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

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
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**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

**Common Sense Services**
6415 Carmen Ave.
Inver Grove Heights, MN 55076
651-552-0288
www.commonsense4seniors.org

**2nd Half with Lyngblomsten (LLS)**
1415 Almond Ave.
St. Paul, MN 55108
651-414-5291
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

**DARTS (LLS)**
1645 Marthaler Lane
West St. Paul, MN 55118
651-455-1560
www.dartsconnects.org

**Banks and Financial Services**

**Associated Bank**
2060 Robert Street S.
West St Paul, MN 55118
651-306-1787
www.associatedbank.com

**Ideal Credit Union**
(Formally Postal Credit Union)
7791 Amana Trail
Inver Grove Heights, MN 55077
651-770-7000
www.idealcu.com

**Old National Bank**
66 Thompson Avenue East
West St Paul, MN 55118
651-457-1111
www.anchorlink.com

**TCF Bank (Cub Foods)**
2021 S. Robert St.
West St. Paul, MN 55118
1-800-823-2265
www.tcfbank.com
Banks and Financial Services continued:

**US Bank**
1493 Robert Street S
West St. Paul, MN 55118
www.usbank.com
651-552-0420

**Wells Fargo Bank**
1710 Robert Street S.
West St. Paul, MN 55118
651-205-8940
www.wellsfargo.com

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Caregiver Services and Support Groups

Services for caregivers of older adults, & support groups for caregivers 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

**Augustana Lutheran Church**
(Caregiver memory loss support groups)
1400 S. Robert St.
West St. Paul, MN 55118
651-457-3373
www.augustana.com

**DARTS (LLS)**
1645 Marthaler Lane
West St. Paul, MN 55118
651-455-1560
www.dartsconnects.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

**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
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
(Search: CFL)

Mature Voices Minnesota
2550 University Ave. S. Ste. 350
Saint Paul, MN 55114
651-209-6130
www.mvmn.org

Metropolitan Area Agency on Aging
2365 N McKnight Rd.
North Saint Paul, MN 55109
651-641-8612
www.metroaging.org

Minnesota Board on Aging
540 Cedar Street
St. Paul, MN 55155
651-431-2500
www.mnaging.net

Senior LinkAge Line
(One stop shop for MN seniors)
1-800-333-2433
www.seniorlinkageline.com

Dodge Nature Center
365 Marie Avenue W.
West St. Paul, MN 55118
651-455-4531
www.dodgenaturecenter.org

Nice Guy Technology
(Computer & technology classes, information & consulting)
612-460-1631
www.NiceGuyTechnology.com

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

Wentworth Library (LLS)
199 East Wentworth Avenue
West St. Paul, MN 55118
651-554-6800
www.dakotacounty.us

West St. Paul Parks and Recreation
1616 Humboldt Avenue
West St. Paul, MN 55118
651-552-4100
www.wspmn.gov

West St. Paul YMCA (LLS)
150 Thompson Avenue E.
West St. Paul, MN 55118
651-457-0048
www.ymcatwincities.org
Dakota County Adult Protection
651-554-6000
www.dakotacounty.us

Dakota County 24-Hour Crisis Response Line
952-891-7171
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

West St. Paul Police Department (LLS)
1616 Humboldt Avenue
West St Paul, MN 55118
651-322-2323 (Non-Emergency)
911 (Emergencies)
www.wspmn.gov

South Metro Fire
1650 Humboldt Avenue
West St. Paul, MN 55118
651-552-4176
www.southmetrofire.com

Dakota County WorkForce Center
1 Mendota Rd. W., Suite 170
West St. Paul, MN 55118
651-554-5955
www.mn.gov/deed

Experience Works – Jobs for Older Workers
www.experienceworks.org

Augustana Lutheran Church
1400 Robert Street S.
West St. Paul, MN 55118
651-457-3373
www.augustana.com

Crown of Life Lutheran Church & School
115 Crusader Avenue W.
West St. Paul, MN 55118
651-451-3832
www.colwsp.org

Faith United Methodist Church
1530 Oakdale Avenue
West St. Paul, MN 55118
651-457-5686
www.faithumcmn.com
Faith Communities continued:

La Puerta Abierta UMC
690 Livingston Avenue
St Paul, MN 55107
651-558-1896
www.facebook.com/lpaumc

Oakdale Community Church
1066 Carrie Street
West St. Paul, MN 55118
651-457-3866
www.oakdalecc.org

Riverview Baptist Church
14 E. Moreland Avenue
West St. Paul, MN 55118
651-457-3831
www.riverviewbaptist.net

St. George Antiochian Orthodox Church
1250 Oakdale Avenue
West St. Paul, MN 55118
651-457-0854
www.saintgeorge-church.org

St. James Lutheran Church
460 Annapolis Street W.
West St. Paul, MN 55118
651-457-9232
www.saintjameslutheran.com

St. Joseph’s Catholic Church
1154 Seminole Avenue
West St. Paul, MN 55118
651-457-2781
www.churchofstjoseph.org

St. Michael Catholic Church
337 E. Hurley Street
West St. Paul, MN 55118
651-457-2334
www.stmichaelwsp.org

Salem Lutheran Church
11 West Bernard Street
West St. Paul, MN 55118
651-457-6661
www.salemluth.org

St. Stephen’s Lutheran
1575 Charlton Street
West St. Paul, MN 55118
651-457-6541
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

CAP Agency
(Services: community, energy, family, food, housing, senior)
2496 145th Street West
Rosemount, MN 55068
651-322-3500
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
Financial Assistance continued:

Lutheran Social Service
Financial Counseling
965 Payne Ave.
St Paul, MN 55130
1-888-577-2227
www.lssmn.org/debt

Neighbors, Inc.
222 Grand Ave. West
South St. Paul, MN 55075
651 455-5000
www.neighborsmn.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

Hunger Solutions
Minnesota —
Minnesota Food Helpline
651-486-9860
www.hungersolutions.org

Neighbors, Inc.—Food Shelf
222 Grand Ave. West
South St. Paul, MN 55075
651 455-5000
www.neighborsmn.org

Food and Nutrition Assistance

CAP Agency —
senior dining site
2496 145th St. W.
Rosemount, MN 55068
651-322-3500
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

Fare for All
(Reduced cost groceries)
763-450-3880
www.fareforall.org

Coborns Delivers
763-971-4900
www.cobornsdelivers.com

Kemps Home Delivery
3501 Marshall Ave. NE
Minneapolis, MN 55418
612-627-8709
www.milkmandelivers.com

Mom’s Meals
1-877-508-6667
www.MomsMeals.com

Meals on Wheels/Mobile Meals
612-623-3363
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

**Optage Senior Dining Choices / Presbyterian Homes & Services**  
651-746-8200  
www.optage.org

**Funeral Chapels**

**Klecatsky & Sons West Chapel**  
1051 Robert Street S.  
West St Paul, MN 55118  
651-457-6200  
www.klecatskys.com

**Willwerscheid West-Heights Chapel**  
235 Wentworth Ave. W.  
West St Paul, MN 55118  
651-457-7938  
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

**City of West St. Paul (LLS)**  
1616 Humboldt Avenue  
West. St. Paul, MN 55118  
651-552-4100  
www.wspmn.gov

**Minnesota Public Utilities Commission**  
(General help for all MN utilities)  
121 7th Place E., Suite 350  
St. Paul, MN 55101  
651-296-0406  
www.puc.state.mn.us

**Social Security Administration**  
332 Minnesota St E300  
St Paul, MN 55101  
1-800-772-1213  
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

**QUITPLAN**  
Information and resources for quitting tobacco, available at:  
1-888-354-PLAN (7526)  
www.quitplan.com
Chemical Health Resources continued:

Senior Recovery Center
235 Roselawn Avenue East
Maplewood, MN 55117
651-773-0473
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

Entira Family Clinic
234 Wentworth Ave E
West St. Paul, MN 55118
651-455-2940
www.entirafamilyclinics.com

United Family Medicine Community Clinic
1026 7th St W.
St. Paul, MN 55102
651-241-1000
www.unitedfamilymedicine.org

West Side Community Health Services – La Clinica
153 Cesar Chavez St.
St. Paul, MN 55107
651-602-7500
www.westsidetchs.org

Dentistry

Access Point Dental
1590 S. Robert St.
West St. Paul, MN 55118
651-300-0949
www.accesspointdental.com

Affordable Dentures & Implants
2055 S. Robert St.
West St. Paul, MN 55118
651-347-6595
www.affordabledentures.com

Aspen Dental
1963 S. Robert St., STE 100
West St. Paul, MN 55118
651-724-9689
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

Johnston Family Dental
1545 Livingston Ave.
West St Paul, MN 55118
651-455-0505
www.johnstonfamilydental.com

Lifelong Dental Care
1525 Livingston Ave.
West St. Paul, MN 55118
651-457-4888
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

Midwest Dental West St. Paul
1903 S. Robert St.
West St. Paul, MN 55118
651-457-9633
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

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

Southview Acres
2000 Oakdale Ave.
West St. Paul, MN 55118
651-554-9500
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

Woodlyn Heights
Health Care Center
2060 Upper 55th St E
Inver Grove Heights, MN 55077
651-451-1881
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

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

Medicare
(Find and compare doctors, plans, hospitals, suppliers and other providers)
1-800-633-4227
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
(Search: Medical Assistance)

**Disability Linkage Line**
1-866-333-2466
www.MinnesotaHelp.info

**MinnesotaCare**
(Walk-in office)
540 Cedar Street
St. Paul, MN 55101
651-297-3862
www.minnesotacare411.com

**Senior LinkAge Line**
(One stop shop for MN seniors)
1-800-333-2433
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

**Telephone Equipment Distribution (TED)**
85 East 7th Place, Suite 105
St. Paul MN 55101
651 431-5940
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

**Good Samaritan Home Care (LLS)**
651-488-7680
www.good-sam.com

**HealthEast Home Care**
651-232-2810
www.healtheast.org

**HealthStar Home Health**
2586 7th Ave East Suite 302
North St. Paul, MN 55109
651-633-7300
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
Hospice continued:

Allina Health Hospice
612-262-2200
www.allinahealth.org

Brookdale Hospice Minnesota
7801 East Bush Lake Road Suite 230
Bloomington MN 55439
952-831-0193
www.brookdale.com (search: Hospice)

HealthEast Hospice Care
651-232-3312
www.healtheast.org

Heartland Hospice Care
2685 Long Lake Rd., S. 105
Roseville, MN 55113
1-888-633-6522
www.heartlandhospice.com

Minnesota Hospice
17645 Juniper Path, Suite 155
Lakeville, MN 55044
952-898-1022
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

ComForCare
680 Hale Ave. N, Suite 260
Oakdale, MN 55128
651-333-4244
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/invergrovemn

DARTS (LLS)
1645 Marthaler Lane
West St. Paul, MN 55118
651-455-1560
www.dartsconnects.org

Good Samaritan (LLS)
Services at Home
855-232-3443
www.good-sam.com

Touching Hearts At Home
7201 West 78th St. Ste. 220
Bloomington, MN 55439
952-888-0321
www.touchinghearts.com/southmetro

Right At Home
2626 E. 82nd St., #150
Bloomington, MN 55425
952-854-6122
www.rightathome.net/twin-cities

Home Instead Senior Care
750 South Plaza Drive
Mendota Heights, MN 55120
651-747-8720
www.homeinstead.com

In-Home Care

In-Home Care is companion, homemaking, and/or personal care services.
<table>
<thead>
<tr>
<th>Massage</th>
<th>Mental Health</th>
<th>Mesothelioma</th>
<th>Respite/Group Respite</th>
<th>Vision Loss</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Simply Grounded</strong></td>
<td><strong>Dakota County 24-Hour Crisis</strong></td>
<td><strong>Mesothelioma Guide</strong></td>
<td><strong>DARTS (LLS)</strong></td>
<td><strong>Vision Loss Resources</strong></td>
</tr>
<tr>
<td><strong>Therapeutic Massage</strong></td>
<td><strong>Response Line</strong></td>
<td><strong>(Asbestos related illnesses)</strong></td>
<td><strong>1645 Marthaler Lane</strong></td>
<td><strong>216 South Wabasha St.</strong></td>
</tr>
<tr>
<td>33 Wentworth Avenue E, Ste.</td>
<td>952-891-7171</td>
<td>888-385-2024</td>
<td>West St. Paul, MN 55118</td>
<td>St. Paul, MN 55120</td>
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<tr>
<td>651-451-8311</td>
<td></td>
<td></td>
<td><a href="http://www.dartsconnects.org">www.dartsconnects.org</a></td>
<td>651-774-0011</td>
</tr>
<tr>
<td><a href="http://www.simplygrounded.abmp.com">www.simplygrounded.abmp.com</a></td>
<td></td>
<td></td>
<td></td>
<td><a href="http://www.visionlossresources.com">www.visionlossresources.com</a></td>
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<tr>
<td><strong>Mental Health</strong></td>
<td><strong>Associated Clinic of</strong></td>
<td><strong>2nd Half with Lyngblomsten</strong></td>
<td><strong>People Incorporated</strong></td>
<td></td>
</tr>
<tr>
<td>Psychological West St. Paul</td>
<td>Psychology West St. Paul**</td>
<td><strong>(LLS)</strong></td>
<td>2060 Centre Point Blvd, Suite 3</td>
<td></td>
</tr>
<tr>
<td>149 Thompson Ave., Suite 150</td>
<td>149 Thompson Ave., Suite 150</td>
<td>The Gathering (group respite) at</td>
<td>551120</td>
<td></td>
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<tr>
<td>West St. Paul, MN 55118</td>
<td>West St. Paul, MN 55118</td>
<td>Augustana Lutheran and Salem</td>
<td>St. Paul, MN 55120</td>
<td></td>
</tr>
<tr>
<td>651-450-0860</td>
<td>651-450-0860</td>
<td>Lutheran Churches</td>
<td>651-774-0011</td>
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<tr>
<td><a href="http://www.acp-mn.com">www.acp-mn.com</a></td>
<td></td>
<td>651-414-5291</td>
<td><a href="http://www.peopleincorporated.org">www.peopleincorporated.org</a></td>
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<tr>
<td><strong>Guild Incorporated</strong></td>
<td><strong>Guild Incorporated</strong></td>
<td><strong>Vision Loss Resources</strong></td>
<td><strong>Vision Loss Resources</strong></td>
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<tr>
<td>130 S. Wabasha St., Suite 90</td>
<td>130 S. Wabasha St., Suite 90</td>
<td><strong>216 South Wabasha St.</strong></td>
<td>216 South Wabasha St.</td>
<td></td>
</tr>
<tr>
<td>651-450-2220</td>
<td>651-681-9366</td>
<td>612-871-2222</td>
<td>651-681-9366</td>
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</tr>
<tr>
<td><a href="http://www.guildincorporated.org">www.guildincorporated.org</a></td>
<td></td>
<td></td>
<td><a href="http://www.visionlossresources.com">www.visionlossresources.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>Mental Health Resources, Inc.</strong></td>
<td>501 Highway 13 E., # 116</td>
<td><strong>People Incorporated</strong></td>
<td><strong>2nd Half with Lyngblomsten</strong></td>
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<tr>
<td>501 Highway 13 E., # 116</td>
<td>501 Highway 13 E., # 116</td>
<td>2060 Centre Point Blvd, Suite 3</td>
<td>2060 Centre Point Blvd, Suite 3</td>
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<tr>
<td>Burnsville, MN</td>
<td>Burnsville, MN</td>
<td>St. Paul, MN 55120</td>
<td>St. Paul, MN 55120</td>
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<tr>
<td>651-681-9366</td>
<td>651-774-0011</td>
<td>651-774-0011</td>
<td>651-774-0011</td>
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<tr>
<td><a href="http://www.mhresources.com">www.mhresources.com</a></td>
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<td><a href="http://www.peopleincorporated.org">www.peopleincorporated.org</a></td>
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<tr>
<td><strong>Mesothelioma</strong></td>
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<tr>
<td><strong>Mesothelioma Guide</strong></td>
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<tr>
<td>(Asbestos related illnesses)</td>
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<tr>
<td>888-385-2024</td>
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<tr>
<td><a href="http://www.mesotheliomaguide.com">www.mesotheliomaguide.com</a></td>
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<tr>
<td><strong>Vision Loss</strong></td>
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<tr>
<td><strong>Vision Loss Resources</strong></td>
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<tr>
<td>216 South Wabasha St.</td>
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<tr>
<td>St. Paul, MN 55107</td>
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<tr>
<td>612-871-2222</td>
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<tr>
<td><a href="http://www.visionlossresources.org">www.visionlossresources.org</a></td>
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</tbody>
</table>
Home Visiting Services

Social contact for older adults.

**DARTS (LLS)**
1645 Marthaler Lane
West St. Paul, MN 55118
651-455-1560
www.dartsconnects.org

**Little Brothers -Friends of the Elderly**
1845 East Lake Street
Minneapolis, MN 55407
612-721-6215
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

**Dakota County Adult Foster Care**
651-554-6686
www.dakotacounty.us

**Dakota County Supportive Housing Unit**
(Experiencing or at risk of homelessness)
651-554-5751
www.dakotacounty.us

**Dakota County Community Development Agency (CDA)**
office
1228 Town Centre Dr.
Eagan, MN 55123
651-675-4400
www.dakotacda.org

**The Dakotah (CDA)**
900 S Robert St.
West St Paul, MN 55118
651-675-4400
www.dakotacda.org

**Haskell Court (CDA)**
140 Haskell St E.
West Saint Paul, MN 55118
651-675-4400
www.dakotacda.org

**Mount Carmel Manor (LLS)**
1560 Bellows St.
West St Paul, MN 55118
651-291-1750
www.CommonBond.org

Housing Guides and Directories

**Minnesota Seniors Online**
763-780-8309
www.mnsenioronline.com

**Own Your Future Minnesota**
Long-term care planning guide
www.mn.gov/ownyourfuture

**SeniorCare Guidebook**
www.careoptionsnetwork.org/guidebook

**Senior Outlook**
www.senioroutlook.com
<table>
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<tr>
<th>Condominiums, Cooperatives and Townhomes</th>
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<tbody>
<tr>
<td><strong>Realife Cooperative (LLS)</strong></td>
</tr>
<tr>
<td>170 Emerson Avenue E.</td>
</tr>
<tr>
<td>West St. Paul, MN 55118</td>
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<tr>
<td>651-455-1340</td>
</tr>
<tr>
<td><a href="http://www.realifewsp.net">www.realifewsp.net</a></td>
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<tr>
<th>Assisted Living, Independent Living and Memory Care continued:</th>
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<tbody>
<tr>
<td><strong>Brookdale West St. Paul</strong></td>
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<tr>
<td>(formerly: Sterling House)</td>
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<tr>
<td>305 E. Thompson Ave.</td>
</tr>
<tr>
<td>West St. Paul, MN 55118</td>
</tr>
<tr>
<td>651-453-1803</td>
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<tr>
<td><a href="http://www.brookdaleliving.com">www.brookdaleliving.com</a></td>
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<th>Home Modification</th>
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<tr>
<td><strong>Access Solutions</strong></td>
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<tr>
<td>8120 Penn Ave. S.</td>
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<tr>
<td>Bloomington, MN 55431</td>
</tr>
<tr>
<td>952-495-6006</td>
</tr>
<tr>
<td><a href="http://www.AccessSolutions.org">www.AccessSolutions.org</a></td>
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</tbody>
</table>

| **DARTS (LLS)**                                             |
| 1645 Marthaler Lane                                         |
| West St. Paul, MN 55118                                     |
| 651-455-1560                                                |
| www.dartsconnects.org                                      |

| **Lifeway Mobility Minneapolis**                            |
| 563 Shoreview Park Road                                     |
| Shoreview, MN 55126                                         |
| 651-462-3444                                                |
| www.lifewaymobility.com                                     |

<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>Brookdale West St. Paul</strong></td>
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<tr>
<td>(formerly: Clare Bridge)</td>
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<tr>
<td>315 E. Thompson Ave.</td>
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<tr>
<td>West St. Paul, MN 55118</td>
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<tr>
<td>651-453-1805</td>
</tr>
<tr>
<td><a href="http://www.brookdaleliving.com">www.brookdaleliving.com</a></td>
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<tr>
<th>Information and Assistance</th>
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<tr>
<td><strong>DARTS (LLS)</strong></td>
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<tr>
<td>Information Hotline</td>
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<tr>
<td>1645 Marthaler Lane</td>
</tr>
<tr>
<td>West St. Paul, MN 55118</td>
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<tr>
<td>651-455-1560</td>
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<tr>
<td><a href="http://www.dartsconnects.org">www.dartsconnects.org</a></td>
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</tbody>
</table>
Information and Assistance continued:

Disability Hub MN
1-866-333-2466
www.disabilityhubmn.org

Homeline Tenant Hotline
612-728-5767
www.homelinemn.org

Senior LinkAge Line
(One stop shop for MN Seniors)
1-800-333-2433
www.seniorlinkageline.com

LinkVet - Veterans Affairs
1-888-546-5838
www.mn.gov/mdva

Pluto Legal, PLLC
(Elder Law & Medical Assistance Planning - serving MN)
100 E. Hwy. 14
Tyler, MN 56178
1-866-457-3131
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

Relocation/Transition Services

Assisted Living Locators
4645 Shenandoah Lane N.
Plymouth, MN 55446
800-267-7816
www.twincities.assistedlivinglocators.com

Care Patrol
651-769-4974
www.carepatrol.com

Changing Lifestyle Solutions
15300 Crown Drive
Minnetonka, MN 55345
612-986-3196
www.MyCLLSolutions.com

Choice Connections
(Senior housing advisory service)
651-261-5379
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

**Senior Move Magic**  
(Downsizing, organizing, and move management)  
952-261-5457  
www.seniormovemagic.com

**Transportation Services**

**DARTS (LLS)**  
1645 Marthaler Lane  
West St. Paul, MN 55118  
651-455-1560  
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

**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

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

Tax Help

**AARP Foundation Tax-Aide**  
1-888-687-2277  
(Phone is active Jan. 15 – Mar. 15)  
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
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

**Neighbors, Inc.**
(Supportive Services, Dial-a-Ride)
222 Grand Ave. W.
South St. Paul, MN 55075
651 455-5000
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

**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

**LinkVet - Veterans Affairs**
1-888-546-5838
www.mn.gov/mdva

**Veterinarians**

**Skadron Animal Hospital**
178 Marie Ave. E.
West St. Paul, MN 55118
651-451-6421
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

**DARTS (LLS)**
1645 Marthaler Lane
West St. Paul, MN 55118
651-455-1560
www.dartsconnects.org
Volunteer Opportunities continued:

**Dakota County Volunteering**
651-438-4635
www.dakotacounty.us
(search: volunteer)

**Dodge Nature Center**
365 Marie Avenue W.
West St. Paul, MN 55118
651-455-4531
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

**Neighbors, Inc.**
222 Grand Avenue West
South St. Paul, MN 55075
651-455-5000
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

**Thompson Park Activity Center (LLS)**
1200 Stassen Lane
West St. Paul, MN 55118
651-403-8300
www.tridistrictce.org/page/2532

**Wentworth Library (LLS)**
199 East Wentworth Ave.
West St. Paul, MN 55118
651-554-6800
www.dakotacounty.us

**West St. Paul YMCA (LLS)**
150 Thompson Ave. E.
West St. Paul, MN 55118
651-457-0048
www.ymcatwincities.org
Thank you to the LLS members/sponsors of the Directory!