

Community Resources for Older Adults in the White Bear Area

General Information & Referral Services

Senior Linkage Line 1-800-333-2433
www.metroaging.org/help-information/senior-linkage-line/

White Bear Area Senior Program 651-653-3121
www.whitebearseniorprogram.org

White Bear Area Chamber of Commerce
(Local Business Referrals)..... 651-429-8593

Adult Day/Respite/Companion Programs

The Gathering
651-414-5291
www.lyngblomsten.org/community-services/gathering/

Lakewood Adult Day Center651-779-9858
www.LakewoodOnline.org

Neighbor to Neighbor Companion Prog..... 1-877-540-9443
www.lssmn.org

Senior Companion Program 651-310-9440
www.lssmn.org

Adult Protection/Vulnerable Adult Mistreatment

MN Adult Abuse Reporting Center1-844-880-1574
Office of Ombudsman for Long Term Care651-431-2555
www.mnaging.org/Advocate/OLTC.aspx

Caregiver Coaching, Consultation and Support Groups

Family Means
651-439-4840
www.familymeans.org/help-for-caregivers/

Lyngblomsten White Bear Caregiver Support.... 612-559-3646
www.lyngblomsten.org/community-services/caregiver-resources/

Donations

Clothing (Neighbors Helping Neighbors)651-777-1107
Furniture/Housewares (Bridging, Inc.)651-631-3255
Medical Equipment (South Shore Trinity)..... 651-429-4293

Financial Assistance

Consumer Credit Counseling: Family Means..651-789-4014
www.familymeans.org
Lutheran Social Services888-577-2227
www.lssmn.org
Energy Assistance
651-645-6470
www.caprw.org
Ramsey County Human Services 651-266-4444
www.ramseycounty.us/

Reverse Mortgage Counselors651-690-3141
Social Security Administration..... 1-800-772-1213
www.ssa.gov

Food Assistance

Fare for All/Discounted Groceries..... 763-450-3880
www.fareforall.org

Help at Your Door (Grocery Shopping Asst)....651-642-1892
www.storetodoor.org

Meals on Wheels (White Bear Area)651-653-3121
www.whitebearseniorprogram.org

NAPS (Nutrition Asst. Prog. for Seniors) 651-484-8241
www.2harvest.org

Food Shelves

Hugo Good Neighbors Food Shelf.....651-528-6224
www.hugoodfoodshelf.org

Mahtomedi Food Shelf651-395-5350
www.stjudeofthelake.org

Vadnais Heights Food Shelf612-245-9259
www.cityvadnaisheights.com

White Bear Area Emergency Food Shelf651-407-5310
www.whitebearlakefoodshelf.org

Health Insurance Counseling

Senior Linkage Line800-333-2433
White Bear Area Senior Program (by appt.) ..651-653-3121

Hearing Loss

Deaf & Hard of Hearing Services651-431-5940
www.mn.gov/dhs/people-we-serve/adults/services/deaf-hard-of-hearing/

Telephone Equipment Distribution1-800-657-3663
www.mn.gov/dhs/ted-program

Home Care

Ramsey County MN Choices Assessment651-266-3613
www.ramseycounty.us/residents/assistance-support/assistance/seniors
White Bear Area Home Care Listing651-653-3121

Home Chore/Maintenance/Repair/Accessibility Assistance

Hearts and Hammers 651-636-0797
<https://heartsandhammers.org/>

Help At Your Door
651-642-1892
www.Helpatyourdoor.org

LionsHelp-Handyman/Safety Modifications .. 651-653-3121
Paul's Grab Bars
.....612-822-0756
www.PaulsGrabBars.com

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Rebuilding Together Twin Cities 651-776-4273
www.rebuildingtogether-twincities.org

Senior Chore Program 651-757-4061
www.nyfs.org/services/senior-chore/

Housing

HousingLink (Affordable Rental info.) 612-522-2500
www.housinglink.org

Homeless Elder Program 651-647-2290

Homeline (Rental Advocacy/Legal Help) 612-728-5767
www.homelinemn.org

Senior Housing, Inc. (Care Options) 952-945-4022
www.seniorhousinginc.org

Twin Cities Senior Housing Guide 651-690-3141
www.seniorhousingguide.us

White Bear Guide to Senior Housing..... 651-653-3121
www.whitebearseniorprogram.org

Legal Assistance

MN Elder Justice Center 651-440-9300
www.elderjusticemn.org

Ramsey Cty. Bar Assoc. Attorney Referral 651-224-1775
www.ramseybar.org/attorney-referral-service/

Senior Law Project (for low income) 1-888-575-2954
www.smrls.org

VOA MN Elder Law Services 612-676-6300
www.voamnwi.org/estate-and-elder-law

Medical Equipment

Handi Medical
South Shore Trinity Lutheran

Mental Health

Center Life Counseling 651-289-3111
www.centerlifecounseling.com

NAMI-MN (Natl. Alliance for Mentally Ill) 651-645-2948
www.namihelps.org/

NYFS - Counseling Services 651-429-8544
www.nyfs.org/services/mental-health/counseling-services/

Ramsey County Mental Health Crisis Line 651-266-7900

Senior Recovery Center 651-773-0473
www.seniorrecoverycenter.squarespace.com/

Silver Sobriety Stillwater
651-890-2498 www.silversobriety.org

Suicide Hotline 1-800-784-2433

Police & Fire - Non-Emergency

Ramsey Co. Sheriff 651-484-3366

Vadnais Heights Fire 651-204-6030

WBL Fire
651-429-8569

WBL Police
651-429-8511

Safety/Personal Emergency Response Systems

EZ Help 911(free cell phones for seniors)..... 651-429-2374

Fairview Lifeline (PERS)..... 952-885-6185
www.fairview.org/Overarching-Care/Home-Care-and-Hospice/Lifeline

File of Life-Emergency Medical Info. Packet.. 651-653-3121

Medic Alert/Alzheimer's Assc. Safe Return .. 888-572-8566
www.medicalert.org/safereturn

Special Needs

Alzheimer's Helpline1-800-272-3900
www.alz.org/mnnd/

Disability HUB 1-
866-333-2466

www.disabilityhubmn.org

Parkinson's MN
763-545-1272

www.parkinsonmn.org

Support Groups

White Bear Area Support Group Listing..... 651-653-3121
www.whitebearseniorprogram.org

Transitional Care/Nursing Home Care

Cerinity Care Center of WBL651-232-1818
www.cerinityseniorcare.org/locations/whitebearlake/

Maplewood Care Center 651-770-1365
www.voaseniorliving.org/communities/maplewood-care-center/

Ramsey County Care Center..... 651-777-7486
www.ramseycounty.us/residents/assistance-support/assistance/seniors

Waverly Gardens Care Center.....651-765-4000
www.waverlygardensphs.org

Transportation

Disability Parking Permits.....
651-297-3377

www.dps.mn.gov/divisions/dvs/forms-documents/Document/s/MV_DisabilityParkingCertificate.pdf

Help At Your Door
651-642-1892

www.Helpatyourdoor.org

Metro Mobility
651-602-1111

www.metrotransit.org/metro-mobility

TransitLink
651-602-5465

www.transitlinktc.org

White Bear Area Senior Transportation Guide.. 651-653-3121
www.whitebearseniorprogram.org

Veterans Benefits

Ramsey County Veterans Services.....651-266-2545

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www.co.ramsey.mn.us/vs

Veterans Administration

1-800-273-8255

www.va.gov

Veteran Affairs – MN Dept. of1-888-LINKVET

www.minnesotaveteran.org

Washington County Veterans Services 651-430-6895

www.co.washington.mn.us/819/Veterans-Service-Office

Vision Loss

Statewide Services for the Blind651-539-2325

www.mnssb.org