Home Health 612-861-4272

Divine Healthcare Network 651-665-9795

Home Instead Senior Care 651-747-8722

Integrated Home Care 651-415-4663

Intrepid USA (Home Health Care) 763-544-0315

Lakeview Home Care and Hospice 651-430-3320

Loving Care 651-848-0061

HOMEMAKING SERVICES (Cont'd)

- Metro Social Services (St. Paul) 651-647-0647**
- (Cottage Grove) 651-459-9047**
- Minnesota Home Care Professionals 651-644-2188**
- Northwest Home Health Care 651-493-3834**
- Visiting Angels of White Bear Lake 651-653-0110**

HOUSING

ADULT FOSTER CARE

Room, board, supervision, and personal care for up to five unrelated adults in a licensed family home.

- Washington County Adult Foster Care ... 651-430-4169**

ASSISTED LIVING

Independent apartments with kitchens and a variety of services which include meals, housekeeping, transportation, recreation, and 24-hour supportive personal care services.

- Birchwood Arbors (Forest Lake) 651-466-1000**
- Boutwells Landing (Presbyterian Homes)**
 - (Oak Park Heights) 651-275-5000**
- Comforts of Home (Hugo) 651-653-5180**
- Croixdale Residence (Bayport) 651-275-4800**
- Elder Haven Homes (Forest Lake) 651-464-0899**
- Green Gables (Mahtomedi) 651-653-6336**
- Lighthouse, The (Mahtomedi) 651-653-9747**
 - Or 651-407-9076**
- Loving Care Cottages (Cottage Grove).... 651-459-2779**

HOUSING (Cont'd)

Meadows On Fairview (Wyoming)	651-982-6228
Oak Meadows Senior Housing (Presbyterian Homes) (Oakdale)	651-578-0676
Oak Ridge Place (Oak Park Heights)	651-439-8034
REM Minnesota.....	952-922-6776
St. Andrew's Village (Presbyterian Homes) (Mahtomedi)	651-762-4100
Triple Angels Health Care.....	651-795-8290
White Pine (Cottage Grove)	651-458-9455
Woodbury Estates (Woodbury)	651-501-2105
Woodbury Health Care Center (Woodbury)	651-501-2105
Woodbury Villa (Woodbury)	651-501-2105

**For information about additional
Assisted living facilities, contact the
Senior Linkage Line at 1-800-333-2433
or refer to your local yellow pages.**

ASSISTED LIVING WITH MEMORY CARE

Independent apartments with kitchens and a variety of services which include meals, housekeeping, transportation, recreation, and 24-hour supportive personal care services. In addition, these assisted living sites offer specialized care for persons with memory care needs including Dementia and Alzheimer's disease.

HOUSING (Cont'd)

Boutwells Landing (Presbyterian Homes)	
(Oak Park Heights)	651-275-5000
Comforts of Home (Hugo)	651-653-5180
Croixdale Residence (Bayport)	651-275-4800
Deerfield, The (Presbyterian Homes)	
(New Richmond, WI)	715-243-3900
Elder Haven Homes (Forest Lake)	651-464-0899
Green Gables (Mahtomedi)	651-653-6336
Lighthouse, The (Mahtomedi)	651-653-9747
Or	651-407-9076
Margaret Parmly House (Chisago City) ..	651-257-0575
Oak Ridge Assisted Living (Hastings)	651-438-0418
Regina Residence (Hastings)	651-480-4333
St. Andrew's Village-Memory Care	
Presbyterian Homes and Services	
(Mahtomedi)	651-762-4100
Woodbury Estates (Woodbury)	651-501-2105

If you have web access, additional housing information may be found at www.minnesotahelp.info

HOUSING (Cont'd)

EMERGENCY AND TRANSITIONAL HOUSING/ HOUSING REFERRALS

Catholic Charities 651-222-3001
Emergency shelters and transitional housing. Other services include assistance with food and health care. Serving Washington County residents.

Forest Lake Area

Chamber of Commerce 651-464-3200
Housing referral service and assistance with housing paperwork for Forest Lake, Scandia, Hugo, Marine on St. Croix, and parts of May Township.

St. Croix Valley American Red Cross 651-439-0031
www.scvarc.org
Provides food, clothing, and shelter for families who are victims of natural disaster.

United Way 2-1-1
Or 651-291-0211
Or 800-543-7709
www.211unitedway.org
24-hour information and referral service for health, recreation, education, social services, etc., utilizing over 40,000 community agencies in its database.

Washington County Housing and Redevelopment Authority 651-458-0936
Assistance with a multitude of housing issues. Some emergency housing available. Offers a copy of subsidized and market rate housing.

HOUSING (Cont'd)

If you have web access, additional housing information may be found at www.minnesotahelp.info

HOUSING OPTIONS

There is a wide variety of housing options to meet the needs of older adults. Subsidized rental rates are federally or locally subsidized buildings for seniors on a tighter budget. To determine if you or a family member qualifies for subsidized rental, contact the Washington County Housing and Redevelopment Authority at 651-458-0936.

- Accessible Space 651-645-7271**
www.accessiblespace.org
- Federal Government Subsidy Program**
Housing and Urban Development (HUD)
(Call about subsidized rent) 612-370-3000
Or 612-370-3087
- HomeShare St. Croix 651-967-5004**
www.homesharestcroix.org
Matches homeowners with home seekers who are willing to exchange non-medical support for affordable housing.
- Housing and Redevelopment Authority**
(HRA) 651-458-0936

HOUSING (Cont'd)

- Housing Link, The
Also United Way 211 612-522-2500
Or 2-1-1
www.housinglink.org
- Minnesota Housing Finance Agency
(MHFA) 651-296-7608
www.mnhousing.gov
Information about first time home buyers program and
home improvement loan program.
- Senior Housing Guide 651-690-3141
www.seniorhousingguide.us
- Senior Housing Inc.
www.seniorhousingdirectory.com
- Washington County Housing
Coordinator 651-430-6455
- Washington County Housing and
Redevelopment Authority 651-458-0936
Assistance with a multitude of housing issues. Some
emergency housing available.

RESPIRE

Most caregivers need a break at times to rest or take care of their own personal needs. Respite services can offer occasional breaks, regular time off, or care overnight or longer.

- Alliance Health Care (Eagan) 651-895-8030
- Augustana Health Care Center of Hastings
(Hastings) 651-437-6176

RESPIRE (Cont'd)

Birchwood Health Care Center	
(Forest Lake)	651-464-5600
Care Plus, HHA (Golden Valley)	763-529-5520
Circle of Friends Adult Day Center	
(Oak Park Heights)	651-275-5800
Elder Friends Group Respite Trinity	
Presbyterian Church (Woodbury)	651-738-0045
FamilyMeans (Stillwater)	651-439-4840
Golden Living Center Lake Ridge	
(Roseville)	651-483-5431
Green Gables (Dementia)	
(Mahtomedi)	651-653-6336
Hudson Hospital (Hudson, WI)	715-531-6000
Or	800-993-2325
Johnson, Bob and Mary (Hugo)	651-653-0660
Lighthouse, The (Dementia)	
(Mahtomedi)	651-653-9747
Or	651-407-9076
Margaret S. Parmly Nursing Home	
(Chisago City)	651-257-0575
Woodbury Health Care Center	
(Woodbury)	651-501-2105

Many nursing homes, assisted living facilities, adult foster homes and home health agencies also provide respite services. Call the Senior Linkage Line 1-800-333-2433 for more information.

SOCIAL OPPORTUNITIES FOR SENIORS

Community centers where older people can meet together, receive services, and participate in programs.

- Bayport Senior Center 651-275-8907**
- CLUES (St. Paul) 651-379-4200**
 - Or 612-746-3500**
- Columbus Senior Center (Forest Lake) ... 651-464-8463**
- Community Thread**
 - (Bayport & Stillwater) 651-439-7434**
 - www.communitythread.org
- Family Connections-South St. Paul/Inver Grove Heights**
 - Community Education 651-306-3602**
- Forest Lake Senior Citizens Center 651-464-5833**
- Hastings Senior Citizens Center 651-438-0750**
- Mahtomedi Senior Adult Center 651-407-2034**
- Scandia Community and Senior Center... 651-433-2274**
- South Washington County Senior Center**
 - (Cottage Grove) 651-458-6650**
- Stillwater Senior Center 651-439-7434**
- White Bear Area Senior Program 651-653-3121**

FINANCIAL

EMPLOYMENT

- East Suburban Resources..... 651-351-0190**
- Minnesota Workforce Center of**
 - Washington County 651-275-8650**
 - Senior Community Service Employment Program for low-income seniors.

FINANCIAL (Cont'd)

TBI Metro Services 651-457-4756
Structured day employment and independent living skills.

ENERGY ASSISTANCE

Energy assistance is provided to low-income individuals with their heating payments.

**Community Action Partnership for
Washington/Ramsey Counties..... 651-645-6470**
Limited financial assistance to pay utility and fuel bills
October to May.

**Salvation Army Oak Park Heights/
Washington County..... 651-746-3400**
Heat share for those facing utility crisis/shutoff and
emergency assistance including financial, information, and
referral for emergency situations.

Valley Outreach Emergency Funding 651-430-2739
Funding available to help with emergency heating and
housing issues. Emergency assistance on a first come, first
serve basis. (Stillwater School District Only). Monday
through Friday 9:00 a.m. to 5:00 p.m. Intake via telephone.

FINANCIAL (Cont'd)

FINANCIAL ASSISTANCE

- Community Action Partnership for Washington/Ramsey Counties..... 651-645-6470**
- Community Sharing Fund..... 651-224-5463**
- Consumer Credit Counseling (Family Means) 651-439-4840**
www.familymeans.org
Offers budget and credit counseling and a debt repayment program for a fee.
- Forest Lake Car Care Center..... 651-464-2561**
Car repair. Application,-financial need, and appointment required. Second Saturday of each month.
- Heat Share/Salvation Army 651-746-3400**
- Lake Elmo Car Care 651-773-3083**
Car grant repair or car repair with guidelines.
- Lutheran Social Service**
- Financial Counseling 888-577-2227**
Financial counseling free of charge.
- Medical Assistance/Prescription Drug Program/Food Stamps**
- Washington County..... 651-430-6459**
Economic support services to help eligible residents with health care coverage information and food stamps.
- Minnesota Link-Up Plan 651-296-0406**
The program provides assistance for eligible individuals towards connection and installation charges. Contact your local phone company for further details and other possible benefits.

FINANCIAL (Cont'd)

- St. Croix Valley Christians In Action 651-773-3083**
Help with car repairs, car grant program, clothing distribution and food shelf for those in need of assistance. Serving zip codes 55001, 55003, 55042, 55043, 55082, 55125, 55128, and 55129.
- Salvation Army Oak Park Heights/
Washington County..... 651-746-3400**
Discretionary funds available in small amounts, on a one-time basis for emergencies that fall between the cracks of other social service programs, or used in conjunction with other agencies. Can help with transportation and vouchers for clothing and/or furniture.
- Social Security Administration (to apply)
(National) 800-772-1213**
www.socialsecurity.gov
- Telephone Assistance Plan 651-297-3375**
Assistance for elderly and/or disabled persons who meet financial guidelines.
- Valley Outreach 651-351-3169**
Serves eligible residents in zip codes 55001, 55003, 55042, 55043, 55047, and 55082.
- Veteran's Service Office 651-430-6895**
Information about services for veterans.

FINANCIAL (Cont'd)

HEALTH CARE COVERAGE

Minnesota Senior Federation 651-645-0261
www.mnseniors.org

Trained senior counselors help people understand Medicare and Medicare supplemental insurance, prescription drug coverage, and other health-related programs and issues.

Minnesota Care 651-297-3862

A health insurance program for low-income individuals and families with children who are uninsured. Pays for most prescription drugs, doctors, clinics, dentists, shots, eye glasses, and other kinds of medical care. Cannot be on Medicare.

Neighborhood Health Care Network 651-489-2273
Or 866-489-4899

Provides referrals for health care, including medical, dental, and mental health services. Charges are on a sliding fee scale based on income and family size.

PORTICO, Health Net 651-603-5100

Information and assistance connecting with a health care program that best meets individual needs. Assistance to apply for MNCare and Medical Assistance.

St. Mary's Health Clinic 651-690-7029

Volunteer staff provides medical care to people who are uninsured yet ineligible for medical assistance.

Senior Partners Care Program..... 651-645-0261

Health care programs for low to moderate-income seniors. \$25 annual administration fee, no co-payment, no deductible.

FINANCIAL (Cont'd)

Washington County Community Services

Economic Assistance Intake 651-430-6459

Economic support services can help eligible residents with health care coverage information and access services.

PLANNING (Financial, Estate, Retirement)

AARP Information Center..... 952-858-9040

CommonBond Communities 651-291-1750

Minnesota Senior Federation 651-645-0261

Programs for seniors: Prescription drug help, senior partners care program, and car buying program. Legal referral by membership.

Reverse Mortgage Counseling

(Senior Housing Incorporated) 651-690-3141

Reverse Mortgages of S.I.D.A.C. 651-762-9648

Or 877-590-9648

HEALTH

DENTAL CLINICS-LOW COST

Apple Tree Dental (Minneapolis)..... 763-784-7570

Handicap accessible dental care for people with mobility impairments.

Century Community and Technical College-

Dental Clinic (White Bear Lake) 651-779-5787

Community University Health Care Center

(Minneapolis) 612-638-0720

Call for information on acceptance process.

HEALTH (Cont'd)

- Dental Referral Service** **651-631-9845**
Provides referrals for those who have no insurance, are low-income, or pay cash for dental care.
- Helping Hand Dental Clinic (St. Paul)** **651-224-7561**
Sliding fee with current check.
- NIP Community Clinic (Minneapolis)** **612-374-4089**
Sliding fee. Routine dental care. By appointment only.
Limited services.
- Southside Community Dental Clinic (Minneapolis)** **612-822-9030**
Sliding fee for those who are eligible. Call for specifics.
- Union Gospel Mission (St. Paul) (Men's Ministry Campus)** **651-292-1721**
Free dental work by volunteer dentists. Call first. First come, first serve.
- West Side Dental Clinic (St. Paul)** **651-602-7575**
Sliding fee. Accepts all medical assistance.
- Wilder Senior Dental (St. Paul)** **651-280-2260**
Anyone 55 and over in Minnesota. Exams, cleaning, extractions, fillings, general dental, and emergency services.
Sliding fee scale.

VISION

- Minnesota Vision Project**..... **651-746-3525**
Affordable eye care and glasses. Available to residents in the seven-county metro Area. Operated through the Salvation Army.
- State Services for the Blind**..... **651-259-7114**
- Vision Loss and CPS**..... **651-224-7662**

HEALTH (Cont'd)

HEARING

Deaf & Hard of Hearing Services

(Metro Area)..... 651-431-2000

TTY (Hearing Impaired) 800-627-3529

Hearing loss issues other than telephone access.

Telephone Equipment Distribution

Program..... 800-311-1148

www.TEDProgram.org

Free amplified phones through the state.

MEDICAL CLINICS-LOW COST

Central Avenue Clinic 612-781-6816

Medical and health care coverage for all ages who are uninsured. New patient wait is about two weeks. No urgent care. No walk-ins.

Fremont Community Health Services..... 612-588-9411

Medical and health care for all ages.

St. Croix Family Medical Clinic 651-430-1880

Services include general medical, physical exams, well child check-ups, prenatal care, reproductive health care, family planning, STD testing, and HIV testing.

St. Mary's Health Clinic 651-690-7029

Volunteer staff provides medical care to those persons who are uninsured yet ineligible for medical assistance.

Appointments are necessary.

HEALTH (Cont'd)

HOSPITALS

Some hospitals offer financial assistance to low-income families through Hill Burton funds. Aid varies and there are guidelines. Please call the hospital for details or call the Hill Burton Health Care Assistance Hotline at 1-800-638-0742. If the hospital you choose does not have Hill Burton funds available, contact their business office. They may know of other supportive funding to help you.

Fairview Lakes Hospital (Wyoming)	651-982-7000
Lakeview Hospital (Stillwater)	651-439-5330
Regions Hospital (St. Paul)	651-254-3456
St. John's Hospital (Maplewood)	651-232-7000
St. Joseph's Hospital (St. Paul)	651-232-3000
United Hospital (St. Paul)	651-241-8000
Woodwinds Hospital (Woodbury)	651-232-6700

MENTAL HEALTH SERVICES

Evaluation of the need for mental health services. Check your health plan/clinic for other designated mental health providers.

ARMHS Nystrom and Associates	651-628-4993
FamilyMeans	651-439-4840
Respite care, caregivers, support groups, caregiver counseling, and educational programs.	

HEALTH (Cont'd)

- 7Ubj Ug<YUH**
(Forest Lake) 651-251-5220
(Oakdale) 651-777-5222
(Stillwater) 651-430-2720
Adult day care, nutrition services, transportation, and other senior services.
- St. Paul Vet Center** 651-644-4022
Provides counseling for Vets of Vietnam, Korean War, and any post-Vietnam conflicts. No fee. Employment-seeking assistance available.
- Veteran's Service Office**
(Washington County) 651-430-6895

THERAPEUTIC HEALTH SERVICES

- Courage St. Croix** 651-439-8283
Provides rehabilitation, enrichment, vocational, independent living, and education services to empower people with physical disabilities and sensory impairments to achieve their full potential.

LONG-TERM CARE

NURSING FACILITIES

- Augustana Health Care**
Center of Hastings 651-437-6176
Bethesda Care 651-232-6000
Birchwood Health Care Center
(Forest Lake) 651-464-5600

LONG-TERM CARE (Cont'd)

Cerinity Care Center of White Bear Lake	651-232-1818
Golden Living Center-Greeley (Stillwater)	651-439-5775
Inver Grove Good Samaritan Center	651-451-1853
Linden Health Care Center (Stillwater) ...	651-439-5004
Maplewood Care Center	651-770-1365
Margaret S. Parmly Residence (Chisago)	651-257-0575
Ramsey Nursing Home (Maplewood)	651-777-7486
Regina Senior Living (Hastings)	651-480-4333
Stillwater Good Samaritan Center	651-439-7180
Woodbury Senior Living and Health Care Center	651-501-2105
Woodlyn Heights Health Care Center (Inver Grove Heights)	651-451-1881

PRE-ADMISSION SCREENING/LONG-TERM CARE CONSULTATION

Free help to seniors, the disabled, and their families to determine if a nursing home is needed or if community services are appropriate.

Anoka County	763-422-6970
Chisago County	651-213-5600
Dakota County.....	651-554-6115
Hennepin County.....	612-348-8452
Ramsey County	651-266-3613
Washington County	651-430-6484

FOOD

NUTRITION/FOOD SHELVES

There are food shelves, nutrition programs, dining centers, and meals provided by volunteers to homebound individuals. These programs can ensure a nutritious diet is part of your daily routine. Food shelves are available to provide emergency food supplies at no cost for families experiencing temporary, inability to buy groceries. Some food shelves serve only limited areas, so call to find the one nearest you. Call United Way 2-1-1 or 651-291-0211 for further assistance.

Christian Cupboard (Woodbury) 651-332-9042

Offers a wide variety of food from fresh vegetables in the summer to frozen foods, meats, and bread. Eligible for service once a month with no fee. Serving Woodbury, Landfall, Maplewood (South of I-94), Oakdale and Lake Elmo.

Church of St. Rita (Cottage Grove) 651-459-4596

Not a community food shelf. Community meal served once a month.

Community Helping Hands

(Forest Lake) 651-464-6831

Food shelf for residents of Forest Lake. Emergencies only.

Family Pathways Food Pantry 651-464-2098

Serving Forest Lake, Wyoming, Scandia and surrounding area.

FOOD (Cont'd)

FARE for All 763-450-3880

Or..... 800-582-4291

Receive food for approximately half the cost in exchange for donating two-hours per month of community service work and \$14.00 cash or food stamps in advance. There are no income limitations on who may participate. Several sites in Washington County.

Friends in Need (St. Paul Park) 651-458-0730

Serving Cottage Grove, Newport, St. Paul Park, and Grey Cloud.

Hugo Community Food Shelf..... 651-429-1576

Serves residents of the Hugo community once a month with a one week supply of food.

Mahtomedi Area Food Shelf-

St. Jude's of the Lake Parish .. 651-426-3245 ext. 230

Food shelf services for area residents of Mahtomedi School District #832 (Mahtomedi, Willernie, Birchwood, Grant, and parts of White Bear Lake). Show proof of address at the time of pick up. Eligible to pick up food once a month.

Meals On Wheels (H.S.I.) 651-275-5810

Hot, well-balanced noon meals delivered five days a week. Cost based on ability to pay. Sliding scale.

Meals On Wheels-White Bear Lake Area

Senior Program 651-653-3123

Nutrition Assistance Program for Seniors

(NAPS)..... 651-484-8241

Must be 60 years of age or over.

FOOD (Cont'd)

New Life Church Food Shelf

(Woodbury) 651-459-0444
Emergency food shelf serving South Washington County.
Bagged food picked up by appointment only.

St. Croix Valley Food Shelf

(Valley Outreach) (Stillwater) 651-430-2739
Serving ISD #834. Provides 4 to 5 days of nutritional meals for a family at no cost until other sources of help can be provided. May be used a maximum of six times per year for qualifying families.

St. Michael's Food Shelf (Stillwater) 651-439-3241
Serving ISD #834.

Scandia Marine Food Shelf

(Elim Lutheran Church) 651-433-2723
Serving Scandia and Marine, by appointment only.

Second Harvest of St. Paul Food Bank

Nutrition Assistance for Seniors

MAC/NAP 651-484-8241
Nutrition Assistance for Seniors provides one 40 pound box of food to income-eligible seniors each month at no charge. Identification, a piece of mail with current address, and current gross income information needed to apply.

White Bear Food Shelf 651-407-5310
Serving White Bear Lake School District.

FOOD (Cont'd)

SENIOR DINING

Meals, social events, and dietary services in group settings.

Church of St. Rita (Cottage Grove) 651-459-4596

Community meal served once a month, no charge. Call for more information.

Circle of Friends (Boutwells Landing) 651-275-5800

CLUES (St. Paul) 651-379-4200

Or 612-746-3500

www.clues.org

Activities and services for Latino and Spanish speaking senior citizens living in the metro and outlying areas.

Community Thread

(Bayport & Stillwater) 651-439-7434

www.communitythread.org

Meals on Wheels (H.S.I.) 651-275-5810

Low-cost, hot noon meals delivered Monday through Friday to homebound persons who are 60 and older or who have a disability. Cost varies.

Raymie Johnson (Stillwater) 651-439-0858

South Washington County Senior Center

(Cottage Grove) 651-458-6650

Stillwater Senior Center 651-439-7434

White Bear Area Senior Program 651-653-3121

Meals on Wheels serving ISD #624, Washington County and residents of Hugo and Birchwood.

Food (Cont'd)

FOOD STAMPS

Food Stamps..... 651-430-6459

A federal program providing free vouchers to purchase food to those whose income qualifies.

GROCERY DELIVERY

Coborns Delivers 763-971-4900

www.cobornsdelivers.com

Delivers groceries in the seven-county metro areas.

Kemp's Home Delivery 612-627-8709

Delivers juice and dairy products in the Washington County area.

Store to Door..... 651-642-1892

www.storetodoor.org

Grocery shopping and prescription delivery services for elderly and disabled.

TRANSPORTATION

DRIVING RESOURCES

For information or resources about whether you or a loved one should continue driving, contact the following organizations:

AAA Foundation for Traffic Safety

(Washington, D.C.)..... 202-638-5944

www.aaafoundation.org

TRANSPORTATION (Cont'd)

- AARP (American Association of Retired Persons)**
(Bloomington, MN) 952-858-9040
- Courage Center**
(Golden Valley, MN) 763-520-0312
www.courage.org
- Minnesota Safety Council** 651-291-9150
Or..... 800-444-9150
www.mnsafetycouncil.org
Traffic and injury prevention programs and resources.
- National Safety Council (Itasca, IL)** 800-621-7615
www.nsc.org

**TO REPORT UNSAFE DRIVERS, CONTACT:
Driver and Vehicle Services**

Attn: Medical Unit
445 Minnesota St, Suite 170
St Paul MN 55101

(Include name, date of birth, and address of driver)

TRANSPORTATION RESOURCES

Finding efficient and reliable transportation takes advanced planning. Issues such as client mobility, scheduling, and distance all affect the type of transportation best suited for your situation. Listed below are options for transportation in and around Washington County, as well as a few that will provide trips around the Twin Cities metro area.

TRANSPORTATION (Cont'd)

American Cancer Society..... 651-255-8100

Transportation provided for cancer patients who are able to get into and out of an automobile and need transportation for radiation and/or chemotherapy treatments. Ask for the navigator "Road to Recovery" program.

American Red Cross 651-439-0031

Blue Ride-

Medical/Dental Appointments 651-662-8648

Or 866-340-8648

Available to BluePlus members who are ambulatory.

Transportation is provided to medical, dental, physical therapy, or eye exams. Provide a three business day notice to schedule a ride.

Community Thread

(Bayport and Stillwater) 651-439-7434

www.communitythread.org

Transportation provided by volunteer drivers to medical appointments for persons who are ambulatory with no other means of transportation. Provide a minimum of three business days advance notice to schedule a ride. Donations are accepted.

Dial-A-Ride Hastings Trac Bus Service 651-437-8722

In-town transportation service for Hastings residents. Call for current rates.

Dial-A-Ride Lake Area Bus 651-644-8876

Shared curb-to-curb transportation service. Serves White Bear Lake, White Bear Township, Mahtomedi, Vadnais Heights, Birchwood, and Gem Lake.

TRANSPORTATION (Cont'd)

Dial-A-Ride Northeast Suburban

Transportation (NEST dial-a-ride) 651-227-6378

Shared curb-to-curb ride transportation for residents of Oakdale, Maplewood, and North St. Paul.

Dial-A-Ride South County Circulator..... 612-278-2539

Serves Cottage Grove, Grey Cloud Island, Newport, and St Paul Park.

Dial-A-Ride Stillwater 651-278-2539

Dial-A-Ride Woodbury Area

Transportation..... 651-735-7433

Service is provided anywhere within the Woodbury area. Call for current rates.

HealthEast Transportation 651-232-1717

www.healtheast.org

Lift-equipped vans for medical appointments. Call for more information and for current rates. Medical assistance reimbursement may be available.

HealthPartners Ride Care

Non-Emergency Transportation 952-883-7400

Transportation to medical appointments.

H.S.I. Transporter and South

Washington County Transit Service 651-275-4300

www.hsicares.org

A door-to-door service for adults and persons with disabilities who are residents of Washington County. Trips outside of the County are also available to specific destinations and medical facilities in St. Paul and can also take riders to a MTC bus line, which allows them to travel almost anywhere in the metro area. A small fare is requested for each one-way trip.

TRANSPORTATION (Cont'd)

- Medi-Van** 800-422-0976
- Medica Choice Provide-A-Ride** 952-992-2292
Transportation program for Medical Choice Care members. Non-emergency medical and dental appointments, seven days a week, 24-hours a day. Must be ambulatory. Call for current rates.
- MNET (Medical Assistance Only)** 866-467-1724
Provides rides to medical appointments.
- Metro Mobility** 651-602-1111
Serving people with disabilities in South Washington County, Oakdale, Maplewood and parts of Woodbury.
- Metro Transit** 612-373-3333
www.metrotransit.org
Provides bus service from Washington County to other cities in metro area.
- Northland Transportation** 952-922-6876
Special needs transportation to medical appointments.
- Travelon Transportation**..... 952-926-9292
Provides rides for medical and non-medical needs.
- U-Care** 612-676-6830
Free transportation to medical appointments for people with this insurance.
- United Way's First Call For Help** 2-1-1
24 hour a day helpline for transportation.
- Veteran's Administration Medical Center** 612-725-2000 ext 2763
Provides transportation to eligible veterans.
- White Bear Area Senior Program** 651-653-3121
For Washington County ISD #624 residents. Reserve a ride at least two working days in advance.

SUPPORT GROUPS/CAREGIVER RESOURCES/ COUNSELING

SUPPORT GROUPS

Alzheimer's Association (North Dakota) . 952-830-0512

Or..... 800-272-3900

www.alzmndak.org

24-hour a day telephone support and information about memory loss.

Alzheimer's Disease and Dementia Support

(Lakeview Hospital) 651-430-4510

Provides information, education, and support to family members and caregivers.

Emotions Anonymous..... 651-647-9712

This group follows a 12-step approach for persons needing emotional support.

Fairview Lakes Regional Medical Center

(Wyoming) 651-982-7000

Many support groups and community service programs.

FamilyMeans 651-439-4840

www.familymeans.org

Fibromyalgia Support Group

(Courage St. Croix)..... 651-351-2364

Provides education and support to individuals with Fibromyalgia and their family members.

Gamblers Anonymous 877-974-6442

National hotline that provides information regarding area meetings.

SUPPORT GROUPS/CAREGIVER RESOURCES/ COUNSELING (Cont'd)

- 7Ubj Uj<YUk "....."..... 651-777-5222**
Services for seniors, individual and group therapy for children, parents and families.
- Lakeview Hospital (Stillwater)..... 651-439-5330**
Programs include health education, support groups, and Community Health Library.
- Minnesota Goodage Publication..... 612-825-9205**
www.mngoodage.com
- Ostomy Support (Lakeview Hospital) 651-430-5438**
Support group for information and management for a person with an ostomy.
- Type 2 Diabetes Support Group
(Lakeview Hospital) 651-430-5330**
Group support and informational sessions, for those with Type 2 Diabetes.
- Weathering Life's Losses
(Lakeview Hospital) 651-430-4586**
Support group for anyone who has experienced the death of a loved one.
- Well-Spouse Association 800-838-0879**
Or..... 732-577-8899
www.wellspouse.org
Offers support, newsletters, and resource materials for husbands, wives and partners of the chronically ill and/or disabled.

SUPPORT GROUPS/CAREGIVER RESOURCES/ COUNSELING (Cont'd)

CAREGIVER RESOURCES

A "caregiver" is defined as anyone who provides unpaid care for a friend or family member who has a chronic illness, disability, or frailty. As a caregiver you may find these resources helpful.

CAREGIVER COACHING AND COUNSELING

FamilyMeans 651-439-4840
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CAREGIVER EDUCATION

FamilyMeans 651-439-4840

CAREGIVER WEB SITES

FamilyMeans

www.Familymeans.org

7Ubj Uj<YUk

www.VUbj Uj\YUk.org

Metropolitan Area Agency on Aging

www.tcaging.org

National Family Caregiver Association

www.nfcacares.org

For a metro-wide listing of support groups and education, go to:

www.caregivermn.org

SUPPORT GROUPS/CAREGIVER RESOURCES/ COUNSELING (Cont'd)

CAREGIVER GUIDES

A self-help guide for your care giving journey can be downloaded from the FamilyMeans web site at www.familymeans.org

COUNSELING SERVICES

AARP Information Center..... 952-858-9040

Offers driving classes, free tax preparation, medical, life and health insurance, prescriptions, legal services, and a variety of other services for seniors.

Catholic Charities 651-222-3001

Crisis counseling, educational and support groups, information and referral, and family, individual, and group therapy.

Children's Home Society and

Family Services..... 651-646-6393

www.chsfs.org

Full-service adoption agency, individual and family counseling, credit counseling, and mortgage foreclosure counseling.

Elder Care Rights Alliance 952-854-7304

Or..... 800-893-4055

www.eldercarerights.org

FamilyMeans 651-439-4840

Caregiver support groups, counseling, and educational programs.

SUPPORT GROUPS/CAREGIVER RESOURCES/ COUNSELING (Cont'd)

Geriatric Consultation and

Family Services..... 952-929-1772

Offers a range of services to older adults and their families.

Grand Family Connection; Grandparents

And Others Raising Relatives' Kids 612-879-5307

A program of Lutheran Social Service of Minnesota.

Information and emotional support through support groups, recreation, and free phone consultation.

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(Cottage Grove) 651-458-4116

(Forest Lake) 651-251-5220

(Oakdale) 651-777-5222

(Stillwater) 651-430-2720

Comprehensive psychological and psychiatric assessment and treatment of emotional disturbance, mental illness, chemical dependency, physical and sexual abuse, services for seniors, and individual and group therapy for children, parents, and families.

Jewish Family Services..... 651-698-0767

www.jfssp.org

Vocational services, family life education, and individual and family counseling.

Wilder Community Assistance

Program..... 651-280-2000

www.wilder.org

Counseling to victims of domestic abuse and anger management for abuser.

SUPPORT GROUPS/CAREGIVER RESOURCES/ COUNSELING (Cont'd)

CHEMICAL HEALTH

Identify and resolve problems associated with chemical usage through counseling, support groups, and education.

Al-Anon..... 651-771-2208

www.al-anon-alateen-msp.org

Provides support for people whose lives are affected by someone's drinking.

Alcoholics Anonymous..... 651-227-5502

www.alcoholics-anonymous.org

Support for people dealing with alcohol problems.

Detox (Hastings) 651-437-4209

www.detoxone.org

Chemical dependency and mental health services.

Fairview University Medical Center

(Minneapolis) 612-273-3000

Haven Chemical Health Systems, L.L.C.

(Woodbury) 651-734-9633

Hazelden Foundation 800-257-7800

Or..... 651-213-4000

7Ubj Uj< YUH "....." 651-777-5222

Minnesota Prevention Resource Center .. 763-427-5310

Or..... 800-782-1878

www.emprc.org

State clearing-house for information regarding prevention of abuse of alcohol, tobacco, other drugs, and related violence. Access to printed materials, audio/visual library, and web site.

SUPPORT GROUPS/CAREGIVER RESOURCES/ COUNSELING (Cont'd)

Senior Recovery Program..... 651-773-0473
Chemical dependency program for seniors.

LEGAL SERVICES

**Legal Assistance of
Washington County, Inc..... 651-351-7172**
Provides legal representation in civil matters for income-eligible participants.

SAFETY AND SECURITY

HOME MONITORING SYSTEMS

American Medical Alarms 800-542-0438
Pioneer Medical Systems..... 888-553-9226

LIFELINE

Emergency response system for help 24-hours. In an emergency, one touch of a pendant and help will be sent to your home.

HealthEast Health Alert..... 651-232-3560
Home Instead Senior Care 651-747-8722
Lifeline Systems, Inc. 800-635-6156

SAFETY AND SECURITY (Cont'd)

MEDICAL SUPPLIES/EQUIPMENT

Medical supplies can be purchased through most drug stores or information on how to purchase can be obtained from your health care clinic or any home health agency.

- APA Medical Equipment 612-722-9000**
- ActivStyle 612-520-9333**
- Allina Home Oxygen and
Medical Equipment..... 651-628-4800**
Or 800-737-4473
- American Cancer Society 800-582-5152**
Or National..... 800-227-2345
Supplies, transportation, information and referral.
- Anodyne 952-546-5334**
- Apria Supplies 651-523-8888**
- Cummings Mobility Conversions and
Supply 763-497-0103**
- Deaf & Hard of Hearing Services
(Metro) 651-431-2000**
TTY (Hearing Impaired) 800-627-3529
Hearing loss issues other than telephone access.
- Geritom Medical, Inc. 952-854-1190**
- Goodwill Equipment Loan Program..... 651-379-5922**
Medical equipment and supplies loan program. Offers
wheelchairs, walkers, commodes, durable medical supplies,
ambulatory devices, and many other items.
- Handi Medical..... 651-644-9770**
- Health Works Home Medical 651-209-0591**
- HealthEast Health Alert 651-232-3560**

SAFETY AND SECURITY (Cont'd)

Jackson Medical	651-645-6221
Magnet of Life-H.S.I.	651-777-5222
Medi Mart	763-595-6303
Metro Medical.....	952-854-3603
Midwest Medical Services	763-780-0100
Multiple Sclerosis (MS) Society	612-335-7900
Assistance with purchasing equipment.	
Pediatric Home Services, Inc.	651-642-1825
Quality Mobility Equipment.....	651-257-4876
Reliable Medical	763-255-3800
Services for the Visually Impaired	
State Services for the Blind.....	651-642-0500
Total Medical	763-784-6140
Veteran's Service Office	651-430-6895

**For more information about additional
Medical Supply and Equipment
Companies, refer to your
local yellow pages.**

CLOTHING, FURNITURE & EQUIPMENT

Basic Needs Stone Soup Thrift Shop 651-458-9786
Serving families in South Washington County with clothing
and household items.

CLOTHING, FURNITURE & EQUIPMENT (Cont'd)

Beyond Barriers..... 651-462-3444

www.beyondbarriers.com

Provides independence for seniors and persons with disabilities to help them remain in their homes.

Community Helping Hands..... 651-464-8150

Serving families in the Forest Lake area with clothing and furniture.

Dawn's Closet (Valley Outreach)..... 651-430-2739

Clean, gently-used clothing for men, women and children. Also have functioning household essentials.

Goodwill Industries 651-439-4207

Low cost furniture, clothes, household goods, and other items.

Joseph's Coat 651-291-2472

Free clothing closet. Form of ID required. Shop once a week.

Salvation Army 651-746-3400

Low-cost furniture, clothes, household goods, and other items.

Sharing Shop, The 651-257-2677

By appointment only.

Check your local yellow pages in the phone book under "Consignment Service" for used clothing stores.

SPECIAL SERVICES

ADVOCACY SERVICES

AARP (American Association of Retired Persons)
..... 952-858-9040

A national advocacy and information organization for persons 50 years and older.

Advocacy Center for Long-Term Care

Ombudsman for Older Minnesotans..... 651-431-2555

Or..... 800-657-3591

Committed to helping seniors receive quality care. Helps seniors and their families deal with issues and concerns about health care or long-term care.

Elder Care Rights Alliance 952-854-7304

Or..... 800-893-4055

www.eldercarerights.org

An independent, nonprofit organization that promotes consumer rights and safety in long-term care through individual advocacy, consumer education, and representation at the state legislature.

Gray Panthers..... 612-822-1011

People who are concerned with ageism at any age.

HOME Line 612-728-5767

Or toll free from Greater MN 866-866-3546

www.homelinemn.org

Provides free legal, organizing, educational, and advocacy services so that tenants throughout Minnesota can solve their own rental housing problems.

Minnesota Board on Aging 651-431-2500

Or..... 800-822-6262

www.mnaging.org

SPECIAL SERVICES (Cont'd)

- Minnesota Senior Federation 651-645-0261**
www.mnseniors.org
An information and advocacy organization focusing on advocacy and public policy, health, housing, retirement, and financial planning.
- Office of Health Facility Complaints 651-201-4201**
www.health.state.mn.us
- Ombudsman Senior Services 651-431-2555**
- Washington County Common Entry Point**
Adult Protective Services 651-430-6484
Investigates reports of alleged abuse, neglect, exploitation, or abandonment and offers some short-term emergency services.

CARE MANAGEMENT

- Eldercare Partners 651-234-2262**
A complete assessment by a geriatric social worker which covers cognitive functioning, physical issues, legal issues, etc. Plan is developed to keep the senior in his/her home and is presented to the family. No ongoing care management offered.
- RISE for Seniors 651-762-2749**
www.riseforseniors.com
Helps families navigate the maze of eldercare.
- Washington County Community**
Service Intake 651-430-6459

SPECIAL SERVICES (Cont'd)

LEGAL SERVICES

Better Business Bureau of Minnesota 651-699-1111

www.mnd.bbb.org

If you have difficulty regarding any consumer problem, you may want to file a complaint.

Chrysalis Center for Women..... 612-871-0118

Or..... TTY: 612-824-2780

www.tubman.org

Legal assistance for women.

Council on Crime and Justice, General

Victims Service 612-340-5400

Aid to victims of crime, 24-hour crisis line. Provides advocacy, referrals, and training.

Home Line (rental advocacy) 612-728-5767

www.homelinemn.org

Tenant hotline regarding rights and responsibilities.

Legal Assistance of

Washington County, Inc..... 651-351-7172

Provides legal representation in civil matters for people who cannot afford private counsel. Participants must meet certain financial requirements.

M.A.O. Legal Services 612-676-6300

Provides legal advice and representation to income eligible seniors on a free, sliding fee or private pay basis.

Minnesota Department of Human Rights 651-296-5663

TTY (Hearing Impaired) 651-296-1283

www.humanrights.state.mn.us

Minnesota Disability Law Center..... 612-332-1441

SPECIAL SERVICES (Cont'd)

Minnesota Health and Housing Alliance.. 651-645-4545

www.mhha.com

MHHA's members are dedicated to helping people live as independently as possible through the provision of health care, housing and community-based services.

Minnesota Office of Consumer Services.. 651-296-3353

Or..... 800-657-3787

www.ag.state.mn.us

Distributes consumer information and enforces fraud statutes. Mediation services available to customers having problems with businesses.

Minnesota Senior Federation 651-645-0261

www.mnseniors.org

Provides referrals for wills for members only.

Ramsey County Bar Association Lawyer

Referral and Information Service..... 651-224-1775

Callers are provided with legal information and may be able to schedule an appointment with an experienced attorney.

Senior Law Project 651-224-7301

Low-income families age 60 and older.

South Minnesota Regional

Legal Services 651-222-4731

Free legal assistance available based on income guidelines and type of assistance needed. Does not handle criminal cases.

SPECIAL SERVICES (Cont'd)

Tubman Family Alliance

(East Metro) 651-770-0777

(West Metro) 612-825-0000

www.tubman.org

Civil and criminal orders of protection. Free counseling. A family violence resource agency that provides domestic abuse survivors safe passage from abuse.

Victim Witness Program..... 651-430-6115

Support for victims of crime being prosecuted through the Washington County Attorney's Office.

Workers Compensation

Information Line 800-342-5354

.....Option 2

www.dli.mn.gov/WorkComp.asp

PARISH NURSING

Parish nursing promotes the health, wellness and healing of both patients and their family members with a spiritual focus. You may wish to contact your place of worship, or one near you, to determine if they have a parish nurse on staff. The parish nurse is a part of the church staff and helps with health issues, connects to services, makes home and hospital visits, and works with a health and wellness team providing educational materials, workshops, events, and support groups.

HealthEast Faith Community Nurse 651-232-5521

Lakes Area Parish Nurse Association 651-257-8806

St. Croix Valley Parish Nurse Program 651-430-4510

SPECIAL SERVICES (Cont'd)

RELOCATION SERVICES

Coordinate all aspects of moves for seniors throughout the metro area.

- Gentle Transitions 651-224-0335**
Or 952-944-1028
- Rose's Daughters 612-330-3772**
Or 651-373-1323
- Senior Moves 651-646-5786**

ADDITIONAL PROVIDERS OF SPECIAL SERVICES

- AARP (American Association of Retired Persons)**
..... **952-858-9040**
A national advocacy and information organization for persons 50 years and older.
- Alliance Travel Partners 651-895-9030**
Or..... 800-548-0980
www.alliancehealthcare.com
Assistance with travel including destination planning, travel arrangements, personal care, meal planning, and safety assistance.
- Courage St. Croix 651-439-8283**
- Disabilities Council 651-361-7800**
www.disability.state.mn.us

SPECIAL SERVICES (Cont'd)

- Division of Rehabilitation Services (DRS)..... 651-649-5712**
Works with Minnesota Center for Independent Living to provide services that allow people to be more independent.
- Forest Hill United Methodist Church (Car Care)..... 651-464-2561**
Car repairs for those in need of assistance in the Forest Lake area.
- Metropolitan Area Agency on Aging..... 651-641-8612**
Links people to information. Assists community groups and service providers with planning, coordination and development and improves the quality of life for seniors and their families through local and regional initiatives.
- Metropolitan Center for Independent Living 651-646-8342**
Provides services that allow people to be more independent. Assessments for ramps and peer counseling assistance with personal aides.
- Minnesota Board on Aging 651-431-2500**
Or..... 800-882-6262
- Minnesota Library for the Blind and Physically Handicapped..... 507-333-4828**
Or..... 800-722-0550
www.klas.com/mnbph
Provides direct library service to eligible Minnesotans who are legally blind or visually handicapped, physically disabled, or reading disabled.
- Minnesota Senior Federation 651-645-0261**

SPECIAL SERVICES (Cont'd)

- Minnesota Workforce Center 651-779-5666**
If you have disabilities that prevent you from obtaining or maintaining appropriate employment, DRS is a state wide agency offering services to assist you.
- Senior Linkage Line 800-333-2433**
www.tcaging.org/findinghelp/sll.html
- State Services for the Blind 651-259-7114**
- Vision Loss and CPS..... 651-224-7662**

LIBRARIES

Services include free loan of print and audio/visual materials, including paperbacks, newspapers, large-print books, videos, CDs, and books on tape. All libraries offer free access to the Internet, services for the homebound, and community resources. Call for hours and services.

- Bayport 651-275-4416**
- Forest Lake (Hardwood Creek) 651-275-7300**
- Lake Elmo (Rosalie E. Wahl) 651-777-7415**
- Lakeland 651-436-5882**
- Marine On St. Croix 651-433-2820**
- Newport 651-459-9631**
- Oakdale 651-730-0504**
- Park Grove..... 651-459-2040**
- Stillwater 651-275-4338**
- Wildwood 651-426-2042**
- Woodbury 651-731-1320**

LIBRARIES (Cont'd)

Library catalog web site:

www.co.washington.mn.us/info_for_residents

Minnesota Library for the Blind and

Physically Handicapped..... 507-333-4828

Or 800-722-0550

www.klas.com/mnbph

Provides direct library service to eligible Minnesotans who are legally blind or visually handicapped, physically disabled, or reading disabled.

TeleCirc Number..... 651-501-6049

Washington County Law Library 651-430-6330

RECREATION

Cottage Grove Parks and Recreation 651-458-3400

Forest Lake Recreation 651-982-8110

Lake Elmo Park Reserve 651-430-8370

Mahtomedi Community Education 651-407-2037

Maplewood Community Center 651-249-2100

Recreational and educational programs for children, teens and adults. Also offers swim programs.

Maplewood Nature Center 651-249-2170

Wild Life Preserve, interpretive center, and educational programs. No entrance fees, some program fees. Some trails are wheelchair accessible.

Maplewood Parks and Recreation..... 651-249-2100

Newport Parks and Recreation 651-459-5677

RECREATION (Cont'd)

- North St. Paul Community Center** 651-747-2411
Recreational and educational programs for children, teens, and adults.
- North St. Paul Parks and Recreation**..... 651-747-2411
- Oakdale Parks and Recreation** 651-747-3860
- St. Croix Bluffs Regional Park** 651-430-8240
- St. Croix Valley Recreation Center** 651-430-2601
- St. Paul Park, Park and Recreation** 651-459-9785
- Stillwater Community Education**..... 651-351-8300
- White Bear Lake Community Services and Recreation** 651-407-7501
- Woodbury Parks and Recreation**..... 651-714-3500
- YMCA (South Eastern)** 651-731-9507
Programs include fitness classes for all ages.

VOLUNTEER OPPORTUNITIES/SERVICES

- Big Brothers Big Sisters of the Greater Twin Cities**..... 651-789-2447
www.bbbs.org
Mentoring one child with one adult at a time. Serving ages 7 to 13.
- Community Thread (Bayport and Stillwater)** 651-439-7434
- FamilyMeans** 651-439-4840
- Hands on Twin Cities (Formerly Volunteer Resource Center)** 612-379-4900
www.handsontwincities.org
Several thousand volunteer opportunities listed on their website.

VOLUNTEER OPPORTUNITIES/SERVICES (Cont'd)

H.S.I. Volunteer Services 651-275-4306
Neighborhood Service Exchange
(Community Thread) 651-439-7434
A neighbor-helping-neighbor program based on exchanging services.

MULTI-CULTURAL RESOURCES

American Indian OIC, Inc..... 612-341-3358
www.aioic.org
Provides training, retraining, employment and economic development opportunities for unemployed and under-employed American Indian people in a culturally conducive atmosphere that addresses the needs of the whole person and family. Programs and services are open to qualifying persons.

Center for Asians and Pacific Islanders... 612-721-0122
www.capiusa.org
Job services, employment projects, training, supportive services and cultural education. Senior gift program at Christmas.

CLUES (Chicanos Latinos Unidos En Servicio)
..... 651-379-4200
www.clues.org
Information and referral services. Bilingual individual/family cross-cultural counseling. Employment, education, elder wellness, Latino learning, mental health, and chemical health.

MULTI-CULTURAL RESOURCES (Cont'd)

English Learning Center for Immigrant and Refugee Families 612-874-9963

Hispanos En Minnesota (HEM) 651-227-0831
Family, individual counseling, women's support group, drug information and education. AIDS information and prevention, assessment, education, and youth probation program.

International Institute of Minnesota 651-647-0191
www.iimn.org

A state wide service organized to help foreign-born residents and their families with the adjustments to American life.

Korean Service Center 612-342-1344
Welfare benefit assistance, housing, job placement, translation and interpretation, individual counseling, domestic abuse, and assisted living. Caregiver support program.

LAO Family Community-LFC 651-221-0069
www.laofamily.org

Nonprofit organization working with Hmong clients.

Minneapolis American Indian Center 612-879-1700
Services for seniors 55 years or older. Includes transportation to social services and cultural gatherings, home care services, errands, medical runs, prescription pick up, and tax assistance.

Minnesota Department of Human Rights
..... 651-296-5663
www.humanrights.state.mn.us

MULTI-CULTURAL RESOURCES (Cont'd)

Neighborhood Justice Center, Inc..... 651-222-4703

www.njcinc.org

Hispanic and Indian legal services project. Somali and Hmong services also available.

Resource Center of the Americas 612-276-0788

www.americas.org

Informs, educates and organizes to promote human rights, demographic participation, economic justice, and cross-cultural understanding.

Somali Community of Minnesota Confederation

..... **612-871-6786**

Legal services, social worker, crime prevention, employment services, and education programs for seniors.

Southeast Asian

Community Council, Inc. 612-521-4859

www.seacc-mn.org

Social services help with completing forms, translation, and transportation services.

Southeast Asian Ministry..... 651-293-1261

English classes, elder program, health nurse program, and consignment store.

Southeast Asian Refugee Community Home

(SEARCH) 612-673-9388

www.asian-search.org

Serves Asian refugee community.

State of Minnesota Council on

Black Minnesotans 651-642-0811

www.cbm.state.mn.us

Advises the Governor and State Legislature on issues confronting African Americans and Native Americans.

MULTI-CULTURAL RESOURCES (Cont'd)

United Cambodian

Association Of Minnesota 651-222-3299
Social adjustment for Cambodian refugee immigrants and other ethnic groups, ESL, and employment.

Urban Communities

Association Of Minneapolis 612-872-0554
ESL, child care, and employment.

Vietnamese Social Services

Of Minnesota 651-644-1317

GAY, LESBIAN, BISEXUAL, AND TRANSGENDER RESOURCES

Chrysalis Center for Women..... 612-871-0118
TTY (Hearing Impaired) 612-824-2780

www.tubman.org

A women's counseling agency with a variety of support groups including groups for lesbians.

Northland Therapy Center..... 651-641-1009

A mental health clinic serving primarily adult individuals and couples with expertise in working with sexual orientation issues.

Out Front Minnesota 612-822-0127
Or..... 800-800-0350

www.outfront.org

Legal advocacy, training, education, information, referral, and domestic violence programs on or related to the GLBT community.

GAY, LESBIAN, BISEXUAL, AND TRANSGENDER RESOURCES (Cont'd)

**Parents, Families and Friends of Lesbians
and Gays of Minnesota (P-FLAG) 612-825-1660**
www.pflagtc.org
Self help group for parents and families of gays, lesbians,
and transgender. Also a support group for straight spouses.

GENERAL PHONE NUMBERS

American Cancer Society..... 800-582-5152
Supplies, transportation, information, and referral.

American Heart Association 800-242-8721

American Stroke Association..... 800-242-8721

Brain Injury Association of Minnesota 612-378-2742

Cancer Information Line (U of M) 888-226-2376

Community Education

(Forest Lake) 651-982-8110

(North St. Paul, Maplewood, Oakdale). 651-748-7436

(Mahtomedi) 651-407-2037

(South Washington County)..... 651-458-6600

(Stillwater) 651-351-8300

(White Bear Lake) 651-407-7501

C.S.D. (Communication Services for the Deaf)

Voice..... 651-224-6548

Voice/TTY 651-224-6548

Referral service for persons needing an interpreter for
hearing impaired people. There is a set fee for interpreting
services.

GENERAL PHONE NUMBERS (Cont'd)

Deaf & Hard of Hearing Services

(Metro) 651-431-2000

TTY (Hearing Impaired) 800-627-3529

www.dhhsd.org

Disabilities Linkage Line..... 866-333-2466

Emergency Social Services 651-291-6795

Epilepsy Foundation of Minnesota 651-287-2300

Experience Works..... 800-450-5627

Family Connections South St. Paul/Inver Grove

Heights Community Education..... 651-306-3602

First Call for Help..... 2-1-1

Or..... 651-291-0211

Provides confidential information and referrals about community resources in a variety of areas including food and clothing resources, counseling, education, health care, legal services, home care, and much more.

Foster Grandparent Program/

Senior Companion 888-205-3770

Handicapped Parking Certificate..... 651-297-3377

Leukemia Society and

Lymphoma Society 763-852-3000

Or..... 888-220-4440

Support groups, financial resources, and information.

Med-Alert Bracelets

Check with your local pharmacies.

Medical Assistance

Washington County 651-430-6459

A federal program operated by the state. Pays part or all of health care costs, including nursing homes.

GENERAL PHONE NUMBERS (Cont'd)

- Medicare Customer Service** 800-633-4227
Assistance to answer questions on medical claims.
- Minnesota Alzheimer's Association** 800-272-3900
- Minnesota Board on Aging** 651-431-2500
Or..... 800-882-6262
www.mnaging.org
- Minnesota Care Information Line** 651-297-3862
Minnesota residents who do not have and cannot afford health insurance may be eligible for very low cost coverage through Minnesota Care. This program is available for adults and children who meet certain specified guidelines. It covers most medical needs, including visits to doctors or clinics, most prescriptions, some dental work, hospitalization, etc. For eligibility information or to apply, call the number above. Cannot be on Medicare.
- Minnesota Department of Commerce** 651-296-4026
Or..... 800-657-3602
- Minnesota Department of Human Services**..... 651-431-2000
TTY 800-627-3529
- Minnesota Department of Public Safety or Washington County Vehicle Registration**..... 651-296-6911
- Minnesota Hospice Organization**..... 651-659-0423
- Minnesota Multiple Sclerosis Society** 612-335-7900

GENERAL PHONE NUMBERS (Cont'd)

- Minnesota Relay Service** 800-627-3529
Or..... 7-1-1
Voice and TDD. Provides 24-hour a day telephone linkage between people who are speech or hearing impaired and those who can hear. Callers must prepare all necessary information before calling (name and TTY number of person to be called).
- Minnesota Senior Federation** 651-645-0261
www.mnseniors.org
- Minnesota State Council on Disabilities**..... 651-361-7800
Or..... 800-945-8913
www.state.mn.us
Voice and TTY. Provides technical assistance and training on disability issues and information on accessible buildings.
- Minnesota Stroke Association** 763-553-0088
- Neighborhood Health Care Network** 651-489-2273
Or..... 866-489-4899
Provides referrals for health care, including medical, dental, and mental health services. Consists of 35 clinic locations in the near metro area and many other resources outside the metro area. Charges are on a sliding fee scale based on income and family size.
- Parkinson's Association of Minnesota** 763-545-1272
- St. Croix Area United Way** 651-439-3838
Serving residents of School District #834.

GENERAL PHONE NUMBERS (Cont'd)

Social Security Administration 800-772-1213
Information and assistance on disability, retirement, survivor's benefits, Medicare, and supplement security income.

VA Hotline-

Department of Veteran Affairs 800-VA7-1000
Or..... 800-827-1000

www.va.gov

Veteran's Linkage Line 888-546-5838

Vital Statistics-

Minnesota Department Of Health 651-201-5000
TTY 651-201-5797

www.health.state.mn.us

Copies of birth and death records for a fee.

Washington County Adult Foster Care 651-430-4169

Washington County Adult Intake 651-430-6484

Washington County Common Entry Point

Adult Protective Services 651-430-6484
Investigates reports of alleged abuse, neglect, exploitation, or abandonment, and offers some short-term emergency support services.

Washington County Community Services-

General Information..... 651-430-6455
Information on Social Service, Economic Assistance, Mental Health, Veterans' Services, Workforce Center, and Chemical Health programs.

Washington County

Disease Prevention and Control 651-430-6655
Immunizations and infectious disease reporting and monitoring.

GENERAL PHONE NUMBERS (Cont'd)

Washington County

Environmental Health 651-430-6655

Conducts food and lodging inspections, offers testing of private wells, regulates environmental hazards, offers technical resources for citizen's waste management and disposal issues including a household hazardous waste facility and provides education on various environmental issues.

Washington County Financial Intake 651-430-6459

Washington County Health Education..... 651-430-6655

Provides chronic disease prevention, mental health, injury prevention, and chemical health.

Washington County Public Health..... 651-430-6655

Health information for seniors and persons with disabilities. Programs to assist aging and dependent residents to maintain independent living and delay institutionalization.

WEB SITES

AAA Foundation

www.aaafoundation.org/home

AARP

www.aarp.org

Alzheimer's Association

www.alzmdak.org

American Cancer Society

www.cancer.org

WEB SITES (Cont'd)

American Diabetes Association

www.diabetes.org

American Heart Association

www.americanheart.org

American Red Cross

www.RedCross.org

American Stroke Association

www.strokeassociation.org

Assisted Living Federation Of America

www.alfa.org

Community Resource Director

www.MinnesotaHelp.info

Deaf and Hard of Hearing Services

www.dhhsd.org

www.interpreterreferral.org

www.deafblindinfo.org

Experience Works!

www.experienceworks.org

Family Caregiver Alliance

www.caregiver.org

WEB SITES (Cont'd)

Foster Grandparents and Senior Companions in MN

www.mnseniorcorps.org

Government Information on Aging Health Ministries

www.seniors.gov

Health Ministries Network of Minnesota

www.healthministries.info

Hospice Minnesota

www.hospicemn.org

Metro Senior Federation

www.mnseniors.org

Metropolitan Area Agency On Aging

www.tcaging.org

Minnesota Attorney General's Office

www.ag.state.mn.us

Booklets such as Probate and Planning: A Guide for the Future; Seniors' Legal Rights; and Guarding Your Privacy, are available here.

Minnesota Department of Health

www.health.state.mn.us

Minnesota Health and Housing Alliance

www.mhha.com

WEB SITES (Cont'd)

Minnesota State Bar Association

www.mnfindalawyer.com

Attorney referral service.

Minnesota Tenants Union

www.tenant.net

Multiple Sclerosis Society

www.mssociety.org

National Alliance for Caregiving

www.caregiving.org

National Association for Hispanic Health

www.hispanichealth.org

National Caregivers Library

www.caregiverslibrary.org

National Center on Elder Abuse

www.ncea.aoa.gov

National Council on the Aging, The

www.ncoa.org

**National Institute on Aging US National
Institutes of Health**

www.nia.nih.gov

WEB SITES (Cont'd)

National Institute of Neurological Disorder and Stroke

www.NINDS.nih.gov

National Kidney Foundation

www.kidney.org

National Safety Council

www.nsc.org

Nursing Home Compare

www.medicare.gov/Nhcompare

Lists state survey results of long-term care facilities.

Nutrition Information

www.nutrition.gov

Prescription Payment Assistance

www.medicare.gov/assistanceprograms/home.asp

Preventing and Recovering From ID Theft

www.consumer.gov

Senior Events in the Twin Cities

www.mngoodage.com

Senior Housing Directory

www.seniorhousingdirectory.com

State of Minnesota

www.state.mn.us

WEB SITES (Cont'd)

State Services for the Blind

www.mnssb.org

Twin Cities Senior Housing Guide

www.seniorguideonline.com

U of M Extension Service-Washington County

www.extension.umn.edu/county/washington

United Way 2-1-1

www.unitedwaytwincities.org

Vital Aging Network

www.vital-aging-network.org

Washington County

www.co.washington.mn.us

Washington County Library

www.co.washington.mn.us/info_for_residents/library/

RECYCLING

Washington County Residential Disposal Guide

www.co.washington.mn.us/publichealth

Online Residential Disposal Guide for information on how to recycle or dispose of just about anything from appliances to yard waste.

WEB SITES (Cont'd)

Rethink Recycling

www.rethinkrecycling.com

Find resources and web links on recycling, composting, reuse, and disposal in the Twin Cities.

NextStep

www.nextstep.state.mn.us

Find resources on sustainability-meeting our needs today in ways that ensure that future generations will also thrive.

Reduce Waste

www.reduce.org

Learn how to prevent garage and reduce what you throw away and recycle.

SEEK

www.seek.state.mn.us

Sharing environmental education knowledge: Resources for educators of all kinds. A searchable database, calendar, and news.

Twin Cities Free Market

www.twincitiesfreemarket.org

An internet forum for people to give or get free household items. If you don't have access to the web, call 651-222-7678.

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