

# Community Resources for Older Adults in the White Bear Area

## **General Information & Referral Services**

MN Senior Linkage Line .....  
800-333-2433  
<http://metroaging.org/help-information/senior-linkage-line/>

Statewide Online Access to Community Services  
[www.minnesotahelp.info](http://www.minnesotahelp.info)

White Bear Area Senior Program .....  
651-653-3121  
[www.whitebearseniorprogram.org](http://www.whitebearseniorprogram.org)

## **Police and Fire - Non-Emergency**

Ramsey Co. Sheriff .....  
651-484-3366  
Vadnais Heights Fire .....  
651-204-6030  
WBL Fire .....  
651-429-8569  
WBL Police .....  
651-429-8511

## **Adult Day Center/Respite Care/ Companion**

Salvation Army Adult Day Center .....  
651-779-9858  
[www.LakewoodOnline.org](http://www.LakewoodOnline.org) (Adult Day Center)  
The Gathering .....  
651-414-5291  
[www.lyngblomsten.org/community-services/gathering/](http://www.lyngblomsten.org/community-services/gathering/)

2<sup>nd</sup> Half .....  
612-559-3646  
[www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf)

Lutheran Social Services Neighbor to Neighbor  
1-877-540-9443 [www.lssmn.org](http://www.lssmn.org)

## **Adult Protection/Vulnerable Adult Mistreatment**

MN Adult Abuse Reporting Center .....1-844-880-1574

## **Chore/Home Maintenance/Accessibility Services**

LionsHelp-Safety Modifications .....  
651-653-3121  
Paint-A-Thon .....  
612-276-1578  
<http://www.gmcc.org/paintathon>  
Rebuilding Together Livability Program .....651-776-4273  
[www.rebuildingtogether-twincities.org](http://www.rebuildingtogether-twincities.org)

Habitat For Humanity .....  
651-207-1700  
[www.tchabitat.org](http://www.tchabitat.org)

Senior Chore Program .....  
651-429-8544  
<http://www.nyfs.org/services/senior-chore/>

Help At Your Door .....  
651-642-1892  
[www.Helpatyourdoor.org](http://www.Helpatyourdoor.org)

## **Financial**

Consumer Credit Counseling:  
Family Means .....  
651-789-4014  
[www.familymeans.org](http://www.familymeans.org)  
Lutheran Social Services .....888-577-2227  
[www.lssmn.org](http://www.lssmn.org)  
Energy Assistance .....  
651-645-6470  
[www.caprw.org](http://www.caprw.org)  
Ramsey County Human Services ..... 651-266-4444  
<https://www.ramseycounty.us/>  
Reverse Mortgage Counselors .....  
651-690-3141  
Social Security .....  
1-866-667-7481  
[www.ssa.gov](http://www.ssa.gov)  
Supplemental Security Income (SSI) .....1-800-772-1213  
[www.ssa.gov/ssi/](http://www.ssa.gov/ssi/)

## **Health Alert/Personal Emergency Response Systems**

Alzheimer's Ass. Medic Alert/Safe Return .... 888-572-8566  
[www.alz.org](http://www.alz.org)  
Fairview Lifeline .....  
952-885-6185  
[www.fairview.org/Services/HomeCareHospice/Lifeline/index.htm](http://www.fairview.org/Services/HomeCareHospice/Lifeline/index.htm)  
HealthEast Health Alert .....  
651-232-3560  
[www.healtheast.org](http://www.healtheast.org)  
Phillips Lifeline .....  
1-855-332-7799  
[www.lifelinesystems.com](http://www.lifelinesystems.com)

## **Health/Mental Health/Health Insurance**

Medicare .....  
800-633-4227  
[www.medicare.gov](http://www.medicare.gov)  
Health Insurance Counseling .....800-333-2433  
[www.metroaging.org](http://www.metroaging.org)  
NAMI-MN (Natl. Alliance for Mentally Ill) ..... 651-645-2948  
<http://www.namihelps.org/>  
Office of Ombudsman for Long Term Care ... 651-431-2555  
<http://www.mnaging.net/en/Advocate/OLTC.aspx>  
Senior Recovery Program (Chem. Dep.) ..... 651-773-0473  
<http://seniorrecoverycenter.squarespace.com/>  
NYFS - Counseling Services .....  
651-429-8544  
<http://www.nyfs.org/services/mental-health/counseling-services/>  
Suicide Hotline .....  
1-800-784-2433

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## **Home Management/Home Health Care (low-income)**

Ramsey Cty. Long Term Care Consultation 651-266-3613  
[www.co.ramsey.mn.us](http://www.co.ramsey.mn.us) (Residents-Assistance & Support)

## **Housing**

HousingLink (Affordable Rental info.) ..... 612-522-2500  
[www.housinglink.org](http://www.housinglink.org)  
Homeless Shelters .....  
1-800-333-2433  
Homeline (rental advocacy/legal help) ..... 612-728-5767  
[www.homelinemn.org](http://www.homelinemn.org)  
Senior Housing, Inc.(Care Options) .....952-945-4022  
[www.seniorhousinginc.org](http://www.seniorhousinginc.org)  
Twin Cities Senior Housing Guide .....651-690-3141  
[www.seniorhousingguide.us](http://www.seniorhousingguide.us)  
White Bear Area Senior Program .....  
651-653-3121  
[www.whitebearseniorprogram.org](http://www.whitebearseniorprogram.org)

## **Long Term Care**

Ramsey County Long Term Care Consult .....651-266-3613  
[www.ramseycounty.us/residents/assistance-support/assistance/seniors](http://www.ramseycounty.us/residents/assistance-support/assistance/seniors)  
Cerenity Care Center of WBL .....  
651-232-1818  
<http://cerenityseniorcare.org/locations/whitebearlake/>  
Ramsey County Care Center.....  
651-777-7486  
[www.ramseycounty.us/residents/assistance-support/assistance/seniors](http://www.ramseycounty.us/residents/assistance-support/assistance/seniors)  
Waverly Gardens Care Center.....  
651-765-4000  
[www.waverlygardensphs.org](http://www.waverlygardensphs.org)

## **Legal Advocates/Consumer Assistance**

MN Elder Justice Center .....  
651-440-9300  
[www.elderjusticemn.org](http://www.elderjusticemn.org)  
Office of Ombudsman for Long Term Care ... 651-431-2555  
<http://www.mnaging.org/Advocate/OLTC.aspx>  
Ramsey Cty. Bar Assoc. Attorney Referral ..... 651-224-1775  
<http://www.ramseybar.org/attorney-referral-service/>  
Senior Law Project (for low income) ..... 1-888-575-2954  
[www.smrls.org](http://www.smrls.org)  
VOA MN Elder Law Services ..... 612-676-6300

<https://www.voamnwi.org/estate-and-elder-law>

## **Medical Equipment/Supplies**

Metro. Center for Indep. Living (Ramps) ..... 651-603-2029  
Assisted Living Store .....  
651-769-1574  
[www.assistedlivingstore.com](http://www.assistedlivingstore.com)  
White Bear Health Mart .....  
651-289-4300

## **Nutrition**

Fare for All/Discounted Food .....  
763-450-3880  
[www.fareforall.org](http://www.fareforall.org)  
Hugo Good Neighbors Food Shelf.....651-528-6224  
[www.hugofoodshelf.org](http://www.hugofoodshelf.org)  
Mahtomedi Food Shelf .....  
651-395-5350  
[www.stjudeofthelake.org](http://www.stjudeofthelake.org)  
Meals on Wheels (White Bear Area) .....651-653-3121  
[www.whitebearseniorprogram.org](http://www.whitebearseniorprogram.org)  
NAPS (Nutrition Asst. Prog. for Seniors) ..... 651-484-8241  
[www.2harvest.org](http://www.2harvest.org)  
Store to Door .....  
651-642-1892  
[www.storetodoor.org](http://www.storetodoor.org)  
Vadnais Heights Food Shelf .....612-245-9259  
[www.cityvadnaisheights.com](http://www.cityvadnaisheights.com)  
White Bear Food Shelf .....  
651-407-5310  
[www.whitebearlakefoodshelf.org](http://www.whitebearlakefoodshelf.org)

## **Special Needs**

Alzheimer's Helpline .....  
1-800-272-3900  
[www.alz.org/mnnd/](http://www.alz.org/mnnd/)  
Deaf & Hard of Hearing Services .....651-431-5940  
<http://mn.gov/dhs/people-we-serve/adults/services/deaf-hard-of-hearing/>  
Telephone Equipment Distribution ....1-800-657-3663  
[www.mn.gov/dhs/ted-program](http://www.mn.gov/dhs/ted-program)  
Disability Linkage Line .....  
866-333-2466  
[www.minnesotahelp.info](http://www.minnesotahelp.info)  
EZ Help 911(free cell phones for seniors).... 651-429-2374  
Handicapped Vehicle Stickers .....  
651-297-3377  
Metro Center for Independent Living .....651-646-8342

# Community Resources for Older Adults in the White Bear Area

[www.mcil-mn.org](http://www.mcil-mn.org)

Parkinson's MN .....  
763-545-1272

[www.parkinsonmn.org](http://www.parkinsonmn.org)

Statewide Services for the Blind .....  
651-539-2325

[www.mnssb.org](http://www.mnssb.org)

## **Support Groups-Health Related or Caregiver Support**

White Bear Area Senior Program (Local listing)  
651-653-3121 [www.whitebearseniorprogram.org](http://www.whitebearseniorprogram.org)

## **Transportation**

Metro Mobility .....  
651-602-1111

<http://metro council.org/Transportation/Services/Metro-Mobility.aspx>

TransitLink .....  
651-602-5465

[www.transitlinktc.org](http://www.transitlinktc.org)

## **Veterans Benefits**

Ramsey County Veterans Service s.....651-266-2545  
[www.co.ramsey.mn.us/vs](http://www.co.ramsey.mn.us/vs)

Veterans Administration .....  
1-800-273-8255

[www.va.gov](http://www.va.gov)

Veteran Affairs – MN Dept. of .....  
1-888-linkvet

[www.minnesotaveteran.org](http://www.minnesotaveteran.org)