

AGING WELL RESOURCE LIST

This is a referral list that Hamline Midway Elders has compiled for your convenience from information submitted to us by the individuals or agencies.

Hamline Midway Elders cannot endorse nor guarantee the services listed.

HAMLIN MIDWAY ELDERS

1514 Englewood Ave.

St. Paul, MN 55104

651-209-6542

info@hmelders.org

www.hmelders.org

Yard & Exterior Home Maintenance		
Metro Lawn & Snow	Full service-handyman, lawn care, snow & ice removal	651-690-5227
Fischer Lawn & Snow Removal (Tom)	Lawn services and snow removal. Insured.	651-489-7301 (home) 651-233-7754 (cell)
Clean and Clear Minnesota	Snow and leaf removal, gutters, windows. Around \$30 per home for snow removal	612-254-8777 www.cleanandclearmn.com/
Jesse Chura	Snow removal/shoveling	651-785-8531
Rebuilding Together	Home repair for low-income homeowners	http://rebuildingtogether-twincities.org/
Patrick Brown	Mowing	651-224-8593
Hearts and Hammers TC	Exterior painting and home repair for low income homeowners	www.heartsandhammers.org
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

Interior Maintenance & Repair

Paul Althoff	Grab-bar installation	612-822-0756 www.paulsgrabbars.com
Guy White, ActivStyle, Inc.	Grab bar install, home adaptations, medical equipment	612-520-9333 800-651-6223
Deirdre Pope, Council of Churches Paint-a-Thon	Painting services by volunteers	612-721-8687
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/
Mike Arcand Plumber	Plumber, in neighborhood	651-246-6077
Tara Green	Home maintenance, painting. \$20/hr	651-260-0426

Decluttering, Downsizing & Donating

Gentle Transitions	Packing and moving services specially for seniors	952-944-1028 651-224-0335 www.gentletransitions.net 7346 Ohms Lane Edina
Empty the Nest	Home cleanouts	612-998-0102 (Sharon Fischman) www.emptythenest.net 8812 7 th Ave N Golden Valley
Kaldecon	Cleaning; hoarding situations	888-922-6228 St. Paul
Scene Clean Inc	Cleaning; hoarding situations	612-643-0911
11 th 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

Home Adaptations & Medical Equipment		
ICanConnect	Tech equipment for low-income people with <i>both</i> hearing and vision deficit, all ages.	612-990-3834 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	710 E. 24 th 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
ActivStyle Inc. Guy White	Incontinence supplies and other home health needs. Free home consultations, handles all insurance.	612-520-9333 800-651-6223 www.activstyle.com/
LiveOakMed	Daily living aids, adaptive equipment	888-940-0605 www.liveoakmed.com
The Assisted Living Store	Daily living aids, adaptive	888-388-5862 www.assistedlivingstore.com

	equipment	
Jackson Medical Supply 982 Thomas Ave St. Paul MN 55104	Accepts insurance or private pay	651-645-6221 www.jacksonmedicalequipment.com
Handi Medical 2505 University Ave W St. Paul MN	Accepts insurance or private pay	651-644-9770 www.handimedical.com

Home Modifications		
Ramp Project (Amber)	Metropolitan Council for Independent Living – modular ramps constructed at home, sliding fee	651-603-2029 amberb@mcil-mn.org http://mcil-mn.org/index.php/programs/ramp-project
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
Rebuilding Together (Ramps)	Ramps and other home improvements for low-income	http://rebuildingtogether-twincities.org/
TreeTrust	Ramps, low-rise steps	612-297-2703 Ramps@TreeTrust.org www.TreeTrustLS.com

Monitoring and Safety

Fairview Lifeline	Sliding fee. Free activation coupon available at HME	952-885-6185 866-827-5039 www.fairview.org/lifeline
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In-home support & homemaking		
Jeanne Schuld	Cleaning, companion care, errands.	414-331-2966 Jschuld11@yahoo.com
Tara Green	Companion care, homemaking. \$20/hr	651-260-0426
Anisa Esse Essential Health Services	Housekeeping	612-458-7911 Anisa.esse@essentialhealthservicesmn.com
Touching Hearts at Home	Household chores, housekeeping.	651-452-6825
West 7 th 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 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

Home Health Aides, PCA & Medical Support

Recover Health (thru Hamline Midway Elders)	Home health, OT, PT. Footcare services \$30/visit	952-926-9808
Home Care Solutions	Personal cares, medication management	952-924-0677 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
Fairview Homecare		612-728-2468 www.fairview.org/homecare/
Livio Healthcare	In-home doctor/nurse practitioner visits	1-888-709-9344 www.livio.com
Direct Support Connect	Program of the MN Dept of Health to connect PCA/HHA with those in need	www.directsupportconnect.com

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/adulthood.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 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/support_services/gathering.php

Exercise & Recreation Programs		
Hamline Midway Elders	Arthritis Foundation Exercise Program; Tai Chi; Walking Group; Knitting and other groups	651-209-6542 www.hmolders.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

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. 7 th Community Center, St. Paul
Senior Recovery Program	Programming for seniors struggling with drugs or alcohol	651-773-0473 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

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 www.westsidechs.org
Open Cities Health Center	Medical, dental, optical, behavioral health, chiropractic	651-290-9200 www.opencitieshealth.org

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 910 E. 26 th Street Minneapolis, MN 55404 (other locations also)
Alzheimer's Disease Program- Abbott-Northwestern Hospital		612-863-3200 800 E. 28 th Street Minneapolis, MN 55407
The Memory Clinic University of Minnesota Medical Center		612-273-8720 www.memory.umn.edu 2312 S 6 th 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

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

Legal and Financial Services		
Thorsen, Breidinger & Novak Accounting	Accounting	651-770-8822 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
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
Professional Fiduciary Inc	Trustee, guardian, conservator, executor, power of attorney, health care agent	612-781-8799 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 info@snplanners.com
Jennifer Anderson, Attorney Theil Firm	Estate planning for people with disabilities and their families	952-920-8444 janderson@thiefirm.com www.thiefirm.com 7300 Metro Blvd. #630 Edina MN 55369
Honoring Choices MN	Health care directives support and information, forms in languages other than	www.honoringchoices.org

	English	
Southern Minnesota Regional Legal Services	Free, high-quality legal help to low-income people in critical civil matters	888-575-2954 www.smrls.org/
Ramsey County Bar Association	Modest price set for people with limited income (\$55/hr)	https://www.ramseybar.org/find-a-lawyer/

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
US Government Department of Agriculture	Booklet online: <i>A Shopper's Guide to Long-Term Care Insurance</i>	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 1600 University Ave S #211 St. Paul MN 55104
Stratis Healthcare	Local branch of Medicare	800-633-4227, 952-854-3306 www.stratishealth.org 2901 Metro Drive Bloomington MN

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://metro council.org/Transportation/Services/Metro-Mobility.aspx
Hamline Midway Elders	Volunteer drivers provide rides only to Hamline Midway residents 60+	651-209-6542 www.hmolders.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 612-373-3333

Pharmacy Delivery

Lloyd's Pharmacy	Home delivery of medications to Hamline Midway residents.	651-646-8636 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

Grocery & Meal Delivery

Help at Your Door	Store to door, sliding fee	651-642-1892 www.helpatyourdoor.org
Coborn's Delivery	Grocery delivery, fee applies	www.cobornsdelivers.com
Instacart	Variety of grocery stores to choose from, delivery fee. Online/mobile app only	www.instacart.com
Homestyle	Home delivered frozen meals. Medicaid waiver available.	866-735-0921 www.homestyledirect.com

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/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
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	
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
Open Arms of MN	Home meal delivery to people with serious illness	www.openarmsmn.org

Thanksgiving Meals

Randolph Heights Presbyterian Church	Free communal meal at noon	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/ 674 Johnson Parkway
Meals on Wheels	Contact your local service	
Union Gospel Mission		www.ugmtc.org/ 77 9th St E, St Paul