

# FOR SENIORS ONLY

*Many services for seniors & others are listed in other places in this directory. Those listed in this section, however, are strictly for senior citizens & their family members.*

**ACCAP Senior Programs** ..... [www.accap.org](http://www.accap.org)

Click on ACCAP Programs, scroll down to the Senior Service you are looking for to obtain the number for the appropriate program.

**Extended Care Providers** ..... [www.extendcare.com](http://www.extendcare.com)

**Social Security Administration (To apply)** ..... **1-800-772-1213**

**Social Security (Assists Anoka County clients with forms & questions)** ..... **(763) 324-2424**

## Outreach & Referral

**Senior Information Line of Anoka County** ..... **(763) 783-4707**

[www.accap.org](http://www.accap.org). This Anoka County information & assistance line can link older adults & their families to services & opportunities. Trained staff & volunteers run this free service & follow up with callers. Office hours: Monday-Friday, 8 am-4 pm. Outside of Anoka County call: Senior Linkage Line at 1-800-333-2433.

**Senior Outreach, ACCAP** ..... **(763) 783-4741**

[www.accap.org](http://www.accap.org). Senior Outreach Workers help older adults 60+ access services to live independently in their own homes or apartments. Referrals include financial programs, home services, fuel assistance, etc. Assistance with paperwork, forms, & applications. No fee.

**SeniorResource** ..... [www.seniorresource.com](http://www.seniorresource.com)

“E-cyclopedia” of housing options & information for retirement, finance, insurance, & care.

**Senior Services in Anoka County** ..... **(763) 324-1200**

[www.anokacounty.us/seniors](http://www.anokacounty.us/seniors). Provides assessment, information, and assistance to seniors age 65 and older. Also helps families with resources and education regarding aging parents and services available.

**United Way 2-1-1** ..... **2-1-1 or (651) 291-0211 or 1-800-543-7709**

[www.211unitedway.org](http://www.211unitedway.org). 24 hour information & referral service for health, recreation, education, social services, etc. Utilizing over 40,000 community agencies in its database. Trained staff can direct callers to resources for seniors, families, & children throughout the Twin Cities.

## Local Senior Transportation Services

*Please call the service in your area for more information. In most cases, a small fee may be charged. For additional information on transportation, please see the BASIC NEEDS section.*

**Anoka Senior Center** ..... **(763) 576-4661**

Transportation to and from Anoka Senior Center ONLY. Senior dining Tuesday-Friday. Shopping trips to Cub on Tuesday, Wednesday & Thursday when bus is available.

- Anoka County Transit** ..... (763) 324-3250  
[www.anokacounty.us/transit](http://www.anokacounty.us/transit). Anoka County only. Accessible to the disabled & wheelchairs.  
**Fixed route schedule information from Metro Transit** ..... (612) 373-3333  
**Transit Link reservations & cancellations, 7:00am-3:30pm Mon-Fri**..... (651) 602-5465  
**Metro Mobility East Reservations & cancellations, 6am-5pm with holiday availability** .....(651) 602-1120
- Anoka County MedLink**..... (763) 324-3255  
[www.co.anoka.mn.us/transit](http://www.co.anoka.mn.us/transit). Transportation service for seniors 60+ & clients receiving services from Anoka County Social Services. For medical, dental, & social service appointments only. Transportation provided for Veterans of any age to & from the VA Hospitals in Minneapolis, St. Cloud and Ramsey. Call between 9 am-12 pm Mon-Fri. Donations accepted.
- Blaine**..... (763) 786-9375  
 Transportation for senior activities, senior dining, & special events. Fee for services. Call for a reservation.
- Coon Rapids** ..... (763) 767-6473  
 Transportation provided to seniors within Coon Rapids city limits to Senior Center activities & senior dining. Transportation for groceries is available twice a month.
- Driving Miss Daisy, Inc.** ..... (763) 253-4400 or (763) 253-4402  
[www.drivingmissdaisymn.com](http://www.drivingmissdaisymn.com). Provide caring, safe, and reliable transportation services for elderly, disabled, and those unable to drive. Wheelchair friendly. Stretcher, walker, and ambulatory transportation services. Accepts Medicaid, private insurance, workman’s comp, and private pay.
- Linwood Senior Transportation Services** ..... (651) 462-5565  
 Linwood seniors only. Handicapped accessible transportation for Linwood residents. Providing rides for grocery shopping, personal care, medical appointments, hospital and nursing home visits, etc. on availability basis. Will go out of the county. Hours: Monday-Friday, 8:00 am - 4:30 pm. Donations accepted.
- Metro Mobility** ..... (651) 602-1111  
[www.metromobility.org](http://www.metromobility.org). Subsidized, door-to-door transportation service for eligible persons who are disabled. Requires 4-day advance notice for each trip. Call for certification information. All vehicles are wheelchair accessible. Monday-Friday, 7:30am-4:00 pm.
- MNET (Minnesota Non-Emergency Transportation)** ..... 1-866-467-1724  
 Transportation provided to clients on Medical Assistance, try to schedule trips three days in advance.
- R & D Transportation, Inc. (medical appointments)**..... (763) 767-1804  
 Medical Assistance, private pay, U-Care & Health Partners. Wheelchair accessible. Fax (763) 767-6209. All ages including unaccompanied youth, birth – 18 years.

<b>Food</b>
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- Family Table** .....See *BASIC NEEDS: Food*
- Fare For All**.....See *BASIC NEEDS: Food*
- Grocery Delivery & Services (call for specifics):**

**Coborn's Superstore** ..... (866) 586-2530  
[www.cobornsdelivers.com](http://www.cobornsdelivers.com). Online shopping, call for more information on delivery in Anoka County.

**Gopher Grocery** ..... [www.gophergrocery.com](http://www.gophergrocery.com)  
Delivery 5 days a week. Delivery areas and costs listed online, all ordering and information requests should be done online.

**Jensen's Foods, Coon Rapids** ..... (763) 755-0911  
Thurs delivery only; must order by 10 am. \$8 fee, \$20 minimum order. Must be in a 10-15 mile radius.

**Kemp's Home Delivery** ..... (612) 627-8709  
Delivers dairy products & frozen foods in the Twin Cities Area. Wholesale & retail.

**Help at Your Door** ..... (651) 642-1892  
[www.helpatyourdoor.org](http://www.helpatyourdoor.org). Grocery shopping with home delivery. Serves elderly seniors, 60+ in Hennepin, Ramsey, Washington, Dakota, or Anoka Counties. Not an emergency food shelf. Deliveries from Cub every two weeks. 10 am- 3 pm. Will deliver prescriptions from Cub Pharmacy. Accepts EBT.

### **Meals on Wheels (Home Delivered Meals)**

Provides hot noon meals delivered Monday through Friday to homebound persons who are nutritionally at risk, have a disability, or recovering from a recent hospital stay. Weekend meals may also be available. Serves individuals on county waiver and alternative care programs, as well as those paying privately. Call the location serving your area for more information

**Impact Services**.....(763) 236-8718  
Anoka , Champlin, Ham Lake, Andover, Ramsey, Oak Grove, Coon Lake, Linwood, St. Francis, Nowthen, Bethel, East Bethel, Circle Pines, Lino Lakes, Centerville, Lexington, & Columbus.

**Hot Meals (Southern Anoka County)** Fridley, Spring Lake Park, Columbia Heights, & Hilltop (763) 236-3636

**Meals on Wheels, Coon Rapids and Blaine** ..... (763) 489-3608  
[www.crbmealsonwheels.org](http://www.crbmealsonwheels.org). Daily breakfast also available and are delivered with noon meal.

**Mom's Meals**.....1-866-204-6111  
[www.momsmeals.com](http://www.momsmeals.com). 3210 Corporate Woods Drive, Ankeny, IA 50021. An independent company that offers fresh meals to meet the needs of individuals who are 60+, that have disabilities. Meals are prepared, packaged and shipped to customers in ready to heat & eat containers (will remain fresh in your refrigerator for two full weeks). Serves individuals on county waiver and alternative care programs, as well as those paying privately.

**Optage Senior Dining Choices**..... (651) 746-8280  
A division of Presbyterian Homes. Locally prepared fresh, fully-cooked meals personally delivered to your home weekly. Over 60 fresh and frozen entrees to choose from (including fresh salads and sandwiches,) that can quickly be re-heated in the microwave or oven. Friendly, local drivers deliver and help put meals away and answer questions you may have about the program. No minimum; no delivery charge. Accept waivers, insurance and private pay.

### **Senior Dining**

The Volunteers of America offer a hot, balanced meal & social activities at various locations throughout the area. Please call to verify age requirements & costs. Reservations are required 2 working days in advance. \*Please call your local senior center for other dining options\*  
Dining is provided at the following locations at noon:

- Anoka Senior Center, Tues-Fri (need 3-day notice) ..... (763) 427-6646**
- Coon Rapids Senior Services, Mon-Thurs ..... (763) 767-6524**
- Fridley Community Education Center, Mon-Fri (minimum 3 day notice) ..... (763) 502-5199**
- Mary Ann Young Senior Center, Blaine, Mon-Fri..... (763) 780-4318**

## Anoka County Food Shelves

*Food shelves are available to provide EMERGENCY food supplies at no cost for families experiencing temporary, short-term inability to buy groceries. Some food shelves only serve limited areas, so call to find the one nearest you. Call United Way 2-1-1 or the Emergency Food Shelf Network for further assistance. See BASIC NEEDS: Food Shelves.*

## Home Services

*For a list of home health care agencies, contact the Public Health Nursing at (763) 324-4240.*

**Anoka County Library Books by Mail..... (763) 324-1529**  
[www.anokacounty.org](http://www.anokacounty.org). Anoka County Library will mail books free of charge to residents who cannot get to their community library. Contact the outreach librarian.

**Chores & More - ACCAP ..... (763) 783-4767**  
 For older adults 60+ in Anoka County. We do various household services including housekeeping, minor home repairs, & seasonal chores such as lawn mowing, lawn clean-up, and snow removal. Funding support is provided by Metropolitan Area Agency on Aging, Inc. as part of the “Older Americans Act Program.”

**Family Caregiver Connection..... (763) 324-1608**  
[www.anokacounty.us/caregivers](http://www.anokacounty.us/caregivers). Group respite services provided at multiple locations. Volunteers provide a break to caregivers of older adults. Care receivers must be 55 or older & unable to be left alone for more than 2 hours. Support groups available for caregivers & their families throughout Anoka County. Memory Cafés for caregivers and their care partners who are living with dementia. Individualized caregiver coaching and education, health & spiritual connections, and community educational opportunities.

**Footworks – Footcare ..... (651) 501-0624**  
 Serves southern Anoka County only. Foot care in the home. In-home foot soaks, nail trimming, etc.

**Happy Feet Footcare, Inc. .... (763) 560-5136**  
 Makes home visits. Call for appointment & fee scale. Serves southern Anoka County.

**Home Modification Agencies ..... (763) 783-4707**  
 For a list of home modification agencies, please contact ACCAP’s Senior Information Line.

**Long Term Services and Supports, Anoka County ..... (763) 324-1450**  
 Long Term Services and Supports (LTSS) assists persons with disabilities and/or seniors with access to services that will increase independence, health and safety while residing in their home or community setting. Programs may include, but are not limited to: Personal Care Assistance (PCA), Alternative Care (AC) Program or Home and Community-Based Waivers.

**Moving Services ..... (763) 783-4707**  
 For a list of moving services, please contact ACCAP’s Senior Information Line.

**Paintathon** .....(612) 276-1579, for more information call (612) 276-1500  
Provides free exterior house painting to low income seniors over 60 & those under 60 with a disability.

**Tamarisk, Inc.** ..... (763) 572-1950  
[www.tamarisk.org](http://www.tamarisk.org). Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families at the end stage of a terminal illness.

## **Safety & Security Checks**

**American Red Cross, Minnesota Region** ..... (612) 871-7676  
Schedules installation of free smoke alarms. Call the smoke alarm hotline (612) 460-3674, text "Alarm" to (844) 811-0100 or visit <http://getasmokealarm.org>

**Minnesota Adult Abuse Reporting Line** ..... 1-844-880-1574

**Crest View Safe Haven Services**.....(763) 782-1601  
[www.crestviewcares.org](http://www.crestviewcares.org). Safe haven services are available for any elder who has been abused. We offer a place where elders can come and live either short term or long term at one of the Crest View Senior Community sites. Call to refer someone to the Crest View Safe Haven Program.

**Home Safety Check**..... (763) 767-4003  
[www.sbmfire.com](http://www.sbmfire.com). Provided to residents of Spring Lake Park, Mounds View, & Blaine by their fire departments. Includes free child safety seat checks by appointment, home safety surveys, fire extinguisher training, injury prevention program, & juvenile fire setting program. Provide CPR training for small fee.

**Lifeline** ..... 1-800-372-4103 reference code for service MN622  
A personal response service which enables elderly & disabled persons to call for help in an emergency by the use of a home call unit in the form of a button which can be worn at all times. Provides 24 hour emergency response when pushed. All equipment is rented on a monthly basis.

**Rebuilding Together Twin Cities**.....(651)776-4273  
[www.rebuildingtogether-twincities.org](http://www.rebuildingtogether-twincities.org). Bringing volunteers and communities together to improve homes & lives of low-income homeowners. Providing no-cost home repairs for homeowners particularly older adults, individuals living with disabilities & families with children.

**Safety Choice (facilitated by Comfort Keepers)**.....(763) 786-1000  
[www.comfortkeepers.com](http://www.comfortkeepers.com). Wireless, house-wide monitoring system offers hands-free, two-way voice connection in the event of an emergency. The device can hold multiple pendants and can provide medication reminders. New PERS technologies are now available to individuals who do not have land line phone service. Seven days a week, someone is always available when help is needed.

## **Health & Wellness: Seniors**

*For additional resources on services for health & wellness, medical equipment, supplies, etc., call the Senior Information Line at (763) 783-4707.*

**Affordable Dentures and Implants, Brooklyn Park..... (651) 552-6770 or 1-800-336-8873**  
[www.affordabledentures.com](http://www.affordabledentures.com). Open Mon-Fri 8 am – 5 pm, must schedule an appointment, 100 day satisfaction guarantee on dentures; limited craftsmanship warranty on dentures and partials; coupons may be available on website.

**Allina Home Health and Community Services ..... (651) 635-9173**  
Provides coordinated care and services for patients and families across care settings. Home care, advanced illness care, or end of life care.

**Alzheimer’s Association, MN & ND Chapter ..... 1-800-272-3900**  
[www.alz.org/mnnd](http://www.alz.org/mnnd). Care support resources: 24 hour telephone support, information on memory loss and on referrals regarding support groups for persons with Alzheimer’s disease and their families; safe return program.

**Assisted Living Store, Mon-Thurs 8:30 am-4:00pm..... (651) 769-1574 or 1-888-388-5862**  
[www.assistedlivingstore.com](http://www.assistedlivingstore.com). Medication management. Linen products, garments, & textiles.

**Community University Health Care Center, Minneapolis ..... (612) 301-3433**  
[www.cuhcc.com](http://www.cuhcc.com). Dental, medical and mental health services available to all ages, insurance accepted. Discount programs based on income.

**Courage Kenny**

**Burnsville, 100 Cobblestone Ln ..... (952) 898-5700**

**Forest Lake, 1467 N Lake St (Hwy 61). Pediatric & adult therapies (OT, PT, speech)..... (651) 464-5235**

**Golden Valley, 3915 Golden Valley Rd..... (763) 588-0811 or (763) 520-0520**

**Stillwater, 1460 Curve Crest Blvd ..... (651) 439-8283**

[www.couragecenter.org](http://www.couragecenter.org) (formerly Courage Center) Rehabilitation & resource center for people with physical disabilities, brain injuries, speech, or vision impairment. Offers comprehensive services to people of all ages designed to empower people with disabilities to reach their full potential in every aspect of life.

**Deaf & Hard of Hearing Services- Metro Office..... (651) 431-5940**

**TTY (Hearing Impaired) ..... 1-888-206-6513**

**Video Phone.....(651) 964-1514**

**Fax.....(651) 431-7587**

[dhhs.metro@state.mn.us](mailto:dhhs.metro@state.mn.us). Deaf and Hard of Hearing Services provides information, resources and empowerment opportunities to assist Minnesotans who are deaf, deaf blind and hard of hearing and their family to effectively access service in their communities. There are six regional offices throughout the state. The Metro office serves Anoka, Carver, Dakota, Hennepin, Ramsey, Scott, and Washington Counties.

**Dental Referral Service ..... (651) 631-9845**

[www.mplsdds.org](http://www.mplsdds.org). Provides referrals for those who have no insurance, are low income, or pay cash for dental care.

**Donated Dental Services..... (651) 454-6290**

[www.dentallifeline.org](http://www.dentallifeline.org). Non-profit program dedicated to assisting people who are disabled, elderly or medically at risk and have no other way to obtain dental care. Volunteers offer their services. No emergency treatment. Patients must lack adequate income to pay, have a permanent disability, are 65+, and are medically fragile.

- Epilepsy Foundation of Minnesota**..... (651) 287-2300 or 1-800-779-0777  
[www.efmn.org](http://www.efmn.org). The Epilepsy Foundation of Minnesota leads the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures and save lives. The EFMN has programs and services for those affected by epilepsy including picking up used clothing; serves all MN and the eastern part of North Dakota.
- Footworks – Footcare** ..... (651) 501-0624  
 Serves southern Anoka County only. Foot care in the home. In-home foot soaks, nail trimming, etc.
- Happy Feet Footcare, Inc.** ..... (763) 560-5136  
 Makes home visits. Call for appointment & fee scale. Serves southern Anoka County.
- Health Insurance Counseling Program-Senior Linkage Line** ..... 1-800-333-2433  
 Free service to seniors, persons with disabilities, & caregivers living in Anoka County. Certified staff & volunteers provide confidential help with Medicare questions, supplemental insurance, medical bills, prescription drug programs, long term insurance, & more.
- Long Term Services and Supports, Anoka County** ..... (763) 324-1450  
 Long Term Services and Supports (LTSS) assists persons with disabilities and/or seniors with access to services that will increase independence, health and safety while residing in their home or community setting. Programs may include, but are not limited to: Personal Care Assistance (PCA), Alternative Care (AC) Program or Home and Community-Based Waivers.
- Med-Alert Bracelets**.....Ask your local pharmacy
- Medicare Customer Service, [www.medicare.gov](http://www.medicare.gov)** ..... 1-800-MEDICARE (1-800-633-4227)
- Mesothelioma/Asbestos**..... 1-888-895-3435  
[www.asbestos.com](http://www.asbestos.com). Medical information on asbestos, mesothelioma and other cancers that are caused by asbestos exposure.
- Minnesota Care Information Line, State Office**..... (651) 297-3862  
**Health Care Programs (must be an Anoka County resident)** ..... (763) 422-7200  
**Medical Assistance-** Health Care coverage for low-income seniors.  
**Minnesota Care-** Seniors not eligible for Medicare may be eligible for very low cost coverage through MN Care. Covers most medical needs, doctors/clinic visits, most prescriptions, some dental work, hospital, etc.
- MN Network of Hospice & Palliative Care** ..... (651) 659-0423 or 1-800-214-9597  
[www.mnhpc.org](http://www.mnhpc.org). Call for info about hospice, end of life health care options, or education programs.
- Office of the Ombudsman for Long Term Care**..... (651) 431-2555 or 1-800-657-3591  
 Works to ensure the health, safety, welfare and rights of adults ages 18 and older living in nursing homes or receiving home care services in assisted living settings or their own homes and Medicare beneficiaries with concerns regarding hospital access, denial of services or premature discharge. Provides consumer education, investigates complaints and help to resolve disputes between consumers and providers of care services.
- Senior Partners Care Program** ..... (952) 767-0665 or 1-888-541-5488  
 Helps eligible low income on Medicare obtain treatment from participating healthcare providers. These healthcare providers have agreed to consider a waiver of the Medicare co-payments and deductibles.

Participants cannot be enrolled in an Advantage Plan nor receive MA benefits. It is not a form of insurance and there are no premiums, however, there is a required \$42 application processing fee.

**Senior Recovery Program..... (651) 773-0473**

[www.senior-recoverycenter.org](http://www.senior-recoverycenter.org). A nonprofit organization dedicated to providing both treatment and ongoing support for men and women, age 50+, who are abusing or have become dependent on alcohol, street drugs, prescription medications, or gambling. Insurance assessments available. Senior Recovery Program, 235 Roselawn Ave., Suite 13, Maplewood, MN 55117.

**State Services for the Blind ..... (651) 539-2300**

[www.mnssb.org](http://www.mnssb.org). Educational information, audio reading, rehabilitation, vocational or personal independence focus, equipment, and computer technology.

**Support Groups for Seniors..... (763) 783-4707**

For information, contact ACCAP's Senior Information Line.

**Tamarisk, Inc. .... (763) 572-1950**

[www.tamarisk.org](http://www.tamarisk.org). Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families at the end stage of a terminal illness.

**Telephone Equipment Distribution Program ..... 1-800-657-3663 (toll free) or (651) 431-5945**

**TTY (Hearing Impaired) ..... 1-888-206-6555**

**Video Phone ..... (651) 964-1514**

**Fax..... (651) 431-7587**

[www.mn.gov/dhs/ted-program](http://www.mn.gov/dhs/ted-program). E-mail: ted.program@state.mn.us. The TED Program provides telephones on a long-term loan basis at **no cost** to eligible Minnesotans. We serve people of all ages who have difficulty using regular telephone due to any of the following: hearing loss, speech disability or physical disability.

**Unity Chemical Dependency Services ..... (763) 236-4500**

[www.allinahealth.org](http://www.allinahealth.org). Provides inpatient and outpatient addiction services: inpatient detox, in patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available.

**University of MN Dental School ..... (612) 625-2495**

[www.dentistry.umn.edu](http://www.dentistry.umn.edu). 515 Delaware St. SE. Minneapolis. Set fees based on work done by students, grad student with faculty members. Accepts cash, check, credit card and insurance.

**Vision Loss Resources.....(612) 871-2222**

**St. Paul.....(651) 224-7662**

[www.visionlossresources.org](http://www.visionlossresources.org). Needs assessment for blindness, senior services, & rehabilitation services. DeafBlind Service MN.

**Vitalize Wellness Center of Parmlly LifePointes..... (651) 257-7957**

[www.parmly.org](http://www.parmly.org). Offers arthritis water classes, aquatics, fitness room, personal training, group exercise classes, massage therapy, and art programming.

**Wilder Senior Dental ..... (651) 220-1807**

[www.dentalassistance.us](http://www.dentalassistance.us). 516 Humboldt Avenue, St. Paul. Anyone age 55 or older can receive services at a 20% discount. Appointment Only. Monday-Friday 8:00am – 4:30pm.



# Mental Health & Companionship Programs for Seniors

**Anoka Metro Regional Treatment Center I/Mental Health Facility ..... (651) 431-5000**  
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults. Facility has an auxiliary and the volunteers staff the snack bar and general store, provide special events, and parties.

**Family Caregiver Connection..... (763) 324-1608**  
[www.anokacounty.us/caregivers](http://www.anokacounty.us/caregivers). Group respite is provided at multiple locations. Volunteers provide a break to caregivers of older adults. Care receivers must be 55 or older & unable to be left alone for more than 2 hours. Support groups available for caregivers & their families throughout Anoka County. Memory Cafés for caregivers and their care partners who are living with dementia. Individualized caregiver coaching and education, health & spiritual connections, and community educational opportunities.

**Family Life Mental Health Center ..... (763) 427-7964**  
[www.flmhc.org](http://www.flmhc.org). Senior Transitions Group to help transition from midlife to later years. Addresses midlife grief, loss, stress, changing roles, etc. Hours are Mon. – Fri. 8:00am – 8:00pm.

**Friendship Line for the Elderly.....1-800-971-0016**  
This 24-hour “hotline” for seniors is a service of the center for Elderly Suicide Prevention & Grief Related Services, a program of the Institute of Aging. Seven days a week.

## Geriatric Mental Health Programs

**Unity Hospital Fridley..... (763) 236-4464**

**United Hospital St. Paul ..... (651) 241-8694**

Provides inpatient comprehensive psychiatric, cognitive, medical, and functional assessments in a safe & secure setting for persons 65+. Call to make a referral.

**Grief Support – Mercy Hospital ..... (763) 236-8050**  
Ongoing grief support meets once a week. Special groups for children & teens. Call for more information.

**Grief Support – North Metro Coalition ..... (763) 413-2985**  
Coalition of faith communities and other agencies that provide 2 series of 6-week sessions per year in various parts of Anoka County. Education is provided around various aspects of grief & loss. Small group support is offered for death of a spouse, parent, child, sibling, friend, pregnancy loss, or suicide. No cost.

**Mental Health Crisis Services for Anoka County ..... (763) 755-3801**  
24-hour Mobile Mental Health Crisis services for children and adults: crisis assessment, crisis intervention, crisis stabilization services.

**Metro Psychology Support Services, Inc.....(651) 645-7971**  
[www.metropsychologysupport.com](http://www.metropsychologysupport.com). Home-based service to assist individuals on Medical Assistance with basic living and social skills to help with daily functioning. Assists with housing, community intervention, mental health needs, benefits assistance, independent living skills, employment and educational functioning.

**MWCAC..... [www.mwcac.org](http://www.mwcac.org)**  
We are a non-profit organization whose mission is to promote increased public awareness, understanding, and acceptance of mental health care. Visit our website or Facebook – Mental Wellness Campaign.

**Riverwind Mental Health Crisis Services.....(763) 862-7944**

[www.peopleincorporated.org](http://www.peopleincorporated.org). Riverwind provides short-term mental health residential crisis services in Anoka County. We serve adults of any age who are experiencing symptoms due to a mental health crisis. Individuals may also be experiencing co-occurring substance use and/or behavioral concerns. We are able to serve individuals who may be at a moderate risk of harm to self or others, but are not able to serve individuals who are assessed as a high risk of harm to self or others. We provide supportive intervention and group intervention (IMR, IDDT) centered around developing a crisis response action plan.

**Senior Companion Program through LSS ..... (651) 310-9459**

Older Adults make weekly one-on-one visits to other older adults to take them shopping and to medical appointments.

**Senior Kinship Program (ACCAP).....(763) 783-4745**

Offers weekly one-on-one services, where seniors provide assistance and friendship to isolated or homebound seniors.

**Support Groups for Seniors..... (763) 783-4707**

For information, contact ACCAP's Senior Information Line.

**Tamarisk, Inc. .... (763) 572-1950**

[www.tamarisk.org](http://www.tamarisk.org). Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families at the end stage of a terminal illness.

**Unity Chemical Dependency Services ..... (763) 236-4500**

[www.allinahealth.org](http://www.allinahealth.org). Provides inpatient and outpatient addiction services: inpatient detox, in patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available; developing programs geared for seniors.

**Well-Spouse Association..... 1-800-838-0879**

[www.wellspouse.org](http://www.wellspouse.org). Offers emotional support, newsletters, & resource materials for the husbands, wives, & partners of the chronically ill &/or disabled. Advocates for needs. Monthly support meetings.

## **Adult Day Programs**

**Angels on Main..... (763) 241-6845**

922 Main St, Elk River 55330. Adult day care. Serves a 10+ mile radius, transportation provided, can take 13-14 people per day. Outings & planned activities. Hours: 7 am-5 pm.

**Camilia Club ..... Coon Rapids (763) 489-3637**

[www.camiliarose.com](http://www.camiliarose.com). 11800 Xeon Blvd, Coon Rapids 55448. Offers an alternative to instructional living through an adult day program designed to promote mental and physical well-being for seniors and those with disabilities. Transportation available, please call for rates.

**Daily Senior Care ..... (651) 653-0660**

7979 24<sup>th</sup> Ave N, Lino Lakes. Adult day care. Serves all ages. Provides transportation. Overnight respite available.

**Friendship Center ..... (612) 781-2052**

1717 2<sup>nd</sup> St NE, Minneapolis. Adult day program, transportation, nurse onsite, & separate dementia group. Hours: Monday-Friday, 9 am-3 pm.

**Mission Today** .....(763) 592-2666  
[www.northridgehealthandrehab.com](http://www.northridgehealthandrehab.com). Dementia Care. Care for vulnerable adults in need of supervision, socialization, &/or skilled nursing services during the day. Monday-Friday, 7 am-5 pm.

**Park House**.....(763) 360-3322  
[www.parkhouse.mn.org](http://www.parkhouse.mn.org). 12345 Butternut St. NW, Coon Rapids, MN 55433. Adult day care and overnight respite care provided in a loving home. Space available for no more than 8 clients.

**Renaissance Adult Day Care**..... (763) 433-2980  
Designed for the Russian speaking population.

## Supportive Housing

*For subsidized housing see the Subsidized Housing section under BASIC NEEDS. For assisted living & nursing home lists, please contact the Anoka County Senior Information Line at (763) 783-4707.*

**Adult Foster Care, Anoka County** ..... (763) 324-1230  
Licensed living arrangement in a private home that provides food, lodging, supervision, & household services for qualified individuals who need assistance with everyday personal care due to developmental delay, mental illness, physical disability, or aging.

### Emergency Housing

**Call this number if it is after 4:30 pm & you are without shelter**..... (763) 427-1212

**Housing for Seniors**..... **Senior Information Line (763) 783-4707**  
Information on subsidized, market rate, housing with services, and other housing options.

**Metro Shelter Hotline (Automated Line)** ..... 1-888-234-1329

**Nursing Home & Assisted Living Center Directory**..... [www.adultcareproviders.com](http://www.adultcareproviders.com)  
Nationwide. Information on nursing homes, assisted living facilities, and home health providers.

**Senior Housing Directory for the Metro Area** ..... [www.seniorhousinginc.org](http://www.seniorhousinginc.org)  
Senior Housing Directory is Minnesota's original housing and services resource. For a free printed copy, call 1-800-333-2433 or pick one up at the Blaine Human Service Center, 1201 89<sup>th</sup> Ave. NE, Suite 100, Blaine, MN. Visit [www.careoptionsnetwork.org](http://www.careoptionsnetwork.org) to search the information online; no personal data required and free.

**Senior Housing Guide for the Metro Area** ..... (651) 690-3141  
[www.seniorhousingguide.us](http://www.seniorhousingguide.us).

## Legal and/or Advocacy for Seniors

### Alexandra House, Inc.

**24 Hour Domestic and Sexual Violence Crisis Line**.....(763) 780-2330  
**Community Program/Legal Advocacy** ..... (763) 576-9999  
[www.alexandrahouse.org](http://www.alexandrahouse.org). Shelter, crisis intervention, support groups and legal advocacy for victims of domestic and sexual violence.

- American Association of Retired Persons (AARP) ..... (952) 858-9040**  
 A national advocacy & information organization for persons 50 years or older. Tax aides & information. Run AARP driver safety programs. Lists of support groups, insurance information, grief & loss programs, legal services, medical & medication discounts, & many more topics. Located at the Mall of America.
- Estate & Elder Law Services-Volunteers of America-MN ..... (612) 676-6300**  
[www.voamnwi.org/estate-andelder-law](http://www.voamnwi.org/estate-andelder-law). Offers low income clients that qualify a reduced rate. Legal matters are charged a flat fee or reasonable hourly rate. No asset or income limit for private pay clients. Elder Law services include estate planning, will preparation, establishment of trusts, advance directives for health care & funeral, powers of attorney, disability planning, Medical Assistance advice & planning, real estate matters, probate, conservatorship & guardianship. Strong advocates for the interests of elders & their families.
- Faith Community Nurse Program of Mercy, Allina Health ..... (763) 236-4342**  
 Open to all faiths. A collaborative between the hospitals & participating area churches. The parish nurse is a part of the church staff, helps with health issues, connects to services, makes home & hospital visits, works with a health & wellness team, provides educational materials, workshops, events, support groups. Partners with Family Care Giver Connection to provide the Gathering, a group respite program for family caregivers.
- Families in Safe Hands: Raising Relatives Children ..... (612) 879-5307 or (612) 879-5351**  
 A program of Lutheran Social Service of MN. Offers information & emotional support through support groups, recreation, & free phone consultation.
- Family Caregiver Connection..... (763) 324-1608**  
[www.anokacounty.us/caregivers](http://www.anokacounty.us/caregivers). Volunteers provide a break to caregivers of older adults. Care receivers must be 55+ years old & unable to be left alone for more than 2 hours. Support groups available for caregivers & their families. Individualized caregiver coaching, counseling and education, caregiver support groups, group respite, health & spiritual connections, and community educational opportunities. Group respite is provided at multiple locations.
- Foreclosure Prevention, ACCAP..... (763) 783-4880**  
[www.accap.org](http://www.accap.org). Help for people facing default with their mortgage payments. Call for information.
- Judicare of Anoka County, Inc. .... (763) 783-4970**  
[www.anokajudicare.org](http://www.anokajudicare.org). Free legal representation for low-income residents of Anoka County. Civil (non-criminal) cases only, including tenant/landlord, employment, debtor/creditor, public assistance (welfare, SNAP/food support, etc.) domestic relations, and other non-criminal matters. No wills.
- MN Network of Hospice & Palliative Care ..... (651) 659-0423 or 1-800-214-9597**  
[www.mnhpc.org](http://www.mnhpc.org). Call to find a local program or get more information about hospice, end of life health care options, or education programs.
- Office of the Ombudsman for Long Term Care ..... (651) 431-2555 or 1-800-657-3591**  
 Advocate for health care, long-term care, hospital, and nursing home care for older persons and vulnerable adults.

**Representative Payees ..... Senior Information Line (763) 783-4707**

Provides money management for clients receiving government benefits and having trouble managing their finances. Call for a list of Representative Payees.

**Senior Housing Directory ..... [www.seniorhousing.org](http://www.seniorhousing.org)**

For a free copy of the housing directory call ACCAP's Senior Information Line at (763) 783-4707.

**Senior Outreach, ACCAP ..... (763) 783-4741**

[www.accap.org](http://www.accap.org). Senior Outreach Workers help older adults 60+ access services to live independently in their own homes or apartments. Referrals include financial programs, nutritional resources, home services, fuel assistance, provides assistance with paperwork, forms, & applications. No fee.

**Twin Cities Metro LGBT Aging Resource Guide ..... [www.traintoserve.org/guide](http://www.traintoserve.org/guide)**

**Upper Midwest Pension Rights Project.....1-866-783-5021**

[www.midwestpensions.org](http://www.midwestpensions.org). A free, nonprofit legal advocacy agency that assists individuals, of all ages, with pension related issues no matter what your income or value of claim. Serves residents in Minnesota, Wisconsin, Iowa, North Dakota and South Dakota.

**Veterans Service Office – Anoka County Veterans Service Office – Anoka County..... (763) 324-4500**

**Fax Number ..... (763) 324-1040**

[www.veterans@co.anoka.mn.us](mailto:www.veterans@co.anoka.mn.us). Helps veterans apply for healthcare benefits & disability services.

## **Educational Opportunities for Seniors**

**55 Alive Driving / Defensive Driving Class for Seniors**

Refresher course for seniors. Earn discount on car insurance. Many senior centers & clubs offer classes. Call Senior Information Line (763) 783-4707 for locations/schedules. Also, the following agencies offer classes:

**American Association of Retired Persons (AARP), located in the Mall of America..... (952) 858-9040**

**Minnesota Safety Council..... (651) 291-9150**

[www.minnesotasafetycouncil.org](http://www.minnesotasafetycouncil.org). Click on "traffic".

**Minnesota Highway Safety & Research Center: St. Cloud University.....1-888-234-1294**

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

**Anoka Ramsey Community College ..... (763) 433-1100**

[www.anokaramsey.edu](http://www.anokaramsey.edu). Seniors can audit classes. The college also welcomes seniors to attend various theatre events, music concerts, art shows and sales at the campus. [www.anokaramsey.edu/events](http://www.anokaramsey.edu/events).

**Community Education Programs for Seniors**

Provides educational opportunities for seniors, such as Adult/Basic Continuing Education programs (GED or refresher programs). For further info, call your school district. See EDUCATION: Community Education.

**Family Caregiver Connection..... (763) 324-1608**  
[www.anokacounty.us/caregivers](http://www.anokacounty.us/caregivers). Volunteers provide a break to caregivers of older adults. Care receivers must be 55+ years of age and unable to be left alone for more than 2 hours. Support groups available for caregivers and their families. Individualized caregiver coaching, counseling and education, caregiver support groups, group respite, health and spiritual connections and community educational opportunities. Group respite is provided at multiple locations.

## **Employment Opportunities for Seniors**

**Foster Grandparent Program ..... (651) 310-9448**  
Serve in school or early childhood education setting helping children with special needs. Receive tax-free hourly stipend as well as travel allowance and meals on site.

**Senior Community Service Employment Program, Anoka County ..... (763) 324-2284**  
A work-site placement program to increase job skills for low-income people 55 & older.

**Senior Companion Program through LSS ..... (651) 310-9459**  
Make weekly one on one visits to other seniors. Receives meal allowance & mileage. If income eligible, may also receive hourly stipend.

**Senior Kinship Program (ACCAP).....(763) 783-4745**  
Offers weekly one-on-one services, where seniors provide assistance and friendship to isolated or homebound seniors.

## **Social Opportunities for Seniors**

### **YMCA**

**Andover**, 15200 Hanson Blvd, Andover 55304 ..... **(763) 230-9622**  
**Chain of Lakes**, 7690 Village Dr, Lino Lakes 55014 ..... **(651) 795-9622**  
**Emma B. Howe**, 8950 Springbrook Dr, Coon Rapids 55433 ..... **(763) 785-7882**  
[www.ymcatwincities.org](http://www.ymcatwincities.org). Offers several group fitness programs for seniors in a safe, climate controlled environment. Arthritic swim sessions.

### **Senior Citizen Community & “Drop-in” Centers**

*These facilities are used for activities such as cards, dances, community education for seniors, & regularly planned activities. Several Senior Centers provide support groups for seniors.*

**Andover Senior Center**, 1685 Crosstown Blvd NW, Andover 55304 ..... **(763) 767-5163**  
**Anoka Senior Center**, 1500 6<sup>th</sup> Ave S, Anoka 55303..... **(763) 576-4661**  
**Blaine/Mary Ann Young Senior Center**, 9150 Central Ave NE, Blaine 55434 ..... **(763) 786-9375**  
**Columbia Heights Senior Center**, 530 Mill St, Columbia Heights 55421 ..... **(763) 706-3735**  
**Columbus Senior Center**, 16319 Kettle River Blvd, Columbus 55025 ..... **(651) 464-8463**  
**Coon Lake Senior Center**, 182 Forest Rd, East Bethel 55092 ..... **(651) 464-6711**  
**Coon Rapids Senior Services**, 11155 Robinson Dr NW, Coon Rapids 55433 ..... **(763) 767-6473**  
**East Bethel Senior Center**, 2241 221<sup>st</sup> Ave NE, East Bethel 55011 ..... **(763) 331-1539**  
**Fridley Senior Center**, 6085 7<sup>th</sup> St NE, Fridley 55432..... **(763) 502-5150**  
**Ham Lake Senior Center**, 15544 Central Ave NE, Ham Lake 55304..... **(763) 434-0455**  
**Lino Lakes Senior Center**, 1189 Main St, Lino Lakes 55014 ..... **(651) 982-2440**  
**Linwood Senior Center**, 22817 Typo Creek Dr, Stacy 55079..... **(651) 462-5565**

**Oak Grove Senior Center**, 19900 Nightingale St NW, Oak Grove 55011.....**second & fourth Wed/mo.**  
**Ramsey Senior Center**, 15050 Armstrong Blvd NW, Ramsey 55303 ..... **(763) 427-1410**

**Senior Citizens' Clubs in Anoka County..... Senior Information Line (763) 783-4707**

*In addition to the Senior Centers listed, many local senior clubs provide opportunities for friendship, support, & local activities. For further information on any of the following organizations, call ACCAP's Senior Information Line. Many area churches also have their own Senior Clubs & activities*

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| Andover Senior Citizens Club     | Linwood Golden Club                  |
| Columbia Heights Golden Age Club | Nowthen Senior Club                  |
| Columbus Senior Citizens         | Oak Grove Senior Club                |
| Coon Rapids Super Seniors        | Ramsey Senior Citizen Club           |
| East Bethel Senior Club          | Spring Lake Park Senior Club-Club 55 |
| Kraus-Hartig Senior Club         | St. Francis Senior Citizens          |

**Trips & Tours**

Contact your local Community Education Department or Senior Center for scheduled trips & tours.

**Volunteer Opportunities for Seniors**

**Alexandra House, Inc. .... (763) 795-5452**

[www.alexandrahouse.org](http://www.alexandrahouse.org). Community based nonprofit organization that provided emergency shelter, support services, & community/legal advocacy to victims of domestic and sexual violence. A wide variety of volunteer opportunities are available. Contact the Volunteer Coordinator.

**American Red Cross, Minnesota Region ..... (612) 871-7676**

[www.redcross.org](http://www.redcross.org). Volunteers are the heart of the Red Cross. Nearly 4,000 volunteers support the Red Cross in Minnesota. They contribute a varying number of hours – from very infrequently to nearly full-time. Please consider giving your time to the Red Cross. From serving meals to disaster victims, to helping with blood drives, volunteers contribute throughout our community. Our volunteers teach CPR, Babysitter's Training, and brief soldiers on Red Cross services before they deploy. They help us prepare for disaster and recover from the aftermath. Opportunities are available throughout the Twin City Metro and the state of Minnesota.

**Anoka County Retired & Senior Volunteer Program (R.S.V.P.) ..... (763) 324-1661**

Offers opportunities to persons 55 & older to participate in their communities through volunteer services.

**Chores & More ..... (763) 783-4767**

For older adults 60+ in Anoka County. We do various household services including housekeeping, minor home repairs, & seasonal chores such as lawn mowing, lawn clean-up, and snow removal. Funding support is provided by Metropolitan Area Agency on Aging, Inc. as part of the "Older Americans Act Program."

**Family Caregiver Connection..... (763) 324-1608**

[www.anokacounty.us/caregivers](http://www.anokacounty.us/caregivers). Volunteers needed to provide in-home visits with older adults living with chronic health issues. Respite volunteers provide safety & companionship with older adult while the family caregiver gets a break. Volunteers are also needed to oversee older adults with chronic illness in a group setting with other volunteers and a parish nurse overseeing the program. Training is provided.

**Foster Grandparent Program ..... (651) 310-9448**

Serve in school or early childhood education setting helping children with special needs. Receive tax-free hourly stipend as well as travel allowance and meals on site.

**Hands on Twin Cities (formerly Volunteer Resource Center)..... (763) 324-1661**

[www.handsontwincities.org](http://www.handsontwincities.org). Several thousand volunteer opportunities available listed on our website.

**Head Start, ACCAP ..... (763) 783-4300**

[www.accap.org](http://www.accap.org). Programs in Anoka & Washington County. Volunteers needed in a variety of areas, including in the classroom, office, and as bus monitors. See program description under EARLY CHILDHOOD CARE / EDUCATION.

**Health Insurance Counseling Program Senior Linkage Line ..... 1-800-333-2433**

Volunteers are needed to help seniors, persons with disabilities & caregivers with a variety of health insurance & prescription drug topics. Training is required to become a certified counselor.

**Senior Companion Program through LSS ..... (651) 310-9459**

Provides companionship/friendship to homebound or isolated older adults. Receives mileage and meal allowance. May also receive a stipend if income guideline criteria are met.

**Senior Information Line, ACCAP ..... (763) 783-4707**

[www.accap.org](http://www.accap.org). Volunteers needed to answer phones, refer clients to resources, & work on clerical projects. Training provided.

**Senior Kinship Program (ACCAP) .....(763) 783-4745**

Offers one-on-one services, where seniors provide assistance and friendship to isolated and homebound seniors.

***Senior Centers, Churches, Hospitals, & Nursing Homes are always looking for volunteers!***