

**Hastings Area
Senior
Resource Directory**

Updated May 2018

Prepared by the
Hastings Area Senior Center
Tilden Community Center
310 River Street
Hastings, MN 55033
651-480-7689

Important Numbers

Allina Health Clinics

1285 Nininger Rd ----- 651-480-4200
1880 North Frontage ----- 651-438-1800

Allina Health – Regina Hospital----- 651-404-1000

Dakota County Public Health ----- 651-554-6100

Dakota County Social Services ----- 651-554-6000

DARTS----- 651-455-1560

Hastings Area Senior Center----- 651-480-7689

Hastings City Hall ----- 651-480-2350

Hastings Family Service/Just Friends- 651-437-7134

Hastings Loop----- 651-455-1560

Hastings Police Department ----- 651-480-2300

Metropolitan Area Agency on Aging 651-641-8612

Senior Linkage Line----- 1-800-333-2433

Social Security ----- 1-800-772-1213

Transit Link ----- 651-602-5465

The Hastings Area Senior Resource Directory

was developed to provide seniors and their families a comprehensive list of services and programs available to them. The information included is a variety of possible resources for seniors which are not necessarily endorsed by the Senior Center.

If you are aware of other resources that have benefited you or your family, please feel free to contact Laurie Thrush at the Senior Center, 651-480-7689 or lthrush@hastings.k12.mn.us.

To download or share this Directory with others, feel free to access it at hastingscommunityed.com. Select the Senior Program tab to find it.

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DARTS Direct

651-234-2229
darts1.org
Personalized group rides.

Handi Van LLC

507-281-3600
Non emergency medical transportation:
between Hastings and Rochester only.
handivanrides.com

Just Friends - Hastings Family Service

651-437-7134
Free service provided by community
volunteers for rides to medical, dental
and Social Service appointments in
Hastings and surrounding communities.

Road to Recovery

American Cancer Society

800-237-2345
Transportation to cancer medical
appointments and treatments - for
ambulatory cancer patients only.
Advance notice of 4 business days required.

Transit Link

651-602-5465
Twin Cities transportation service for the
general public where regular route
transit service is not available. Must call
in advance for ride reservations.

**Transportation to Veteran’s Medical Center
in Minneapolis (VA Hastings Shuttle Bus)**

651-554-5601
Please call a few days in advance

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Abuse and Neglect

Dakota County Social Services

651-554-6000

952-891-7171 Adult Protection Crisis Line
(24 hours a day)

co.dakota.mn.us

Lewis House

651-437-1291

360communities.org

Shelter for women and children who
have been physically, verbally, sexually
or emotionally abused.

Minnesota Elder Justice Center

2610 University Ave. W.

St. Paul, MN 55114

651-440-9300

Adult Day Care

Common Sense

651-552-0288

Ebenezer Day Break - Hastings

651-438-9800

fairviewebenezer.org

Regina Adult Day Program - Hastings

651-404-1789

regina-seniorliving.com

Veteran Day Care

612-725-2000

Wilder Adult Day Health Program – St. Paul

651-280-2500

wilder.org

Website Resources

caregiver.org

caregivinglink.org

wilder.org/caregiving

Tax Assistance

Tax Preparation

651-480-7689

Free tax preparation for seniors with basic
tax returns. Appointments available from
February – April.

Refund Tracking Line

MN Department of Revenue

651-296-4444 or 800-657-3676

MN Revenue - Individual Income Tax

651-296-3781 or 800-652-9094

Transportation

Allina Transportation

651-222-0555

Non-emergency stretcher service. There is
a fee and medical assistance is accepted.

GAPP, Services, Inc.

952-953-9299

Volunteer drivers for Dakota County
residents. Trips to medical appointments,
VA hospital, Social Security offices and
Dakota County offices provided.

Hastings Loop

651-455-1560

HEART DISEASE

American Heart Association

1-800-242-8721

heart.org

Minnesota Regional Office - Eagan

952-835-3300

PARKINSON'S DISEASE

Parkinson's Support Group

651-480-7689

Hastings Area Senior Center

STROKE

Stroke Support & Education

Burnsville Senior Center

952-707-4120

Fairview Rehab Clinic

612-273-6228

Minnesota Stroke Association

763-553-0088

strokemn.org

VISION LOSS

Minnesota State Services for the Blind

651-539-2300

mnsb.org

Vision Loss Resources

651-224-7662

visionlossresources.org

Vision Loss Support Group

651-480-7689

Hastings Area Senior Center

Chemical Dependency

AA (Alcoholics Anonymous)

651-227-5502

aastpaul.org

608 W 7th St

St. Paul, MN 55102

24 hour referral to St. Paul and

Suburban Area AA groups & members.

AA literature available.

Al-Anon

651-771-2208

al-anon-alateen-msp.org

Provides support and information for

families and friends of problem drinkers.

Cochran Recovery Services

651-437-4209

detoxone.org

Detox and treatment services. Information about local AA & Alanon groups.

Senior Recovery Program

651-773-0473

seniorrecoverycenter.org

Specializes in alcoholism/addiction

treatment of seniors (50+) on an

out-patient basis.

QUITPLAN

1-888-354-7526

quitplan.com

Information and resources for quitting

tobacco.

Chore Services

DARTS

651-455-1560

Darts1.org

Housekeeping, shopping, yardwork and handyman/repair services. Sliding fee based on income and need.

Just Friends - Hastings Family Service

651-437-7134

hastingsfamilyservice.org

Volunteers do grocery shopping.

Senior Linkage Line

1-800-333-2433

Eldercare Advisors

Alzheimer's Association

952-830-0512

alz.org/mnnd

1-800-272-3900 24/7 Helpline

Amherst H. Wilder Foundation Community Center for Aging

651-280-2273

wilder.org/caregiving

Provides education, counseling and support as well as assessments and recommendations to families caring for older adults.

Disability Hub MN

1-866-333-2466

disabilityhubmn.org

CROHN'S DISEASE

Crohn's Disease & Colitis Support Group

651-917-2424 (MN/Dakota)

Crohnscolitisfoundation.org

DIABETES

American Diabetes Association

763-593-5333 or 1-800-342-2383

diabetes.org

Diabetes Support Group

651-480-7689

Hastings Senior Center

EMOTIONS

Emotions Anonymous

507-276-0323

GAMBLING

Gamblers Anonymous

1-855-222-5542

minnesotaga.com

GRIEF

Hastings Area Grief Coalition Support Group

651-480-7689

HEARING LOSS

Deaf and Hard of Hearing Services - Metro

651-431-5940

mn.gov/dhs/people-we-serve/adults/services/deaf-hard-of-hearing

Hearing Loss Association of America – Twin Cities Chapter

763-447-9672

hlaatc.org

Support and Education

ALZHEIMERS DISEASE

Alzheimer's Association

952-830-0512 or 651-789-5863
alz.org/mnnd

Alzheimer's and Memory Loss Family Support Group

651-404-1789
Regina Senior Living - Assisted Living

ARTHRITIS

Arthritis Foundation

651-968-4437 or 844-571-HELP
arthritis.org

CANCER

American Cancer Society

1-800-227-2345 (24 hours a day)
cancer.org

Cancer Support Help Line

1-888-793-9355
cancersupportcommunity.org

CAREGIVER SERVICES

DARTS Caregiver Support Groups, Education and Counseling

651-455-1560
darts1.org

Caregiver Support Group

651-480-7689
Hastings Area Senior Center

Choice Connections: Southern Twin Cities

651-261-5379 or 651-402-4186
agewiseassisted.com

Helps seniors and their families in finding a new home: assisted living, residential care, memory care, independent living.

Dakota County Community Aging & Disability Services

651-554-6336 or 651-554-6108
co.dakota.mn.us

County nurses or social workers complete in-home assessments and provide recommendations for services.

DARTS

651-455-1560

Darts1.org

Advisors help the elderly and their families by providing information, recommending alternatives and arranging for services.

VA Caregiver Support

612-467-5405

1-855-260-3274 – Caregiver Support Line
Caregiver.va.gov

Programs are available both in and out of your home to help you care for the Veteran you love and for yourself.

Minnesota Department of Human Services

Minnesota Help (go under "seniors" under ""popular topics"
TTY/TTD Line 888-206-6555

Website Resources

caregiver.org - Family Caregiver Alliance
With the National Center on Caregiving

Emergency Services

EMERGENCY

Dial 911

An emergency is any situation that requires immediate assistance from the police, fire department or ambulance.

Examples include:

- fire
- crime, especially if in progress
- car crash, especially if someone is injured
- medical emergency, such as someone who is unconscious, gasping for air or not breathing, experiencing an allergic reaction, having chest pain, having uncontrollable bleeding, or any other symptoms that require immediate medical attention

Allina Health - Regina Hospital

Emergency Room

651-404-1260 (24 hours a day)

Grace Unit (Mental Health Emergency)

651-404-1360

Hospital

651-404-1000

1175 Nininger Rd

Hastings, MN 55033

Hastings Area Senior Center

651-480-7689

310 River St

Hastings, MN 55033

Card games, golf, exercise classes, bingo, water exercise, parties, educational speakers, book discussion, shuffleboard, art classes, quilting groups, support groups, pickleball, tax assistance and tours.

Hastings Community Education – A lifetime of learning. Locally grown.

651-480-7670

hastingscommunityed.com

310 River St

Hastings, MN 55033

Hastings YMCA

651-480-8887

ymcamn.org

85 Pleasant Dr.

Hastings, MN 55033

Social and educational programs, land and water exercise classes, fitness center, and pre-diabetes classes.

Just Friends - Hastings Family Service

651-437-7134

301 2nd St E

Hastings, MN 55033

hastingsfamilyservice.org

Offers support through one-on-one relationship building, in person or over the phone.

Smart Driver Program

AARP Course

651-480-7689
aarp.org/families/driver_safety
Hastings Area Senior Center
Receive an automobile insurance premium discount upon completion of your class.

Social, Education, Recreation

Carpenter St. Croix Valley Nature Center

651-437-4359
carpenternaturecenter.org
12805 St. Croix Tr
Hastings, MN 55033
Unique opportunities to explore the outdoors.

Dakota County Pleasant Hill Library

651-438-0200
dakotacounty.us/library
1490 S Frontage Rd
Hastings, MN 55033
Book discussion kits and groups, large print books, eBooks and audio books, home library service, fax/scanners, internet computers and wireless internet. Bring a photo identification and proof of current address to get a free library card.

DARTS

651-455-1560
darts1.org
Provides friendly volunteer visitors for the elderly, and volunteer opportunities for people of all ages.

Dakota County Crisis Response Unit

952-891-7171 (24 hours a day)
Dakota County staff will respond to non-life-threatening emergencies, including mental or chemical health crisis.

Hastings Family Service

651-437-7134
hastingsfamilyservice.org
301 2nd St E
Hastings, MN 55033
Includes help to families or individuals facing short-term eviction or utility shut-off, and who need short-term assistance with transportation, housing or other expenses when in financial crisis. Clothing and household items are also available.

Minnesota Adult Abuse Reporting Center

1-844-880-1574 (24 hours a day)

Veterans Crisis Line

1-800-273-8255 (press 1)
Text 838255 to Get Help Now
Confidential support 24/7/365

Employment Services

Dakota County Burnsville WorkForce Center

952-703-3100
dakotacowest.wfc@state.mn.us
2800 County Road 42 W
Burnsville, MN 55337

Dakota County West St Paul Work Force Center

651-554-5955
dakotaconorth.wfc@state.mn.us
1 Mendota Road W, Suite 170
West St. Paul, MN 55118-4764

Experience Works

855-270-9660

Financial Assistance

Dakota County Alternative Care Grant & Elderly Waiver Program

651-554-6336
co.dakota.mn.us

Dakota County Economic & Medical Assistance

651-554-5611 or 1-800-247-1056
co.dakota.mn.us

Energy Assistance Program

651-322-3500
capagency.org

Dakota County Office
2496 145th St. W.
Rosemount, MN 55068

Gentle Transitions

952-944-1028 or 651-224-0335
gentletransitions.net

Rose's Daughters

651-373-1323 or 612-330-3772
rosesdaughters.com

Senior Move Magic

952-261-5457
seniormovemagic.com

Willow & Spruce Organizing

(715) 410-9532
winnowandspruceorganizing.com

Respite Care

DARTS

651-455-1560
dartsconnects.org
Provides volunteers to stay with a disabled elder while family caregiver takes a break. Provides information on services that give family members time away from caregiving responsibilities.

Home Instead Senior Care

952-882-9300
homeinstead.com/505
Non-medical companionship and home care for seniors.

Prescott Nursing & Rehabilitation Community

715-262-5661
atriumlivingcenters.com
1501 Orrin Rd
Prescott, WI 54021

Senior Housing Directories

651-480-7689
Available at the Hastings Senior Center
310 River Street, Hastings, MN 55033

Senior Linkage Line

1-800-333-2433

Rehabilitation Services

Centrex Rehab at Augustana Care Hastings

651-480-5988
centrexrehab.com
930 16th St W
Hastings, MN 55033

Courage Kenny Rehabilitation Institute

651-404-1002
85 Pleasant Dr
Hastings, MN 55033

Prescott Nursing & Rehabilitation Community

715-262-5661
atriumlivingcenters.com
1501 Orrin Rd
Prescott, WI 54021

Regina Senior Living

651-480-4333
regina-seniorliving.com
1175 Nininger Rd
Hastings, MN 55033

Relocation and Reorganization

Changing Lifestyle Solutions

612-986-3196 or 952-935-5286
clsolutions.com

Hastings Family Service

651-437-7134
hastingsfamilyservice.org

Minnesota Supplemental Aid (MSA)

1-866-333-2466
mn.db101.org/mn

Supplemental Security Income (Social Security Administration)

1-800-772-1213
www.ssa.gov

Telephone Assistance

651-296-7124

Website Resources

medicare.gov
mn.gov/dhs – MN Department of Human Services
needymeds.org – Help with the cost of medicine

Food Assistance

The Market - Hastings Food Shelf

651-437-7134
hastingsfamilyservice.org
Provides groceries for people in need of short term assistance.

Nutrition Assistance Program for Seniors – NAPS

651-437-7134
hastingsfamilyservice.org
Provides USDA commodities for seniors who meet the income guidelines.

Regina Hospital

651- 404-1000
Dietitian available for nutritional education and information. Fee for service.

Senior Dining

651-437-7133

Meals served in Hastings. Call in advance for location, days and times.

CAP Agency Food Shelf

651-322-3500

2496 145th St. W.
Rosemount, MN 55068
capagency.org

Food Delivery**DARTS**

651-455-1560

dartsconnects.org

Provides grocery shopping assistance.

Help at Your Door

651-642-1892

storetoyourdoor.org

Volunteer-based shopping and delivery service for seniors age 60 and older. Fees for services.

Meals on Wheels

651-404-1548

hastingsfamilyservice.org

Delivers a ready to eat, hot, nutritious meal, a safety check, and a warm smile from a volunteer to a senior or a person living with a disability.

Mom's Meals

1-877-508-6667

momsmeals.com

Fresh-made, nutritious, great-tasting home delivered meals.

Nursing Home/Residential Care**Augustana Health Care Center of Hastings**

651-437-6176

augustanacare.org

930 16th St W

Hastings, MN 55033

Regina Senior Living

651-480-4333

regina-seniorliving.com

1175 Nininger Rd.

Hastings, MN 55033

Prescott Nursing and Rehabilitation Community

715-262-5661

atriumlivingcenters.com

1505 Orrin Rd

Prescott, WI 54021

Minnesota Veterans Homes

1-888-546-5838

Boarding Care Home

1200 18th St. E.

Hastings, MN 55033

651-438-8579

mn.gov/mdva/homes

Care Options Network

careoptionsnetwork.org

Skilled Nursing Facility vacancy information

Minnesota Nursing Home Report Card

nhreportcard.dhs.mn.gov

Website Resources

allinahealth.org
honoringchoices.org (advance care planning)
mayoclinic.org/patient-care-and-health-information
nih.gov (National Institutes of Health)
webmd.com

Mental Health Services

Allina Mental Health Providers

651-438-1800
Allina Medical Clinic
1880 No. Frontage Rd.
Hastings, MN 55033

Associated Clinic of Psychology

612-925-6033
acp-mn.com
Dakota County Older Adults Program
provides free in-home assessment and
counseling.

Dakota County Adult Mental Health

651-554-6424
952-891-7171 Dakota County Crisis Adult Response
Unit (24/7)

GRACE Program

651-404-1360
1175 Nininger Rd
Hastings, MN 55033
Providing mental health services
specifically designed to meet the
unique needs of older adults.

Website Resource

mentalhealthmn.org

Health Insurance

Medicare Information

1-800-633-4227
medicare.gov

MNSure

855-366-7873 or 651-539-2099

MinnesotaCare

651-297-3862 or 800-657-3672
mn.gov/dhs
Information about income based insurance
for citizens not yet eligible for Medicare.

Senior Linkage Line

1-800-333-2433
minnesotahelp.info
Consultation about health insurance
choices and help with Medicare and
other health insurance paperwork.

Home Care and Hospice Care

Allina Home Care, Hospice & Palliative Care

612-262-2200 or 855-227-5111
allinahealth.org (look under "home care")

BrightStar Care St. Croix Valley

651-234-0044
brightstarcare.com/st-croix-valley

ComForCare

651-789-6800 or 866-618-7827
(24 hours a day)
comforcare.com/minnesota/eagan

Dakota County Community Living Services

651-554-6336

co.dakota.mn.us

County nurses or social workers complete in-home assessments.

Good Samaritan Society Stillwater

651-439-7180

www.good-sam.com/locations/stillwater

Heartland Home Health Care & Hospice

651-633-6522

heartlandhomehealth.com

Home Instead Senior Care

952-882-9300

homeinstead.com/505

Hospice Foundation of America

1-800-854-3402

hospicefoundation.org

Lifesprk

952-345-8770

lifesprk.com

Morning Glory Home Care

651-493-1251

Medical Services and Education**EMERGENCY****Dial 911**

For a medical emergency that requires immediate assistance such as someone who is unconscious, gasping for air or not breathing, experiencing an allergic reaction, having chest pain, having uncontrollable bleeding, or any other symptoms that require immediate medical attention.

Allina Health Clinics - Hastings

1285 Nininger Rd

651-480-4200

1880 North Frontage Rd.

651-438-1800

Allina Health - Regina Hospital

651-404-1000

allinahealth.org/regina-hospital

1175 Nininger Rd

Hastings, MN 55033

Advance Care Planning

612-262-2224

allinahealth.org

An advance care plan provides information to others about your wishes in case illness or injury prevents you from telling them yourself.

Liberty Oxygen & Medical Equipment

952-898-5008

Metropolitan Center for Independent Living

651-646-8342

mcil-mn.org

Ramps

Philips Lifeline

855-332-7799

lifeline.philips.com

Medical alert systems and services

Telephone Equipment Distribution Program

800-657-3663

mn.gov/dhs/ted-program

Adaptive equipment for people who are deaf, hard of hearing, deafblind, speech impaired, or have a physical disability and want to use the phone.

Sterling Drug

651-438-7960

sterlingdrug.com

1399 South Frontage Rd

Hastings, MN 55033

Minnesota Network of Hospice & Palliative Care

651- 917-4616 or 800-214-9597

mnhpc.org

Right at Home

952-854-6122

rah-tc.net

River Valley Home Care

651-460-4201

rivervalleyhomecare.com

St. Croix Hospice

651-735-3656

Visiting Angels

877-618-4748

visitingangels.com

Website Resource

mnhomecare.org

Home Modification for Safety and Accessibility**Lifeway Mobility**

651-323-1190

lifewaymobility.com

DARTS

651-455-1560

darts1.org

Rebuilding Together Twin Cities

651-776-4273

rebuildingtogether-twincities.org

Housing-Assisted Living

Afton Care Senior Homes

651-436-4047 or 866-531-0695
13115 50th St S
Afton, MN 55001
Nursing & Memory Care in a home setting
ourparents.com

Minnesota Veterans Home - Hastings

651-539-2400
1200 18th St E
Hastings, MN 55033

Norris Square

651-769-6600
8200 Hadley Ave S
Cottage Grove, MN 55016
Assisted Living & Memory Care

Oak Ridge Assisted Living

651-438-0418
oakridgeassistedliving.org
1128 Bahls Dr
Hastings, MN 55033
Assisted Living & Memory Care

Park Ridge of Hastings

651-480-6300
augustanacare.org
901 16th St W
Hastings, MN 55033

The Rosemount Senior Living

651-322-4222
therosemount.com
14344 Cameo Ave
Rosemount, MN 55068

Medical Equipment

CapTel

612-300-1565
Federally funded captioned telephone system for persons with hearing loss.

Corner Medical

cornermedical.com
Medical equipment and supplies
Apple Valley, MN 55124
952-953-9945
14690 Galaxie Ave, Suite 118
Red Wing, MN 55066
651-267-2414
573 Flueger Ct
Woodbury, MN 55125
651-403-3502
8380 City Centre Dr, Suite 170

Good Will

651-379-5922
Medical equipment loan program

Hastings Area Senior Center

651-480-7689
Equipment loan program

Health East Health Alert

651-232-3560
healtheast.org
Home monitoring units

Home Instead Senior Care

952-882-9300
homeinstead.com/505
Lifeline

Legal Services

AARP Legal Services Network

1-866-330-0753

aarplsn.com

(AARP members only)

Estate & Elder Law Services

Volunteers of America - Minnesota

612-676-6300

voamnwi.org

Strong advocates for the interests of elders and their families, practicing law in the areas of estate planning, guardianships/conservatorships, probate, POA's, trusts, medical assistants plans, and health care directives.

Legal Assistance of Dakota County Limited

952-431-3200

dakotalegal.org

Provides services regarding grandparent custody or visitation for grandchildren.

Southern Minnesota Regional Legal Services

651-222-4731

smrls.org

Represents people 60 years or older with a focus on those in greatest social and economic need.

Provides help with problems related to Social Security's SSI program, Medical Assistance, housing, nursing home or other matters.

Website Resources

lawhelpmn.org

lssmn.org/guardianship

putitinwriting.org

Regina Senior Living - Assisted Living & Memory Care

651-480-4333

regina-seniorliving.com

1175 Nininger Rd

Hastings, MN 55033

Housing-Independent Living

Dakota County CDA

651-675-4400

dakotacda.org

Mississippi Terrace

301 Ramsey St, Hastings

Rivertown Court

1791 S. Frontage Rd, Hastings

Norris Square

651-769-6600

preshomes.org

8200 Hadley Ave S

Cottage Grove, MN 55016

Oak Ridge Manor

651-437-1367

commonbond.org

1199 Bahls Dr

Hastings, MN 55033

Park Ridge of Hastings

651-480-6300
 augustanacare.org
 901 16th St W
 Hastings, MN 55033

Regina Senior Living

651-480-4333
 regina-seniorliving.com
 1175 Nininger Rd
 Hastings, MN 55033

Senior Housing Directories

651-480-7689
 Available at the Hastings Area Senior Center

Senior Linkage Line

1-800-333-2433
 minnesotahelp.info

Information and Assistance**Senior Linkage Line: A One Stop Shop for Minnesota Seniors**

1-800-333-2433
 seniorlinkageline.com
 Provides information on services for seniors in Minnesota.

Just Friends - Hastings Family Service

651-437-7134
 hastingfamilyservice.org

DARTS Information Line

651-455-1560
 darts1.org

Dakota County Communities for a Lifetime

651-554-6104
 co.dakota.mn.us
 Creates networks of vital accessible communities.

Dakota County Veterans Services

651-554-5601
 co.dakota.mn.us

Lifesprk - Lifecare Navigators

952-345-8770
 lifesprk.com

Metropolitan Area Agency on Aging

651-641-8612
 metroaging.org

Metropolitan Center for Independent Living

651-646-8342
 mcil-mn.org
 Provides various services for people with mental and physical disabilities.

Minnesota Board on Aging

651-431-2500 TTY: 800-627-3529
 mnaging.net

Website Resources

aarp.org/twincities
 after55.com
 mn.gov/dhs
 mn.gov/dhs/ownyourfuture(long-term care planning guide)
 mnseniorsonline.com
 nextavenue.org