

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 Extended Care Providers www.extendedcare.com

ACCAP Senior Programs www.accap.org

Click on ACCAP Programs, scroll down to the Senior Service you are looking for, then click.

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

Social Security (Assists Anoka County clients with forms & questions) **(763) 422-6941**

Outreach & Referral

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

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, 9 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. Senior Outreach Workers help seniors 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

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

Senior Services in Anoka County **(763) 576-2000**

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. 24 hour information & referral service for health, recreation, education, social services, etc. Utilizing over 40,000 community agencies in its database. Trained Information and Referrals Specialists 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 **(763) 576-4661**

Transportation in the City of Anoka only. Senior dining Monday-Friday. Shopping trips to Cub on Tuesday, Wednesday & Thursday.

Anoka County Traveler **General Information (763) 422-7075**

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
AD Reservations & cancellations, 7-5pm Mon-Fri or 8-4pm Sat & Sun(651) 602-1120

Anoka County Volunteer Transportation/MedLink..... (763) 422-7087
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.

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 & nursing home visits, etc on availability basis. Will go out of the county. Hours: Monday-Friday, 8 am- 4:30 pm. Donations accepted.

Metro Mobility..... (651) 602-1111
www.metro-mobility.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. If you need assistance with making arrangement call your local Economic Assistance worker or social worker.

R & D Transportation, Inc. (medical appointments)..... (763) 767-1804
Medical Assistance, private pay, U-Care & Health Partners. Wheelchair accessible. Fax (763) 767-6209.

Food

Family Table*See BASIC NEEDS: Food*

Fare For All*See BASIC NEEDS: Food*

Grocery Delivery & Services (call for specifics):

Coborn's Superstore(763) 441-1400
www.cobornsdelivers.com. Online shopping available. Delivery from Elk River store only. Call for more information on delivery areas in Anoka County and delivery days, times, & fees based on where you live.

Gopher Grocery (612) 379-1007
www.gophergrocery.com. \$2.00 grocery delivery charge, orders over \$100 have free delivery. Delivers over 10,000 products at grocery store prices, 7 days a week. Serves Anoka, Hennepin, Ramsey, Washington, and Dakota counties. Must order online.

Jensen's Foods, Coon Rapids (763) 755-0911
Thursday 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.

Store-to-Door (651) 642-1892
www.storetodoor.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.

Home Delivered Meals (Meals on Wheels)

Provides hot noon meals delivered Monday through Friday to homebound persons who are 60+ or who have a disability. 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 for Shut-Ins, Fridley, Spring Lake Park, Columbia Heights, & Hilltop**..... (763) 236-3636
- Meals on Wheels, Coon Rapids and Blaine**..... (763) 755-8400 or (763) 489-3608
www.coonrapidsblainemealsonwheels.org.

Mom's Meals.....1-866-204-6111
www.momsmeals.com. P.O. Box 297, Nevada, Iowa 50201. 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 & 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, Tuesday-Friday (need 3 day notice)** (763) 427-6646
- Coon Rapids Senior Services, Monday-Thursday** (763) 767-6524
- Fridley Community Education Center, Monday-Friday** (763) 502-5199
- Mary Ann Young Senior Center, Blaine, Monday-Friday** (763) 780-4318
- Parkview Villa, Columbia Heights, Monday-Friday** (763) 789-7018

SNAP Food Support (ACCAP).....(763) 783-4929

www.accap.org. Stretch your food budget. Find out if you qualify for **SNAP food support benefits**. Confidential screening and complete one on one application assistance. Families and individuals.

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) 422-6970.

Anoka County Library Books by Mail (763) 576-4695 ext. 4
www.anoka.lib.mn.us. Anoka County Library will mail books free of charge to residents who cannot get to their community library. Contact the outreach librarian.

Chores & More

For persons 60+. Various household services including housekeeping, minor home repairs, & seasonal chores such as lawn mowing, lawn clean-up, and snow removal. Paintathon applications available.

~~**Fridley, Columbia Heights, & Hilltop** (763) 502-5151~~
All areas in Anoka County (ACCAP) (763) 783-4767

Family Caregiver Connection (763) 422-6960
www.anokacounty.us/caregivers. 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. Individualized caregiver coaching and education, caregiver support groups, group respite, health & spiritual connections, and community educational opportunities. Group respite is provided at multiple locations.

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 & Community Health Care Services, Anoka County (763) 323-6089
Long Term Care Consultation (LTCC) services & waiver program which assist aging & dependent residents to maintain independent living in the community. Programs for eligible participants:: Alternative Care, Elderly Waiver, Community Alternatives for Disabled Individuals, Community Alternatives for Care.

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

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

Paintathon (612) 276-1579

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. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families coping with life threatening illnesses.

Safety & Security Checks

Anoka County Vulnerable Adult/Adult Protection **1(844) 880-1574**
Responds to & investigates reports of maltreatment (abuse & neglect, financial exploitation) for vulnerable adults. Also offers protective services to prevent maltreatment. Calls referred after hours.

Crest View Safe Haven Services.....**(763) 782-1601**
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. 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 (Facilitated by Home Instead Senior Care) **(763) 792-0041**
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. 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. 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, Brooklyn Park..... **(763) 315-1875**

Allina Health..... **(651) 635-9173 or 1-800-261-0875**
Provides coordinated care & services for patients & families across care settings. Home care, advanced illness care, or end of life care.

Alzheimer's Association, MN & ND Chapter **(952) 830-0512 or 1-800-272-3900**

www.alz.org/mnnd. 24 hour a day telephone support & information about memory loss. Information & referrals regarding support groups & care for persons with Alzheimer's disease & their families. Safe return program & dementia screening.

Assisted Living Store, Mon-Thurs 8:30-4:00pm, Fri 8:30-12pm (651) 769-1574 or 1-888-388-5862
www.assistedlivingstore.com. Medication management. Linen products, garments, & textiles.

Courage Center

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. 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 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
Provides referrals for those who have no insurance, are low income, or pay cash for dental care.

Donated Dental Services..... (651) 454-6290
Provides dental services for persons who are low income, elderly, disabled, chronically ill, or children.

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

Goodwill Easter Seals, Medical Equipment Loan Program(651) 379-5922 or (651) 379-5800 Ext. 6
www.goodwilleasterseals.org. Wheelchairs, walkers, commodes, duramedical, ambulatory devices, & many other items.

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.

Home & Community Health Care Services, Anoka County (763) 323-6089
Long Term Care Consultation (LTCC) services & waiver program which assist aging & dependent residents to maintain independent living in the community. Programs for eligible participants:: Alternative Care, Elderly Waiver, Community Alternatives for Disabled Individuals, Community Alternatives for Care.

Med-Alert Bracelets.....Ask your local pharmacy

Medicare Customer Service, www.medicare.gov 1-800-MEDICARE (1-800-633-4227)

Mesothelioma/Asbestos.....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) 422-7246

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. 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 & rights of adults ages 18 & older living in nursing homes or receiving home care services in assisted living settings or their own homes & Medicare beneficiaries with concerns regarding hospital access, denial of services or premature discharge. Provides consumer education, investigates complaints & help to resolve disputes between consumers & providers of care services.

Senior Partners Care Program (952) 541-1019 ext. 318 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 \$40 application processing fee. Call for more information.

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

www.senior-recoverycenter.org. 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.

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

Educational information, audio reading, rehabilitation, vocational or personal independence focus, equipment, computer technology.

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

For information contact the Senior Information Line.

Tamarisk, Inc. (763) 572-1950

www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families coping with life threatening illnesses.

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

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

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

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

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.

Transformation House **(763) 427-7155**
www.transformationhouse.com. 1410 Ferry St, Anoka 55303. Outpatient treatment. Court ordered assessment. Call for intake & assessment.

University of MN Dental School **(612) 625-2495**
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. Needs assessment for blindness, senior services, & rehabilitation services. Hearing assessment & evaluation also available.

Vitalize Wellness Center of Parnly LifePointes..... **(651) 257-0575**
www.parnly.org. Offers arthritis water classes, aquatics, fitness room, personal training, group exercise classes, massage therapy, and vitality coaching.

Wilder Senior Dental **(651) 220-1807**
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 Regional Treatment Center **(651) 431-5000**
Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.

Family Caregiver Connection..... **(763) 422-6960**
www.anokacounty.us/caregivers. 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. 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.

Family Life Mental Health Center **(763) 427-7964**
Senior Transitions Group to help transition from midlife to later years. Addresses midlife grief, loss, stress, changing roles, etc.

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.

Geriatric Mental Health Programs

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

United Hospital St. Paul **(651) 241-8860**

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 & 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. 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, & educational functioning. Email: metropsychologyservice@msn.com.

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

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 counseling and group counseling (IMR, IDDT) centered around developing a crisis response action plan.

Senior Companion Program

Coon Rapids..... (763) 783-4745

All areas in Anoka County (ACCAP) (763) 783-4745

Seniors make weekly one-on-one visits to other seniors. They take seniors shopping, to medical appts.

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

For information contact the Senior Information Line.

Tamarisk, Inc. (763) 572-1950

www.tamarisk.org. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families coping with life threatening illnesses.

Volunteers of America Senior Mental Health Services (763) 225-4054

www.smhvoamn.org. Provides psychotherapy to adults ages 55 and older in their homes. Clients must have a diagnosable mental illness and are willing to participate in treatment. Services covered by Medicare, Minnesota Healthcare Programs, & most major insurance plans. Program serves portions of Anoka County.

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 or Fridley (763) 502-0660
11800 Xeon Blvd, Coon Rapids 55448. Offers an alternative to instructional living through an adult day program designed to promote mental & physical well-being for seniors & those with disabilities. Transportation provided. Additional locations available.

Carebreak Adult Day Program..... (763) 592-2666
www.mnmasonichomes.org. Dementia Care. Care for vulnerable adults in need of supervision, socialization, &/or skilled nursing services during the day. Monday-Friday, 6:30 am-5 pm.

Daily Senior Care (651) 653-0660
7979 24th Ave N, Lino Lakes. Adult day care. Serves all ages. Provides transportation. Overnight respite available.

Friendship Center (612) 781-2052
1717 2nd St NE, Minneapolis. Adult day program, transportation, nurse onsite, & separate dementia group. Hours: Monday-Friday, 9 am-3 pm.

Minnesota Adult Day Services Association (763) 464-2698
Networking & referrals. Represents adult day programs in Minnesota.

Park House.....(763) 360-3322
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.

Parmly LifePointes..... (651) 257-0575
www.parmly.org. 28210 Old Towne Rd, Chisago City 55013. Adult day care. Also offers home delivered meals, board & care, skilled nursing care, respite care (24 hours), housing, and Vitalize Wellness Center.

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) 422-7070
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

Find out about metro area emergency shelters & transitional housing for individuals, families, & youth. Gives locations, eligibility rules, & contact numbers. A collaboration of MESH & TCCVM (www.tccvm.org).

Nursing Home & Assisted Living Center Directory..... www.adultcareproviders.com
Nationwide. Information on nursing homes, assisted living facilities, & home health providers.

Senior Housing Directory for the Metro Area www.seniorhousinginc.org
For a free copy call the Anoka County Senior Information Line at (763) 783-4707.

Senior Housing Guide for the Metro Area (651) 690-3141
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. 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.

Council on Crime & Justice, General Victims Service (612) 340-5400
www.crimeandjustice.org. Aid to victims of crime. 24 hour crisis line. Provides advocacy, referrals, & training.

Estate & Elder Law Services-Volunteers of America-MN (612) 676-6300
www.voamn.org. Offers low income clients 60+ that qualify a reduced rate. Legal matters are charged a flat fee or reasonable hourly rate. No asset, income, or age 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 & Unity Hospitals..... (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.

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) 422-6960
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) 783-4747

Foreclosure hotline (763) 783-4880

www.accap.org. Help for people facing default with their mortgage payments. Call for information.

Gray Panthers..... (612) 822-1011

People who are concerned with ageism at any age. Support universal healthcare.

Judicare of Anoka County, Inc...... (763) 783-4970

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, & other non-criminal matters. No wills.

MN Network of Hospice Palliative care (651) 659-0423 or 1-800-214-9597

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, & nursing home care for older persons & 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.

Reverse Mortgage Counseling, ACCAP (763) 783-4747

Hotline..... (763) 783-4880

www.accap.org. Help for seniors who own their own homes & need more income to make ends meet.

Senior Housing Directory. (952) 945-4022

www.seniorhousing.org. For a free copy of the housing directory call the Anoka County Senior Information Line at (763) 783-4707.

Senior Outreach, ACCAP (763) 783-4741

www.accap.org. Senior Outreach Workers help seniors 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

Tubman Eldercare Rights Center (612) 870-2454

www.eldercarerights.org Promotes consumer rights & safety in long-term care through advocacy & educ.

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

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..... (763) 323-5290

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 sr 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. Click on "traffic".

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

Anoka Ramsey Community College (763) 433-1100

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.

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 Connections (763) 422-6960

www.anokacounty.us/caregivers. Individualized caregiver coaching, counseling and education, caregiver support groups, group respite, health & spiritual connections, and community educational opportunities.

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) 783-4800

A work-site placement program to increase job skills for low income people 55 & older.

Senior Companion Program (651) 310-9448

Make weekly one on one visits to other seniors. Receives meal allowance & mileage. If income eligible, may also receive hourly stipend.

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. 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 th 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) 982-4628
Coon Rapids Senior Services , 11155 Robinson Dr NW, Coon Rapids 55433	(763) 767-6473
East Bethel Senior Center , 2241 221 st Ave NE, East Bethel 55011	(763) 434-6179
Fridley Senior Center , 6085 7 th 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) 982-2445
Linwood Senior Center , 22817 Typo Creek Dr, Stacy 55079.....	(651) 462-5565
Oak Grove Senior Center , 19900 Nightingale St NW, Oak Grove 55011.....	(763) 753-1920
Ramsey Senior Center , 15050 Armstrong Blvd NW, Ramsey 55303	(763) 441-7841

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 the Senior Information Line. Many area churches also have their own Senior Clubs & activities.

- Andover Senior Citizens Club
- Columbia Heights Golden Age Club
- Coon Rapids Super Seniors

- Columbus Senior Citizens
- East Bethel Senior Club
- Kraus-Hartig Senior Club
- Linwood Golden Club
- Nowthen Senior Club

- Oak Grove Senior Club
- Ramsey Senior Citizen Club
- Spring Lake Park Senior Club-Club 55
- 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) 656-1368

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.

Anoka County Retired & Senior Volunteer Program (R.S.V.P.) (763) 422-7090

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

Chores & More

Housekeeping, minor home repairs, & seasonal chores. For persons 60+. Groups welcome.

~~**Fridley, Columbia Heights, & Hilltop (763) 502-5151**~~

All areas in Anoka County (ACCAP) (763) 783-4767

Family Caregiver Connection..... (763) 422-6960

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 & 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)..... (612) 379-4900

www.handsontwincities.org. Several thousand volunteer opportunities available listed on our website.

Head Start, ACCAP (763) 783-4300

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 (651) 310-9448

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

Senior Information Line, ACCAP (763) 783-4707

www.accap.org. Volunteers needed to answer phones, refer clients to resources, & work on clerical projects. Training provided.

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