| **Yard & Exterior Home Maintenance** | | |
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| **Help at Your Door** | Interiors and exteriors repairs. Around $30/hour depending on service. **This service is temporarily suspended as of January 2023.** | **Website** [helpatyourdoor.org](https://helpatyourdoor.org/)  **Phone** 651-642-1892 |
| **Pryor and Sons Lawn Care** | Snow and leaf removal, general lawn care services. | **Website** [pryorsonslawncare.com](https://www.pryorandsonslawncare.com/)  **Phone** 651-352-0366 |
| **Clean and Clear Minnesota** | Snow and leaf removal, gutters, windows. Around $30 per home for snow removal. | **Website** [cleanandclearmn.com](http://www.cleanandclearmn.com/)  **Phone** 612-254-8777 |
| **Rebuilding Together** | Home repair and safety modifications for low-income homeowners | **Website** [rebuildingtogether.org](http://rebuildingtogether-twincities.org/)  **Phone** 651-776-4273 |
| **Hearts and Hammers Twin Cities** | Exterior painting and home repairs for low income homeowners | **Website** [heartsandhammers.org](http://www.heartsandhammers.org)  **Phone** 651-636-0797 |
| **Habitat for Humanity-A brush with Kindness** | Tree grant program to help address critical tree care needs. | **Website** [TreeHabitat.org](https://home.tchabitat.org/home-repair)  **Phone** 612-788-8169 |

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| **Interior Maintenance & Repair** | | |
| **David Clapp** | Plumber, General Contractor. | **Phone** 651-247-8091  **Address** 298 Oneida St, St Paul MN, 55102 |
| **Independent Cleaning, LLC**  **Latosha Bergstrom** | Cleaning, $17-20/h | **Phone** 612-481-3994 |
| **Tim Kunkel, Electrician** | Professional electrician based in St. Paul. | **Website** [timkunkelelectric.com](http://www.timkunkelelectric.com/)  **Phone** 651-353-1072  **Email** tim@timkunkelelectric.com  **Address** 1838 Laurel Ave, St. Paul, MN 55104 |
| **Mike Arcand**  **Plumber** | Plumber, in neighborhood | **Phone** 651-246-6077 |

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| **Decluttering, Downsizing & Donating** | | |
| **Gentle Transitions** | Senior relocation assistance, packing, moving, decluttering, in/out of state moves. | **Website** [gentletransitions.net](http://www.gentletransitions.net)  **Phone** 952-944-1028  651-224-0335  **Email** inquire@gentletransitions.net  **Address** 7346 Ohms Lane. Edina, MN 55439 |
| **Empty the Nest** | Home cleanouts, packing, and moving service. Recycles decor and furniture and sells it at the Empty the Nest thrift store. | **Website** [emptythenest.net](https://emptythenest.net/cleanout-service//)  **Phone**  612-998-0102 (Cleaning Service)  763-544-0106 (Main Office)  **Thrift store Address**: [1000 Boone Ave. N. Suite 320. Golden Valley, MN 55427](https://goo.gl/maps/3T3STuZXmb9Yngzv8) |
| **Scene Clean Inc** | Cleaning; hoarding and biohazard situations | **Website** [scenecleanmn.com](https://www.scenecleanmn.com/)  **Phone** 612-643-0911 |
| **Junk 360** | Furniture hauling for estates and hoarding situations. | **Website** [junk-360.com](https://junk-360.com/)  **Phone** 651-395-8659 |
| **Repowered-**  **Electronic Recycling** | Electronics, batteries and small appliance recycling. | **Website** [repowered.org](http://www.techdump.org)  **Phone** 612-294-8680  **Address** [860 Vandalia St](https://www.google.com/maps/place/Tech+Dump+St+Paul/@44.9668479,-93.1903444,17z/data=!3m1!4b1!4m5!3m4!1s0x52b32ca915d45c99:0x86e2b7ef6ac343ce!8m2!3d44.9668479!4d-93.1881557?hl=en-US)  [St. Paul, MN 55114](https://www.google.com/maps/place/Tech+Dump+St+Paul/@44.9668479,-93.1903444,17z/data=!3m1!4b1!4m5!3m4!1s0x52b32ca915d45c99:0x86e2b7ef6ac343ce!8m2!3d44.9668479!4d-93.1881557?hl=en-US) |

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| **Home Adaptations & Medical Equipment** | | |
| **ICanConnect-Perkins School for the Blind** | Tech equipment for low-income people with *both* hearing and vision deficit, all ages. | **Website** [www.icanconnect.org](http://www.icanconnect.org)  **Phone** 612-990-3834 (local number)  **Email** heather.icanconnect@gmail.com |
| **MN Telephone Equipment Distribution Program** | Phones and technology with amplified speakers for qualified seniors with hearing loss, physical disabilities or speech difficulties. | **Website** [phoneequipmentmn.gov](https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/deaf-hard-of-hearing/programs-services/telephone-equipment.jsp)  **Phone** 651-431-5945  **Videophone** 651-964-1514 |
| **MN Low Vision Store**  **Phillips Eye Institute** | Products to manage low vision/blindness, as well as vision specialists and surgeons. | **Website** [allinahealth.org](https://account.allinahealth.org/locations/1666?utm_source=gmb&utm_medium=organic&utm_content=web-url&utm_campaign=a&utm_term=Phillips-Eye-Institute)  **Phone** 612-863-4000  **Address**  Piper Building, 913 E 26th St, Minneapolis, MN 55404 |
| **Aging Eyes, State Services for the Blind** | Free low-vision aids for people in Minnesota. HME is a community provider. | **Website** [agingeyes/mn.gov](https://mn.gov/deed/ssb/seniors/aging-eyes.jsp)  **Phone**  Hamline Midway Elders or  651-539-2276 (State Services)  651-539-2300 (St paul office)  651-539-2324 (Senior Help)  **Email** [aging.eyes@state.mn.us](mailto:aging.eyes@state.mn.us) |
| **State Services for the Blind** | No cost services and equipment for Minnesotans with vision loss. | **Website** [www.mnssb.org](http://www.mnssb.org)  **Phone** 651-539-2300 (office)  651-539-2331 (Senior help)  **Email** ssb.info@state.mn.us |
| **ActivStyle Inc.**  **Guy White** | Incontinence supplies and other home health needs. Free home consultations, handles all insurance. | **Website** [www.activstyle.com](http://www.activstyle.com/)  **Phone**  855-284-6757 (Customer Service)  888-280-8632 (New Inquiries) |
| **LiveOakMed** | Daily living aids, fall prevention, bathroom safety, and adaptive equipment. | **Website** [www.liveoakmed.com](http://www.liveoakmed.com)  **Phone** 888-940-0605  **Email** [Info@LiveOakMed.com](mailto:Info@LiveOakMed.com) |
| **The Assisted Living Store** | Daily living aids, hospital gowns, non-slip socks, underpads for beds. | **Website** [assistedlivingstore.com](http://www.assistedlivingstore.com)  **Phone** 888-388-5862  **Email** [postmaster@assistedliving](mailto:postmaster@assistedlivingstore.com)  [store.com](mailto:postmaster@assistedlivingstore.com) |
| **Jackson Medical Supply**  **982 Thomas Ave**  **St. Paul MN 55104** | Access ramps, stair lifts, hearing aids, walkers and wheelchairs.  Accepts insurance or private pay. | **Website** [jacksmedequipment.com](http://www.jacksonmedicalequipment.com)  **Phone** 651-645-6221  **Email** [info@jacksongohear.com](mailto:info@jacksongohear.com)  **Address** 982 Thomas Ave. St. Paul, MN 55104 |
| **Handi Medical** | Specialty beds and chairs, mobility devices, home medical equipment.  Accepts insurance or private pay. | **Website** [handimedical.com](http://www.handimedical.com)  **Phone** 651-644-9770  **Address** 2505 University Ave W.  St. Paul, MN 55114 |

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| **Home Modifications** | | |
| **Metropolitan Council For Independent Living** | Ramps, doors, railings, decks, and bars. Sliding fee. | **Website** [mcil-mn.org](https://mcil-mn.org/services/home-modification-and-ramps/)  **Email** homemodrampservices@mcil-mn.org |
| **American Ramp Systems** | Ramps, stair lifts, etc to rent or buy. FREE estimate. | **Website** [www.amramp.com](http://www.amramp.com/)  **Phone**  888-715-7598 (Amramp)  651-399-3075 (MN Local Office) |
| **Vision Loss Resources** | Non-profit providing free coaching and in-home consultations to manage vision loss. | **Website** [visionlossresources.com](http://www.visionlossresources.com)  **Phone** 612-871-2222  **Email** info@visionlossresources.org |
| **Rebuilding Together-Safe at Home** | Free/affordable home modifications and repairs for qualifying individuals. | **Website** [Rebuildingtogether.com](https://rtmn.org/apply-for-help/safe-at-home-program)  **Phone** 651-776-4273  **Email** SafeAtHome@rtmn.org |
| **TreeTrust-Ramp Program** | Landscaping, accessibility ramps, lawn and snow care. | **Website** [www.TreeTrustLS.com](http://www.treetrustls.com)  **Phone** 612-297-2703  **Email** [Ramps@TreeTrust.org](mailto:Ramps@TreeTrust.org) |

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| **Monitoring and Safety** | | |
| **Touching Hearts at Home** | Mail organization, answering the door, and safety awareness services. | **Website** [touchinghearts.com](https://www.touchinghearts.com/midmetro/)  **Phone** 651-538-2576  **Address** [2233 Hamline Ave N. Suite #209, Roseville, MN 55113](https://www.google.com/maps/place/2233%20Hamline%20Ave%20N%20Suite%20#209,Roseville,%20Minnesota%2055113) |

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| **In-home support & Homemaking** | | |
| **Episcopal Homes-NeighborCare** | home services, personal care, and nursing (services central St. Paul) | **Website** [www.neighborcaremn.org](https://www.neighborcaremn.org/)  **Phone** 651 444-4000  **Email** [neighborcare@episcopalhomes.org](mailto:neighborcare@episcopalhomes.org)  **Address** 490 Lynnhurst Ave E,  St Paul, MN 55104 |
| **Wilder Homecare-**  **Healthy Aging** | Caregiving, support groups, and wellness education Services | **Website** [www.wilder.org](https://www.wilder.org/what-we-offer/healthy-aging-caregiving-services)  **Phone** 651-280-2500  **Email** [healthyaging@wilder.org](mailto:healthyaging@wilder.org)  **Address** 777 Hamline Ave N, St. Paul, MN 55104 |
| **Touching Hearts at Home** | Household chores, housekeeping, transportation, meal prep. Accepts insurance and private pay. | **Website** [www.touchinghearts.com](https://www.touchinghearts.com/)  **Phone** 651-452-6825  **Address** 2233 Hamline Ave N. Suite 209  Roseville, MN 55113. |
| **Home Instead Senior Care** | Non-medical home care, housekeeping, transportation, meal prep. | **Website** [www.homeinstead.com](http://www.homeinstead.com)  **Phone** 651-314-9135  **Address** 2480 White Bear Ave. St Paul, MN 55109 |
| **Synergy Home Care-Minneapolis** | Homemaking, transportation, personal care, fall and injury prevention. | **Website** [www.synergyhomecare.com](http://www.synergyhomecare.com/)  **Phone** 612-455-2585  **Address** 2336 Lexington Ave. N, Suite L  Roseville, MN 55113 |
| **3 Pound Cats**  **Dr. Marie Louderback** | In home veterinary care for seniors’ pets, discounted rates | **Website** [www.3poundcats.com](http://www.3poundcats.com)  **Phone** 651-261-5808  **Email** DrMarie@3poundcats.com |
| **House Paws Home Veterinary Care** | In-Home Vet Care. Physical exams, vaccines, nail trims etc. all at home. $55 call charge for Midway. | **Website** [www.housepawsmn.com](http://www.housepawsmn.com)  **Phone** 651-283-7216  **Email** housepawsmn@gmail.com |

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| **Home Health Aides, PCA & Medical Support** | | |
| **Hamline Midway Elders** | In-home footcare  Licensed technician contractor. $50, $20 subsidy for Hamline Midway seniors 60+ | **Website** [www.hmelders.org](https://www.hmelders.org/)  **Phone** 651-209-6542  **Email** info@hmelders.org |
| **Home Care Solutions** | Personal care, medication management, meal prep, and physical therapy. | **Website** [mnhcaresolutions.com](https://www.homecaresolutionsmn.com/)  **Phone** 763-231-9000  **Email** steve@homecaresolutionsmn.com |
| **Fairview Partners** | Must be 65+ and receive primary care from an M Health Fairview Clinic. Provides home health aides and specialists, Medication Management, OT, and PT. | **Website** [ECFairview.org](https://www.fairview.org/patient-resources/senior-care-services/fairview-partners)  **Phone** 952-914-1720  **Email** fvpartners@fairview.org |
| **Fairview Homecare** | Medicare-certified homecare (RN, PT, home health aide etc). | **Website** [www.fairview.org](https://www.fairview.org/)  **Phone** 612-672-7272 |
| **Wilder Homecare** | Mental support, cognitive testing, personal care, and medication management. | **Website** [www.wilder.org](https://www.wilder.org/what-we-offer/healthy-aging-caregiving-services)  **Phone** 651-280-2500  **Email** [healthyaging@wilder.org](mailto:healthyaging@wilder.org)  **Address** 941 Lafond Ave.  Saint Paul, MN 55104 |
| **Direct Support Connect** | Program of the MN Dept of Health to connect PCA/HHA with those in need. | **Website** [directsupportconnect.com](http://www.directsupportconnect.com) |

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| **Adult Day Care** | | |
| **Roitenberg Family Adult Day Care Center.** | Medication help, Nursing, community outings. Kosher meals available. **Temporarily Closed as of January 2023.** | **Website** [www.sholom.com](http://www.sholom.com/adultday.html)  **Phone** 651-409-6394  **Address** 730 Kay Ave. St. Paul, MN 55102 |
| **Lyngblomsten –The Gathering** | Day program for early stage memory loss; respite for caregivers. Offered 2-4x/month | **Website** L[yngblomsten.org](https://www.lyngblomsten.org/community-services/caregiver-resources1/gathering/)  **Phone** 651-632-5320  **Email** caregiving@lyngblomsten.org |

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| **Exercise & Recreation Programs** | | |
| **Hamline Midway Elders** | Arthritis Foundation Exercise Program; Tai Chi; Walking Group; Knitting and other groups | **Website** [www.hmelders.org](http://www.hmelders.org)  **Phone** 651-209-6542  **Address** 1514 Englewood Avenue  St. Paul, MN 55104 |
| **Jimmy Lee Recreation Center** | Recreation and Fitness for Adults. Pickleball and Senior Social Activities. | **Website** [Jimmyleestpaul.gov](https://www.stpaul.gov/departments/parks-and-recreation/oxford-community-center)  **Phone** 651-642-0650  **Address** 270 Lexington Parkway North  Saint Paul, MN 55104 |
| **Keystone Community Center – Active Seniors Program** | In person Exercise classes, clinics, card groups, indoor walking + Virtual Fitness Classes. | **Website** [AS-keystoneservices.org](https://keystoneservices.org/seniors/activities/)  **Phone** 651-645-0349 (Main Office)  **Address** 2000 St. Anthony Ave. St. Paul, MN 55104 |
| **St. Anthony Block Nurse Program** | Arthritis exercise program, arts and crafts, poetry, and chair yoga. Virtual classes are also offered. | **Website** [www.sapaseniors.org](https://www.sapaseniors.org/)  **Phone** 651-642-9052  **Email** [Office@SAPASeniors.Org](mailto:Office@SAPASeniors.Org)  **Address** [2200 Hillside Avenue, St. Paul](https://www.google.com/maps/place/St.+Anthony+Park+Area+Seniors/@44.9791607,-93.1957339,17z/data=!4m12!1m6!3m5!1s0x52b32c912e920233:0x450c2b302884f698!2sSt.+Anthony+Park+Area+Seniors!8m2!3d44.9791607!4d-93.1935452!3m4!1s0x52b32c912e920233:0x450c2b302884f69), MN 55108  **Calendar** [Calender@sapas](https://www.sapaseniors.org/calendar) |
| **Roseville Area Senior Program-Aŋpétu Téča Education Center** | Health programs, exercise, games, knitting and crochet groups. | **Website** [Roseville.org-senior-program](https://communityed.isd623.org/adults/senior-program)  **Phone** 651-604-3520  **Email** rasp@isd623.org  **Address** 1910 County Road B West  Roseville, MN 55113 |
| **Lyngblomsten Senior Center** | Social and recreation programs, as well as wellness education. | **Website** [www.lyngblomsten.org](https://www.lyngblomsten.org/)  **Phone** 651-646-2941  **Email** [info@lyngblomsten.org](mailto:info@lyngblomsten.org)  **Address** 1415 West Almond Ave, St. Paul, MN 55108 |

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| **Mental Health Services** | | |
| **PEARLS for Seniors-Jewish Family Services of St. Paul** | Free depression and well-being program. Offered via phone, zoom, or at home. | **Website** [pearls-jfssp.org](https://jfssp.org/home/services/senior-services/leap-for-seniors-life-enrichment-action-program/why-leap-for-seniors/)  **Phone** 763-300-3146 (Tara Burns, Counselor)  **Email** tburns@jfssp.org |
| **Grief Counseling- Jewish Family Services of St. Paul** | Grief support groups. Offered via zoom. 2nd and 4th Wednesday of each month, 3-4:30 pm. | **Website** [counseling-jfssp.org](https://jfssp.org/services/counseling-chaplaincy/support-groups)  **Phone** 651-497-8248  **Email** bjaffe@jfssp.org |
| **Stark Mental Health Clinic-People Incorporated** | Offers a variety of programs for adults. Including telemedicine and substance abuse support. | **Website** [peopleincorporated.org](https://www.peopleincorporated.org/)  **Phone** 651-774-0011 (People Inc)  **Address** 2120 Park Ave, Minneapolis, MN 55404 |
| **M Health Fairview University of Minnesota Medical Center** | Seniors outpatient program/Adult day treatment. | **Website** [mhealthfairview.org](https://mhealthfairview.org/locations/m-health-fairview-university-of-minnesota-medical-center---west-bank-north)  **Phone** 855-324-7843  **Address** North Building, 525 23rd Ave  Minneapolis, MN 55454 |
| **HAMM Clinic** | Non-profit mental health clinic, in person and virtual therapy offered. Accepts insurance, sliding fee available. | **Website** [www.hammclinic.org](http://www.hammclinic.org/)  **Phone** 651-224-0614  **Email** info@hammclinic.org  **Address** [10 River Park Plaza, Suite 710](https://goo.gl/maps/B5XU3FoH8tPyy9z69)  [St Paul](https://goo.gl/maps/B5XU3FoH8tPyy9z69)**,** MN 55107 |
| **Shannon Staiger, MA, LICSW** | Clinical counseling, specializes in retirement-age transitions and chronic illness. | **Phone** 651-642-5073  **Email** shannonlstaiger@aol.com |
| **Volunteers of America Senior Programs** | Various supports for seniors, help with mental health, Elder Law, and more. | **Website** [voamnwi.org](https://www.voamnwi.org/older-adults)  **Phone** 952-945-4174 |
| **Senior Recovery Program** | Recovery program, specifically for seniors who struggle with drugs or alcohol. | **Website** [www.seniorrecoverycenter.org](http://www.seniorrecoverycenter.org)  **Phone** 651-773-0473  **Email** [mary@seniorrecoverycenter.org](http://mary@seniorrecoverycenter.org/)  **Address** 235 E. Roselawn Ave. Suite 13. St Paul, MN 55117 |
| **Center for Grief, Loss & Transition**  **St. Paul** | Programming and counseling for those experiencing grief | **Website** [www.griefloss.org](https://www.griefloss.org/)  **Phone** 651-641-0177  **Address** 1129 Grand Ave, St Paul, MN 55105 |
| **Deaf Services-People Incorporated** | Mental health services for deaf and hard of hearing individuals, assists with independent living as well. | **Website** [peopleincorporated.org](https://www.peopleincorporated.org/deaf-hard-of-hearing-services/)  **Phone** 651-774-0011  **Email** ​​info@peopleincorporated.  **Address** 3000 Ames Crossing Road, Suite 600, Eagan, MN 55121 |

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| **Dental and Health Care Options (low cost)** | | |
| **University of Minnesota Dental School** | Lower cost dental care provided by supervised students. Accepts insurance. | **Website** [www.dentalclinics.umn.edu](https://dentalclinics.umn.edu/)  **Phone** 612-625-2495 (Scheduler)  612-273-3000 (Emergencies)  **Email** [umdentcl@umn.edu](mailto:umdentcl@umn.edu)  **Address** Moos Tower, 515 Delaware St. SE,  Minneapolis, MN 55455 (Contact only) |
| **Dental Clinics-MN Care** | Health & dental care; sliding fee and insurance accepted. | **Website** [www.dental.mncare.org](https://www.mncare.org/medical-dental-clinic-locations-saint-paul/#dental)  **Phone** 651-602-7500  **Email** info@mncare.org  **Address**  **West Side:** 478 South Robert Street  St. Paul, MN 55107  **East Side:** 895 East 7th Street  St. Paul, MN 55106 |
| **Open Cities Health Center** | Medical, dental, optical, behavioral health, chiropractic. Sliding fee, accepts insurance. | **Website** [www.opencitieshealth.org](http://www.opencitieshealth.org)  **Phone** 651-290-9200  **Email** info@opencitieshealth.org  **Address**  **Dunlap Clinic:** 409 North Dunlap St. St. Paul, MN 55104.  **North End Clinic:** 916 Rice St. St. Paul, MN 55117 |
| **Healtheast Hospitalist Service-M Health Fairview Bethesda Hospital** | Specializes in Physical and Occupational Therapy, Long-term and acute health conditions. | **Website** [Mhealth.Bethesda.org](https://mhealthfairview.org/locations/m-health-fairview-bethesda-hospital)  **Phone** 651-326-2400  **Address** 559 Capitol Blvd.  St. Paul MN 55103 |

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| **Dementia & Memory Loss Programs** | | |
| **Alzheimer’s Association of MN** | non profit assistance with finance, helpline, education and support programs. | **Website** [www.alz.org](http://www.alz.org/mnnd/)  **Phone** 952-830-0512 (Local Office)  800-272-3900 (24/7 Helpline)  **Address** 7900 W. 78th Street, Suite 100, Edina, MN 55439. |
| **Geriatric Research, Education & Clinical Center (GRECC), Memory Care Clinic** | Veterans only. Assessments, prevention, and treatment for cognitive challenges and brain diseases. | **Website** [www.va.gov](https://www.va.gov/GRECC/)  **Phone** 612-467-2051  **Address** Minneapolis GRECC  Minneapolis VA Medical Center  1 Veterans Drive, Minneapolis, MN 55417 |
| **M Health Neurology-Maplewood Clinic** | Specializes in a number of neurological conditions. | **Website** [www.mhealthfairview.org](https://www.mhealthfairview.org/locations/M-Health-Fairview-Neurology-Clinic---Maplewood)  **Phone** 651-221-9051  **Address** 1650 Beam Ave. Maplewood, MN 55109 |
| **Noran Neurological Clinic** | Neurology, Sleep consultation, EEG, Diagnostic radiology, MRIs, and Infusion. | **Website** [www.noranclinic.com](http://www.noranclinic.com)  **Phone** 612-879-1500 (Scheduler)  612-879-1000 (Main Clinic)  **Address** Midtown Medical Building  2828 Chicago Ave, Suite 200  Minneapolis, MN 55407 |
| **Alzheimer’s Disease Program- Abbott-Northwestern Hospital** | Surgeries and Interventional procedures. | **Website** [www.allinahealth.org](https://www.allinahealth.org/abbott-northwestern-hospital/services/abbott-northwesterns-neuroscience-institute)  **Phone** 612-863-3200  **Address** 913 E 26th St  Piper Building, Suite 304  Minneapolis, MN 55407 |
| **The Memory Clinic**  **University of Minnesota Medical Center** | Long term care and aging assistance, Pharmacotherapy and Neuroscience. | **Website** [www.memory.umn.edu](http://www.memory.umn.edu)  **Phone** 612-625-0963  **Address** Wallin Medical Biosciences Building, 2101 6th Street SE, Rm 5-144, Minneapolis, MN 55414 |
| **Regions Hospital – Seniors Clinic** | Offers at home or online services for seniors. | **Website** [www.healthpartners.com](https://www.healthpartners.com/care/specialty/senior-health/)  **Phone** 612-341-4800  **Address** 640 Jackson St, St. Paul, MN 55101 |
| **Psychiatry Recovery Clinic** | Outpatient Programs, TMS Therapy, DBT, and Psychological Testing. | **Website** [www.psychrecoveryinc.com](http://www.psychrecoveryinc.com/outpatientClinic.html)  **Phone** 651-645-3115  **Address** 2550 University Ave W, Suite 229n, St. Paul, MN 55114 |

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| **Health Associations** | | |
| **Alzheimer’s Association** | No-charge support, education/classes, support groups, training and other resources for anyone impacted by Alzheimer's disease and other dementias. | **Website** [www.alz.org](http://www.alz.org)  **Phone** 952-830-0512 |
| **Parkinson’s Disease Foundation** | Resources and discussion groups, $8 hospital kit, and guides. | **Website** [www.parkinson.org](http://www.parkinson.org)  **Phone** 800-457-6676 |
| **Minnesota Stroke Association** | Stroke Education, Emotional support, connecting with rehab services. | **Website** [www.strokemn.org](http://www.strokemn.org)  **Phone** 763-553-0088 |
| **American Cancer Association** | Patient support, resources and information with cancer specialists. | **Website** [www.cancer.org](http://www.cancer.org)  **Phone** 800-227-2345 |
| **American Heart & Stroke Association** | Information on cardiovascular health. | **Website** [www.americanheart.org](http://www.americanheart.org)  **Phone**  800-242-8721 (Heart)  888-478-7653 (Stroke)  952-278-7900 (Local Office) |
| **American Lung Association** | Assistance with quitting smoking, Info on lung diseases and treatment. | **Website** [www.lungusa.org](https://www.lung.org/)  **Phone** 651-227-8014 |
| **American Diabetes Association** | Information on Diabetes and related conditions. Technology and resource guides, Expert Q+As. | **Website** [www.diabetes.org](http://www.diabetes.org)  **Phone** 888-342-2383 |
| **Arthritis Foundation** | Information on Arthritis, Treatments, and medications, as well as online support groups. | **Website** [www.arthritis.org](http://www.arthritis.org)  **Phone** 800-283-7800 |
| **Vision Loss Resources** | Social support, online activities, peer mentors, in-home consultations, information from specialists on eye health. | **Website** [visionlossresources.com](http://www.visionlossresources.com)  **Phone** 612-871-2222  **Address** 3230 Spruce Street, Little Canada MN 55117 |
| **MN Department of Health** | Public health announcements and other Information on MN healthcare facilities and insurance. | **Website** [www.health.state.mn.us](http://www.health.state.mn.us)  **Phone**  651-201-5000 (Office Phone) |
| **UCare MN** | Insurance company. Offers medicare and medicaid plans, and Individual or family plans. | **Website** [www.ucare.org](http://www.ucare.org)  **Phone**  612-676-3600 (Senior Select)  612-676-6868 (Senior Health Options) |
| **Hearing Loss Association of America, Twin Cities Chapter** | Monthly meetings and book club, additional resources, and education on hearing loss. All meetings held over zoom as of January 2023. | **Website** [www.hlaatc.org](https://www.hlaatc.org/)  **Phone** 763-447-9672  **Email** secretary@hlaatc.org |

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| **Legal and Financial Services** | | |
| Thorsen, Breidinger & Novak Accounting | Individual tax prep, estate and financial planning. | **Website** [www.Tbcacpa.com](https://tbncpa.com/)  **Phone** 651-770-8822  **Email** info@tbn.cpa  **Address** 2425 Margaret Street North, North St. Paul, MN 55109 |
| Beth Wills | Financial planner: wills, trusts, estates, and retirement. | **Website** [www.ameripradvisors.com](https://www.ameripriseadvisors.com/beth.h.wills/?cid=IP_local_google)  **Phone** 651-635-1705  **Email** [beth.h.wills@ampf.com](mailto:beth.h.wills@ampf.com) |
| Allison Burke, Attorney | Health care directives, MP applications, guardianships, probate, social security/disability | **Phone** 612-217-2137  **Email** [Allison@twincities-elderlaw.com](mailto:Allison@twincities-elderlaw.com) |
| Veritage Law | Attorneys specializing in wills, trusts, and estates. | **Website** [veritagelaw.com](https://veritagelaw.com/)  **Phone** 612-465-0080  **Address** 3800 American Boulevard W, #930, Bloomington, MN 55431 |
| LPL Financial-Michael Haas | Financial Planner | **Website** [LplFinancial.com](https://www.lpl.com/work-with-a-financial-professional/find-an-lpl-financial-professional.html)  **Phone** 651-497-6330  **Email** MICHAEL.R.HAAS@lpl.com  **Address** 600 Inwood Ave N # 135  Oakdale, MN 55128 |
| Jeanne McGill  Midwest Funeral Pre-Planning Consultants | Certified Pre-Planning Consultant, Pre-pay for funerals, Health Care directives, and cost comparisons. | **Website** [funeralprepconsult.com](https://funeralpreplanningconsultants.com/)  **Phone** 612-978-4948  **Email** [Jeannemcgillscsa@gmail.com](mailto:Jeannemcgillscsa@gmail.com) |
| Professional Fiduciary Inc | Trustee, guardian, conservator, executor, power of attorney, and health care agents. | **Website** [www.profidinc.net](http://www.profidinc.net)  **Phone** 612-781-8799  **Address** 4707 Hwy 61 N. Suite 290,  St. Paul, MN 55110 |
| Special Needs Planners | Estate planning for adults with special needs. Help with navigating gov. benefits, Life insurance, guardianship and trusts. | **Website** [www.snplanners.com](http://www.snplanners.com)  **Phone** 763-688-1765  **Email** info@snplanners.com  **Address** 215 E Hwy 55, Suite 107,  Buffalo, MN 55313 |
| Thiel, Anderson, Kukla & Gunderson Firm | Special needs and estate planning. | **Website** [www.thielfirm.com](http://www.thielfirm.com)  **Phone** 952-920-8444  **Address** 7300 Metro Blvd. #630  Edina, MN 55439 |
| Southern Minnesota Regional Legal Services/Legal Aid | Free, high-quality legal help to low-income people in critical civil matters. | **Website** [www.smrls.org](http://www.smrls.org/)  **Phone** 651-222-5863 (General)  877-696-6529 (Emergency) |
| Ramsey County Bar Association | Lawyer referral and Legal Information. 30 minute consultation for a maximum of $30. | **Website** [RamseyBarAssociation.org](https://www.mnbar.org/ramsey-county-bar-association)  **Phone** 651-222-0846  **Email** info@mnbars.org  **Address** 332 Minnesota Street  Suite 2550, St. Paul, MN 55101 |
| Schroeder Ireland Law | Wills, conservatorship, Healthcare, and Transfer on Death Deeds. | **Website** [schroederireland.com](https://www.schroederireland.com/)  **Phone** 612-746-1186  **Email** Amy@SchroederIreland.com  **Address** Minneapolis Grain Exchange Bldg. 400 S. Fourth Street #1025, Minneapolis, MN 55415 |

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| **Insurance – Medical, Long Term Care** | | |
| **Minnesota Department of Commerce – Insurance Dept** | Information and brochures on long term care insurance | **Website** [insurance.mn.gov](https://mn.gov/commerce/consumers/your-insurance/long-term-care/)  **Phone** 651-539-1500  [**Email** consumer.protection@state.mn.us](mailto:consumer.protection@state.mn.us) |
| **Minnesota Board on Aging-Senior Linkage Line** | Information and resources, Medicare info, | **Website** [www.mnaging.org](https://mn.gov/senior-linkage-line/)  **Phone** 800-333-2433  **Email** [senior.linkage@state.mn.us](mailto:senior.linkage@state.mn.us)  **Address** 540 Cedar Street, St. Paul, MN 55101 |
| **National Association of Insurance Commissioners** | Booklet online: *A Shopper’s Guide to Long-Term Care Insurance* | **Guide** [content.naic.org](https://content.naic.org/sites/default/files/publication-ltc-lp-shoppers-guide-long-term.pdf) |
| **Mark Gallagher-**  **Gallagher Financial Services** | Health insurance, retirement and estate planning. | **Website** [www.gallagherfinancialservices.com](https://www.gallagherfinancialservices.com/)  **Phone** 651-774-8759  **Email** mark@gallagherfinancialservices.com  **Address** 2586 East 7th Avenue, #304  North St. Paul, MN 55109 |
| **Portico Healthnet** | Free service to help the uninsured access health insurance | **Website** [www.porticohealthnet.org](http://www.porticohealthnet.org)  **Phone** 651-489-2273  **Address** 1600 University Ave S #211  St. Paul, MN 55104 |
| **Stratis Healthcare** | Non-Profit that works to improve medicare and community health. | **Website** [www.stratishealth.org](http://www.stratishealth.org)  **Phone** 952-854-3306  **Address** 2901 Metro Drive, Suite 400,  Bloomington, MN 55425 |

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| **Transportation Assistance** | | |
| **Help at Your Door-Transportation** | $10 for a one way trip or sliding fee based on age and income. | **Website** [transport.helpatyourdoor.org](https://helpatyourdoor.org/services/#transportation)  **Phone** 651-642-1892 |
| **Metro Mobility** | Transportation for people not able to use regular transit service due to disability | **Website** [metrocouncil.org](https://metrocouncil.org/Transportation/Services/Metro-Mobility-Home.aspx)  **Phone** 651-602-1111  **Email** MetroMobility@metc.state.mn.us |
| **Hamline Midway Elders** | Volunteer drivers provide rides only to Hamline Midway residents 60+ | **Website** [www.hmelders.org](http://www.hmelders.org)  **Phone** 651-209-6542  **Email** info@hmelders.org |
| **Roseville Area Senior Program** | Van transport for Roseville area seniors to appointment etc | **Website** [www.transport.isd623.org](https://communityed.isd623.org/adults/senior-program)  **Phone** 651-604-3520  **Email** rasp@isd623.org |
| **Metro Transit Assistance Program** | Discounted bus and train fare ($1) for low income residents. | **Website** [www.tap.metrotransit.org](http://www.metrotransit.org/TAP)  **Phone** 612-373-3333 |

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| **Pharmacy Delivery** | | |
| **Lloyd’s Pharmacy** | Home delivery of medications to Hamline Midway residents. Phone. Online and Mobile refills. | **Website** [www.lloydsrx.com](http://www.lloydsrx.com)  **Phone** 651-645-8636  **Address** 720 N. Snelling Ave  St. Paul, MN 55104 |
| **Cub Pharmacy-Roseville** | Prescriptions mailed free of charge via USPS, immunizations, medicare enrollment. | **Website** [www.roseville.cub.com](https://www.cub.com/sm/pickup/rsid/1155493/pharmacy)  **Phone** 651-488-1825  **Address** 1201 Larpenteur Ave W, Roseville MN 55113 |
| **Cub Pharmacy – Midway Location** | Prescriptions mailed free of charge via USPS, immunizations, medicare enrollment. | **Website** [www.midway.cub.com](https://www.cub.com/sm/pickup/rsid/1614/pharmacy)  **Phone** 651-646-1003  **Address** 1440 University Ave West, St Paul, MN 55104 |

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| **Grocery & Meal Delivery** | | |
| **Help at Your Door** | Store to door, orders placed online or over the phone, sliding fee. | **Website** [www.helpatyourdoor.org](https://helpatyourdoor.org/services/#grocery)  **Phone** 651-642-1892  **Grocery Catalog** [Grocery-Catalog-2019](https://helpatyourdoor.org/wp-content/uploads/2019/01/Grocery-Catalog-2019-Help-At-Your-Door.pdf) |
| **Instacart** | Variety of grocery stores to choose from, delivery fee. Online/mobile app only | **Website** [www.instacart.com](http://www.instacart.com)  **Phone** 888-246-7822 (customer support) |
| **Homestyle** | Home delivered frozen meals. Medicaid waiver available. | **Website** [www.homestyledirect.com](http://www.homestyledirect.com)  **Phone** 866-735-0921 |

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| **Food Resources** | | |
| **Meals on Wheels – Keystone Services** | Prepared meals delivered to seniors, sliding fee  (HM residents west of Lexington and south of Larpenteur) | **Website** [keystoneservices.org](https://keystoneservices.org/seniors/meals-on-wheels/)  **Phone** 651-645-0349 (Main office)  651-917-3792 (Midway Food Shelf)  612-623-3363 (Metro MoW)  **Email** info@keystoneservices.org |
| **Meals on Wheels – Wilder Services** | Prepared meals delivered; sliding fee. (For HM residents east of Lexington, south of Larpenteur) | **Website** [www.wilder.org](https://www.wilder.org/what-we-offer/healthy-aging-caregiving-services/meals-wheels)  **Phone** 651-280-2500  **Email** healthyaging@wilder.org. |
| **Food Shelf – Keystone Services** | Food shelves and mobile food shelf; Midway, Roseville & Rice Street locations | **Website** [fskeystoneservices.org](https://keystoneservices.org/food-shelves/)  **Phone** 651-917-3792 (Midway)  **Address** 1916 University Avenue, St. Paul, MN 55014 |
| **Nutrition Assistance Program for Seniors (NAPS)-Second Harvest** | Monthly box of food; available to low income elders. Distribution is always 1st Thursday of the month. | **Website** [www.2harvest.org](https://www.2harvest.org/get-help/csfpnaps)  **Phone** 651-484-8241  **Email** naps@2harvest.org |
| **Supplemental Nutrition Assistance Program (SNAP)** | Food support, debit card; income eligibility requirement | **Website** [snapmn.gov](https://mn.gov/dhs/people-we-serve/adults/economic-assistance/food-nutrition/programs-and-services/supplemental-nutrition-assistance-program.jsp)  **Phone** 800-657-3698 |
| **Fare for All** | Great rates on grocery packages, cash, credit, ebt. Available to anyone (no income requirements) | **Website** [www.fareforall.org](http://www.fareforall.org)  **Phone** 763-450-3860  **Email** info@thefoodgroupmn.org |
| **Open Arms of MN** | Home meal delivery to people with serious illness. Referrals generally required. | **Website** [www.openarmsmn.org](http://www.openarmsmn.org)  **Phone** 612-767-7333  **Email** meals@openarmsmn.org |

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| **Thanksgiving Meals** | | |
| **Randolph Heights Presbyterian Church** | Free communal meal at noon. | **Website** [randolphheights.org](http://www.randolphheights.org/)  **Phone** 651-698-3889  **Email** info@randolphheights.org  **Address** 435 Hamline Avenue South, MN 55105 |
| **Our Savior’s Lutheran Church** | Free communal meal. RSVP Friday before Thanksgiving. | **Website** [oursaviourslutheran.org](http://www.oursaviourslutheran.org/)  **Phone** 651-774-2396  **Email** [Brian@oursaviourslutheran.org](mailto:Brian@oursaviourslutheran.org)  **Address** [674 Johnson Parkway, St Paul, MN 55106](https://maps.google.com/maps?q=674+Johnson+Parkway%0ASt.+Paul%2C+MN++55106) |
| **Meals on Wheels** | Contact your local service. Local providers include [Metro meals on Wheels](https://meals-on-wheels.com/) and [Senior Services Consortium of Ramsey County](https://www.mealsonwheels-rc.org/). | **Website** [mealsonwheelsamerica.org](https://www.mealsonwheelsamerica.org/) |
| **Union Gospel Mission** | Free thanksgiving meals. Pickup Nov 22 and 23 at 435 University Ave E, Saint Paul. | **Website** [www.ugmtc.org](http://www.ugmtc.org/) |