AGING WELL RESOURCE LIST

This is a referral list that Hamline Midway Elders has compiled for residents of our service area (Hamline Midway and western Frogtown neighborhoods of St. Paul) from information submitted to us by the individuals or agencies.

Hamline Midway Elders cannot endorse nor guarantee the services listed.

HAMLINE MIDWAY ELDERS

1514 Englewood Ave.

St. Paul, MN 55104

651-209-6542

[info@hmelders.org](mailto:info@hmelders.org)

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

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| **Yard & Exterior Home Maintenance** | | |
| Clean and Clear Minnesota | Snow and leaf removal, gutters, windows. Around $30 per home for snow removal | 612-254-8777  [www.cleanandclearmn.com/](http://www.cleanandclearmn.com/) |
| Jesse Chura | Snow removal/shoveling | 651-785-8531 |
| Rebuilding Together  A Brush with Kindness  Hearts and Hammers TC | Home repair for low-income homeowners  Habitat for Humanity-exterior painting & home repair for low income homeowners  Exterior painting and home repair for low income homeowners | <http://rebuildingtogether-twincities.org/>  612-788-8169  <https://home.tchabitat.org/home-repair>  [www.heartsandhammers.org](http://www.heartsandhammers.org) |
| Al Pann | Snow removal | 612-423-3171 |
| Juan Payan | Snow removal | 651-508-1726 |
| Theo & Jed | Snow removal | 612-718-5602 |
| Kevin Pitman | Snow removal | [pplawnsnow@gmail.com](mailto:pplawnsnow@gmail.com) |
| Jacob Frisell | Snow removal | 612-840-0421 |
| Patrick Brown | Mowing | 651-224-8593 |
| A Brush with Kindness | Habitat for Humanity exterior painting and minor repairs for low-mod income | 612-788-8169  <https://home.tchabitat.org/home-repair> |
| Fundamental Lawn | Mowing, lawn care, specializes in St. Paul small yards | (612)-326-4006, [wyatt@fundamentallawn.com](mailto:wyatt@fundamentallawn.com),  [www.fundamentallawn.com](http://www.fundamentallawn.com) |
| Youthworks | Student volunteers available through HME each summer for small projects | Contact Monica at HME,  651-209-6542 |
| Leaf Raking | Volunteers available each spring and fall | Contact Monica at HME,  651-209-6542 |

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| **Interior Maintenance & Repair** | | |
| Paul Althoff | Grab-bar installation | 612-822-0756  [www.paulsgrabbars.com](http://www.paulsgrabbars.com) |
| HeatShare – Utility Assistance Program through Salvation Army | Emergency utility assistance (electric, gas, water) | 800-842-7279  <http://salvationarmynorth.org/programs-that-help/basic-needs/heatshare/> |
| Ramsey County Energy Assistance | Assistance with energy bills for qualifying people | 651-266-4444 |
| Mike Arcand  Plumber | Plumber, in neighborhood | 651-246-6077 |
| Tim Kunkel | Electrician | 651-353-1072 |
| In-Home Tech Help | Volunteers available through HME for simple fixes | Contact Monica at HME  651-209-6542 |
| Volunteer Handyperson | Volunteers available for small projects | Contact Monica at HME,  651-209-6542 |

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| **Decluttering, Downsizing & Donating** | | |
| Gentle Transitions | Packing and moving services specially for seniors | 952-944-1028  651-224-0335  [www.gentletransitions.net](http://www.gentletransitions.net)  7346 Ohms Lane  Edina |
| Empty the Nest | Home cleanouts | 612-998-0102 (Sharon Fischman)  [www.emptythenest.net](http://www.emptythenest.net)  8812 7th Ave N  Golden Valley |
| Kaldecon | Cleaning; hoarding situations | 888-922-6228  St. Paul |
| Scene Clean Inc | Cleaning; hoarding situations | 612-643-0911 |
| 11th Hour Clean | Cleaning; hoarding situations | 877-866-8877 |
| Green Books | Non-profit that accepts used books | HME is a partner, call us to donate books. <https://www.facebook.com/greenbooksmn> |
| TechDump | Recycling of computer and electronics | 612-260-9986  [www.techdump.org](http://www.techdump.org) |

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| **Home Adaptations & Medical Equipment** | | |
| ICanConnect | Tech equipment for low-income people with *both* hearing and vision deficit, all ages. | 612-990-3834  [www.icanconnect.org](http://www.icanconnect.org) |
| MN Telephone Equipment Distribution Program | Free phones with amplified speakers for qualified seniors with hearing loss | <https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/deaf-hard-of-hearing/programs-services/telephone-equipment.jsp> |
| MN Low Vision Store  Phillips Eye Institute | Products to manage low vision/blindness | 612-775-8967  710 E. 24th St.  Minneapolis, MN 55404 |
| Aging Eyes, State Services for the Blind | Free low-vision aids for people in Minnesota. HME is a community provider | Hamline Midway Elders or  SSB 651-539-2276  <https://mn.gov/deed/ssb/seniors/aging-eyes.jsp> |
| State Services for the Blind | No cost services and equipment for Minnesotans with vision loss | 651-539-2300  800-652-9000  [www.mnssb.org](http://www.mnssb.org) |
| LiveOakMed | Daily living aids, adaptive equipment | 888-940-0605  [www.liveoakmed.com](http://www.liveoakmed.com) |
| The Assisted Living Store | Daily living aids, adaptive equipment | 888-388-5862  [www.assistedlivingstore.com](http://www.assistedlivingstore.com) |
| Jackson Medical Supply  982 Thomas Ave  St. Paul MN 55104 | Accepts insurance or private pay | 651-645-6221  [www.jacksonmedicalequipment.com](http://www.jacksonmedicalequipment.com) |
| Handi Medical  2505 University Ave W  St. Paul MN | Accepts insurance or private pay | 651-644-9770  [www.handimedical.com](http://www.handimedical.com) |

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| **Home Modifications** | | |
| Ramp Project  (Amber) | Metropolitan Council for Independent Living – modular ramps constructed at home, sliding fee | 651-603-2029  [www.mcil-mn.org](http://www.mcil-mn.org) |
| American Ramp Systems | Ramps, stair lifts, etc to rent or buy | 612-315-1558  <http://www.amramp.com/> |
| Vision Loss Resources | Non-profit providing free coaching and in-home consultations to manage vision loss | 651-221-7662  [www.visionlossresources.com](http://www.visionlossresources.com) |
| Rebuiliding Together (Ramps) | Ramps and other home improvements for low-income | 651-776-4273  <http://rebuildingtogether-twincities.org/> |
| TreeTrust | Ramps, low-rise steps | 612-297-2703  Ramps@TreeTrust.org  www.TreeTrustLS.com |

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| **Monitoring and Safety** | | |
| Fairview Lifeline | Sliding fee | 952-885-6185  866-827-5039  [www.fairview.org/lifeline](http://www.fairview.org/lifeline) |

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| **In-home support & homemaking** | | |
| Help At Your Door | Cleaning, maintenance $30/hr | [www.helpatyourdoor.org](http://www.helpatyourdoor.org)  651-642-1892 |
| Anisa Esse  Essential Health Services | Housekeeping | 612-458-7911  [Anisa.esse@essentialhealthservicesmn.com](mailto:Anisa.esse@essentialhealthservicesmn.com) |
| Touching Hearts at Home | Household chores, housekeeping. | 651-452-6825 |
| West 7th Homemaking Program | 2 hr min, $25/hr. Elderly waiver. | 651-298-5493 x208  (Teisha or Emily) |
| Home Instead Senior Care | Non-medical home care, housekeeping, meal prep | 651-747-8722  [www.homeinstead.com](http://www.homeinstead.com)  Jim Pitzner |
| Synergy Home Care | Homemaking, transportation, personal cares | 612-455-2585  <http://www.synergyhomecare.com/>  agencies/mn/minneapolis/mn03/about-us/ |
| 3 Pound Cats  Dr. Marie Louderback | In home veterinary care for seniors’ pets, discounted rates | 651-261-5808  [www.3poundcats.com](http://www.3poundcats.com) |

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| **Home Health Aides, PCA & Medical Support** | | |
| Recover Health (thru Hamline Midway Elders) | Home health, OT, PT. Footcare services | 952-926-9808 |
| Home Care Solutions | Personal cares, medication management | 952-924-0677  [www.mnhomecaresolutions.com](http://www.mnhomecaresolutions.com) |
| HealthEast Homecare | Home health aides, OT, PT, social workers, nursing care. Referral required. | 651-332-2800  651-232-4920 (Dawn Ekstrom)  [www.healtheast.org/home\_care](http://www.healtheast.org/home_care) |
| Fairview Homecare |  | 612-728-2468  [www.fairview.org/homecare/](http://www.fairview.org/homecare/) |
| Direct Support Connect | Program of the MN Dept of Health to connect PCA/HHA with those in need | [www.directsupportconnect.com](http://www.directsupportconnect.com) |

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| **Adult Day Care** | | |
| Lakewood Adult Day Center | Socializing, medication management, exercise, recreation, lunch provided. $85/6 hours | 651-414-5291  (Pat)  2080 Woodlyn Ave., Maplewood |
| Shalom Home, Inc. |  | 651-637-0234 x2068 (Jim)  651-328-2117 (Barb)  [www.sholom.com/adultday.html](http://www.sholom.com/adultday.html)  740 Kaye Ave. St. Paul |
| Golden Living Center – Lake Ridge | Day care, PT, OT, beauty shop, baths available. $14/hour | 651-486-2428 (Diane or Karen)  2727 N. Victoria St. Roseville |
| Wilder Adult Day Health Center  MLK Center | Recreation, exercise, health management | 651-280-2500 (Barb Zeis)  [www.wilder.org](http://www.wilder.org)  650 Marshall Ave, St. Paul |
| Lyngblomsten –The Gathering | Day program for early stage memory loss; respite for caregivers. Offered 2-4x/month | 651-414-5291 (Betsy Hoffman)  [www.lyngblomsten.org/](http://www.lyngblomsten.org/)  support\_services/gathering.php |
| Minneapolis VA Adult Day Health Care Program | Therapeutic day program for adult veterans | 612-467-2145 |

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| **Exercise & Recreation Programs** | | |
| Hamline Midway Elders | Arthritis Foundation Exercise Program; Tai Chi; Chair Yoga; Knitting and other groups | 651-209-6542  [www.hmelders.org](http://www.hmelders.org) |
| Jimmy Lee Recreation Center | Recreation for Adults 50+, Wednesdays 9-1:00. Arts & crafts, card games, health screenings, exercise class. Crocheting 9:15 Tuesday | 651-642-0650 (Alyssa)  270 N. Lexington Pkwy |
| Keystone Community Center – Active Seniors Program | Exercise classes, clinics, card groups, day trips | 651-645-7424  2000 St. Anthony Ave. St. Paul |
| St. Anthony Block Nurse Program | Arthritis exercise program, recreation groups | 651-642-9052 |
| Roseville Area Senior Program | Health programs, exercise, recreation classes | 651-604-3520  <https://www.isd623.org/community/>  community-ed/seniors  1910 West County Rd. B  Roseville |
| Lyngblomsten Senior Center | Social and recreation programs, congregate dining | 651-632-5330  1415 West Almond Ave, St. Paul |
| Jewish Family Services of St. Paul | In-home art therapy program for isolated or depressed seniors | 651-690-8904  snixon@jfssp.org |

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| **Mental Health Services** | | |
| LEAP for Seniors, Jewish Family Service of St. Paul | Depression and well-being program in home/by phone | 651-698-0767  <https://jfssp.org/home/services/senior-services/leap-for-seniors-life-enrichment-action-program/why-leap-for-seniors/> |
| Stark Mental Health Clinic | In-home mental health services | 612-872-2000  2120 Park Ave, Minneapolis |
| University of Minnesota Medical Center | Outpatient program, group therapy | 612-672-2736 |
| HAMM Clinic | Non-profit mental health clinic, sliding fee available. | 651-224-0614 (Mary Horner)  <http://www.hammclinic.org/>  408 St. Peter St, #429  St. Paul |
| Shannon Staiger, MA, LICSW | Clinical counseling, retirement-age transitions | 651-642-5073 |
| Volunteers of America Senior Mental Health at Keystone | Senior-specific psychiatry, in-home counseling | 763-225-4054  <http://www.voamn.org/Services/>  SeniorServices/tabid/2497/Default.aspx  W. 7th Community Center, St. Paul |
| Senior Recovery Program | Programming for seniors struggling with drugs or alcohol | 651-773-0473  [www.seniorrecoverycenter.org](http://www.seniorrecoverycenter.org)  235 E. Roselawn  Maplewood MN |
| Center for Grief, Loss & Transition  St. Paul | Programming and counseling for those experiencing grief | 651-641-0177  <http://www.griefloss.org/> |
| People Incorporated | Mental health services for deaf and hard of hearing individuals | <https://www.peopleincorporated.org/>  program/deaf-mental-health-services |

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| **Dental and Health Care Options (low cost)** | | |
| University of Minnesota Dental School | Low cost dental care provided by supervised students | 612-624-8400  <https://www.dentalclinics.umn.edu/our-clinics/moos-tower-clinics/comprehensive-care-clinics> |
| West Side Community Health Services | Health & dental care; sliding fee | Several locations  651-602-7500  [www.westsidechs.org](http://www.westsidechs.org) |
| Open Cities Health Center | Medical, dental, optical, behavioral health, chiropractic | 651-290-9200  [www.opencitieshealth.org](http://www.opencitieshealth.org) |

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| **Dementia & Memory Loss Programs** | | |
| Alzheimer’s Association of MN |  | 1-800-272-3900  <http://www.alz.org/mnnd/> |
| Geriatric Research, Education & Clinical Center (GRECC), Memory Care Clinic | Veterans only | 612-725-2051  <https://www.va.gov/GRECC/>  Minneapolis2\_GRECC.asp  1 Veterans Drive, 11G  Minneapolis, MN 55417 |
| Neurological Associates of St. Paul |  | 651-221-9051  1650 Beam Ave.  Maplewood MN 55109 |
| Noran Neurological Clinic |  | 612-879-1500  [www.noranclinic.com](http://www.noranclinic.com)  910 E. 26th Street  Minneapolis, MN 55404  (other locations also) |
| Alzheimer’s Disease Program- Abbott-Northwestern Hospital |  | 612-863-3200  800 E. 28th Street  Minneapolis, MN 55407 |
| The Memory Clinic  University of Minnesota Medical Center |  | 612-273-8720  [www.memory.umn.edu](http://www.memory.umn.edu)  2312 S 6th St, Suite F-275  Minneapolis, MN 55454 |
| Regions Hospital – Seniors Clinic |  | 651-254-2729  640 Jackson St  St. Paul MN 55101 |
| HealthEast Bethesda Outpatient Services |  | 651-326-2178  559 Capitol Blvd.  St. Paul MN 55103 |
| HealthPartners Riverside Clinic |  | 612-341-5000  2220 Riverside Ave S  Minneapolis, MN 55454 |
| Psychiatry Recovery Clinic |  | 651-645-3115  2550 University Ave W  St. Paul MN 55114 |

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| **Health Associations** | | |
| Alzheimer’s Association |  | 952-830-0512  [www.alz.org](http://www.alz.org) |
| Parkinson’s Disease Foundation |  | 800-457-6676  [www.parkinson.org](http://www.parkinson.org) |
| Minnesota Stroke Association |  | 800-647-4123  [www.strokemn.org](http://www.strokemn.org) |
| American Cancer Association |  | 800-227-2345  [www.cancer.org](http://www.cancer.org) |
| American Heart & Stroke Association |  | 800-242-8721  [www.americanheart.org](http://www.americanheart.org) |
| American Lung Association |  | 651-227-8014  [www.lungusa.org](http://www.lungusa.org) |
| American Diabetes Association |  | 888-342-2383  [www.diabetes.org](http://www.diabetes.org) |
| Arthritis Foundation |  | 651-644-4108  [www.arthritis.org](http://www.arthritis.org) |
| Vision Loss Resources |  | 651-224-7662  [www.visionlossresources.com](http://www.visionlossresources.com) |
| MN Department of Health |  | 651-201-5000  [www.health.state.mn.us](http://www.health.state.mn.us) |
| UCare MN | Insurance company | 612-676-3554  [www.ucare.org](http://www.ucare.org) |
| Hearing Loss Association of America, Twin Cities Chapter | Monthly meetings, resources | <http://www.hlaatc.org/>  763-447-9672 |

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| **Legal and Financial Services** | | |
| Thorsen, Breidinger & Novak Accounting | Accounting | 651-770-8822  [www.Tbcacpa.com](http://www.Tbcacpa.com)  North St. Paul |
| Beth Wills | Financial planner: wills, trusts, estates | 651-635-1705 |
| Allison Burke, Attorney | Health care directives, MP applications, guardianships, probate, social security/disability | 612-217-2137  [Allison@twincities-elderlaw.com](mailto:Allison@twincities-elderlaw.com) |
| Erickson & Wessman, PA | Attorneys specializing in wills, trusts, estate | Ryan Damhof  612-465-0080 |
| Michael Haas | Financial Planner | 651-481-1495 |
| Jeanne McGill  Midwest Funeral Pre-Planning Consultants | Certified Pre-Planning Consultant | 612-978-4948  [Jeannemcgillscsa@gmail.com](mailto:Jeannemcgillscsa@gmail.com) |
| Professional Fiduciary Inc | Trustee, guardian, conservator, executor, power of attorney, health care agent | 612-781-8799  [www.profidinc.net](http://www.profidinc.net)  2 Division Street East Suite 201 Buffalo, MN 55313 |
| Special Needs Planners | Estate planning for adult children with special needs | 763-688-1765  [www.snplanners.com](http://www.snplanners.com)  info@snplanners.com |
| Jennifer Anderson, Attorney  Theil Firm | Estate planning for people with disabilities and their families | 952-920-8444  [janderson@thielfirm.com](mailto:janderson@thielfirm.com)  [www.thielfirm.com](http://www.thielfirm.com)  7300 Metro Blvd. #630  Edina MN 55369 |
| Honoring Choices MN | Health care directives support and information, forms in languages other than English | [www.honoringchoices.org](http://www.honoringchoices.org) |
| Southern Minnesota Regional Legal Sercies | Free, high-quality legal help to low-income people in critical civil matters | 888-575-2954  [www.smrls.org/](http://www.smrls.org/) |
| Ramsey County Bar Association | Modest price set for people with limited income ($55/hr) | <https://www.ramseybar.org/find-a-lawyer/> |

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| **Insurance – Medical, Long Term Care** | | |
| Minnesota Department of Commerce – Insurance Dept | Information and brochures | 651-296-4026  <https://mn.gov/commerce/consumers/your-insurance/long-term-care/> |
| Minnesota Health Insurance Counseling Program | Information and resources | 800-333-2433  [www.mnaging.org/advisor](http://www.mnaging.org/advisor) |
| US Government Department of Agriculture | Booklet online: *A Shopper’s Guide to Long-Term Care Insurance* | <https://publications.usa.gov/>  USAPubs.php?PubID=5879 |
| Mark Gallagher | Health insurance broker | 651-774-8759 |
| Portico Healthnet | Free service to help the uninsured access health insurance | 651-603-5100  [www.porticohealthnet.org](http://www.porticohealthnet.org)  1600 University Ave S #211  St. Paul MN 55104 |
| Stratis Healthcare | Local branch of Medicare | 800-633-4227, 952-854-3306  [www.stratishealth.org](http://www.stratishealth.org)  2901 Metro Drive  Bloomington MN |

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| **Transportation Assistance** | | |
| Medicare Supplemental Benefit | Call customer service number on your Medicare B card to see if your plan includes paid rides to medical appointments |  |
| Metro Mobility | Transportation for people not able to use regular transit service due to disability | 651-602-1111  [https://metrocouncil.org/Transportation/ Services/Metro-Mobility.aspx](https://metrocouncil.org/Transportation/%20Services/Metro-Mobility.aspx) |
| Help At Your Door | Rides for errands, appointments. Multiple stops ok. | [www.helpatyourdoor.org](http://www.helpatyourdoor.org)  651-642-1892 |
| Hamline Midway Elders | Volunteer drivers provide rides only to Hamline Midway & western Frogtown residents 60+ | 651-209-6542  [www.hmelders.org](http://www.hmelders.org) |
| Roseville Area Senior Program | Van transport for Roseville area seniors to appointment etc | 651-604-3520  <https://www.isd623.org/community/> community-ed/seniors |
| Transit Assistance Program | Discounted bus and train fare ($1) for low income residents | [www.metrotransit.org/TAP](http://www.metrotransit.org/TAP)  612-373-3333 |
| Transit Link | Curb-to-curb shared and reservable service | 651-602-5465  [www.metrotransit.org/transit-link](http://www.metrotransit.org/transit-link) |
| GoGo Grandparent | Way to use Lyft or Uber without a smartphone | 855-464-6872  [www.gogograndparent.com](http://www.gogograndparent.com) |

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| **Pharmacy & Delivery** | | |
| Lloyd’s Pharmacy | Home delivery of medications to Hamline Midway residents. | 651-646-8636  [www.lloydsrx.com](http://www.lloydsrx.com)  720 N. Snelling Ave  St. Paul MN 55104 |
| Cub Pharmacy |  | 651-489-8620  1201 Larpenteur Ave W |
| Cub Pharmacy – Midway Location | Prescriptions mailed free of charge | 651-489-8858 |

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| **Grocery & Meal Delivery** | | |
| Help at Your Door | Grocery delivery, sliding fee | 651-642-1892  [www.helpatyourdoor.org](http://www.helpatyourdoor.org) |
| Coborn’s Delivery | Grocery delivery, fee applies | [www.cobornsdelivers.com](http://www.cobornsdelivers.com) |
| Instacart | Variety of grocery stores to choose from, delivery fee. Online/mobile app only | [www.instacart.com](http://www.instacart.com) |
| Homestyle | Home delivered frozen meals. Medicaid waiver available. | 866-735-0921  [www.homestyledirect.com](http://www.homestyledirect.com) |

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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) | [www.keystonecommunityservices.org/](http://www.keystonecommunityservices.org/)  meals.html  651-645-7424 |
| Meals on Wheels – Wilder Services | Prepared meals delivered; sliding fee. (For HM residents east of Lexington, south of Larpenteur) | [http://www.wilder.org/Programs-Services/Older-Adult-Services/Pages/Meals-on-Wheels.aspx 651-280-2500](http://www.wilder.org/Programs-Services/Older-Adult-Services/Pages/Meals-on-Wheels.aspx%20651-280-2500) |
| Food Shelf – Keystone Services | Food shelves and mobile food shelf; Midway, Roseville & Rice Street locations | <https://keystoneservices.org/food-shelves/> |
| Nutrition Assistance Program for Seniors (NAPS) | Monthly box of food; available to low income elders | 651-484-8241  [www.2harvest.org](http://www.2harvest.org) |
| Supplemental Nutrition Assistance Program (SNAP) | Food support debit card; income eligibility requirement | 800-657-3698 |
| Fare for All | Great rates on grocery packages, available to anyone (no income requirements) | 763-450-3880  [www.fareforall.org](http://www.fareforall.org) |
| Open Arms of MN | Home meal delivery to people with serious illness | [www.openarmsmn.org](http://www.openarmsmn.org) |
| Zion Lutheran Church-Food for All | Thursday lunch and grocery giveaway | 651-645-0851  [www.zlcmidway.org](http://www.zlcmidway.org) |

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| **Thanksgiving Meals** | | |
| Randolph Heights Presbyterian Church | Free communal meal at noon | [www.randolphheights.org/](http://www.randolphheights.org/)  651-698-3889  435 Hamline Avenue South  Saint Paul, Minnesota 55105 |
| Our Savior’s Lutheran Church | Free communal meal. RSVP Friday before Thanksgiving | 651-774-2396  [www.oursaviourslutheran.org/](http://www.oursaviourslutheran.org/)  674 Johnson Parkway |
| Union Gospel Mission |  | [www.ugmtc.org/](http://www.ugmtc.org/)  77 9th St E, St Paul |