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. **For the most current directory and other resources, go to [www.dakotacounty.us](http://www.dakotacounty.us) (search: Living Longer & Stronger) or [https://wspmn.gov](https://wspmn.gov) (search: Senior Resources).**

Be well!

*Murray Wilson*

Living Longer and Stronger in West St. Paul

Businesses or organizations listed in this directory are included for informational use only, and inclusion does not imply endorsement by LLS, 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)
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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

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

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

Lyngblomsten (LLS)
1415 Almond Ave.
St. Paul, MN 55108
651-646-2941
www.lyngblomsten.org

Wilder Community Center for Aging
650 Marshall Ave.
Saint Paul
651-280-2273
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

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
(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

Education, Recreation and Social Activities

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
<table>
<thead>
<tr>
<th>Emergency Services</th>
<th>Employment Services</th>
</tr>
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<tbody>
<tr>
<td><strong>Dakota County Adult Protection</strong></td>
<td><strong>Dakota County WorkForce Center</strong></td>
</tr>
<tr>
<td>651-554-6000</td>
<td>1 Mendota Rd. W., Suite 170</td>
</tr>
<tr>
<td></td>
<td>West St. Paul, MN 55118</td>
</tr>
<tr>
<td><a href="http://www.dakotacounty.us">www.dakotacounty.us</a></td>
<td>651-554-5955</td>
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<tr>
<td></td>
<td><a href="http://www.mn.gov/deed">www.mn.gov/deed</a></td>
</tr>
<tr>
<td><strong>Dakota County 24-Hour Crisis Response Line</strong></td>
<td><strong>Experience Works – Jobs for Older Workers</strong></td>
</tr>
<tr>
<td>952-891-7171</td>
<td><a href="http://www.experienceworks.org">www.experienceworks.org</a></td>
</tr>
<tr>
<td><a href="http://www.dakotacounty.us">www.dakotacounty.us</a></td>
<td></td>
</tr>
<tr>
<td><strong>Domestic Violence Outreach Services 360 Communities</strong></td>
<td></td>
</tr>
<tr>
<td>501 East Highway 13, Suite 102</td>
<td><strong>Faith Communities</strong></td>
</tr>
<tr>
<td>Burnsville, MN 55337</td>
<td><strong>Augustana Lutheran Church</strong></td>
</tr>
<tr>
<td>952-985-5300</td>
<td>1400 Robert Street S.</td>
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<tr>
<td>651-452-7288 Eagan</td>
<td>West St. Paul, MN 55118</td>
</tr>
<tr>
<td>651-437-1291 Hastings</td>
<td>651-457-3373</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.augustana.com">www.augustana.com</a></td>
</tr>
<tr>
<td><strong>Sexual Assaults Services</strong></td>
<td><strong>Crown of Life Lutheran Church &amp; School</strong></td>
</tr>
<tr>
<td>651-405-1500</td>
<td>115 Crusader Avenue W.</td>
</tr>
<tr>
<td><a href="http://www.360communities.org">www.360communities.org</a></td>
<td>West St. Paul, MN 55118</td>
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<tr>
<td></td>
<td>651-451-3832</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.colwsp.org">www.colwsp.org</a></td>
</tr>
<tr>
<td><strong>West St. Paul Police Department (LLS)</strong></td>
<td><strong>Faith United Methodist Church</strong></td>
</tr>
<tr>
<td>1616 Humboldt Avenue</td>
<td>1530 Oakdale Avenue</td>
</tr>
<tr>
<td>West St Paul, MN 55118</td>
<td>West St. Paul, MN 55118</td>
</tr>
<tr>
<td>651-322-2323 (Non-Emergency)</td>
<td>651-457-5686</td>
</tr>
<tr>
<td>911 (Emergencies)</td>
<td><a href="http://www.faithumcmn.com">www.faithumcmn.com</a></td>
</tr>
<tr>
<td><a href="http://www.wspmn.gov">www.wspmn.gov</a></td>
<td></td>
</tr>
</tbody>
</table>
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

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

**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 Delivery

**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
<table>
<thead>
<tr>
<th>Chemical Health Resources continued:</th>
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<tbody>
<tr>
<td><strong>Senior Recovery Center</strong></td>
</tr>
<tr>
<td>235 Roselawn Avenue East</td>
</tr>
<tr>
<td>Maplewood, MN 55117</td>
</tr>
<tr>
<td>651-773-0473</td>
</tr>
<tr>
<td><a href="http://www.seniorrecoverycenter.squarespace.com">www.seniorrecoverycenter.squarespace.com</a></td>
</tr>
</tbody>
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<thead>
<tr>
<th>Dentistry</th>
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<tbody>
<tr>
<td><strong>Access Point Dental</strong></td>
</tr>
<tr>
<td>1590 S. Robert St.</td>
</tr>
<tr>
<td>West St. Paul, MN 55118</td>
</tr>
<tr>
<td>651-300-0949</td>
</tr>
<tr>
<td><a href="http://www.accesspointdental.com">www.accesspointdental.com</a></td>
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</tbody>
</table>

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

| **Allina Health West St Paul Clinic** |
| 150 Emerson Ave E.                    |
| West St. Paul, MN 55118               |
| 651-241-1800                          |
| www.allina.com                        |

| **Aspen Dental**                      |
| 1963 S. Robert St., STE 100           |
| West St. Paul, MN 55118               |
| 651-724-9689                          |
| www.aspendental.com                   |

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

<table>
<thead>
<tr>
<th><strong>Clinics</strong></th>
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<tbody>
<tr>
<td><strong>Allina Health West St Paul Clinic</strong></td>
</tr>
<tr>
<td>150 Emerson Ave E.</td>
</tr>
<tr>
<td>West St. Paul, MN 55118</td>
</tr>
<tr>
<td>651-241-1800</td>
</tr>
<tr>
<td><a href="http://www.allina.com">www.allina.com</a></td>
</tr>
</tbody>
</table>

| **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 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

**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

**Comfort Keepers (LLS)**
1870 50th St. E. #7
Inver Grove Heights, MN 55077
651-330-3071
www.comfortkeepers.com/invergrove-mn

**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
**Massage**

**Simply Grounded Therapeutic Massage**
33 Wentworth Avenue E, Ste. 240
West St. Paul, MN 55118
651-451-8311
www.simplygrounded.abmp.com

**Mental Health**

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

**Guild Incorporated**
130 S. Wabasha St., Suite 90
St. Paul, MN 55107
651-450-2220
www.guildincorporated.org

**Mental Health Resources, Inc.**
501 Highway 13 E., # 116
Burnsville, MN
651-681-9366
www.mhresources.com

**People Incorporated**
2060 Centre Point Blvd, Suite 3
St. Paul, MN 55120
651-774-0011
www.peopleincorporated.org

**Mental Health Minnesota**
2233 University Ave. W., Suite 200
St. Paul, MN 55114
651-493-6634
www.mentalhealthmn.org

**Mesothelioma**

**Mesothelioma Guide**
(Asbestos related illnesses)
888-385-2024
www.mesotheliomaguide.com

**Respite/Group Respite**

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

**Vision Loss**

**Vision Loss Resources**
216 South Wabasha St.
St. Paul, MN 55107
612-871-2222
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

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

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**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

**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

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**Housing Guides and Directories**

**Minnesota Seniors Online**
763-780-8309
www.mnseniorsonline.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>
<thead>
<tr>
<th>Condominiums, Cooperatives and Townhomes</th>
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<tbody>
<tr>
<td><strong>Realife Cooperative (LLS)</strong></td>
</tr>
</tbody>
</table>
| 170 Emerson Avenue E.  
West St. Paul, MN 55118  
651-455-1340  
www.realifewsp.net |

<table>
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<tr>
<th>Home Modification</th>
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</thead>
<tbody>
<tr>
<td><strong>Access Solutions</strong></td>
</tr>
</tbody>
</table>
| 8120 Penn Ave. S.  
Bloomington, MN 55431  
952-495-6006  
www.AccessSolutions.org |

<table>
<thead>
<tr>
<th><strong>DARTS (LLS)</strong></th>
</tr>
</thead>
</table>
| 1645 Marthaler Lane  
West St. Paul, MN 55118  
651-455-1560  
www.dartsconnects.org |

<table>
<thead>
<tr>
<th><strong>Lifeway Mobility Minneapolis</strong></th>
</tr>
</thead>
</table>
| 563 Shoreview Park Road  
Shoreview, MN 55126  
651-462-3444  
www.lifewaymobility.com |

<table>
<thead>
<tr>
<th>Assisted Living, Independent Living and Memory Care</th>
</tr>
</thead>
</table>
| **Brookdale West St. Paul**  
(formerly: Clare Bridge) |
| 315 E. Thompson Ave.  
West St. Paul, MN 55118  
651-453-1805  
www.brookdaleliving.com |

| **Brookdale West St. Paul**  
(formerly: Sterling House) |
| 305 E. Thompson Ave.  
West St. Paul, MN 55118  
651-453-1803  
www.brookdaleliving.com |

<table>
<thead>
<tr>
<th><strong>Cerenity Senior Care- Humboldt</strong></th>
</tr>
</thead>
</table>
| 512 Humboldt Avenue (LLS)  
St. Paul, MN 55107  
651-220-1700  
www.cerenityseniorcare.org |

<table>
<thead>
<tr>
<th><strong>The Sanctuary (LLS)</strong></th>
</tr>
</thead>
</table>
| 1746 Oakdale Ave.  
West St Paul MN 55118  
651-455-6322  
www.thesanctuary-weststpaul.com |

<table>
<thead>
<tr>
<th><strong>Southview Senior Living</strong></th>
</tr>
</thead>
</table>
| 1984 Oakdale Ave.  
West St. Paul, MN 55118  
651-554-4838  
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 |

<table>
<thead>
<tr>
<th>Information and Assistance</th>
</tr>
</thead>
</table>
| **DARTS (LLS)**  
**Information Hotline** |
| 1645 Marthaler Lane  
West St. Paul, MN 55118  
651-455-1560  
www.dartsconnects.org |
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

**Legal Services**

**Dispute Resolution Center**
(Mediation services)
91 East Arch Street  
St. Paul, MN 55130  
651-292-7791  
www.disputeresolutioncenter.org

**Immigrant Law Center of MN**
450 North Syndicate St., Suite 200  
St. Paul, MN 55104  
651-641-1011  
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

**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.MyCLSSolutions.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

**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 Services**

**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.wspm.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!