

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

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

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

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

Outreach & Referral

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

www.accap.org/senior-services/sil/. 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.

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

www.accap.org/senior-services/outreach/. 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

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

Senior Services in Anoka County **(763) 324-1410**

www.anokacounty.us/seniors. Provides assessment, information, and assistance to seniors age 60 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 staff can direct callers to resources for seniors, families, & children throughout the State of Minnesota. Anoka County residents can text their zip code to 898211 to receive information.

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 County MedLink**..... (763) 324-3255
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.
- Anoka County Transit** (763) 324-3250
www.anokacounty.us/transit. Anoka County and northwestern Ramsey County. 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) 602-1111
- 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.
- 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. Transportation for groceries is available.
- Driving Miss Daisy, Inc.** (763) 253-4400 or (763) 253-4402
www.drivingmissdaisy.com. We provide non-emergency transportation services for elderly, disabled, or those who require a stretcher or wheelchair with attachments. We take you where you need to go.
- Metro Mobility** (651) 602-1111
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. Consult website for hours.
- MNET (Minnesota Non-Emergency Transportation)** 1-866-467-1724
Public transportation provided to clients on Medical Assistance, try to schedule trips three days in advance.

Food

- Family Table**See *BASIC NEEDS: Food*
- Fare For All**See *BASIC NEEDS: Food*

Grocery Delivery & Services (call for specifics):

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. Provides grocery shopping with delivery, transportation, and homemaker services to seniors and individuals with disabilities so that they can remain independent, safe, and in their own homes. Call for more information or to request services.

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.

Impact Services.....(763) 236-8718
Andover, Anoka, Bethel, Blaine, Centerville, Circle Pines, Columbia Heights, Columbus, Coon Rapids, East Bethel, Fridley, Ham Lake, Hilltop, Lexington, Lino Lakes, Linwood, Nowthen, Oak Grove, Ramsey, St. Francis, Spring Lake Park

Mom's Meals.....1-866-204-6111
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 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. Must order minimum of 3 meals; 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

Mary Ann Young 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.

- ACCAP Chores & More** (763) 783-4767
www.accap.org/senior-services/chores-more/ 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.”
- Anoka County Library Books by Mail** (763) 324-1529
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.
- Family Caregiver Connection**..... (763) 324-1608
www.anokacounty.us/655/Family-Caregiver-Connection. 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. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families at the end stage of a terminal illness, or people living with a life threatening 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>

Crest View Safe Haven Services.....(763) 782-1601
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.org 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.

Minnesota Adult Abuse Reporting Line (MAARC) 1-844-880-1574

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, and veterans.

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 and Implants, Brooklyn Park..... (651) 552-6770 or 1-800-336-8873
www.affordabledentures.com. Mon, Tue, Thur 7:30am – 4:00pm, Wed 7:30am – 6:00pm, Fri 7:30am – 12:00pm. By appointment only. 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. 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.

Courage Kenny

Burnsville, 12400 Portland Ave S, #140 **(952) 428-0400**

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

Golden Valley, 3915 Golden Valley Rd..... **(612) 775-2499**

Stillwater, 1460 Curve Crest Blvd **(651) 241-3820**

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) 431-5945 or (800) 657-3663

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

dhs.dhhsd@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.

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

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.

Em-power Wellness Center (651) 257-7957

www.empowerwellnesscenter.com. Offers arthritis water classes, aquatics, fitness room, personal training, group exercise classes, nutritional counseling, and art programming.

Epilepsy Foundation of Minnesota (651) 287-2300 or 1-800-779-0777

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

www.mn.gov/senior-linkage-line/ 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 1-800-MEDICARE (1-800-633-4227)

Medicare 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 \$45 application processing fee.

Mesothelioma/Asbestos..... 1-866-553-0882

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 (651) 917-4616

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

www.seniorrecoverycenter.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. Also accepting direct access. Senior Recovery Program, 235 Roselawn Ave., Suite 13, Maplewood, MN 55117.

State Services for the Blind (651) 539-2300

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. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families at the end stage of a terminal illness, or people living with a life threatening illness.

Telephone Equipment Distribution Program **1-800-657-3663 (toll free) or (651) 431-5945**
Video Phone **(651) 964-1514**
www.mn.gov/dhs/ted-program. E-mail: dhs.dhhsd@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. Provides inpatient and outpatient addiction services: inpatient detox, in patient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available, and mental health services (800) 603-0016.

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. DeafBlind Service MN.

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/655/Family-Caregiver-Connection. 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.

Friendship Line for the Elderly.....**1-800-971-0016**
This 24-hour “hotline” for seniors is 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) 241-8000

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

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 and educational functioning.

MWCAC..... 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.

North Suburban Grief Support Coalition – Growing Through Loss..... (763) 755-5335

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.

People Incorporated Family Life Mental Health Center (763) 427-7964

www.peopleincorporated.org. Individual, group, family, & marital therapy. Anger management and domestic abuse groups for perpetrators. Most insurance accepted. Sliding fee. Mon-Thurs, 9 am – 7 pm; Fridays, Telehealth only.

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

www.peopleincorporated.org. 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 mental health assessments, 24-hour crisis line, and supportive intervention and group intervention (IMR, IDDT) centered around developing a crisis response action plan.

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

www.accap.org/senior-services/kinship/ Offers weekly one-on-one services where volunteers provide assistance, transportation, 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. Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families at the end stage of a terminal illness, or people living with a life threatening illness.

Unity Chemical Dependency Services (763) 236-4500
www.allinahealth.org. Provides inpatient and outpatient addiction services: inpatient detox, inpatient MICD – IOP – relapse prevention, continuing care, Rule 25, insurance available, and mental health services (800) 603-0016; developing programs geared for seniors.

Well-Spouse Association..... 732-577-8899
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
9200 Quantrelle Ave NE, Otsego, MN. 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.

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

Mission Today(763) 592-2666
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.parkhousemn.com. 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.

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 disability, 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

Senior Housing Directory for the Metro Area 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 89th Ave. NE, Suite 100, Blaine, MN. Visit www.careoptionsnetwork.org to search the information online; no personal data required and free.

Twin Cities Housing Guide & Resources..... (651) 690-3141

www.seniorhousingguide.us. Email: contact@seniorhousingguide.us

Legal and/or Advocacy for Seniors

ACCAP Senior Outreach (763) 783-4741

www.accap.org/senior-services/outreach/. 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.

Alexandra House, Inc. Shelter Program & 24 Hour Helpline

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. Also provide elderly care.

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. 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, special needs trust, real estate matters, probate, conservatorship & guardianship. Strong advocates for the interests of elders & their families.

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/655/Family-Caregiver-Connection. 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. Help for people facing default with their mortgage payments. Call for information.

- Judicare of Anoka County, Inc.** (763) 783-4970
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 (651) 917-4616
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. For a free copy of the housing directory call ACCAP’s Senior Information Line at (763) 783-4707.
- Twin Cities Metro LGBT Aging Resource Guide** www.lgbtqagingcenter.org
- 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 Count Veterans Service Office – Anoka County**..... (763) 324-4500
Fax Number (763) 324-1040
www.veterans@co.anoka.mn.us. Helps veterans apply for healthcare benefits & disability services.

Educational Opportunities for Seniors
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- 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. 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 Connection..... (763) 324-1608

www.anokacounty.us/655/Family-Caregiver-Connection. 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

Senior Community Service Employment Program, Anoka County (SCSEP)..... (763) 324-2284

A work-site placement program to increase job skills for low-income people 55 & older. Employment counselors assist with job search, job leads, resume' writing, interview skills, training skills, and temporary placement at community host sites. For more information: www.anokacounty.us/jtcappy.

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

www.accap.org/senior-services/kinship/ Offers weekly one-on-one services where volunteers provide assistance, transportation, and friendship to isolated or homebound seniors.

Social Opportunities for Seniors

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) 767-5159
- Anoka Senior Center**, 1500 6th Ave S, Anoka 55303..... (763) 576-4661
- Mary Ann Young 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 NE, Forest Lake 55025..... (651) 464-3120
- 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 221st Ave NE, East Bethel 55011 (763) 331-1539
- Fridley Senior Center**, 6085 7th 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) 421-5793

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

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|----------------------------------|--------------------------------------|
| 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.

YMCA

Andover, 15200 Hanson Blvd, Andover 55304 **(763) 230-9622**
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.

Volunteer Opportunities for Seniors

ACCAP Chores & More (763) 783-4767

www.accap.org/senior-services/chores-more/ 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."

Alexandra House, Inc. Shelter Program & 24 Hour Helpline (763) 795-5452

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. Also provide elderly care.

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

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.

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

www.anokacounty.us/655/Family-Caregiver-Connection. 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.

Hands on Twin Cities (formerly Volunteer Resource Center)..... (612) 379-4900

www.handsontwincities.org. We inspire, equip, and mobilize people to provide hands-on impact to solve the most pressing challenges in our communities. 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

www.mn.gov/senior-linkage-line/ 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 Kinship Program (ACCAP)(763) 783-4745

www.accap.org/senior-services/kinship/ Offers weekly one-on-one services where volunteers provide assistance, transportation, and friendship to isolated or homebound seniors.

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