

# COMMUNITY RESOURCE GUIDE

## ADULT/DISABILITIES DIVISION



DECEMBER 2017

Washington  
 County

WCCS-70000-68 (12-17)

**For additional information about services that are available to you in the community, contact Washington County Community Services – Adult Disabilities Division at 651-430-6484, 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 People 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 Community Services – Adult Disabilities Division, while exclusion does not imply disapproval.

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

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

You may access this resource guide online:

- by visiting [www.co.washington.mn.us/DocumentCenter/View/4302](http://www.co.washington.mn.us/DocumentCenter/View/4302)
- by visiting the Adult/Child/Senior page of the Community Services - Disabilities website and clicking the guide under “Quick Links” in the lower right-hand corner of the page
- by visiting the Community Services website and clicking on the “VIEW ALL” button under “Quick Links” in the lower right-hand corner of the page

OR

- by clicking on “About Us” then “Community Resource Guide” section on the Washington County website

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## ABUSE: PHYSICAL and/or SEXUAL

### **Abuse Response Services (Canvas Health) ..... 651-777-1117**

Serves victims of sexual assault and teen relationship abuse in Washington County. 24-hour telephone crisis response, short-term counseling, 24/7 response to local hospital emergency rooms, support groups, and legal advocacy.

### **Council on Crime and Justice,**

#### **General Victims Service ..... 612-340-5400**

Aids victims of general crime, available 24-hours, 7 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.

### **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.

### **Washington County Common Entry**

#### **Point Adult Protective Services .....651-430-6484 (option 1)**

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.

### **Cerenity Senior Care-Residence-**

#### **Marian of St. Paul..... 651-793-2100**

[www.cerenityseniorcare.org](http://www.cerenityseniorcare.org)

<b>Circle of Friends</b>	
(Oak Park Heights).....	651-275-5800
<b>Common Sense Services for Seniors</b>	
(South St. Paul).....	651-552-0288
<b>Courage Center</b> .....	763-588-0811
Toll Free .....	888-846-8253
TTY.....	763-820-0245
<b>Ebenezer Daybreak Adult Day</b>	
Program (Hastings).....	651-438-9800
<a href="http://www.fairviewebenezer.org">www.fairviewebenezer.org</a>	
<b>Elder Friends (Woodbury)</b> .....	651-738-0045
<b>Golden Living Center Lake Ridge</b>	
(Roseville).....	651-483-5431
<b>Johnson, Bob and Mary (Hugo)</b> .....	651-653-0660
<b>Lakewood-Salvation Army Adult Day Center</b>	
(Maplewood).....	651-779-9177
<b>Margaret S. Parmly Day Care</b>	
(Chisago City).....	651-257-0575
<b>Wilder Adult Day Health Services</b>	
(St. Paul).....	651-280-2500
<a href="http://www.wilder.org">www.wilder.org</a>	

**CLOTHING, FURNITURE, & EQUIPMENT**

<b>Basic Needs Stone Soup Thrift Shop</b> .....	651-458-9786
Serving families in South Washington County with clothing and household items.	
<b>Beyond Barriers</b> .....	651-462-3444
Toll Free .....	800-561-2223
<a href="http://www.beyondbarriers.com">www.beyondbarriers.com</a>	
Provides independence for seniors and persons with disabilities to help them remain in their homes.	
<b>Community Helping Hands</b> .....	651-464-8150
Serving families in the Forest Lake area with clothing and furniture.	
<b>Dawn’s Closet (Valley Outreach)</b> .....	651-430-2739
Clean, gently-used clothing for men, women and children. Also have functioning household essentials.	
<b>Goodwill Industries</b> .....	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.

**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.
- 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**..... 651-645-6445  
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 ASSISTANCE**

**Community Action Partnership of**

- Washington/Ramsey Counties** ..... 651-645-6445
- Community Sharing Fund**..... 651-224-5463
- Consumer Credit Counseling (Family Means)** .....651-439-4840
- Toll Free** ..... 800-327-3203

[www.familymeans.org](http://www.familymeans.org)

Offers budget and credit counseling and a debt repayment program for a fee.

- 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 Public Utilities Commission** ..... 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.
- 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](http://www.socialsecurity.gov)
- Telephone Assistance Plan** ..... 651-296-0406  
 Assistance for elderly and/or disabled persons who meet financial guidelines.
- Valley Outreach** ..... 651-430-2739  
 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.

**HEALTH CARE COVERAGE**

- 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, Healthnet** ..... 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** ..... 651-287-7777  
 Volunteer staff provides medical care to people who are uninsured yet ineligible for medical assistance.
- Senior Partners Care Program** ..... 952-541-1019  
 Health care programs for low to moderate-income seniors. \$25 annual administration fee, no co-payment, no deductible.
- 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  
**Reverse Mortgage Counseling (Senior Housing Incorporated)** ..... 651-690-3141  
**Reverse Mortgage of S.I.D.A.C.** ..... 651-762-9648  
**Or** ..... 877-590-9648

**FOOD**

**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  
**Toll Free** ..... 866-586-2530  
[www.cobornsdelivers.com](http://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.storeto-door.org](http://www.storeto-door.org)  
Grocery shopping and prescription delivery services for elderly and disabled.

**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)** ..... 651-233-1296  
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)** ..... 651-464-8150  
Food shelf for residents of Forest Lake. Emergencies only.

- Family Pathways Food Pantry** ..... 651-464-2098  
Serving Forest Lake, Wyoming, Scandia and surrounding area.

- 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.

**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 - White Bear Lake Area Senior Program** ..... 651-653-3123
- New Life Church Food Shelf (Woodbury)** ..... 651-459-0444  
Emergency food shelf serving South Washington County. Bagged food picked up by appointment only.
- Nutrition Assistance Program for Seniors (NAPS)** ..... 1-800-365-0270  
Must be 60 years of age or over.
- 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 Senior 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.

**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](http://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.communitythreadmn.org](http://www.communitythreadmn.org)
- 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.

**GAY, LESBIAN, BISEXUAL, AND TRANSGENDER RESOURCES**

**Chrysalis Center for Women**..... 612-825-3333  
[www.tubman.org](http://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  
**Anti-violence Crisis Support Line** ..... 800-800-0350 (option 3)  
[www.outfront.org](http://www.outfront.org)  
Legal advocacy, training, education, information, referral, and domestic violence programs on or related to the GLBT community.

**Parents, Families and Friends of Lesbians and Gays of Minnesota (P-FLAG)** ..... 612-825-1660  
[www.pflagtc.com](http://www.pflagtc.com)  
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**..... 800-227-2345  
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  
**(Mahtomedi)** ..... 651-407-2037  
**(North St. Paul, Maplewood, Oakdale)**..... 651-748-7436  
**(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.

**Deaf & Hard of Hearing Services**

**(Metro)** ..... 651-431-5940

**TTY (Hearing Impaired)**..... 888-206-6513

[www.dhhsd.org](http://www.dhhsd.org)

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

**Emergency Social Services**..... 651-291-6795

**Epilepsy Foundation of Minnesota**..... 651-287-2300

**Experience Works**..... 855-270-9660

**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** ..... 612-259-4600

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.

**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](http://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** ..... 651-539-1500  
**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

**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

**Minnesota State Council on Disabilities** ..... 651-361-7800  
**Or** ..... 800-945-8913

[www.mn.gov](http://www.mn.gov)

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.

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

<b>VA Hotline – Department of Veteran Affairs</b> .....	800-VA7-1000
<b>Or</b> .....	800-827-1000
<a href="http://www.va.gov">www.va.gov</a>	
<b>LINKVET</b> .....	888-546-5838
<b>Vital Statistics-</b>	
<b>Minnesota Department of Health</b> .....	651-201-5000
<b>TTY</b> .....	651-201-5797
<a href="http://www.health.state.mn.us">www.health.state.mn.us</a>	
Copies of birth and death records for a fee.	
<b>Washington County Adult Intake</b> .....	651-430-6484
<b>Washington County Common Entry Point</b>	
<b>Adult Protective Services</b> .....	651-430-6484
Investigates reports of alleged abuse, neglect, exploitation, or abandonment, and offers some short-term emergency support services.	
<b>Washington County Community Services –</b>	
<b>General Information</b> .....	651-430-6455
Information on Social Service, Economic Assistance, Mental Health, Veterans’ Services, Workforce Center, and Chemical Health programs.	
<b>Washington County Disease Prevention and Control</b> .....	651-430-6655
Immunizations and infectious disease reporting and monitoring.	
<b>Washington County Environmental Health</b> .....	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.	
<b>Washington County Financial Intake</b> .....	651-430-6459
<b>Washington County Health Education</b> .....	651-430-6655
Provides chronic disease prevention, mental health, injury prevention, and chemical health.	
<b>Washington County Public Health</b> .....	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.	

**HEALTH**

**DENTAL CLINICS – LOW COST**

<b>Apple Tree Dental (Coon Rapids)</b> .....	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)** ..... 612-638-0700  
 Call for information on acceptance process.
- Dental Referral Service** ..... 651-631-9845  
<http://minneapolis.mndental.org>  
 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)** ..... 651-602-7500  
 Sliding fee. Accepts all medical assistance.
- Wilder Senior Dental (St. Paul)** ..... 651-220-1807  
 Anyone 55 and over in Minnesota. Exams, cleaning, extractions, fillings, general dental, and emergency services. Sliding fee scale.

**HEARING**

- Deaf & Hard of Hearing Services (Metro Area)** ..... 651-431-2000
- Telephone Equipment Distribution**
- Program** ..... 651-431-5945
- Toll Free** ..... 800-657-3663  
[www.TEDProgram.org](http://www.TEDProgram.org)  
 Free amplified phones through the state.
- TTY (Hearing Impaired)** ..... 800-627-3529  
 Hearing loss issues other than telephone access.

**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.

<b>Fairview Lakes Hospital (Wyoming)</b> .....	651-982-7000
<b>Lakeview Hospital (Stillwater)</b> .....	651-439-5330
<b>Regions Hospital (St. Paul)</b> .....	651-254-3456
<b>St. John’s Hospital (Maplewood)</b> .....	651-232-7000
<b>St. Joseph’s Hospital (St. Paul)</b> .....	651-232-3000
<b>United Hospital (St. Paul)</b> .....	651-241-8000
<b>Woodwinds Hospital (Woodbury)</b> .....	651-232-0228

**MEDICAL CLINICS – LOW COST**

<b>Central Avenue Clinic</b> .....	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.	
<b>Fremont Community Health Services</b> .....	612-588-9411
Medical and health care for all ages.	
<b>St. Croix Family Medical Clinic</b> .....	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.	
<b>St. Mary’s Health Clinic</b> .....	651-287-7777
Volunteer staff provides medical care to those persons who are uninsured yet ineligible for medical assistance. Appointments are necessary.	

**MENTAL HEALTH SERVICES**

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

<b>ARMHS Nystrom and Associates</b> .....	651-628-4993
<b>Canvas Health</b> .....	651-777-5222
Transportation and other senior services.	
<b>FamilyMeans</b> .....	651-439-4840
Respite care, caregivers, support groups, caregiver counseling, and educational programs.	
<b>St. Paul Vet Center</b> .....	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 ..... 651-241-3820**  
Provides rehabilitation, enrichment, vocational, independent living, and education services to empower people with physical disabilities and sensory impairments to achieve their full potential.

**VISION**

**Minnesota Vision Project..... 651-739-6288**  
Affordable eye care and glasses. Available to residents in the seven-county metro Area. Operated through the Salvation Army.

**State Services for the Blind ..... 651-642-0500**

**Vision Loss and CPS..... 651-224-7662**

**HOME SERVICES**

**CHORE SERVICE**

Services for individuals to keep up a home or apartment, minor home repairs, painting, windows, lawn mowing, snow removal, etc.

**Abbey Care Choice, Inc..... 651-690-5352**

**Comfort Keepers ..... 800-477-3145**

**Crystal Care Home Health ..... 612-861-4272**

**Divine Healthcare Network..... 651-665-9795**

**East Suburban Resources ..... 651-351-0190**

[www.esrworks.org](http://www.esrworks.org)

**Forest Lake Senior Citizens Center ..... 651-464-5833**

**Home Instead Senior Care.....651-747-8722**

**Metro Social Services (St. Paul)..... 651-647-0647**

**(Cottage Grove) ..... 651-459-9046**

**Minnesota Homecare Professionals..... 651-644-2188**

**Northwest Home Healthcare..... 651-493-3834**

**Paintathon..... 612-276-1579**

This program provides free exterior house painting to low-income seniors over 60 and those under 60 with a disability.

**Sentence to Serve..... 651-430-7641**

**Youth Service Bureau (Forest Lake)** ..... 651-464-3685  
**(Stillwater)**..... 651-439-8800  
 Snow shoveling for the Stillwater area. Call before winter.

**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](http://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 (Roseville)** ..... 651-638-7800  
**Lakeview Homecare and Hospice**..... 651-430-3320  
**REM Home Health Inc.** ..... 952-922-6776  
**Sunrise Health Services Inc.** ..... 651-462-9331

**Washington County MnCHOICES**

**Personal Care Assistance**..... 651-430-6484  
 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 certified assessor will complete a MnCHOICES 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.

<b>Abbey Care Choice, Inc.</b> .....	651-690-5352
<b>Alliance Health Care</b> .....	651-895-8030
<b>Comfort Keepers</b> .....	800-387-2415
<b>Common Sense Services for Seniors</b> .....	651-552-0288
<b>Crystal Care Home Health</b> .....	612-861-4272
<b>Divine Healthcare Network</b> .....	651-665-9795
<b>Home Instead Senior Care</b> .....	651-351-7918
<b>Integrated Home Care</b> .....	651-415-4663
<b>Intrepid USA (Home Health Care)</b> .....	651-638-7800
<b>Lakeview Home Care and Hospice</b> .....	651-430-3320
<b>Loving Care (Oakdale)</b> .....	651-209-1111
<b>Metro Social Services (St. Paul)</b> .....	651-647-0647
<b>(Cottage Grove)</b> .....	651-459-9046
<b>Minnesota Home Care Professionals</b> .....	651-644-2188
<b>Northwest Home Health Care</b> .....	651-493-3834
<b>Visiting Angels of White Bear Lake</b> .....	651-653-0110

## **HOTLINES AND CRISIS NUMBER**

### **Adult Children of Alcoholics/Dysfunctional Families**

**Answered 24 hours**..... 952-922-0880

[www.aaminneapolis.org](http://www.aaminneapolis.org)

**Al-Anon/Alateen 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](http://www.aastpaul.org)

**Ambulance/Fire/Police** ..... 9-1-1 |

**American Red Cross**..... 651-439-0031

[www.scarc.org](http://www.scarc.org)

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

<b>Canvas Health Crisis Connection</b> .....	612-379-6363
<b>Or</b> .....	866-379-6363
<a href="http://www.crisis.org">www.crisis.org</a>	
Confidential phone counseling and referral.	
<b>Canvas Health Mobile Crisis Response</b> .....	651-777-5222
Face-to-face crisis services. Fees based on sliding fee schedule.	
Accept insurance and offer sliding fee to uninsured residents of Washington County.	
<b>Domestic Violence Crisis Line</b> .....	612-825-0000
<a href="http://www.tubman.org">www.tubman.org</a>	
Support, referral, and shelter.	
<b>Drug Abuse Hotline</b> .....	800-276-6818
Drug and alcohol treatment.	
<b>Emergency Social Services</b> .....	651-291-6795
<b>Emotions Anonymous</b> .....	651-647-9712
<a href="http://www.emotionsanonymous.org">www.emotionsanonymous.org</a>	
<b>Family Violence Network (Tubman Family Alliance)</b> .....	612-825-0000
<a href="http://www.tubman.org">www.tubman.org</a>	
Crisis intervention and safe homes for families in the Twin Cities.	
<b>First Call for Help</b> .....	2-1-1
<b>Love Lines</b> .....	612-379-1199
Crisis phone calls 24-hours a day. Referrals made to Christian therapists and community churches.	
<b>Metro Area Shelter Hotline</b> .....	888-234-1329
A 24-hour hotline for information on emergency shelter and housing.	
<b>Metro Crisis Coordination Program</b> .....	612-869-6811
<a href="http://www.metrocrisis.org">www.metrocrisis.org</a>	
<b>Minnesota Aids Project AIDS Line</b> .....	612-341-2060
<b>Toll Free</b> .....	800-243-7321
<a href="http://www.mnaidsproject.org">www.mnaidsproject.org</a>	
Statewide information and referral, HIV testing, prevention services, and information.	
<b>Narcotics Anonymous 24-Hour Help Line</b> .....	877-767-7676
<a href="http://www.naminnnesota.org">www.naminnnesota.org</a>	
<b>Overeaters Anonymous (taped message)</b> .....	612-377-1600
<a href="http://www.overeaters.org">www.overeaters.org</a>	
<b>Poison Control Center</b> .....	800-222-1222
<a href="http://www.mnpoison.org">www.mnpoison.org</a>	

**Sexual Assault: Abuse Response Services (Canvas Health)** ..... 651-777-1117  
Phone counseling, information and referral, advocacy and accompaniment to hospital, police, and courtroom.

**Spenders Anonymous**

[www.spenders.org](http://www.spenders.org)

**Tubman Shelter & Housing**

**Administration** ..... 612-825-3333

**24-Hour Crisis & Resource Line** ..... 612-825-0000

[www.tubman.org](http://www.tubman.org)

**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** ..... 651-430-6455

**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)** ..... 651-998-2164

**Boutwells Landing (Presbyterian Homes)**

**(Oak Park Heights)**..... 651-275-5000

**Comforts of Home (Hugo)** ..... 651-653-3282

**Croixdale Residence (Bayport)** ..... 651-275-4800

**Elder Haven Homes (Forest Lake)**..... 651-464-0899

**Green Gables (Mahtomedi)**..... 651-653-6336

**Lighthouse, The (Mahtomedi)**..... 651-775-3686

**Loving Care Cottages (Cottage Grove)**..... 651-459-2779

**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** ..... 651-458-9401

White Pine (Cottage Grove) .....	651-458-9455
Woodbury Estates (Woodbury).....	651-998-2161
Woodbury Health Care Center (Woodbury).....	651-691-4091
Woodbury Villa (Woodbury).....	651-998-2162

**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.

**Boutwells Landing (Presbyterian Homes)**

(Oak Park Heights).....	651-275-5000
Comforts of Home (Hugo) .....	651-653-3282
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).....	651-775-3686
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](http://www.minnesotahelp.info)**

**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.scarc.org](http://www.scarc.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](http://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 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  
**Toll Free** ..... 800-466-7722  
[www.accessiblespace.org](http://www.accessiblespace.org)

**Federal Government Subsidy Program**

**Housing and Urban Development (HUD)**  
**(Call about subsidized rent)** ..... 612-370-3000  
**Or** ..... 612-370-3087

**Housing and Redevelopment Authority**  
**(HRA)** ..... 651-458-0936



- Housing Link, The**  
**Also United Way 211** ..... 612-522-2500  
**Or**..... 2-1-1  
[www.housinglink.org](http://www.housinglink.org)
- Minnesota Housing Finance Agency**  
**(MHFA)** ..... 651-296-8215  
**Toll Free** ..... 800-710-8871  
[www.mnhousing.gov](http://www.mnhousing.gov)  
 Information about first time home buyers program and home improvement loan program.
- Senior Housing Guide**..... 651-690-3141  
[www.seniorhousingguide.us](http://www.seniorhousingguide.us)
- 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.

**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

**Library catalog website:**  
<http://wcm.ent.sirsi.net/client/default>

<b>Minnesota Library for the Blind and Physically Handicapped</b> .....	507-333-4828
<b>Or</b> .....	800-722-0550
<a href="http://www.klas.com/mnbph">www.klas.com/mnbph</a>	
Provides direct library service to eligible Minnesotans who are legally blind or visually handicapped, physically disabled, or reading disabled.	
<b>Washington County Law Library</b> .....	651-430-6330

**LONG-TERM CARE**

**NURSING FACILITIES**

<b>Augustana Health Care Center of Hastings</b> .....	651-437-6176
<b>Birchwood Health Care Center</b>	
<b>(Forest Lake)</b> .....	651-464-5600
<b>Cerinity Senior Care of White Bear Lake</b> .....	651-232-1818
<b>Golden Living Center-Greeley</b>	
<b>(Stillwater)</b> .....	651-439-5775
<b>Inver Grove Good Samaritan Center</b> .....	651-451-1853
<b>Linden Healthcare Center (Stillwater)</b> .....	651-439-5004
<b>Maplewood Care Center</b> .....	651-770-1365
<b>Margaret S. Parmly Residence (Chisago)</b> .....	651-257-0575
<b>Ramsey Nursing Home (Maplewood)</b> .....	651-777-7486
<b>Regina Senior Living (Hastings)</b> .....	651-480-4333
<b>Stillwater Good Samaritan Center</b> .....	651-439-7180
<b>Woodbury Senior Living and Health Care Center</b> .....	651-735-6000
<b>Woodlyn Heights Health Care Center</b>	
<b>(Inver Grove Heights)</b> .....	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.

<b>Anoka County</b> .....	763-422-6970
<b>Chisago County</b> .....	651-213-5600
<b>Dakota County</b> .....	651-554-6000
<b>Hennepin County</b> .....	612-348-8452
<b>Ramsey County</b> .....	651-266-3613
<b>Washington County</b> .....	651-430-6484

## MULTI-CULTURAL RESOURCES

- American Indian OIC, Inc.**..... 612-341-3358  
[www.aioic.org](http://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](http://www.capiusa.org)  
Job services, employment projects, training, supportive services and cultural education. Senior gift program at Christmas.
- CLUES (Chicanos Latinos Unidos En Servicio)**
- St. Paul**..... 651-379-4200  
**Mpls.**..... 612-746-3500  
[www.clues.org](http://www.clues.org)  
Information and referral services. Bilingual individual/family cross-cultural counseling. Employment, education, elder wellness, Latino learning, mental health, and chemical health.
- Confederation of Somali Community in MN** ..... 612-605-3222  
Legal services, social worker, crime prevention, employment services, and education programs for seniors.
- 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](http://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  
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** ..... 651-539-1100  
**Toll Free** ..... 800-657-3704  
[www.humanrights.state.mn.us](http://www.humanrights.state.mn.us)
- Neighborhood Justice Center, Inc.**..... 651-222-4703  
[www.njcinc.org](http://www.njcinc.org)  
Hispanic and Indian legal services project. Somali and Hmong services also available.
- Southeast Asian Community Council, Inc.** ..... 612-521-4859  
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.
- 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**..... 651-641-8904

**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**..... 651-249-2230  
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** ..... 651-249-2000
- Newport Parks and Recreation** ..... 651-459-5677
- North St. Paul Community Center**..... 651-770-4471  
Recreational and educational programs for children, teens, and adults.
- North St. Paul Parks and Recreation** ..... 651-747-2411

<b>Oakdale Parks and Recreation</b> .....	651-747-3860
<b>St. Croix Bluffs Regional Park</b> .....	651-430-8240
<b>St. Croix Valley Recreation Center</b> .....	651-430-2601
<b>St. Paul Park, Park and Recreation</b> .....	651-459-9785
<b>Stillwater Community Education</b> .....	651-351-8300
<b>White Bear Lake Community Services and Recreation</b> .....	651-407-7501
<b>Woodbury Parks and Recreation</b> .....	651-714-3500
<b>YMCA (South Eastern)</b> .....	651-731-9507

Programs include fitness classes for all ages.

## **RESPITE**

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.

<b>Alliance Health Care (Eagan)</b> .....	651-895-8030
<b>Augustana Health Care Center of Hastings (Hastings)</b> .....	651-437-6176
<b>Birchwood Health Care Center (Forest Lake)</b> .....	651-464-5600
<b>Care Plus, HHA (Golden Valley)</b> .....	763-529-5520
<b>Circle of Friends Adult Day Center (Oak Park Heights)</b> .....	651-275-5801
<b>Elder Friends Group Respite Trinity Presbyterian Church (Woodbury)</b> .....	651-738-0045
<b>FamilyMeans (Stillwater)</b> .....	651-439-4840
<b>Golden Living Center Lake Ridge (Roseville)</b> .....	651-483-5431
<b>Green Gables (Dementia) (Mahtomedi)</b> .....	651-653-3598
<b>Hudson Hospital (Hudson, WI)</b> .....	715-531-6000
<b>Or</b> .....	800-993-2325
<b>Johnson, Bob and Mary (Hugo)</b> .....	651-653-0660
<b>Lighthouse, The (Dementia) (Mahtomedi)</b> .....	651-775-3686
<b>Or</b> .....	651-407-9076
<b>Margaret S. Parmly Nursing Home (Chisago City)</b> .....	651-257-0575
<b>Woodbury Health Care Center (Woodbury)</b> .....	651-287-6506

## **SAFETY AND SECURITY**

### **HOME MONITORING SYSTEMS**

<b>American Medical Alarms</b> .....	800-542-0438
<b>Pioneer Medical Systems</b> .....	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.

<b>HealthEast Health Alert</b> .....	651-232-3560
<b>Home Instead Senior Care</b> .....	800-640-3914
<b>Stillwater</b> .....	651-351-7918
<b>Philips Lifeline</b> .....	800-380-3111

## **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.

<b>ActivStyle</b> .....	800-651-6223
<b>Allina Home Oxygen and Medical Equipment</b> .....	651-628-4800
<b>Or</b> .....	800-737-4473
<b>American Cancer Society</b> .....	800-582-5152
<b>Or National</b> .....	800-227-2345
Supplies, transportation, information and referral.	
<b>Anodyne</b> .....	952-546-5334
<b>APA Medical Equipment</b> .....	612-722-9000
<b>Apria Supplies</b> .....	651-523-8888
<b>Cummings Mobility Conversions and Supply</b> .....	763-497-0103
<b>Toll-Free</b> .....	800-NEW-LIFT
<b>Deaf &amp; Hard of Hearing Services (Metro)</b> .....	651-431-5940
<b>TTY (Hearing Impaired)</b> .....	888-206-6513
Hearing loss issues other than telephone access.	
<b>Geritom Medical, Inc.</b> .....	952-854-1190
<b>Goodwill Equipment Loan Program</b> .....	651-379-5922
Medical equipment and supplies loan program. Offers wheelchairs, walkers, commodes, durable medical supplies, ambulatory devices, and many other items.	
<b>Handi Medical</b> .....	651-644-9770
<b>Toll-Free</b> .....	800-514-9979
<b>HealthEast Health Alert</b> .....	651-232-3560
<b>Jackson Medical</b> .....	651-645-6221
<b>Magnet of Life-CANVAS</b> .....	651-777-5222
<b>Metro Medical</b> .....	952-854-3603

<b>Midwest Medical Services</b> .....	763-780-0100
<b>Multiple Sclerosis (MS) Society</b> .....	612-335-7900
<b>Toll-Free</b> .....	800-582-5296 (option 1)
Assistance with purchasing equipment.	
<b>Pediatric Home Services, Inc.</b> .....	651-642-1825
<b>Quality Mobility Equipment</b> .....	651-257-4876
<b>Reliable Medical</b> .....	763-255-3800
<b>Services for the Visually Impaired</b>	
<b>State Services for the Blind</b> .....	651-642-0500
<b>Total Medical</b> .....	763-784-6140
<b>Toll-Free</b> .....	866-784-6140
<b>Veteran’s Service Office</b> .....	651-430-6895

**SOCIAL OPPORTUNITIES FOR ADULTS WITH SPMI**

**Clubhouse Recovery (Stillwater)** ..... 651-251-5009  
 Canvas Health, in partnership with Washington County Adult Mental Health, offers this social gathering venue for adults 18 years and older who are in recovery from mental illness. Attendance and activities are free; newcomers are always welcome. You will be in the company of friendly people where opinions and suggestions are valued. All activities are designed to promote mental health recovery. There will be impromptu activities, times designated for members to share a talent or hobby, and time for playing cards, board games, puzzles, guest speakers, live music, creating art, and group projects. Hours are Tuesdays 2:30-4:30pm at 1778 Washington Ave. in Stillwater; in the East Suburban Resources art room (one door down from Brine’s Market). Contact Judy Gulden at phone number above for more information.

**SOCIAL OPPORTUNITIES FOR SENIORS**

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

<b>Bayport Senior Center</b> .....	651-275-8907
<b>CLUES (St. Paul)</b> .....	651-379-4200
<b>(Mpls)</b> .....	612-746-3500
<b>Columbus Senior Center (Forest Lake)</b> .....	651-464-8463
<b>Community Thread (Bayport &amp; Stillwater)</b> .....	651-439-7434
<a href="http://www.communitythreadmn.org">www.communitythreadmn.org</a>	

## 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 .....	651-480-7689
Mahtomedi Area Adult Program .....	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

## SPECIAL SERVICES

### ADVOCACY SERVICES

<b>AARP (American Association of Retired Persons)</b> .....	1-866-554-5381
<a href="http://local.aarp.org/twin-cities-mn/">http://local.aarp.org/twin-cities-mn/</a>	
A national advocacy and information organization for persons 50 years and older.	
<b>Elder Care Rights Alliance through Tubman</b> .....	612-825-3333
<a href="http://tubman.org/home/services/elder-care-resources/">http://tubman.org/home/services/elder-care-resources/</a>	
<b>Gray Panthers</b> .....	612-822-1011
People who are concerned with ageism at any age.	
<b>HOME Line</b> .....	612-728-5767
<b>Or toll free from Greater MN</b> .....	866-866-3546
<a href="http://www.homelinemn.org">www.homelinemn.org</a>	
Provides free legal, organizing, educational, and advocacy services so that tenants throughout Minnesota can solve their own rental housing problems.	
<b>Minnesota Board on Aging</b> .....	651-431-2500
<b>Or</b> .....	800-822-6262
<a href="http://www.mnaging.org">www.mnaging.org</a>	
<b>Office of Health Facility Complaints</b> .....	651-201-5000
<b>Toll Free</b> .....	888-345-0823
<a href="http://www.health.state.mn.us">www.health.state.mn.us</a>	
<b>Ombudsman Senior Services</b> .....	651-431-2555
<b>Or</b> .....	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.	



## **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.

**Washington County Community Service Intake** ..... 651-430-6459

## **LEGAL SERVICES**

**Better Business Bureau of Minnesota** ..... 651-699-1111  
**Toll Free** ..... 800-646-6222

[www.mnd.bbb.org](http://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

[www.tubman.org](http://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](http://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** ..... 651-539-1100

**Toll Free** ..... 800-657-3704

[www.humanrights.state.mn.us](http://www.humanrights.state.mn.us)

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

**Minnesota Office of Consumer Services** ..... 651-296-3353  
**Or** ..... 800-657-3787

[www.ag.state.mn.us](http://www.ag.state.mn.us)

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

**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.

**Tubman Family Alliance**

**Crisis Line**..... 612-825-0000

**East** ..... 651-789-6770

**West**..... 612-825-3333

[www.tubman.org](http://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 3)

[www.dli.mn.gov](http://www.dli.mn.gov)

**MISCELLANEOUS 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**..... 800-548-0980

[www.alliancehealthcare.com](http://www.alliancehealthcare.com)

Assistance with travel including destination planning, travel arrangements, personal care, meal planning, and safety assistance.

**Courage St. Croix** ..... 651-241-3820

- Disabilities Council** ..... 651-361-7800  
**Toll Free** ..... 800-945-8913  
[www.disability.state.mn.us](http://www.disability.state.mn.us)
- 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)**..... 651-464-5249  
 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](http://www.klas.com/mnbph)  
 Provides direct library service to eligible Minnesotans who are legally blind or visually handicapped, physically disabled, or reading disabled.
- Senior Linkage Line**..... 800-333-2433  
[www.tcaging.org/findinghelp/sll.html](http://www.tcaging.org/findinghelp/sll.html)
- State Services for the Blind (St. Paul)** ..... 651-539-2300  
**Vision Loss and CPS**..... 651-224-7662

**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** ..... 651-232-5444  
**Lakes Area Parish Nurse Association** ..... 651-257-8806  
**St. Croix Valley Parish Nurse Program** ..... 651-430-4510

**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**..... 651-646-5785

**SUPPORT GROUPS/CAREGIVER RESOURCES/COUNSELING**

**SUPPORT GROUPS**

**Alzheimer’s Association (North Dakota)** ..... 952-830-0512  
**Or** ..... 800-272-3900

[www.alzmdak.org](http://www.alzmdak.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.

**Canvas Health**..... 651-777-5222  
 Services for seniors, individual and group therapy for children, parents, and families.

**Support Group for adults struggling with mental health issues:**

**-Women’s Support Group:** Free, drop-in group at the Oakdale location, held Wednesdays (except 2nd Wed. of month) 5:00-6:00pm

**-Men’s Support Group:** Free, drop-in group at the Oakdale location, held Wednesdays (except 2nd Wed. of month) 5:00-6:30pm

**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  
**Toll Free** ..... 800-327-3203

[www.familymeans.org](http://www.familymeans.org)

- Fibromyalgia Support Group (Courage St. Croix)** ..... 651-241-3373  
 Provides education and support to individuals with Fibromyalgia and their family members.
- Gamblers Anonymous** ..... 626-960-3500  
 National hotline that provides information regarding area meetings.
- 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](http://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/](http://www.wellspouse.org/)  
 Offers support, newsletters, and resource materials for husbands, wives and partners of the chronically ill and/or disabled.

**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 & COUNSELING**

- Canvas Health**..... 651-430-2720
- FamilyMeans** ..... 651-439-4840  
**Toll Free** ..... 800-327-3203

**CAREGIVER EDUCATION**

- FamilyMeans** ..... 651-439-4840  
**Toll Free** ..... 800-327-3203

**CAREGIVER GUIDES**

A self-help guide for your care giving journey can be downloaded from the FamilyMeans web site at [www.familymeans.org](http://www.familymeans.org).

## **CAREGIVER WEBSITES**

### **Canvas Health**

[www.canvashealth.org](http://www.canvashealth.org)

### **Caregiver Action Network**

[www.caregiveraction.org](http://www.caregiveraction.org)

### **FamilyMeans**

[www.familymeans.org](http://www.familymeans.org)

### **Metropolitan Area Agency on Aging**

[www.tcaging.org](http://www.tcaging.org)

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

[www.caregivermn.org](http://www.caregivermn.org)

## **COUNSELING SERVICES**

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

**Toll Free** ..... 888-687-2277

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

**Canvas Health** ..... 651-777-5222

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.

**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** ..... 651-646-7771

**Toll Free** ..... 800-952-9302

[www.chsfs.org](http://www.chsfs.org)

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

**Elder Care Rights Alliance through Tubman** ..... 612-825-3333

<http://tubman.org/home/services/elder-care-resources/>

**FamilyMeans** ..... 651-439-4840

Caregiver support groups, counseling, and educational programs.

**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** ..... 651-917-4640

**Toll Free** ..... 877-917-4640

A program of Lutheran Social Service of Minnesota. Information and emotional support through support groups, recreation, and free phone consultation.

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

[www.jfssp.org](http://www.jfssp.org)

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

**Wilder Community Assistance Program** ..... 651-280-2000

[www.wilder.org](http://www.wilder.org)

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

## **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](http://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](http://www.alcoholics-anonymous.org)

Support for people dealing with alcohol problems.

**Canvas Health**..... 651-777-5222

**Detox (Hastings)** ..... 651-437-4209

[www.detoxone.org](http://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** ..... 800-257-7810

**Or** ..... 651-213-4200

**Minnesota Prevention Resource Center**..... 651-674-4085

**Toll Free** ..... 877-935-4426

[www.mnprc.org](http://www.mnprc.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.

**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.

**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](http://www.aaafoundation.org)

**AARP (American Association of Retired Persons)**  
**(Bloomington, MN)**..... 952-858-9040

**Courage Center (Golden Valley, MN)**..... 763-588-0811  
[www.courage.org](http://www.courage.org)

**Minnesota Safety Council**..... 651-291-9150  
**Or**..... 800-444-9150

[www.mnsafetycouncil.org](http://www.mnsafetycouncil.org)

Traffic and injury prevention programs and resources.

**National Safety Council (Itasca, IL)**..... 800-621-7615  
[www.nsc.org](http://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.



- American Cancer Society (St. Paul)** ..... 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.
- Canvas Transporter and South Washington County Transit Service** ..... 651-275-4300  
[www.canvashealth.org](http://www.canvashealth.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.
- Community Thread (Bayport and Stillwater)** ..... 651-439-7434  
[www.communitythreadmn.org](http://www.communitythreadmn.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.
- 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](http://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.
- 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](http://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.

**VOLUNTEER OPPORTUNITIES/SERVICES**

- Big Brothers Big Sisters of the Greater Twin Cities**..... 651-789-2400  
[www.bbbs.org](http://www.bbbs.org)  
 Mentoring one child with one adult at a time. Serving ages 7 to 13.

<b>CANVAS Volunteer Services</b> .....	651-275-4306
<b>Community Thread</b> <b>(Bayport and Stillwater)</b> .....	651-439-7434
<b>FamilyMeans</b> .....	651-439-4840
<b>Hands on Twin Cities</b> <b>(Formerly Volunteer Resource Center)</b> .....	612-379-4900
<a href="http://www.handsontwincities.org">www.handsontwincities.org</a> Several thousand volunteer opportunities listed on their website.	
<b>Neighborhood Service Exchange</b> <b>(Community Thread)</b> .....	651-439-7434
A neighbor-helping-neighbor program based on exchanging services.	

**WEBSITES**

- AAA Foundation:** [www.aaafoundation.org/home](http://www.aaafoundation.org/home)
- AARP:** [www.aarp.org](http://www.aarp.org)
- Alzheimer’s Association:** [www.alzmdak.org](http://www.alzmdak.org)
- American Cancer Society:** [www.cancer.org](http://www.cancer.org)
- American Diabetes Association:** [www.diabetes.org](http://www.diabetes.org)
- American Heart Association:** [www.americanheart.org](http://www.americanheart.org)
- American Red Cross:** [www.RedCross.org](http://www.RedCross.org)
- American Stroke Association:** [www.strokeassociation.org](http://www.strokeassociation.org)
- Assisted Living Federation of America:** [www.alfa.org](http://www.alfa.org)
- Community Resource Director:** [www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)
- Deaf and Hard of Hearing Services:** [www.dhhsd.org](http://www.dhhsd.org)  
[www.interpreterreferral.org](http://www.interpreterreferral.org)  
[www.deafblindinfo.org](http://www.deafblindinfo.org)
- Experience Works!:** [www.experienceworks.org](http://www.experienceworks.org)
- Family Caregiver Alliance:** [www.caregiver.org](http://www.caregiver.org)
- Foster Grandparents and Senior Companions in MN:** [www.mnseniorcorps.org](http://www.mnseniorcorps.org)
- Government Information on Aging Health Ministries:** [www.seniors.gov](http://www.seniors.gov)

**Hospice Minnesota:** [www.hospicemn.org](http://www.hospicemn.org)

**Metropolitan Area Agency on Aging:** [www.tcaging.org](http://www.tcaging.org)

**Minnesota Attorney General's Office:** [www.ag.state.mn.us](http://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](http://www.health.state.mn.us)

**Minnesota Health and Housing Alliance:** [www.mhha.com](http://www.mhha.com)

**Minnesota State Bar Association:** [www.mnfindalawyer.com](http://www.mnfindalawyer.com)

Attorney referral service.

**Minnesota Tenants Union:** [www.tenant.net](http://www.tenant.net)

**National Alliance for Care Giving:** [www.caregiving.org](http://www.caregiving.org)

**National Alliance for Hispanic Health :** [www.hispanichealth.org](http://www.hispanichealth.org)

**National Caregivers Library:** [www.caregiverslibrary.org](http://www.caregiverslibrary.org)

**National Center on Elder Abuse:** [www.ncea.aoa.gov](http://www.ncea.aoa.gov)

**National Council on the Aging, The:** [www.ncoa.org](http://www.ncoa.org)

**National Institute of Neurological Disorder and Stroke:** [www.NINDS.nih.gov](http://www.NINDS.nih.gov)

**National Institute on Aging US National Institutes of Health:** [www.nia.nih.gov](http://www.nia.nih.gov)

**National Kidney Foundation:** [www.kidney.org](http://www.kidney.org)

**National Multiple Sclerosis Society:** [www.nationalmssociety.org](http://www.nationalmssociety.org)

**National Safety Council:** [www.nsc.org](http://www.nsc.org)

**Nursing Home Compare:** [www.medicare.gov/Nhcompare](http://www.medicare.gov/Nhcompare)

Lists state survey results of long-term care facilities.

**Nutrition Information:** [www.nutrition.gov](http://www.nutrition.gov)

**Prescription Payment Assistance:**

[www.medicare.gov](http://www.medicare.gov)

**Preventing and Recovering from ID Theft:** [www.consumer.gov](http://www.consumer.gov)

**Senior Events in the Twin Cities:** [www.mngoodage.com](http://www.mngoodage.com)

**State of Minnesota:** [www.mn.gov](http://www.mn.gov)

**State Services for the Blind:** [www.mnssb.org](http://www.mnssb.org)

**Twin Cities Senior Housing Guide:** [www.seniorguideonline.com](http://www.seniorguideonline.com)

**U of M Extension Service – Washington County:**  
[www.extension.umn.edu/county/washington](http://www.extension.umn.edu/county/washington)

**United Way:** [www.gtcuw.org](http://www.gtcuw.org)

**Vital Aging Network:** [www.vital-aging-network.org](http://www.vital-aging-network.org)

**Washington County:** [www.co.washington.mn.us](http://www.co.washington.mn.us)

## **RECYCLING**

**Green Guardian:** [www.greenguardian.com](http://www.greenguardian.com)

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

**NextStep:** [www.nextstep.state.mn.us](http://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](http://www.reduce.org)

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

**SEEK:** [www.seek.state.mn.us](http://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](http://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.

**Washington County Residential Disposal Guide:**

[www.co.washington.mn.us/index.aspx?NID=650](http://www.co.washington.mn.us/index.aspx?NID=650)

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