



Senior Care PLUS Resource Guide

The purpose of this guide is to inform the individuals and families served by The Alley of resources in their area. This guide focuses on services provided in and around Cottage Grove and Woodbury.

Alzheimer's Association

952-830-0512 24/7 information helpline 1-800-272-3900

Adult Day Care

Cerenity Senior Care
225 Frank Street, St. Paul
Mon- Fri 9am-4pm
651-793-2100

The Gathering (by Lyngblomsten)
Woodbury Baptist Church
2nd and 4th Tues. 10am-3pm
651-414-5291

Attorneys

Mark Anderson
Schmitz Law Firm
400 N. Robert St., Suite 1840
St. Paul, MN 55101
651-291-2405

Lori Skibbie
Estate & Elder Law, VOA
1900 Central Ave NE, Suite 106
Minneapolis, MN 55418
612-676-6302

Kris L. Maser
Maser & Amundson, P.A
6601 Lyndale Ave. S, Ste 320
Richfield, MN 55337
952-925-4147

Mark A. Tebelius
Sjoberg & Tebelius
2145 Woodlane Drive, Ste 101
Woodbury, MN 55125
651-738-3433

Legal Shield: Advice on legal issues. With a small monthly fee you receive access to advice and counsel on an unlimited number of personal legal issues from attorneys with an average of 19 years experience.

Contact: Pam Bremseth: 612-296-2176

Conservator/Guardians

Maser & Amundson, P.A 952-925-4147
Lori Skibbie 612-676-6302

Driving

- **Courage Center:** 612-262-7855 (2-3 hour test, vision, reaction, safety judgment). Appointment needed.
- **MN Department of Public Safety:** 651-297-3377 (to obtain a disability parking certificate)

Fall Risk/Home Assessments

- **Above and Beyond Senior Services:** 612-965-5122 Occupational Therapy and cognitive assessments, falls/balance and home safety assessments; private pay only
- **Saint Therese Rehab Safe at Home Assessments:** 763-531-5434; assessments covered by Medicare with doctor orders or \$75.00 per hour.
- **Senior Abilities Unlimited:** 952-746-3222; specializes in independence, reducing falls-call Nicole or Chris Rennie.

Financial Assistance, Counseling, Support

Senior Partners Care: 952-767-0665; SPC benefits those Medicare beneficiaries who cannot afford supplemental insurance and have difficulty paying their share of the medical expense after Medicare has made payment.

Food

- **Christian Cupboard Food Shelf:** 651-738-2338 (2nd Thurs: 5:30-7:00pm Fri: 9:00am-Noon)
- **Coborn's Delivers:** 763-971-4900
- **Fare For All:** low cost fresh food 800-582-4291
- **Friends in Need Food Shelf:** 651-458-0730 (Tues 8a-6p by apt)
- **Lunds/Byerlys:** 763-416-1611- online shopping and delivery. \$10.00 delivery fee
- **Meals on Wheels:** 651-777-5222
- **Store to Door:** 651-642-1892

Home Care and Hospice (All of the services listed below typically provide a free consultation to determine if this is a good fit or if they have the services you currently need.)

- **Allina Home Health:** 612-262-2200 Medicare certified
- **At Home Solutions by Saint Therese- coming soon!:** 952-283-2220 offers homemaking, family respite, transportation, companionship,(non-medical) and/or home health care services including medication management, bathing assistance, hospice support, and ambulation assistance
- **BrightStar Care:** 651-234-0044 skilled non-medicare, companionship, personal care, 24/7
- **Comfort Keepers Home Care:** 651-330-3071 offers nursing care, home health care, companion care
- **HealthEast Health & Hospice Care:** 651-232-2800 Medicare certified and hospice care
- **Heartland Home Care & Hospice:** 888-633-6522 Medicare certified and hospice care
- **Home Instead :** 651-747-8722 offers companionship, short-term recovery, personal services, arthritis& Parkinson's care, transportation
- **Interim HealthCare Home Care & Hospice:** 651-917-3634 Medicare, Homemaking, companionship, meal prep, light housework, 24/7
- **Seniors Helping Seniors:** 651-274-4285 offers home care, companionship, home maintenance, support, shopping, errands, respite care
- **Touching Hearts at Home:** 651-452-6825 non-medical home care services from just a few hours per visit up to 24/7
- **Visiting Angels:** 651-653-0110 offers home care, companionship, home maintenance, support, shopping, errands

Medical Alert Options

- **Fairview Life Line:** 952-885-6185
- **Medical Alert Systems and Philips Lifeline:** 1-800-380-3111
- **Alert:** 1-866-581-4540
- **Life Station:** 1-866-665-5313

Medical Support Equipment

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- **MN Telephone Equipment Distribution program** 800-657-3739 MN Dept. of Human Services-free adaptive equipment available.
- **Jitterbug:** www.jitterbug.com easy phone for seniors to use-large numbers, \$15.00 a month
- **Vision Loss Resources:** 612-817-2222 offers in-home low-vision assessment, individual classes, volunteers and support groups

Medications

Don't flush! Put in a plastic container, add water, then kitty litter, coffee grounds or other "yucky" substance. Seal it, put in plastic bag and put in garbage.

Moving Assistance

- **Brilliant Moves:** 612-605-7303
- **Empty the Nest:** 612-998-0102
- **Gentle Transitions:** 952-944-1028
- **Rose's Daughters:** 612-330-3772
- **Senior Moves:** 651-646-5785 (Lorene and Jim Roste)
- **Two Men and a Truck:** 952-516-7400

Senior Linkage Line

1-800-333-2433: This phone call can field many questions and lead you to some supportive, appropriate help.

Senior Center

South Washington 8400 E Point Douglas Rd S, Cottage Grove, MN 55016

Senior Housing (income based)

Dakota County: http://www.dakotacda.org/seniorhousing_program.htm

CommonBond Communities - Headquarters

328 Kellogg Blvd. W

St. Paul, MN

651-291-1750

Cahill Commons

Inver Grove Heights, MN

651-675-4440

Dakota Heights

South St. Paul, MN

651-675-4440

Mississippi Terrace

Hastings, MN

651-675-4440

Nan McKay Highrise

South St. Paul, MN

651-675-4440

Oak Ridge Manor

Senior Housing (Market Rate)

Key:

IL= Independent Living AL= Assisted Living MC= Memory Care

EH= Enhanced AL TCU= Transitional Care CC= Care Center/ Skilled Nursing

Hastings, MN

651-675-4440

Parkview Plaza

Mendota Heights, MN

651-675-4440

Red Rock Manor

Newport, MN

651-459-2786

Oak Terrace

Oakdale, MN

651-730-6440

Saint Therese of Woodbury

Woodbury, MN

651-714-7144

(IL, AL, MC, TCU, CC)

Red Rock Senior Living

Woodbury, MN

651-459-1400

(IL, AL, MC, EH)

Cerenity on Marian

St. Paul, MN

651-495-1819

(IL, AL, MC, TCU, CC)

Stonecrest

Woodbury, MN

651-264-3200

(IL, AL, MC)

Norris Square

Cottage Grove, MN

651-769-6600

(IL, AL, MC, EH)

Waters Senior Living

Oakdale, MN

651- 393-5260

(AL, MC)

Oak Meadows

Oakdale, MN

651- 578-0676

(IL, AL, MC)

White Pines

Cottage Grove, MN

651-458-9455

(AL, MC)

Park Ridge of Hastings

Hastings, MN

651-480-6300

(IL, AL, TCU, CC)

Woodbury Senior Living

Woodbury, MN

651-735-6000

(IL, AL, MC, TCU, CC)

Support Groups

- **Family Means:** 651-439-4840 Alzheimers and Memory loss. 3rd Wednesday of each month 2:30 - 4:00 p.m. at All Saints Lutheran Church, 8100 Belden Blvd, Cottage Grove. Cost: Free~Pre-registration is requested
- **KOK:** Free grief support group. 1st and 3rd Mondays of month from 6:30-8:00 pm at South Washington County Senior Center (8400 E. Pt. Douglas Rd S. Cottage Grove)

Transportation

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- **Metro Mobility:** 651-602-1111 must apply for this service. They will send you an application
- **Transit Link (formerly Dial-A-Ride):** 651-602-5465 (to schedule a ride)
- **Darts:** 651-455-1560

United States Department of Veterans Affairs- by appointment

- **Washington County-** Cottage Grove: 651-430-8342 (Tuesday/ Thursday)
- **Dakota County-** Hastings: 651-554-5601 (Friday 8-12pm, 1-4:30pm)
- **Ramsey County-** St. Paul: 651-266-2545

This resource guide was donated by support from Saint Therese of Woodbury,
a full continuum Senior Care Community opening in early 2016.



SAINT THERESE
of WOODBURY