

Resources for Older Adults - During COVID-19

Centers for Disease Control and Prevention (CDC) Links

- **Checklist for Older Persons:**
<https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/checklist.html>
- **If you are sick or caring for someone at home:**
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

Senior Linkage Line

Older adults who are on Elderly Waiver, Alternative Care, or Essential Community Supports should contact their case manager/care coordinator for help. If not on one of the above programs, call the Senior LinkAge Line at 1-800-333-2433, M- F 8:00 am - 4:30 pm, for help finding resources on:

- Caregiver Services
- Chores
- Grocery and Prescription Drug Delivery
- Help in Your Home
- Home-Delivered Meals
- Transportation

Translation services are available.

If you are a veteran, call the Veteran's Linkage Line at 1-888-LinkVet (546-5838).

People under age 60 with a question about disability should call the Disability Hub MN at 1-866-333-2466.

For services outside of Minnesota, visit the U.S. Department of Health and Human Services [ElderCare Locator](#) or call 1-800-677-1116.

White Bear Area Senior Program

Although the Senior Center is closed, the White Bear Area Senior Program continues to be available to answer your questions via phone and email. Office staff, including Mary Mengel, Elder Resource Specialist, will be available via phone at 651-653-3121 and by email at whitebearseniorprogram@isd624.org.

Our local White Bear Area [Guide to Senior Services](#) is also available online.

Meals on Wheels

White Bear Area Meals on Wheels home delivery service continues to operate as usual for now. If you, or someone you know, is interested in receiving meals, please contact Metro Meals on Wheels online: <https://meals-on-wheels.com/get-meals/sign-up/> or call: 651-318-9091 or 612-623-3363.

Meals on Wheels delivers nutritious meals to your home. Special diets are available including, but not limited to, diabetic, low cholesterol, gluten free, and renal. Each meal provides a minimum of 1/3 of the current daily recommended dietary allowances. A typical meal includes a main entrée with a protein (meat) and 2 vegetables (possibly a side salad), a beverage choice of 1% milk or juice, bread, and dessert.

If interested in making a donation to help support this essential service, donations can be mailed to: Meals on Wheels, White Bear Area Senior Program, 2484 East County Road F, White Bear Lake, MN 55110.

Local Restaurants Offering Delivery or Take-Out Service

Our local White Bear Chamber of Commerce has put together this listing of area restaurants offering modified service:

<https://www.whitebearchamber.com/open-for-business.html>

Caregiver Support

- **AARP Caregiver Support Line**

Toll-free [caregiving support line](#) is available Monday-Friday, 6 a.m. to 10 p.m. CST at 1-877-333-5885. The support line is also available in Spanish, at 1-888-971-2013.

- [Coronavirus \(COVID-19\): Tips for Dementia Caregivers](#) from the MN/ND Alzheimer's Association.

- **Senior Linkage Line**

Senior Linkage Line provides information and referrals for older adults and their caregivers, including caregiver services and support, call 800-333-2433, Monday-Friday, 8:00 am - 4:30 pm.

Income Tax Filing

- **Federal and state income tax filing date is extended to July 15, 2020**

The IRS has automatically extended the filing deadline for everyone and Minnesota has filed suit. For more information:

- <https://www.irs.gov/>
- <https://www.revenue.state.mn.us/minnesota-department-revenue>

- **AARP Foundation Tax-Aide Sites Service Suspended Until Further Notice**
AARP Foundation Tax-Aide suspended its in-person services as of March 16 and until further notice. AARP will continue to assess whether they can open again in some or all sites for the remainder of the tax season. Go to https://www.aarp.org/money/taxes/aarp_taxaide/ or call 1-888-227-7669 for updates about the status of Tax-Aide sites.
- **AARP Foundation Tax-Aide Online Assistance is still available at:**
<https://taxaideqa.aarp.org/hc/en-us>

Health Insurance for Uninsured Minnesotans

- **MNsure** announced a [30-day special enrollment period \(SEP\)](#) for qualified individuals who are currently without insurance, in response to the potential growth of coronavirus (COVID-19) cases. This SEP began Monday, March 23, and runs through April 21, and will allow uninsured individuals 30 days to enroll in health insurance coverage through [MNsure.org](https://mnsure.org).

AARP Links

- Check out <https://www.aarp.org/> for lots of helpful information and links related to older adults and COVID-19.

MN Dept of Health COVID-19 information in multiple languages

- [Hmong](#); [Somali](#); [Spanish](#)
- [MN Dept of Health also has multiple print materials about COVID-19 in other languages](#)