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May 2013

Community Resource Guide

Compliments of:

Fairview Physician Associates

NOTE: MinnesotaHelp.info <http://www.minnesotahelp.info> also known as Senior LinkAge Line (1-800-333-2433) is a key location for state wide resources for all ages.

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Abuse/Physical/Mental

*Fairview Domestic Abuse Services www.fairview.org	612-672-2700 952-924-5775 952-892-2500	2450 Riverside Ave., Mpls 6401 France Ave. S., Edina 201 E. Nicollet Blvd., Burnsville
Battered Women's Hotline www.mcbw.org	651-646-0994	
National Domestic Abuse Hotline www.ndvh.org	800-799-7233	24 hours - 7 days per week
Neighborhood Involvement Program (NIP) Rape & Sexual Abuse Center www.neighborhoodinvolve.org/	612-825-4357	2431 Hennepin Ave. S., Mpls Rape crisis center, childhood sexual abuse, secondary victims of sexual violence, legal advocacy and community education and prevention programming.
Tubman Family Alliance www.tubmanfamilyalliance.org	612-825-3333	4432 Chicago Ave. S., Mpls Support services for women, girls and families in abusive situations
Women's Advocates www.wadvocates.org	651-227-8284	588 Grand Ave., St. Paul Shelter hotline

Chemical Dependency

*Fairview CD Intake	612-672-7272 or 1-800-824-1953	To arrange an appointment with CD counselor
African American Family Services www.aafs.net	612-871-7878	2614 Nicollet Ave., Mpls
American Indian Center www.maicnet.org	612-879-1702	1530 E. Franklin Ave., Mpls
Anoka County Community Social Services & Mental Health Department	763-422-7070	Rule 25 assessments
Alcoholics Anonymous www.alcoholics-anonymous.org	952-922-0880 (Minneapolis) 651-227-5502 (St. Paul)	

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Chrysalis, A Center for Women (Tubman Family Alliance) www.chrysaliswomen.org	612-870-2426 612-825-3333	Hours vary, call for information Rule 25 assessments Counseling & assessments For CD & outpatient treatment
CLUES Minneapolis (Comunidades Latinas Unidas En Servicio) www.clues.org	612-746-3500 (Minneapolis) 651-379-4200 (St. Paul)	Rule 43 (culturally specific) assessments and referrals
Get Help Now Addiction Rehab Helpline http://www.theagapecenter.com/Treatment-Centers/Minnesota.htm	866-923-1128	A list of centers and programs with websites.
Hennepin County Chemical Health Services	612-879-3503	1800 Chicago Ave. S. Mpls Rule 25 assessments
Indian Health Board http://www.indianhealthboard.com/	612-721-9800	1315 E. 24 th St., Mpls Counseling and assessments
Minnesota Adult & Teen Challenge (MnTC) http://mntc.org	612-373-3366 (Minneapolis) 218-833-8777 (Central MN) 218-529-2733 (Northland)	Residential drug and alcohol programs serving teens and adults from all ethnic, socioeconomic and religious backgrounds
MIWRC (Minnesota Indian Women's Resource Center) www.miwrc.org	612-728-2000	2300 15 th Ave. S., Mpls
My Home, Inc. Collaboration includes Minnesota Department of Human Services and Confederation of Somali Community in Minnesota	651-659-0359	Culturally specific programs for African American men and women and Somali men.
Ramsey County Chemical Assessment & Referral Unit	651-266-4008	Rule 25 assessment & referral for treatment
Salvation Army Harbor Light Center	612-767-0113	1010 Currie Ave., Mpls Substance abuse treatment for men

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Clothing

God's Closet	651-771-4627 (St. Paul) 651-738-0305 (Woodbury)	Clothing and household items.
Joseph's Coat www.josephscoatmn.org	651-291-2472	1107 West 7 th St., St. Paul Clothing, small household and personal hygiene items M & W, 9:30 am - 4:30 pm
Oxboro Clothes Closet	952-881-6956	Open 2 Tuesdays each month from 9-11:30 am.
Sharing & Caring Hands www.sharingandcaringhands.org	612-338-4640	525 North 7 th St., Mpls
St. Stephen's Free Store www.ststephensmpls.org	612-874-0313	2211 Clinton Ave. S., Mpls
The Clothing Closet	651-430-2739	Call for hours. Washington and Ramsey county.

Community Clinics

Native American Community Clinic	612-872-8086	Medical, dental and counseling services, dietician, diabetes case manager, patient advocate, health educator and prenatal case manager.
Neighborhood Health Care Network www.nhcn.org	651-489-CARE (2273) or 1-866-489-4899	Connects uninsured or underinsured to medical, dental or mental health services in the Twin Cities metro area, 14 community health centers with 46 service locations
Indian Health Board www.ihb-mpls.org	612-721-9800	1315 E 24 th St., Mpls Medical and dental services
St. Mary's Health Clinics http://www.stmaryshealthclinics.org/default.aspx	651-287-7777	Free health care for uninsured.

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Simpson Shelter http://www.simpsonhousing.org/programs.html	612-874-0306	To house, support and advocate for people experiencing homelessness
Southside Medical Community Clinic http://www.southsidechs.org/	612-827-7181 Minneapolis 612-822-9030 Dental 651-430-1880 St. Croix	M-F 8:00am-5:00pm

Durable Medical Equipment & Oxygen

*Fairview Home Medical http://www.fairview.org/Services/HME/index.htm	952-836-3558 (Edina) 952-460-4940 (Burnsville) 612-273-8877 (Minneapolis) 651-632-9800 (St. Paul)	Durable medical equipment (DME), nebulizer equipment and supplies, continuous positive airway pressure (CPAP/BIPAP) machines and supplies, body braces/supports, manual wheelchairs, canes, lift chairs, adaptive devices, mastectomy products, compression garments, post-eye surgery chairs, breast pumps. Does not carry hospital beds or oxygen
American Cancer Society www.cancer.org	800-227-2345	Call 800# to locate American Cancer Society (ACS) navigator; must have cancer diagnosis; ACS helps pay for certain DME if ordered by MD
ActiveStyle http://activstyle.com/	1-800-651-6223	Home medical supplies.
APA Medical http://www.apamedical.com/	612-722-9000	Medical equipment.
Easter Seals/Goodwill www.mnges.easterseals.com	507-287-8699 Rochester 651-379-5922 St. Paul 320-654-9527 St. Cloud 320-214-9238 Willmar	Free DME is loaned out, based on availability. Patient/family must call first & arrange to pick up DME.
Handi Medical Supply https://www.handimedical.com/	651-644-9770 1-800-514-9979	Full service DME, oxygen, wheelchairs, scooters, mastectomy, lymphedema, nutritionals, pediatrics, service and repair
Liberty Oxygen	952-920-0460	Home medical equipment and

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http://libertyoxygen.com/		other health care and oxygen supplies.
Northwest Respiratory www.nwrespiratory.com	800-232-0706	Medical Assistance (MA) recipients must use this vendor to have coverage. Accepts most insurances.
Pediatric Home Service www.pediatrichomeservice.com	651-642-1825 1-800-225-7477	Specializes in pediatric DME Does not offer wheelchairs

Food Shelves

Angel Food Ministries www.angelfoodministries.com	1-877-FOOD-MINISTRY (1-877-366-3646)	Provides food relief and financial support to communities throughout the United States
Catholic Charities	612-204-8500 (Minneapolis & St. Paul) 320-229-4560 (St. Cloud)	Catholic Charities helps individuals, families and children meet their basic needs.
Dorothy Day Center http://www.osjspm.org/DorothyDayCenter	651-647-2350	183 Old 6 th St., St. Paul
Emergency Food Shelf Network https://www.emergencyfoodshelf.org/HungerReliefPartners/GetHelpNowList.aspx	763-450-3860	List of Minnesota locations and resources for food, shelter and transportation
Emergency Food Minneapolis locations	http://beelocal.thebeehive.org/category/emergency-food/161/minneapolis/mn/55415	
Emergency Food St. Paul locations	http://beelocal.thebeehive.org/category/emergency-food/161/st-paul/mn/55107	
Family Pathways www.familypathways.org	1-877-321-7100	Food pantries in Chisago, Isanti, Pine, Kanabec, and Mille Lacs counties
Salvation Army Stores in Minnesota www.whitepages.com/business?key=Salvation+Army&where=MN		86 store locations in Minnesota.

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Second Harvest Heartland www.2harvest.org	651-484-5117 (East, headquarters) 651-209-7980 Golden Valley	Call to locate food shelf in your area. Food shelves require photo ID and proof of residence
Sharing & Caring Hands (MaryJo Copeland, Founder and Director) www.sharingandcaringhands.org	612-338-4640	525 North 7 th St., Mpls M-T-W-Th, 1:30 to 3:30 pm
The Food Shelf Valley Outreach	651-342-5550	M-F, call for hours. Washington and Ramsey county.
Women, Infants and Children (WIC) Program www.fns.usda.gov/wic	1-800-657-3942 (Minnesota)	Must make an appointment

Free Meals

Dorothy Day Center www.ccspm.org/dorothy_day_center_info.aspx	651-293-1919	183 Old 6 th St., St. Paul Breakfast: Sat & Sun, 9 to 9:30 am Lunch: M-Sun, Noon to 12:45 pm Dinner: M-Th, 4:30 to 5:15 pm
Loaves & Fishes www.loavesandfishesmn.org	612-377-9810	Nonprofit, volunteer-driven agency that provides meals at 8 locations in the metro area
Sharing & Caring Hands (MaryJo Copeland, Founder and Director) www.sharingandcaringhands.org	612-338-4640	525 North 7 th St., Mpls Breakfast: M-Th, 10 am Lunch: M-Th, Noon Lunch: Sat & Sun, 11 am Dinner M-Th, 4 pm

General Community, Statewide & National Resources

*Fairview On-Call	612-672-7272	Information on Fairview services
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CaregiverMN www.caregivermn.org	651-455-1560	Resources for Spanish and Hmong speaking family caregivers: <ul style="list-style-type: none"> • education and resources • medical • legal • housing
CMS (Centers for Medicare & Medicaid Services) www.cms.hhs.gov		Information about regulations, research, data, programs and more
Dakota County Health & Family www.co.dakota.mn.us/HealthFamily	651-437-3191	Information and links available for Dakota County residents
Darts www.darts1.org	651-455-1560 TTY: 651-234-2288	Information and resources for elderly
Department of Vocational Rehab www.deed.state.mn.us/rehab	651-259-7114	Helps people with disabilities to achieve their employment and independent living goals
Disability Link http://www.minnesotahelp.info/Public/default.aspx?se=dlink		
Elderberry Institute http://www.elderberry.org/index.asp	651-649-0315	Block Nurses Program, Minneapolis, St. Paul and out-state contacts and resource information
Family Pathways http://www.familypathways.org/	763-552-7284 1-877-321-7100	Food shelf, Senior and youth services, advocacy and thrift stores in Chisago, Isanti, Pine, Kanabec, and Mille Lacs counties
First Call For Help www.fcfh.org	2-1-1 or 1-800-543-7709	Community resources
Foundation for Health Coverage Education www.coverageforall.org	1-800-234-1317	Free and low-cost health coverage options
GrayTimes http://www.graytimes.com/	651-604-9416	Information and resources for Minnesotans 55+
Global Health Ministries http://www.ghm.org/	763-586-9590	Charitable organization that receives and provides medical supplies and funding for Lutheran health care missionaries
Lutheran Social Services www.lssmn.org	651-642-5990	Links for people with disabilities, children, seniors and caregivers

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Metropolitan Area Agency on Aging www.tcaging.org	651-641-8612	Resources for seniors and their families - Meals on Wheels, grocery, delivery, chore providers
Minnesota Help www.minnesotahelp.info/public	1-800-333-2433	Statewide community resources for all ages
Minnesota Veteran www.minnesotaveteran.org	1-888-LinkVet (546-5838)	Information and links available for military members and veterans
Minnesota Workforce Center System www.mnwfc.org	1-800-657-3858 TTY 651-296-3900	Provide the tools, resources and services needed for job search, career planning and training needs
Office of Multicultural Services (OMS) http://www.hennepin.us/portal/site/HennepinUS/menuitem.b1ab75471750e40fa01dfb47ccf06498/?vgnnextoid=2fd50c07f2434210VgnVCM10000049114689RCRD	612-348-2193	330 S. 12 th St, Suite 3700, Mpls Helps refugees, immigrants and persons with Limited English Proficiency connect to Hennepin County Services
Senior Community Services www.seniorcommunity.org	952-541-1019	Hennepin County - "to identify, develop, coordinate and provide services that help meet the needs of people 55+"
Store to Door www.storetodoor.org	651-642-1892	Grocery delivery service for elderly and disabled adults in the Twin Cities seven-county metro area
Volunteers of America http://www.voamn.org/	952-945-4000	Community resources for all ages.
Vulnerable Adult http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionS electionMethod=LatestReleased&dDocName=id_005710		Provides training and consultation about the Minnesota Vulnerable Adults Act County entry points: County Phone Directory for Reporting Vulnerable Adult Maltreatment

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Home Health Care & Infusion/Enteral Companies

*Fairview Home Care & Hospice www.fairview.org/homecare	Referrals 612-728-2468 1-866-827-5039	Home health services for 15 metro county area and Princeton area
*Fairview Home Infusion www.fairview.org/pharmacy	612-672-7444	IV & enteral services
University of Minnesota Amplatz Children's Hospital http://www.uofmchildrenshospital.org/	612-365-1000 855-267-5289	
Children's Home Care www.childrensmn.org	612-813-7519	Home health & IV services
Pediatric Home Service www.pediatrichomeservice.com	651-642-1825	Home IV & enteral services
Recover Health https://www.recoverhealth.org/	320-846-0002 Alexandria 218-326-0004 Grand Rapids 218-262-5887 Hibbing 952-926-9808 Minnetonka 507-282-2246 Rochester 320-259-7045 St. Cloud	Children through elderly: Home care, homemaking, personal care assistant (PCA), mental health, case management
Simpson Shelter http://www.simpsonhousing.org/programs.html	(612) 874-0306	To house, support and advocate for people experiencing homelessness

Home Making Services

Right at Home www.twincities.rightathome.net	952-854-6122	In-home care and assistance agency, providing quality senior and disabled persons care

Housing

*Ebenezer http://www.fairviewebenezer.org/		Senior housing options, community-based programs and medical care: independent living,
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		assisted living, memory care, care centers, management services, child care and adult day care.
Senior Housing Guide www.seniorhousingguide.us	651-690-3141	Counties: Anoka, Carver, Chisago, Dakota, Hennepin, Isanti, Scott, Sherburne, Ramsey, Washington, Wright
Simpson Shelter http://www.simpsonhousing.org/programs.html	(612) 874-0306	To house, support and advocate for people experiencing homelessness

Legal Assistance

Chrysalis Center For Women www.chrysaliswomen.org	612-871-0118	4432 Chicago Ave. S., Mpls

Mental Health

*Fairview Health Services Counseling Centers	612-672-7272 800-824-1953	
*Fairview Health Services Chemical Dependency Programs	612-672-7272 800-824-1953	
*Fairview Behavioral Emergency Center (BEC)	612-672-6600	Crisis mental health (MH) assessments, University of Minnesota Medical Center, Fairview, emergency department on the West Bank
*Fairview Counseling Centers www.fairview-university.fairview.org/Clinical_Services/counseling/index.asp	612-672-6999	For an appointment with a counselor at several Twin Cities locations
*Behavioral Health Providers (BHP)	763-525-1746 1-800-361-0491	Intake, crisis and emergency assistance.

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COPE	Hennepin County: 612-596-1223	Crisis team will go to the client, evaluate and hospitalize if needed
Family & Children’s Service http://thefamilypartnership.org/	612-339-9101	414 S. 8 th St. Mpls Counseling, support groups individuals, couples, parents & families
HealthPartners or HealthPartners Regions Behavioral Health Clinic www.healthpartners.com/portal/260.html	952-967-7992	Assessment and treatment for behavioral health and chemical health concerns
HCMC Crisis Intervention Center www.hcmc.org/depts/psych/cic.htm	612-873-3161	701 Park Ave. S., Mpls
Mercy Mental Health Assessment & Referral	763-236-7911	Mental health assessment & referral
Minnesota Crisis Line http://suicidehotlines.com/minnesota.html	612-379-6363 1-866-379-6363	Crisis counselors available 24 hours - 7 days per week
Walk-in Counseling Center www.walkin.org	612-870-0565	2421 Chicago Ave. S., Mpls No fees charged
Mercy Mental Health Assessment & Referral	763-236-7911	Mental health assessment & referral

Patient Education

ECHO (Emergency and Community Health Outreach) www.echominnesota.org		Health and safety information to limited English proficiency populations (LEP)

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Prepared/Delivered Meals

Open Arms www.openarmsmn.org	612-872-1152	Prepares and delivers meals to Twin City clients with diagnosis of HIV/AIDS, MS, ALS or breast cancer.
Store to Door www.storetodoor.org	651-642--1892	Delivers groceries for elderly and handicapped in Minneapolis/St. Paul area and Isanti.
Meals on Wheels http://www.meals-on-wheels.com/	Minneapolis: 612-623-3363 St. Paul: 651-789-2531 Ramsey: 651-266-4006 Dakota County: 952-393-9860 Anoka County: 763-434-6117 Maple Grove: 612-201-2265	Volunteers deliver meals to homebound people
Mom's Meals http://bettycrockerkitchens.com/howitworks.html	1-800-238-8368	

Public/Financial Assistance

Long-term Care Choices Navigator http://longtermcarechoices.minnesotahelp.info/		Is a step-by-step tool that will for yourself, parent, spouse or friend: <ul style="list-style-type: none"> • help you figure out what you need to live well and age well • guide you to resources in your community
Anoka County www.co.anoka.mn.us	763-717-7730 family 763-422-7246 adult	1201 89 th Ave., NE, Blaine 2100 3 rd Ave., Anoka
Carver County www.co.carver.mn.us	952-361-1600	602 E. 4 th St., Chaska
Chisago County www.co.chisago.mn.us	651-213-5600	313 N. Main St, Center City

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Dakota County www.co.dakota.mn.us	651-554-5611	1 Mendota Road W., W. St. Paul
Hennepin County www.hennepin.us	612-596-1300	330 S. 12 th , Mpls
Isanti County www.co.isanti.mn.us	763-689-1711	509 – 555 18 th Ave. SW, Cambridge
Kanabec County www.co.kanabec.mn.us	320-679-6350	905 Forest Ave. E., Mora
Mille Lacs County www.co.millelacs.mn.us	320-983-8208 or 888-270-8208	525 2 nd St. SE, Milaca
Ramsey County www.co.ramsey.mn.us	651-266-4444	160 East Kellogg, St. Paul
Scott County www.co.scott.mn.us	952-445-7751	200 Fourth Ave. W., Shakopee
Sherburne County www.co.scott.mn.us	763-241-2600 or 800-433-5239	13880 Hwy 10, Elk River
Washington County www.sherburne.mn.us	651-430-6455	13000 Ravine Parkway S., Cottage Grove
Wright County www.co.wright.mn.us	763-682-7414	1004 Commercial Dr., Buffalo
Social Security Administration www.ssa.gov	800-772-1213	1811 Chicago Ave. S., Mpls Medicare, disability, Social Security & retirement

Shelters

Family Place	651-225-9357	244 10 th St. E., St. Paul Intake: M-F, 6:30 am - 6:30 pm Sat & Sun, 8:30 am - 6:30 pm
Minnesota Domestic Violence Crisis Line 24 http://www.mcbw.org/mnservices	1-866-223-1111	Information regarding emergency shelters and advocacy.

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Transportation

*Fairview Senior & Disabled Transportation	612-672-7272 Fairview On-Call	Arrange through Fairview On-Call. Limited geographic area; low cost
CART	612-823-5000	Stretcher & wheelchair available
DARTS www.darts1.org	651-455-1560 651-455-1339 transportation	Dakota County transportation and older adult/family resources
ElderRide Transportation	612-332-9544	Transportation for seniors 60 and older M-F, 9 am – 2:30 pm Suggested donation \$3 for each segment of the trip
Lifelink www.lifelinkiii.com	612-378-5465	Stretcher & wheelchair available
Medica Provide A Ride www.member.medica.com	952-992-2292	Recipients must call to obtain ride authorization
Medivan	800-422-0976	Greater Minnesota rides
Metro Mobility http://metrotransit.org/metro-mobility	651-602-1111 (TTY 651-291-0904)	Metro Mobility is a shared public transportation service for certified riders who are unable to use regular fixed-route buses due to a disability or health condition. Rides are provided for any purpose
MNET (Medical Transportation Management)	1-888-561-8747 (Ambulatory Pts) 651-645-9254 xt 4434 (Wheelchair Pts)	Individuals with Medical Assistance (MA) must call this number for ride authorization
UCare Transportation www.ucare.org	612-676-6830	For patients with UCare MA
VEAP http://www.veapvolunteers.org/	952-888-9616	VEAP's four service programs work together to help alleviate the financial stress low-income individuals and families face as the result of unexpected expenses or lapses in income. Programs are designed to address a particular need and when used together can help avoid a financial crisis such as loss of housing, transportation or employment.
Rainbow Taxi	612-332-1615	Offers wheelchair lift taxis
Red & White Taxi	612-871-1600	
Airport Taxi	952-928-0000	Medical transportation
Suburban Taxi	651-646-2222	

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Additional Resources

<p>*Ebenezer Adult Day Programs http://www.fairviewebenezer.org/AdultDay/index.htm</p>	<p>Bloomington: <ul style="list-style-type: none"> • 952-888-5405 or • 952-948-5154 Burnsville: <ul style="list-style-type: none"> • 952-898-3085 Hastings: <ul style="list-style-type: none"> • 651-438-9800 Minneapolis: <ul style="list-style-type: none"> • 612-879-1499 Rosemount: <ul style="list-style-type: none"> • 651-423-5926 </p>	<p>Adult Day Programs serve adults age 55+ who live at home yet would benefit from personal care and assistance, scheduled activities, and supervision during the workweek. An adult day program provides social stimulation, specialized programming and support for care givers seeking a break in their routine</p>
<p>*Ebenezer Hands and Hearts Moving and Estate Sales program http://www.fairviewebenezer.org/Programs/HandsHearts/index.htm</p>	<p>612-872-8545</p>	<p>Conducts moving and estate sale, including cleaning and pricing merchandise, and packing up and removing unsold items</p>
<p>*Fairview Care Management and Coordination</p>	<p>612-728-2468</p>	<p>Help for individuals or their loved ones to understand options and resources available to older adults and people with chronic or lengthy illnesses</p>
<p>* Fairview International Travel Clinic</p>	<p>Uptown 612-827-4751 Prior Lake 952-226-2600 Appointment line: 612-564-4990</p>	
<p>*Fairview Lifeline www.fairview.org/lifeline</p>	<p>612-728-2468 1-866-827-5039</p>	<p>A medical alert service for older or disabled adults living at home</p>
<p>Normandale Center for Health and Wholeness http://healing.normluth.org/</p>	<p>Area served: Edina, Bloomington and surrounding area</p> <p>952-929-1697</p>	<p>The Center provides friendly visitors and rides through volunteers, health education, wellness classes, screening and prevention clinics, resource consultation, foot care, loaner adaptive equipment and other support services</p>

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*Fairview Outpatient Pharmacy www.fairview.org/pharmacy	612-626-2828	Request co-pay arrangements Rx issues, medication delivery
*Fairview Mail Order Pharmacy	612-672-5261	Call 3 days before prescription runs out
*Fairview Partners and Geriatric Services www.fairviewpartners.org	952-836-3827	Community, assisted living and long term care for seniors.
*Fairview Memory Loss Assessment Clinic http://www.fairview.org/MemoryLossAssessmentClinic/	952-914-1722	Locations: Fairview Clinic Edina Fairview Clinic Burnsville

NOTE:

To keep this resource guide up to date add your own resources in the rows provided below and at the end of each category, and contact Fairview Physician Associates with questions or resources you would like added at 952-914-1800.

FPA provides you with this listing of community-based care providers in the community; however this list doesn't constitute an endorsement.