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ADULT DAY SERVICES

Adult day services are community-based centers designed to meet the needs of adults experiencing a decrease in physical, mental, and/or social functioning. Adult Day services are comprehensive, non-residential programs that provide a variety of health, social and related support services in a structured setting. Services may include: skilled nursing, liaison with physicians, medication administration, incontinence management, personal care assistance, bathing, transportation, breakfast and lunch, rehabilitative therapies, foot care.

Amherst H. Wilder Foundation – Community Services for Aging

650 Marshall Ave
St. Paul, MN 55104
651-280-2298 / Fax 651-224-6906
caregiving@wilder.org
www.wilder.org

Wilder provides an array of prevention and intervention services that help older adults remain in their home with the greatest level of independence while providing their caregivers essential guidance and support. Our services include: community based health promotion courses, adult day health services, assisted living, and Meals on Wheels.

Jewish Family and Children's Service of Minneapolis

13100 Wayzata Blvd.
Minnetonka, MN 55305
952-546-0616
asandler@jfcsmpls.org
www.jfcsmpls.org

We provide services to help a person remain in their own home for as long as possible. These include care coordination, caregiver coaching, cleaning, shopping, bathing assistance, transportation, Meals on Wheels, adult day services, etc.

Sholom

West Campus
3620 Phillips Parkway
St. Louis Park, MN 55426
952-935-6311

East Campus
740 Kay Avenue
St. Paul, MN 55102
651-328-2091
jsherman@sholom.com / info@sholom.com
www.sholom.com

Sholom provides a broad continuum of residential, social service, and health care services primarily for older adults.

Volunteers of America-MN

7625 Metro Blvd
Edina, MN 55437
952-945-4000
info@voamn.org
www.voamn.org

Home and community based services that enable older adults to live as independently and safely as possible.

ADVOCACY

Organizations that advocate on behalf of older adults.

AARP Minnesota

30 East 7th Street, Suite 1200
Saint Paul, MN 55101
1-866-554-5381
mnaarp@aarp.org
<http://states.aarp.org/category/minnesota/>

AARP is a nonprofit, nonpartisan organization, with a membership of more than 37 million, that strengthens communities and fights for the issues that matter most to families such as healthcare, financial security and retirement planning.

Alzheimer's Association Minnesota-North Dakota

7900 West 78th Street, Suite 100
Edina MN 55439
952-850-0512
mnnd-info@alz.org
www.alz.org/mnnd

We provide resources, programs and services to individuals diagnosed with Alzheimer's disease or a related dementia, their care partners and others concerned.

Little Brothers - Friends of the Elderly

1845 East Lake Street
Minneapolis, MN 55407
612-721-6215 / Fax 612-721-5848
info@littlebrothersmn.org
www.littlebrothersmn.org

Little Brothers - Friends of the Elderly connects isolated and lonely older adults in the Twin Cities to the community and increases independence through companionship services, home visits, social activities, wellness education, and advocacy.

Mental Health Association of Minnesota

475 Cleveland Ave N, Suite 475
St Paul, MN 55104
651-493-6634
info@mentalhealthmn.org
www.mentalhealthmn.org

MHAM helps people navigate complex systems for mental health care and other services. MHAM also offers workshops and wellness materials and educates policymakers to improve services for people with mental illnesses.

Metropolitan Area Agency on Aging

2365 N McKnight Road
North St. Paul, MN 55109
651-641-8612
maaa@tcaging.org
www.tcaging.org

The Metropolitan Area Agency on Aging is a nonprofit organization serving the metropolitan region. MAAA connects older adults and caregivers to services and works with community partners to expand long-term services and supports.

Ombudsman for Long-Term Care

P.O. Box 64971
St. Paul, MN 55164-0971
651-431-2555; toll-free at 1-800-657-3591
www.mnaging.net/en/Advocate/OLTC.aspx

The Office of Ombudsman for Long-Term Care is a program of the Minnesota Board on Aging. Regional ombudsmen and volunteers work to enhance the quality of life and services for people receiving long-term care services. The program advocates for person-centered living throughout the health care continuum. The program also advocates for reform in long-term care through changes in state law, federal law and administrative policy.

OutFront Minnesota

310 East 38th Street, Suite 204
Minneapolis MN 55409
612-822-0127
Inquiries@outfront.org
www.outfront.org

We are a community-based advocacy organization serving LGBTQ folks throughout Minnesota. We provide training at our staff orientation as well as ongoing internal staff training opportunities. Within the Anti-Violence Program, we provide direct advocacy to LGBTQ victims of crime across the age spectrum.

Training to Serve

2365 N. McKnight Road, Suite 3
North St. Paul, MN 55109
info@trainingtoserve.org
www.trainingtoserve.org

Training to Serve provides training and resources to assist providers of aging services meet the needs of LGBT older adults.

ALTERNATIVE AND COMPLEMENTARY THERAPY

Medical and healthcare related services that fall outside the traditional Western medicine model. These may include whole body systems such as homeopathy, mind-body medicine, biologically based practices such as supplements, and energy medicine.

Acupuncture With Cadance

2301 Como Avenue, Suite 102
Saint Paul, MN 55108
612-269-3370
cpaulaha@gmail.com
www.acupuncturewithcadance.com

Acupuncture; Chinese herbal medicine; Chinese dietary therapy; tuina massage.

Human Touch Massage

4021 Vernon Ave S., Suite 201
Minneapolis, MN 55416
612-486-2612
humantouchmassagemn@gmail.com
www.humantouchmassagemn.com

We practice evidence-based massage therapy with an interest in both relaxation and rehabilitative massage, integrative care, wellness, and senior care.

CAREGIVER SUPPORT

Services designed to specifically assess and address the needs of the informal or unpaid caregiver who is providing care to an older adult. These services may include 1:1 consultation, coaching, connection to support groups, respite care services and more.

Alzheimer's Association Minnesota- North Dakota

7900 West 78th Street, Suite 100
Edina MN 55439
952-850-0512
mnnd-info@alz.org
www.alz.org/mnnd

We provide resources, programs and services to individuals diagnosed with Alzheimer's disease or a related dementia, their care partners and others concerned.

Amherst H. Wilder Foundation – Community Services for Aging

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St. Paul, MN 55104
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caregiving@wilder.org
www.wilder.org

Wilder provides an array of prevention and intervention services that help older adults remain in their home with the greatest level of independence while providing their caregivers essential guidance and support. Our services include: community based health promotion courses, adult day health services, assisted living, and Meals on Wheels.

*“We seek to provide services
with respect and dignity to all
individuals we serve.”*

DARTS

1645 Marthaler Lane
West St. Paul, MN 55118
651-455-1560
info@darts1.org
www.darts1.org

DARTS provides transportation and home services to our valued clients in Dakota County primarily through volunteers. These services include transportation, grocery shopping, homemaking, etc.

Eldercare Partners

1645 Marthaler Lane
West St Paul, MN 55118
651-234-2262
Catherine.Rohde@darts1.org
www.eldercarepartners.org/

Eldercare Partners is a nonprofit organization providing award-winning services to caregivers in the Minneapolis-St. Paul metro area. We partner with you, assessing your individual situation and identifying the information, resources, and services that are of greatest value. Eldercare Partners can help you gain insight, cope with stress, and restore life balance.

FamilyMeans

1875 Northwestern Avenue South
Stillwater, MN 55082
651-439-4840 / Fax 651 439-4894
familymeans@familymeans.org
www.familymeans.org

FamilyMeans offers financial and bankruptcy services and education; family counseling and mental health services; collaborative divorce services; caregiver support services; youth enrichment programs; and an employee assistance program.

Jewish Family and Children's Service of Minneapolis

13100 Wayzata Blvd.
Minnetonka, MN 55305
952-546-0616
asandler@jfcsmpls.org
www.jfcsmpls.org

We provide services to help a person remain in their own home for as long as possible. These include care coordination, caregiver coaching, cleaning, shopping, bathing assistance, transportation, Meals on Wheels, adult day services, etc.

Jewish Family Service of St. Paul

1633 W 7th Street
St. Paul, MN 55102
651-698-0767
crosenthal@jfssp.org
www.jfssp.org

We provide care coordination for older adults and offer support services to caregivers as well as mental health services.

Living at Home Network

550 Rice St.
St. Paul, 55103
651-649-0315 / Fax 651-649-0318
director@lahnetwork.org
www.lahnetwork.org

Our network of 36 community based organizations mobilizes volunteers and provides care coordination services to ensure that seniors have the support they want/need to live safely at home. Check our webpage to find a program near you.

CAREGIVER SUPPORT *continued*

Metropolitan Area Agency on Aging

2365 N McKnight Road
North St. Paul, MN 55109
651-641-8612
maaa@tcaging.org
www.tcaging.org

The Metropolitan Area Agency on Aging is a nonprofit organization serving the metropolitan region. MAAA connects older adults and caregivers to services and works with community partners to expand long-term services and supports.

Senior Community Services

10201 Wayzata Blvd., Suite 335
Minnetonka, MN 55305
952-541-1019
SCS@seniorcommunity.org
www.seniorcommunity.org

Since 1950, Senior Community Services has been making a measurable difference in the quality of life for seniors and those who care for them. Since that time, the organization has grown to help meet needs throughout the Twin Cities and across Minnesota. The vision of Senior Community Services is to mobilize the community to reimagine aging. We are passionate about enhancing the quality of life of older adults and caregivers.

Supported Journey Care Management

11605 44th Place N.
Minneapolis, MN 55442
612-558-4138
kathy@supportedjourney.com
www.supportedjourney.com

We assist elders and persons with health challenges in meeting their current and future care needs. We help you clarify your situation, and guide you toward the best support solutions.

Volunteers of America-MN

7625 Metro Blvd
Edina, MN 55437
952-945-4000
info@voamn.org
www.voamn.org

Home and community based services that enable older adults to live as independently and safely as possible.

CASE MANAGEMENT / CARE COORDINATION

Case managers are professionals with a specialized body of knowledge and experience related to the care of an older adult. They serve as a guide and resource helping individuals and families develop personalized care recommendations based upon an extensive evaluation of an individual's physical, psychological, social, and environmental needs.

Care Management Solutions, LLC

7214 Pleasant Avenue S.
Richfield, MN 55423
612-308-0166
info@caremanagementllc.com
www.caremanagementllc.com

Care manager and health care advocate for seniors, people living with a disability or illness and their families.

Eldercare Partners

1645 Marthaler Lane
West St Paul, MN 55118
651-234-2262
Catherine.Rohde@darts1.org
www.eldercarepartners.org

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Metropolitan Area Agency on Aging

2365 N McKnight Road
North St. Paul, MN 55109
651-641-8612
maaa@tcaging.org
www.tcaging.org

The Metropolitan Area Agency on Aging is a nonprofit organization serving the metropolitan region. MAAA connects older adults and caregivers to services and works with community partners to expand long-term services and supports.

Pathfinder Care Management

4826 Chicago Avenue South, Suite 205
Minneapolis, MN 55417
612-729-9096 / Fax 612-825-0007
info@pathfindergcm.com
www.pathfindergcm.com

We are a team of RNs and Social Workers who offer geriatric care management services in the Twin Cities Metro Area. We assist seniors and their loved ones navigate the senior care industry, offering advocacy and assistance coordinating their care needs.

Senior Community Services

10201 Wayzata Blvd., Suite 335
Minnetonka, MN 55305
952-541-1019
SCS@seniorcommunity.org
www.seniorcommunity.org

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Supported Journey Care Management

11605 44th Place N.
Minneapolis, MN 55442
612-558-4138
kathy@supportedjourney.com
www.supportedjourney.com

We assist elders and persons with health challenges in meeting their current and future care needs. We help you clarify your situation, and guide you toward the best support solutions.

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7625 Metro Blvd
Edina, MN 55437
952-945-4000
info@voamn.org
www.voamn.org

Home and community based services that enable older adults to live as independently and safely as possible.

COMMUNITY AND SOCIAL ACTIVITIES

Organizations that provide opportunities for older adults to become involved in an array of social programs and civic engagement within their community.

G.L.E.A.M. (Gay & Lesbian Elders Active in Minnesota)

PO Box 6515
Minneapolis, MN 55406-6515
612-201-6122

GLEAM provides a friendly and safe environment in which older gays and lesbians, together, can meet and socialize.

PFund Foundation is proud to support Training to Serve and their efforts to ensure that all LGBT older adults can access welcoming, respectful and competent care.

As the Upper Midwest's only regional LGBT community foundation, PFund supports projects, groups and leaders who are building a region that is free from violence, discrimination, invisibility and isolation for all LGBT people and our allies. We do this by awarding grants and scholarships, inspiring giving, and bringing people together. Find out more and get involved at PFundOnline.org.



Advancing social
justice for LGBT
communities in the
Upper Midwest



COMMUNITY AND SOCIAL ACTIVITIES

continued

Keystone Community Services

2000 St. Anthony Ave.

St. Paul, MN 55104

651-645-8057

jleifeld@keystoneservices.org

www.keystonecommunityservices.org

Keystone Community Services is a community-based human service organization in St. Paul offering a variety of programs for all ages across our service area at multiple sites. Our programs include three food shelves, emergency assistance and a comprehensive Seniors Program that provides Meals on Wheels, peer counseling and programs for active seniors, and case management for seniors, the disabled and at-risk families.

Little Brothers - Friends of the Elderly

1845 East Lake Street

Minneapolis, MN 55407

612-721-6215 / Fax 612-721-5848

info@littlebrothersmn.org

www.littlebrothersmn.org

Little Brothers - Friends of the Elderly connects isolated and lonely older adults in the Twin Cities to the community and increases independence through companionship services, home visits, social activities, wellness education, and advocacy.

**Old Lesbians Organizing for Change
(OLOC) - MN Chapter**

1425 W. 28th St., #608
Minneapolis, MN 55408
612-872-6806
khagen12@comcast.net

We are a national network of Old Lesbians over age 60 working to make life better for Old Lesbians through support networks and by confronting ageism in our communities and our country using education and public discourse as primary tools.

Out To Brunch

PO Box 582682
Minneapolis, MN 55458
762-391-3449
www.outtobrunch.org

Lesbian social group which provides a safe, friendly social network for all lesbian oriented women regardless of race, creed, age, or ability.

Prime Timers Minneapolis / St. Paul

1730 New Brighton Blvd., PMB 162
Minneapolis, MN 55413-1661
612-371-9537
mspertime@aol.com
www.primetimersww.org/ptmsp

Our purpose is to provide mature gay/bi men with opportunities to come together in a supportive atmosphere to enjoy social, educational, and recreational activities.

**Sabathani Community Center –
Senior Center**

310 East 38th Street, #106
612-821-2300 / Fax 612-821-2306
www.sabathani.org

SSC (Sabathani Senior Center) is the hub for many programs including wellness care opportunities; informative seminars on current topics or events; entertaining field trips to a theatre, historic sites, or museums; as well as a friendly gathering place where seniors can meet friends and neighbors. Our many activities and services are designed to help seniors maintain independent lifestyles.

St. Paul JCC 

1375 St Paul Ave
St Paul, MN 55116
651-255-4734
blevine@stpauljcc.org
www.stpauljcc.org

We are a place where individuals, families and communities come together for Jewish culture, child care, fitness, recreation and socialization in a safe, inclusive and welcoming environment. Throughout the building you will find a committed staff working together to provide our members and guests with quality experiences, excellent service and a sense of belonging.

Senior Community Services 

10201 Wayzata Blvd., Suite 335
Minnetonka, MN 55305
952-541-1019
SCS@seniorcommunity.org
www.seniorcommunity.org

Since 1950, Senior Community Services has been making a measurable difference in the quality of life for seniors and those who care for them. Since that time, the organization has grown to help meet needs throughout the Twin Cities and across Minnesota. The vision of Senior Community Services is to mobilize the community to reimagine aging. We are passionate about enhancing the quality of life of older adults and caregivers.

Quatrefoil Library 

1220 East Lake Street
Minneapolis, MN 55407-2787
612-729-2543
info@qlibrary.org
www.qlibrary.org

Quatrefoil is a GLBT member-supported lending library with a collection of books, DVDs, and periodicals. The 'Aging Out at the Library' project includes insurance counseling, community education programs, social activities, and volunteer opportunities.

COUNSELING

Agencies that provide professional guidance in the treatment of mental health and chemical dependency issues.

Edina Comfort Care Life Coaching & Counseling Clinic LLC

4570 West 77th Street, Suite 315
Edina, Minnesota 55435
952-913-5403 / Fax 952-831-3366
Edinacomfortcare@aol.com
www.EDINACOMFORTCARE.com

Edina Comfort Care Coaching and Counseling provides individual, GLBT, group therapy, couples and family counseling. Seniors are seen in their homes at no extra charge.

FamilyMeans

1875 Northwestern Avenue South
Stillwater, MN 55082
651-439-4840 / Fax 651 439-4894
familymeans@familymeans.org
www.familymeans.org

FamilyMeans offers financial and bankruptcy services and education; family counseling and mental health services; collaborative divorce services; caregiver support services; youth enrichment programs; and an employee assistance program.

Jewish Family and Children's Service of Minneapolis

13100 Wayzata Blvd.
Minnetonka, MN 55305
952-546-0616
asandler@jfcsmpls.org
www.jfcsmpls.org

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Jewish Family Service of St. Paul

1633 W 7th Street
St. Paul, MN 55102
651-698-0767
crosenthal@jfssp.org
www.jfssp.org

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OutFront Minnesota

310 East 38th Street, Suite 204
Minneapolis MN 55409
612-822-0127
Inquiries@outfront.org
www.outfront.org

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Volunteers of America-MN

7625 Metro Blvd
Edina, MN 55437
952-945-4000
info@voamn.org
www.voamn.org

Home and community based services that enable older adults to live as independently and safely as possible.

FINANCIAL PLANNING

Agencies that provide financial counseling and advice on investments and resources that can potentially assist with payment for goods and services that support older adults.

FamilyMeans

1875 Northwestern Avenue South
Stillwater, MN 55082
651-439-4840 / Fax 651 439-4894
familymeans@familymeans.org
www.familymeans.org

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651-641-8612
maaa@tcaging.org
www.tcaging.org

The Metropolitan Area Agency on Aging is a nonprofit organization serving the metropolitan region. MAAA connects older adults and caregivers to services and works with community partners to expand long-term services and supports.

FOOD AND NUTRITION

Agencies and programs that provide groceries, grocery delivery, or prepared meals that can be delivered to an older adult's residence or a local community site.

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St. Paul, MN 55104
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caregiving@wilder.org
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Minnetonka, MN 55305
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asandler@jfcsmpls.org
www.jfcsmpls.org

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FOOD AND NUTRITION *continued*

Keystone Community Services

2000 St. Anthony Ave.

St. Paul, MN 55104

651-645-8057

jleifeld@keystoneservices.org

www.keystonecommunityservices.org

Keystone Community Services is a community-based human service organization in St. Paul offering a variety of programs for all ages across our service area at multiple sites. Our programs include three food shelves, emergency assistance and a comprehensive Seniors Program that provides Meals on Wheels, peer counseling and programs for active seniors, and case management for seniors, the disabled and at-risk families.

St. Paul JCC

1375 St Paul Ave

St Paul, MN 55116

651-255-4734

blevine@stpauljcc.org

www.stpauljcc.org

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Minnetonka, MN 55305

952-541-1019

SCS@seniorcommunity.org

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Sholom

West Campus

3620 Phillips Parkway

St. Louis Park, MN 55426

952-935-6311

East Campus

740 Kay Avenue

St. Paul, MN 55102

651-328-2091

jsherman@sholom.com / info@sholom.com

www.sholom.com

Sholom provides a broad continuum of residential, social service, and health care services primarily for older adults.

Store To Door

1935 W County Road B2 #250

Roseville, MN 55113

651-642-1892 / Fax 651-642-0916

info@storetodoor.org

www.storetodoor.org

Store To Door provides nutrition and social contact to homebound elderly adults, enhancing their ability to continue living independently in the community. Groceries with care.

TRUST, Inc.

9 West Rustic Lodge
Minneapolis, MN 55419
612-827-6159/ Fax 612-827-6711
www.trustinc.org

We have workers for both inside and outside household chores, Meals on Wheels, parish nursing, estate sales, grief coalition and the Cooperative Adult Ministry

Volunteers of America-MN

7625 Metro Blvd
Edina, MN 55437
952-945-4000
info@voamn.org
www.voamn.org

Home and community based services that enable older adults to live as independently and safely as possible.

FUNERAL / CREMATION / END OF LIFE PLANNING

Barbara Johnson Hannah

6100 Creek Line Drive
Minnetonka, MN 55345
612/965-2499
bjhannah@comcast.net
www.bjhannah.net

I help people and their families plan & pre-fund their final arrangements – whether simple cremation & memorials or more comprehensive funeral services.

“As a member of society, I believe that each of us is entitled to equal and fair consideration for our final arrangements.”

Minnesota Threshold Network

mnthresholdnetwork@gmail.com
www.mnthresholdnetwork.wordpress.com

We educate and support people who want more end of life choices, including Advance Directives, more conscious dying, home vigils, and green burials. Part of aging is making plans for end of life care and after-death arrangements. We would welcome the opportunity to share Minnesota law allowing cheaper, more environmentally sensitive, and more spiritually satisfying alternatives to conventional commercial funeral and burial practices.

Neptune Society

7560 Wayzata Boulevard
Golden Valley, MN 55426
763-545-545-8095 / Fax 763-545-8115
laura.anderson@neptunesociety.com /
sales@neptunesociety.com
www.NeptuneSociety.com

The Neptune Society is the nation's oldest Cremation Society and we have recently opened an office in MN offering simple, dignified, economical cremation services.

HELP AT HOME

These agencies help seniors remain in their homes through help with chores like snow shoveling/removal, yard work, and heavier housecleaning, home modifications and remodeling.

DARTS

1645 Marthaler Lane
West St. Paul, MN 55118
651-455-1560
info@darts1.org
www.darts1.org

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HELP AT HOME *continued*

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asandler@jfcsmpls.org
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Living at Home Network 

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St. Paul, 55103
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director@lahnetwork.org
www.lahnetwork.org

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Neighborhood Involvement Program (N.I.P.) 

2431 Hennepin Ave. South
Minneapolis, MN 55405
612-374-3125
nip@neighborhoodinvolve.org
www.neighborhoodinvolve.org

N.I.P. helps seniors stay in their homes by providing housekeeping, minor repairs, snow removal and lawn mowing services. Social activities and other services are available to our clients. We have been in the community for more than 45 years, and the LGBT community has always been a visible part of those whom we serve.

Ostroot and Ostroot Professional Remodelers LLC


1311 44th Avenue NE
Columbia Heights, MN
612-840-1703
dostroot@gmail.com
www.ostrootandostroot.com

At Ostroot and Ostroot, we provide high quality, budget sensitive solutions to home remodeling. Among other things, we specialize in accessible and universal design, and are CAPS certified by the NAHB.

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10201 Wayzata Blvd., Suite 335
Minnetonka, MN 55305
952-541-1019
SCS@seniorcommunity.org
www.seniorcommunity.org

Since 1950, Senior Community Services has been making a measurable difference in the quality of life for seniors and those who care for them. Since that time, the organization has grown to help meet needs throughout the Twin Cities and across Minnesota. The vision of Senior Community Services is to mobilize the community to reimagine aging. We are passionate about enhancing the quality of life of older adults and caregivers.

<p>SERVING MINNEAPOLIS FOR 45 YEARS</p> <p> NIP Health Care, Mental Health, Youth, and Senior Services</p> <p>Neighborhood Involvement Program (612) 374-3125</p>	<p>SENIORS SERVICES</p> <ul style="list-style-type: none">• Housekeeping, Minor Repairs, Lawn Care and Snow Removal• Home Health and Safety Assessments• Leisure Time Bingo Parties <p>AFFORDABLE HEALTH CARE SERVICES</p> <ul style="list-style-type: none">• Medical and Dental Clinic for the Uninsured• Counseling Services for Uninsured and Insured
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TRUST, Inc.

9 West Rustic Lodge
Minneapolis, MN 55419
612-827-6159/ Fax 612-827-6711
www.trustinc.org

We have workers for both inside and outside household chores, Meals on Wheels, parish nursing, estate sales, grief coalition and the Cooperative Adult Ministry.

HOME CARE – MEDICAL

Home Health Care covers a broad range of services including: skilled nursing, occupational, physical, and speech therapies, personal cares through home health aides, and high tech pharmacy –all of which can be delivered in the home setting. For these services to be covered by a health plan or Medicare, a physician's order and possibly a 3-day inpatient hospital stay may be required.

Aseracare Hospice and Palliative Medicine

5001 American Blvd, Suite 655
Bloomington, MN 555437
952-943-0009
Mary.harrel@aseracare.com
www.aseracare.com

Hospice: A patient experiences an irreversible decline in health or desire for comfort over curative care. Palliative Medicine: A patient has a chronic disease. A Nurse Practitioner will make a house call to assist with your comfort, medical management, advanced care planning, and disease education. We also talk with your primary physician about your needs.

Firstat Nursing & Home Health Care

1885 W. University Avenue, Suite #350
St. Paul, MN 55104
651-288-0222 / Fax 651-288-0214
cmaxwell@firstat.com
www.firstat.com

Firstat is a full service medical home care, and also offers non-medical companion and homemaking services. We are a family owned, local company that has served the greater Twin Cities metro area for over a decade. We provide skilled nursing, physical therapy, occupational therapy, speech therapy and medical social work services to our clients. We are a Class A Medicare certified provider, and are also contracted with the Veterans Administration and most major insurers.

Heartland Home Care, Hospice and IV Pharmacy

2685 Long Lake Road, Suite 105
Roseville, MN 55113
651-633-6522 / Fax 651-604-4636
nblees@hcr-manorcare.com
www.heartlandhomehealth.com
www.heartlandiv.com
www.heartlandhospice.com

Heartland Home Health Care, Hospice and IV Care is a leading provider of home health care, hospice, and IV care services for adult patients of all ages specializing in the senior population. We provide patient education and are dedicated to providing the highest quality outcomes in our community. Contact us any time – 24 hours a day, 7 days per week.

Home Health Care, Inc.

800 Boone Ave N, Suite 200
Golden Valley, MN 55427
763-417-8888 / Fax 763-417-9999
Tom@hhcare.net
www.hhcare.net

A locally-owned Class A Medicare/Medicaid-certified home health agency with nursing, physical therapy, occupational therapy, specialized wound care and diabetes management services.

HOME CARE – MEDICAL *continued*

Legacy Home Care

800 Boone Ave N, Suite 195
Golden Valley, MN 55427
763-593-1000 / Fax 763-593-1001
info@legacyhc.net
www.legacyhc.net

Home care agency providing care from 2 to 24 hours per day. We offer skilled nursing, personal care, companions, and therapy.

N&V Helpful Heart Care Inc.

6000 Bass Lake Road, Suite 106
Minneapolis, MN 55429
763-442-0460
nandvhomecare@yahoo.com
www.nandvhomehealth.com/mn

We provide in home and out of home services to clients and assisted living services.

Sholom

West Campus

3620 Phillips Parkway
St. Louis Park, MN 55426
952-935-6311

East Campus

740 Kay Avenue
St. Paul, MN 55102
651-328-2091
jsherman@sholom.com / info@sholom.com
www.sholom.com

Sholom provides a broad continuum of residential, social service, and health care services primarily for older adults.

Specialized Medical Response, LLC

8014 Olson Memorial Hwy, #412
Golden Valley, MN 55427
763-202-1447 / Fax 763-226-2337
specializedmedicalresponse@gmail.com
www.specializedmedicalresponse.com

Full-service medical clinic and urgent care on-site at client's homes and businesses.

HOME CARE – NON-MEDICAL

Non-Medical Home Care focuses on assisting older adults to remain independent. Services range from assistance with personal cares (bathing, dressing, grooming, toileting) and assistance with housekeeping, laundry, linen changes, companionship and incidental transportation.

Baywood Home Care

6465 Wayzata Blvd., Suite 150
Minneapolis, MN 55426
763-546-8899 / 763-595-0465
dorothym@baywoodhomecare.com
www.baywoodhomecare.com

Baywood Home Care provides hourly and 24-hour live-in home care services, from housekeeping and meals, to full nursing home level care.

DARTS

1645 Marthaler Lane
West St. Paul, MN 55118
651-455-1560
info@darts1.org
www.darts1.org

DARTS provides transportation and home services to our valued clients in Dakota County primarily through volunteers. These services include transportation, grocery shopping, homemaking, etc.

FamilyMeans

1875 Northwestern Avenue South
Stillwater, MN 55082
651-439-4840 / Fax 651 439-4894
familymeans@familymeans.org
www.familymeans.org

FamilyMeans offers financial and bankruptcy services and education; family counseling and mental health services; collaborative divorce services; caregiver support services; youth enrichment programs; and an employee assistance program.

Firstat Nursing & Home Health Care

1885 W. University Avenue, Suite #350
St. Paul, MN 55104
651-288-0222 / Fax 651-288-0214
cmaxwell@firstat.com
www.firstat.com

Firstat is a full service medical home care, and also offers non-medical companion and homemaking services. We are a family owned, local company that has served the greater Twin Cities metro area for over a decade. We provide skilled nursing, physical therapy, occupational therapy, speech therapy and medical social work services to our clients. We are a Class A Medicare certified provider, and are also contracted with the Veterans Administration and most major insurers.

Home Care Solutions

3390 Annapolis Lane, Suite A
Plymouth, MN 55447
763-231-9000
caremaster@aol.com
www.homecaresolutionsmn.com

HCS provides 'live-in' home health aide assistance to the elderly in the eleven county Twin City Metro area, since 1996.

Home Health Care, Inc.

800 Boone Ave N, Suite 200
Golden Valley, MN 55427
763-417-8888 / Fax 763-417-9999
Tom@hhcare.net
www.hhcare.net

A locally-owned Class A Medicare/Medicaid-certified home health agency with nursing, physical therapy, occupational therapy, specialized wound care and diabetes management services.

Jewish Family and Children's Service of Minneapolis

13100 Wayzata Blvd.
Minnetonka, MN 55305
952-546-0616
asandler@jfcsmpls.org
www.jfcsmpls.org

We provide services to help a person remain in their own home for as long as possible. These include care coordination, caregiver coaching, cleaning, shopping, bathing assistance, transportation, Meals on Wheels, adult day services, etc.

Legacy Home Care

800 Boone Ave N, Suite 195
Golden Valley, MN 55427
763-593-1000 / Fax 763-593-1001
info@legacyhc.net
www.legacyhc.net

Home care agency providing care from 2 to 24 hours per day. We offer skilled nursing, personal care, companions, and therapy.

HOME CARE – NON-MEDICAL *continued*

Lifesprk

4570 West 77th Street Suite 350
Minneapolis, MN 55435
952 345 8770
shineon@lifesprk.com
www.lifesprk.com

Lifesprk takes a holistic approach to look at our clients' lives. We connect our clients with the right services to support their needs, and provide support in identifying priorities to manage services.

Living at Home Network

550 Rice St.
St. Paul, 55103
651-649-0315 / Fax 651-649-0318
director@lahnetwork.org
www.lahnetwork.org

Our network of 36 community based organizations mobilizes volunteers and provides care coordination services to ensure that seniors have the support they want/need to live safely at home. Check our webpage to find a program near you.

N&V Helpful Heart Care Inc.

6000 Bass Lake Road, Suite 106
Minneapolis, MN 55429
763-442-0460
nandvhomecare@yahoo.com
www.nandvhomehealth.com/mn

We provide in home and out of home services to clients and assisted living services.

Right at Home

2626 E. 82nd Street, Suite 150
Bloomington, MN 55425
952-854-6122
info@rah-tc.net
www.rah-tc.net

Right at Home has specialized in providing companionship and homemaking services to seniors in our community since 2001.

Senior Community Services

10201 Wayzata Blvd., Suite 335
Minnetonka, MN 55305
952-541-1019
SCS@seniorcommunity.org
www.seniorcommunity.org

Since 1950, Senior Community Services has been making a measurable difference in the quality of life for seniors and those who care for them. Since that time, the organization has grown to help meet needs throughout the Twin Cities and across Minnesota. The vision of Senior Community Services is to mobilize the community to reimagine aging. We are passionate about enhancing the quality of life of older adults and caregivers.

Sholom

West Campus
3620 Phillips Parkway
St. Louis Park, MN 55426
952-935-6311

East Campus
740 Kay Avenue
St. Paul, MN 55102
651-328-2091
jsherman@sholom.com / info@sholom.com
www.sholom.com

Sholom provides a broad continuum of residential, social service, and health care services primarily for older adults.

HOSPICE AND PALLIATIVE CARE

Hospice care is appropriate when the focus of care is comfort and treatment of pain at the end of life rather than curative. This is an approach that emphasizes quality of life with a limited life expectancy. Hospice neither hastens nor postpones death; it affirms life and regards dying as a normal process. The hospice program stresses human values that go beyond the physical needs which include psycho-social and spiritual care to the individual and family. Palliative care provides comfort care throughout the course of a disease. It focuses on providing patients with relief from the symptoms, pain, and stress of a serious illness—whatever the diagnosis. The goal is to improve quality of life for both the patient and the family.

Aseracare Hospice and Palliative Medicine

5001 American Blvd, Suite 655
Bloomington, MN 555437
952-943-0009
Mary.harrel@aseracare.com
www.aseracare.com

Hospice: A patient experiences an irreversible decline in health or desire for comfort over curative care. Palliative Medicine: A patient has a chronic disease. A Nurse Practitioner will make a house call to assist with your comfort, medical management, advanced care planning, and disease education. We also talk with your primary physician about your needs.

asera care hospice

We provide the right care in the right setting, that the patient chooses, when comfort care becomes the goal instead of curative care. We have participated in the TTS training to better serve the LGBTQ community and care for all patients and families in need.

Call us at 952-943-0009 for more information or set up a free consultation.

HealthPartners Hospice and Palliative Care

8170 34th Avenue South
Mailstop 26602A
Bloomington, MN 55425
952-883-6877
hospicecare@healthpartners.com

We provide end of life care and palliative care to persons facing a serious illness.

Heartland Home Care, Hospice and IV Pharmacy

2685 Long Lake Road, Suite 105
Roseville, MN 55113
Phone 651-633-6522 / Fax 651-604-4636
nblees@hcr-manorcare.com
www.heartlandhomehealth.com
www.heartlandiv.com
www.heartlandhospice.com

Heartland Home Health Care, Hospice and IV Care is a leading provider of home health care, hospice, and IV care services for adult patients of all ages specializing in the senior population. We provide patient education and are dedicated to providing the highest quality outcomes in our community. Contact us any time— 24 hours a day, 7 days per week.

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3620 Phillips Parkway
St. Louis Park, MN 55426
952-935-6311

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740 Kay Avenue
St. Paul, MN 55102
651-328-2091
jsherman@sholom.com / info@sholom.com
www.sholom.com

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HOUSING

Adult Foster Care

Adult foster homes are small, homelike settings that serve no more than six older adults. Adult foster care may be provided by an individual or couple in their own home, or by organizations with around-the-clock staff. They offer a variety of personal care and health-related services.

Hauer Adult Foster Home

1990 Ridgewood Ave
White Bear Lake, MN 55110
651-426-4917
Nancy@Roothouse.org

Foster Care for adults with developmental disabilities or non-Alzheimer's memory loss. Must be able to walk, cooperate, and not be aggressive. Needing assistance with all daily living tasks is fine. Many years of experience, references available.

Independent Living

Options include apartments, condominiums, cooperatives, and cottages with a range of rental options from market rate to subsidized. Services are generally arranged by the renter. Please check with the provider to determine what is offered.

CommonBond Communities

328 Kellogg Blvd W
St. Paul, MN 55102
651-291-1750
info@commonbond.org
www.commonbond.org

CommonBond Communities is the largest non-profit provider of affordable housing with on-site services in the upper mid-west. We support residents to achieve stability and maintain independence to thrive as part of a vibrant community.

Spirit on Lake

2930 13th Avenue S
Minneapolis, MN 55407
ktully@premierhousingmanagement.com
www.premierhousingmanagement.com

Affordable income apartment community-open to all and welcoming to GLBT elders.

The Wellington Senior Living

2235 Rockwood Ave.
Saint Paul, MN 55116
651-699-2664
TheWellington@stuartco.com
www.wellingtonresidence.com

We provide independent living, assisted living, memory care and care suites.

Volunteers of America-MN

7625 Metro Blvd
Edina, MN 55437
952-945-4000
info@voamn.org
www.voamn.org

Home and community based services that enable older adults to live as independently and safely as possible.

Assisted Living/Housing with Services

In Minnesota, "assisted living" or "housing with services" is more of a concept than an actual place. Housing with services encompasses a variety of senior residential settings that offer, for a fee, certain types of supportive services (such as help with personal laundry, bill-paying, or arranging for medical care) or health-related services (such as personal care or nursing services). Settings range from an apartment with kitchen to a room with bathroom in a facility where all meals are provided. Some of these establishments are designed specifically to assist older adults who have memory loss.

Anoka Rehabilitation and Living Center

3000 4th Avenue
Anoka, MN 55303
763-528-6500
rostenso@voa.org
www.voa.org

Anoka Rehabilitation and Living offers transitional care, skilled nursing and memory care and has an attached assisted living.

CommonBond Communities

328 Kellogg Blvd W
St. Paul, MN 55102
651-291-1750
info@commonbond.org
www.commonbond.org

CommonBond Communities is the largest non-profit provider of affordable housing with on-site services in the upper mid-west. We support residents to achieve stability and maintain independence to thrive as part of a vibrant community.

Ecumen Prairie Lodge

6001 Earle Brown Drive
Brooklyn Center, MN 55430
763-566-1495
janethieman@ecumen.org
www.prairielodge.org

We provide assisted living, memory care and enhanced memory care housing and programming. We are an inclusive community that serves seniors by creating home, wherever they choose to live.

“Our mission is to enable ALL seniors to continue living at home – wherever home is – as they age.”

Sholom

West Campus
3620 Phillips Parkway
St. Louis Park, MN 55426
952-935-6311

East Campus
740 Kay Avenue
St. Paul, MN 55102
651-328-2091
jsherman@sholom.com / info@sholom.com
www.sholom.com

Sholom provides a broad continuum of residential, social service, and health care services primarily for older adults.

Walker Methodist Care Suites

7400 York Ave S.
Edina, MN 55435
952-835-8351/ Fax 952-835-7453
athole@walkermethodist.org
www.Walkermethodist.org

We offer both Assisted Living and Care Suite living options. We are a small community of 72 private apartments offering cozy surroundings and life-enriching amenities. Our professional health care staff and specially trained care providers are available on site 24/7. Walker Methodist strives to ease everyday responsibilities of caregivers so that they are able to focus on their partner and finding things that bring joy to your lives. We are an organization that focuses on what can be done rather than what can't be done.

The Wellington Senior Living

2235 Rockwood Ave.
Saint Paul, MN 55116
651-699-2664
TheWellington@stuartco.com
www.wellingtonresidence.com

We provide independent living, assisted living, memory care and care suites.

HOUSING *continued*

Volunteers of America-MN

7625 Metro Blvd
Edina, MN 55437
952-945-4000
info@voamn.org
www.voamn.org

Home and community based services that enable older adults to live as independently and safely as possible.

Nursing Homes/Care Centers

Nursing homes fill a special niche in the older adult continuum of care. They provide transitional care for older adults who need short term rehabilitation before returning home and both skilled care and custodial care to older adults who are no longer able to live in their personal residence. Nursing homes provide a full array of personal, dietary, therapeutic, social, spiritual, recreational and nursing services.

Anoka Rehabilitation and Living Center

3000 4th Avenue
Anoka, MN 55303
763-528-6500
rostenso@voa.org
www.voa.org

Anoka Rehabilitation and Living offers transitional care, skilled nursing and memory care and has an attached assisted living.

Edina Care and Rehabilitation Center

6200 Xerxes Avenue South
Edina, MN 55423
952-925-8500
tcarsen@voa.org
www.voa.org

Edina Care and Rehabilitation provides transitional rehabilitation, as well as skilled and memory care.

Maplewood Care Center

1900 Sherren Avenue East
Maplewood, MN 55109
651-770-1365
dkoller@voa.org
www.voa.org

Maplewood Care Center provides short-term rehabilitation, skilled nursing and memory care, and has an attached assisted living.

St. Anthony Health Center

3700 Foss Rd
Minneapolis, MN 55421
612-788-9673
mlindig@stanthonyhealthcenter.com
www.stanthonyhealthcenter.com

Located in the Twin Cities suburb of St. Anthony Village, St. Anthony Health Center is an exceptional skilled nursing facility offering 150 beds of long-term skilled care and sub-acute care, a full range of rehabilitative therapies (PT, OT and ST), complex medical care, memory care, and end-of-life care.

Sholom

West Campus
3620 Phillips Parkway
St. Louis Park, MN 55426
952-935-6311

East Campus
740 Kay Avenue
St. Paul, MN 55102
651-328-2091
jsherman@sholom.com / info@sholom.com
www.sholom.com

Sholom provides a broad continuum of residential, social service, and health care services primarily for older adults.

Volunteers of America-MN

7625 Metro Blvd
Edina, MN 55437
952-945-4000
info@voamn.org
www.voamn.org

Home and community based services that enable older adults to live as independently and safely as possible.

INFORMATION AND ASSISTANCE

Agencies that provide information, assistance, and referral services to professionals and community residents in finding the help they need.

Alzheimer's Association Minnesota – North Dakota

7900 West 78th Street, Suite 100
Edina MN 55439
952-850-0512
mnnd-info@alz.org
www.alz.org/mnnd

We provide resources, programs and services to individuals diagnosed with Alzheimer's disease or a related dementia, their care partners and others concerned.

Mental Health Association of Minnesota

475 Cleveland Ave N, Suite 475
St Paul, MN 55104
651-493-6634
info@mentalhealthmn.org
www.mentalhealthmn.org

MHAM helps people navigate complex systems for mental health care and other services. MHAM also offers workshops and wellness materials and educates policymakers to improve services for people with mental illnesses.

Metropolitan Area Agency on Aging

2365 N McKnight Road
North St. Paul, MN 55109
651-641-8612
maaa@tcaging.org
www.tcaging.org

The Metropolitan Area Agency on Aging is a nonprofit organization serving the metropolitan region. MAAA connects older adults and caregivers to services and works with community partners to expand long-term services and supports.

Minnesota Board on Aging – Senior LinkAge Line

P.O. Box 64976
St. Paul, MN 55164-0976
1-800-333-2433
senior.linkage@state.mn.us
www.mnaging.org

The Senior LinkAge Line is Minnesota's One Stop Shop for Minnesota Seniors. Comprehensive information about programs, services and supports for Long Term Care Options Counseling, One Stop Shop for Minnesota Seniors, health insurance assistance, Medicare fraud and abuse.

Minnesota Board on Aging – www.MinnesotaHelp.info

P.O. Box 64976
St. Paul, MN 55164-0976
651-431-2500 / Fax 651-431-7415
mba@state.mn.us
www.minnesotahelp.info

MinnesotaHelp.info is an online directory of services designed to help people in Minnesota find human services, information and referral, financial assistance, and other forms of help.

INFORMATION AND ASSISTANCE *continued*

OutFront Minnesota

310 East 38th Street, Suite 204
Minneapolis MN 55409
612-822-0127
Inquiries@outfront.org
www.outfront.org

We are a community-based advocacy organization serving LGBTQ folks throughout Minnesota. We provide training at our staff orientation as well as ongoing internal staff training opportunities. Within the Anti-Violence Program, we provide direct advocacy to LGBTQ victims of crime across the age spectrum.

United Way 2-1-1

404 S 8th St., #100
Minneapolis, MN 55404
2-1-1 or 1-800-543-7709
info@gtcuw.org
www.211unitedway.org

United Way 2-1-1 provides information and referral to health and social services throughout Minnesota and western Wisconsin. It is available 24/7/365 with a live answer.

LEGAL ASSISTANCE

Organizations and elder law attorneys who provide legal advice and/or representation for older adults who need legal assistance.

Buchholz & Burke, PLLC

401 Groveland Avenue
Minneapolis, MN 55403
612-217-2137
info@BBlawMN.com
www.BBlawMN.com

We help our clients navigate the complexities of estate and trust planning, medical assistance and long-term care planning, adoption, and elder law.

Long, Reher & Hanson, P.A.

5881 Cedar Lake Road
St. Louis Park, MN 55416
612-408-5691
lhanson@mnelerlaw.com
www.mnelerlaw.com

We provide legal services to individuals aging or living with disabilities and their families to enable them to live as independently as possible for as long as possible.

Maser, Amundson, Boggio & Hendricks, P.A.

6601 Lyndale Avenue South, Suite 320
Minneapolis, MN 55423
952-925-4147 / Fax 952-925-1926
rcornell@maserlaw.com
www.maserlaw.com

Comprehensive elder law services that include estate planning, life care planning, special needs trusts, guardianships and conservatorships, and related litigation.

Mid-Minnesota Legal Aid

430 1st Ave North, #300
Minneapolis, MN 55401
612-332-1441
www.mylegalaid.org
info@mylegalaid.org

The MMLA Senior Law Project provides free legal advice and representation to qualifying seniors age 60 and older in a variety of civil (non-criminal) cases.

Volunteers of America-MN

7625 Metro Blvd
Edina, MN 55437
952-945-4000
info@voamn.org
www.voamn.org

Home and community based services that enable older adults to live as independently and safely as possible.

LIFELONG LEARNING AND ARTS

Kairos Alive!

4316 Upton Ave. South, #206
Minneapolis, MN 55410
612-926-5454
info@kairosalive.org
www.kairosalive.org

Kairos Alive! is a performance and arts education organization that creates participatory dance theater, music and story opportunities to increase individual and community well-being. We are intergenerational and we welcome people of all ages, backgrounds and abilities. Our mission has always included sharing the joy of dance and story with people of all ages, abilities and backgrounds.

Quatrefoil Library

1220 East Lake Street
Minneapolis, MN 55407-2787
612-729-2543
info@qlibrary.org
www.qlibrary.org

Quatrefoil is a GLBT member-supported lending library with a collection of books, DVDs, and periodicals. The 'Aging Out at the Library' project includes insurance counseling, community education programs, social activities, and volunteer opportunities.

“A family consists of two or more people, whether living together or apart, related by blood, marriage, adoption or commitment to care for one another.”

PHARMACY DELIVERY

Pharmacies that deliver prescriptions to the homes of older adults.

United Community Pharmacy

2500 New Brighton Blvd, Suite 105
St. Anthony, MN 55418
612-259-8275 / Fax 612-259-8286
Tom@hhcare.net
www.ucpharmacy.net

We're a local, full-service pharmacy offering FREE courier and mail delivery, automatic refills, easy prescription transfers, medication reviews and personalized care.

SPECIALTY ASSOCIATIONS

Organizations that provide information, education, counseling, and advocacy for specific diseases or conditions.

Alzheimer's Association Minnesota-North Dakota

7900 West 78th Street, Suite 100
Edina, MN 55439
952-850-0512
mnnd-info@alz.org
www.alz.org/mnnd

We provide resources, programs and services to individuals diagnosed with Alzheimer's disease or a related dementia, their care partners and others concerned.

Mental Health Association of Minnesota

475 Cleveland Ave N, Suite 475
St Paul, MN 55104
651-493-6634
info@mentalhealthmn.org
www.mentalhealthmn.org

MHAM helps people navigate complex systems for mental health care and other services. MHAM also offers workshops and wellness materials and educates policymakers to improve services for people with mental illnesses.



JOIN THE MOVEMENT TO LIVE UNITED

United Way supporters like Dave and Mark are creating pathways out of poverty for LGBT people in need—from homeless youth to aging seniors.

Join the movement to **LIVE UNITED** at www.gtcuw.org.

To get involved in Arise Project's work to help homeless youth in the LGBT community visit www.gtcuw.org/arise.



GREATER TWIN CITIES UNITED WAY
ARISE PROJECT



United Way Arise Project members Dave Gibbons and Mark Lozano, with daughter Clare

TRANSPORTATION

Organizations that provide door to door or door through door transportation for an older adult who needs transportation to medical and other personal appointments.

DARTS

1645 Marthaler Lane
West St. Paul, MN 55118
651-455-1560
info@darts1.org
www.darts1.org

DARTS provides transportation and home services to our valued clients in Dakota County primarily through volunteers. These services include transportation, grocery shopping, homemaking, etc.

Living at Home Network

550 Rice St.
St. Paul, 55103
651-649-0315 / Fax 651-649-0318
director@lahnetwork.org
www.lahnetwork.org

Our network of 36 community based organizations mobilizes volunteers and provides care coordination services to ensure that seniors have the support they want/need to live safely at home. Check our webpage to find a program near you.

TRANSPORTATION *continued*

Jewish Family and Children's Service of Minneapolis

13100 Wayzata Blvd.
Minnetonka, MN 55305
952-546-0616
asandler@jfcsmpls.org
www.jfcsmpls.org

We provide services to help a person remain in their own home for as long as possible. These include care coordination, caregiver coaching, cleaning, shopping, bathing assistance, transportation, Meals on Wheels, adult day services, etc.

St. Paul JCC

1375 St Paul Ave
St Paul, MN 55116
651-255-4734
blevine@stpauljcc.org
www.stpauljcc.org

We are a place where individuals, families and communities come together for Jewish culture, child care, fitness, recreation and socialization in a safe, inclusive and welcoming environment. Throughout the building you will find a committed staff working together to provide our members and guests with quality experiences, excellent service and a sense of belonging.

VOLUNTEER OPPORTUNITIES

Places for older adults to get involved by volunteering their time and skills.

Alzheimer's Association Minnesota-North Dakota

7900 West 78th Street, Suite 100
Edina, MN 55439
952-850-0512
mnnd-info@alz.org
www.alz.org/mnnd

We provide resources, programs and services to individuals diagnosed with Alzheimer's disease or a related dementia, their care partners and others concerned.

Amherst H. Wilder Foundation - Community Services for Aging

650 Marshall Ave
St. Paul, MN 55104
651-280-2298 / Fax 651-224-6906
caregiving@wilder.org
www.wilder.org

Wilder provides an array of prevention and intervention services that help older adults remain in their home with the greatest level of independence while providing their caregivers essential guidance and support. Our services include: community based health promotion courses, adult day health services, assisted living, and Meals on Wheels.

“We feel strongly that all individuals deserve quality care and respect. In an effort to reach out to all people, being listed in this directory will let people know that they can expect to be treated with dignity.”

Aseracare Hospice and Palliative Medicine

5001 American Blvd, Suite 655
Bloomington, MN 555437
952-943-0009
Mary.harrel@aseracare.com
www.aseracare.com

Hospice: A patient experiences an irreversible decline in health or desire for comfort over curative care. Palliative Medicine: A patient has a chronic disease. A Nurse Practitioner will make a house call to assist with your comfort, medical management, advanced care planning, and disease education. We also talk with your primary physician about your needs.

CommonBond Communities

328 Kellogg Blvd W
St. Paul, MN 55102
651-291-1750
info@commonbond.org
www.commonbond.org

CommonBond Communities is the largest non-profit provider of affordable housing with on-site services in the upper mid-west. We support residents to achieve stability and maintain independence to thrive as part of a vibrant community.

DARTS

1645 Marthaler Lane
West St. Paul, MN 55118
651-455-1560
info@darts1.org
www.darts1.org

DARTS provides transportation and home services to our valued clients in Dakota County primarily through volunteers. These services include transportation, grocery shopping, homemaking, etc.

Edina Care and Rehabilitation Center

6200 Xerxes Avenue South
Edina, MN 55423
952-925-8500
tcarsen@voa.org
www.voa.org

Edina Care and Rehabilitation provides transitional rehabilitation, as well as skilled and memory care.

FamilyMeans

1875 Northwestern Avenue South
Stillwater, MN 55082
651-439-4840 / Fax 651 439-4894
familymeans@familymeans.org
www.familymeans.org

FamilyMeans offers financial and bankruptcy services and education; family counseling and mental health services; collaborative divorce services; caregiver support services; youth enrichment programs; and an employee assistance program.

Heartland Home Care, Hospice and IV Pharmacy

2685 Long Lake Road, Suite 105
Roseville, MN 55113
Phone 651-633-6522 / Fax 651-604-4636
nblees@hcr-manorcare.com
www.heartlandhomehealth.com
www.heartlandiv.com
www.heartlandhospice.com

Heartland Home Health Care, Hospice and IV Care is a leading provider of home health care, hospice, and IV care services for adult patients of all ages specializing in the senior population. We provide patient education and are dedicated to providing the highest quality outcomes in our community. Contact us any time – 24 hours a day, 7 days per week.

VOLUNTEER OPPORTUNITIES *continued*

Jewish Family and Children's Service of Minneapolis

13100 Wayzata Blvd.
Minnetonka, MN 55305
952-546-0616
asandler@jfcsmpls.org
www.jfcsmpls.org

We provide services to help a person remain in their own home for as long as possible. These include care coordination, caregiver coaching, cleaning, shopping, bathing assistance, transportation, Meals on Wheels, adult day services, etc.

Jewish Family Service of St. Paul

1633 W 7th Street
St. Paul, MN 55102
651-698-0767
crosenthal@jfssp.org
www.jfssp.org

We provide care coordination for older adults and offer support services to caregivers as well as mental health services.

Keystone Community Services

2000 St. Anthony Ave.
St. Paul, MN 55104
651-645-8057
jleifeld@keystoneservices.org
www.keystonecommunityservices.org

Keystone Community Services is a community-based human service organization in St. Paul offering a variety of programs for all ages across our service area at multiple sites. Our programs include three food shelves, emergency assistance and a comprehensive Seniors Program that provides Meals on Wheels, peer counseling and programs for active seniors, and case management for seniors, the disabled and at-risk families.

Little Brothers - Friends of the Elderly

1845 East Lake Street
Minneapolis, MN 55407
612-721-6215 / Fax 612-721-5848
info@littlebrothersmn.org
www.littlebrothersmn.org

Little Brothers - Friends of the Elderly connects isolated and lonely older adults in the Twin Cities to the community and increases independence through companionship services, home visits, social activities, wellness education, and advocacy.

Living at Home Network

550 Rice St.
St. Paul, 55103
651-649-0315 / Fax 651-649-0318
director@lahnetwork.org
www.lahnetwork.org

Our network of 36 community based organizations mobilizes volunteers and provides care coordination services to ensure that seniors have the support they want/need to live safely at home. Check our webpage to find a program near you.

Maplewood Care Center

1900 Sherren Avenue East
Maplewood, MN 55109
651-770-1365
dkoller@voa.org
www.voa.org

Maplewood Care Center provides short-term rehabilitation, skilled nursing and memory care, and has an attached assisted living.

Metropolitan Area Agency on Aging

2365 N McKnight Road
North St. Paul, MN 55109
651-641-8612
maaa@tcaging.org
www.tcaging.org

The Metropolitan Area Agency on Aging is a nonprofit organization serving the metropolitan region. MAAA connects older adults and caregivers to services and works with community partners to expand long-term services and supports.

Neighborhood Involvement Program (N.I.P.)

2431 Hennepin Ave. South
Minneapolis, MN 55405
612-374-3125
nip@neighborhoodinvolve.org
www.neighborhoodinvolve.org

N.I.P. helps seniors stay in their homes by providing housekeeping, minor repairs, snow removal and lawn mowing services. Social activities & other services are available to our clients. We have been in the community for more than 45 years, and the LGBT community has always been a visible part of those whom we serve.

OutFront Minnesota

310 East 38th Street, Suite 204
Minneapolis MN 55409
612-822-0127
Inquiries@outfront.org
www.outfront.org

We are a community-based advocacy organization serving LGBTQ folks throughout Minnesota. We provide training at our staff orientation as well as ongoing internal staff training opportunities. Within the Anti-Violence Program, we provide direct advocacy to LGBTQ victims of crime across the age spectrum.

Quatrefoil Library

1220 East Lake Street
Minneapolis, MN 55407-2787
612-729-2543
info@qlibrary.org
www.qlibrary.org

Quatrefoil is a GLBT member-supported lending library with a collection of books, DVDs, and periodicals. The 'Aging Out at the Library' project includes insurance counseling, community education programs, social activities, and volunteer opportunities.

St. Anthony Health Center

3700 Foss Rd
Minneapolis, MN 55421
612-788-9673
mlindig@stanthonyhealthcenter.com
www.stanthonyhealthcenter.com

Located in the Twin Cities suburb of St. Anthony Village, St. Anthony Health Center is an exceptional skilled nursing facility offering 150 beds of long-term skilled care and sub-acute care, a full range of rehabilitative therapies (PT, OT and ST), complex medical care, memory care, and end-of-life care.

“Our organization has trained staff at all levels, made changes in forms, assessments, and resources, in effort to be more sensitive and welcoming to LGBT older adults.”

VOLUNTEER OPPORTUNITIES *continued*

St. Paul JCC

1375 St Paul Ave
St Paul, MN 55116
651-255-4734
blevine@stpauljcc.org
www.stpauljcc.org

We are a place where individuals, families and communities come together for Jewish culture, child care, fitness, recreation and socialization in a safe, inclusive and welcoming environment. Throughout the building you will find a committed staff working together to provide our members and guests with quality experiences, excellent service and a sense of belonging.

Senior Community Services

10201 Wayzata Blvd., Suite 335
Minnetonka, MN 55305
952-541-1019
SCS@seniorcommunity.org
www.seniorcommunity.org

Since 1950, Senior Community Services has been making a measurable difference in the quality of life for seniors and those who care for them. Since that time, the organization has grown to help meet needs throughout the Twin Cities and across Minnesota. The vision of Senior Community Services is to mobilize the community to reimagine aging. We are passionate about enhancing the quality of life of older adults and caregivers.

Sholom

West Campus
3620 Phillips Parkway
St. Louis Park, MN 55426
952-935-6311

East Campus
740 Kay Avenue
St. Paul, MN 55102
651-328-2091
jsherman@sholom.com / info@sholom.com
www.sholom.com

Sholom provides a broad continuum of residential, social service, and health care services primarily for older adults.

United Way 2-1-1

404 S 8th St., #100
Minneapolis, MN 55404
2-1-1 or 1-800-543-7709
info@gtcuw.org
www.211unitedway.org

United Way 2-1-1 provides information and referral to health and social services throughout Minnesota and western Wisconsin. It is available 24/7/365 with a live answer.

Volunteers of America-MN

7625 Metro Blvd
Edina, MN 55437
952-945-4000
info@voamn.org
www.voamn.org

Home and community based services that enable older adults to live as independently and safely as possible.



Questions to ask service providers.

It is important that you interview service providers to find one that best meets your needs and one with whom you feel comfortable. You might use the following list of questions during the interview process to gauge a provider's commitment to serving LGBT older adults, their families, friends and caregivers.

1. Do you include LGBT (sexual orientation and gender identity) in non-discrimination policies?
2. What is your experience working with LGBT older adults or families?
3. I wish for my partner and/or friends to be part of my support team. How will you work with them and keep them informed?
4. Does your residential or nursing facility allow same-sex and /or non-married couples to live together? Do you help place transgender older adults with roommates?
5. What training do you provide your staff on LGBT issues?
6. Do you maintain a list of LGBT-friendly providers to whom you refer?
7. How will you maintain client confidentiality?
8. What is your grievance policy for handling complaints from clients?
9. Are you willing to work with my other providers?
10. Do you belong to or support LGBT organizations?

(Questions adapted from www.SAGE Metro St. Louis)



Five things to look for when visiting a service provider.

1. Rainbow flag or other LGBT-welcoming artwork
2. LGBT magazines in the waiting room
3. LGBT couples in brochures or other marketing materials
4. Inclusive, welcoming or affirming statement displayed
5. Advertisements in LGBT magazines