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# **RESOURCE DIRECTORY FOR OLDER ADULTS AND THEIR FAMILIES**

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September 2018, Edition 4



# A Message from the Chairperson

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Greetings!

Living Longer and Stronger in West St. Paul is pleased to provide this "Resource Directory for Older Adults and Their Families." We developed this Resource Directory to highlight businesses and organizations that serve West St. Paul's older adult population (50+). Our intent is to provide a starting point to help residents stay in their homes and successfully age in place and stay active in the community.

The mission of Living Longer and Stronger (LLS) in West St. Paul is to connect residents with resources to help them remain active and engaged in the community. LLS is a small nonprofit, a coalition of residents, organizations, businesses, the City of West St. Paul and Dakota County Communities for a Lifetime Initiative that are working together to plan and prepare for the needs of an aging population.

We welcome additional partners! Our active community network of organizations, businesses, government and residents share the common goal of working to make West St. Paul a "Community for a Lifetime" – a community for people of all ages and abilities that supports health and vitality. Please contact LLS for information on how to be a partner and to be listed in the directory. Active LLS partners/members are identified in the directory by a purple **(LLS)** after the name of the organization.

A special thanks to the LLS Directory Committee, including Dakota County Library and Communities for a Lifetime Initiative, for helping to update the fourth edition of the directory.

Be well!

*Murray Wilson*

Living Longer and Stronger in West St. Paul  
[llsinwsp@gmail.com](mailto:llsinwsp@gmail.com)

Businesses or organizations listed in this directory are included for informational use only, and inclusion does not imply endorsement by Living Longer and Stronger in West St. Paul, which is not responsible for the services provided in this directory.

Send additions or corrections by email to: [llsinwsp@gmail.com](mailto:llsinwsp@gmail.com)

# Table of Contents

Adult Day Services .....	5
Assessment and Service Coordination .....	5
Banks and Financial Services .....	5
Caregiver Services & Support Groups .....	6
Chore/Home Maintenance Services .....	6
Community Resources.....	7
Education, Recreation & Social Activities.....	7
Emergency Services .....	8
Employment Services .....	8
Faith Communities .....	8
Financial Assistance .....	9
Food and Nutrition Assistance.....	10
Food Delivery .....	10
Funeral Chapels.....	11
Government Agencies .....	11
Health Services and Wellness.....	11
Chemical Health Resources .....	11
Clinics .....	12
Dentistry .....	12
Health Care Centers .....	13
Health Care Facility Information & Rights.....	13
Health Insurance and Prescriptions .....	14
Hearing Loss .....	14
Home Health Care .....	14
Hospice .....	14
In-Home Care .....	15
Massage .....	16
Mental Health .....	16
Mesothelioma (Asbestos related illnesses) .....	16
Respite/Group Respite.....	16
Vision Loss.....	16
Home Visiting Services .....	17
Housing .....	17
Dakota County, West St. Paul .....	17
Housing Guides/Directories.....	17
Condominiums, Cooperatives & Townhomes.....	18
Home Modification .....	18
Assisted Living, Ind. Living & Memory Care.....	18
Information and Assistance .....	18
Legal Services .....	19
Relocation/Transition Services .....	19
Tax Help .....	20
Transportation.....	20
Defensive Driving.....	20

## Table of Contents Continued

Transportation Services .....	20
Translation/Interpreter Services .....	21
Veterans Services .....	21
Veterinarians .....	21
Volunteer Opportunities .....	21

**Active LLS partners/members are identified in the directory by a purple (LLS) after the name of the organization.**

## Adult Day Services

Adult day centers provide a range of health, social, and personal care services for adults with physical or mental disabilities.

### **Comunidades Latinas Unidas En Servicio, CLUES (LLS)**

Envejecimiento bien servicios  
612-379-4280  
[www.clues.org](http://www.clues.org)

### **Common Sense Services**

6415 Carmen Ave.  
Inver Grove Heights, MN 55076  
651-552-0288  
[www.commonsense4seniors.org](http://www.commonsense4seniors.org)

### **2nd Half with Lyngblomsten (LLS)**

1415 Almond Ave.  
St. Paul, MN 55108  
651-414-5291  
[www.lyngblomsten.org/caregivers](http://www.lyngblomsten.org/caregivers)

## Assessment and Service Coordination

A Long-Term Care Consultation helps people make decisions about long-term care needs. This service uses social workers and public health nurses to help people find resources to stay in their homes.

### **Dakota County Community Living Services (Aging & Disability) Intake**

651-554-6336  
Fax: 651-554-6165  
[www.dakotacounty.us](http://www.dakotacounty.us)

### **DARTS (LLS)**

1645 Marthaler Lane  
West St. Paul, MN 55118  
651-455-1560  
[www.dartsconnects.org](http://www.dartsconnects.org)

## Banks and Financial Services

### **Associated Bank**

2060 Robert Street S.  
West St Paul, MN 55118  
651-306-1787  
[www.associatedbank.com](http://www.associatedbank.com)

### **Ideal Credit Union**

(Formally Postal Credit Union)  
7791 Amana Trail  
Inver Grove Heights, MN 55077  
651-770-7000  
[www.idealcu.com](http://www.idealcu.com)

### **Old National Bank**

66 Thompson Avenue East  
West St Paul, MN 55118  
651-457-1111  
[www.anchorlink.com](http://www.anchorlink.com)

### **TCF Bank (Cub Foods)**

2021 S. Robert St.  
West St. Paul, MN 55118  
1-800-823-2265  
[www.tcfbank.com](http://www.tcfbank.com)

## Banks and Financial Services continued:

### **US Bank**

1493 Robert Street S  
West St. Paul, MN 55118  
[www.usbank.com](http://www.usbank.com)  
[651-552-0420](tel:651-552-0420)

### **Wells Fargo Bank**

1710 Robert Street S.  
West St. Paul, MN 55118  
651-205-8940  
[www.wellsfargo.com](http://www.wellsfargo.com)

## Caregiver Services and Support Groups

Services for caregivers of older adults,  
& support groups for care givers and  
receivers.

### **Alzheimer's Assoc. MN-ND**

#### **St. Paul (Office)**

1600 University Ave., Ste. 5  
St. Paul, MN 55104  
651-789-5863  
1-800-272-3900 (24/7 Helpline)  
[www.alz.org/mnnd](http://www.alz.org/mnnd)

### **Augustana Lutheran Church**

(Caregiver memory loss support groups)

1400 S. Robert St.  
West St. Paul, MN 55118  
651-457-3373  
[www.augustana.com](http://www.augustana.com)

### **DARTS (LLS)**

1645 Marthaler Lane  
West St. Paul, MN 55118  
651-455-1560  
[www.dartsconnects.org](http://www.dartsconnects.org)

### **Lyngblomsten (LLS)**

1415 Almond Ave.  
St. Paul, MN 55108  
651-646-2941  
[www.lyngblomsten.org](http://www.lyngblomsten.org)

### **Wilder Community Center for Aging**

650 Marshall Ave.  
Saint Paul  
651-280-2273  
[www.wilder.org](http://www.wilder.org)

## Chore/Home Maintenance Services

Indoor and outdoor tasks, household  
repairs.

### **DARTS (LLS)**

1645 Marthaler Lane  
West St. Paul, MN 55118  
651-455-1560  
[www.dartsconnects.org](http://www.dartsconnects.org)

### **DK Lawn Service**

(Lawn and snow service)  
651-457-4616

### **Kevin Muggli**

(General repairs and replacement,  
carpentry, minor electrical & plumbing)  
651-206-4524

### **Quetzal**

(Irrigation, lawn care, handyman)  
651-442-2327

### **Vito Mechanical Contractors**

**Inc.** (Plumbing, heating, air  
conditioning, & refrigeration)  
612-309-3066

## Community Resources

### **AARP Minnesota**

30 E. Seventh St., Suite 1200  
St Paul, MN 55101  
1-866-554-5381  
<https://local.aarp.org/mn>

### **Communities for a Lifetime Initiative (LLS)**

1 Mendota Rd. W., Ste. 410  
West St. Paul, MN 55118  
651-554-6104  
[www.dakotacounty.us](http://www.dakotacounty.us)  
(Search: CFL)

### **Mature Voices Minnesota**

2550 University Ave. S. Ste. 350  
Saint Paul, MN 55114  
651-209-6130  
[www.mvmn.org](http://www.mvmn.org)

### **Metropolitan Area**

#### **Agency on Aging**

2365 N McKnight Rd.  
North Saint Paul, MN 55109  
651-641-8612  
[www.metroaging.org](http://www.metroaging.org)

### **Minnesota Board on Aging**

540 Cedar Street  
St. Paul, MN 55155  
651-431-2500  
[www.mnaging.net](http://www.mnaging.net)

### **Senior LinkAge Line**

(One stop shop for MN seniors)  
1-800-333-2433  
[www.seniorlinkageline.com](http://www.seniorlinkageline.com)

## Education, Recreation and Social Activities

### **Dodge Nature Center**

365 Marie Avenue W.  
West St. Paul, MN 55118  
651-455-4531  
[www.dodgenaturecenter.org](http://www.dodgenaturecenter.org)

### **Nice Guy Technology**

(Computer & technology classes,  
information & consulting)  
612-460-1631  
[www.NiceGuyTechnology.com](http://www.NiceGuyTechnology.com)

### **Thompson Park**

#### **Activity Center (LLS)**

1200 Stassen Lane  
West St. Paul, MN 55118  
651-403-8300  
[www.tpac.tridistrictce.org](http://www.tpac.tridistrictce.org)

### **Wentworth Library (LLS)**

199 East Wentworth Avenue  
West St. Paul, MN 55118  
651-554-6800  
[www.dakotacounty.us](http://www.dakotacounty.us)

### **West St. Paul Parks and Recreation**

1616 Humboldt Avenue  
West St. Paul, MN 55118  
651-552-4100  
[www.wspmn.gov](http://www.wspmn.gov)

### **West St. Paul YMCA (LLS)**

150 Thompson Avenue E.  
West St. Paul, MN 55118  
651-457-0048  
[www.ymcatwincities.org](http://www.ymcatwincities.org)

## Emergency Services

### **Dakota County Adult Protection**

651-554-6000

[www.dakotacounty.us](http://www.dakotacounty.us)

### **Dakota County 24-Hour Crisis Response Line**

952-891-7171

[www.dakotacounty.us](http://www.dakotacounty.us)

### **Domestic Violence Outreach Services 360 Communities**

501 East Highway 13, Suite 102

Burnsville, MN 55337

952-985-5300

651-452-7288 Eagan

651-437-1291 Hastings

### **Sexual Assaults Services**

651-405-1500

[www.360communities.org](http://www.360communities.org)

### **West St. Paul Police Department (LLS)**

1616 Humboldt Avenue

West St Paul, MN 55118

651-322-2323 (Non-Emergency)

911 (Emergencies)

[www.wspmn.gov](http://www.wspmn.gov)

### **South Metro Fire**

1650 Humboldt Avenue

West St. Paul, MN 55118

651-552-4176

[www.southmetrofire.com](http://www.southmetrofire.com)

## Employment Services

### **Dakota County**

#### **WorkForce Center**

1 Mendota Rd. W., Suite 170

West St. Paul, MN 55118

651-554-5955

[www.mn.gov/deed](http://www.mn.gov/deed)

#### **Experience Works – Jobs for Older Workers**

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

## Faith Communities

### **Augustana Lutheran Church**

1400 Robert Street S.

West St. Paul, MN 55118

651-457-3373

[www.augustana.com](http://www.augustana.com)

### **Crown of Life Lutheran Church & School**

115 Crusader Avenue W.

West St. Paul, MN 55118

651-451-3832

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

### **Faith United Methodist Church**

1530 Oakdale Avenue

West St. Paul, MN 55118

651-457-5686

[www.faithumcmn.com](http://www.faithumcmn.com)

## Faith Communities continued:

### **La Puerta Abierta UMC**

690 Livingston Avenue  
St Paul, MN 55107  
651-558-1896  
[www.facebook.com/lpaumc](http://www.facebook.com/lpaumc)

### **Oakdale Community Church**

1066 Carrie Street  
West St. Paul, MN 55118  
651-457-3866  
[www.oakdalecc.org](http://www.oakdalecc.org)

### **Riverview Baptist Church**

14 E. Moreland Avenue  
West St. Paul, MN 55118  
651-457-3831  
[www.riverviewbaptist.net](http://www.riverviewbaptist.net)

### **St. George Antiochian Orthodox Church**

1250 Oakdale Avenue  
West St. Paul, MN 55118  
651-457-0854  
[www.saintgeorge-church.org](http://www.saintgeorge-church.org)

### **St. James Lutheran Church**

460 Annapolis Street W.  
West St. Paul, MN 55118  
651-457-9232  
[www.saintjameslutheran.com](http://www.saintjameslutheran.com)

### **St. Joseph's Catholic Church**

1154 Seminole Avenue  
West St. Paul, MN 55118  
651-457-2781  
[www.churchofstjoseph.org](http://www.churchofstjoseph.org)

### **St. Michael Catholic Church**

337 E. Hurley Street  
West St. Paul, MN 55118  
651-457-2334  
[www.stmichaelwsp.org](http://www.stmichaelwsp.org)

### **Salem Lutheran Church**

11 West Bernard Street  
West St. Paul, MN 55118  
651-457-6661  
[www.salemluth.org](http://www.salemluth.org)

### **St. Stephen's Lutheran**

1575 Charlton Street  
West St. Paul, MN 55118  
651-457-6541  
[www.ststephenswsp.org](http://www.ststephenswsp.org)

## Financial Assistance

### **Angel Foundation**

(For people in cancer treatment)  
1155 Centre Pointe Drive, Suite 7  
Mendota Heights, MN 55120  
612-627-9000  
[www.mnangel.org](http://www.mnangel.org)

### **CAP Agency**

(Services: community, energy, family,  
food, housing, senior)  
2496 145th Street West  
Rosemount, MN 55068  
651-322-3500  
[www.capagency.org](http://www.capagency.org)

### **Dakota County Employment and Economic Assistance**

1 Mendota Rd. West, Suite 100  
West St. Paul, MN 55118  
651-554-5611  
[www.dakotacounty.us](http://www.dakotacounty.us)

## Financial Assistance continued:

### **Lutheran Social Service Financial Counseling**

965 Payne Ave.  
St Paul, MN 55130  
1-888-577-2227  
[www.lssmn.org/debt](http://www.lssmn.org/debt)

### **Neighbors, Inc.**

222 Grand Ave. West  
South St. Paul, MN 55075  
651 455-5000  
[www.neighborsmn.org](http://www.neighborsmn.org)

## Food and Nutrition Assistance

### **CAP Agency — senior dining site**

2496 145<sup>th</sup> St. W.  
Rosemount, MN 55068  
651-322-3500  
[www.capagency.org](http://www.capagency.org)

### **Dakota County Public Assistance**

(SNAP Food Support)  
1 Mendota Rd. West, Ste. 100  
West St. Paul, MN 55118  
651-554-5611  
[www.dakotacounty.us](http://www.dakotacounty.us)

### **Fare for All**

(Reduced cost groceries)  
763-450-3880  
[www.fareforall.org](http://www.fareforall.org)

### **Nutrition Assistance Program for Seniors**

(Call Second Harvest Heartland for  
closest pick-up site.)  
1140 Gervais Ave  
St. Paul, MN 55109  
651-484-5117  
[www.2harvest.org](http://www.2harvest.org)

### **Hunger Solutions Minnesota —**

Minnesota Food Helpline  
651-486-9860  
[www.hungersolutions.org](http://www.hungersolutions.org)

### **Neighbors, Inc.—Food Shelf**

222 Grand Ave. West  
South St. Paul, MN 55075  
651 455-5000  
[www.neighborsmn.org](http://www.neighborsmn.org)

## Food Delivery

### **Coborns Delivers**

763-971-4900  
[www.cobornsdelivers.com](http://www.cobornsdelivers.com)

### **Kemps Home Delivery**

3501 Marshall Ave. NE  
Minneapolis, MN 55418  
612-627-8709  
[www.milkmandelivers.com](http://www.milkmandelivers.com)

### **Mom's Meals**

1-877-508-6667  
[www.MomsMeals.com](http://www.MomsMeals.com)

### **Meals on Wheels/Mobile Meals**

612-623-3363  
[www.meals-on-wheels.com](http://www.meals-on-wheels.com)

## Food Delivery continued:

### **Help at your Door**

(Formerly Store to door)

1935 West County Road B2, Suite #250

Roseville, MN 55113

651-642-1892

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

### **Optage Senior Dining Choices / Presbyterian Homes & Services**

651-746-8200

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

## Funeral Chapels

### **Klecatsky & Sons West Chapel**

1051 Robert Street S.

West St Paul, MN 55118

651-457-6200

[www.klecatskys.com](http://www.klecatskys.com)

### **Willwerscheid**

#### **West-Heights Chapel**

235 Wentworth Ave. W.

West St Paul, MN 55118

651-457-7938

[www.willwerscheid.com](http://www.willwerscheid.com)

## Government Agencies

### **Dakota County (LLS)**

Northern Service Center

1 Mendota Rd. W.

West St. Paul, MN 55118

651-437-3191

[www.dakotacounty.us](http://www.dakotacounty.us)

### **City of West St. Paul (LLS)**

1616 Humboldt Avenue

West. St. Paul, MN 55118

651-552-4100

[www.wspmn.gov](http://www.wspmn.gov)

### **Minnesota Public Utilities Commission**

(General help for all MN utilities)

121 7<sup>th</sup> Place E., Suite 350

St. Paul, MN 55101

651-296-0406

[www.puc.state.mn.us](http://www.puc.state.mn.us)

### **Social Security Administration**

332 Minnesota St E300

St Paul, MN 55101

1-800-772-1213

[www.ssa.gov](http://www.ssa.gov)

## Health Services and Wellness

### **Chemical Health Resources**

### **Al-Anon Greater St. Paul Intergroup**

608 West Seventh Street

Saint Paul, MN 55102

651-227-5502

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

### **QUITPLAN**

Information and resources for quitting  
tobacco, available at:

1-888-354-PLAN (7526)

[www.quitplan.com](http://www.quitplan.com)

**Chemical Health Resources  
continued:**

**Senior Recovery Center**

235 Roselawn Avenue East  
Maplewood, MN 55117  
651-773-0473  
[www.seniorrecoverycenter.squarespace.com](http://www.seniorrecoverycenter.squarespace.com)

**Clinics**

**Allina Health West St Paul  
Clinic**

150 Emerson Ave E.  
West St. Paul, MN 55118  
651-241-1800  
[www.allina.com](http://www.allina.com)

**Entira Family Clinic**

234 Wentworth Ave E  
West St. Paul, MN 55118  
651-455-2940  
[www.entirafamilyclinics.com](http://www.entirafamilyclinics.com)

**United Family Medicine  
Community Clinic**

1026 7<sup>th</sup> St W.  
St. Paul, MN 55102  
651-241-1000  
[www.unitedfamilymedicine.org](http://www.unitedfamilymedicine.org)

**West Side Community Health  
Services – La Clinica**

153 Cesar Chavez St.  
St. Paul, MN 55107  
651-602-7500  
[www.westsidechs.org](http://www.westsidechs.org)

**Dentistry**

**Access Point Dental**

1590 S. Robert St.  
West St. Paul, MN 55118  
651-300-0949  
[www.accesspointdental.com](http://www.accesspointdental.com)

**Affordable Dentures &  
Implants**

2055 S. Robert St.  
West St. Paul, MN 55118  
651-347-6595  
[www.affordabledentures.com](http://www.affordabledentures.com)

**Aspen Dental**

1963 S. Robert St., STE 100  
West St. Paul, MN 55118  
651-724-9689  
[www.aspendental.com](http://www.aspendental.com)

**Cherokee Dental Associates**

374 W. Annapolis St.  
West St. Paul, MN 55118  
651-457-6231

**Dakota Family Dentistry**

230 Wentworth Ave E.  
West St. Paul, MN 55118  
651-457-8866  
[www.dakotafamilydentistry.com](http://www.dakotafamilydentistry.com)

**Johnston Family Dental**

1545 Livingston Ave.  
West St Paul, MN 55118  
651-455-0505  
[www.johnstonfamilydental.com](http://www.johnstonfamilydental.com)

**Lifelong Dental Care**

1525 Livingston Ave.  
West St. Paul, MN 55118  
651-457-4888  
[www.lifelongdds.com](http://www.lifelongdds.com)

## Dentistry continued:

### Menon Periodontics and Implants LLS

1880 Livingston Ave #101  
West St. Paul MN 55118  
651-788-9742  
[www.menomperio.com](http://www.menomperio.com)

### Midwest Dental West St. Paul

1903 S. Robert St.  
West St. Paul, MN 55118  
651-457-9633  
[www.midwest-dental.com](http://www.midwest-dental.com)

### Serafimov Dental

250 Wentworth Ave E.  
West St Paul, MN 55118  
651-315-8091  
<https://drlusmiles.com>

### West St. Paul Family Dentistry

250 Wentworth Ave E.,  
West St. Paul, MN 55118  
651-455-1577  
[www.cosmeticdentistrymn.com](http://www.cosmeticdentistrymn.com)

## Health Care Centers

Nursing home and short term rehabilitation facilities.

### Inver Grove Good Samaritan

1301 50th St. E.  
Inver Grove Heights, MN 55077  
651-451-1853  
[www.good-sam.com](http://www.good-sam.com)

### Southview Acres

2000 Oakdale Ave.  
West St. Paul, MN 55118  
651-554-9500  
[www.southviewacres.com](http://www.southviewacres.com)

### Walker Methodist

#### Westwood Ridge (LLS)

One & Sixty-One (1-61) Thompson Ave. W.  
West St. Paul, MN 55118  
651-259-2701  
[www.walkermethodist.org](http://www.walkermethodist.org)

### Woodlyn Heights

#### Health Care Center

2060 Upper 55th St E  
Inver Grove Heights, MN 55077  
651-451-1881  
[www.twdcc.com](http://www.twdcc.com)

### Minnesota Veterans Homes

1200 18th Street East  
Hastings, MN 55033  
651-539-2400  
1-877-838-3803  
[www.mvh.state.mn.us](http://www.mvh.state.mn.us)

## Health Care Facility Information & Rights

### Stratis Health

(For Medicare health facility and discharge complaints)  
2901 Metro Drive, Suite 400  
Bloomington, MN 55425-1525  
952-854-3306  
[www.stratishealth.org](http://www.stratishealth.org)

### Medicare

(Find and compare doctors, plans, hospitals, suppliers and other providers)  
1-800-633-4227  
[www.medicare.gov](http://www.medicare.gov)

### Minnesota Nursing Home Report Card

<http://nhreportcard.dhs.mn.gov>

## Health Insurance and Prescriptions

### Dakota County Medical Assistance (MA)

651-554-5611  
[www.co.dakota.mn.us](http://www.co.dakota.mn.us)  
(Search: Medical Assistance)

### Disability Linkage Line

1-866-333-2466  
[www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)

### MinnesotaCare

(Walk-in office)  
540 Cedar Street  
St. Paul, MN 55101  
651-297-3862  
[www.minnesotacare411.com](http://www.minnesotacare411.com)

### Senior LinkAge Line

(One stop shop for MN seniors)  
1-800-333-2433  
[www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)

## Hearing Loss

### Deaf & Hard of Hearing Services

85 East Seventh Place, Suite 105  
Saint Paul, MN 55101  
651-431-5940  
TTY/TDD service: 800-627-3529  
[www.dhs.state.mn.us](http://www.dhs.state.mn.us)

### Telephone Equipment Distribution (TED)

85 East 7<sup>th</sup> Place, Suite 105  
St. Paul MN 55101  
651 431-5940  
[www.dhs.state.mn.us](http://www.dhs.state.mn.us)

## Home Health Care

In-home medical care prescribed by a doctor and covered by Medicare and insurance.

### Allina Health Home Health

612-262-2200  
[www.allinahealth.org](http://www.allinahealth.org)

### Good Samaritan Home Care (LLS)

651-488-7680  
[www.good-sam.com](http://www.good-sam.com)

### HealthEast Home Care

651-232-2810  
[www.healtheast.org](http://www.healtheast.org)

### HealthStar Home Health

2586 7<sup>th</sup> Ave East Suite 302  
North St. Paul, MN 55109  
651-633-7300  
[www.healthstarhomehealth.net](http://www.healthstarhomehealth.net)

## Hospice

Services for the terminally ill that focus on end of life comfort care.

### Allina Health Hospice

1055 Westgate Drive, Suite 100  
St Paul, MN 55114  
651-635-9173  
[www.allinahealth.org](http://www.allinahealth.org)

## Hospice continued:

### Allina Health Hospice

612-262-2200

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

### Brookdale Hospice Minnesota

7801 East Bush Lake Road Suite 230

Bloomington MN 55439

952-831-0193

[www.brookdale.com](http://www.brookdale.com) (search: Hospice)

### HealthEast Hospice Care

651-232-3312

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

### Heartland Hospice Care

2685 Long Lake Rd., S. 105

Roseville, MN 55113

1-888-633-6522

[www.heartlandhospice.com](http://www.heartlandhospice.com)

### Minnesota Hospice

17645 Juniper Path, Suite 155

Lakeville, MN 55044

952-898-1022

[www.minnesotahospice.com](http://www.minnesotahospice.com)

### Minnesota Network of Hospice & Palliative Care

2365 McKnight Road North, Suite 2

North St. Paul, MN 55109

651-917-4616

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

## In-Home Care

In-Home Care is companion, homemaking, and/or personal care services.

### ComForCare

680 Hale Ave. N, Suite 260

Oakdale, MN 55128

651-333-4244

[www.comforcare.com/minnesota/st-paul-east](http://www.comforcare.com/minnesota/st-paul-east)

### Comfort Keepers (LLS)

1870 50th St. E. #7

Inver Grove Heights, MN 55077

651-330-3071

[www.comfortkeepers.com/invergrove-mn](http://www.comfortkeepers.com/invergrove-mn)

### DARTS (LLS)

1645 Marthaler Lane

West St. Paul, MN 55118

651-455-1560

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

### Good Samaritan (LLS) Services at Home

855-232-3443

[www.good-sam.com](http://www.good-sam.com)

### Touching Hearts At Home

7201 West 78<sup>th</sup> St. Ste. 220

Bloomington, MN 55439

952-888-0321

[www.touchinghearts.com/southmetro](http://www.touchinghearts.com/southmetro)

### Right At Home

2626 E. 82nd St., #150

Bloomington, MN 55425

952-854-6122

[www.rightathome.net/twin-cities](http://www.rightathome.net/twin-cities)

### Home Instead Senior Care

750 South Plaza Drive

Mendota Heights, MN 55120

651-747-8720

[www.homeinstead.com](http://www.homeinstead.com)

## Massage

### **Simply Grounded Therapeutic Massage**

33 Wentworth Avenue E, Ste. 240  
West St. Paul, MN 55118  
651-451-8311  
[www.simplygrounded.abmp.com](http://www.simplygrounded.abmp.com)

## Mental Health

### **Dakota County 24-Hour Crisis Response Line**

952-891-7171  
[www.mentalhealthcrisisalliance.org/crisis-lines](http://www.mentalhealthcrisisalliance.org/crisis-lines)

### **Associated Clinic of Psychology West St. Paul**

149 Thompson Ave., Suite 150  
West St. Paul, MN 55118  
651-450-0860  
[www.acp-mn.com](http://www.acp-mn.com)

### **Guild Incorporated**

130 S. Wabasha St., Suite 90  
St. Paul, MN 55107  
651-450-2220  
[www.guildincorporated.org](http://www.guildincorporated.org)

### **Mental Health Resources, Inc.**

501 Highway 13 E., # 116  
Burnsville, MN  
651-681-9366  
[www.mhresources.com](http://www.mhresources.com)

### **People Incorporated**

2060 Centre Point Blvd, Suite 3  
St. Paul, MN 55120  
651-774-0011  
[www.peopleincorporated.org](http://www.peopleincorporated.org)

## Mental Health Minnesota

2233 University Ave. W., Suite 200  
St. Paul, MN 55114  
651-493-6634  
[www.mentalhealthmn.org](http://www.mentalhealthmn.org)

## Mesothelioma

### **Mesothelioma Guide**

(Asbestos related illnesses)  
888-385-2024  
[www.mesotheliomaguide.com](http://www.mesotheliomaguide.com)

## Respite/Group Respite

### **DARTS (LLS)**

1645 Marthaler Lane  
West St. Paul, MN 55118  
651-455-1560  
[www.dartsconnects.org](http://www.dartsconnects.org)

### **2nd Half with Lyngblomsten (LLS)**

The Gathering (group respite) at  
Augustana Lutheran and Salem  
Lutheran Churches  
651-414-5291  
[www.lyngblomsten.org/thegathering](http://www.lyngblomsten.org/thegathering)

## Vision Loss

### **Vision Loss Resources**

216 South Wabasha St.  
St. Paul, MN 55107  
612-871-2222  
[www.visionlossresources.org](http://www.visionlossresources.org)

## Home Visiting Services

Social contact for older adults.

### **DARTS (LLS)**

1645 Marthaler Lane  
West St. Paul, MN 55118  
651-455-1560  
[www.dartsconnects.org](http://www.dartsconnects.org)

### **Little Brothers -Friends of the Elderly**

1845 East Lake Street  
Minneapolis, MN 55407  
612-721-6215  
[www.littlebrothersmn.org](http://www.littlebrothersmn.org)

## Housing

### **Dakota County, West St. Paul**

#### **Colleen Loney Manor (CDA)**

1675 Livingston Ave.  
West St Paul, MN 55118  
651-675-4400  
[www.dakotacda.org](http://www.dakotacda.org)

#### **Dakota County Adult Foster Care**

651-554-6686  
[www.dakotacounty.us](http://www.dakotacounty.us)

#### **Dakota County Supportive Housing Unit**

(Experiencing or at risk of homelessness)  
651-554-5751  
[www.dakotacounty.us](http://www.dakotacounty.us)

### **Dakota County Community Development Agency (CDA) office**

1228 Town Centre Dr.  
Eagan, MN 55123  
651-675-4400  
[www.dakotacda.org](http://www.dakotacda.org)

#### **The Dakotah (CDA)**

900 S Robert St.  
West St Paul, MN 55118  
651-675-4400  
[www.dakotacda.org](http://www.dakotacda.org)

#### **Haskell Court (CDA)**

140 Haskell St E.  
West Saint Paul, MN 55118  
651-675-4400  
[www.dakotacda.org](http://www.dakotacda.org)

#### **Mount Carmel Manor (LLS)**

1560 Bellows St.  
West St Paul, MN 55118  
651-291-1750  
[www.CommonBond.org](http://www.CommonBond.org)

### **Housing Guides and Directories**

#### **Minnesota Seniors Online**

763-780-8309  
[www.mnseniorsonline.com](http://www.mnseniorsonline.com)

#### **Own Your Future Minnesota**

Long-term care planning guide  
[www.mn.gov/ownyourfuture](http://www.mn.gov/ownyourfuture)

#### **SeniorCare Guidebook**

[www.careoptionsnetwork.org/guidebook](http://www.careoptionsnetwork.org/guidebook)

#### **Senior Outlook**

[www.senioroutlook.com](http://www.senioroutlook.com)

**Condominiums,  
Cooperatives and  
Townhomes**

**Realife Cooperative (LLS)**

170 Emerson Avenue E.  
West St. Paul, MN 55118  
651-455-1340  
[www.realifewsp.net](http://www.realifewsp.net)

**Home Modification**

**Access Solutions**

8120 Penn Ave. S.  
Bloomington, MN 55431  
952-495-6006  
[www.AccessSolutions.org](http://www.AccessSolutions.org)

**DARTS (LLS)**

1645 Marthaler Lane  
West St. Paul, MN 55118  
651-455-1560  
[www.dartsconnects.org](http://www.dartsconnects.org)

**Lifeway Mobility Minneapolis**

563 Shoreview Park Road  
Shoreview, MN 55126  
651-462-3444  
[www.lifewaymobility.com](http://www.lifewaymobility.com)

**Assisted Living,  
Independent Living  
and Memory Care**

**Brookdale West St. Paul**

(formerly: Clare Bridge)  
315 E. Thompson Ave.  
West St. Paul, MN 55118  
651-453-1805  
[www.brookdaleliving.com](http://www.brookdaleliving.com)

**Assisted Living,  
Independent Living  
and Memory Care continued:**

**Brookdale West St. Paul**

(formerly: Sterling House)  
305 E. Thompson Ave.  
West St. Paul, MN 55118  
651-453-1803  
[www.brookdaleliving.com](http://www.brookdaleliving.com)

**The Sanctuary (LLS)**

1746 Oakdale Ave.  
West St Paul MN 55118  
651-455-6322  
[www.thesanctuary-weststpaul.com](http://www.thesanctuary-weststpaul.com)

**Southview Senior Living**

1984 Oakdale Ave.  
West St. Paul, MN 55118  
651-554-4838  
[www.southviewseniorliving.com](http://www.southviewseniorliving.com)

**Walker Methodist**

**Westwood Ridge (LLS)**

One & Sixty-One Thompson Ave. W.  
West St. Paul, MN 55118  
651-259-2701  
[www.walkermethodist.org](http://www.walkermethodist.org)

**Information  
and Assistance**

**DARTS (LLS)**

**Information Hotline**

1645 Marthaler Lane  
West St. Paul, MN 55118  
651-455-1560  
[www.dartsconnects.org](http://www.dartsconnects.org)

## Information and Assistance continued:

### **Disability Hub MN**

1-866-333-2466

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

### **Homeline Tenant Hotline**

612-728-5767

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

### **Senior LinkAge Line**

(One stop shop for MN Seniors)

1-800-333-2433

[www.seniorlinkageline.com](http://www.seniorlinkageline.com)

### **LinkVet - Veterans Affairs**

1-888-546-5838

[www.mn.gov/mdva](http://www.mn.gov/mdva)

## Legal Services

### **Dispute Resolution Center**

(Mediation services)

91 East Arch Street

St. Paul, MN 55130

651-292-7791

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

### **Immigrant Law Center of MN**

450 North Syndicate St., Suite 200

St. Paul, MN 55104

651-641-1011

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

### **Pluto Legal, PLLC**

(Elder Law & Medical Assistance  
Planning - serving MN)

100 E. Hwy. 14

Tyler, MN 56178

1-866-457-3131

[www.plutolegal.com](http://www.plutolegal.com)

### **Southern Minnesota Regional Legal Services**

Administrative Offices

1000 Alliance Bank Center

55 E. 5th St.

St. Paul, MN 55101

651-228-9823

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

## Relocation/ Transition Services

### **Assisted Living Locators**

4645 Shenandoah Lane N.

Plymouth, MN 55446

800-267-7816

[www.twincities.assistedlivinglocators.com](http://www.twincities.assistedlivinglocators.com)

### **Care Patrol**

651-769-4974

[www.carepatrol.com](http://www.carepatrol.com)

### **Changing Lifestyle Solutions**

15300 Crown Drive

Minnetonka, MN 55345

612-986-3196

[www.MyCLSolutions.com](http://www.MyCLSolutions.com)

### **Choice Connections**

(Senior housing advisory service)

651-261-5379

[www.choiceconnections.com/twincitiessouth](http://www.choiceconnections.com/twincitiessouth)

## Relocation/Transition Services continued:

### **Heartstone LLC**

(Decluttering service)  
7 Windy Hill Court  
Sunfish Lake, MN 55077  
651-497-8218

### **Saatela Homes/Elder Services**

(Relocation services)  
14800 Galaxie Avenue South  
Apple Valley, MN 55124  
952-431-5100  
[www.SaatelaHomes.com](http://www.SaatelaHomes.com)

### **Senior Move Magic**

(Downsizing, organizing, and move  
management)  
952-261-5457  
[www.seniormovemagic.com](http://www.seniormovemagic.com)

## Tax Help

### **AARP Foundation Tax-Aide**

1-888-687-2277  
(Phone is active Jan. 15 – Mar. 15)  
[www.aarp.org/taxaide](http://www.aarp.org/taxaide)

## Transportation

### **Defensive Driving**

### **Driver Safety Course**

Thompson Park Activity Center  
1200 Stassen Lane  
West St. Paul, MN 55118  
651-403-8300  
[www.tpac.tridistrictce.org](http://www.tpac.tridistrictce.org)

## Transportation Services

### **DARTS (LLS)**

1645 Marthaler Lane  
West St. Paul, MN 55118  
651-455-1560  
[www.dartsconnects.org](http://www.dartsconnects.org)

### **Metro Mobility**

(Service for certified riders who are  
unable to use regular fixed-route buses  
due to a disability or health condition)  
Metropolitan Council  
390 N. Robert St. N.  
St. Paul, MN 55101  
651-602-1111  
[www.metrocouncil.org](http://www.metrocouncil.org)

### **Transit Link**

(Twin Cities dial-a-ride minibus or van  
service for the general public, where  
regular route transit service is not  
available.)  
Metropolitan Council  
390 N. Robert Street  
St. Paul, MN 55101  
651-602-5465  
[www.metrotransit.org](http://www.metrotransit.org)

### **GAPP Services, Inc.**

(Transport for medical or  
social services appointments for clients)  
P.O. Box 240668  
Apple Valley, MN 55124  
952-953-9299

**Transportation  
Services continued:**

**Minnesota Non-Emergency  
Transportation (MNET)**

(Transportation to medical appointments for persons on Medical Assistance)  
1110 Centre Point Curve  
Mendota Heights, MN 55120  
1-866-467-1724  
[www.mtm-inc.net/minnesota](http://www.mtm-inc.net/minnesota)

**Neighbors, Inc.**

(Supportive Services, Dial-a-Ride)  
222 Grand Ave. W.  
South St. Paul, MN 55075  
651 455-5000  
[www.neighborsmn.org](http://www.neighborsmn.org)

**Translation/  
Interpreter Services**

**Triple A World Wide  
Translation**

1516 West Lake S. Suite 208  
Minneapolis, MN 55408  
612-824-7554  
[www.aaaworldwidetranslation.com](http://www.aaaworldwidetranslation.com)

**TTD and TTY MN Relay**

For hearing and speaking help  
1-800-627-3529

**Veterans  
Services**

**Dakota County  
Veterans Services**

1 Mendota Rd.  
West St. Paul, MN 55118  
651-554-5601  
[www.dakotacounty.us](http://www.dakotacounty.us)

**LinkVet - Veterans Affairs**

1-888-546-5838  
[www.mn.gov/mdva](http://www.mn.gov/mdva)

**Veterinarians**

**Skadron Animal Hospital**

178 Marie Ave. E.  
West St. Paul, MN 55118  
651-451-6421  
[www.skadronanimalhospital.com](http://www.skadronanimalhospital.com)

**Volunteer  
Opportunities**

**City of West St. Paul (LLS)**

1616 Humboldt Avenue  
West St. Paul, MN 55118  
651-552-4100  
[www.wspmn.gov](http://www.wspmn.gov)

**DARTS (LLS)**

1645 Marthaler Lane  
West St. Paul, MN 55118  
651-455-1560  
[www.dartsconnects.org](http://www.dartsconnects.org)

## Volunteer Opportunities continued:

### **Dakota County Volunteering**

651-438-4635

[www.dakotacounty.us](http://www.dakotacounty.us)

(search: volunteer)

### **Dodge Nature Center**

365 Marie Avenue W.

West St. Paul, MN 55118

651-455-4531

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

### **Medical Reserve Corps – Dakota County**

(For health professionals and non-professionals)

14955 Galaxie Avenue

Apple Valley, MN 55124

952-891-7528

[www.dakotacounty.us](http://www.dakotacounty.us)

### **Neighbors, Inc.**

222 Grand Avenue West

South St. Paul, MN 55075

651-455-5000

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

### **Senior Corps/Retired and Senior Volunteer Program (RSVP)**

St. Paul Parks and Recreation,  
Adaptive Recreation

1000 E. Wheelock Parkway

St. Paul, MN 55106

651-793-6634

1-800-942-2677

[www.seniorcorps.gov](http://www.seniorcorps.gov)

### **Thompson Park Activity Center (LLS)**

1200 Stassen Lane

West St. Paul, MN 55118

651-403-8300

[www.tridistrictce.org/page/2532](http://www.tridistrictce.org/page/2532)

### **Wentworth Library (LLS)**

199 East Wentworth Ave.

West St. Paul, MN 55118

651-554-6800

[www.dakotacounty.us](http://www.dakotacounty.us)

### **West St. Paul YMCA (LLS)**

150 Thompson Ave. E.

West St. Paul, MN 55118

651-457-0048

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

Thank you to the LLS members/sponsors of the Directory!

