

White Bear Area Guide to Senior Services

Prepared by the White Bear Area Senior Program
a division of WBLAS Community Services & Recreation

2484 East County Road F, White Bear Lake, MN 55110
651-653-3121 www.whitebearseniorprogram.org





White Bear Area Senior Program

The Senior Center is located in the Normandy Park Education Center
2484 East County Road F, White Bear Lake, MN 55110
651-653-3121 Monday-Friday 8:00 am - 4:30 pm

The White Bear Area Senior Program provides education, recreation, volunteer opportunities, resource navigation, and support services for area seniors and their families. The Senior Center is available to all adults, no matter where you live. Be sure to check out our resource wall and Senior Voice Newsletter for the most current information.

Programs and Services

- Meals on Wheels
- Elder Resource Specialist
- Foot Care Clinic
- Medicare Insurance Counseling
- LionsHELP (*household repairs*)
- Computer & Technical Help
- Adult Enrichment Classes
- AARP Smart Driver Classes
- Social Activities and Games
- Lending Library
- Craft Corner Gift Shop
- Get Up & Go Fitness Classes

Community Engagement

Working together to fill gaps, cross promote, cross refer, and leverage local resources to build our community's capacity to serve older adults. To support community partnerships and to help create a more age-friendly community, call 651-653-3126.

Volunteer Opportunities

Connecting individuals who want to share their time and talents with our program, schools, and community. Call 651-653-3126 or apply online at www.whitebearseniorprogram.org.

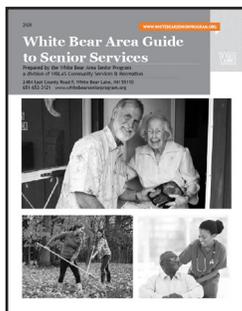
Social Activities

500 Cards, Adult Coloring, Contract Bridge, Duplicate Bridge, Cribbage, Dominoes, Friends Who Care, In Stitches, Mad Hatter Yarners, Mah Jongg, Pinochle, Readers Chat, Ukulele, Woodcarving, and Fitness Classes. Call 651-653-3121.

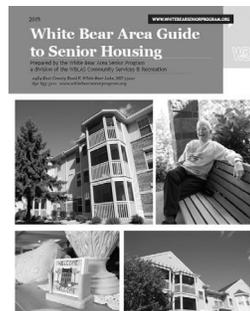
ABOUT THIS GUIDE...

This local guide to senior services contains resources compiled in response to inquiries made by seniors and caregivers in our community over the past decade. Please be aware that this guide includes resources and providers known to serve the White Bear Area at the time of publication. The White Bear Area Senior Program does not guarantee that provider data is current, nor do we support, endorse, or have any direct relationship with the providers listed. For additional senior friendly businesses or services not listed call the White Bear Area Chamber of Commerce at 651-429-8593.

This is the third in our series of community resource guides. Copies of all three guides are available at the White Bear Area Senior Center and online at: www.whitebearseniorprogram.org under ELDER RESOURCES



White Bear Area Guide
to Senior Services



White Bear Area Guide
to Senior Housing



White Bear Area Guide
to Senior Transportation

White Bear Area Guide to Senior Services

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GENERAL INFORMATION AND REFERRALS

Senior LinkAge Line® 1-800-333-2433

Metropolitan Area Agency on Aging
Translation services available
www.seniorlinkageline.com

Mon-Fri 8:00 am - 4:30 pm

A free telephone information and assistance service for seniors and their caregivers. Trained information specialists work to understand your needs and goals and help connect you to services; help with eligibility and applications related to Medicare and Medicaid; and help with long-term care decision making.

White Bear Area Senior Program 651-653-3121

White Bear Area School District
2484 East County Rd F
White Bear Lake, MN 55110

www.whitebearseniorprogram.org

Mon-Fri 8:00 am - 4:30 pm

An Elder Resource Specialist can help connect seniors and their caregivers with local resources. Confidential consultations by phone, email or office visit, may be arranged to answer questions, help assess needs, and refer to services in the community.

POLICE AND FIRE DEPARTMENTS

EMERGENCY

Call 911 for medical, fire or emergency assistance.

NON-EMERGENCY

- Ramsey County Sheriff**
 651-484-3366
www.ramseycounty.us/your-government/leadership/sheriffs-office
- Vadnais Heights Fire**
 651-204-6030
www.cityvadnaisheights.com/177/Fire
- White Bear Lake Fire**
 651-429-8568
www.whitebearlake.org/publicsafety/page/fire-department
- White Bear Lake Police**
 651-429-8511
www.whitebearlake.org/publicsafety/page/police-department

TRANSPORTATION

Metro Transit is the public transportation resource for the Twin Cities that offers an integrated network of buses, including Transit Link and Metro Mobility, light rail, and commuter trains.

Metro Mobility 651-602-1120

www.metrotransit.org/metro-mobility

Metro Transit 612-373-3333

www.metrotransit.org

Transit Link 651-602-LINK (5465)

www.transitlinktc.org

For a full description of these and other transportation options, please see our **White Bear Area Guide to Senior Transportation.**



ADULT PROTECTION AND ADVOCACY

REPORTING SUSPECTED ABUSE, NEGLECT OR EXPLOITATION

Minnesota Adult Abuse Reporting Center (MAARC)

1-844-880-1574

MN Department of Human Services
www.mn.gov/dhs

Available 24-hours, 7-days a week

Call to report suspected abuse, neglect, self-neglect or financial exploitation of vulnerable adults. If reporting an emergency that requires immediate assistance from the police/sheriff, fire department or an ambulance, call 911 first, then call MAARC.



INFORMATION, SUPPORT AND ADVOCACY

Minnesota Elder Justice Center

651-440-9300

2610 University Ave, Suite 530
St. Paul, MN 55115

www.elderjusticemn.org

Support for those impacted by elder abuse, neglect, and financial exploitation including support groups, help finding needed resources, accessing legal information and legal support to provide protection and safety, and making a plan for what comes next. All advocacy services are free of charge.

Office of Ombudsman for Long-Term Care

651-431-2555 / 1-800-657-3591

Minnesota Board on Aging
P.O. Box 64971, St. Paul, MN 55164-0971

www.mnaging.org/advocate/OLTC

Offers information and consultation about consumer rights and regulations to residents of nursing homes, board and care homes, housing with services, assisted living, adult foster care, and home care services. The Long-Term Care Ombudsman investigates complaints concerning the health, safety, welfare and rights of long-term care consumers, work to resolve individual concerns, identify problems and advocates for changes to address them, at no charge to the consumer.

CONSUMER / FINANCIAL ASSISTANCE AND ADVOCACY

INFORMATION AND ADVOCACY

State of MN Attorney General's Office **651-296-3353**

www.ag.state.mn.us

Provides consumer assistance and free publications on a variety of topics, including information about scams and financial exploitation. For information on how to spot a scam and questions related to Senior Citizen Scams visit website.

Minnesota Department of Commerce **651-539-1500**

www.mn.gov/commerce/consumers/

Information and advocacy related to consumer issues including banking, insurance, and fraud, as well as energy and telephone discounts.

Long-Term Care Insurance Benefit Review and Claims Advocacy **763-307-9138**

Amada Senior Care
www.amadatwincities.com

Complimentary comprehensive benefits analysis. Experts help policy holders understand and verify their Long-Term Care benefits, claims processing, paperwork submission, and advocacy.



BENEFITS ASSESSMENT AND COUNTY ASSISTANCE

Benefits CheckUp

National Council on Aging
www.benefitscheckup.org

Learn more about benefits and available programs to save money.

Bridge to Benefits

Children's Defense Fund Minnesota
<http://mn.bridgetobenefits.org/Home2>

Helps families and individuals link to public support programs and tax credits. Answer a few simple questions online to determine eligibility for support programs. Confidential and free.

County Financial and Economic Assistance

For more information on emergency cash, food, health care, child care, funeral and energy assistance programs, eligibility, and applications, contact county of residence. Applications can be obtained and submitted online, in-person, or through the U.S. mail.

- **Anoka County Economic Assistance**
763-422-7200
www.anokacounty.us/193/economic-assistance
- **Ramsey County Human Services**
651-266-4444
www.ramseycounty.us/residents/assistance-support/assistance/financial-assistance
- **Washington County Economic Support**
651-430-6455
www.co.washington.mn.us/787/economic-support

EMPLOYMENT AND TRAINING

Ramsey County Workforce Solutions **651-266-9890**

Careerforce Center Ramsey County
2266 2nd St N, North St. Paul, MN 55109
www.ramseycounty.us/your-government/departments

Provides employment and training services to businesses and job-seekers in Ramsey County. Career development and coaching services include assessments, basic skill development, job search support, occupational skills training, support services, and job placement.

ENERGY ASSISTANCE AND CONSERVATION

Community Action Partnership of Ramsey & Washington Counties

1101 Geneva Ave, Oakdale, MN 55128
www.caprw.org

- **Energy Assistance**
651-645-6470

Helps low income homeowners and renters pay heating bills and provides advocacy assistance for shut-offs during the heating season. Information about other utility discounts including phone discounts, available on website. Must apply yearly between October and May.

- **Energy Conservation and Weatherization Program**
651-482-8260

Provides home energy audits, free weatherization, insulation, furnace repair, and replacement services, for qualified low-income homeowners and renters to help conserve energy and lower monthly energy bills. Contract services are also available to those who do not qualify for free services.

FINANCIAL COUNSELING AND COACHING

Family Means Financial Solutions **651-789-4014**

1875 Northwestern Ave S
Stillwater, MN 55082
www.familymeans.org

Budget and Debt Counseling, Debt Management Program, Credit Report Review and Financial Education.

LSS Financial Counseling **1-888-577-2227**

www.lssfinancialcounseling.org

Offering budgeting, credit report reviews, student loan repayment, debt counseling, and debt management plans. Additional services include pre-purchase homeownership, foreclosure prevention, and reverse mortgage housing counseling (HUD approved). Serving Minnesota residents with free appointments by phone, online, and in person at local offices. Call for an appointment and office locations.

Prepare + Prosper Money Mentors Financial Coaching Program **651-262-2175**

2610 University Ave W, Suite 450
St. Paul, MN 55114

www.prepareandprosper.org/money-mentors

Individualized financial coaching and peer support. Participants meet with financial coach once a month for a minimum of six months. Applications accepted on a rolling basis.

TAX ASSISTANCE

AARP Tax Assistance

651-653-3121

AARP volunteers available locally to assist seniors one-on-one with tax filing from January - April 15th.

Call the White Bear Area Senior Program at 651-653-3121 during tax season for current locations, days and times.

Prepare + Prosper

651-287-0187

2610 University Ave W, Suite 450
St. Paul, MN 55114

www.prepareandprosper.org

Free tax preparation and financial services provided by a team of IRS-certified volunteers who are passionate about taxes and finances to get the maximum refund possible. Prepare federal and Minnesota returns, including property tax refunds for renters and homeowners. Services are available year-round for individuals with annual income under \$35,000 and families under \$55,000. Call or visit our website to schedule an appointment.

Minnesota Department of Revenue

1-800-657-3666

www.revenue.state.mn.us

For information on tax filing, refund status, property tax relief, rent rebates, and locations of free tax preparation assistance.

Computer & Technical Device Help

Ramsey County Library

Need extra help on computers?

Have questions about email accounts?

Need assistance working on a document?

Want to learn how to surf the Internet?

Drop in for FREE one-to-one instruction!
No appointment necessary.

- **Every Thursday**
10:00 am - Noon
White Bear Library
2150 2nd Street
White Bear Lake, MN 55110
651-724-6007
- **3rd Wednesday of the Month**
9:00 - 11:00 am
White Bear Area Senior Center
2484 East County Road F
White Bear Lake, MN 55110
651-653-3121



LEGAL RESOURCES

LEGAL INFORMATION AND REFERRALS

LawHelpMN.org

Legal Services State Support, a project of the Minnesota Legal Services Coalition, provides online resources to help Minnesotans solve legal problems. A Self-Help Library, Providers and Clinics Directory, and LawHelpMN Guide, can help with finding resources and free or low-cost lawyers in your area.

Office of Minnesota Attorney General 651-296-3353

www.ag.state.mn.us

Provides free publications on a variety of topics including:

- *Probate and Planning*, information on planning for the future and how to write your own will.
- *Seniors' Legal Rights*, designed to inform older adults of their rights on topics ranging from consumer protection and estate planning to utilities and nursing homes.

Ramsey County Bar Association Attorney Referral 651-224-1775

<https://legalhelp.ramseybar.org/>

Assists callers in finding a local attorney who practices in the area of law that best fits the caller's needs. All attorneys are pre-screened and in good standing with the Bar Association.

FREE OR LOW-COST LEGAL SERVICES

Legal Advocacy for Older People 1-888-575-2954

Southern MN Regional Legal Services
55 E 5th St, Suite 400, St. Paul, MN 55101
www.smrls.org

Free advice and legal representation to people age 60 and older in social and economic need. Case priorities emphasize access to housing, long-term care, and other basic necessities.

Volunteer Lawyers Network 612-752-6677

www.vlnmn.org

Mon, Wed, Thu 9:00 am - 1:00 pm

Connects people experiencing poverty with trained volunteer lawyers, who provide advice, brief services or representation in court. Legal services provided in cases such as: housing, eviction, immigration, family, consumer, employment and bankruptcy, excluding wills and estate law.



GUARDIANSHIP AND CONSERVATORSHIP

Guardian and Conservator Services 1-888-806-6844

Lutheran Social Services
2485 Como Ave, St. Paul, MN 55108

www.lssmn.org

Works with county social services, community-based service providers, courts, legal representatives and trustees. Ensures the well-being of individuals who can no longer make personal or financial decisions for themselves but are able to continue living, participating and contributing in their communities.

Protective Services and Guardianship Information Line 952-945-4174

Volunteers of America-
Center for Excellence in Supported
Decision-Making

3333 N 4th St, Minneapolis, MN 55412

www.voamnwi.org/cesdm

Serves adults who may not have the ability to manage or make decisions regarding care, finances or safety and their caregivers. Offers in-depth telephone consultation, information, advice and referrals; in-person assessments regarding the need for guardianship with a focus on less restrictive alternatives; advocacy and coaching to assist families.



ESTATE AND ELDER LAW SERVICES

Estate and Elder Law Services 612-676-6300

Volunteers of America
1900 Central Ave NE, Suite 106
Minneapolis, MN 55418

www.voamnwi.org/estate-and-elder-law

Assists with wills, trusts, estate planning, probate, power of attorney, health care directives, guardianship, conservatorship, special needs trusts, Medical Assistance planning, and real estate. Legal fees typically billed at an hourly rate. Basic wills and trusts available for a flat-fee. Private-pay rates. Individuals may qualify for subsidized rates based on monthly income and assets. In home or in office appointments.

LOCAL ESTATE AND ELDER LAW ATTORNEYS

Collins Law Office 651-464-7400

20 Lake St N, Ste 202, Forest Lake, MN 55025

www.rcollinslaw.com

Mary Ebb Law, PLLC Elder Law Attorney 651-340-0629

1310 Hwy 96 E, Suite 203
White Bear Lake, MN 55110

www.maryebblaw.com

Safe Harbor Estate Law Estate and Elder Law Attorneys 612-615-9535

3240 Rice St, Roseville, MN 55126

www.safeharborestatelaw.com

Sheila J. Kelly Law Firm, LLC Estate and Elder Law Attorney 612- 568-4938

4856 Banning Ave, White Bear Lake, MN 55110

www.sheilakellylaw.com

FOOD, MEALS AND NUTRITION ASSISTANCE

FOOD HELPLINE

Minnesota Food HelpLine 1-888-711-1151

Hunger Solutions
www.hungersolutions.org

Provides assessment and solutions to food needs; eligibility for Supplemental Nutrition Assistance Program, or food shelf locations. Call, chat or fill out the online form.

FOOD SHELVES

Hugo Good Neighbors Food Shelf 651-528-6224

15106 Francesca Ave N
Hugo, MN 55038

www.hugofoodshelf.org

Mon & Thu 4:00 - 7:00 pm
Tue 12:00 - 3:00 pm

Serving all residents of zip code 55038, which includes Hugo, Centerville, portions of Lino Lakes and portions of White Bear Lake. Serves all who are in need by providing fresh food, shelf-stable food, and other health-related items.

Mahtomedi Area Food Shelf 651-395-5350

St. Jude of the Lake Catholic Church
700 Mahtomedi Ave
Mahtomedi, MN 55115

www.stjudeofthelake.org/mahtomedi-area-food-shelf/

Tue & Thu 1:00 - 3:00 pm
1st & 3rd Wed 5:00 - 6:30 pm

Serving Mahtomedi School District 832. Call for an appointment.

Vadnais Heights Community Food Program

651-746-4158

655 East County Rd F
Vadnais Heights, MN 55127

www.cityvadnaisheights.com

3rd Saturday of Month

Jan-Oct 9:00 - 10:00 am

Nov-Dec 9:00 - 11:00 am or by appointment

Food distribution to Vadnais Heights residents. Register the day of distribution with proof of residency (i.e. driver's license or copy of utility bill) when picking up food.

White Bear Emergency Food Shelf 651-407-5310

1884 Whitaker St
White Bear Lake, MN 55110

www.whitebearfoodshelf.org

Mon-Fri Shop by Appointment

Fresh produce, meat, milk, and dry goods available. Bonus Saturdays, Mobile Markets, and Free Farmers Markets also available. Call for schedule and appointments.



GROCERY DELIVERY

Help at Your Door Grocery Assistance 651-642-1892

8441 Wayzata Blvd
Golden Valley, MN 55426

www.helpatyourdoor.org

A nonprofit serving seniors and individuals with disabilities offering affordable grocery delivery services. Easy to use product catalogue includes food and household essentials. Orders can be placed online or over the phone. Delivery of groceries and help with putting away items. Fee: \$15.00 for new clients with financial assistance available through sliding fee, EBT, SNAP, and county/insurance waivers (EW, AC, CADI, ECS, and CDCS).

AREA GROCERY STORES

Many stores now offer delivery services for free or for a nominal fee. Contact your local store for details.

GROCERY - LOW COST

Fare For All Express 763-450-3880

Community of Grace
4000 Linden St
White Bear Lake, MN 55110

www.fareforall.org

Discounted groceries up to 40% off. Open to everyone. Usually falls on the second Friday of the month from 2:00 - 4:00 pm. Find the program's full calendar, site location map, and monthly Hot Buys on website.

HOME DELIVERED MEALS

Meals on Wheels 651-653-3123

White Bear Area Senior Program
2484 East County Rd F
White Bear Lake, MN 55110

www.whitebearseniorprogram.org

Delivery: Mon-Fri 11:00 am - Noon

Offers hot, fresh or frozen nutritionally balanced home delivered meals to residents of the White Bear Lake Area School District and areas of Mahtomedi. Volunteers deliver meals and provide a wellness check. Many dietary choices available. Meal price is set on a sliding scale based on self-reported monthly income. Elderly Waiver and Alternative Care county assistance programs also accepted.



Optage Senior Dining Choices 651-746-8280

www.optage.org/senior-dining-services/mn/

Frozen, heat and eat packaged meals are available throughout the Twin Cities seven county metro area. Financial assistance provided by various programs. Adults 60+ years of age or older and determined to be at nutritional risk may choose from the full 65 item menu.

Eligible seniors and support agencies may register and order meals by phone or email: orders@optagedining.org. Nutrition Assistance Programs / Food Support

NUTRITION ASSISTANCE PROGRAMS / FOOD SUPPORT

NAPS and SNAP are federal food benefits programs administered by counties based on income guidelines. The agencies listed below assist with the application process.

Nutrition Assistance Program for Seniors (NAPS)

651-484-8241

Second Harvest Heartland
1140 Gervais Ave
Maplewood, MN 55109

www.2harvest.org

Mon, Wed, Thu, Fri 8:00 am - 4:00 pm
Tue 8:00 am - 7:00 pm

Monthly box of nutritious foods available to low income seniors 60+.

Supplemental Nutrition Assistance Program (SNAP) Outreach

SNAP (formerly Food Stamp Program) provides food-purchasing assistance based on household size, income, and expenses. SNAP benefits are not cash and are provided on a debit card to buy food at most grocery stores and farmer's markets.

- **Second Harvest Heartland SNAP Outreach**

651-209-7963

email: snaprefer@2harvest.org
<https://www.2harvest.org/snap>

- **Community Action Partnership**

651-603-5883

email: foodsupport@caprw.org
<http://www.caprw.org/community-action-services/energy-assistance/food-support-benefits/>



MEALS ON WHEELS

Serving White Bear Lake Area School District and parts of Mahtomedi.

White Bear Area Senior Program
2484 East County Road F
White Bear Lake, MN 55110

Debbie Walker, Meals on Wheels Specialist
651-653-3123 deb.walker@isd624.org

The White Bear Area Meals on Wheels Program helps area seniors live independently and remain in their homes.

Nutritionally balanced meals delivered midday Monday - Friday in Birchwood, Gem Lake, Hugo, Lino Lakes, Little Canada, Maplewood, Mahtomedi, North Oaks, Vadnais Heights, White Bear Lake and White Bear Township.

- Hot, fresh and frozen meals
- Low sodium and diabetic friendly
- Many dietary meal choices available (vegetarian, renal, gluten free, mechanical soft and puree)
- Each meal is delivered with a friendly knock on the door from a Meals on Wheels volunteer. A daily visit from a Meals on Wheels volunteer gives a neighbor the precious social interaction we all need. It also gives our volunteers a chance to identify illness or injuries early so that our elderly neighbors get help before minor problems become injuries.

Cost: Sliding fee is based on self-reported monthly income.

HEALTH CARE

DENTAL CARE - LOW COST

Affordable Dentures and Implants **763-315-1875**

8066 Brooklyn Blvd
Brooklyn Park, MN 55445
www.affordabledentures.com

Mon-Fri 7:30 am - 5:00 pm

Affordable dentures and related denture and tooth extraction services, partials and implants. On-site dental lab keeps costs low. 2019 prices: \$375-\$2350.

Century College Dental Hygiene Clinic **651-779-5787**

3300 Century Ave N, East Campus
White Bear Lake, MN 55110

www.century.edu/community-resources

Providing exams and preventative care including x-rays, cleaning, fluoride, and sealants. No fillings, root canals, extractions, or crowns. 2019 rates: \$40 per visit if 63 or older. Clinic open when school is in session September-May.

Community Dental Care **651-925-8400**

1670 Beam Ave, Maplewood, MN 55109

www.cdentc.org

Mon-Thu 7:30 am - 9:30 pm

Fri 7:30 am - 5:30 pm

Same day emergencies on walk in basis Mon-Thu until 5:00 pm, Fri until 2:00 pm

Sliding fee scale; all types of dental care; new Medical Assistance patients accepted; new immigrants and non-English speakers welcome.

Hope Dental Clinic **651-789-7605**

800 Minnehaha Ave E, Suite 465
St. Paul, MN 55106

www.hopedentalclinic.org

Mon-Thu 8:00 am - 9:00 pm

Serves individuals without dental insurance or finances to pay for needed dental services. Exams, fillings, cleanings, extractions, sealants and education (no dentures or crowns). There is a \$20 administrative fee for each visit, but dental services are free. Must make appointment, no walk-ins.

Metropolitan State University Advanced Dental Therapy Clinic **651-793-1793**

1670 Beam Ave, Suite 203
Maplewood, MN 55109

www.dental.metrostate.edu

Tue-Fri 8:00 am - 4:00 pm

Affordable dental care to people who have no dental insurance; Advanced Dental Therapy students provide services including fillings, extractions and stainless steel crowns. Excludes root canals and wisdom teeth extractions. Does not offer urgent care.

University of Minnesota School of Dentistry Clinic

Main Clinic Appointments: 612-625-2495

Urgent Care: 612-625-4908

Emergency After Hours: 612-273-3000

515 Delaware St. SE, Moos Tower, 7th Floor
Minneapolis, MN 55455

www.dentalclinics.umn.edu/our-clinics/moos-tower-clinics

Mon-Fri 8:15 am-Noon & 1:00-4:00 pm

Comprehensive dental care provided by supervised students by approximately one-third the normal cost. Payment required at time of visit.

Veterans Dental Benefits
MN Department of Veterans Affairs
651-266-2545

90 Plato Blvd W, Suite 210
St. Paul, MN 55107

<https://mn.gov/mdva/resources/healthdisability/dentalassistance.jsp>

Provides assistance annually to Veterans and their dependents towards routine dental care, extractions and denture procedures:

- up to \$1000 for annual routine care paid to your choice of providers;
- up to \$3000 once per lifetime max. denture authorization;
- and additional \$2000 once per lifetime extraction authorization in preparation for dentures.

Income and asset guidelines apply to qualify.

FOOT CARE

Foot Care Clinic
651-653-3121

White Bear Area Senior Center
2484 East County Rd F
White Bear Lake, MN 55110

www.whitebearseniorprogram.org

Every Friday and 2nd & 4th Tuesday of Month

Appointments available with a registered nurse for routine foot care. Call ahead to schedule a 30 minute appointment.

Cost is \$28.

Happy Feet
763-560-5136

2300 Orleans St W, Stillwater, MN 55082
www.happyfeetfootcare.com/clinic-locations

Appointments with a nurse for routine foot care at various metro locations. In-home appointments available as well.

Midwest Podiatry Centers
at Vadnais Heights
612-788-8778

3485 Willow Lake Blvd, Suite 300
Vadnais Heights, MN 55110

Thu 8:00 am - 5:00 pm

From routine checkups to treatments for surgery, Midwest Podiatry Centers is equipped to handle all podiatric needs.

White Bear Foot and Ankle
651-426-3995

4653 White Bear Pkwy
White Bear Lake, MN 55110

<https://whitebearfootandankleclinic.com/>

Provides comprehensive podiatric care including, but not limited to, routine foot care, diagnostic examinations, relief for foot and ankle pain, custom orthotics, physical therapy referrals and podiatric surgery.



HEALTH CARE DIRECTIVE

Honoring Choices Minnesota
Twin Cities Medical Society

www.honoringchoices.org

A public health initiative to provide information, tools and forms to assist with Advance Care Planning (ACP) and writing a Health Care Directive. ACP is a process which helps you think about, talk about, and write down your choices for future health care decisions. A Health Care Directive is a written plan for loved ones and health care providers to follow, so that your wishes are known if a time comes when you cannot speak for yourself.

MEDICARE / HEALTH INSURANCE COUNSELING

Senior LinkAge Line®

Schedule an Appointment: 1-800-333-2433

Metropolitan Area Agency on Aging
Translation services available

Volunteers provide assistance with:

- health insurance questions
- understanding bills
- choosing plans
- enrollment in Medicare and supplement insurance
- and other issues for Medicare beneficiaries.

Phone counseling and in-person appointments available.



Medicare Insurance Counseling 1st & 3rd Tuesday of the Month

White Bear Area Senior Center
2484 East County Rd F
White Bear Lake

Get answers about your Medicare, health, supplements or long-term care insurance.

Call Senior LinkAge Line at
1-800-333-2433 to schedule
a one hour individual appointment
at the White Bear Area Senior Center

MENTAL HEALTH AND COUNSELING

National Alliance on Mental Illness Minnesota (NAMI-MN)

651-645-2948

1919 University Ave W, Suite 400
St. Paul, MN 55104

www.namimn.org

Nonprofit organization that provides free education, support, and advocacy to individuals with mental illness, their families, professionals and the community at large. Various support groups offered in multiple locations for individuals and family members. Contact NAMI for current classes and meeting time or check website.

Northeast Youth and Family Services (NYFS)

651-429-8544

1280 North Birch Lake Blvd
White Bear Lake, MN 55110

www.nyfs.org

A nonprofit mental health and community services agency serving people of all ages and stages of life in the northeast suburbs. NYFS senior support services includes mental health counseling. Medicare and most other forms of insurance accepted. Sliding-fee scale for low-income clients may also apply.

Program to Encourage Active and Rewarding Lives (PEARLS)

651-410-7822

Jewish Family Service of St. Paul
1633 West 7th St, St. Paul, MN 55102

www.jfssp.org

Offers free short-term home-based counseling and life coaching for older adults and caregivers dealing with low mood or depression. Tele-counseling also available.

Suicide Prevention Lifeline

1-800-273-TALK (8255)

Phone number will change in 2020
to a short 3-digit number: **988**

National Lifeline provides 24/7 free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones and best practices for professionals.

County Mental Health Crisis Response

Support available daily, 24-hours a day, for adults who are in the midst of a mental health or substance abuse crisis.

Hotline

For the 7-county Metro Area call
**274747 or each county directly.

Crisis Text Line

Text "MN" to 741-741.

- **Anoka County**
763-755-3801
- **Ramsey County**
651-266-7900
<https://www.ramseycounty.us/content/mental-health-crisis-services>
- **Washington County**
651-275-7400
<https://www.co.washington.mn.us/2923/Crisis-Response>

SUBSTANCE USE RECOVERY

Senior Recovery Center

651-773-0473

235 Roselawn Ave E, Suite 13
Maplewood, MN 55109

www.seniorrecoverycenter.org

A state licensed out-patient substance abuse clinic providing recovery services for seniors impacted by alcohol, drugs or medications. Clinic services and support groups address an array of aging specific issues such as grief, physical and mental health problems, loss, emotional and social isolation.

Silver Sobriety

651-342-1402

11550 Stillwater Blvd, Suite 103
Lake Elmo, MN 55042

www.silversobriety.org

Providing adults 50+ with affordable non-residential recovery services for alcohol and drug addiction. Based on the 12-Step Recovery Program and offering strategies to handle emotional issues such as loneliness, depression and grief.



HOME CARE AND OTHER IN-HOME SERVICES

Utilizing home care and in-home services can extend the time an individual can live in their own home. Making use of home care and in-home services can relieve stress and responsibility of family caregivers and improve the quality of life of the individual.

When more help is needed in the home, or there are medical needs after illness or hospitalization, there are a variety of home care and in-home support services available. Different types of providers serve different needs, and are paid for in different ways.

The general term home care describes two different types of care:

- **Home health care provided by licensed medical professionals** who offer skilled Medicare certified care including nursing, rehabilitation therapies, and medication management. Hospice care is also provided by some Medicare certified home health agencies for those nearing the end of life.
- **Home care provided by professional caregivers** who offer hands-on assistance with activities of daily living, including personal care such as help with bathing, dressing and toileting, and in-home support such as housekeeping, meal preparation, transportation, and shopping.

In addition, there are in-home support, homemaking or home management providers, as well as volunteer companion programs that offer other in-home support, that can help with light housekeeping and transportation.

Services vary depending on the type of home care agency, whether they are a Medicare certified agency, and what type of state licensure they have.

Skilled medical home care services such as:

- Nursing and social work
- Physical therapy and occupational therapy
- Medication administration
- Wound care

Personal care assistance with activities of daily living such as:

- Bathing and grooming
- Dressing
- Toileting

Other support services:

- Light housekeeping
- Meal preparation
- Laundry
- Transportation
- Shopping and errands

Payment also varies depending on many factors, such as acute or long term medical needs, homebound status, insurance coverage, income and asset eligibility, and personal resources.

Paying for home care:

- Medicare
- Medical Assistance/Medicaid
- Elderly Waiver and Alternative Care
- VA Benefits
- Long Term Care Insurance
- Private Pay

What follows are resources to help locate and evaluate home care services and a partial list of local home health, home care and in-home service providers.

HOME CARE AND OTHER IN-HOME SERVICES

RESOURCES TO HELP LOCATE AND EVALUATE HOME CARE

Minnesota Department of Health

<https://www.health.state.mn.us/facilities/regulation/choosefacility.html>

Provides up-to-date searchable database of licensed health care providers, including home care providers as well as resources to help choose a provider, including survey, inspection, and complaint results.

The Home Care Bill of Rights is also available at: <https://www.health.state.mn.us/facilities/regulation/billofrights/index.html#hcp>

Care Options Network

www.careoptionsnetwork.org

Provides online listings of Medicare certified and private duty home care agencies.

Home Health Compare

www.medicare.gov/homehealthcompare/search.html

Compare federally licensed Home Health Agencies in your zip code, city or state by patient survey star ratings and the quality of patient care star ratings. Website also provides a home health agency checklist to help you when comparing providers.

Senior LinkAge Line®

1-800-333-2433

Metropolitan Area Agency on Aging
Translation services available

Mon-Fri 8:00 am - 4:30 pm

Can help answer questions about:

- Planning for long-term care
- Home health care and home care
- Other in-home support services
- How to pay for care
- How to arrange for services

MNCHOICES ASSESSMENT AND FINANCIAL ASSISTANCE

MNChoices is a state funded and county administered program providing an in-home assessment and eligibility determination for Elderly Waiver or Alternative Care grants which help pay for case management and in-home support services. The assessment is available to seniors or disabled adults needing long-term care regardless of income. Call county of residence:

- **Anoka County**
763-576-2000
www.anokacounty.us/1510/Seniors
- **Ramsey County**
651-266-3613
www.ramseycounty.us/seniors
- **Washington County**
651-430-6484
www.co.washington.mn.us/780/Adult-Child-Senior



HOME HEALTH CARE AND HOSPICE: MEDICARE CERTIFIED

The following agencies provide skilled home health care with licensed medical professionals. Services can include nursing assessment and care, physical, speech and occupational therapies, medication management, post-op and wound care, social work, and hands-on assistance with transfers and mobility, bathing, dressing, toileting and continence. Some of these agencies also provide Hospice Care, a Medicare certified home health care service for those nearing the end of life.

These agencies are licensed by the Minnesota Department of Health as **Comprehensive Home Care Providers** and are certified by the federal government to accept Medicare for payment of authorized services in qualifying situations (i.e. with a physician order, plan of care, and homebound status). Many also accept private pay and long term care insurance.

Brighton Hospice

651-731-7692

www.BrightonHospice.com

Fairview Home Care and Hospice

612-728-2468

www.fairview.org/overarching-care/home-care-and-hospice

Firstat Nursing Services

651-288-0222

www.firstatmn.com

Good Samaritan Home Care

651-488-7680

www.good-sam.com/locations/home-care-roseville

Health East Home Care and Hospice

651-232-2800

www.healtheast.org/home-care/about.html

Hospice of the Midwest

651-344-1040

www.hospiceofthemidwest.com

Interim HealthCare of the Twin Cities

651-917-3634

www.interimhealthcare.com/twincitiesinc/home/

Intrepid USA Healthcare Services

651-638-7800

www.intrepidUSA.com

Kindred at Home

651-636-6330

www.kindredhealthcare.com

Lakeview Homecare and Hospice

651-430-3320

www.lakeviewhealth.org/homecare-hospice

Our Lady of Peace Home Health Care Services

651-789-5030

www.ourladyofpeacemn.org



HOME CARE: PRIVATE PAY

The following agencies are also licensed as **Comprehensive Home Care Providers** by the Minnesota Department of Health for those needing long-term care in their home. Services provided include personal care assistance with activities of daily living such as eating, bathing, dressing, using the toilet, transferring, and medication management. These providers also offer homemaking or home management services, such as assistance with light housekeeping, laundry, meal preparation, transportation, and shopping.

Private duty home care agencies bill consumers directly for their services. Rates can vary according to length and frequency of visits, income level (for those receiving county assistance such as Alternative Care), or whether the services are provided overnight. Services are typically billed on an hourly basis, often with a minimum number of hours and/or visits required in a given time period.

Amada Senior Care

763-307-9138

www.amadatwincities.com

Also providing Long Term Care Insurance
Benefit Review and Claims Advocacy

BrightStar Care

651-770-8427

www.brightstarcare.com/st-paul

Comfort Keepers

651-789-0317

www.blaine-732.comfortkeepers.com

Home Care Solutions

763-231-9000

www.homecaresolutionsmn.com

24-hour Live-in Home Care

Home Instead Senior Care

651-747-8722

www.homeinstead.com/150?utm_source=google&utm_medium=organic&utm_campaign=gmb

Interim HealthCare of the Twin Cities

651-917-3634

www.interimhealthcare.com/twincitiesinc/home/

Morning Glory Home Care

651-493-1251

www.mghome.care

Northern Stars Home Care

651-528-6649

www.northernstarshomecare.com

Synergy HomeCare Northeast Metro

763-205-4440

www.synergyhomecare.com/agencies/mn/blaine/mn06/blog/posts/2017/6/12/synergy-homecare-northeast-metro/



TRANSPORTATION

There are a number of local home care agencies that offer transportation as one of their service options for their home care clients. Call each agency or visit their website for more details

IN-HOME SUPPORT: PRIVATE PAY

The following local agencies are registered with the Minnesota Department of Health as **Providers of Home Management Services** and offer two or more of the following in-home support services: light housekeeping, meal preparation, laundry, companionship, transportation, and shopping assistance.

These agencies also bill consumers directly for their services, typically on an hourly basis with a minimum number of hours and/or visits a week.

Comfort Keepers

651-789-0317

www.blaine-732.comfortkeepers.com

Helping Heart

651-338-4109

Home Instead Senior Care

651-747-8722

www.homeinstead.com/150?utm_source=google&utm_medium=organic&utm_campaign=gmb

Morning Glory Home Care

651-493-1251

www.mghome.care



VOLUNTEER COMPANION HOME SUPPORT

These local nonprofit programs match seniors with volunteers to provide companionship and affordable help in and around the home such as light housekeeping, chores, or yard clean-up. Some also provide grocery shopping and delivery or assistance with shopping and transportation in the community.

Services and rates vary for each program, some with set affordable hourly rates and some with a sliding fee scale according to income level or county waiver program eligibility.

Help at Your Door

651-642-1892

<http://helpatyourdoor.org/>

Neighbor to Neighbor Companions

1-877-540-9443

Lutheran Social Services

www.lssmn.org/neighbor-toneighbor/

Senior Chore Program

651-429-8544

Northeast Youth and Family Services

www.nyfs.org

Senior Companions

1-888-205-3770

Lutheran Social Services

www.lssmn.org/seniorcorps

HAIR CARE: IN HOME

In Home Haircuts by Barber Debbie

651-246-3958

Hair services for men and women: cut, style, shampoo, color, and perm in your own home.

HOME REPAIR AND MAINTENANCE

HOME ACCESSIBILITY AND SAFETY MODIFICATIONS

A Brush With Kindness

612-788-8169 / 651-207-1700

Twin Cities Habitat for Humanity
1954 University Ave W
St. Paul, MN 55104

www.tchabitat.org/abwk

Partners with low to moderate income homeowners on exterior painting, health and safety repairs (including accessibility modifications; carpentry; mechanical systems; tree trimming and removal). . A combination of staff, volunteers and contractors are used to help homeowners affordably maintain their homes with two repayment options (2-year payment plan or 10-year forgivable mortgage). Applications typically accepted online from June until early November for repairs to be completed the following year.

Evolve Well Occupational Therapy

651-383-1197

www.evolvewellot.com

Personalized aging in place services to increase independence, safety and quality of living. Outpatient therapy in the home to improve personal abilities and help adapt tasks to make them easier and safer. Occupational therapist will evaluate the fit between home environment, abilities and daily tasks. Makes recommendations and assists with implementation of home modifications based on current and future needs. Services paid for with Medicare Part B and supplemental insurance coverage with a physician order. Private pay available.

Help at Your Door

651-642-1892

8441 Wayzata Blvd, Ste 160
Golden Valley, MN 55426

www.helpatyourdoor.org

A nonprofit serving seniors and individuals with disabilities. Install accommodation features (grab bars) and wheelchair ramps for a nominal fee of \$30/hour. County/ insurance waivers (EW, AC, CADI, ECS, and CDCS) also accepted based on caseworker approval.

Independent Living Solutions

612-743-7373

Independent Living Solutions
7714 Beech St NE, Fridley, MN 55432

www.mnils.com

Certified aging in place specialist providing home modifications and renovations enabling people of all abilities to remain in their homes.

Lifeway Mobility Minneapolis

651-462-3444

563 Shoreview Park Rd
Shoreview, MN 55126

www.lifewaymobility.com

Certified aging in place specialist offering free home accessibility and safety assessment, wheelchair lifts, modular ramps, transfer aids, accessible showers and walk-in tubs, architects and contractors. Affordable rental and financing options available.



HOME REPAIR AND MAINTENANCE - AT A GLANCE

Many home repair and maintenance providers offer multiple services.

	Accessibility & Safety Modifications	Chores: Routine & Seasonal	Repairs & Maintenance: Minor	Repairs & Maintenance: Major
A Brush with Kindness	X			X
Evolve Well Aging	X			
Handyman Hench		X	X	
Hearts & Hammers				X
Help at Your Door	X	X	X	
Independent Living Solutions	X			
Lifeway Mobility	X			
LionsHELP	X		X	
Metropolitan Center for Independent Living	X			
Pauls' Grab Bars	X			
Rebuilding Together Twin Cities	X			X
Senior Chore Program		X		

LionsHELP
651-653-3125

White Bear Area Senior Program
2484 East Cnty Rd F, White Bear Lake, MN 55110

White Bear Lake Lions Club and White Bear Area Senior Program partner to assist local seniors and those living with a disability with home projects in the areas of comfort and safety. Projects include minor home repairs, grab bars, locks, etc. Referrals are made to local licensed professionals when needed. Payment for materials and donations accepted to support the program.

Metropolitan Center for Independent Living
651-321-8558

530 Robert St N, St Paul, MN 55101

Provides a listing of certified contractors for ramp building and other home modifications to those who have the resources to self-pay. The Ramp Program manages projects and coordinates funds with the county for individuals with Medicaid, Elderly Waiver or Alternative Care.

Paul's Grab Bars
612-822-0756

www.PaulsGrabBars.com

Specializes in grab bars for homes, condominiums and apartments, with over 500 grab bars in stock and 150 on the truck to install same day. Physical therapist assists with consultation. A member of the Better Business Bureau.

Rebuilding Together Twin Cities Safe at Home Program
651-776-4273

1050 SE 33rd Ave, Minneapolis, MN 55414

www.rebuildingtogether-twincities.org

Provides home safety and fall prevention modifications and ramps for older adults or those living with a disability so that they can continue to live in safety and independence in their own homes.

**HOME CHORE:
ROUTINE AND SEASONAL**

Senior Chore Program
651-429-8544

Northeast Youth and Family Services (NYFS)
1280 North Birch Lake Blvd
White Bear Lake, MN 55110

www.nyfs.org/services/senior-chore/

High school students and adults provide help with home and yard chores such as lawn mowing, snow shoveling and house cleaning for those 60 and over. Affordable fees based on ability to pay. Free seasonal yard clean-up provided by volunteers. Areas served: White Bear Lake, White Bear Township, Vadnais Heights, Hugo, North Oaks, Birchwood, and Mahtomedi, as well as Arden Hills, Falcon Heights, Little Canada, Mounds View, New Brighton, Roseville, Shoreview, and St. Anthony.

Handyman Hench
651-263-3107

Email: handymanhench@gmail.com

Local handyman. Carpentry, yard work, big or small jobs. Spring and fall cleanup, home snow removal.

Help At Your Door
651-642-1892

8441 Wayzata Blvd, Suite 160
Golden Valley, MN 55426

www.helpatyourdoor.org

A nonprofit serving seniors and those with disabilities. Offers affordable help with cleaning, chores, light maintenance and home repairs. Ongoing Home Support provided 1-2 times/month. Examples include: vacuuming, dusting, organizing. Fee: \$30/hour with a 1-hour minimum. County/insurance waivers (EW, AC, CADI, ECS, and CDCS) also accepted based on caseworker approval.

HOME REPAIRS AND MAINTENANCE: MINOR

Help At Your Door 651-642-1892

Light home maintenance and repairs including hanging decor, painting walls, repairing drywall, installing carbon monoxide/smoke detectors, and more. For fees see page 23.

Handyman Hench - See page 25

LionsHELP - See page 25

HOME REPAIRS AND MAINTENANCE: MAJOR

A Brush With Kindness - See page 23

Hearts and Hammers Twin Cities, Inc. 651-636-0797

2599 Fairview Ave N, St. Paul, MN 55113
www.heartsandhammers.org

Nonprofit providing free exterior painting and repairs for income-qualified seniors, disabled adults, veterans or their surviving spouse. Volunteers and materials are provided. Projects are completed on designated program days. Apply online or call to request an application.

Rebuilding Together Twin Cities Home Repair Program 651-776-4273

1050 SE 33rd Ave, Minneapolis, MN 55414
www.rebuildingtogether-twincities.org

Provides volunteer-delivered repairs that restore independence, safety and security, weatherizing, installing flooring, patching and painting, siding, and landscaping. Contractor-delivered repair or replacement of essential systems such as HVAC, electrical, plumbing, roofs. For low-income homeowners with one family member 55+, living with a disability, a member of the armed services, or with children.

SENIOR MOVE MANAGERS AND HOME ORGANIZERS

Senior Move Managers and Home Organizers specialize in helping older adults and their families through the process of transitioning to a new residence or in organizing a home for “aging in place” and an improved quality of life. Senior Move Managers understand that a move is much more than just a move and assist with both the emotional and physical aspects of rightsizing and relocation.

Details: Organizing It All 651-402-9801

Website: www.detailsorganizingitall.com

Gentle Transitions, Inc. 651-224-0335

Website: www.gentletransitions.net

Home to Sweet Home 651-351-0038

Website: www.hometosweethome.com

Rose’s Daughters 612-330-3772

Website: www.rosesdaughters.com

Sort, Toss, Pack 651-717-4325

Website: www.sorttosspack.com

For a more comprehensive donation resource list:

<https://www.bridging.org/wp-content/uploads/2019/01/2018DecDonorResourceList.pdf>

RECYCLING AND DISPOSAL

Ramsey County Recycling and Disposal Hotline

651-633-3279

www.ramseycounty.us

Environmental Center

651-275-7475

4039 Cottage Drive, Woodbury, MN 55129

www.co.washington.mn.us/604/Environmental-Center

Safe, easy year-round disposal for household hazardous materials, electronics, and recyclables. Open to residents of the 7 county metro area.

Johnson Junk Removal

651-323-4682

www.johnsonjunkremoval.com

Email: info@johnsonjunkremoval.com

Local owner-operated small business removing unwanted items from your home, garbage, attic, or businesses. Junk removal, clean outs, and haul away of construction debris furniture, yard waste, appliances and electronics. Call for estimates.

Medication Disposal

651-429-8587

White Bear Lake Police & Fire Department
4701 Highway 61, Police & Fire Building
White Bear Lake, MN 55110

<https://www.whitebearlake.org/ee/page/medicine-disposal>

Mon-Fri 7:30 am - 3:30 pm

Free drop box to safely dispose of unwanted, expired, and unused medicines to prevent abuse, accidental poisoning, and to protect the environment.

LOCAL PHARMACIES

Many local pharmacies also accept medication disposal.
Contact your local pharmacy for details.

DONATING ITEMS

Bridging

651-631-3255

1730 Terrace Dr, Roseville, MN 55113

www.bridging.org

Free drop off: Mon-Thu 9:00 am - 6:00 pm
Fri-Sat 9:00 am - 3:00 pm

Accepts a variety of basic home essentials; furniture, mattresses/box springs and goods in gently-used and new condition to provide to nearly 100 households each week transitioning out of homelessness and poverty. Call to schedule fee based pickup.

Epilepsy Foundation of Minnesota

651-287-2300

www.epilepsyfoundationmn.org

Free pickup for clothing, housewares and bedding (except mattresses and bed frames), electronics (no computers), small appliances, small sporting goods, tools.

Goodwill Easter Seals White Bear Lake

651-426-0824

4500 Centerville Rd, White Bear Lake, MN 55127

www.goodwilleasterseals.org

Drop off only, no pick up.

Mon-Fri 9 am - 9 pm

Sat 9 am - 6 pm / Sun 11 am - 6 pm

Accepts new and gently used clothing and household items.

Neighbors Helping Neighbors Thrift Store

651-777-1107

1956 Spruce Place, White Bear Lake, MN
Behind St. Stephen's Church

Open to the public and donations accepted.

Mon-Fri 10:00 am - 4:00 pm

Sat 10:00 am - 1:00 pm

Volunteer run thrift store with all proceeds supporting White Bear area charitable organizations. Accepts gently used clothing and accessories only. No household goods or furniture.

ITEMS COLLECTED AT THE WHITE BEAR AREA SENIOR CENTER

651-653-3121

2484 East County Rd F
White Bear Lake, MN 55110

Visit the main office to donate items.

- **School Supplies:** For White Bear Lake Area (ISD 624) students.
- **Eyeglasses:** The Lions Club donates these to people in need.
- **Cell Phones:** Collected by TRIAD.
- **Pop Tabs:** TRIAD collects for the Ronald McDonald House.
- **Used Foreign, Commemorative Stamps and Picture Postcards.** The American Legion Auxiliary helps our hospitalized Veterans.
- **Durable medical equipment such as wheelchairs, walkers or bath stools.** For a list of where to donate call 651-653-3125.

For Senior Center Programs.

- **New baby, acrylic and cotton yarn (no wool):** Mad Hatter Yarners
- **New yarn (no wool):** Mitten Makers
- **Yarn, new greeting cards:** Craft Corner Gift Shop
- **Books:** For Lending Library.

Donations to support the White Bear Area Senior Program and Meals on Wheels accepted with appreciation at:

White Bear Area Senior Center
2484 East County Rd F
White Bear Lake, MN 55110

MORE TO SEE AT THE WHITE BEAR AREA SENIOR CENTER

2484 East County Rd F
White Bear Lake, MN 55110

Please call our Main Office with questions at 651-653-3121.

Craft Corner Gift Shop

Monday-Friday

11:00 am - 3:00 pm

Our Gift Shop is the perfect place to shop for a variety of beautiful, handcrafted items - all made by seniors.

If you are 55 years of age or older, or a disabled adult, you can sell your items in our shop. A small portion of sales is donated to the Senior Program, the rest is paid to the consignee.

Lending Library

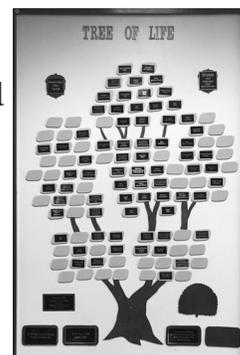
- » Take a book / Leave a book
- » No return date
- » Large print collection
- » Audiobooks and paperbacks
- » White Bear Lake Area Historical Society exhibit

The Tree of Life

is a wonderful way to memorialize and honor community members and supporters. It is proudly displayed in the Senior Center Library.

Gift Levels:

- \$200 Leaf Plaque
- \$1,000 Acorn Plaque
- \$5,000 Foundation Plaque



For questions or to make a donation call 651-653-3121.

SUPPORT FOR INDIVIDUALS AND CAREGIVERS

ADULT DAY CENTER

Lakewood Adult Day Center 651-779-9858

Maplewood Salvation Army
2080 Woodlyn Ave, Maplewood, MN 55109
<http://salvationarmynorth.org/community/maplewood/community-pages/adult-day-center/>

Mon-Fri 7:30 am - 5:30 pm

Licensed adult day health center for adults 18+ who need specialized support to maintain independent living and respite for their family caregivers. Offers daily activities, meals, nursing services, such as health monitoring and medication administration. Coordination with health providers, and personal care assistance such as baths and foot care.



ALZHEIMER'S, DEMENTIA, AND MEMORY LOSS SUPPORT

Alzheimer's Association Minnesota North Dakota Chapter

952-830-0512

24/7 HelpLine: 1-800-272-3900

7900 W 78th St, Ste 100, Minneapolis, MN 55439

www.alz.org/mnnd

General information and referrals, support groups, care consultation, community resource finder, and educational programs.

2nd Half with Lyngblomsten Caregiver Support Groups

651-414-5291

www.lyngblomsten.org/community-services/caregiver-resources/support-groups/

Support groups led by trained facilitators for those who are caring for someone with Alzheimer's or related dementia.

- **1st Thursday, 10:00 am, drop-in**
First Presbyterian Church
4821 Bloom Ave, White Bear Lake
- **4th Thursday, 10:00 am, drop-in**
White Bear United Methodist Church
1851 Birch St, White Bear Lake

2nd Half with Lyngblomsten Center for Enriching Lives After 50 651-301-9445

Redeemer Lutheran Church

3770 Bellaire, White Bear Lake, MN 55110

www.lyngblomsten.org/2ndHalf

Dementia inclusive enrichment programs including education, arts, social, health/wellness, and community outings.

CANCER SUPPORT

St. Johns HealthEast Cancer Care 651-232-7970

1575 Beam Ave, Maplewood, MN 55109
<https://www.fairview.org/overarching-care/health-east-cancer-care>

Various support and education groups for those with a cancer diagnosis and their families. Call for current programs or go to website for up-to-date class calendar.

CAREGIVER COACHING AND CONSULTATION

2nd Half with Lyngblomsten Caregiver Resources 651-632-5320

www.lyngblomsten.org/community-services/caregiver-resources/

Caregiver Resource and Referral Program to assist caregivers and their families with supportive community service navigation and Resources to Enhance Alzheimer's Caregivers Health (REACH).

Family Means Caregiving and Aging 651-439-4840

1875 Northwestern Ave S, Stillwater, MN 55082
www.familymeans.org/help-for-caregivers/
Support groups, education programs, and individualized coaching and consultation to help gain confidence, learn new skills, and guide families through making plans and decisions.

Wilder Caregiver Services 651-280-CARE(2273)

650 Marshall Ave, St. Paul, MN 55104
www.wilder.org/Caregiving

Caregiver consultants connect caregivers to support, resources, events, and classes.

PEARLS for Caregivers - See page 16

CAREGIVER RESPITE: GROUP AND IN HOME

The Gathering 651-414-5291

2nd Half with Lyngblomsten
Redeemer Lutheran Church
3770 Bellaire Ave
White Bear Lake, MN 55110
<https://www.lyngblomsten.org/community-services/gathering/>

The Gathering provides respite for caregivers and a day of stimulating activities for the person they care for who is experiencing early to mid-stage memory loss. The program is offered in collaborative partnerships with local churches who provide the facilities and host The Gathering. Each program site meets 2-4 times per month for five hours each time.

Family Means 651-439-4840

1875 Northwestern Ave S
Stillwater, MN 55082

www.familymeans.org/help-for-caregivers/
In-home and group respite provided with the help of volunteers to give caregivers the break they need. In-home respite provides a regularly scheduled visit, typically 2-4 hours weekly, to offer companionship and supervision while the caregiver is away. Group respite participants enjoy personalized attention, discussions, creative projects, music, exercise, games, and fun in a group setting once per week.

See our **White Bear Area Guide to Senior Housing** for housing communities that offer overnight or extended stay respite.

COMPANION PROGRAMS

Little Brothers Friends of the Elderly 612-746-1400

1845 East Lake St, Minneapolis, MN 55407
www.littlebrothersmn.org

Offers a variety of volunteer companion programs including: visiting companions, phone companions, in addition to a Friendship and Flowers visiting program.

Lutheran Social Services

2485 Como Ave, St. Paul, MN 55108

- **Neighbor to Neighbor**
877-540-9443

www.lssmn.org/neighborstoneighbor/
Trained volunteers age 18+ are matched with seniors to provide weekly visits for meaningful friendship, assistance with daily activities, and transportation to community activities for purchase at affordable rates.

- **Senior Companions**
651-310-9440

www.lssmn.org/services/older-adults/companion-services/senior-companion
Trained volunteers age 55+ visit seniors in the community for three to four hours per week to offer support, friendship and transportation. Available at no cost to qualified seniors.



GRIEF AND LOSS SUPPORT

Companions in Grief

St. Pius, 3878 Highland Ave
White Bear Lake, MN 55110

St. Mary's
4741 Bald Eagle Ave
White Bear Lake, MN 55110
651-762-3626

Thu 4:30 pm - 6:00 pm

Support group open to the community. Alternating between White Bear Lake parishes of St. Pius and St. Mary's. Call for current location.

HealthEast / Fairview Grief Support Services

651-232-3543

Email: griefsupportservices@healtheast.org
www.fairview.org/Overarching-Care/Home-Care-and-Hospice/Grief-Resources

Quarterly grief support and classes offered in various locations in the northeast metro area including groups for spouse loss, parent loss, and newly bereaved. Call or email for current offerings.

Family Means Center for Grief and Loss

651-641-0177

1129 Grand Ave, St. Paul, MN 55101

www.griefloss.org

Offers specialized therapy for complicated grief, trauma and life transitions. Staff are clinically trained mental health therapists that provide individual, couples, family, and group therapy for all ages.

HEARING LOSS SUPPORT

Deaf & Hard of Hearing Services Division

Voice: 800-657-3663

Video phone: 651-964-1514

TTY: 651-431-5976

MN Department of Human Services
85 East 7th Place, Ste 105, St. Paul, MN

email: dhs.dhhd@state.mn.us

<https://mn.gov/deaf-hard-of-hearing>

Services to individuals of all ages who are deaf, deafblind, hard of hearing, and late deafened, and their families. Services include direct consumer assistance, information and referral, mental health services, a technology demonstration lab, a listing of financial resources for hearing aids, and training and consultation to service providers.

Telephone Equipment Distribution (TED) Program

1-800-657-3663

MN Department of Human Services

<https://mn.gov/deaf-hard-of-hearing>

Provides access to telephone service for those who have a hearing loss, speech or physical disability that limits their use of a standard telephone. Equipment is provided on a long-term basis at no cost to consumers who qualify.



PARKINSON'S DISEASE SUPPORT

Parkinson's Foundation HelpLine

1-800-473-4636 (4PD-INFO)

Email a question: helpline@parkinson.org

www.parkinson.org

Mon-Fri 8:00 am - 7:00 pm

Staffed by nurses, social workers and therapists who can assist in English or Spanish to support you and help with: current disease information, medical issues including symptoms and treatments, health and social care, and referrals to health professionals and community resources for local support.

Parkinson's Support Group

651-653-3288

The Pillars of White Bear Lake

4650 Centerville Road

White Bear Lake, MN 55127

Last Thursday of the Month 2:00-4:00 pm

Support group for those with Parkinson's and their caregivers.

SAFETY, SECURITY, EMERGENCY RESPONSE SYSTEMS

EZ Help 911 Cell Phones

651-429-2374

Cell phones are available for FREE for 911 calls only.

Fairview HealthEast Lifeline

952-885-6185 or 866-827-5039

www.fairview.org/Overarching-Care/Home-Care-and-Hospice/Lifeline

Lifeline is a personal medical alert service that ensures older and disabled adults living at home to get quick assistance at any time 24 hours a day, every day. Fairview Lifeline offers a personal help button with option of fall detection, mobile help button with fall detection when away from home, and a medication dispensing and monitoring device are also offered.

File of Life

651-653-3121

Ramsey County provides a free emergency medical information form for residents to complete and store on their refrigerator door to alert emergency medical personnel of personal health information and emergency contacts. Call the White Bear Area Senior Program for free File of Life packet.

MedicAlert + Safe Return

1-800-432-5378

MedicAlert Foundation

www.medicalert.org/safereturn

A partnership of MedicAlert and the Alzheimer's Association offers live 24-hour emergency response services for those at risk of wandering and other medical emergencies. Call or register online.

STROKE SUPPORT

Minnesota Stroke Association

763-553-0088

2277 Hwy 36 W, Suite 200

Roseville, MN 55113

www.strokemn.org

Stroke prevention and resources, caregiver advocacy, education, and information on support groups.



VETERANS SERVICES

County Veterans Service Officers are certified and accredited to assist veterans, their dependents, and surviving spouses, in understanding the benefits they are eligible to receive, to assist in applying for those benefits and to work as advocates during the benefit process. Call county of residence.

- **Anoka County Veterans Services**
763-323-5290
www.anokacounty.us
- **Ramsey County Veterans Services**
651-266-2545
www.co.ramsey.mn.us/vs
- **Washington County Veterans Services**
651-430-6895
www.co.washington.mn.us

VISION LOSS SUPPORT

State Services for the Blind 651-539-2324

MN Employment & Economic Development
2200 University Ave W, Suite 240
St. Paul, MN 55114

www.mnssb.org

Offers practical support, training and referrals to help seniors find ways to adapt to changes in their vision and improve their quality of life and their ability to live independently. This includes providing free low vision aids and adaptive devices.

Vision Loss Resources 651-224-7662

Vision Loss Resources
216 South Wabasha St
St. Paul, MN 55107

www.visionlossresources.org

Offers one-on-one instruction in the home related to independent living skills: from cooking and cleaning to writing a check; magnification tools to read the mail and the paper; technology assistance such as use of smartphones and other devices, and mobility assistance. Referrals to State Services for the Blind, Independent Living Skills classes, Peer Mentors, and Community Center.

Vision Loss Support Group 612-843-2593

Lakewood Salvation Army
2080 Woodlyn Ave, Maplewood, MN 55109
4th Mon Mar-Nov 10:00 am - 11:00 am

Support group for those experiencing vision loss later in life facilitated by Vision Loss Resources.

HELP A NEIGHBOR, MAKE A FRIEND - VOLUNTEER!

Please volunteer with community providers who serve White Bear Area Seniors.

Many of the nonprofit providers listed in this guide depend on volunteers to provide their services to seniors for free or at low cost.

Help meet area senior service needs by volunteering with community providers as a:

- Chore Help
- Companion
- Driver
- Grocery Assistant
- Respite Caregiver
- ... and many more.

Contact organizations directly or call the White Bear Area Senior Program for more information about these and other volunteer opportunities at 651-653-3126.





White Bear Area Senior Program

The Senior Center is located in the Normandy Park Education Center
2484 East County Road F, White Bear Lake, MN 55110
651-653-3121 Monday-Friday 8:00 am - 4:30 pm

This is our first edition of a comprehensive guide to local community resources for seniors. We'd like to know what you think and invite you to support our efforts. Your feedback and contributions allow us to continue to connect area seniors and caregivers with available resources.

For comments, additional information, or for businesses or organizations interested in being listed in future editions of this guide, please contact:

Mary Mengel, Elder Resource Specialist
651-653-3125
mary.mengel@isd624.org

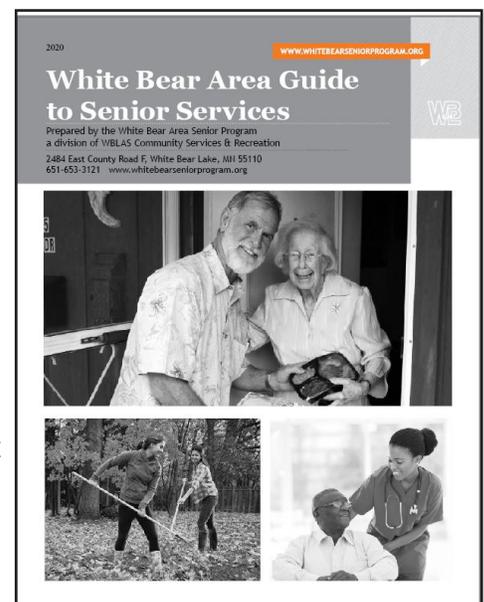
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To make a donation, or for businesses or organizations interested in becoming a sponsor in future editions of one of our guides, please contact:

Tara Jebens-Singh, Adult Programs Coordinator
651-653-3126
tara.jebens-singh@isd624.org

TO ACCESS COPIES OF THIS GUIDE

- Single copies of the White Bear Area Guide to Senior Services may be picked up at the White Bear Lake Area Senior Center (2484 East County Road F, White Bear Lake) or call our main number at 651-653-3121 to request a copy by mail. Donations of any size are appreciated to help cover printing and postage costs.
- You can also download a free PDF of the entire guide at: www.whitebearseniorprogram.org and select ELDER RESOURCES.
- Multiple copies of the guides can be made available to businesses or organizations for a nominal fee, please contact Tara Jebens-Singh, Adult Programs Coordinator, at 651-653-3126 or tara.jebens-singh@isd624.org.



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Home Instead Senior Care (Maplewood)
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