
2017-2018

White Bear Area Guide to Senior Services

Compiled by the White Bear Area Senior Program
651-653-3121 www.whitebearseniorprogram.org

General Information and Referrals

- ❑ **White Bear Area Senior Program** - Meals on Wheels, Senior Center Activities, Adult Education, and Elder Resource Specialists that can help connect you to supportive home and community-based services in the White Bear Lake Area such as those on this listing. 2484 East County Road F, White Bear Lake, MN 55110. **651-652-3121**
www.whitebearseniorprogram.org
- ❑ **Senior Linkage Line** - A free telephone information service of the Minnesota Board on Aging. Specialists can help seniors and caregivers to navigate through the complex senior services network; help with eligibility and applications related to Medicare and Medicaid; and long term care decision making. **1-800-333-2433**

Adult Day Services

Adult Day Services provide recreational and social programs, a hot noon meal, and nutritious snacks for adults with special needs. Respite and support services also provided to caregivers.

- ❑ **Salvation Army Lakewood Adult Day Center** in Maplewood – A licensed adult day center which also provides nursing services such as health monitoring, medication administration, coordinating with health providers, personal care assistance such as baths and foot care. Open M-F. Participants can choose from 1-5 days/week depending on need and availability. **651-779-9858**
<http://salvationarmynorth.org/community/maplewood/community-pages/adult-day-center/>
- ❑ **The Gathering** – Provides a safe and enjoyable environment for those experiencing early to mid-stage memory loss and a break for their family caregivers. Offered Thursdays at participating area churches and sponsored by Lyngblomsten. **651-414-5291**
www.lyngblomsten.org/community-services/gathering/

Chore Services

- ❑ **Senior Chore Program of Northeast Youth and Family Services** – Volunteers provide help with home and yard chores such as lawn mowing, snow shoveling, fall and spring clean-up to those 65 and over. Small fee based on income helps to maintain the program. **651-429-8544** www.nyfs.org/services/senior-chore/

Energy Assistance/Energy Conservation

These programs provide help to qualified seniors and disabled homeowners to weatherize their homes, pay heating bills, and repair or replace thermostats, water heaters, and furnaces. Energy Assistance also helps to pay heating bills for those eligible living in apartments where heating is included in the rent.

- ❑ **Community Action Partnership** of Ramsey and Washington Counties. **651-645-6445** www.caprw.org
- ❑ **Housing Resource Center**, North and East Metro. **651-486-7401** www.gmhchousing.org

Delivery Services

Groceries, prescription drugs, and other items can be delivered to the home for a small fee.

- ❑ **Help at Your Door (formerly Store to Door)** - **651-642-1892** <http://helpatyourdoor.org/>
- ❑ **Coburns Delivers** - **763-971-4900** www.cobornsdelivers.com
- ❑ **White Bear Health Mart** - **651-289-4300**

Health Insurance Counseling

Trained volunteers provide assistance with health insurance questions, understanding bills, choosing plans, enrollment in Medicare and supplement insurance and other issues for Medicare beneficiaries.

- ❑ **White Bear Area Senior Program** - In-person office appointments. **651-653-3121** www.whitebearseniorprogram.org/
- ❑ **Senior Linkage Line** - Phone counseling. **1-888-333-2433**

Home Care and Home Health Care Agencies

Skilled services are available from certified home health care agencies. The Minnesota Department of Health registers and licenses home health care agencies and Medicare certifies those for payment of services in qualifying situations. Services are also paid for with private funds or with long term care insurance. Fees vary with the type of service, frequency of visits, length of visit, and (for those

receiving County assistance) income level. Most home health agencies also offer homemaking services for those receiving home health care.

Types of skilled health services offered include:

- ❑ Home health aides provide assistance with bathing, dressing, using the toilet and other personal care tasks. They are supervised by a registered nurse.
- ❑ Home nursing care can include administration of medication, wound care, health education, monitoring of health, etc.
- ❑ Therapeutic care can include physical, speech, and occupational therapy in the home.

Call your County of residence:

- ❑ **Ramsey County Senior Intake for Long Term Care Consultation**– 651-266-3613
www.ramseycounty.us/seniors
- ❑ **Washington County Senior Services** - 651-430-6484
www.co.washington.mn.us/780/Adult-Child-Senior
- ❑ **Anoka County Senior Services** - 763-576-2000 www.anokacounty.us/1510/Seniors
- ❑ **Minnesota Department of Health** - For up to date listing of registered, licensed and certified home care and home health care agencies, updated daily.
www.health.state.mn.us/divs/fpc/directory/providersselect.cfm
- ❑ **Medicare.gov Home Health Compare** - Allows you to compare Home Health Care agencies in your zip code, city or state by patient survey star ratings and the quality of patient care star ratings. Web site also provides a home health agency checklist to help you when comparing. www.medicare.gov/homehealthcompare/search.html
- ❑ **Senior Linkage Line** - 1-800-333-2433 A free telephone information service. Specialists can help seniors and caregivers to navigate through the complex senior services network; help with eligibility and applications related to Medicare and Medicaid; and long term care decision making.
- ❑ **Care Options Network** - Local Twin Cities Senior Care Guidebook provides online listings of Medicare certified and private duty home care agencies:
www.careoptionsnetwork.org/guidebook/home_health/

Homemaking and Home Management Services

Homemaking/Home Management services offer light housekeeping, laundry, meal preparation, and shopping. Fees vary depending on the services provided, length and frequency of visits and income level (for those receiving County assistance). Home Management service providers that provide two or more of these types of services should be registered with the Minnesota Department of Health.

- ❑ **Senior LinkAge Line** - Call for information and referrals to local registered providers. **1-800-233-3333**
- ❑ **Ramsey County Senior Intake Line for Long Term Care Consultation/MN Choices Assessment** – For intake and assessment of eligibility for county funded homemaking and home management services. **651-266-3613** www.ramseycounty.us/seniors

Home Maintenance and Repair

Home Repair - Volunteer-delivered repairs including weatherizing, cleaning, installing flooring, patching and painting, siding, landscaping, and almost anything that restores the homeowners' independence, safety and security and Critical Repair Program provides timely contractor-delivered repair or replacement of essential systems such as HVAC, electrical, plumbing, outer envelope and roofs that are critical to healthy, livable homes.

- ❑ **Rebuilding Together Twin Cities Livability Program** - For low-income homeowners who have at least one family member 55+, living with a disability, or member of the armed services. **651-776-4273** <http://rebuildingtogether-twincities.org/apply/home-repair-program/>

Home Modification/Accessibility Remodeling

Accessibility/Safety Modifications – For installation of window film in the winter, grab bars in tub or shower, hand railings, wheelchair ramps, or other home accessibility or safety modifications.

- ❑ **LionsHelp** – For low-income residents of the White Bear School District supported by the Lions Club. Referrals through White Bear Area Senior Program. **651-653-3121**
- ❑ **Disability Linkage Line** - **1-866-333-2466**

Medical Equipment/Supplies

- ❑ **Assisted Living Store** – **651-769-1574** www.assistedlivingstore.com/
- ❑ **Handi Medical Supply** – **651-644-9770** www.handimedical.com/
- ❑ **White Bear Health Mart** - **651-289-4300**

Nutrition Support

Food Shelves

- ❑ **White Bear Lake Emergency Food Shelf** - For appointment call **651-407-5310**. www.whitebearfoodshelf.org
- ❑ **Vadnais Heights Lions Club Food Distribution Program** - 3rd Saturday of the month, 9:00 a.m. - 10:00 a.m. **612-245-9259**
- ❑ **Hugo Good Neighbors Food Shelf** - **651-528-6224**

- ❑ **Second Harvest Heartland - Nutritional Assistance for Seniors** (NAPS) **651-484-8241**
www.2harvest.org/who--how-we-help/services-and-programs/programs/csfp.html?referrer=https://www.google.com/#.WRSdEuXys2w

Discount Groceries

- ❑ **Fare For All Express - Save up to 50% on Groceries** - First Lutheran Church, Hwy 61 & County Road F, White Bear Lake. Fourth Friday of the month from 2:00 p.m. - 4:00 p.m. (Exception: 3rd Friday in Nov. and Dec.) Open to everyone! **763-450-3880**
www.fareforall.org

Home Delivered Meals

Hot daily meal delivery or frozen once a week meal delivery available to those who are unable to prepare their own nutritious meals. Many diet and meal options available. Suggested contributions vary by program and participant's ability to pay.

- ❑ **White Bear Area Senior Program Meals on Wheels** - **651-653-3121**
www.isd624.org/CommunityServices/index.asp?ID=3234

- ❑ **Optage Senior Dining** - **651-746-8280**
www.optage.org/senior-dining-services/mn/dining-home-delivered-meals/

Safety

These programs offer a variety of personal safety devices or assistance from a form or bracelet that provides medical information to a device that alerts medical personnel and a local system to help those who wander.

- ❑ **HealthEast Health Alert** – Personal Emergency Response Systems allow seniors to call for help in a medical or other emergency using a signaling device that is worn around the neck or wrist. Some also offer movement monitoring and medication reminder services.
651-232-3560 www.healtheast.org/health-alert.html
- ❑ **File of Life** – Provides an emergency medical information form for you to complete and store on your refrigerator door to alert emergency medical personnel. Call White Bear Area Senior Program for the FREE packet. **651-653-3121**.
- ❑ **MedicAlert + Safe Return** – A partnership of MedicAlert and the Alzheimer's Association offers a live 24 hour emergency response service for wandering and medical emergencies. Call **1-800-432-5378** or register online at www.medicalert.org/safereturn

Special Needs

The following offer disability or disease specific services, care consultation and assistive devices. Call for further information on each program.

- ❑ **Alzheimer's Association MN-Dakotas** – 1-800-272-3900 www.alz.org/mnnd/
- ❑ **Disability Linkage Line** - 1-866-333-2466
www.mcil-mn.org/programs/disability-linkage-line
- ❑ **MN Deaf & Hard of Hearing Services** – 651-431-5940
<https://mn.gov/dhs/deaf-services/index.jsp>
- ❑ **State Services for the Blind-Services for Seniors** - Offers counseling, 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, including providing free low vision aids and adaptive devices. 651-539-2325
<https://mn.gov/deed/job-seekers/blind-visual-impaired/seniors/>

Transportation

See the “White Bear Area Guide to Senior Transportation” for a complete listing of transportation providers and related services. Metro Transit is the public transportation resource for the Twin Cities offering three primary types of service: Metro Transit Bus and Light Rail, Transit Link and Metro Mobility.

- ❑ **Transit Link** – Provides curb-to-curb shared rides in lift equipped vehicles where regular transit service is not available. Fares are based on distance and range from \$2.25-\$6.75. For those living in the White Bear Area, call 651-602-5465 to make a reservation.
<https://metro council.org/Transportation/Services/Transit-Link.aspx>
- ❑ **Metro Mobility** – For persons unable to use regular route bus service due to physical, cognitive, or environmental obstacles. Lift equipped vehicles with specially trained drivers operate 7 days and evenings a week. Set fares per ride are \$3.00, or \$4.00 during rush hours. Call 651-602-1111 for an initial application at least one month prior to needing transportation. Certification of disability and application processing can take up to 21 days.
<https://metro council.org/Transportation/Services/Metro-Mobility.aspx>

Volunteer-Based Companionship, Transportation, and Home Help Programs

These non-profit programs match seniors one-on-one with volunteers to provide companionship, affordable help in the home (light housekeeping, simple tasks, delivery services) and transportation in the local community.

- ❑ **Help at Your Door** - 651-642-1892
<http://helpatyourdoor.org/>
- ❑ **Neighbor to Neighbor** - Lutheran Social Services - 877-540-9443
www.lssmn.org/neighbortoneighbor/