

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

Visit our website. Click on ACCAP Programs and scroll down to the Senior Service you are looking for to obtain the number for the appropriate program.

Extended Care Providers..... www.extendedcare.com

Social Security Administration **Apply 1-800-772-1213**

Forms Assistance & 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 and follow up with callers. Office hours: Monday-Friday 8 am – 4 pm. Residents outside of Anoka County call the 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 age 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 available. No fee.

Greater Twin Cities United Way, 2-1-1 **2-1-1 or (651) 291-0211 or 1-800-543-7709**

Anoka County residents can text their zip code to receive information **898211**
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. Through the free 211 resource helpline, they act as a bridge, providing confidential information and referrals to statewide resources and services to ensure people have their basic needs met at any time, day or night.

SeniorResource www.seniorresource.com

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

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, please see the Transportation section under BASIC NEEDS.

Anoka County MedLink..... **(763) 324-3255**

<http://www.anokacountymn.gov/medlink> MedLink is a volunteer program providing rides in the volunteer’s personal vehicles. It is available for Anoka County residents only who are 60+ or Veterans. Medlink provides rides for medical, dental, or social service appointments only. Transportation provided for Veterans (all ages) to & from VA Hospitals in Minneapolis, Ramsey, Maplewood, and St. Cloud. Call Monday – Friday 8 am - 4:30 pm. There is no charge, however, donations are accepted.

Anoka County Transit (763) 324-3250
Fixed Route Schedule information from Metro Transit (612) 373-3333
Transit Link reservations & cancellations, Mon – Fri 7:00 am - 3:30 pm.....(651) 602-5465
Metro Mobility East reservations & cancellations, 6am - 5pm with holiday availability(651) 602-1120
Metro Mobility Service Center (651)-602-1111
www.anokacountymn.gov/transit Transit Link is a service available in the seven-county metro area. All vehicles are lift equipped. A fare is required.

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.

Coon Rapids Senior Services (763) 767-6473
 Transportation provided to seniors within Coon Rapids city limits to Senior Center activities. Transportation for groceries is available.

Mary Ann Young Center (763) 786-9375
 Transportation to and from Mary Ann Young Center in Blaine. Only for activities, dining, and special events. Call for a reservation.

Metro Mobility **Service Center (651) 602-1111**
Anoka County residents, East Zone..... **Appointment Line (651) 602-1120**
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. Certification can take up to 21 days for approval. All vehicles are wheelchair accessible. Consult website for hours.

Minnesota Non-Emergency Transportation (MNET) **1-866-467-1724**
 Public transportation is provided to clients on Medical Assistance. Try to schedule trips three days in advance. Can request rides on www.medicaltrip.net.

Food

Family Table *See BASIC NEEDS: Food*

Fare For All (763) 450-3880
www.fareforall.org A non-profit distribution program open to everyone, regardless of income. No registration required. Food packages of frozen meat, fruits and vegetables are offered at a savings of 40% off retail. For all locations and times, visit the website or call.

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/Impact Services..... (763) 264-4041
 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. Serving all of Anoka County and the city of Champlin.

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
www.optage.org Division of Presbyterian Homes. Locally prepared fresh, fully cooked meals delivered to your home weekly. 60+ fresh/frozen entrees to choose from that can quickly be re-heated in microwave or oven. Friendly, local drivers deliver, help put meals away, and answer questions. Must order a minimum of 5 meals: no delivery charge. Accepts waivers, insurance, Title 3 funding, and private pay. Can order by phone or email: orders@optagedining.org.

Senior Dining

The Volunteers of America offer a hot, balanced meal and social activities at various locations throughout the area. Please call to verify age requirements and costs. Reservations are required 4 working days in advance. Please call your local senior center for other dining options. Dining is provided at these locations:

Anoka Senior Center, Tues-Fri at Noon (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 Greater Twin Cities United Way 2-1-1 or the Minnesota Food Helpline at 763-450-3860 for further assistance.

See BASIC NEEDS: Food Shelves.

Home Services

For a list of home health care agencies, contact Family Home Visiting 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, and seasonal chores such as lawn mowing, lawn clean-up, and snow removal. Funding support is provided by Trellis as part of the 'Older Americans Act Program.'

Anoka County Library, Books by Mail..... (763) 324-1529
www.anokacountymn.gov 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.anokacountymn.gov/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 are 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.

Home Modification Agencies (763) 783-4707

For a list of home modification agencies, please contact ACCAP’s Senior Information Line.

Long Term Services & Supports (LTSS), 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.

Tamarisk, Inc. (763) 572-1950

www.tamarisk.org Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families dealing with an end stage terminal or 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 www.getasmokealarm.org

Minnesota Adult Abuse Reporting Center, 24-hour.....1-844-880-1574

www.mn.gov/dhs/reportadultabuse Toll-Free number that allows the general public to report suspected maltreatment of vulnerable adults confidentially and in good faith. Reports will be submitted promptly to the appropriate investigative agency.

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, and juvenile fire setting program. Provides CPR training for a small fee.

Life Alert Systems (763) 783-4707

For a list of Life Alert Systems, contact ACCAP’s Senior Information Line.

Rebuilding Together Minnesota..... (651)776-4273

www.RtMN.org Bringing volunteers and communities together to improve the 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

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 & Implants **(320) 910-0078 or 1-800-649-1532**
www.affordabledentures.com Mon – Fri 8 am – 4 pm. By appointment only. 100-day satisfaction guarantee on dentures

Allina Home Health & Community Services **(651) 635-9173**
Provides coordinated care and services for patients and families across care settings. Services include 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 available including: 24-hour telephone support, information on memory loss, referrals regarding support groups for persons with Alzheimer’s disease & their families, and safe return program.

Centro Tyrone Guzman..... **(612) 874-1412**
www.centromn.org 1915 Chicago Ave S, Minneapolis, MN 55404. Committed to contributing to the well-being of Latine families through a holistic and intergenerational approach to education, health, and wellness. Senior, preschool, and youth programs available. Also offers Alzheimer’s resources and support.

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 and 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.

- Epilepsy Foundation of Minnesota** (651) 287-2300 or 1-800-779-0777
www.efmn.org info@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 of MN and the eastern part of North Dakota.
- Footcare**763-502-5150
 Nurse will clean and assess feet, trim and file toenails, work on fungal and ingrown nails and provide non-invasive treatment of corns and callouses, followed by a foot rub. This is not a salon pedicure. Payment due at time of service. By Appointment Only. 2nd Thursday every month at the Fridley Senior Center.
- Health Insurance Counseling Program** 1-800-333-2433
www.mn.gov/senior-linkage-line/ Free service to seniors, persons with disabilities, and caregivers living in Anoka County. Certified staff & volunteers provide confidential help with Medicare questions, supplemental insurance, medical bills, prescription drug programs, long term insurance, and more.
- Long Term Services & Supports (LTSS), 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 & Community-Based Waivers.
- M-power Wellness Center** (651) 257-7957
www.mpowerwellnesscenter.com Offers arthritis water classes, aquatics, fitness room, personal training, group exercise classes, nutritional counseling, and art programming. Heated Pool. Serving Adults 35+.
- Med-Alert Bracelets**.....Ask your local pharmacy
- Medicare Customer Service** 1-800-MEDICARE (1-800-633-4227)
www.medicare.gov
- Medicare Partners** 1-888-541-5488
 Helps eligible low-income patients 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**..... 1-855-457-2851
www.asbestos.com Medical information on asbestos, mesothelioma and other cancers that are caused by asbestos exposure.
- MinnesotaCare Information Line** (651) 297-3862
 MN residents who do not have and cannot afford health insurance may be eligible for very low-cost coverage through MN Care. Available to adults and children who meet specific guidelines. Covers most medical needs, including visits to doctors, most prescriptions, some dental, hospitalization, etc. Cannot be on Medicare.

- Minnesota 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
 Works to ensure the health, safety, welfare, and rights of adults ages 18+ 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 helps to resolve disputes between consumers and providers of care services.
- Senior Recovery Program**..... (651) 773-0473
www.seniorrecoverycenter.org 200 E Plato Blvd St Paul 55107. 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, or prescription medications. Insurance assessments available.
- State Services for the Blind, Minnesota**..... (651) 539-2300
www.mn.gov/deed/ssb 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 dealing with an end stage terminal or 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/deaf-hard-of-hearing 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 telephones 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 Minnesota, 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
www.visionlossresources.org 3230 Spruce St Little Canada, MN 55117
 Provides senior services and rehabilitation services. Deaf/Blind Services MN

Mental Health & Companionship Programs for Seniors

ACCAP, Senior Kinship Program..... (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. Clients must be referred to the program, cannot be on a waiver program and must qualify to receive services. Waiting lists apply.

Anoka County Mobile Crisis Response..... (763) 755-3801
24-hour Mobile Mental Health Crisis services for children and adults including crisis assessment, crisis intervention, and crisis stabilization services.

Anoka Metro Regional Treatment Center..... (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.

Family Caregiver Connection..... (763) 324-1608
www.anokacountymn.gov/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.

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+.

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.

Mental Wellness Campaign Anoka County (MWCAC) www.mwcac.org

www.mwcac.org We are a non-profit organization. Our mission is to erase the stigma surrounding mental health through awareness, education, and engagement. Our purpose is to reach out to the entire community with the message: “Mental health is as important as physical health.” Visit our website or Facebook Page: 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 (651) 774-0011
www.peopleincorporated.org Individual, group, family, & marital therapy. Anger management and domestic abuse groups for perpetrators. Most insurance accepted. Sliding fee. M - Th 9 am – 7 pm, Fridays 9 am – 1 pm.

Riverwind IRTS (Intensive Residential Treatment 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.

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 dealing with an end stage terminal or life-threatening illness.

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. Developing programs geared for seniors.

Well-Spouse Association..... 732-577-8899
www.wellspouse.org Offers emotional support through peer-to-peer support groups and other resources for caregiving spouse or partner. Member based organization that is non-profit.

Adult Day Programs

Daily Senior Care (651) 653-0660
7933 24th Ave N, Lino Lakes 55038. Adult day care. Serves all ages. Provides transportation. Overnight respite and live-in options available.

North Ridge Heartland Rehab (763) 592-2600
www.northridgehealthandrehab.com Dementia Care for vulnerable adults in need of supervision, socialization, and/or skilled nursing services during the day in a secure environment. Services are available Monday - Friday 7:00 am – 5:00 pm.

Park House..... (763) 360-3322
www.parkhousemn.com 12345 Butternut St. NW, Coon Rapids 55448. Adult day care provided in a loving home. Can serve up to 8 clients. Monday - Friday 6 am – 6 pm.

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.

Anoka County Adult Foster Care (763) 324-1230

Licensed living arrangement in a private home that provides food, lodging, supervision, and household services for qualified individuals who need assistance with everyday personal care due to developmental disability, mental illness, physical disability, or aging.

Emergency Housing..... (763) 427-1212

Call this number if it is after 4:30 pm & you are without shelter.

Housing for Seniors..... Senior Information Line (763) 783-4707

Information on subsidized, market rate, housing with services, and other housing options.

Metro Shelter Hotline..... 1-888-234-1329

Senior Housing Directory www.seniorhousinginc.org

Senior Housing Directory is Minnesota's original housing and services resource. For a free printed copy, call the Senior LinkAge Line at 1-800-333-2433 or the ACCAP Senior Information Line at (763) 783-4707. Copies are also available for pick 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. Free.

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

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

Legal and/or Advocacy for Seniors

ACCAP, Foreclosure Prevention (763) 783-4851

www.accap.org For people who are facing default/foreclosure. We work with your lender to help find you resources.

ACCAP, Senior Outreach (763) 783-4741

www.accap.org/senior-services/outreach Senior Outreach Workers help older adults age 60+ access services to live independently in their own homes or apartments. Referrals include financial programs, nutritional resources, home services, fuel assistance, etc. Assistance with paperwork, forms, & applications available. No fee.

Alexandra House, Inc., Community Program (763) 576-9999

www.alexandrahouse.org Shelter, crisis intervention, support groups and legal advocacy for victims of domestic and sexual violence. Also provides elderly care. Elder abuse can occur in many forms, such as physical, verbal, mental, emotional, financial, sexual and health care.

American Association of Retired Persons (AARP) (952) 883-8800 or (952) 858-9040

www.aarp.org A national advocacy & information organization for persons 50 years or older. Tax aides & information available. Information on support groups, insurance information, grief & loss programs, legal services, medical & medication discounts, and many more topics available. Located at the Mall of America.

Estate & Elder Law Services at Volunteers of America MN..... (612) 676-6300
www.voamnwi.org/estate-elder-law-services Email: estateandelderlaw@voamn.org. Elder law services include estate planning, will preparation, establishment of trusts, advance care directives for health care, powers of attorney, disability planning, Medical Assistance advice & planning, special needs trusts, real estate matters, probate, conservatorships, and guardianships. Strong advocates for the interests of elders and their families.

Family Caregiver Connection..... (763) 324-1608
www.anokacountymn.gov/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 & education, caregiver support groups, group respite, health & spiritual connections, and community educational opportunities. Group respite is provided at multiple locations.

Minnesota 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 Payee List..... Sr Info Line (763) 783-4707
Agencies provide money management for clients receiving government benefits and having trouble managing their finances. Call Senior Information Line for a list of Representative Payees.

Twin Cities Metro LGBTQ Aging Resource Guide..... www.lgbtqagingcenter.org

Veterans Service Office, Anoka County (763) 324-4500
Fax Number (763) 324-1040
www.anokacountymn.gov/veterans Helps veterans apply for healthcare benefits and disability services.

Educational Opportunities for Seniors

55 Alive Driving / Defensive Driving Class for SeniorsSenior Information Line (763) 783-4707
Refresher course for seniors. Earn discount on car insurance. Many senior centers & clubs offer classes. Call Senior Information Line for locations and schedules.

American Association of Retired Persons (AARP), (952) 883-8800 or (952) 858-9040
www.aarp.org Driver safety classes available.

Anoka County Library, Books by Mail..... (763) 324-1529
www.anokacountymn.gov Anoka County Library will mail books free of charge to residents who cannot get to their community library. Contact the outreach librarian.

Anoka Ramsey Community College..... (763) 433-1100
www.anokaramsey.edu/events Seniors can audit classes. The college also welcomes seniors to attend various theatre events, music concerts, art shows and sales at the campus. Visit www.anokaramsey.edu/campus-life/art-creative-writing-music-theatre for more information.

Community Education Programs for Seniors.....See EDUCATION: Community Education
Provides educational opportunities for seniors, such as Adult/Basic Continuing Education programs (GED or refresher programs). For further information, call your school district.

Family Caregiver Connection..... (763) 324-1608
www.anokacountymn.gov/655/Family-Caregiver-Connection Provides educational opportunities to caregivers through support groups and community education events. Topics include estate planning, self-care, medication management, positive aging, depression, coping with grief & loss, understanding memory loss, etc.

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

Minnesota Safety Council (651) 291-9150
www.minnesotasafetycouncil.org Senior Driver classes available. Click on “drive safe.”

Employment Opportunities for Seniors

Senior Community Service Employment Program, Anoka County (SCSEP)..... (763) 324-2284
Employment and Training program for Anoka County older workers, aged 55 or older. Provides part-time employment opportunities at community service worksites. Career Counselor can also assist with jobs, resume writing, interview skills and help accessing community resources. For more information, please visit our website at www.anokacountymn.gov/1284/Senior-Employment

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**
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) 367-7868**
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**

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.ymcanorth.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, and seasonal chores such as lawn mowing, lawn clean-up, and snow removal. Funding support is provided by Trellis as part of the 'Older Americans Act Program.'

ACCAP, Head Start (763) 783-4300

www.accap.org Early learning childhood programs in Anoka & Washington counties. Volunteers are needed in a variety of areas, including in the classroom, office, and as bus monitors. See program description under EARLY CHILDHOOD CARE / EDUCATION.

ACCAP, Senior Kinship Program..... (763) 783-4743

www.accap.org/senior-services/kinship Offers weekly one-on-one services where volunteers provide assistance, transportation, and friendship to isolated or homebound seniors. Clients must be referred to the program, cannot be on a waiver program and must qualify to receive services. Waiting lists apply.

Alexandra House, Inc. Shelter Program & 24-Hour Helpline..... (763) 780-2330

www.alexandrahouse.org Community based nonprofit organization that provides housing & supportive services and community/legal advocacy to victims of domestic & sexual violence. A wide variety of volunteer opportunities are available. Contact the Volunteer Coordinator. Also provides 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 individuals 55+ to participate in their communities through volunteer services.

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

www.anokacountymn.gov/655/Family-Caregiver-Connection Volunteers needed to provide in-home visits to 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 site coordinator as well as FCC Staff overseeing the program. Training is provided.

Hands on Twin Cities (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 are available listed on our website.

Health Insurance Counseling Program..... 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 Centers, Churches, Hospitals, & Nursing Homes are always looking for volunteers!