

COMMUNITY RESOURCE GUIDE

ADULT/DISABILITIES DIVISION



NOVEMBER 2014

Washington
 County

WCCS-70000-68 (11-14)

For additional information about services that are available to you in the community, contact Washington County Community Services – Adult Disabilities Division at 651-430-6484, Senior Linkage Line at 1-800-333-2433, United Way at 651-291-0211 or 2-1-1, or refer to your local yellow pages for specific services.

The Washington County Resource Guide for Seniors and People with Disabilities was developed to serve as a resource to the community. Inclusion of an organization in the directory does not constitute endorsement of its programs or policies by Washington County Community Services – Adult Disabilities Division, while exclusion does not imply disapproval.

Every effort has been made to obtain accurate information about the organizations listed in this directory. Washington County Community Services – Adult Disabilities Division is not liable for the accuracy of any editorial and/or information printed in this directory. Availability of service providers may vary.

Online availability of the Resource Guide for Seniors and People with Disabilities provides easy access for family members, caregivers, and professionals to help them identify community resources that will promote the health, safety, and independence of seniors and people with disabilities living in Washington County.

You may access this resource guide online:

- by visiting www.co.washington.mn.us/DocumentCenter/View/4302
- by visiting the Adult/Child/Senior page of the Community Services - Disabilities website and clicking the guide under “Quick Links” in the lower right-hand corner of the page
- by visiting the Community Services website and clicking on the “VIEW ALL” button under “Quick Links” in the lower right-hand corner of the page

OR

- by clicking on “About Us” then “Community Resource Guide” section on the Washington County website

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ABUSE: PHYSICAL and/or SEXUAL

Abuse Response Services (Canvas Health) 651-777-1117

Serves victims of sexual assault and teen relationship abuse in Washington County. 24-hour telephone crisis response, short-term counseling, 24/7 response to local hospital emergency rooms, support groups, and legal advocacy.

Council on Crime and Justice,

General Victims Service 612-340-5400

Aids victims of general crime, available 24-hours, 7 days a week.

Domestic Abuse Hotline

National..... 800-799-7233

Provides crisis assistance and shelter referrals for all languages.

Metro Area Shelter Hotline (Automated Line) 888-234-1329

Provides locations, eligibility rules, and contact numbers of metro area emergency shelters and transitional housing for individuals, families, and youth.

Minnesota Domestic Violence

(Crisis Line) 866-223-1111

Or..... 612-825-0000

Works with people of all ages to obtain restraining orders, orders for protection, shelter, and support groups.

Washington County Common Entry

Point Adult Protective Services651-430-6484 (option 1)

Investigates reports of alleged abuse, neglect, exploitation, or abandonment and offers some short-term emergency services. Washington County Vulnerable Adult/Adult Protection responds to and investigates reports of maltreatment (abuse & neglect) for vulnerable adults. Also offers protective services to prevent maltreatment.

ADULT DAY PROGRAMS

Adult Day Care Centers provide day programs that may include a variety of health, social, and support services to meet the needs of individuals who may be physically impaired, socially isolated, or limited in their ability to function independently in their community.

Cerenity Senior Care-Residence-

Marian of St. Paul..... 651-793-2100

www.cerenityseniorcare.org

Circle of Friends	
(Oak Park Heights).....	651-275-5800
Common Sense Services for Seniors	
(South St. Paul).....	651-552-0288
Courage Center	763-588-0811
Toll Free	888-846-8253
TTY.....	763-820-0245
Ebenezer Daybreak Adult Day	
Program (Hastings).....	651-438-9800
www.fairviewebenezer.org	
Elder Friends (Woodbury)	651-738-0045
Golden Living Center Lake Ridge	
(Roseville).....	651-483-5431
Johnson, Bob and Mary (Hugo)	651-653-0660
Lakewood-Salvation Army Adult Day Center	
(Maplewood).....	651-779-9177
Margaret S. Parmly Day Care	
(Chisago City).....	651-257-0575
Wilder Adult Day Health Services	
(St. Paul).....	651-280-2500
www.wilder.org	

CLOTHING, FURNITURE, & EQUIPMENT

Basic Needs Stone Soup Thrift Shop	651-458-9786
Serving families in South Washington County with clothing and household items.	
Beyond Barriers	651-462-3444
Toll Free	800-561-2223
www.beyondbarriers.com	
Provides independence for seniors and persons with disabilities to help them remain in their homes.	
Community Helping Hands	651-464-8150
Serving families in the Forest Lake area with clothing and furniture.	
Dawn’s Closet (Valley Outreach)	651-430-2739
Clean, gently-used clothing for men, women and children. Also have functioning household essentials.	
Goodwill Industries	651-439-4207
Low cost furniture, clothes, household goods, and other items.	

- Joseph's Coat**..... 651-291-2472
Free clothing closet. Form of ID required. Shop once a week.
- Salvation Army** 651-746-3400
Low-cost furniture, clothes, household goods, and other items.

FINANCIAL

EMPLOYMENT

- East Suburban Resources** 651-351-0190
- Minnesota Workforce Center of Washington County** 651-275-8650
Senior Community Service Employment Program for low-income seniors.
- TBI Metro Services** 651-457-4756
Structured day employment and independent living skills.

ENERGY ASSISTANCE

Energy assistance is provided to low-income individuals with their heating payments.

Community Action Partnership -

- for Washington/Ramsey Counties**..... 651-645-6445
Limited financial assistance to pay utility and fuel bills October to May.

- Salvation Army Oak Park Heights/ Washington County**..... 651-746-3400
Heat share for those facing utility crisis/shutoff and emergency assistance including financial, information, and referral for emergency situations.

- Valley Outreach Emergency Funding**..... 651-430-2739
Funding available to help with emergency heating and housing issues.
Emergency assistance on a first come, first serve basis. (Stillwater School District Only). Monday through Friday 9:00 a.m. to 5:00 p.m. Intake via telephone.

FINANCIAL ASSISTANCE

Community Action Partnership of

- Washington/Ramsey Counties** 651-645-6445

- Community Sharing Fund**..... 651-224-5463

- Consumer Credit Counseling (Family Means)**651-439-4840

- Toll Free** 800-327-3203

www.familymeans.org

Offers budget and credit counseling and a debt repayment program for a fee.

- Heat Share/Salvation Army**..... 651-746-3400

- Lake Elmo Car Care** 651-773-3083
 Car grant repair or car repair with guidelines.
- Lutheran Social Service Financial Counseling** 888-577-2227
 Financial counseling free of charge.
- Medical Assistance/Prescription Drug Program/Food Stamps -**
- Washington County** 651-430-6459
 Economic support services to help eligible residents with health care coverage information and food stamps.
- Minnesota Public Utilities Commission** 651-296-0406
 The program provides assistance for eligible individuals towards connection and installation charges. Contact your local phone company for further details and other possible benefits.
- St. Croix Valley Christians In Action** 651-773-3083
 Help with car repairs, car grant program, clothing distribution and food shelf for those in need of assistance. Serving zip codes 55001, 55003, 55042, 55043, 55082, 55125, 55128, and 55129.
- Salvation Army Oak Park Heights/ Washington County** 651-746-3400
 Discretionary funds available in small amounts, on a one-time basis for emergencies that fall between the cracks of other social service programs, or used in conjunction with other agencies. Can help with transportation and vouchers for clothing and/or furniture.
- Social Security Administration (to apply)**
- (National)** 800-772-1213
www.socialsecurity.gov
- Telephone Assistance Plan** 651-296-0406
 Assistance for elderly and/or disabled persons who meet financial guidelines.
- Valley Outreach** 651-430-2739
 Serves eligible residents in zip codes 55001, 55003, 55042, 55043, 55047, and 55082.
- Veteran's Service Office** 651-430-6895
 Information about services for veterans.

HEALTH CARE COVERAGE

- Minnesota Care** 651-297-3862
 A health insurance program for low-income individuals and families with children who are uninsured. Pays for most prescription drugs, doctors, clinics, dentists, shots, eye glasses, and other kinds of medical care. Cannot be on Medicare.

- Neighborhood Health Care Network**..... 651-489-2273
Or..... 866-489-4899
 Provides referrals for health care, including medical, dental, and mental health services. Charges are on a sliding fee scale based on income and family size.
- PORTICO, Healthnet** 651-603-5100
 Information and assistance connecting with a health care program that best meets individual needs. Assistance to apply for MNCare and Medical Assistance.
- St. Mary’s Health Clinic** 651-287-7777
 Volunteer staff provides medical care to people who are uninsured yet ineligible for medical assistance.
- Senior Partners Care Program** 952-541-1019
 Health care programs for low to moderate-income seniors. \$25 annual administration fee, no co-payment, no deductible.
- Washington County Community Services -
 Economic Assistance Intake** 651-430-6459
 Economic support services can help eligible residents with health care coverage information and access services.

PLANNING (Financial, Estate, Retirement)

- AARP Information Center** 952-858-9040
CommonBond Communities 651-291-1750
Reverse Mortgage Counseling (Senior Housing Incorporated) 651-690-3141
Reverse Mortgage of S.I.D.A.C. 651-762-9648
Or 877-590-9648

FOOD

FOOD STAMPS

- Food Stamps**..... 651-430-6459
 A federal program providing free vouchers to purchase food to those whose income qualifies.

GROCERY DELIVERY

- Coborns Delivers** 763-971-4900
Toll Free 866-586-2530
www.cobornsdelivers.com
 Delivers groceries in the seven-county metro areas.

- Kemp's Home Delivery** 612-627-8709
Delivers juice and dairy products in the Washington County area.
- Store to Door** 651-642-1892
www.storeto-door.org
Grocery shopping and prescription delivery services for elderly and disabled.

NUTRITION/FOOD SHELVES

There are food shelves, nutrition programs, dining centers, and meals provided by volunteers to homebound individuals. These programs can ensure a nutritious diet is part of your daily routine. Food shelves are available to provide emergency food supplies at no cost for families experiencing temporary, inability to buy groceries. Some food shelves serve only limited areas, so call to find the one nearest you. Call United Way 2-1-1 or 651-291-0211 for further assistance.

- Christian Cupboard (Woodbury)** 651-233-1296
Offers a wide variety of food from fresh vegetables in the summer to frozen foods, meats, and bread. Eligible for service once a month with no fee. Serving Woodbury, Landfall, Maplewood (South of I-94), Oakdale and Lake Elmo.

- Church of St. Rita (Cottage Grove)** 651-459-4596
Not a community food shelf. Community meal served once a month.

- Community Helping Hands (Forest Lake)** 651-464-8150
Food shelf for residents of Forest Lake. Emergencies only.

- Family Pathways Food Pantry** 651-464-2098
Serving Forest Lake, Wyoming, Scandia and surrounding area.

- FARE for All** 763-450-3880
Or 800-582-4291

Receive food for approximately half the cost in exchange for donating two-hours per month of community service work and \$14.00 cash or food stamps in advance. There are no income limitations on who may participate. Several sites in Washington County.

- Friends in Need (St. Paul Park)** 651-458-0730
Serving Cottage Grove, Newport, St. Paul Park, and Grey Cloud.

Mahtomedi Area Food Shelf-

- St. Jude's of the Lake Parish**.....651-426-3245 ext. 230
Food shelf services for area residents of Mahtomedi School District #832 (Mahtomedi, Willernie, Birchwood, Grant, and parts of White Bear Lake). Show proof of address at the time of pick up. Eligible to pick up food once a month.

- Meals On Wheels - White Bear Lake Area Senior Program** 651-653-3123
- New Life Church Food Shelf (Woodbury)** 651-459-0444
Emergency food shelf serving South Washington County. Bagged food picked up by appointment only.
- Nutrition Assistance Program for Seniors (NAPS)** 1-800-365-0270
Must be 60 years of age or over.
- St. Croix Valley Food Shelf (Valley Outreach) (Stillwater)** 651-430-2739
Serving ISD #834. Provides 4 to 5 days of nutritional meals for a family at no cost until other sources of help can be provided. May be used a maximum of six times per year for qualifying families.
- St. Michael's Food Shelf (Stillwater)**..... 651-439-3241
Serving ISD #834.
- Scandia Marine Food Shelf (Elim Lutheran Church)** 651-433-2723
Serving Scandia and Marine, by appointment only.
- Second Harvest of St. Paul Food Bank**
 - Nutrition Assistance for Senior MAC/NAP** 651-484-8241
Nutrition Assistance for Seniors provides one 40 pound box of food to income-eligible seniors each month at no charge. Identification, a piece of mail with current address, and current gross income information needed to apply.
- White Bear Food Shelf**..... 651-407-5310
Serving White Bear Lake School District.

SENIOR DINING

Meals, social events, and dietary services in group settings.

- Church of St. Rita (Cottage Grove)** 651-459-4596
Community meal served once a month, no charge. Call for more information.
- Circle of Friends (Boutwells Landing)** 651-275-5800
- CLUES (St. Paul)** 651-379-4200
Or..... 612-746-3500
www.clues.org
Activities and services for Latino and Spanish speaking senior citizens living in the metro and outlying areas.
- Community Thread (Bayport & Stillwater)**..... 651-439-7434
www.communitythreadmn.org
- Raymie Johnson (Stillwater)**..... 651-439-0858
- South Washington County Senior Center (Cottage Grove)**..... 651-458-6650
- Stillwater Senior Center** 651-439-7434

White Bear Area Senior Program 651-653-3121
Meals on Wheels serving ISD #624, Washington County and residents of Hugo and Birchwood.

GAY, LESBIAN, BISEXUAL, AND TRANSGENDER RESOURCES

Chrysalis Center for Women..... 612-825-3333
www.tubman.org
A women’s counseling agency with a variety of support groups including groups for lesbians.

Northland Therapy Center 651-641-1009
A mental health clinic serving primarily adult individuals and couples with expertise in working with sexual orientation issues.

Out Front Minnesota 612-822-0127
Anti-violence Crisis Support Line 800-800-0350 (option 3)
www.outfront.org
Legal advocacy, training, education, information, referral, and domestic violence programs on or related to the GLBT community.

Parents, Families and Friends of Lesbians and Gays of Minnesota (P-FLAG) 612-825-1660
www.pflagtc.com
Self-help group for parents and families of gays, lesbians, and transgender. Also a support group for straight spouses.

GENERAL PHONE NUMBERS

American Cancer Society..... 800-227-2345
Supplies, transportation, information, and referral.

American Heart Association..... 800-242-8721

American Stroke Association..... 800-242-8721

Brain Injury Association of Minnesota 612-378-2742

Cancer Information Line (U of M)..... 888-226-2376

Community Education
(Forest Lake) 651-982-8110
(Mahtomedi) 651-407-2037
(North St. Paul, Maplewood, Oakdale)..... 651-748-7436
(South Washington County) 651-458-6600
(Stillwater) 651-351-8300
(White Bear Lake) 651-407-7501

C.S.D. (Communication Services for the Deaf)

Voice 651-224-6548

Voice/TTY 651-224-6548

Referral service for persons needing an interpreter for hearing impaired people. There is a set fee for interpreting services.

Deaf & Hard of Hearing Services

(Metro) 651-431-5940

TTY (Hearing Impaired)..... 888-206-6513

www.dhhsd.org

Disabilities Linkage Line 866-333-2466

Emergency Social Services..... 651-291-6795

Epilepsy Foundation of Minnesota..... 651-287-2300

Experience Works..... 855-270-9660

Family Connections South St. Paul/Inver Grove

Heights Community Education 651-306-3602

First Call for Help 2-1-1

Or 651-291-0211

Provides confidential information and referrals about community resources in a variety of areas including food and clothing resources, counseling, education, health care, legal services, home care, and much more.

Foster Grandparent Program/Senior Companion 888-205-3770

Handicapped Parking Certificate 651-297-3377

Leukemia Society and Lymphoma Society 612-259-4600

Support groups, financial resources, and information.

Med-Alert Bracelets

Check with your local pharmacies.

Medical Assistance

Washington County 651-430-6459

A federal program operated by the state. Pays part or all of health care costs, including nursing homes.

Medicare Customer Service 800-633-4227

Assistance to answer questions on medical claims.

Minnesota Alzheimer’s Association 800-272-3900

Minnesota Board on Aging..... 651-431-2500

Or 800-882-6262

www.mnaging.org

Minnesota Care Information Line 651-297-3862

Minnesota residents who do not have and cannot afford health insurance may

be eligible for very low cost coverage through Minnesota Care. This program is available for adults and children who meet certain specified guidelines. It covers most medical needs, including visits to doctors or clinics, most prescriptions, some dental work, hospitalization, etc. For eligibility information or to apply, call the number above. Cannot be on Medicare.

Minnesota Department of Commerce 651-539-1500
Or 800-657-3602

Minnesota Department of Human Services 651-431-2000
TTY 800-627-3529

**Minnesota Department of Public Safety or
Washington County Vehicle Registration** 651-296-6911

Minnesota Hospice Organization 651-659-0423

Minnesota Multiple Sclerosis Society 612-335-7900

Minnesota Relay Service 800-627-3529
Or 7-1-1

Voice and TDD. Provides 24-hour a day telephone linkage between people who are speech or hearing impaired and those who can hear. Callers must prepare all necessary information before calling (name and TTY number of person to be called).

Minnesota Senior Federation 651-645-0261

Minnesota State Council on Disabilities 651-361-7800
Or 800-945-8913

www.mn.gov

Voice and TTY. Provides technical assistance and training on disability issues and information on accessible buildings.

Minnesota Stroke Association 763-553-0088

Neighborhood Health Care Network 651-489-2273
Or 866-489-4899

Provides referrals for health care, including medical, dental, and mental health services. Consists of 35 clinic locations in the near metro area and many other resources outside the metro area. Charges are on a sliding fee scale based on income and family size.

Parkinson’s Association of Minnesota 763-545-1272

St. Croix Area United Way 651-439-3838
Serving residents of School District #834.

Social Security Administration 800-772-1213

Information and assistance on disability, retirement, survivor’s benefits, Medicare, and supplement security income.

VA Hotline – Department of Veteran Affairs	800-VA7-1000
Or	800-827-1000
www.va.gov	
LINKVET	888-546-5838
Vital Statistics-	
Minnesota Department of Health	651-201-5000
TTY	651-201-5797
www.health.state.mn.us	
Copies of birth and death records for a fee.	
Washington County Adult Intake	651-430-6484
Washington County Common Entry Point	
Adult Protective Services	651-430-6484
Investigates reports of alleged abuse, neglect, exploitation, or abandonment, and offers some short-term emergency support services.	
Washington County Community Services –	
General Information	651-430-6455
Information on Social Service, Economic Assistance, Mental Health, Veterans’ Services, Workforce Center, and Chemical Health programs.	
Washington County Disease Prevention and Control	651-430-6655
Immunizations and infectious disease reporting and monitoring.	
Washington County Environmental Health	651-430-6655
Conducts food and lodging inspections, offers testing of private wells, regulates environmental hazards, offers technical resources for citizen’s waste management and disposal issues including a household hazardous waste facility and provides education on various environmental issues.	
Washington County Financial Intake	651-430-6459
Washington County Health Education	651-430-6655
Provides chronic disease prevention, mental health, injury prevention, and chemical health.	
Washington County Public Health	651-430-6655
Health information for seniors and persons with disabilities. Programs to assist aging and dependent residents to maintain independent living and delay institutionalization.	

HEALTH

DENTAL CLINICS – LOW COST

Apple Tree Dental (Coon Rapids)	763-784-7570
Handicap accessible dental care for people with mobility impairments.	

- Century Community and Technical College- Dental Clinic**
(White Bear Lake) 651-779-5787
- Community University Health Care Center**
(Minneapolis) 612-638-0700
 Call for information on acceptance process.
- Dental Referral Service** 651-631-9845
<http://minneapolis.mndental.org>
 Provides referrals for those who have no insurance, are low-income, or pay cash for dental care.
- Helping Hand Dental Clinic (St. Paul)** 651-224-7561
 Sliding fee with current check.
- NIP Community Clinic (Minneapolis)** 612-374-4089
 Sliding fee. Routine dental care. By appointment only. Limited services.
- Southside Community Dental Clinic**
(Minneapolis) 612-822-9030
 Sliding fee for those who are eligible. Call for specifics.
- Union Gospel Mission (St. Paul) (Men’s Ministry Campus)** 651-292-1721
 Free dental work by volunteer dentists. Call first. First come, first serve.
- West Side Dental Clinic (St. Paul)** 651-602-7500
 Sliding fee. Accepts all medical assistance.
- Wilder Senior Dental (St. Paul)** 651-220-1807
 Anyone 55 and over in Minnesota. Exams, cleaning, extractions, fillings, general dental, and emergency services. Sliding fee scale.

HEARING

- Deaf & Hard of Hearing Services (Metro Area)** 651-431-2000
- Telephone Equipment Distribution**
- Program** 651-431-5945
- Toll Free** 800-657-3663
www.TEDProgram.org
 Free amplified phones through the state.
- TTY (Hearing Impaired)** 800-627-3529
 Hearing loss issues other than telephone access.

HOSPITALS

Some hospitals offer financial assistance to low-income families through Hill Burton funds. Aid varies and there are guidelines. Please call the hospital for details or call the Hill Burton Health Care Assistance Hotline at 1-800-638-0742.

If the hospital you choose does not have Hill Burton funds available, contact their business office. They may know of other supportive funding to help you.

Fairview Lakes Hospital (Wyoming)	651-982-7000
Lakeview Hospital (Stillwater)	651-439-5330
Regions Hospital (St. Paul)	651-254-3456
St. John’s Hospital (Maplewood)	651-232-7000
St. Joseph’s Hospital (St. Paul)	651-232-3000
United Hospital (St. Paul)	651-241-8000
Woodwinds Hospital (Woodbury)	651-232-0228

MEDICAL CLINICS – LOW COST

Central Avenue Clinic	612-781-6816
Medical and health care coverage for all ages who are uninsured. New patient wait is about two weeks. No urgent care. No walk-ins.	
Fremont Community Health Services	612-588-9411
Medical and health care for all ages.	
St. Croix Family Medical Clinic	651-430-1880
Services include general medical, physical exams, well child check-ups, prenatal care, reproductive health care, family planning, STD testing, and HIV testing.	
St. Mary’s Health Clinic	651-287-7777
Volunteer staff provides medical care to those persons who are uninsured yet ineligible for medical assistance. Appointments are necessary.	

MENTAL HEALTH SERVICES

Evaluation of the need for mental health services. Check your health plan/clinic for other designated mental health providers.

ARMHS Nystrom and Associates	651-628-4993
Canvas Health	651-777-5222
Transportation and other senior services.	
FamilyMeans	651-439-4840
Respite care, caregivers, support groups, caregiver counseling, and educational programs.	
St. Paul Vet Center	651-644-4022
Provides counseling for Vets of Vietnam, Korean War, and any post-Vietnam conflicts. No fee. Employment-seeking assistance available.	

**Veteran’s Service Office
(Washington County)..... 651-430-6895**

THERAPEUTIC HEALTH SERVICES

Courage St. Croix 651-241-3820
Provides rehabilitation, enrichment, vocational, independent living, and education services to empower people with physical disabilities and sensory impairments to achieve their full potential.

VISION

Minnesota Vision Project..... 651-739-6288
Affordable eye care and glasses. Available to residents in the seven-county metro Area. Operated through the Salvation Army.

State Services for the Blind 651-642-0500

Vision Loss and CPS..... 651-224-7662

HOME SERVICES

CHORE SERVICE

Services for individuals to keep up a home or apartment, minor home repairs, painting, windows, lawn mowing, snow removal, etc.

Abbey Care Choice, Inc..... 651-690-5352

Comfort Keepers 800-477-3145

Crystal Care Home Health 612-861-4272

Divine Healthcare Network..... 651-665-9795

East Suburban Resources 651-351-0190

www.esrworks.org

Forest Lake Senior Citizens Center 651-464-5833

Home Instead Senior Care.....651-747-8722

Metro Social Services (St. Paul)..... 651-647-0647

(Cottage Grove) 651-459-9046

Minnesota Homecare Professionals..... 651-644-2188

Northwest Home Healthcare..... 651-493-3834

Paintathon..... 612-276-1579

This program provides free exterior house painting to low-income seniors over 60 and those under 60 with a disability.

Sentence to Serve..... 651-430-7641

Youth Service Bureau (Forest Lake) 651-464-3685
(Stillwater)..... 651-439-8800
 Snow shoveling for the Stillwater area. Call before winter.

FOOT CARE

Footworks-Foot Care 651-501-0624
 Foot care in the home.
Happy Feet Footcare, Inc...... 763-560-5136
 Makes home visits.

HOME CARE/HOSPICE

Health care provided in your home that includes a wide array of services authorized by your physician and provided by nurses and trained aides who can assist with personal cares, light housekeeping, meal preparation, therapists, or respite for caregivers. Hospice provides coordinating care for the terminally ill and their families. If you have web access, additional information may be found at: www.minnesotahelp.info.

Alliance Health Services 651-895-8030
Care Plus, HHA Inc...... 763-529-5520
Equity Services of St. Paul, Inc...... 651-489-4656
HealthEast Home Care..... 651-232-2800
HomeCaring and Hospice Fairview
Lakes Regional Health Care 651-257-8850
Hospice Minnesota..... 651-659-0423
Or..... 800-214-9597
Integrated Home Care 651-415-4663
Intrepid USA (Roseville) 651-638-7800
Lakeview Homecare and Hospice..... 651-430-3320
REM Home Health Inc. 952-922-6776
Sunrise Health Services Inc. 651-462-9331

Washington County Public Health

Personal Care Assistance..... 651-430-6455
 Program provides services to individuals of any age who require additional care to meet their day-to-day needs. Participants must be on Medical Assistance. The recipient must be able to direct their own care or have a responsible party who is able to do so on their behalf. A county public health nurse will complete a PCA assessment to determine if PCA services are appropriate and to determine the amount of time needed.

HOMEMAKING SERVICES

Includes services such as housekeeping, meal preparation, and shopping.

Abbey Care Choice, Inc.	651-690-5352
Alliance Health Care	651-895-8030
Comfort Keepers	800-387-2415
Common Sense Services for Seniors	651-552-0288
Crystal Care Home Health	612-861-4272
Divine Healthcare Network	651-665-9795
Home Instead Senior Care	651-351-7918
Integrated Home Care	651-415-4663
Intrepid USA (Home Health Care)	651-638-7800
Lakeview Home Care and Hospice	651-430-3320
Loving Care (Oakdale)	651-209-1111
Metro Social Services (St. Paul)	651-647-0647
(Cottage Grove)	651-459-9046
Minnesota Home Care Professionals	651-644-2188
Northwest Home Health Care	651-493-3834
Visiting Angels of White Bear Lake	651-653-0110

HOTLINES AND CRISIS NUMBER

Adult Children of Alcoholics/Dysfunctional Families

Answered 24 hours..... 952-922-0880

www.aaminneapolis.org

Al-Anon/Alateen Resource Service

<http://al-anon-alateen-msp.org>

A 12-step support service for anyone who is now, or has been, trying to cope with living or associating with an alcoholic.

Alcoholics Anonymous of St. Paul..... 651-227-5502

www.aastpaul.org

Ambulance/Fire/Police

American Red Cross..... 651-439-0031

www.scarc.org

Provides assistance after fires and other emergencies. Communication link for military families.

Canvas Health Crisis Connection	612-379-6363
Or	866-379-6363
www.crisis.org	
Confidential phone counseling and referral.	
Canvas Health Mobile Crisis Response	651-777-5222
Face-to-face crisis services. Fees based on sliding fee schedule.	
Accept insurance and offer sliding fee to uninsured residents of Washington County.	
Domestic Violence Crisis Line	612-825-0000
www.tubman.org	
Support, referral, and shelter.	
Drug Abuse Hotline	800-276-6818
Drug and alcohol treatment.	
Emergency Social Services	651-291-6795
Emotions Anonymous	651-647-9712
www.emotionsanonymous.org	
Family Violence Network (Tubman Family Alliance)	612-825-0000
www.tubman.org	
Crisis intervention and safe homes for families in the Twin Cities.	
First Call for Help	2-1-1
Love Lines	612-379-1199
Crisis phone calls 24-hours a day. Referrals made to Christian therapists and community churches.	
Metro Area Shelter Hotline	888-234-1329
A 24-hour hotline for information on emergency shelter and housing.	
Metro Crisis Coordination Program	612-869-6811
www.metrocrisis.org	
Minnesota Aids Project AIDS Line	612-341-2060
Toll Free	800-243-7321
www.mnaidsproject.org	
Statewide information and referral, HIV testing, prevention services, and information.	
Narcotics Anonymous 24-Hour Help Line	877-767-7676
www.naminnnesota.org	
Overeaters Anonymous (taped message)	612-377-1600
www.overeaters.org	
Poison Control Center	800-222-1222
www.mnpoison.org	

Sexual Assault: Abuse Response Services (Canvas Health) 651-777-1117
Phone counseling, information and referral, advocacy and accompaniment to hospital, police, and courtroom.

Spenders Anonymous

www.spenders.org

Tubman Shelter & Housing

Administration 612-825-3333

24-Hour Crisis & Resource Line 612-825-0000

www.tubman.org

HOUSING

ADULT FOSTER CARE

Room, board, supervision, and personal care for up to five unrelated adults in a licensed family home.

Washington County Adult Foster Care 651-430-6455

ASSISTED LIVING

Independent apartments with kitchens and a variety of services which include meals, housekeeping, transportation, recreation, and 24-hour supportive personal care services.

Birchwood Arbors (Forest Lake) 651-998-2164

Boutwells Landing (Presbyterian Homes)

(Oak Park Heights)..... 651-275-5000

Comforts of Home (Hugo) 651-653-3282

Croixdale Residence (Bayport) 651-275-4800

Elder Haven Homes (Forest Lake)..... 651-464-0899

Green Gables (Mahtomedi)..... 651-653-6336

Lighthouse, The (Mahtomedi)..... 651-775-3686

Loving Care Cottages (Cottage Grove)..... 651-459-2779

Meadows on Fairview (Wyoming) 651-982-6228

Oak Meadows Senior Housing

(Presbyterian Homes) (Oakdale) 651-578-0676

Oak Ridge Place (Oak Park Heights) 651-439-8034

REM Minnesota..... 952-922-6776

St. Andrew's Village (Presbyterian Homes)

(Mahtomedi) 651-762-4100

Triple Angels Health Care 651-458-9401

White Pine (Cottage Grove)	651-458-9455
Woodbury Estates (Woodbury).....	651-998-2161
Woodbury Health Care Center (Woodbury).....	651-691-4091
Woodbury Villa (Woodbury).....	651-998-2162

**For information about additional
Assisted Living Facilities,
contact the Senior Linkage Line at 1-800-333-2433
or refer to your local yellow pages.**

ASSISTED LIVING WITH MEMORY CARE

Independent apartments with kitchens and a variety of services which include meals, housekeeping, transportation, recreation, and 24-hour supportive personal care services. In addition, these assisted living sites offer specialized care for persons with memory care needs including Dementia and Alzheimer’s disease.

Boutwells Landing (Presbyterian Homes)

(Oak Park Heights).....	651-275-5000
Comforts of Home (Hugo)	651-653-3282
Croixdale Residence (Bayport)	651-275-4800
Deerfield, The (Presbyterian Homes) (New Richmond, WI)	715-243-3900
Elder Haven Homes (Forest Lake).....	651-464-0899
Green Gables (Mahtomedi).....	651-653-6336
Lighthouse, The (Mahtomedi).....	651-775-3686
Margaret Parmly House (Chisago City).....	651-257-0575
Oak Ridge Assisted Living (Hastings)	651-438-0418
Regina Residence (Hastings).....	651-480-4333
St. Andrew’s Village-Memory Care Presbyterian Homes and Services (Mahtomedi)	651-762-4100
Woodbury Estates (Woodbury).....	651-501-2105

**If you have web access, additional housing information
may be found at: www.minnesotahelp.info**

EMERGENCY AND TRANSITIONAL HOUSING/HOUSING REFERRALS

- Catholic Charities** 651-222-3001
Emergency shelters and transitional housing. Other services include assistance with food and health care. Serving Washington County residents.
- Forest Lake Area -**
- Chamber of Commerce** 651-464-3200
Housing referral service and assistance with housing paperwork for Forest Lake, Scandia, Hugo, Marine on St. Croix, and parts of May Township.
- St. Croix Valley American Red Cross** 651-439-0031
www.scarc.org
Provides food, clothing, and shelter for families who are victims of natural disaster.
- United Way** 2-1-1
Or 651-291-0211
Or 800-543-7709
www.211unitedway.org
24-hour information and referral service for health, recreation, education, social services, etc., utilizing over 40,000 community agencies in its database.
- Washington County Housing and Redevelopment Authority** 651-458-0936
Assistance with a multitude of housing issues. Some emergency housing available. Offers a copy of subsidized and market rate housing.

HOUSING OPTIONS

There is a wide variety of housing options to meet the needs of older adults. Subsidized rental rates are federally or locally subsidized buildings for seniors on a tighter budget. To determine if you or a family member qualifies for subsidized rental, contact the Washington County Housing and Redevelopment Authority at 651-458-0936.

- Accessible Space** 651-645-7271
Toll Free 800-466-7722
www.accessiblespace.org
- Federal Government Subsidy Program**
- Housing and Urban Development (HUD)**
(Call about subsidized rent) 612-370-3000
Or 612-370-3087
- Housing and Redevelopment Authority**
(HRA) 651-458-0936

- Housing Link, The**
Also United Way 211 612-522-2500
Or..... 2-1-1
www.housinglink.org
- Minnesota Housing Finance Agency**
(MHFA) 651-296-8215
Toll Free 800-710-8871
www.mnhousing.gov
 Information about first time home buyers program and home improvement loan program.
- Senior Housing Guide**..... 651-690-3141
www.seniorhousingguide.us
- Washington County Housing Coordinator**..... 651-430-6455
- Washington County Housing and Redevelopment Authority** 651-458-0936
 Assistance with a multitude of housing issues. Some emergency housing available.

LIBRARIES

Services include free loan of print and audio/visual materials, including paperbacks, newspapers, large-print books, videos, CDs, and books on tape. All libraries offer free access to the Internet, services for the homebound, and community resources. Call for hours and services.

- Bayport**..... 651-275-4416
Forest Lake (Hardwood Creek) 651-275-7300
Lake Elmo (Rosalie E. Wahl) 651-777-7415
Lakeland 651-436-5882
Marine On St. Croix 651-433-2820
Newport 651-459-9631
Oakdale 651-730-0504
Park Grove..... 651-459-2040
Stillwater 651-275-4338
Wildwood..... 651-426-2042
Woodbury 651-731-1320

Library catalog website:
<http://wcm.ent.sirsi.net/client/default>

Minnesota Library for the Blind and Physically Handicapped	507-333-4828
Or	800-722-0550
www.klas.com/mnbph	
Provides direct library service to eligible Minnesotans who are legally blind or visually handicapped, physically disabled, or reading disabled.	
Washington County Law Library	651-430-6330

LONG-TERM CARE

NURSING FACILITIES

Augustana Health Care Center of Hastings	651-437-6176
Birchwood Health Care Center	
(Forest Lake)	651-464-5600
Cerinity Senior Care of White Bear Lake	651-232-1818
Golden Living Center-Greeley	
(Stillwater)	651-439-5775
Inver Grove Good Samaritan Center	651-451-1853
Linden Healthcare Center (Stillwater)	651-439-5004
Maplewood Care Center	651-770-1365
Margaret S. Parmly Residence (Chisago)	651-257-0575
Ramsey Nursing Home (Maplewood)	651-777-7486
Regina Senior Living (Hastings)	651-480-4333
Stillwater Good Samaritan Center	651-439-7180
Woodbury Senior Living and Health Care Center	651-735-6000
Woodlyn Heights Health Care Center	
(Inver Grove Heights)	651-451-1881

PRE-ADMISSION SCREENING/LONG-TERM CARE CONSULTATION

Free help to seniors, the disabled, and their families to determine if a nursing home is needed or if community services are appropriate.

Anoka County	763-422-6970
Chisago County	651-213-5600
Dakota County	651-554-6000
Hennepin County	612-348-8452
Ramsey County	651-266-3613
Washington County	651-430-6484

MULTI-CULTURAL RESOURCES

- American Indian OIC, Inc.**..... 612-341-3358
www.aioic.org
Provides training, retraining, employment and economic development opportunities for unemployed and under-employed American Indian people in a culturally conducive atmosphere that addresses the needs of the whole person and family. Programs and services are open to qualifying persons.
- Center for Asians and Pacific Islanders** 612-721-0122
www.capiusa.org
Job services, employment projects, training, supportive services and cultural education. Senior gift program at Christmas.
- CLUES (Chicanos Latinos Unidos En Servicio)**
- St. Paul**..... 651-379-4200
Mpls...... 612-746-3500
www.clues.org
Information and referral services. Bilingual individual/family cross-cultural counseling. Employment, education, elder wellness, Latino learning, mental health, and chemical health.
- Confederation of Somali Community in MN** 612-605-3222
Legal services, social worker, crime prevention, employment services, and education programs for seniors.
- Hispanos En Minnesota (HEM)**..... 651-227-0831
Family, individual counseling, women’s support group, drug information and education. AIDS information and prevention, assessment, education, and youth probation program.
- International Institute of Minnesota**..... 651-647-0191
www.iimn.org
A state wide service organized to help foreign-born residents and their families with the adjustments to American life.
- Korean Service Center** 612-342-1344
Welfare benefit assistance, housing, job placement, translation and interpretation, individual counseling, domestic abuse, and assisted living. Caregiver support program.
- LAO Family Community-LFC** 651-221-0069
Nonprofit organization working with Hmong clients.
- Minneapolis American Indian Center**..... 612-879-1700
Services for seniors 55 years or older. Includes transportation to social

services and cultural gatherings, home care services, errands, medical runs, prescription pick up, and tax assistance.

- Minnesota Department of Human Rights** 651-539-1100
Toll Free 800-657-3704
www.humanrights.state.mn.us
- Neighborhood Justice Center, Inc.**..... 651-222-4703
www.njcinc.org
Hispanic and Indian legal services project. Somali and Hmong services also available.
- Southeast Asian Community Council, Inc.** 612-521-4859
Social services help with completing forms, translation, and transportation services.
- Southeast Asian Ministry** 651-293-1261
English classes, elder program, health nurse program, and consignment store.
- United Cambodian Association of Minnesota**..... 651-222-3299
Social adjustment for Cambodian refugee immigrants and other ethnic groups, ESL, and employment.
- Urban Communities Association Of Minneapolis** 612-872-0554
ESL, child care, and employment.
- Vietnamese Social Services of Minnesota**..... 651-641-8904

RECREATION

- Cottage Grove Parks and Recreation** 651-458-3400
- Forest Lake Recreation** 651-982-8110
- Lake Elmo Park Reserve**..... 651-430-8370
- Mahtomedi Community Education** 651-407-2037
- Maplewood Community Center**..... 651-249-2230
Recreational and educational programs for children, teens and adults. Also offers swim programs.
- Maplewood Nature Center** 651-249-2170
Wild Life Preserve, interpretive center, and educational programs. No entrance fees, some program fees. Some trails are wheelchair accessible.
- Maplewood Parks and Recreation** 651-249-2000
- Newport Parks and Recreation** 651-459-5677
- North St. Paul Community Center**..... 651-770-4471
Recreational and educational programs for children, teens, and adults.
- North St. Paul Parks and Recreation** 651-747-2411

Oakdale Parks and Recreation	651-747-3860
St. Croix Bluffs Regional Park	651-430-8240
St. Croix Valley Recreation Center	651-430-2601
St. Paul Park, Park and Recreation	651-459-9785
Stillwater Community Education	651-351-8300
White Bear Lake Community Services and Recreation	651-407-7501
Woodbury Parks and Recreation	651-714-3500
YMCA (South Eastern)	651-731-9507

Programs include fitness classes for all ages.

RESPITE

Most caregivers need a break at times to rest or take care of their own personal needs. Respite services can offer occasional breaks, regular time off, or care overnight or longer.

Alliance Health Care (Eagan)	651-895-8030
Augustana Health Care Center of Hastings (Hastings)	651-437-6176
Birchwood Health Care Center (Forest Lake)	651-464-5600
Care Plus, HHA (Golden Valley)	763-529-5520
Circle of Friends Adult Day Center (Oak Park Heights)	651-275-5801
Elder Friends Group Respite Trinity Presbyterian Church (Woodbury)	651-738-0045
FamilyMeans (Stillwater)	651-439-4840
Golden Living Center Lake Ridge (Roseville)	651-483-5431
Green Gables (Dementia) (Mahtomedi)	651-653-3598
Hudson Hospital (Hudson, WI)	715-531-6000
Or	800-993-2325
Johnson, Bob and Mary (Hugo)	651-653-0660
Lighthouse, The (Dementia) (Mahtomedi)	651-775-3686
Or	651-407-9076
Margaret S. Parmly Nursing Home (Chisago City)	651-257-0575
Woodbury Health Care Center (Woodbury)	651-287-6506

SAFETY AND SECURITY

HOME MONITORING SYSTEMS

American Medical Alarms	800-542-0438
Pioneer Medical Systems	888-553-9226

LIFELINE

Emergency response system for help 24-hours. In an emergency, one touch of a pendant and help will be sent to your home.

HealthEast Health Alert	651-232-3560
Home Instead Senior Care	800-640-3914
Stillwater	651-351-7918
Philips Lifeline	800-380-3111

MEDICAL SUPPLIES/EQUIPMENT

Medical supplies can be purchased through most drug stores or information on how to purchase can be obtained from your health care clinic or any home health agency.

ActivStyle	800-651-6223
Allina Home Oxygen and Medical Equipment	651-628-4800
Or	800-737-4473
American Cancer Society	800-582-5152
Or National	800-227-2345
Supplies, transportation, information and referral.	
Anodyne	952-546-5334
APA Medical Equipment	612-722-9000
Apria Supplies	651-523-8888
Cummings Mobility Conversions and Supply	763-497-0103
Toll-Free	800-NEW-LIFT
Deaf & Hard of Hearing Services (Metro)	651-431-5940
TTY (Hearing Impaired)	888-206-6513
Hearing loss issues other than telephone access.	
Geritom Medical, Inc.	952-854-1190
Goodwill Equipment Loan Program	651-379-5922
Medical equipment and supplies loan program. Offers wheelchairs, walkers, commodes, durable medical supplies, ambulatory devices, and many other items.	
Handi Medical	651-644-9770
Toll-Free	800-514-9979
HealthEast Health Alert	651-232-3560
Jackson Medical	651-645-6221
Magnet of Life-CANVAS	651-777-5222
Metro Medical	952-854-3603

Midwest Medical Services	763-780-0100
Multiple Sclerosis (MS) Society	612-335-7900
Toll-Free	800-582-5296 (option 1)
Assistance with purchasing equipment.	
Pediatric Home Services, Inc.	651-642-1825
Quality Mobility Equipment	651-257-4876
Reliable Medical	763-255-3800
Services for the Visually Impaired	
State Services for the Blind	651-642-0500
Total Medical	763-784-6140
Toll-Free	866-784-6140
Veteran’s Service Office	651-430-6895

SOCIAL OPPORTUNITIES FOR ADULTS WITH SPMI

Clubhouse Recovery (Stillwater) 651-251-5009
 Canvas Health, in partnership with Washington County Adult Mental Health, offers this social gathering venue for adults 18 years and older who are in recovery from mental illness. Attendance and activities are free; newcomers are always welcome. You will be in the company of friendly people where opinions and suggestions are valued. All activities are designed to promote mental health recovery. There will be impromptu activities, times designated for members to share a talent or hobby, and time for playing cards, board games, puzzles, guest speakers, live music, creating art, and group projects. Hours are Tuesdays 2:30-4:30pm at 1778 Washington Ave. in Stillwater; in the East Suburban Resources art room (one door down from Brine’s Market). Contact Judy Gulden at phone number above for more information.

SOCIAL OPPORTUNITIES FOR SENIORS

Community centers where older people can meet together, receive services, and participate in programs.

Bayport Senior Center	651-275-8907
CLUES (St. Paul)	651-379-4200
(Mpls)	612-746-3500
Columbus Senior Center (Forest Lake)	651-464-8463
Community Thread (Bayport & Stillwater)	651-439-7434
www.communitythreadmn.org	

Family Connections-South St. Paul/Inver Grove Heights

Community Education	651-306-3602
Forest Lake Senior Citizens Center	651-464-5833
Hastings Senior Citizens Center	651-480-7689
Mahtomedi Area Adult Program	651-407-2034
Scandia Community and Senior Center	651-433-2274
South Washington County Senior Center (Cottage Grove).....	651-458-6650
Stillwater Senior Center	651-439-7434
White Bear Area Senior Program	651-653-3121

SPECIAL SERVICES

ADVOCACY SERVICES

AARP (American Association of Retired Persons) 1-866-554-5381

aarpmn@aarp.org

A national advocacy and information organization for persons 50 years and older.

Elder Care Rights Alliance through Tubman 612-825-3333

<http://tubman.org/home/services/elder-care-resources/>

Gray Panthers 612-822-1011

People who are concerned with ageism at any age.

HOME Line 612-728-5767

Or toll free from Greater MN 866-866-3546

www.homelinemn.org

Provides free legal, organizing, educational, and advocacy services so that tenants throughout Minnesota can solve their own rental housing problems.

Minnesota Board on Aging 651-431-2500

Or 800-822-6262

www.mnaging.org

Office of Health Facility Complaints 651-201-5000

Toll Free 888-345-0823

www.health.state.mn.us

Ombudsman Senior Services 651-431-2555

Or 800-657-3591

Committed to helping seniors receive quality care. Helps seniors and their families deal with issues and concerns about health care or long-term care.

Washington County Common Entry Point

Adult Protective Services..... 651-430-6484
Investigates reports of alleged abuse, neglect, exploitation, or abandonment and offers some short-term emergency services.

CARE MANAGEMENT

Eldercare Partners 651-234-2262

A complete assessment by a geriatric social worker which covers cognitive functioning, physical issues, legal issues, etc. Plan is developed to keep the senior in his/her home and is presented to the family. No ongoing care management offered.

Washington County Community Service Intake 651-430-6459

LEGAL SERVICES

Better Business Bureau of Minnesota 651-699-1111

Toll Free 800-646-6222

www.mnd.bbb.org

If you have difficulty regarding any consumer problem, you may want to file a complaint.

Chrysalis Center for Women..... 612-871-0118

www.tubman.org

Legal assistance for women.

Council on Crime and Justice, General Victims Service 612-340-5400

Aid to victims of crime, 24-hour crisis line. Provides advocacy, referrals, and training.

Home Line (rental advocacy)..... 612-728-5767

www.homelinemn.org

Tenant hotline regarding rights and responsibilities.

Legal Assistance of Washington County, Inc. 651-351-7172

Provides legal representation in civil matters for people who cannot afford private counsel. Participants must meet certain financial requirements.

M.A.O. Legal Services 612-676-6300

Provides legal advice and representation to income eligible seniors on a free, sliding fee or private pay basis.

Minnesota Department of Human Rights 651-539-1100

Toll Free 800-657-3704

www.humanrights.state.mn.us

Minnesota Disability Law Center 612-332-1441

Minnesota Office of Consumer Services 651-296-3353
Or 800-657-3787

www.ag.state.mn.us

Distributes consumer information and enforces fraud statutes. Mediation services available to customers having problems with businesses.

Ramsey County Bar Association Lawyer

Referral and Information Service 651-224-1775

Callers are provided with legal information and may be able to schedule an appointment with an experienced attorney.

Senior Law Project..... 651-224-7301

Low-income families age 60 and older.

South Minnesota Regional Legal Services 651-222-4731

Free legal assistance available based on income guidelines and type of assistance needed. Does not handle criminal cases.

Tubman Family Alliance

Crisis Line..... 612-825-0000

East 651-789-6770

West..... 612-825-3333

www.tubman.org

Civil and criminal orders of protection. Free counseling. A family violence resource agency that provides domestic abuse survivors safe passage from abuse.

Victim Witness Program 651-430-6115

Support for victims of crime being prosecuted through the Washington County Attorney's Office.

Workers Compensation Information Line 800-342-5354 (option 3)

www.dli.mn.gov

MISCELLANEOUS PROVIDERS OF SPECIAL SERVICES

AARP (American Association of Retired Persons) 952-858-9040

A national advocacy and information organization for persons 50 years and older.

Alliance Travel Partners..... 800-548-0980

www.alliancehealthcare.com

Assistance with travel including destination planning, travel arrangements, personal care, meal planning, and safety assistance.

Courage St. Croix 651-241-3820

- Disabilities Council** 651-361-7800
Toll Free 800-945-8913
www.disability.state.mn.us
- Division of Rehabilitation Services (DRS)** 651-649-5712
 Works with Minnesota Center for Independent Living to provide services that allow people to be more independent.
- Forest Hill United Methodist Church (Car Care)** 651-464-5249
 Car repairs for those in need of assistance in the Forest Lake area.
- Metropolitan Area Agency on Aging** 651-641-8612
 Links people to information. Assists community groups and service providers with planning, coordination and development and improves the quality of life for seniors and their families through local and regional initiatives.
- Metropolitan Center for Independent Living** 651-646-8342
 Provides services that allow people to be more independent. Assessments for ramps and peer counseling assistance with personal aides.
- Minnesota Board on Aging** 651-431-2500
Or 800-882-6262
- Minnesota Library for the Blind and Physically Handicapped** 507-333-4828
Or 800-722-0550
www.klas.com/mnbph
 Provides direct library service to eligible Minnesotans who are legally blind or visually handicapped, physically disabled, or reading disabled.
- Senior Linkage Line** 800-333-2433
www.tcaging.org/findinghelp/sll.html
- State Services for the Blind (St. Paul)** 651-539-2300
Vision Loss and CPS 651-224-7662

PARISH NURSING

Parish nursing promotes the health, wellness and healing of both patients and their family members with a spiritual focus. You may wish to contact your place of worship, or one near you, to determine if they have a parish nurse on staff. The parish nurse is a part of the church staff and helps with health issues, connects to services, makes home and hospital visits, and works with a health and wellness team providing educational materials, workshops, events, and support groups.

HealthEast Faith Community Nurse 651-232-5444
Lakes Area Parish Nurse Association 651-257-8806
St. Croix Valley Parish Nurse Program 651-430-4510

RELOCATION SERVICES

Coordinate all aspects of moves for seniors throughout the metro area.

Gentle Transitions 651-224-0335
Or 952-944-1028
Rose’s Daughters 612-330-3772
Or 651-373-1323
Senior Moves..... 651-646-5785

SUPPORT GROUPS/CAREGIVER RESOURCES/COUNSELING

SUPPORT GROUPS

Alzheimer’s Association (North Dakota) 952-830-0512
Or 800-272-3900

www.alzmdak.org

24-hour a day telephone support and information about memory loss.

Alzheimer’s Disease and Dementia Support (Lakeview Hospital).... 651-430-4510
 Provides information, education, and support to family members and caregivers.

Canvas Health..... 651-777-5222
 Services for seniors, individual and group therapy for children, parents, and families.

Support Group for adults struggling with mental health issues:

-Women’s Support Group: Free, drop-in group at the Oakdale location, held Wednesdays (except 2nd Wed. of month) 5:00-6:00pm

-Men’s Support Group: Free, drop-in group at the Oakdale location, held Wednesdays (except 2nd Wed. of month) 5:00-6:30pm

Emotions Anonymous 651-647-9712
 This group follows a 12-step approach for persons needing emotional support.

Fairview Lakes Regional Medical Center (Wyoming) 651-982-7000
 Many support groups and community service programs.

FamilyMeans 651-439-4840
Toll Free 800-327-3203

www.familymeans.org

- Fibromyalgia Support Group (Courage St. Croix)** 651-241-3373
 Provides education and support to individuals with Fibromyalgia and their family members.
- Gamblers Anonymous** 626-960-3500
 National hotline that provides information regarding area meetings.
- Lakeview Hospital (Stillwater)**..... 651-439-5330
 Programs include health education, support groups, and Community Health Library.
- Minnesota Goodage Publication** 612-825-9205
www.mngoodage.com
- Ostomy Support (Lakeview Hospital)** 651-430-5438
 Support group for information and management for a person with an ostomy.
- Type 2 Diabetes Support Group (Lakeview Hospital)** 651-430-5330
 Group support and informational sessions, for those with Type 2 Diabetes.
- Weathering Life’s Losses (Lakeview Hospital)** 651-430-4586
 Support group for anyone who has experienced the death of a loved one.
- Well-Spouse Association** 800-838-0879
Or 732-577-8899
www.wellspouse.org/
 Offers support, newsletters, and resource materials for husbands, wives and partners of the chronically ill and/or disabled.

CAREGIVER RESOURCES

A “caregiver” is defined as anyone who provides unpaid care for a friend or family member who has a chronic illness, disability, or frailty. As a caregiver you may find these resources helpful.

CAREGIVER COACHING & COUNSELING

- Canvas Health**..... 651-430-2720
- FamilyMeans** 651-439-4840
Toll Free 800-327-3203

CAREGIVER EDUCATION

- FamilyMeans** 651-439-4840
Toll Free 800-327-3203

CAREGIVER GUIDES

A self-help guide for your care giving journey can be downloaded from the FamilyMeans web site at www.familymeans.org.

CAREGIVER WEBSITES

Canvas Health

www.canvashealth.org

Caregiver Action Network

www.caregiveraction.org

FamilyMeans

www.familymeans.org

Metropolitan Area Agency on Aging

www.tcaging.org

For a metro-wide listing of support groups and education, go to:

www.caregivermn.org

COUNSELING SERVICES

AARP Information Center 952-858-9040

Toll Free 888-687-2277

Offers driving classes, free tax preparation, medical, life and health insurance, prescriptions, legal services, and a variety of other services for seniors.

Canvas Health 651-777-5222

Comprehensive psychological and psychiatric assessment and treatment of emotional disturbance, mental illness, chemical dependency, physical and sexual abuse, services for seniors, and individual and group therapy for children, parents, and families.

Catholic Charities 651-222-3001

Crisis counseling, educational and support groups, information and referral, and family, individual, and group therapy.

Children's Home Society and Family Services 651-646-7771

Toll Free 800-952-9302

www.chsfs.org

Full-service adoption agency, individual and family counseling, credit counseling, and mortgage foreclosure counseling.

Elder Care Rights Alliance through Tubman 612-825-3333

<http://tubman.org/home/services/elder-care-resources/>

FamilyMeans 651-439-4840

Caregiver support groups, counseling, and educational programs.

Geriatric Consultation and Family Services 952-929-1772

Offers a range of services to older adults and their families.

Grand Family Connection; Grandparents

And Others Raising Relatives' Kids 651-917-4640

Toll Free 877-917-4640

A program of Lutheran Social Service of Minnesota. Information and emotional support through support groups, recreation, and free phone consultation.

Jewish Family Services 651-698-0767

www.jfssp.org

Vocational services, family life education, and individual and family counseling.

Wilder Community Assistance Program 651-280-2000

www.wilder.org

Counseling to victims of domestic abuse and anger management for abuser.

CHEMICAL HEALTH

Identify and resolve problems associated with chemical usage through counseling, support groups, and education.

Al-Anon 651-771-2208

www.al-anon-alateen-msp.org

Provides support for people whose lives are affected by someone's drinking.

Alcoholics Anonymous 651-227-5502

www.alcoholics-anonymous.org

Support for people dealing with alcohol problems.

Canvas Health..... 651-777-5222

Detox (Hastings) 651-437-4209

www.detoxone.org

Chemical dependency and mental health services.

Fairview University Medical Center (Minneapolis) 612-273-3000

Haven Chemical Health Systems, L.L.C. (Woodbury) 651-734-9633

Hazelden Foundation 800-257-7810

Or 651-213-4200

Minnesota Prevention Resource Center..... 651-674-4085

Toll Free 877-935-4426

www.mnprc.org

State clearing-house for information regarding prevention of abuse of alcohol, tobacco, other drugs, and related violence. Access to printed materials, audio/visual library, and web site.

Senior Recovery Program 651-773-0473

Chemical dependency program for seniors.

LEGAL SERVICES

Legal Assistance of Washington County, Inc. 651-351-7172
Provides legal representation in civil matters for income-eligible participants.

TRANSPORTATION

DRIVING RESOURCES

For information or resources about whether you or a loved one should continue driving, contact the following organizations:

AAA Foundation for Traffic Safety (Washington, D.C.) 202-638-5944
www.aaafoundation.org

AARP (American Association of Retired Persons)
(Bloomington, MN)..... 952-858-9040

Courage Center (Golden Valley, MN)..... 763-588-0811
www.courage.org

Minnesota Safety Council..... 651-291-9150
Or..... 800-444-9150

www.mnsafetycouncil.org
Traffic and injury prevention programs and resources.

National Safety Council (Itasca, IL)..... 800-621-7615
www.nsc.org

TO REPORT UNSAFE DRIVERS, CONTACT:

Driver and Vehicle Services

Attn: Medical Unit

445 Minnesota St, Suite 170

St Paul MN 55101

(Include name, date of birth, and address of driver)

TRANSPORTATION RESOURCES

Finding efficient and reliable transportation takes advanced planning. Issues such as client mobility, scheduling, and distance all affect the type of transportation best suited for your situation. Listed below are options for transportation in and around Washington County, as well as a few that will provide trips around the Twin Cities metro area.

- American Cancer Society (St. Paul)** 651-255-8100
 Transportation provided for cancer patients who are able to get into and out of an automobile and need transportation for radiation and/or chemotherapy treatments. Ask for the navigator “Road to Recovery” program.
- American Red Cross**..... 651-439-0031
- Blue Ride Medical/Dental Appointments** 651-662-8648
Or..... 866-340-8648
 Available to BluePlus members who are ambulatory. Transportation is provided to medical, dental, physical therapy, or eye exams. Provide a three business day notice to schedule a ride.
- Canvas Transporter and South Washington County Transit Service** 651-275-4300
www.canvashealth.org
 A door-to-door service for adults and persons with disabilities who are residents of Washington County. Trips outside of the County are also available to specific destinations and medical facilities in St. Paul and can also take riders to a MTC bus line, which allows them to travel almost anywhere in the metro area. A small fare is requested for each one-way trip.
- Community Thread (Bayport and Stillwater)** 651-439-7434
www.communitythreadmn.org
 Transportation provided by volunteer drivers to medical appointments for persons who are ambulatory with no other means of transportation. Provide a minimum of three business days advance notice to schedule a ride. Donations are accepted.
- Dial-A-Ride - Hastings Trac Bus Service** 651-437-8722
 In-town transportation service for Hastings residents. Call for current rates.
- Dial-A-Ride - Lake Area Bus** 651-644-8876
 Shared curb-to-curb transportation service. Serves White Bear Lake, White Bear Township, Mahtomedi, Vadnais Heights, Birchwood, and Gem Lake.
- Dial-A-Ride - Northeast Suburban Transportation (NEST dial-a-ride)** 651-227-6378
 Shared curb-to-curb ride transportation for residents of Oakdale, Maplewood, and North St. Paul.
- Dial-A-Ride - South County Circulator** 612-278-2539
 Serves Cottage Grove, Grey Cloud Island, Newport, and St Paul Park.
- Dial-A-Ride - Stillwater** 651-278-2539
- Dial-A-Ride - Woodbury Area Transportation** 651-735-7433
 Service is provided anywhere within the Woodbury area. Call for current rates.

- HealthEast Transportation**..... 651-232-1717
www.healtheast.org
 Lift-equipped vans for medical appointments. Call for more information and for current rates. Medical assistance reimbursement may be available.
- HealthPartners Ride Care**
- Non-Emergency Transportation** 952-883-7400
 Transportation to medical appointments.
- Medi-Van**..... 800-422-0976
- Medica Choice Provide-A-Ride**..... 952-992-2292
 Transportation program for Medical Choice Care members. Non-emergency medical and dental appointments, seven days a week, 24-hours a day. Must be ambulatory. Call for current rates.
- MNET (Medical Assistance Only)**..... 866-467-1724
 Provides rides to medical appointments.
- Metro Mobility**..... 651-602-1111
 Serving people with disabilities in South Washington County, Oakdale, Maplewood and parts of Woodbury.
- Metro Transit**..... 612-373-3333
www.metrotransit.org
 Provides bus service from Washington County to other cities in metro area.
- Northland Transportation** 952-922-6876
 Special needs transportation to medical appointments.
- Travelon Transportation** 952-926-9292
 Provides rides for medical and non-medical needs.
- U-Care**..... 612-676-6830
 Free transportation to medical appointments for people with this insurance.
- United Way’s First Call For Help** 2-1-1
 24 hour a day helpline for transportation.
- Veteran’s Administration Medical Center** 612-725-2000 ext 2763
 Provides transportation to eligible veterans.
- White Bear Area Senior Program** 651-653-3121
 For Washington County ISD #624 residents. Reserve a ride at least two working days in advance.

VOLUNTEER OPPORTUNITIES/SERVICES

- Big Brothers Big Sisters of the Greater Twin Cities**..... 651-789-2400
www.bbbs.org
 Mentoring one child with one adult at a time. Serving ages 7 to 13.

CANVAS Volunteer Services	651-275-4306
Community Thread (Bayport and Stillwater)	651-439-7434
FamilyMeans	651-439-4840
Hands on Twin Cities (Formerly Volunteer Resource Center)	612-379-4900
www.handsontwincities.org	
Several thousand volunteer opportunities listed on their website.	
Neighborhood Service Exchange (Community Thread)	651-439-7434
A neighbor-helping-neighbor program based on exchanging services.	

WEBSITES

- AAA Foundation:** www.aaafoundation.org/home
- AARP:** www.aarp.org
- Alzheimer’s Association:** www.alzmdak.org
- American Cancer Society:** www.cancer.org
- American Diabetes Association:** www.diabetes.org
- American Heart Association:** www.americanheart.org
- American Red Cross:** www.RedCross.org
- American Stroke Association:** www.strokeassociation.org
- Assisted Living Federation of America:** www.alfa.org
- Community Resource Director:** www.MinnesotaHelp.info
- Deaf and Hard of Hearing Services:** www.dhhsd.org
www.interpreterreferral.org
www.deafblindinfo.org
- Experience Works!:** www.experienceworks.org
- Family Caregiver Alliance:** www.caregiver.org
- Foster Grandparents and Senior Companions in MN:** www.mnseniorcorps.org
- Government Information on Aging Health Ministries:** www.seniors.gov

Hospice Minnesota: www.hospicemn.org

Metropolitan Area Agency on Aging: www.tcaging.org

Minnesota Attorney General's Office: www.ag.state.mn.us

Booklets such as Probate and Planning: A Guide for the Future; Seniors' Legal Rights; and Guarding Your Privacy, are available here.

Minnesota Department of Health: www.health.state.mn.us

Minnesota Health and Housing Alliance: www.mhha.com

Minnesota State Bar Association: www.mnfindalawyer.com

Attorney referral service.

Minnesota Tenants Union: www.tenant.net

National Alliance for Care Giving: www.caregiving.org

National Alliance for Hispanic Health : www.hispanichealth.org

National Caregivers Library: www.caregiverslibrary.org

National Center on Elder Abuse: www.ncea.aoa.gov

National Council on the Aging, The: www.ncoa.org

National Institute of Neurological Disorder and Stroke: www.NINDS.nih.gov

National Institute on Aging US National Institutes of Health: www.nia.nih.gov

National Kidney Foundation: www.kidney.org

National Multiple Sclerosis Society: www.nationalmssociety.org

National Safety Council: www.nsc.org

Nursing Home Compare: www.medicare.gov/Nhcompare

Lists state survey results of long-term care facilities.

Nutrition Information: www.nutrition.gov

Prescription Payment Assistance:

www.medicare.gov

Preventing and Recovering from ID Theft: www.consumer.gov

Senior Events in the Twin Cities: www.mngoodage.com

State of Minnesota: www.mn.gov

State Services for the Blind: www.mnssb.org

Twin Cities Senior Housing Guide: www.seniorguideonline.com

U of M Extension Service – Washington County:
www.extension.umn.edu/county/washington

United Way: www.gtcuw.org

Vital Aging Network: www.vital-aging-network.org

Washington County: www.co.washington.mn.us

RECYCLING

Green Guardian: www.greenguardian.com

Find resources and web links on recycling, composting, reuse, and disposal in the Twin Cities.

NextStep: www.nextstep.state.mn.us

Find resources on sustainability-meeting our needs today in ways that ensure that future generations will also thrive.

Reduce Waste: www.reduce.org

Learn how to prevent garbage and reduce what you throw away and recycle.

SEEK: www.seek.state.mn.us

Sharing environmental education knowledge: Resources for educators of all kinds. A searchable database, calendar, and news.

Twin Cities Free Market: www.twincitiesfreemarket.org

An internet forum for people to give or get free household items.

If you don't have access to the web, call 651-222-7678.

Washington County Residential Disposal Guide:

www.co.washington.mn.us/index.aspx?NID=650

Online Residential Disposal Guide for information on how to recycle or dispose of just about anything from appliances to yard waste.