

Community Resource Guide for Adults and People with Disabilities

Updated December 3, 2020

*Dental Clinics info. updated 7/15/21

*Transportation and Crisis Response info. updated 5/24/22

*Design update 10/12/22

*HUD Housing update 10/25/22

*Title change 11/3/22



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
- by visiting the Washington County website and searching “Community Resource Guide”

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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.
- Adult Shelter Connect** 612-248-2350
 Provides locations, eligibility rules, and contact numbers of metro area emergency shelters and transitional housing for individuals, families, and youth.
- Domestic Abuse Hotline**
- National**..... 800-799-7233
 Provides crisis assistance and shelter referrals for all languages.
- Minnesota Day One Crisis Line**
- (Crisis Line)** 866-223-1111
Text..... 612-399-9995
or Tubman Crisis Line..... 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
- Circle of Friends (Oak Park Heights)** 651-275-5800
- Common Sense Services for Seniors (South St. Paul)** 651-552-0288
- Courage Center** 612-775-2499
Toll-free 888-846-8253
- Ebenezer Daybreak Adult Day Program (Hastings)**..... 651-438-9800
www.fairviewebenezer.org
- Golden Living Center Lake Ridge (Roseville)** 651-483-5431

Johnson, Bob and Mary (Hugo)	651-653-0660
Margaret S. Parmly Day Care (Chisago City)	651-257-0575
Wilder Adult Day Health Services (St. Paul)	651-280-2500
www.wilder.org .	

Clothing, Furniture, and Equipment

Basic Needs Stone Soup Thrift Shop	651-458-9786
Serving families in South Washington County with clothing and household items.	
Community Helping Hand	651-464-0061
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.	
Lifeway Mobility	651-413-9677
Toll-free	800-561-2223
www.lifewaymobility.com	
Provides independence for seniors and persons with disabilities to help them remain in their homes.	
Salvation Army	651-746-3400
Low-cost furniture, clothes, household goods, and other items.	

Financial

Employment

East Suburban Resources	651-351-0190
www.esrworks.org	
Minnesota Workforce Center of Washington County	651-275-8650
Senior Community Service Employment Program for low-income seniors.	
Opportunity Partners	651-306-2868
www.opportunities.org	

Energy Assistance

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

- Community Action Partnership of Washington/Ramsey Counties** 651-645-6445
Limited financial assistance to pay utility and fuel bills October to May.
- Salvation Army – Heat Share Hotline** 1-800-842-7279
- Salvation Army – Lakewood Temple, Maplewood** 651-779-9177
- Salvation Army – Woodbury Church, Valley Creek Campus**
(For residents of Chisago and Washington counties)..... 651-739-6288
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 a.m. to 5 p.m. Intake via telephone.

Financial Assistance

- Community Action Partnership of Washington/Ramsey Counties** 651-645-6445
- Community Sharing Fund**..... 651-325-4260 (Ext. 4)
- Consumer Credit Counseling (Family Means)** 651-439-4840
Toll-free 800-327-3203
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
Intake 651-321-3547
www.carcaresaturday.org

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 – Heat Share Hotline 1-800-842-7279

Social Security Administration (to apply) (National) 800-772-1213
www.socialsecurity.gov

Telephone Assistance Plan..... 651-296-0406
Toll-free 1-800-657-3782
Email..... consumer.puc@state.mn.us
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.

Veterans Linkage Line 1-888-LinkVet (546-5838)
TTY 1-800-627-3529
Crisis Line..... 1-800-273-8255
<https://linkvet.org>

Veteran’s Service Office 651-430-6895
Information about services for veterans.

Health Care Coverage

Minnesota Care 651-297-3862
Toll-free 1-800-657-3672
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
Info. 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 651-287-7700
Email..... info@stmarysclinic.org
www.stmaryshealthclinics.org
Volunteer staff provides medical care to people who are uninsured yet ineligible for medical assistance.

Senior Community Services 952-541-1019
Email..... weallage@seniorcommunity.org
<https://seniorcommunity.org>

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 Mortgages 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

Coborn’s Delivers 763-971-4900
Toll-free 866-586-2530
Delivers groceries in the seven-county metro areas.

Kemp’s Home Delivery 612-627-8709
<https://kemps.com/milkman-delivers>
Delivers juice and dairy products in the Washington County area.

Store to Door 651-642-1892
www.storetoodoor.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 or visit the website at www.211unitedway.org for further assistance.

Christian Cupboard (Oakdale)..... 651-233-1296
<https://ccefs.org>

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

Email: stribas@saintritas.org

Not a community food shelf. Community meal served once a month. Email to check for dates and cancellations of monthly meals due to COVID-19.

Community Helping Hand (Forest Lake)..... 651-464-0061

<http://communityhelpinghand.org>

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 651-395-5350

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. Call for an appointment; leave a message with your contact information. They will contact you with instructions.

Meals on Wheels - White Bear Lake Area Senior Program..... 651-653-3123

New Life Church Food Shelf (Woodbury) 651-459-0444

<http://nlcwoodbury.org/reach>

Emergency food shelf serving South Washington County. Bagged food picked up by appointment only. Please note: no cash, bill payments, or other materials or items can be provided. If you are in need of items other than food, please call 211 (Greater Twin Cities United Way – directly connects those in need to organizations that can help). Due to COVID-19, our building is closed to physical Food Pantry access. As an alternative, you can call 651-500-3308 to make a reservation to pick up a “food basket” at our parking lot.

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
www.elimscandia.org/food-shelf
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
<https://whitebearfoodshelf.org>
Serving White Bear Lake School District.

Senior Dining

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

Bayport Senior Center..... 651-275-8907

Church of St. Rita (Cottage Grove)..... 651-459-4596
Community meal served once a month, no charge. Call for more information.

Circle of Friends..... 651-275-5801

CLUES

(Minneapolis)..... 612-746-3500
(St. Paul)..... 651-379-4200
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

Gladstone Senior Center (55+)

(Maplewood)..... 651-748-7252
Dining, health and educational seminars, other social opportunities, tax prep, and support groups.

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** 612-870-2426
www.tubman.org
 A women’s counseling agency with a variety of support groups including groups for lesbians.
- MN LGBTQ Directory** <http://hub.justushealth.org>
- NAMI Minnesota** www.namimn.org
 Free LGBTQ online support groups.
- 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
 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 (PFLAG) (Anoka chapter)** 763-463-0303
 Self-help group for parents and families of gays, lesbians, and transgender. Also a support group for straight spouses. *The Twin Cities chapter has closed.* Visit <https://pflag.org/find-a-chapter> to find a chapter near you. Former PFLAGTC support groups are continuing to meet and accepting new members; email info@tsupportgroup.com for more details or to join the online meeting.

General Phone Numbers

- American Cancer Society** 800-227-2345
www.cancer.org
 Supplies, transportation, information, and referral.
- American Heart Association** 800-242-8721
www.heart.org
- American Stroke Association**
 800-242-8721 or 1-888-4-STROKE (1-888-478-7653)
www.stroke.org
- Brain Injury Association of Minnesota** 612-378-2742
- Community Education**
(Forest Lake) 651-982-8110
(Mahtomedi) Adult programs 651-407-2024

(North St. Paul, Maplewood, Oakdale)	651-748-7630 or 651-748-7200
(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)	651-431-2000
Toll-free	800-657-3663
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.	
Masonic Cancer Center	612-624-2620
www.cancer.umn.edu	
Information for patient and caregivers, active clinical trials, and cancer support groups.	
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
- 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
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.	
VA Hotline – Department of Veteran Affairs	800-VA7-1000
Or	800-827-1000
www.va.gov	
LinkVet	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 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.	
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.	

Health

Dental Clinics – Low Cost

Apple Tree Dental (Coon Rapids)	763-784-7570
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X-rays, cleanings, fillings, root canals, bleaching, extractions, crowns, bridges, implants, dentures.
 Handicap accessible dental care for people with mobility impairments. Up to 30% discount based on family size/income.

- Century Community and Technical College – Dental Clinic (White Bear Lake)** 651-779-5787
 X-rays, deep cleanings, fluoride treatments. Set fee; cash or check only.
- Children’s Dental Services (Minneapolis)**..... 612-746-1530
 General dentistry, cleanings, crowns, deep cleanings, extractions, fillings, oral surgery, root canals, X-rays. Sliding free – up to 100% discount for low income.
- Community Dental Care (Maplewood)** 651-925-8400
(St. Paul)..... 651-774-2959
 X-rays, exams, cleanings, fluoride treatment, fillings, pulpotomies, space maintainers, oral surgery, root canals, extractions, crowns, stainless steel crowns, bridges, partial and full dentures. Sliding fee for uninsured. Emergency walk-in hours.
- Community University Health Care Center (Minneapolis)** 612-301-3433
 Call for information on acceptance process.
- Dental Associates of St. Paul**..... 651-735-0595
 X-rays, cleanings, fillings, whitening, root canals, fluoride treatments, extractions, crowns, bridges, dentures. Sliding fee for uninsured. Emergency walk-in hours.
- East Side Family Clinic (St. Paul)** 651-602-7500
 X-rays, cleanings, fillings, root canals, fluoride treatments, extractions, crowns, bridges, dentures. Sliding fee for uninsured.
- Helping Hand Dental Clinic (St. Paul)**..... 651-224-7561
 Sliding fee with current check.
- Hope Dental Clinic** 651-789-7605
 Preventative services only for adults and children (exams, cleanings, fillings, extractions). Free for uninsured.
- Metropolitan State University Dental Clinic (Maplewood)** 651-793-1793
 X-rays, cleanings, fillings, extractions (except wisdom teeth), dentures. Anyone under 200% of federal poverty guidelines. Set fees for preventative services.
- Minneapolis District Dental Society** 651-631-9845
<http://minneapolis.mndental.org>
 Provides referrals for those who have no insurance, are low-income, or pay cash for dental care.
- NIP Community Clinic (Minneapolis)**..... 612-374-4089
 Sliding fee. Routine dental care. By appointment only. Limited services.
- Open Cities Health Center (two St. Paul locations)**..... 651-290-9200
 X-rays, cleanings, deep cleanings, fillings, root canals, fluoride treatments, extractions, crowns,

dentures. Sliding fee up to 100% off of preventative services bases on family size/income.

Southside Community Dental Clinic (Minneapolis) 612-822-9030
Sliding fee for those who are eligible. Call for specifics.

West Side Dental Clinic (St. Paul) 651-602-7500
X-rays, cleanings, fillings, root canals, fluoride treatments, oral surgery, extractions, crowns, bridges, dentures, braces. Sliding fee up to 50% off. Accepts all medical assistance.

Hearing

Deaf & Hard of Hearing Services (Metro Area) 651-431-2000
Toll-free 800-657-3663
<https://mn.gov/deaf-hard-of-hearing>

Minnesota Relay 711
Toll-free 800-657-3775
www.mnrelay.org
A free telephone service to facilitate calls for people with hearing and speech disabilities.

Telephone Equipment Distribution Program 651-431-5945
Videophone 651-964-1514
Toll-free 800-657-3663
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.

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) 651-232-0228

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 651-287-7777
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.

ARMHS Nystrom and Associates 651-628-4993

Canvas Health 651-777-5222
Transportation and other senior services.

FamilyMeans 651-439-4840
Respite care, caregivers, support groups, caregiver counseling, and educational programs.

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 651-241-3820
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 Eye Foundation 952-346-2192
Email: thevisionproject@mneye.com
www.mneyefoundation.com
This website contains tab regarding the Vision Project.

State Services for the Blind 651-539-2300

Vision Loss Resources 651-224-7662
www.midwaychamber.com

Home Services

Chore Services

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	800-387-2415
www.comfortkeepers.com	
Divine Healthcare Network	651-665-9795
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.

Alliance Health Services	651-895-8030
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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
<p>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.</p>	

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	800-387-2415
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	651-351-7918
Integrated Home Care.....	651-415-4663
Intrepid USA (Home Health Care).....	651-638-7800
Lakeview Home Care and Hospice.....	651-430-3320
Loving Care (Oakdale)	651-209-1111
Metro Social Services (Cottage Grove).....	651-459-9046

(St. Paul).....	651-647-0647
Minnesota Home Care Professionals.....	651-644-2188
Northwest Home Health Care.....	651-493-3834
Visiting Angels of White Bear Lake.....	651-653-0110

Hotlines and Crisis Numbers

Adult Children of Alcoholics/Dysfunctional Families

Answered 24 hours www.aaminneapolis.org	952-922-0880
Al-Anon/Alateen Resource Service 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.	952-920-3961
Alcoholics Anonymous of St. Paul www.aastpaul.org	651-227-5502
Ambulance/Fire/Police	9-1-1
American Red Cross www.scarc.org Provides assistance after fires and other emergencies. Communication link for military families.	651-439-0031
Crisis Response Email: crisisresponse@co.washington.mn.us www.co.washington.mn.us/crisis-response Washington County Crisis Response Unit provides 24/7/365 mobile crisis mental health services for adults and children experiencing a crisis. Mobile crisis interventions are face-to-face, short-term, intensive mental health services. The Crisis Response Unit are trained mental health professionals and practitioners; helps individuals navigate the healthcare system to find services and resources; provides counseling and support for individuals and families to manage a crisis; supports individuals experiencing a crisis to identify and utilize better coping skills; serves as a resource to law enforcement, schools, hospitals, and community agencies; can refer to other county social service programs for ongoing support; provides after-hours child protection screening and response; and provides after-hours emergency social services.	651-275-7400
Domestic Violence Crisis Line www.tubman.org Support, referral, and shelter.	612-825-0000
Drug Abuse Hotline Drug and alcohol treatment.	800-276-6818
Emergency Social Services	651-291-6795

Emotions Anonymous	651-647-9712
www.emotionsanonymous.org	
Family Violence Network (Tubman Family Alliance)	612-825-0000
www.tubman.org	
Crisis intervention and safe homes for families in the Twin Cities.	
First Call for Help	2-1-1
Love Lines	612-379-1199
Crisis phone calls 24-hours a day. Referrals made to Christian therapists and community churches.	
Metro Area Shelter Hotline	888-234-1329
A 24-hour hotline for information on emergency shelter and housing.	
Metro Crisis Coordination Program	612-869-6811
www.metrocrisis.org	
Minnesota Aids Project AIDS Line	612-341-2060
Toll Free	800-243-7321
www.justushealth.org	
Statewide information and referral, HIV testing, prevention services, and information.	
Narcotics Anonymous 24-Hour Help Line	877-767-7676
www.naminnnesota.org	
Overeaters Anonymous (taped message)	612-377-1600
www.overeaters.org	
Poison Control Center	800-222-1222
www.mnpoison.org	
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
Tubman Shelter & Housing – Administration	612-825-3333
24-Hour Crisis & Resource Line	612-825-0000
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 651-430-8307

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

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	
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 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
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Toll-free	800-466-7722
www.accessiblespace.org	
Federal Government Subsidy Program	
Housing and Urban Development (HUD)	
(Call about subsidized rent)	612-370-3000
Or	612-387-3088
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	
Minnesota Housing Finance Agency	
(MHFA)	651-296-8215
Toll-free	800-710-8871
www.mnhousing.gov	
Info. about first time home buyers program/home improvement loan program.	
Senior Housing Guide	651-690-3141
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>

Minnesota Library for the Blind and Physically Handicapped	507-333-4828
Or	800-722-0550
Provides direct library service to eligible Minnesotans who are legally blind or visually handicapped, physically disabled, or reading disabled.	
Washington County Law Library	651-430-6330

Long-Term Care

Nursing Facilities

Augustana Health Care Center of Hastings	651-437-6176
Birchwood Health Care Center (Forest Lake)	651-464-5600
Cerenity Senior Care of White Bear Lake	651-232-1818
Golden Living Center-Greeley (Stillwater)	651-439-5775
Inver Grove Good Samaritan Center	651-451-1853
Linden Healthcare 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	651-735-6000
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	651-554-6000
Hennepin County	612-348-8452
Ramsey County	651-266-3613
Washington County	651-430-6484

Multi-Cultural Resources

American Indian OIC, Inc.	612-341-3358
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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
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www.capiusa.org

Job services, employment projects, training, supportive services and cultural education. Senior gift program at Christmas.

CLUES (Chicanos Latinos Unidos En Servicio)

Minneapolis	612-746-3500
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St. Paul	651-379-4200
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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
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Legal services, social worker, crime prevention, employment services, and education programs for seniors.

Hispanos En Minnesota (HEM)	651-227-0831
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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
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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
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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
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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	
Neighborhood Justice Center, Inc.	651-222-4703
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
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.	

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.

Alliance Health Care (Eagan)	651-895-8030
Augustana Health Care Center of Hastings (Hastings)	651-437-6176
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)	651-275-5801
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)	651-653-3598
Hudson Hospital (Hudson, WI)	715-531-6000
Or	800-993-2325
Johnson, Bob and Mary (Hugo)	651-653-0660
Lighthouse, The (Dementia) (Mahtomedi)	651-775-3686
Or	651-407-9076
Margaret S. Parmly Nursing Home (Chisago City)	651-257-0575
Woodbury Health Care Center (Woodbury)	651-287-6506

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 800-640-3914

Stillwater 651-351-7918

Philips Lifeline..... 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.

ActivStyle 800-651-6223

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

APA Medical Equipment 612-722-9000

Apria Supplies..... 651-523-8888

Cummings Mobility Conversions and Supply 763-497-0103

Toll-free 800-NEW-LIFT

Deaf & Hard of Hearing Services (Metro)..... 651-431-5940

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

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
Toll-free	800-514-9979
HealthEast Health Alert	651-232-3560
Jackson Medical	651-645-6221
Magnet of Life – CANVAS	651-777-5222
Metro Medical	952-854-3603
Midwest Medical Services	763-780-0100
Multiple Sclerosis (MS) Society	612-335-7900
Toll-free	800-582-5296 (option 1)
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
Toll-free	866-784-6140
Veteran’s Service Office	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 2:30-4:30 p.m. 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.

Bayport Senior Center..... 651-275-8907

CLUES

(Minneapolis).....	612-746-3500
(St. Paul).....	651-379-4200
Columbus Senior Center (Forest Lake)	651-464-8463
Community Thread (Bayport & Stillwater).....	651-439-7434
www.communitythreadmn.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	651-480-7689
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

AARP (American Association of Retired Persons).....	1-866-554-5381
http://local.aarp.org/twin-cities-mn/	
A national advocacy and information organization for persons 50 years and older.	
Gray Panthers.....	612-822-1011
People who are concerned with ageism at any age.	
HOME Line	612-728-5767
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	
Office of Health Facility Complaints	651-201-5000
Toll-free	888-345-0823
www.health.state.mn.us	

Ombudsman Senior Services 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.

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

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
 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 651-539-1100
Toll-free 800-657-3704
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

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

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

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

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

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
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
<https://seniorlinkageline.com>
- 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 Services

Support Groups

Alzheimer’s Association 800-272-3900

www.alz.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 Groups for Adults Struggling with Mental Health Issues:

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

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

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

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

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.

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.

Caregiver Websites

- Canvas Health** www.canvashealth.org
- Caregiver Action Network**..... www.caregiveraction.org
- FamilyMeans** www.familymeans.org
- Metropolitan Area Agency on Aging** 651-641-8612
<https://metroaging.org>
- Senior LinkAge Line** 1-800-333-2433
<https://mn.gov/senior-linkage-line>
 Can help you find the information, services, and help you need.

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	
Full-service adoption agency, individual and family counseling, credit counseling, and mortgage foreclosure counseling.	
Elder Care Rights Alliance through Tubman	612-825-3333
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	
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.	

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
https://aa.org	
Support for people dealing with alcohol problems.	

Canvas Health	651-777-5222
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	800-257-7810
Or	651-213-4200
Minnesota Prevention Resource Center	651-674-4085
Toll-free	877-935-4426
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	
AARP (American Association of Retired Persons) (Bloomington, MN)	952-858-9040
Courage Center (Golden Valley, MN)	612-775-2499
https://www.allinahealth.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.

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

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

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.

GoWashington..... 651-430-6651

Email.....ComSvsTransportation@co.washington.mn.us

GoWashingtonMN.com

A one-stop transportation resource to help Washington County residents find options to get where they want to go safely and affordably. GoWashington does not schedule or pay for rides; residents need to contact providers directly.

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.	
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.	

Volunteer Opportunities/Services

Big Brothers Big Sisters of the Greater Twin Cities	651-789-2400
www.bbbs.org	
Mentoring one child with one adult at a time. Serving ages 7 to 13.	
CANVAS Volunteer Services	651-275-4306
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.
- Neighborhood Service Exchange (Community Thread)** 651-439-7434
 A neighbor-helping-neighbor program based on exchanging services.

Websites

- AAA Foundation** www.aaafoundation.org/home
- AARP** www.aarp.org
- Alzheimer’s Association** www.alz.org
- American Cancer Society**..... www.cancer.org
- American Diabetes Association** www.diabetes.org
- American Heart Association**..... www.heart.org
- American Red Cross**..... www.RedCross.org
- American Stroke Association** www.stroke.org
- Community Resource Director**..... www.MinnesotaHelp.info
- Deaf and Hard of Hearing Services** <https://mn.gov/deaf-hard-of-hearing>
 www.deafblindinfo.org
 <https://education.mn.gov/MDE/dse/sped/cat/dhh>
- Experience Works!** www.experienceworks.org
- Family Caregiver Alliance** www.caregiver.org
- Foster Grandparents and Senior Companions in MN** www.mnseniorcorps.org
- GoWashington**..... GoWashingtonMN.com
- Metropolitan Area Agency on Aging** <https://metroaging.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
- Minnesota State Bar Association**..... www.mnfindalawyer.com
 Attorney referral service.

Minnesota Tenants Union	www.tenant.net
MNHPC Minnesota Network of Hospice & Palliative Care	651-917-4616 www.mnhpc.org
National Alliance for Care Giving	www.caregiving.org
National Alliance for Hispanic Health	www.hispanichealth.org
National Caregivers Library	www.caregiverslibrary.org
National Center on Elder Abuse	https://ncea.acl.gov
National Council on the Aging, The	www.ncoa.org
National Institute of Neurological Disorder and Stroke	www.ninds.nih.gov
National Institute on Aging/U.S. National Institutes of Health	www.nia.nih.gov
National Kidney Foundation	www.kidney.org
National Multiple Sclerosis Society	www.nationalmssociety.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 (USDA)	www.usda.gov/topics/food-and-nutrition
Prescription Payment Assistance	www.medicare.gov
Preventing and Recovering from ID Theft	www.consumer.gov
Senior Events in the Twin Cities	www.mngoodage.com
State of Minnesota	www.mn.gov
State Services for the Blind	https://mn.gov/deed/ssb
Twin Cities Senior Housing Guide	www.seniorsguideonline.com
U of M Extension Service – Washington County	https://local.extension.umn.edu/local/washington
United Way	www.gtcuw.org
U.S. Dept. of Health & Human Services – Aging	www.hhs.gov/aging/index.html
Vital Aging Network	www.vital-aging-network.org
Washington County	www.co.washington.mn.us
Recycling	
NextStep	www.pca.state.mn.us/quick-links/nextstep

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

Washington County Residential Disposal Guide

.....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.