

ADDENDUM for SENIORS ONLY

Advocacy

See the following sections of this booklet:

AARP

Elder Care Rights Alliance

Gay/Lesbian/Bisexual/Transgender Resources

Gray Panthers

Office of Ombudsman for Long-Term Care

Older Women's League

Alcohol and Addictions

Senior Recovery Program

A nonprofit organization dedicated to providing both treatment and ongoing support for men and women, age 55+, who are abusing or have become dependent on alcohol, street drugs, prescription medications or gambling.

Senior Recovery Program, 1351 Frost Avenue, St. Paul MN, 55109

Phone: 651-773-0473, Website: <http://www.seniorrecoverycenter.org/>

Companion Programs

Befriender Ministries

Check with individual churches, as this is a congregationally based program of volunteers who provide support for individuals.

Dental Care

Dental Insurance Programs for Seniors

Delta Dental - SingularDental is a plan available for purchase to Minnesotans age 50+, along with their spouse (of any age).

Phone: 1-800-704-6993, Website: <http://www.deltadentalmn.org/singularDental.jsp?DView=SingularDental>

Smile Center-Open extensive hours with numerous services and locations:

Big Lake: 763-263-2222 or 866-748-6684

Brooklyn Park: 763-560-1555 or 866-641-7874

St. Paul: 651-735-0595 or 866-662-7874

Website: www.smilecenterus.com

Hennepin County Medical Dentistry Clinic-Special needs patients for extraction and dentures. Also provides general dentistry. Fee for service (will do billings and accept monthly payments). Accepts most insurance plans. Appointments only.

701 Park Avenue, Minneapolis, MN 55415

Phone: 612-347-2370 (info) or 612-347-3131 (emergency)

Century Technical College-Hygiene students see patients for a reduced fee. Includes exam by dentist, x-rays, cleaning, oral cancer screening and sealants. Appointments are required and may take up to three hours.

3300 Century Avenue North, White Bear Lake, MN 55110

Phone: 651-779-5787

Driving

Assessment and Training

Sister Kenny Driving Fitness Program - Services intended to help individuals retain driving independence as long and safely as possible. Provides clinical assessment, on-the-road assessment, recommendations and interventions. Anoka County locations at:

Coon Rapids - [Mercy Hospital](#)

4050 Coon Rapids Blvd

Phone: 763-236-8910

Fridley - [Unity Hospital](#)

550 Osborne Rd. NE

Phone: 763-236-3000

Website: [Sister Kenny Driving Fitness Program](#)

Courage Center - Offers comprehensive driver assessment and training to meet a range of abilities, ages and needs. The assessment consists of a clinical and in-vehicle evaluation including: vision testing, reaction time screening, memory and problem-solving assessment, upper and lower body strength/coordination and cognitive processing skills. Location in Spring Lake Park available. For more information call 763-520-0425.

For an appointment call: 763-520-0312 or 888-846-8253, Website: [Courage Center](#)

Veterans Benefits - Veterans may obtain a driver's evaluation through the VA with a referral from their doctor.

Reporting an Unsafe Driver

If you are concerned that a family member, friend, or acquaintance can no longer safely operate a motor vehicle, you may request an evaluation of the at-risk driver.

Your request must be in writing and include the following information:

- Full name and date of birth of the at-risk driver. Include the individual's driver's license number if it is available.
- Description of the condition. Explain why you believe the person to be an at-risk driver.
- Your name, address and phone number.

Send your request to:

Driver and Vehicle Services, Attn: Medical Unit

445 Minnesota Street, Suite 170, St. Paul, MN 55101

For more information visit: [At Risk Reporting](#)

Educational Opportunities

Elderhostel, Inc.

A not-for-profit organization dedicated to providing unique learning and educational travel opportunities.

Phone: 1-800-454-5768, Website: <http://www.roadscholar.org>

Senior Surf Days

Free classes sponsored by the MN Board on Aging for beginning senior Internet users can help older adults learn about the Internet and how to find answers to questions & email friends and family.

Senior Surf Days are held in various libraries, schools and community centers.

Phone: [Senior LinkAge Line®](#) at 1-800-333-2433, Website: <http://www.mnaging.org/>

Footcare

In-Home Footcare (primarily serves Southern Anoka County):

Footworks

Phone: 651-501-0624

Happy Feet Footcare

Phone: 763-560-5136

Footcare at Senior Centers

Anoka.....763-576-4661

Blaine (Shelley Johnson).... 763-786-9375

Coon Rapids (Happy Feet)....763-560-5136

Columbus.....651-464-2392

Fridley.....763-502-5150

*Check with your local center as other senior centers may provide this service as well.

Gay/Lesbian/Bisexual/Transgender Resources

OutFront Minnesota

Serves the GLBT and allied community with a wide variety of programs and services including: community organizing, public policy, anti-violence, legal, and education/training.

Phone: 612-822-0127, Website: www.outfront.org

GLBT Generations

Member-based organization working to raise visibility of GLBT elders in Minnesota.

Phone: 612-670-1978, E-mail: info@glbtgenerations.org

Housing for GLBT Older Adults

Spirit on Lake Housing Cooperative

Located on the northwest corner of 13th Avenue South and East Lake Street in Minneapolis, MN.

Building has 46 affordable rental units and remains geared to serve GLBT seniors.

Phone: 612-724-3029, Website: www.spiritonlake.org

Hair Care

In-home services available for men and women which may include haircuts, permanents, coloring, hairstyling, roller sets, waxing and manicures.

Call the Senior Information Line for local listings at 763-783-4707.

Handicapped Parking Certificates and Plates

Handicapped Parking Certificates

For an application, contact:

Minnesota Department of Public Safety

Driver and Vehicle Services Division

445 Minnesota St., Suite 16433

St. Paul, MN 55101-5164

Phone: 651-297-3377

Or contact your local licensing center:

General.....763-323-5777

Anoka License Center.....763-576-5768

Blaine License Center.....763-767-3888

Columbia Heights License Center.....763-789-7201
Coon Rapids License Center.....763-785-5999
Ham Lake License Center.....763-413-9717
Ramsey License Center.....763-422-3401

Upon returning your completed form to a local service center, you will receive a temporary parking certificate immediately.

Handicapped Vehicle License Plates

Contact your local licensing center (see locations above) for specific instructions.

Health and Wellness

Blood Pressure Screenings

Offered at many senior centers and churches. Contact your local senior center or church for details.

Support Organizations

Non-profit organizations related to your diagnosis may have monetary, equipment, or support assistance available. Contact each individual organization for details. Some examples include:

ALS Association, Minnesota Chapter.....612-672-0484, www.alsmn.org
Alzheimer's Association, Twin Cities.952-830-0512, www.alz.org/mnnd
American Arthritis Association.....651-644-4108, www.arthritis.org
American Cancer Society-Twin Cities.....651-255-8100, www.cancer.org
American Diabetes Association, Minneapolis.....763-593-5333, www.diabetes.org
American Heart Association.....952-835-3300, www.americanheart.org
American Kidney Association.....651-636-7300 www.nkfmn.org
American Lung Association of Minnesota.....651-227-8014, www.alamn.org
Parkinson Association of Minnesota.....763-545-1272, www.parkinsonmn.org
Anoka Co. Veterans Services.....763-323-5290, <http://www.anokacounty.us>

Health Care Directives/Living Wills/Advance Directives

A Health Care Directive is a document that allows you to name a Health Care Agent who is someone who can make decisions about your health care when you are not able to make decisions yourself. The Health Care Directive also allows you to state instructions about your health care. You may give instructions about your care without naming an agent or you may name an agent AND give instructions. Health Care Directives can be completed independently or by hiring an attorney.

For further information and a printable Health Care Directive form visit: <http://www.lawhelp.org/>

An alternate way to name a Health Care Agent and document health care wishes and decisions is by using the Five Wishes form. There is a cost for this document.

Phone: 888-5WISHES (594-7437), Website: <http://www.agingwithdignity.org/five-wishes.php>

Allina Advance Care Planning

A service designed to help anyone, healthy or sick, communicate their wishes for medical treatment. This planning process will clarify what your family and friends need to know if you become unable to make health care decisions for yourself.

Phone: 651-635-9173, Websites: <http://www.allinahealth.org>

Home Accessibility

Ramps R Us

Installs and rents ramps year-round. Temporary ramps available.

Phone: 612-598-6626

Home Care Services

Private Home Health Care Agencies

Consumers may arrange for home care services through an agency or by hiring an individual directly. Home health care agencies perform a variety of functions, which help individuals maintain independence in their own homes.

To locate a home health care or companion service agency in your area visit: www.careoptionsnetwork.org and click on the picture of the Senior Care Guidebook or call Anoka County Senior Services at 763-576-2000.

Hospice

Hospice is a specialized health care service that focuses on helping the dying person live more comfortably and fully. Hospice focuses on relieving pain, providing comfort and also supports the patient's family. Hospice professionals are experts in end-of-life care. Care can be provided in a patient's home, a health care facility or a residential hospice center. Hospice services are covered by Medicare, Medical Assistance, most private insurance companies and private-pay.

For more information about hospice, contact Hospice Minnesota.

Phone: 651-659-0423 or 800.214.9597, Website: www.hospicemn.org

Hospice Organizations Serving Anoka County:

Allina Home Care, Hospice & Palliative Care 651-635-9173 www.allinahealth.org	Ark on the River Residential Hospice in Anoka, MN 763-422-1049 www.arkontheriver.com
Fairview Home Care & Hospice 612-721-2491 (Minneapolis) 763-389-1923 (Princeton) www.fairview.org/hospice	Fairview Lakes Home Caring & Hospice 651-257-8850 www.fairview.org
Guardian Angels Elim Hospice 763-241-0654 http://www.guardianangelsmn.org/services/hospice/	HealthEast Hospice 651-232-3312 https://www.healtheast.org/hospice/about.html
Health Partners-Hospice of the Lakes 952-883-6877 www.healthpartners.com	Heartland Hospice 1-866-231-5695 http://www.heartlandhospice.com/
Hospice of the Twin Cities 763-531-2424 www.hospiceofthetwincities.com	Mary T. Inc. Hospice 763-754-2505 http://marytinc.com/hospice_care.php
N.C. Little Memorial Hospice, Inc. Residential Hospice in Edina, MN 952-928-9394 www.littlehospice.org	North Memorial Home Health and Hospice 763-520-5200 Also has Residential Hospice in Brooklyn Center, MN https://www.northmemorial.com/
Park Nicollet Methodist Hospice 952-993-6087 http://www.parknicollet.com/Medical-Services/Hospice-Care/Our-Services	

Identification Card for Seniors

Seniors age 65+ can obtain a Minnesota senior I.D. card from a local driver's license examination station. The card can be purchased for a discounted rate with proof of age.

For more information visit: <http://www.dmv.org/mn-minnesota/id-cards.php> or contact a local licensing center:

Anoka License Center.....763-576-5768
Blaine License Center.....763-767-3888
Columbia Heights License Center.....763-789-7202
Coon Rapids License Center.....763-785-5999
Ham Lake License Center.....763-413-9717

Information and Referral Services

www.MNHelp.info

An online directory of services designed to help people in Minnesota find human services, information and referral, financial assistance and other forms of help.

Website: www.MNHelp.info

Legal Resources

Senior Law Project

Provides legal advice and representation to individuals age 60+ in Anoka County. Appointments are held the first Tuesday of each month at the senior centers in Blaine and Fridley. Voluntary donations are requested.

Appointments can be made by calling:

Mary Ann Young Senior Center (Blaine): 763-786-9375

Fridley Senior Center: 763-502-5150

For more information call: 1-888-360-2889

Medical Emergency Response/Identification Systems

Medical Alert Systems

Push-button emergency response systems help make it easier to access emergency help when people are alone or ill in their homes. Many local hospitals offer this service, including:

Fairview Lifeline (discount may be available).....952-885-6185

Phillips Lifeline-Park Nicollet952-993-6474

North Memorial Hospital Lifeline.....763-581-3911

HealthEast Health Alert651-232-3560

Phillips Lifeline Systems.....1-888-669-2273

*Home care agencies and pharmacies may also offer this service.

Medical Equipment

Anoka County Community Action Program (Senior Outreach)

May have donated equipment available at no cost and also be aware of resources available in your community.

Contact Senior Outreach at: 763-783-4741

Mental Health

Geriatric Behavioral Programs

Inpatient and/or outpatient services designed to meet the behavioral needs of seniors with dementia and mental illness are provided at several area hospitals:

Allina Hospitals Geriatric Mental Health Program

- *Unity Hospital (Fridley): 763-236-4464, www.allinahealth.org*

- *United Hospital (St. Paul): 651-241-8860, www.allinahealth.org*

HealthEast Bethesda Hospital Geriatric Behavioral Services (St. Paul): 651-232-2760,

www.healtheast.org/bethesda

Mille Lacs Health System, Senior Care Unit (Mille Lacs): 320-532-2750, www.mlhealth.org

Regina Medical Center, Grace Unit Geriatric Behavioral Health (Hastings): 651-480-4126,

www.reginahealth.org

Nursing Facilities

A nursing facility provides skilled nursing care and rehabilitation services to people with illnesses, injuries or functional disabilities. Some facilities also offer specialty care. Individuals may reside in a nursing facility on a short-term basis while receiving therapy, while others may need long-term 24-hour skilled care due to an illness.

A full listing of nursing facilities in the metro-area can be found at: www.careoptionsnetwork.org

You may also [download](#) a printable version of the Anoka County Housing Guide, which includes the nursing facilities listed below.

For specific questions, contact Anoka County Senior Services at 763-576-2000

ANOKA COUNTY SKILLED NURSING FACILITIES

Name & Location	Contact Information
ANOKA REHAB & LIVING CENTER 3002 4 TH Avenue Anoka, MN 55303	PHONE: 763-528-6400 http://homesteadatanoka.voa.org/anoka-rehab-living-center/skilled-nursing-Memory Care Unit Available
CAMILIA ROSE CARE CENTER 11800 Xeon Blvd. Coon Rapids, MN 55448	PHONE: 763-755-8400 FAX: 763-755-8578 www.camiliarose.com Secured Memory Care Unit Available
CRESTVIEW LUTHERAN HOME 4444 Reservoir Blvd. NE Columbia Heights, MN 55421	PHONE: 763-782-1626 www.crestviewcares.org Secured Memory Care Unit Available
GOLDEN LIVING CENTER-LYNWOOD 5700 East River Rd NE Fridley, MN 55432	PHONE: 855-855-8114 www.goldenlivingcenters.com
GOLDEN LIVING CENTER-TWIN RIVERS 305 Fremont Ave Anoka, MN 55303	PHONE: 763-421-5660 www.goldenlivingcenters.com
PARK RIVER ESTATES CARE CENTER 9899 Avocet St. NW Coon Rapids, MN 55433	PHONE: 763-757-2320 www.newbrightoncarecenter.com

Pets

Purina Pets for Seniors

The Animal Humane Society offers seniors 60+ an opportunity to adopt a cat three years or older and receive a \$50 discount on the adoption fee. Some restrictions apply and a limited number of applications are available each month. Contact one of the Animal Humane Society's five locations in Coon Rapids, Buffalo, Golden Valley, St. Paul and Woodbury for more information. All cats are spayed or neutered, micro-chipped and vaccinated prior to adoption.

Animal Humane Society Coon Rapids: 763-862-4030, Website: www.purina.com

Power of Attorney (Financial)

A power of attorney is written permission for someone to take care of property or money matters for you. A power of attorney document can be completed independently or by hiring an attorney.

Forms are available at local office supply stores or more detailed information and a power of attorney form can be obtained at: <http://www.lawhelpmn.org/>

An Elder Law Attorney can also help with this process and complete the required documents for a fee.

Prescription Drug Assistance

State Health Insurance Assistance Program

Staff and volunteer counselors who are certified by the Minnesota Board on Aging provide free assistance locating prescription drug assistance programs and choosing a Medicare Part D prescription drug plan.

Phone: 1-800-333-2433, Website: <http://www.tcaging.org/findinghelp/sll.html>

Presidential Greetings

United States citizens can request a greeting from the President for a variety of occasions including:

- Birthday Greetings (for persons 80+)
- Anniversary Greetings (for couples celebrating 50+ years of marriage)
- Wedding (requests can be made after the wedding)
- Baby's Birth
- Eagle Scout Award or Girl Scout Gold Award
- Bar/Bat Mitzvah or equivalent religious occasion

Mail requests well in advance to:

The White House

Attn: Greetings Office

Washington, D.C. 20502-0039

Include the following information with your request:

Name of honoree(s)

Address of honoree(s)

(Mr., Mrs., Ms., Miss)

Date (month, day, year) of event

Requestor's name and daytime phone number

Safety

Fairview TeleCare

Fairview Southdale Hospital offers a free telephone assurance service for people who live alone. TeleCare provides daily contact with a volunteer every day of the year (including weekends and holidays). Members call the TeleCare phone daily. If TeleCare does not receive the member's call, a volunteer will call that person to check in on them.

Phone: 952-924-5020

AngelCalls

Visiting Angels home care agency can provide regular, automated wellness checks and medication reminder calls to make sure that seniors are safe. AngelCalls can be customized for each individual and prices vary depending on needs.

Phone: 952-891-8000, Website: www.angelcaremn.com

Identity Theft

Victims of identity theft should contact their local law enforcement agency:

Anoka County Sheriff's Office-Victim Services: 763-323-5128

Victims should also make a report to the Federal Trade Commission.

A report can be made:

Online: www.ftc.gov/idtheft

By phone: 1-877-ID-THEFT (438-4338)

By mail: Identity Theft Clearinghouse, Federal Trade Commission, Washington, DC 20580

More information on identity theft can be found at: [Federal Trade Commission: Identity Theft](#)

Crime Victims

Anoka County offers information, support and referrals for seniors who are crime victims. For more information or help, please contact:

Anoka County Attorney's Office, Victim Witness Program: 763-323-5559

Anoka County Sheriff's Office, Victim Services: 763-323-5128

911 Cell Phones

Donated cell phones are refurbished and provided at no cost to Anoka County seniors to use in an emergency for dialing 911 only.

To receive a phone: call ACCAP Senior Outreach at 763-783-4741

To donate a phone: call the Anoka County Sheriff's Department at 763-767-4664

Social Opportunities/Recreation

Local Churches and Senior Centers

Offer a wide range of social and recreational opportunities.

See "[Churches](#)" section and "[Senior Centers/Clubs](#)" section of this guide for contact information

Federal Parks

Offers a discounted, lifetime entrance permit for seniors 62+ called the "Senior Pass."

To obtain a "Senior Pass," mail a copy of your driver's license or state ID and \$10 check or money order to:

U.S. Fish & Wildlife Service

BH Whipple Federal Building

1 Federal Drive

Ft. Snelling, MN 55111-4056

Phone: 1-800-344-WILD, Website: www.fws.gov

State Parks

Do not offer a senior discount on annual permits, but do provide discounts for those with a handicapped license plate. Call the Minnesota Department of Natural Resources for more information.

Phone: 651-296-6157 or 1-888-MINNDNR (646-6367), Website: www.dnr.state.mn.us

Fishing and Hunting Licenses

Licenses may be obtained at many local license centers. Currently there is no senior discount. However, there is a discount for persons with a documented disability and some veterans. For more information, call the Minnesota Department of Natural Resources.

Phone: 651-296-6157, Website: www.dnr.state.mn.us

Let's Go Fishing with Seniors

A Minnesota non-profit organization dedicated to enriching the lives of individuals 55+ through free fishing and boating activities. Various fishing locations are available throughout the state.

Phone: 320-796-5555, Website: www.lgfws.com

Anoka County Fair

Located in Anoka, MN. Wednesday is "Senior Day" with special activities and programs. "Senior Day" admission is \$4.00 for seniors 62+ from 8:00 AM-2:00 PM.

For more information contact the Anoka County Agricultural Society:

Phone: 763-427-4070, Website: www.anokacountyfair.com

Minnesota State Fair

Seniors 65+ are admitted to the fair at a special discounted rate on two days and also receive a small admission discount each day of the fair.

Phone: 651-288-4400, Website: www.mnstatefair.org

Social Security

Social Security Replacement Cards-The Brooklyn Center office does not process replacement Social Security cards. Replacement cards can be obtained online at the SSA or at:

1811 Chicago Avenue, Suite 2, Minneapolis, MN 55404

This office is located on the East side of the building and is open Monday-Friday 9:00 AM-4:00 PM.

Supplemental Security Income (SSI)-If you do not qualify for Social Security benefits, you may qualify for SSI. SSI may be paid to people who are blind, disabled or age 65+ AND have limited income and assets. The Social Security Administration determines eligibility.

Phone: 1-800-772-1213, Website: www.ssa.gov/pgm/links_ssi.htm