

Resources for Older Adults - During COVID-19

Updated 05/01/20

There are additional community resources available on the White Bear Area School District Support Hub for Families which also serve older adults, such as financial, food, mental health, well-being, housing, and housing essentials.

Go to: www.isd624.org/departments/student-support-services/support-hub

Centers for Disease Control and Prevention (CDC) Links

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

Ramsey County Sheriff's "Help Team"

During the COVID-19 outbreak, the Help Team will assist individuals in the community who are most at risk during this time, as well as support efforts of local government and community organizations. Functions they can perform include pickup and delivery of prescription medication, pre-paid food and groceries, and other essentials that have been donated, and referrals to social services, financial or medical assistance, and mental health resources.

Call, text, or email for assistance from 8:00am to 8:00pm Monday-Friday and 10:00am to 4:00pm Saturday-Sunday. **Text or call: 651-448-3874, email:**

HelpTeam@co.ramsey.mn.us.

This is not a replacement to 9-1-1. Always call 9-1-1 for emergencies.

Senior Linkage Line

Translation services are available.

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 8:00am - 4:30pm, for help finding resources on:

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

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 **651-653-3121** or email: 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: meals-on-wheels.com/get-meals/sign-up/ or call **651-318-9091**.

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, 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:

www.whitebearchamber.com/open-for-business.html

Companionship

Elder Friends Phone Companions is a program of Little Brothers Friends of the Elderly. Volunteers are ready to share their warmth and friendship during the crisis and beyond. To join call: **612-746-0737** or E-mail: phonecompanions@littlebrothersmn.org. For more information, visit: www.littlebrothersmn.org/phone-companions

Caregiver Support

- **AARP Caregiver Support Line**
Toll-free [caregiving support line](#) is available Monday-Friday, 6:00am to 10:00pm CST at **1-877-333-5885**. The support line is also available in Spanish, at 1-888-971-2013.
- **Alzheimer's Association** continues to offer care and support services to families affected by Alzheimer's and all other forms of dementia. They're available 24/7 for around-the-clock care and support at **1-800-272-3900**. [Coronavirus \(COVID-19\): Tips for Dementia Caregivers](#) is also available from the MN/ND Alzheimer's Association.
- **2nd Half with Lyngblomsten**, www.lyngblomsten.org/COVID19-Caregivers, continues to offer caregiver services that can take place over the phone or by email. These include resources & referrals for caregivers, sending daily emails to those who are caring for persons with dementia, and continuing to offer Memory Loss Caregiver Support Groups. Contact by phone **651-632-5320** or email: lyngblomsten.cs@gmail.com.
- **Senior Linkage Line**
Senior Linkage Line provides information and referrals for older adults and their caregivers, including caregiver services and support, Monday-Friday, 8:00am - 4:30pm. **1-800-333-2433**.

Grocery Shopping, Home Support and Transportation

- **Help at Your Door** continues to offer grocery shopping, with both "no contact" and "limited contact" delivery options, home support and transportation. **651-642-1892**, helpatyourdoor.org/
- **The Senior Chore Program** is offering assistance with outdoor chores (no indoor chores at this time) for those 60 years and over. **651-757-4061**, www.nyfs.org/services/senior-chore/

- **Local Grocery Store Hours for Seniors and those at High Risk:**

| | | |
|--------------|--------------|-------------|
| Aldi | 8:30-9:30 am | Tue/Thu |
| Costco | 8-9 am | Tue/Thu |
| Cub | 6-7 am | Daily |
| Fresh Thyme | 6-8 am | Mon/Wed/Fri |
| Kowaskis | 6-8 am | Daily |
| Lunds | 7-9 am | Daily |
| Sam's Club | 7-9 am | Tue/Thu |
| Trader Joe's | 9-10 am | Daily |
| Target | 7-8 am | Wed |
| Walgreens | 8-9 am | Tue |
| Walmart | 6-7 am | Tue |

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:

 - www.irs.gov/
 - www.revenue.state.mn.us/minnesota-department-revenue
- **Free Online Filing Available to Those Qualified**
 - **MN Department of Revenue List of Sites:**
<https://www.revenue.state.mn.us/free-electronic-filing>
- **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 www.aarp.org/money/taxes/aarp_taxaide/ or call **1-888-227-7669** for updates about the status of Tax-Aide sites.
- **Telephone and Email Assistance with Taxes**
 - **Prepare + Prosper** is offering tax support, answering questions about taxes and Economic Impact Payments, tax filing coaching and simple tax returns: Call **651-287-0187**, Email: contact@prepareandprosper.org, or check out website for more information: [P+P Services During COVID-19](#).
 - **Community Action Partnership of Ramsey and Washington Counties : Home** will be offering online tax assistance. Call: **651-645-6445**. <https://caprw.org/>

AARP Links

- AARP hosts a website with lots of helpful information and and links related to older adults and COVID-19: www.aarp.org/

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](#)

Links to County Services and Changes Related to COVID-19

- [Anoka County](#)
- [Ramsey County](#)
- [Washington County](#)

[Ramsey County Library Delivery Service](#) is available for residents of suburban Ramsey County who meet one of the following: over the age of 60; self-quarantining due to COVID-19; or have a health, transportation, or disability barrier that precludes them from using curbside pickup service. For information or to enroll in Home Delivery, please call RCL – Roseville at 651-724-6001, Press 2.