

Senior Resources



Hennepin County Aging and Disability

612-348-4500 • www.co.hennepin.mn.us

From their website, click on *Residents*. Under *Help for People*, click on *Human Services & Public Health Resource Directory*. This is a consolidated directory for seniors, those with physical & developmental disabilities, related conditions, and all waivers.

Senior Resources by State

www.seniorresource.com

Online resources for seniors.

CEAP Meals on Wheels

763-450-3678 • www.ceap.com/mealsonwheels

CEAP's Meals on Wheels program provides hot, nutritious meals for home bound elderly and disabled individuals.

Social Security Administration

1-800-772-1213 • www.ssa.gov

Get or replace a social security card, apply for retirement benefits, disability benefits, Medicare, social security, survivors or family benefits, and much more. See website for details.

Alzheimer's Association

1-800-272-3900 • www.alz.org/mnnd

24 hour helpline. Alzheimer's and dementia resources available

Senior Resource Center

763-509-5284

Help with senior housing and medical information.

Senior Linkage Line

1-800-333-2433 • www.mnaging.org

One stop resource for connecting to other programs.

SNAP (Supplemental Nutrition Assistance Program) Food Support

651-209-7963

SNAP provides nutrition assistance to low-income individuals and families and provides economic benefits to communities.

Medication Therapy Management

612-538-0026

At home services for qualified seniors. To qualify you must be 60 years of age or older, take 4 or more medications (including OTC), and live in Anoka, Hennepin, Ramsey, Scott, or Washington counties

Transportation Assistance

Transit Link • 612-602-5465

Metro Mobility • 651-602-1111

Growing Through Loss Grief Support Series

763-755-5335 • www.growingthroughloss.org

Information and support for a variety of loss, grief, child, divorce, separation etc. Free to the public. Registration takes place each program night at a host church. Each session is complete in itself.

AARP

www.aarp.org

AARP is a non-profit targeted to adults 50+. It provides information on a variety of services such as healthcare, employment, and retirement planning.

Store to Door

651-642-1892 • www.storetodoor.org

Shops and delivers groceries and prescriptions.

Customers pay for groceries and delivery fees are subsidized based on income.

See other side for more senior resources...

Senior Resources



Starkey Hearing Foundation

1-800-328-8602

www.starkeyhearingfoundation.org

Hear Now is a national non-profit program committed to assisting those permanently residing in the U.S. who are deaf or hard of hearing and have no other resources to acquire hearing aids.

BC Community Center: Boomers & Beyond

763-569-3405 • www.cityofbrooklyncenter.org

Type in the search box “boomers and beyond” and browse the “recreation brochure” link. The city of Brooklyn Park offers a wide variety of classes and programs at the community center.

Metro Paint-A-Thon

612-276-1579 • www.paintathon.gmcc.org

Volunteer teams are matched with seniors to scrape, prime, and paint the exterior of each eligible home or garage. No cost to the homeowner.

Affordable Dentures

763-315-1875 • www.affordabledentures.com

There is a growing need for dentures and tooth extractions at affordable fees. Every practice has its own on-site denture lab to offer same day service. The clinic will provide best estimated cost for the service clients need.

Hennepin County Library: Senior Surf Day

612-543-5600

<http://www.hclib.org/pub/events/AllEventsAction.cfm>

Learn computer basics, how to navigate and search the internet, and how to access websites of interest for seniors. Get hands on experience with help from representatives of the Senior Linkage Line.

Metro Bus Dial-A-Ride

320-251-7433 • www.ridemetrobus.com

Available to individuals with disabilities who are unable to ride fixed bus routes. This is a shared ride, door-to-door driver assisted service, which requires advanced reservations.

Partnership for Prescription Assistance

1-888-4PPA-NOW • 1-888-477-2669

Partnership for prescription assistance helps qualifying patients without prescription drug coverage get the medications they need. Many will get their prescriptions for free or nearly free.

MN Department of Veterans Affairs

1-888-546-5838 • <http://mn.gov/mdva/>

Lutheran Social Services for Older Adults

Caregiver Support & Respite Services • 1-800-488-4146

Financial Counseling and Reverse Mortgage Counseling • 1-888-577-2227

NAPS

651-484-8241 • 1-800-365-0270

MN residents age 60+ years old. These seniors are those who need to prepare their own meals but are not in a facility that provides meals. The program is run by Second Harvest Heartland Food Bank, Maplewood

Senior Companions

651-310-9440 • seniorcorps@lssmn.org

Elder Care Locator

1-800-677-1116 • www.eldercare.gov

Connecting to community services from US Administration on Aging.