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

CLOTHING, FURNITURE, & EQUIPMENT

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

Beyond Barriers ........................................... 651-462-3444  
Toll Free ........................................... 800-561-2223  
www.beyondbarriers.com  
Provides independence for seniors and persons with disabilities to help them remain in their homes.

Community Helping Hands ........................................... 651-464-8150  
Serving families in the Forest Lake area with clothing and furniture.

Dawn’s Closet (Valley Outreach) ........................................... 651-430-2739  
Clean, gently-used clothing for men, women and children. Also have functioning household essentials.

Goodwill Industries ........................................... 651-439-4207  
Low cost furniture, clothes, household goods, and other items.
Joseph’s Coat ........................................................................................................ 651-291-2472
   Free clothing closet. Form of ID required. Shop once a week.
Salvation Army ..................................................................................................... 651-746-3400
   Low-cost furniture, clothes, household goods, and other items.

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
   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
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 ................................................................................... 615-603-5100
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 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
Coborns Delivers .......................................................................................... 763-971-4900
   Toll Free ..................................................................................................... 866-586-2530
   www.cobornsdelivers.com
   Delivers groceries in the seven-county metro areas.
Kemp’s Home Delivery ................................................................. 612-627-8709
Delivers juice and dairy products in the Washington County area.

Store to Door .............................................................................. 651-642-1892
www.storetodoor.org
Grocery shopping and prescription delivery services for elderly and disabled.

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
   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
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
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
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
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

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

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.
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
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
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  
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
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
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 Public Health
   Personal Care Assistance .......................................................... 651-430-6455
   Program provides services to individuals of any age who require additional 
care to meet their day-to-day needs. Participants must be on Medical 
Assistance. The recipient must be able to direct their own care or have a 
responsible party who is able to do so on their behalf. A county public health 
nurse will complete a PCA assessment to determine if PCA services are 
appropriate and to determine the amount of time needed.
HOMEMAKING SERVICES
Includes services such as housekeeping, meal preparation, and shopping.

Abbey Care Choice, Inc. ................................................................. 651-690-5352
Alliance Health Care ................................................................. 651-895-8030
Comfort Keepers ................................................................. 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 (St. Paul) ........................................... 651-647-0647
 (Cottage Grove) ................................................................. 651-459-9046
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 NUMBER

Adult Children of Alcoholics/Dysfunctional Families
Answered 24 hours ................................................................. 952-922-0880
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

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

American Red Cross ................................................................. 651-439-0031
www.scarc.org
Provides assistance after fires and other emergencies. Communication link for
military families.
Canvas Health Crisis Connection .............................................................. 612-379-6363
Or.................................................................................................................. 866-379-6363
www.crisis.org
Confidential phone counseling and referral.

Canvas Health Mobile Crisis Response .................................................. 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.

Domestic Violence Crisis Line ............................................................... 612-825-0000
www.tubman.org
Support, referral, and shelter.

Drug Abuse Hotline ................................................................................. 800-276-6818
Drug and alcohol treatment.

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

Emotions Anonymous .............................................................................. 651-647-9712
www.emotionsanonymous.org

Family Violence Network (Tubman Family Alliance) ....................... 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.mnaidsproject.org
Statewide information and referral, HIV testing, prevention services,
and information.

Narcotics Anonymous 24-Hour Help Line .......................................... 877-767-7676
www.naminnesota.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

HOSING

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
Comfords 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
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 ................................................................................. 612-370-3087

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

Minnesota Housing Finance Agency
(MHFA) .................................................................................. 651-296-8215
Toll Free .................................................................................. 800-710-8871
www.mnhousing.gov
Information about first time home buyers program and 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
www.klas.com/mnbph
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
www.aioic.org
Provides training, retraining, employment and economic development opportunities for unemployed and under-employed American Indian people in a culturally conducive atmosphere that addresses the needs of the whole person and family. Programs and services are open to qualifying persons.

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

CLUES (Chicanos Latinos Unidos En Servicio)
St. Paul ................................................................................................ 651-379-4200
Mpls .................................................................................................. 612-746-3500
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
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
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 2:30-4:30pm 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.

Bayport Senior Center .................................................................. 651-275-8907
CLUES (St. Paul) ....................................................................... 651-379-4200
   (Mpls) .................................................................................. 612-746-3500
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.
Elder Care Rights Alliance through Tubman .......................... 612-825-3333
  http://tubman.org/home/services/elder-care-resources/
Gray Panthers ..................................................................... 612-822-1011
  People who are concerned with ageism at any age.
HOME Line .......................................................................... 612-728-5767
  Or toll free from Greater MN ............................................. 866-866-3546
  www.homelinemn.org
  Provides free legal, organizing, educational, and advocacy services so that
  tenants throughout Minnesota can solve their own rental housing problems.
Minnesota Board on Aging .................................................... 651-431-2500
  Or .................................................................................. 800-822-6262
  www.mnaging.org
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](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
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
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
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.alzmndak.org
24-hour a day telephone support and information about memory loss.
Alzheimer’s Disease and Dementia Support (Lakeview Hospital) .... 651-430-4510
Provides information, education, and support to family members and
caregivers.
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
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  
www.tcaging.org

For a metro-wide listing of support groups and education, go to:  
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
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
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
www.alcoholics-anonymous.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:

www.aaafoundation.org
AARP (American Association of Retired Persons)
(Bloomington, MN) .......................................................... 952-858-9040
www.courage.org
Courage Center (Golden Valley, MN) .............................................. 763-588-0811
Minneapolis 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.

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
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.
CANA\$ 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.alzmdak.org
American Cancer Society: www.cancer.org
American Diabetes Association: www.diabetes.org
American Heart Association: www.americanheart.org
American Red Cross: www.RedCross.org
American Stroke Association: www.strokeassociation.org
Assisted Living Federation of America: www.alfa.org
Community Resource Director: www.MinnesotaHelp.info
Deaf and Hard of Hearing Services: www.dhhsd.org
www.interpreterreferral.org
www.deafblindinfo.org
Experience Works!: www.experienceworks.org
Family Caregiver Alliance: www.caregiver.org
Foster Grandparents and Senior Companions in MN: www.mnseniorcorps.org
Government Information on Aging Health Ministries: www.seniors.gov
Hospice Minnesota:  www.hospicemn.org

Metropolitan Area Agency on Aging:  www.tcaging.org

Minnesota Attorney General’s Office:  www.ag.state.mn.us
   Booklets such as Probate and Planning: A Guide for the Future;
   Seniors’ Legal Rights; and Guarding Your Privacy, are available here.

Minnesota Department of Health:  www.health.state.mn.us

Minnesota Health and Housing Alliance:  www.mhha.com

Minnesota State Bar Association:  www.mnfindalawyer.com
   Attorney referral service.

Minnesota Tenants Union:  www.tenant.net

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:  www.ncea.aoa.gov


National Institute of Neurological Disorder and Stroke:  www.NINDS.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:  www.nutrition.gov

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:  www.mnssb.org
Twin Cities Senior Housing Guide:  www.seniorsguideonline.com
U of M Extension Service – Washington County:  
www.extension.umn.edu/county/washington
United Way:  www.gtcuw.org
Vital Aging Network:  www.vital-aging-network.org
Washington County:  www.co.washington.mn.us

RECYCLING
Green Guardian:  www.greenguardian.com
Find resources and web links on recycling, composting, reuse, and disposal in the Twin Cities.

NextStep:  www.nextstep.state.mn.us
Find resources on sustainability-meeting our needs today in ways that ensure that future generations will also thrive.

Reduce Waste:  www.reduce.org
Learn how to prevent garbage and reduce what you throw away and recycle.

SEEK:  www.seek.state.mn.us
Sharing environmental education knowledge:  Resources for educators of all kinds.  A searchable database, calendar, and news.

Twin Cities Free Market:  www.twincitiesfreemarket.org
An internet forum for people to give or get free household items.  If you don’t have access to the web, call 651-222-7678.

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.