



2026 White Bear Area Guide to Senior Services

Prepared by the White Bear Area Senior Program, a division of the WBLAS Community Education & Recreation.

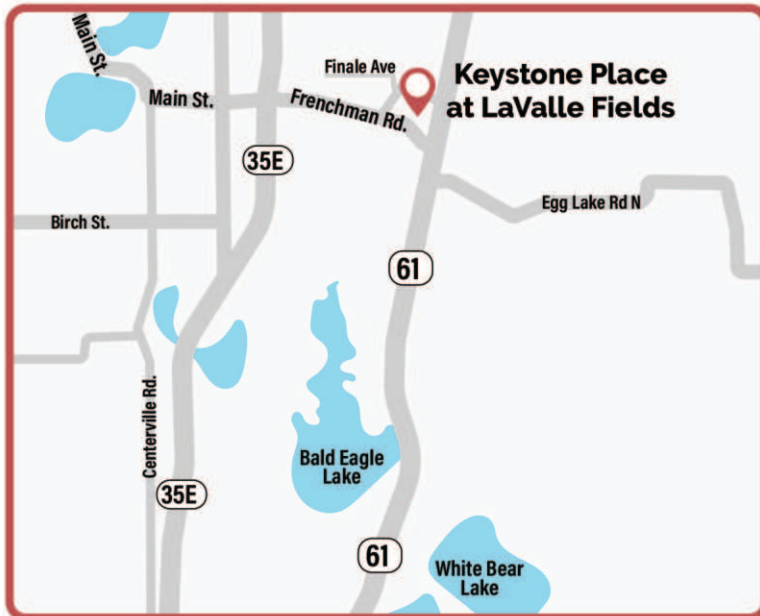


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Keystone Place offers personalized care so you can keep doing the things that bring you joy, while feeling secure and connected.



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 Hugo, MN 55038

(651) 829-8595

KeystonePlaceAtLaValleFields.com



INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE





WHITE BEAR AREA SENIOR PROGRAM

Sunrise Park District Center

2399 Cedar Avenue, White Bear Lake, MN 55110

651-653-3121 • Monday-Friday: 9:00 am - 3:00 pm

Welcome to Our Senior Services Guide

The guide contains resources compiled in response to inquiries made by seniors and caregivers in our community. They include resources and providers known to serve the White Bear Area at the time of publication. We do our best to provide current data. We do not endorse or have any direct relationship with the providers listed.

- **Guides available at:** White Bear Area Senior Center or www.whitebearseniorprogram.org

For comments, additional information, or for businesses or organizations interested in being listed in future editions of this guide, please contact: 651-653-3121

The WBLAS Community Education & Recreation Senior Program, provides enrichment, recreation, and resources for area seniors and their families. Our Senior Center is available to all adults (55+), no matter where you live. Be sure to check out our resource wall and our newsletters for the most current information.

The Adult Programs distribute two newsletters focusing on older adult (55+) activities.

- **The Voice:** A free, quarterly newsletter featuring WBLAS Community Adult Education and Recreation classes, activities, and news.
- **Current Wave:** A monthly email with supplemental information to The Voice. It features activities and events in the White Bear Lake area and surrounding communities.

To sign up, call 651-653-3121 or email: whitebearseniorprogram@isd624.org

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General Information & Referrals

988 Suicide and Crisis Lifeline

Dial 988

Connect with trained counselors who listen, understand, provide support, and connect callers to resources if necessary.

American Indian Family Center

651-793-3803 • www.aifcmn.org

579 Wells St, St Paul

Mon: 11am - 5pm & Tue-Fri: 9am - 5pm

Provides families with programs and services enriched by traditional values and culture. Programs include assistance with mental health, recovery, employment, housing, family, and youth services.

CLUES

Latino Communities United in Service

651-379-4200 • www.clues.org

797 E 7th St, St. Paul

Mon-Fri: 8:30 am - 5:00 pm

Support elders (age 60+) and caregivers through our office and home visits. Assistance with correspondence, medical insurance, benefits navigation, scheduling appointments, housing, accessing public assistance programs and more.

County Service Centers

651-266-8500

Navigator assistance and connection to programs and services.

Disability Hub MN

1-866-333-2466 • www.disabilityhubmn.org

Resource network for those with disabilities and their caregivers.

Hmong American Partnership

651-495-1557 • www.hmong.org

Assists through culturally sensitive social services including strengthening neighborhoods through housing, community and economic development opportunities. Promoting the rich heritage of our ethnic communities.

Minnesota Aging Pathways

1-800-333-2433 • www.mn.gov/aging-pathways

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

Free telephone information and assistance for seniors and their caregivers who are trained to understand your needs and goals; help with eligibility and applications related to Medicare, Medicaid, and long-term care decision making.

United Way 2-1-1

1-800-543-77096 • Local: 651-291-0211

www.211unitedway.org

Free and confidential health and human services. 24 hours a day, 7 days a week.

Veteran's Linkage Line

1-888-LINKVET

Support 7 days a week for MN veterans and their loved ones.

The Violet Directory

612-341-2060 • www.rainbowhealth.org/violet

Empowering LGBTQ+ seniors and people living with HIV through an online directory of providers, services, and health education.

Need Emergency Support? Dial 988, then 3 for LGBTQ+ support.

White Bear Area Senior Program

651-653-3121 • www.whitebearseniorprogram.org

White Bear Area School District

2399 Cedar Ave, WBL

See page 35 for programming details.

Adult Protection & 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/report-abuse

Call to report suspected abuse, neglect, self-neglect or financial exploitation of vulnerable adults. If reporting an emergency, call 911 first, then MAARC. Available 24-hours, 7-days a week.

INFORMATION, SUPPORT AND ADVOCACY

Elder Voice Advocates

952-239-6394

www.eldervoicefamilyadvocates.org

Gives family and others a public voice to engage, support, educate, expose and advocate for the protection of those receiving care from senior living, home care and long-term care providers in Minnesota.

- Elder Care IQ

www.eldercareiq.org

A decision-making tool to screen Minnesota nursing homes, assisted living facilities, home care or home health agencies. It provides the investigation reports from the MN Department of Health for complaints of abuse, neglect and exploitation of the residents or clients.

Minnesota Elder Justice Center

651-440-9300 • www.elderjusticemn.org

Free support for those impacted by elder abuse, neglect, and financial exploitation including support groups, help finding needed resources, accessing legal information and support to provide protection, safety, and making a plan for what comes next.

Office of Ombudsman for Long-Term Care

651-431-2555 • 1-800-657-3591

<https://mn.gov/ooltc>

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 Ombudsman Office investigates complaints concerning the health, safety, welfare and rights of long-term care consumers, works to resolve individual concerns, identifies problems and advocates for changes to address them, at no charge to the consumer.



Financial Assistance & 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.

Minnesota Department of Commerce

651-539-1500

www.mn.gov/commerce

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

Benefits CheckUp

National Council on Aging

1-800-794-6559 • www.benefitscheckup.org

Learn more about benefits and available programs to save money.

Bridge to Benefits

651-227-6121

www.mn.bridgetobenefits.org/Home2

Web-based tool to find public support programs and tax credits. There is a short survey to determine eligibility. Confidential and free.



COUNTY ASSISTANCE

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.anokacountymn.gov/193/economic-assistance

Ramsey County Social Services

651-266-4444

www.ramseycountymn.gov/your-government/departments/social-services

Washington County Economic Support

651-430-6499

www.co.washington.mn.us/787/economic-support

BURIAL ASSISTANCE

Funeral Wise

www.funeralwise.com

Information and resources on planning and paying a funeral.

Ramsey County Burial Assistance

651-266-7750 • www.ramseycountymn.gov

Assists families arranging loved ones' final resting place. Applications must be submitted within 30 days of the date of death.

Washington County

651-430-6455

washingtoncountymn.gov/787/economic-support

Veterans Burial Information

See page 37.

EMPLOYMENT AND TRAINING

Ramsey County Workforce Solutions

651-266-9890

www.ramseycounty.us/your-government/departments/workforce-solutions

Provides employment and training services to businesses and job-seekers in Ramsey County.

Senior Community Service Employment Program (SCSEP)

877-872-5627 • dol.gov/agencies/eta/seniors

Community service and work based program for

older American's job training. Provides training for low income, unemployed seniors.

ENERGY ASSISTANCE AND CONSERVATION

Community Action Partnership of Ramsey & Washington County's

www.caprw.org

- Energy Assistance

651-645-6470

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

Helps low income homeowners and renters pay heating bills, provides advocacy assistance for shut-offs during the heating season. Also assist with other utility discounts, including phone discounts. 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/renters.

ELMHURST CEMETERY

Since 1858



QUESTIONS ABOUT PRE-PLANNING? CREMATION + TRADITIONAL BURIAL

We have many beautiful & affordable memorial options for your family.

Call for a no-obligation appointment.

Dale St. + Larpenteur Ave. • Saint Paul, MN

651-489-1707 • elmhurstcemetery.org



FINANCIAL COUNSELING AND COACHING

Family Means Financial Solutions

651-439-4840 • www.familymeans.org

Budget and debt counseling and debt management program, credit report review and financial education.

LSS Financial Counseling

1-888-577-2227

financialcounseling.lssmn.org

Offers budgeting, credit report reviews, debt counseling and management plans, foreclosure prevention, and reverse mortgage housing counseling (HUD approved). Free appointments by phone, online, and in person.

Prepare + Prosper Money Mentors Financial Coaching Program

651-287-0187

www.prepareandprosper.org/money-mentors

Individualized financial coaching and peer support. Participants meet with a financial coach once a month for a minimum of six months.

TAX ASSISTANCE

AARP Tax Assistance

651-653-3122

Mid January - March

Mon-Fri: 9:00 am - 11:00 am

AARP volunteers assist seniors with free tax filing in White Bear Lake. Call to schedule an appointment. Calls are accepted at the White Bear Area Senior Program during the tax season only.

Minnesota Department of Revenue

651-556-6600

www.revenue.state.mn.us/tax-professionals

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

Prepare + Prosper

651-287-0187 • www.prepareandprosper.org

Free tax preparation and financial services provided by a team of IRS-certified volunteers. Prepares 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 \$60,000.

Food Resources



MEALS ON WHEELS

651-653-3123

White Bear Area Senior Program
mealsonwheels@isd624.org

Delivery • Mon-Fri: 11:30 am - 12:45 pm

Meals on Wheels is a community based program that delivers nutritious meals to homes through the help of volunteers. Meals on Wheels is for anyone in our community in need of support or for those who just need a break from cooking.

Serves: Birchwood, Gem Lake, Hugo, Lino Lakes, Little Canada, Mahtomedi, Maplewood, North Oaks, Vadnais Heights, White Bear Lake and White Bear Township

- Nutritionally balanced meals.
- Hot, fresh, and frozen meals.
- Low sodium and diabetic friendly.
- Friendly drivers provide a wellness check and peace of mind for families.
- Many dietary meal choices available (vegetarian, renal, gluten free, mechanical soft, puree).
- Assistance programs accepted: MA/EW and CADI Waiver. Other assistance may be available.
- Sliding fee is based on self-reported monthly income.



Hot or Cold Meals - Order Monthly

Menus sent monthly to clients

Pick & Choose
When YOU Want Meals

Meal Price Range
\$6.55 - \$9.65

Delivered Between
11:30 am - 12:45 pm

Depending on
Monthly Income

Senior Services Consortium of Ramsey County

The White Bear Area Senior Program is a member of the Senior Services Consortium of Ramsey County. The Senior Services Consortium receives funding from Ramsey County to provide support to its member programs to ensure that daily hot nutritious home delivered meals are available to those in need regardless of their ability to pay. In addition, the Consortium provides Ramsey County Meals on Wheels recipients with information on additional resources available to help them age successfully in their homes.

Minnesota Food HelpLine

1-888-711-1151 • www.hungersolutions.org
 Mon-Fri: 10:00 am - 5:00 pm

Provides assessment and solutions to food needs; eligibility for Supplemental Nutrition Assistance Program, or food shelf locations.

FOOD SHELVES

Centennial Community Food Shelf

763-784-2013 • www.centennialfoodshelf.org
 200 Civic Heights Circle, Circle Pines
 Only Open Mon & Thu: 4:00 - 6:00 pm

Serving South Eastern Anoka County including Cities of Blaine, Circle Pines, Lexington, Lino Lakes & Centerville.

Corner Shelf

651-287-3000
www.whchurch.org/find-support/the-corner-shelf
 1740 Van Dyke St, Maplewood
 Wed & Thu: 10:00 - 11:30 am

Provides weekly distribution of fresh fruits, veggies, meat, and kitchen staples. Everyone is welcome.

Hugo Good Neighbors Food Shelf

651-528-6224 • www.hugofoodshelf.org
 15106 Francesca Ave N, Hugo
 Mon & Thu: 4:00 - 7:00 pm • Tue: 12:00 - 3:00 pm
 Fri: 9:00 am - 12:00 pm

Serving zip code 55038 residents, which includes Hugo, Centerville, portions of Lino Lakes and White Bear Lake.

Mahtomedi Area Food Shelf

651-426-3245
www.stjudeofthelake.org/mahtomedi-area-food-shelf/

St. Jude of the Lake Catholic Church
 700 Mahtomedi Ave, Mahtomedi
 Serves people in the city of Mahtomedi and surrounding communities including families of children attending Mahtomedi area schools. Call for an appointment.

North St. Paul Food Shelf

651-770-1309 • www.nspafoodshelf.org
 2266 2nd St. North, N. St. Paul
 Mon-Fri: 10:30 am - 12:30 pm

Serves MN residents with household income at or below Federal Poverty Level Guidelines.

Today's Harvest

651-323-1200 • www.todaysharvestmn.org
 1740 Van Dyke St, Maplewood
 Mon-Fri: 12:00 - 6:00 pm • Sat: 10:00 am - 1:00 pm

A fresh, free market. All are welcome, no appointment or registration required.

Vadnais Heights Community Food Program

651-746-4158 • www.todaysharvestmn.org
 655 East County Rd F, Vadnais Heights
 3rd Saturday of Month
 Jan-Oct: 9:00 - 10:00 am
 Nov-Dec: 9:00 - 11:00 am

Food distribution to Vadnais Heights residents. Register the day of distribution with proof of residency.

White Bear Area Food Shelf

Fresh produce, meat, milk, and dry goods available. Deliveries, Mobile Markets, and free summer Farmers Markets. Visit the website for more information.

- Curbside Pickup
 651-407-5310
www.whitebearfoodshelf.org
 1884 Whitaker St, White Bear Lake
 Mon & Tue: 4:00 - 7:00 pm
 Wed & Fri: 11:00 am - 2:00 pm

- Community Market
 2446 County Rd F, White Bear Lake
 In Person Shopping
 Mon, Tue, Wed, Fri, 1:00 - 4:00 PM

GROCERY

The Food Group

- **Fare for All**
763-450-3880 • www.fareforall.org
Community of Grace Church
4000 Linden St, White Bear Lake

A traveling grocery store for quality produce and meats at up to 40% off retail prices.

Monthly on Fri: 1:00 pm – 3:00 pm
Visit website for dates.

- **Twin Cities Mobile Market**
www.thefoodgroupmn.org/groceries/twin-cities-mobile-market/markets/

Help at Your Door

651-642-1892 • www.helpatyourdoor.org

Serves seniors and individuals with disabilities with affordable groceries. Easy to use product catalogue includes food and household items. Order online or by phone.

HOME DELIVERED MEALS

MEALS ON WHEELS

651-653-3123 • mealsonwheels@isd624.org

See page 10.

Optage Senior Dining Choices

651-746-8280 • www.optage.org/meals

Frozen or hot meals are available for adults 60+. Financial assistance available.

Open Arms

612-872-1152 • openarmsmn.org

Delivery area covers the Twin Cities metro and surrounding suburbs.

NUTRITION ASSISTANCE PROGRAMS / FOOD SUPPORT

888-711-1151

NAPS and SNAP are federal food programs based on income guidelines. The agencies below assist with screening and applications.

Nutrition Assistance Program for Seniors (NAPS)

The Food Group/Second Harvest Heartland North Central NAPS

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)

SNAP provides food-purchasing assistance based on household size, income, and expenses. SNAP benefits are provided on a debit card.

- **Second Harvest Heartland SNAP Outreach**
651-484-5117 • www.2harvest.org/snap
email: info@2harvest.org
- **Community Action Partnership**
651-603-5883
www.caprw.org/



Many grocery stores now offer delivery services. Contact your local store for details.

Health Resources

DENTAL CARE

Affordable Dentures and Implants

651-858-6883 • www.affordabledentures.com
 1845 County Rd D E, Maplewood
 Mon-Thu: 7:30 am - 4:30 pm • Fri: 7:30 am - 3:00 pm
 Affordable dentures and related denture and tooth extraction services, partials and implants. Free consultation.

Century College Dental Hygiene Clinic

651-444-3080
www.century.edu/campus-life/dental-clinic
 3300 Century Ave N, White Bear Lake
 Open Sept - May | When school in session
 Provides exams and preventative care including x-rays, cleaning, fluoride, and sealants. No fillings, root canals, extractions, or crowns. 2022 rates: \$40 per visit if 63 or older.

Community Dental Care

651-925-8400 • www.cdentc.org
 1670 Beam Ave, Maplewood
 Mon-Thu: 7:30 am - 9:30 pm
 Fri: 7:30 am - 5:30 pm
 For uninsured patients, there is a sliding scale based on income level and family size. Offers all types of dental care; new Medical Assistance patients; new immigrants, and non-English speakers welcome.

University of MN School of Dentistry

Main Clinic Appointments: 612-625-2495
www.dentalclinics.umn.edu
 515 Delaware St. SE, Minneapolis
 Mon-Fri: 8:00 am - 4:10 pm
 Comprehensive dental care provided by supervised students at one-third the normal cost. Payment required at visit.

Veterans Dental Benefits

651-266-2545
<https://mn.gov/mdva/resources/healthdisability/dentalassistance.jsp>
 90 Plato Blvd W, St. Paul
 Provides assistance annually to veterans and their dependents with routine dental care, extractions and denture procedures. Income and asset guidelines apply to qualify.



For more info on
 Veterans Benefits
 and Resources
 see page 37.

"Bringing a little extra love to this chapter."



AGAPE
 HOSPICE

Compassionate, clinically sound care that supports the patient, the family, and the building as one team.

Stephanie Pisarski, RN, BSN, PHN
 Founder & CEO with 10+ years' experience in nursing



Scan QR code
 visit our
 website for more
 information



Location

5960 Hwy 61 N
 Building 2, Suite 204
 White Bear Lake, MN 55110



Phone

612-386-0246



Email

info@agapehospiceinc.com

agapehospiceinc.org

FOOT CARE

Midwest Podiatry Center

612-788-8778

www.midwestpodiatrycenters.com

Comprehensive podiatric care from heel pain to sports injuries to stubborn skin and nail conditions on feet and ankles.

White Bear Foot and Ankle

651-426-3995

<https://whitebearfootandankleclinic.com>

4520 Centerville Rd, White Bear Lake

Mon-Fri: 8:00 am - 5:00 pm

Provides routine foot care, diagnostic examinations, relief for foot and ankle pain, custom orthotics, physical therapy referrals and podiatric surgery.

White Bear Senior Center

651-653-3121

2399 Cedar Ave, White Bear Lake

Registered nurses provide full foot health exams including trim, file, and reduce thick nails, ingrown nail treatment, calluses and corn reduction, minor skin irritation, cuts, cracks, macerations, lower extremity skiing care, referrals and recommendations.

MEDICAL EQUIPMENT SUPPLIES

Corner Home Medical

651-773-9969 • cornermedical.com

1868 Beam Ave, Maplewood

Mon-Fri: 8:30 am - 5:00 pm

Forest Lake Medical Supply

651-982-0002 • powerchairsandscooterstore.com

255 MN-97 #7, Forest Lake

South Shore Trinity Lutheran Church

651-429-4293

2480 S Shore Blvd, White Bear Lake

Accepts and loans out durable medical equipment such as wheelchairs, walkers or bath stools.



MEDICARE / HEALTH INSURANCE COUNSELING

Minnesota Aging Pathways

1-800-333-2433

www.mn.gov/aging-pathways

In person appointments held at the White Bear Area Senior Center.

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

Possehl Agency

Schedule appointment at 651-653-3121.

In person appointments held at the White Bear Area Senior Center.

Licensed, trained, and knowledgeable about all aspects of Medicare insurance at no cost.

Veterans Linkage Line

1-888-546-5838 • linkvet.org

Serving Minnesota Veterans, their dependents and survivors by connecting them with the federal and state care the benefits they have earned.

Suicide and Crisis Lifeline

Dial 988

Trained counselors are available to listen, understand, provide support, and connect callers to resources.

Crisis Text Line

Text 988

Live, trained Crisis Counselor receives the text and responds, all from our secure online platform.

County Crisis Response

24 hour / 7 days a week support for adults with a mental health or substance abuse crisis.

- Anoka County 763-755-3801
- Ramsey County 651-266-7900
- Washington County 651-275-7400

MENTAL HEALTH

Minnesota Warmline

651-288-0400

7 days/week 9:00 am - 9:00 pm

Free, confidential support to strengthen mental health and wellness through direct services, education, and public policy advocacy.

National Alliance on Mental Illness Minnesota (NAMI-MN)

651-645-2948 • www.namimn.org

Free education, support, and advocacy to those with mental illness and their families. Various support groups offered.

Northeast Youth & Family Services

651-486-3808 • www.nyfs.org

1280 N Birch Lake Blvd, White Bear Lake

A nonprofit mental health and community services agency serving all people in the northeast suburbs. Accepts most forms of insurance and offers many services on a sliding-fee scale; payment plans are available too.

Program to Encourage Active and Rewarding Lives (PEARLS)

Faith Community Nurse Network

651-766-4472

www.fcnnctc.org/programs/PEARLS

3530 Lexington Ave N, Shoreview

Jewish Family Service of St. Paul

651-698-0767 • www.jfssp.org

1633 West 7th St, St. Paul

Provides adults 55+ and caregivers one-on-one coaching sessions. Learn skills to take action and make lasting life changes which will improve quality of life.

SUBSTANCE USE RECOVERY

Senior Recovery Center

651-773-0473

www.seniorrecoverycenter.squarespace.com

200 Plato Blvd, St. Paul

An out-patient substance abuse clinic providing recovery services for seniors impacted by alcohol, drugs or medications. 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 • www.silversobriety.org

Providing adults 50+ with affordable non-residential recovery services for alcohol and drug addiction. Offers strategies to handle emotional issues such as loneliness, depression and grief.

Wilder Health & Wellness

wilder.org/services/mental-health-services

Outpatient mental health and substance use recovery services.

Home Safety, Maintenance & Repair

Evolve Well Occupational Therapy

651-383-1197 • www.evolvewellot.com

Personalized aging in place services to increase independence, safety and quality of living at home. Outpatient therapy improves personal abilities and adapts tasks to make them easier and safer.

Hallmark Enterprises

612-816-8544 Or 651-653-9920

A small job specialist for windows, doors, locks, siding, small roofs, odd jobs, decks, ceiling texturizing, winter damage repair, tree and hedge trimming, and roof snow removal.

Hearts & Hammers Twin Cities, Inc.

651-636-0797 • www.heartsandhammers.org

Provides free exterior painting and repairs for income-qualified seniors, disabled adults, veterans or their surviving spouse. Volunteers and materials are provided.

Help at Your Door

651-642-1892 • www.helpatyourdoor.org

Installs accommodation features such as grab bars and wheelchair ramps. Offers affordable help with cleaning, chores, light maintenance and home repairs such as hanging decor, painting walls and more.

Independent Living Solutions

612-743-7373 • 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

952-295-3147

www.lifewaymobility.com/minneapolis

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.

Little Things

612-276-0154

Help with lawns and gardens.

Need Help With a Small Chore?
 A small group of men from South Shore Trinity Church is willing to help with basic home repairs, small projects that do not require a permit, and outside chores. Call George Gifford at 651-464-1022.



FINEST
 HOME SERVICES
 Insured Contractor MN License #CR806961

CERTIFIED AGING IN PLACE SPECIALISTS

Contact us for a FREE consultation!

- Home Safety Assessments and Modifications
- Maintenance Program
- Home Repair / Handyman Services
- Local, Woman Owned Business

651-347-1075
finesthomeservice.com

Next Day Access

763-401-7591

Grab bars, ramps, home modification s reasonably priced quick response time.

TubModmn

608-397-3467 • www.TubModMN.com

Small family business specializing in aging in place home modifications: bathtub modifications, grab bars, lever door knobs, garage step railings, taller toilets.

Metropolitan Center for Independent Living

651-646-8342 • www.mcil-mn.org

Provides a list of certified contractors for home modifications and ramp building to those who have the resources to self-pay. Medicaid, Elderly Waiver, or Alternative Care accepted.

Neighbor Works

651-292-8710 • nwhomepartners.org

Help those wanting to buy, fix or keep their home.

Paul's Grab Bars

612-822-0756 • paulsgrabbars.com

Specializes in grab bars for homes. A physical therapist assists with consultation. Same day installation.

Rebuilding Together Minnesota

651-776-4273 • www.rt.mn.org

- **Home Repair Program**

Provides housing repairs including interior improvements (i.e. installing flooring, patching, painting), siding, windows, and landscaping. It also provides sub-contractor delivered repair or replacement of essential systems, such as HVAC, electrical, plumbing, and roofs that are critical to healthy, livable homes.

- **Safe at Home Program**

Provides home safety and fall prevention modifications and ramps.

Sherman Handyman

651-350-0937 • 4756 Banning Ave, WBL

Home services and repairs.

St. Andrew's Senior Community Center: Household Maintenance Services

651-426-3261 • saintandrews.org/adults

900 Stillwater Rd, Mahtomedi

Volunteer workers help with free service on accessibility and safety modifications, general maintenance and repairs such as leaky faucets, calking, minor painting, hanging pictures, light carpentry, and more.

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. They understand a move is much more than just a move and assist with both the emotional and physical aspects of rightsizing and relocation.

Caring Transitions

612-405-6729 • caringtransitionsTCeast.com

Home to Sweet Home

651-351-0038 • www.hometosweethome.com

Northern Lights Senior Transitions

612-208-9270 • www.northernlightsst.com

Organize to Right Size

651-587-9100 • organizetorightsize@gmail.com

Rose's Daughters

612-330-3772 • www.rosesdaughters.com

Sort, Toss, Pack

651-717-4325 • www.sorttosspack.com

WeCare Transitions

612-217-4077 • www.wecaretranistins.com

RECYCLING AND DISPOSAL

Johnson Junk Removal

651-372-1740 • www.johnsonjunkremoval.com

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

Junk King

651-318-6743 • www.junk-king.com

Locally owned and operated.

Medication Disposal

651-429-8526

www.whitebearlake.org/ee/page/medicine-disposal

City of White Bear Lake Public Safety Building
4701 Highway 61, White Bear Lake
Mon-Fri: 8:00 am - 4:00 pm

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

Ramsey County Recycling & Disposal

651-633-3279 • www.ramseycountymn.gov/residents/recycling-waste

Environmental Center

651-275-7475

www.washingtoncountymn.gov/604
4039 Cottage Drive, Woodbury

Year-round disposal for household hazardous materials, electronics, and recyclables.

DONATING ITEMS

Bridging

952-888-1105 • 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.

The Closet

WBL Area Educational Foundation

651-407-7696 • www.wblaef.org/the-closet

email: info@wblaf.org

2399 Cedar Ave, White Bear Lake

Serves WBLAS district students, who have been referred by school administration and are in need of clothing. Students shop for clothing items free of charge. Donations are accepted by appointment only.

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

651-426-0824 • www.goodwilleasterseals.org

4500 Centerville Rd, White Bear Lake

Drop off only, no pick up.

Mon-Fri: 10:00 am - 8:00 pm

Sat: 10:00 am - 7:00 pm • Sun: 11:00 am - 6:00 pm

Accepts new and gently used clothing and household items.

Local Pharmacies

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

Habitat for Humanity ReStore

612-588-3820 • restore.tchabitat.org
 Tue-Fri: 10:00 am - 5:00 pm • Sat: 10:00 am - 3:00 pm
 ReStore accepts donated products from contractors, retailers, and individuals. Keep ReStore in mind if you're decluttering, moving, or downsizing. Accepts drop off donations. Offers pick up services.

Neighbors Helping Neighbors Thrift Store

651-777-1107
 1956 Spruce Place, White Bear Lake
 Behind St. Stephen's Church
 Tue-Thu: 10:00 am - 4:00 pm
 Sat: 10:00 am - 1:00 pm
 Accepts gently used clothing and accessories only. No household items.

South Shore Trinity Lutheran Church

651-429-4293
 2480 S Shore Blvd, White Bear Lake
 Accepts and loans out durable medical equipment such as wheelchairs, walkers or bath stools.

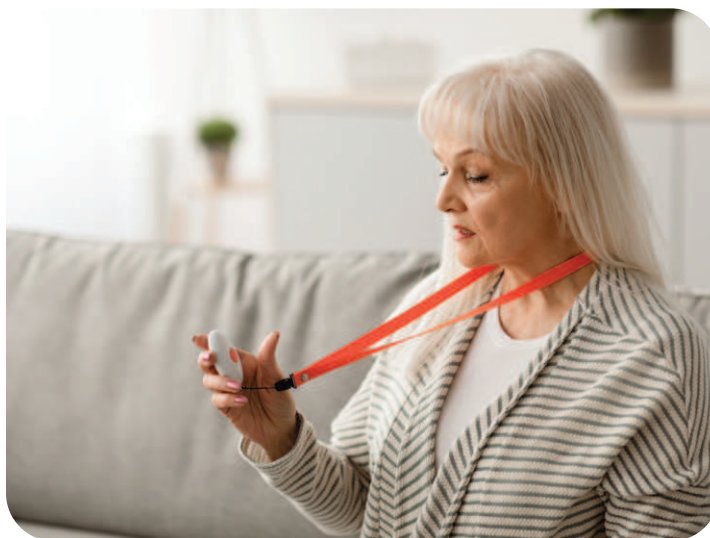
SAFETY, SECURITY, EMERGENCY RESPONSE SYSTEMS

Accent Care Fairview Health Alert Systems

952-885-6185
www.accentcare.com/our-services/health-alert/
 Offering a wide variety of medical alert and medication management devices along with professional installation, guided instruction, and customer support. No long-term contracts required.

File of Life

651-653-3121
 A free emergency medical information form for Ramsey County residents to complete and keep on their refrigerator door to assist emergency medical personnel with personal health information and emergency contacts.



MedicAlert + Safe Return

1-800-432-5378 • www.medicalert.org
MedicAlert Foundation
 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.



Kristi Nemeec

Downsizing? Moving? Planning Ahead?
You're not alone. I'm here to help.

As a Senior Home Coach™, I can help with:

- Decluttering & downsizing
- Selling the family home: as-is or traditional sales
- Planning for what's next

Join One Of My Free Local Seminars

320-250-1848 | Kristi@PathwayToPurposeMN.com

PathwayToPurposeMN.com

Home Care & Other In-Home Services



Home care includes two main types: **home health care, provided by licensed medical professionals** for skilled medical needs (such as nursing, therapy, medication management, and hospice care), and **non-medical home care, provided by professional caregivers** who assist with daily living activities like personal care, housekeeping, meals, transportation, and shopping. Additional support may come from homemaking services or volunteer companion programs. **Payment options vary** based on medical needs, homebound status, insurance coverage, financial eligibility, and personal resources.

RESOURCES TO HELP LOCATE AND EVALUATE HOME CARE

Minnesota Department of Health

www.health.state.mn.us/facilities/regulation/choosefacility.html

Provides an up-to-date searchable database of licensed health care providers, home care providers, and other useful resources.

Care Options Network

www.careoptionsnetwork.org

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

Elder Care IQ

Service of Elder Care Advocates

www.eldercareiq.org

A decision-making tool to screen Minnesota nursing homes, assisted living facilities, home care or home health agencies. It reports investigation from the MN Department of Health of abuse, neglect and exploitation of the residents or clients.



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THERAPY, SPEECH THERAPY, HOME HEALTH
AIDS & SOCIAL WORK

HOSPICE:

REGISTERED NURSES,
PET, MASSAGE & MUSIC THERAPY,
VOLUNTEERS, HOME HEALTH AIDS,
CHAPLAINS & BEREAVEMENT SUPPORT

ALL SERVICES BROUGHT TO WHEREVER YOU CALL HOME

Please call for more information,
we're available 7 days a week:
651-917-3634



Home Health Compare

www.medicare.gov/care-compare

Compare federally licensed home health agencies in your area by patient survey or quality care ratings. Provides a home health agency checklist for comparisons.

Keystone Community Services

651-298-5493

Helping seniors find the resources they need.

Minnesota Aging Pathways

1-800-333-2433

www.trellisconnects.org

Get answers about: Planning for long-term care, Home health care and home care, Other in-home support services, How to pay for care, and how to arrange for services.

MNCHOICES ASSESSMENT AND FINANCIAL ASSISTANCE

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.

- **Anoka County**
763-324-1450
www.anokacountymn.gov/3260/Disability-and-Senior-Services
- **Ramsey County**
651-266-3613
www.ramseycounty.us/seniors
- **Washington County**
651-430-6484
www.co.washington.mn.us/780/Adult-Child-Senior



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651-633-4487



- Companionship
- Housekeeping
- Meal Preparations
- Mobility Assistance
- Personal Care Assistance
- Respite Care For Families

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HOME HEALTH CARE AND HOSPICE: MEDICARE CERTIFIED

Skilled home health care is provided by licensed medical professionals and may include nursing care, therapies, medication management, post-operative and wound care, social work, and assistance with daily activities. Some agencies also offer hospice care, providing Medicare-certified palliative and end-of-life support.

Brighton Hospice

651-731-7692 • www.BrightonHospice.com

CenterWell Home Health

1-855-601-3476 • www.centerwellhh.com

Ecumen Hospice

651-766-4300 • www.ecumenhospice.org

AccentCare Fairview Home Health

651-232-2800 • accentcare.com/fairview

Firstat Nursing Services

651-288-0222 • www.firstatmn.com

Good Samaritan Home Care

651-774-9765 • www.good-sam.com

Hospice of the Midwest

651-344-1040 • www.hospiceofthemidwest.com

Interim HealthCare of the Twin Cities

651-917-3634 • www.interimhealthcare.com

Lakeview Homecare and Hospice

651-430-3320 • www.healthpartners.com

Our Lady of Peace Home Health Care Hospice Services

651-789-5031 • www.ourladyofpeacemn.org

HOME CARE: PRIVATE PAY

Services include personal care assistance with daily activities and medication management, as well as home management support like light housekeeping, laundry, meal prep, transportation, and shopping. These services are typically billed hourly, with a required minimum number of hours or visits.

Amada Senior Care

763-307-9138 • www.amadaseniorcare.com

BrightStar Care

651-352-6443 • www.brightstarcare.com/locations/st-paul

Comfort Keepers

763-465-7655 • www.comfortkeepers.com

Home Care Solutions

763-231-9000 • www.homecaresolutionsmn.com

Home Instead Senior Care

651-300-5734 • www.homeinstead.com



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ASSISTED LIVING & MEMORY CARE



HUGO	612-859-3676
MAHTOMEDI	651-343-1787
MAPLEWOOD	612-859-3676

encore-assistedliving.com

Interim HealthCare of the Twin Cities

651-917-3634 • www.interimhealthcare.com

Morning Glory Home Care

651-493-1251 • www.mghome.care

Northern Stars Home Care

651-528-6649 • northernstarshomecare.com

Senior Helpers of Stillwater

651-272-2708 • seniorhelpers.com/mn/stillwater

Symphony Senior Home Care

651-330-3841 • symphonyseniorhomecare.com
4525 White Bear Pkwy, White Bear Lake

Synergy HomeCare Northeast Metro

763-205-4440 • www.synergyhomecare.com

Visiting Angels

651-633-4487 • visitingangels.com

IN-HOME SUPPORT: NON MEDICAL

These agencies are registered with the Minnesota Department of Health to provide Home Management Services, offering in-home support such as housekeeping, meal preparation, laundry, companionship, transportation, and shopping. Services are billed directly to consumers, usually on an hourly basis with minimum weekly hours or visits required.

Comfort Keepers

651-789-0317 • www.comfortkeepers.com

Help at Your Door

651-642-1892 • www.helpatyourdoor.org

Home Instead Senior Care

651-330-5734 • www.homeinstead.com

Little Things Senior Support

651-276-0154

Email: littlethings4seniors@gmail.com

Morning Glory Home Care

651-493-1251 • www.mghome.care

Senior Home Living, Inc.

952-456-6561 • www.seniorhomeinc.com

Visiting Angels

Simple Serenity

651-300-0571 • simpleserenitymn.com

Wholehearted Living

763-328-8840

wholeheartedlivingcare@gmail.com

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Senior Helpers stands ready to serve your family's needs with personalized, in-home care and expertly-trained professional caregivers.

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seniorhelpers.com

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FOOT CARE AT WHITE BEAR SENIOR CENTER

- Brief Medical History
- Assessment and ongoing monitoring
- Trimming and filing toenails
- Reducing thick toenails
- Treatment for ingrown toenails
- Calluses and corn reduced
- Minor skin irritation, cuts, cracks,
- Lower extremity skincare
- Referrals and Recommendations
- Light massage and moisturization

Cost: \$55 cash, check, credit card*

**\$3 fee if use card*

Professional Footcare from Registered Nurses.

White Bear Area Senior Center

Sunrise Park District Center

2399 Cedar Ave, White Bear Lake

651-653-3121



COMPANION PROGRAMS

Programs match seniors with volunteers to provide companionship and affordable help such as light housekeeping, chores, or yard clean-up. Some provide grocery shopping assistance and transportation. Services and rates vary, some with set affordable hourly rates or offer a sliding fee scale according to income level or have a county waiver program eligibility.

Lutheran Social Services

651-255-2361

- **Neighbor to Neighbor**

1-877-540-9443

www.lssmn.org/services/older-adults

- **Senior Companions**

1-888-205-3770

www.lssmn.org/services/older-adults/companion-services/senior-companion

Friends & Co.

612-721-1400 • www.friendsco.org

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

- **Coffee Talk**

612-746-0728 • friendsco.org/coffee-talk

Mon-Fri: 8:00 am - 12:00 pm

Commitment-free drop-in phone line

available with volunteers for friendly one on one conversation.

HAIR CARE

Anywhere Hair

763-291-5191

Tu, Th, Fri: 10:00 am - 8:00 pm

Hair services for men and women: cut, style, shampoo, color, and perm.

Haircuts by Barber Debbie

651-246-3958

Hair services for men and women: cut, style, shampoo, color, and perm.

Housing Assistance

Community Support Center

651-387-8050 • communitysupportcenter.org
Mon-Fri: 8:30 am - 4:30 pm

Help prevent homelessness and solve financial problems for residents of northern Ramsey County suburbs (New Brighton, Mounds View, North Oaks, Arden Hills).

Homeless Elders Program

651-647-3100
cctwincities.org/services-and-locations/aging-and-disability-services

Catholic Charities provides intensive case management and advocacy on behalf of vulnerable elders experiencing homelessness. Serving elders 60+ (55+ if Native American) currently experiencing homelessness in Hennepin and Ramsey counties.

Homeline Tenant Hotline

612-728-5767 • homelinemn.org
A non-profit tenant advocacy organization providing confidential information and free legal help for renters.

HouseCalls - Ramsey County

651-266-1290
www.ramseycounty.us/residents/assistance-support/assistance/housing-services-support/housecalls

Homelessness prevention assistance due to safety or sanitation concerns. HouseCalls services include financial assistance for: utility disconnection, eviction assistance due to non-payment of rent, or sanitation condemnation.

HousingLink

housinglink.org
Simplify your affordable housing search with current online listings to match your specific criteria. Also access information and resources related to subsidized housing and legal help.

Minnesota Housing Finance Agency

651-296-7608 • mnhousing.gov/housing-help
Resources for immediate shelter, renters, and homeowners in need of assistance to pay for housing and housing related expenses.

The Directory

seniorhousinginc.org
A publication that offers self-assessments, housing grids, services, helpful articles and more. Pick up a free copy at the White Bear Area Senior Center. Updated yearly.



Good Life
Assisted Living and Memory Care

Providing residents with Respect, Compassion and Quality Care as they transition through life.

www.goodlifesl.com • 651-426-1335
5260 127th Street N, Hugo, MN 55038



Legal Resources

LEGAL INFORMATION AND REFERRALS

LawHelpMN.org

Provides online resources to help low income Minnesotans solve legal matters. A Self-Help Library, Providers and Clinics Directory, and LawHelpMN Guide, can help with finding resources in your area.

Minnesota Lawyer Referral

612-752-6699 • mnlawyerreferral.org

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

612-333-1183 • www.mnbars.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.

Minnesota Judicial Branch

www.MNCourts.gov

Visit for a variety of printable legal forms.



FREE OR LOW-COST LEGAL SERVICES

Minnesota Lawyers Referral

612-752-6699 • mnlawyerreferral.org

Southern Minnesota Regional Legal Services (SMRLS) - Legal Advocacy for Older People

1-877-696-6529 • www.smrls.org

Free advice and legal representation to people age 60 + in social and economic need. Case priorities emphasize access to housing, long-term care, and other basic necessities. Provide comprehensive civil legal services to low-income individuals and eligible groups to help them enforce their rights, access justice, and protect themselves from hunger, homelessness, illness, and abuse. These services aim to empower clients, promote equal opportunity, and support them in achieving greater self-reliance within their abilities and circumstances.

Volunteer Lawyers Network

612-752-6677 • www.vlnmn.org
 Mon-Thu: 10:00 am - 1:00 pm

Connects people experiencing poverty with trained lawyers who provide advice and 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

1-800-582-5260 • 651-646-5990
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

Volunteers of America Center for Excellence in Supported Decision-Making

952-945-4000
www.voamnwi.org/guardianship-supported-decision-making

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

Thiel, Anderson, Kukla, and Gunderson, P.L.L.P.

952-920-8445 • thiefirm.com

LOCAL ESTATE AND ELDER LAW ATTORNEYS

Collins Law Office

651-464-7400 • www.collinsestrem.com
 20 Lake St N, Ste 202, Forest Lake

Neyens Law

651-418-8999 • neyenslaw.com
 600 Inwood Ave N #150, Oakdale

Safe Harbor Estate Law Estate and Elder Law Attorneys

612-615-9535 • www.safeharborestatelaw.com
 3240 Rice St, Roseville



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- ELDER LAW

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www.sheilakellylaw.com



Support Groups & Caregiver Resources



ADULT DAY CENTER

Hope Senior Center

651-340-3387 • www.hopesenior.org
1730 Gervais Ave, Maplewood
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, and nursing services. Coordination with health providers, and personal care assistance, such as bathing and foot care.

ALZHEIMER'S, DEMENTIA, AND MEMORY LOSS SUPPORT

Alzheimer's Association

952-830-0512 • www.alz.org/mnnd
24/7 HelpLine: 1-800-272-3900

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

Family Caregiver Alliance

1-800-445-8106

www.caregiver.org/connecting-caregivers/services-by-state/minnesota

300 Village Center Dr, North Oaks

Last Wed of the month: 10:00 - 11:00 am

Join other caregivers to exchange tips and suggestions with others who know what you are going through. Bring your loved one to join in on planned activities.

Lyngblomstem Community Services

651-632-5320 • caregiving@lyngblomsten.org

- The Gathering - Como Park or Lino Lakes
- Memory Loss Caregiver Support Groups
Trained facilitators lead group for caregivers of those with Alzheimer's or related dementia.
 - In-person support groups
4th Tue of each month, 10:30 am
Como Park Lutheran Church
1376 Hoyt Ave W, St. Paul
 - Virtual support groups
2nd Tue: 10:30 am
 - Memory Collective
651-414-5292 • www.lyngblomsten.org
An online enrichment class for adults living with memory loss. A supportive community with others on a similar journey and collectively discover ways to keep living your best life possible. Each 8-week session will feature a variety of educational topics and activities.

CAREGIVER COACHING AND CONSULTATION

Caregiver Resources 2nd Half with Lyngblomsten

651-632-5320

www.lyngblomsten.org/community-services/caregiver-resources1/

If you are caring or supporting an older adult, we can help you navigate the journey. Specializing in memory loss caregiver support. Available to share resources and education as well as caregiving coaching.

Family Means Caregiving and Aging

651-439-4840

www.familymeans.org/help-for-caregivers/
1875 Northwestern Ave S, Stillwater

Support groups, education programs, and individualized coaching and consultation to help gain confidence, learn new skills, and guide families through decision making.

Wilder Caregiver Services

651-280-2273 • www.wilder.org/Caregiving

Connect caregivers to support, resources, events, and classes.



CAREGIVER RESPITE: GROUP AND IN HOME

Ebenezer Day Break St. Paul

651-326-4889

ebenezercares.org/ebenezer-daybreak-st-paul
Mon-Fri: 8:00 am - 4:00 pm

Day program provides social activities and caregiver respite.

The Gathering 2nd Half with Lyngblomsten

651-632-5320

www.lyngblomsten.org/community-services/the-gathering

Como Park - Mon, Tue, Thu: 10:00 am - 2:00 pm

Lino Lakes - Tue, Wed, Thu: 10:00 am - 2:00 pm

A four hour, group respite program providing brain-stimulating and social engagement through intentionally designed activities for adults living with memory loss while giving their informal caregiver a break to care for themselves.

Family Means

651-439-4840

www.familymeans.org/breaks-for-caregivers
1875 Northwestern Ave S, Stillwater

In-home and group respite provided with the help of volunteers to give caregivers the break they need. In-home respite provides 2-4 hour regularly scheduled visits 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.

Wilder Caregiver Services

651-280-2273 • www.wilder.org/Caregiving

In Person Support: Mon-Thu: 12:00 - 4:00 pm

In person programs for adults with memory loss, Parkinson's disease, and neurodegenerative disorders; includes lunch, activities, and personal support.



GRIEF & LOSS SUPPORT

Companions in Grief

651-429-5337

St. Mary's, 4741 Bald Eagle Ave, WBL

Family Means Center for Grief and Loss

651-641-0177 • 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.

GriefShare

1-800-395-5755 • www.griefshare.org

GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. Free weekly meetings at various locations. There is a \$20 workbook for the sessions. Registration is required.

HEARING LOSS SUPPORT

CapTel Captioned Phones

800-233-9130 • www.captel.com

CapTel phones help people with hearing difficulties by displaying real-time captions of phone conversations on a large, easy-to-read screen and providing enhanced sound amplification. The phone and service are free, requiring only hearing difficulty and an internet connection.

Deaf, Deafblind & Hard of Hearing Services

Voice: 800-657-3663 • TTY: 651-431-5976

Video phone: 651-964-1514

email: dhs.dhhsd@state.mn.us

Services for the 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 list of financial resources for hearing aids, training and consultation to service providers.

Telephone Equipment Distribution

1-800-657-3663

www.mn.gov/deaf-hard-of-hearing

Provides access to telephone services for those with hearing loss, speech or limited physical disabilities to use 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

763-317-1304 • www.parkinson.org
 Email questions: minnesotadakotas@parkinson.org
 Mon-Fri: 8:00 am - 7:00 pm

Staffed by professionals to support you with: current disease information and medical issues; including symptoms and treatments, health and social care, and referrals to local health professionals and community resource support.

Wilder Connect

651-280-2294 • www.wilder.org/what-we-offer
 Mon-Thu: 12:00 - 4:00 pm

Wilder Connect is a long term care support program that provides four hours of engaging activities, personal care and healthy meals for adults, while offering respite and self-care time for their family and friend caregivers

STROKE SUPPORT

Minnesota Stroke Association

763-553-0088 • www.strokemn.org
 Stroke prevention and resources, caregiver advocacy, education, and information on support groups.

VISION LOSS SUPPORT

State Services for the Blind

651-539-2300 • 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

612-843-3400 • 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 assist with reading; 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

612-843-3404
 3230 Spruce St, Little Canada
 Support group for those experiencing vision loss later in life; in person and online options.

Technology

TECHNOLOGY SUPPORT

Affordable Connectivity Program

888-225-5322 • www.fcc.gov/acp

Provides discount for internet service and equipment for those who meet eligibility criteria.

Cyber-Seniors

1-844-217-3057 • www.cyberseniors.org

Tech mentors assist older adults with free technology support and training on smart phones, tablets, or computers.

PCs for People

651-354-2552 • www.pcsforpeople.org

Affordable computers, internet, repairs and technology recycling.



Ramsey & Washington County Branch Libraries

- Need extra help on computers?
- Have questions about email accounts?
- Need assistance working on a document?
- Want to learn how to surf the Internet?

Technology assistance is available at most libraries. Call for hour of operation and to schedule an appointment.

- **Maplewood Library**
651-724-6003
3025 Southlawn Dr, Maplewood
- **Roseville Library**
651-724-6001
2180 N Hamline Ave, Roseville
- **Shoreview Library**
651-724-6006
4560 Victoria St N, Shoreview
- **White Bear Library**
651-724-6007
2150 2nd St, White Bear Lake
- **Wildwood Library**
651-426-0242
763 Stillwater Rd, Mahtomedi

Made you look.

Advertise **here** to reach your local audience.

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Transportation

REGULAR FIXED ROUTE BUS

Public transit routes with set schedules and designated stops.

 **Metro Transit Fixed Route Bus**
612-373-3333 • www.metrotransit.org

CURB TO CURB SERVICES

Driver picks-up/drops-off rider at the curb. Driver does not help rider into buildings.


**Door-to-Door Service: If requested will ensure the rider makes it safely from their door to vehicle to the destination door.*

Discover Ride*
651-288-0327 • www.discoverride.com

GoGo Grandparent
1-855-955-2318 x724
www.gogograndparent.com

Lyft
www.lyft.com/rider


 **Newtrax**
651-789-6221 • www.newtrax.org

 **Transit Link***
651-602-5465
www.metrotransit.org/transit-link

Uber
www.uber.com


DOOR THROUGH DOOR SERVICES


Driver enters first exterior door of home to provide assistance to the rider to ensure they make it safely through their front door, onto the vehicle, and into the first door of their destination, with same service on return trip.

 **Allegiance Transportation**
651-207-5211
www.allegiancetransportation.com

Discover Ride
651-288-0327 • www.discoverride.com

Help at Your Door
651-642-1892 • www.helpatyourdoor.org

 **Metro Mobility**
ADA Certified Riders
651-602-1111
www.metrotransit.org/metro-mobility

 **Premier Handicap Services**
651-633-6856
www.premierhandicapservices.com

Advertise in Our Newsletter!



Contact Kristee Flynn
(651) 303-3461 | kflynn@4lpi.com



SPECIAL TRANSPORTATION

Health Insurance - Transportation Benefits

Some health insurance plans offer transportation benefits to their enrollees for rides to and from medically-related destinations. Health plans can have varying levels of transportation benefits for specific types of enrollees. Call your insurance company to determine your specific member benefits.

Medicare Services

1-844-223-7120

www.medicarefaq.com/faqs/medical-rides

Some Medicare plans provide options for coverage of medical transportation services. Visit the above listed website to review the different types of Medicare transportation, when they are covered, and how to utilize the benefits.

MN Non-Emergency Transportation (MNET)

866-467-1724 • www.mtm-inc.net/minnesota

Coordinates/schedules rides for non-emergency medical appointments only for those with MN Medical Assistance, Elderly Waiver, or CADI Waiver coverage through their county of residence.

Road to Recovery American Cancer Society

800-227-2345

www.cancer.org/involved/volunteer/road-to-recovery.html

Free for cancer patients.

Veterans Transportation Service

612-725-2000 • va.gov/minneapolis-health-care

Free for veterans to VA Medical Center.

DISABILITY PARKING

MN Council on Disability

651-297-3377

www.disability.state.mn.us/technical-assistance/disability-parking/

Apply for or renewal of a Disability Parking Certificate and online applications for temporary or permanent parking permits or plates.

HOME CARE AGENCIES & TRANSPORTATION

There are a number of local home care agencies that offer transportation as one of their service options for their home care clients. Some offer rides to weekday health appointments, medical procedure-to-home, or TCU-to-home packages.

For Home Care agencies that offer transportation as a service, see page 21.

Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call me to reserve this spot today!

Kristee Flynn | 651-303-3461





NewTrax

651-789-6221 • www.newtrax.org
 3700 Hwy 61 N, White Bear Lake

GROUP RIDES & THE NORTH & SOUTH LOOPS

Newtrax is a local nonprofit organization expanding transportation opportunities within our local communities by utilizing our vehicles and drivers to make a bigger impact.

We are helping our valued community members stay more engaged by providing increased access to community events, social activities, local attractions, and volunteer opportunities... an

Thursday morning 'Loops' provide access to local destinations.

- Area grocery and retail shopping destinations
- Restaurants and other area attractions
- Library, Post Office
- White Bear Center for the Arts, Lakeshore Players Theater, YMCA, and more
- White Bear Area Senior Center
- 17 senior housing facilities

Voluntary Donation Service.
 Pay what you wish.

important aspect in keeping our neighborhoods vibrant.

Newtrax has a weekly bus circulator route in partnership with the cities of White Bear Lake, Vadnais Heights, Mahtomedi, White Bear Township, and Gem Lake to transport seniors and people with disabilities to many destinations within our beautiful lake area communities.

DRIVERS WANTED

Great full-time or flexible part-time opportunity for retirees and others!

We need YOU to help us provide transportation for seniors and/or individuals with disabilities in our community to area events, restaurants, shopping, and more. No special license required and we provide the training. To learn more about this rewarding opportunity, please contact us at 651-789-6221 or email us at info@newtrax.org.

"Very flexible work schedules, excellent maintained equipment and very friendly staff". - Tom L.

Advertise Here

Visit www.lpicommunities.com/advertising-solutions

Scan to get started



Wellness Education & Enrichment

White Bear Area Schools Community Education & Recreation

651-407-7501

www.communityservices.isd624.org

2399 Cedar Ave, White Bear Lake

The mission of Community Education & Recreation Mission, a dynamic department at the leading edge of community programming, is to connect and engage individuals and the community in lifelong learning and enrichment through a vital system distinguished by:

- Safe, nurturing environments and accessible spaces
- Inclusive, varied programs and experiences
- Participants, volunteers, and staff who reflect and embrace the diversity of our community
- Synergistic partnerships and meaningful relationships
- Dedicated, qualified, and supported staff and volunteers

Activities and Services:

- **Adult Enrichment & Recreation:** Classes on Arts & Hobbies, Culinary, Dance & Fitness, Finance, Health & Wellness, Home, 55+ Driver Safety and more. Current recreational activities are Get Up & Go Aerobics, Pickleball Club and a free indoor walking track.
- **Adult Basic Education** offers basic education to adults in the North St. Paul, Maplewood, Oakdale, Mahtomedi and White Bear Lake area at no cost.
- **Community Bridge Consortium** provides enrichment for adults with cognitive disabilities.
- **Before & After School Care** for grades K-8.
- **Early Childhood Family Education & Preschool**

- **Senior Program:** Provides daily activities and enrichment opportunities at our Senior Center, which includes: Craft Corner Gift Shop, Foot Care Clinic, Get Up & Go Fitness, Lending Library & Puzzles, Meals on Wheels, Medicare Insurance Counseling, Social Activities, Games, and Community Events.

- **Youth Enrichment & Recreation**

- **Middle School Athletics**

Find details and register for programming in the WBLAS Community Education & Recreation in our seasonal catalogs, our older adult newsletter The Voice, and online at www.whitebear.arux.app

Register for classes and activities by calling or online.

Lyngblomsten Community Services Wellness Education

651-632-5330 • www.lyngblomsten.org

communityservices@lyngblomsten.org

Classes include Matter of Balance, Living with Chronic Conditions, and Powerful Tools for Caregivers.

Community Bridge Consortium

651-748-7252 • www.isd622.ce.eleyo.com

Community Bridge offers customized classes, recreational and social opportunities for adults with cognitive disabilities.

Juniper

www.yourjuniper.org

Juniper helps communities across Minnesota create a culture of health, where prevention and wellness are the norms. Learn the tools you need to take control of your health and manage it in a way that works best for you and your life.

Veterans Assistance

Veterans Crisis Line

Dial 988 then press 1
www.veteranscrisisline.net

24/7, confidential crisis support for Veterans and their loved ones

Enrolled in VA benefits or health care not required.

Veterans Linkage Line

1-888-LinkVet (546-5838)

Veterans Burial Benefits

www.va.gov/burials-memorials/veterans-burial-allowance/

You may be eligible for Veterans burial allowances if you're paying for the burial and funeral costs.

Veterans Dental Benefits

651-266-2545

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

90 Plato Blvd W, St. Paul

Provides assistance annually to veterans and their dependents with routine dental care, extractions and denture procedures. Income and asset guidelines apply to qualify.



County Veterans Services

Primary source of contact for all county benefits and services are County Veterans Service Officers (CVSO). CVSOs are certified and accredited to assist veterans, their dependents, and surviving spouses, in understanding benefit eligibility, applying for benefits, including assistance with burials, home care, health care, pensions, etc.

- Anoka County Veterans Services**
 763-324-4500
www.anokacountymn.gov/344/veterans-services
- Ramsey County Veterans Services**
 651-266-2545
www.ramseycounty.us/residents/assistance-support/assistance/veterans-assistance
- Washington County Veterans Services**
 651-430-6895
www.co.washington.mn.us/819/Veterans-Service-Office



CALL TO SCHEDULE A
TOUR & ASK ABOUT
OUR MOVE-IN SPECIALS!

ECUMEN[®]

Lakeview Commons

Assisted Living
Memory Care

651-770-1111

ECUMEN[®]

Seasons at Maplewood

Independent Living+
Assisted Living | Memory Care

651-756-1859



White Bear Area Senior Center 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.

Watch for Fall & Spring Boutique Dates

*If you are 50 years of age or older, or a
disabled adult, you can sell your hand crafted
items in our shop. A small portion of sales is
donated to the Senior Program; the rest is
paid to the consignee.*

2399 Cedar Ave
White Bear Lake, MN 551510
651-653-3130

POLICE & FIRE NON-EMERGENCY

- Hugo Fire Department
651-429-6366
- Ramsey County Sheriff
651-484-3366
- Vadnais Heights Fire Department
651-204-6030
- Washington County Sheriff
651-439-9381
- White Bear Lake Fire Department
651-429-8568
- White Bear Lake Police
651-429-8511



Compassionate Care in a Customized Assisted Living Home

Serving Adults 55+

We offer:

- MEDICATION MANAGEMENT
- ASSISTANCE WITH MAKING MEDICAL APPOINTMENTS
- LAUNDRY SERVICES • TRANSPORTATION
- ADL ASSISTANCE • ACTIVITIES



Contact:
Wendy, Manager

📞 651-278-1537

🌐 www.fralish.com

📍 6224 Lee Ave. N, Brooklyn Center, MN

Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call me to reserve this spot today!
Kristee Flynn | 651-303-3461





White Bear Area Senior Program



2399 Cedar Avenue
White Bear Lake, MN 55110
(651) 653-3121
www.whitebearseniorprogram.org

