

**Hastings Area  
Senior  
Resource Directory**

Updated May 2021

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

## Trellis (Metro 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 [hastingcommunityed.com](http://hastingcommunityed.com). Select the Senior Program tab to find it.

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## **Abuse and Neglect**

### **Dakota County Social Services**

651-554-6000  
952-891-7171 Adult Protection Crisis Line  
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 Adult Abuse Reporting Center**

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

### **Minnesota Elder Justice Center**

2610 University Ave. W.  
St. Paul, MN 55114  
651-440-9300

## **Adult Day Care**

### **Benedictive Assisted Living - Regina**

651-404-1287  
regina-seniorliving.com

### **Ebenezer Day Break - Hastings**

651-438-9800  
fairviewebenezer.org

### **Veteran Home Adult Day Center**

612-548-5700

### **Wilder Adult Day Health Program – St. Paul**

651-280-2500  
wilder.org

### **Handi Van LLC**

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

### **Hastings Loop**

651-455-1560  
Circulator bus service with stops tailored to  
community needs. Destinations near  
regular stops are easily accommodated.

### **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

## **Tax Assistance**

### **MN Revenue - Individual Income Tax**

651-296-3781 or 800-652-9094

### **Refund Tracking Line**

#### **MN Department of Revenue**

651-296-4444 or 800-657-3676

### **Tax Preparation**

651-480-7689

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

## **Transportation**

### **Allina Transportation**

651-222-0555

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

### **DARTS Bus**

651-455-1560

[dartsconnects.org](http://dartsconnects.org)

Personalized group and individual rides.

### **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.

## **Chemical Dependency**

### **AA (Alcoholics Anonymous)**

651-227-5502

[caastpaul.org](http://caastpaul.org)

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](http://al-anon-alateen-msp.org)

Provides support and information for families and friends of problem drinkers.

### **Cochran Recovery Services**

651-437-4209

[detoxone.org](http://detoxone.org)

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

### **Quit Partner**

1-888-784-8669

[quitpartnermn.com](http://quitpartnermn.com)

Information and resources for quitting tobacco.

### **Senior Recovery Program**

651-773-0473

[seniorrecoverycenter.org](http://seniorrecoverycenter.org)

Specializes in alcoholism/addiction treatment of seniors (50+) on an out-patient basis.

## **Chore Services**

### **DARTS**

651-455-1560

[dartsconnects.org](http://dartsconnects.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](http://hastingsfamilyservice.org)

Volunteers do grocery shopping.

### **Senior Linkage Line**

1-800-333-2433

[mn.gov/senior-linkage-line](http://mn.gov/senior-linkage-line)

## **Defensive Driver Program**

### **Defensive Driving Course**

651-480-7689

Hastings Area Senior Center

Receive an automobile insurance premium discount upon completion of your class.

## **Eldercare Advisors**

### **Alzheimer's Association**

952-830-0512

[alz.org/mnnd](http://alz.org/mnnd)

1-800-272-3900     24/7 Helpline

## **STROKE**

### **Stroke Support & Education**

#### **Burnsville Senior Center**

952-707-4120

### **Fairview Rehab Clinic**

612-273-6228

### **Minnesota Brain Injury Alliance**

## **VISION LOSS**

### **Minnesota State Services for the Blind**

651-539-2300

[mnsb.org](http://mnsb.org)

### **Vision Loss Resources**

612-871-2222

[visionlossresources.org](http://visionlossresources.org)

### **The Low Vision Store**

651-203-2200

2200 University Ave. W., St. Paul, MN 55114

[thelowvisionstore.com](http://thelowvisionstore.com)

## **GRIEF**

### **Hastings Area Grief Coalition Support Group**

651-480-7689

## **HEARING LOSS**

### **Deaf and Hard of Hearing Services - Metro**

800-657-3663

651-964-1514 Video phone

[mn.gov/deaf-hard-of-hearing/](http://mn.gov/deaf-hard-of-hearing/)

### **Hearing Loss Association of America – Twin Cities Chapter**

763-447-9672

[hlaatc.org](http://hlaatc.org)

## **HEART DISEASE**

### **American Heart Association**

1-800-242-8721

[heart.org](http://heart.org)

### **American Heart Association & American Stroke Association - Minnesota Regional**

Office - Eagan

952-835-3300

## **PARKINSON'S DISEASE**

### **Parkinson's Support Group**

651-480-7689

Hastings Area Senior Center

612-378-2742

[braininjurymn.org](http://braininjurymn.org)

## **Amherst H. Wilder Foundation Community Center for Aging**

651-280-2273

[wilder.org/caregiving](http://wilder.org/caregiving)

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

## **Choice Connections: Southern Twin Cities**

651-261-5379

[choiceconnectionsminn.com](http://choiceconnectionsminn.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

[co.dakota.mn.us](http://co.dakota.mn.us)

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

## **DARTS**

651-455-1560

[dartsconnects.org](http://dartsconnects.org)

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

## **Disability Hub MN**

1-866-333-2466

[disabilityhubmn.org](http://disabilityhubmn.org)

## **Minnesota Department of Human Services**

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

## **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.

## **Website Resources - Caregiving**

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, if injuries
- 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

## **CAREGIVER SERVICES**

### **DARTS Caregiver Support Groups, Education and Counseling**

651-455-1560  
dartsconnects.org

### **Caregiver Support Group**

651-480-7689  
Hastings Area Senior Center

### **Family Means**

651-439-4840  
familymeans.org

### **Website Resources**

caregiver.org  
caregivinglink.org  
wilder.org/caregiving

## **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

## **GAMBLING**

### **Gamblers Anonymous**

1-855-222-5542  
minnesotaga.com



**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  
Ymcanorth.org  
85 Pleasant Dr., Hastings, MN 55033

## **Support and Education**

### **ALZHEIMERS DISEASE**

**Alzheimer's Association**

952-830-0512 or 651-789-9832  
alz.org/mnnd

**Alzheimer's and Memory Loss  
Family Support Group**

651-404-1789  
Benedictine Assisted Living - Regina

### **ARTHRITIS**

**Arthritis Foundation**

651-968-4437 or 800-283-7800  
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

**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

**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 2<sup>nd</sup> 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-Scott CareerForce**

co.dakota.mn.us

### **CareerForce Burnsville**

952-703-3100

### **CareerForce West St. Paul**

651-554-5955

### **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

### **Family Means**

651-439-4840

familymeans.org

### **Hastings Family Service**

651-437-7134

hastingsfamilyservice.org

## **Social, Education, Recreation**

### **Carpenter St. Croix Valley Nature Center**

651-437-4359

carpenternaturecenter.org

12805 St. Croix Tr. South, 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

dartsconnects.org

Provides friendly volunteer visitors for  
the elderly, and volunteer opportunities  
for people of all ages.

### **Hastings Area Senior Center**

651-480-7689

hastingscommunityed.com

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.

**Senior Move Magic**

952-261-5457  
seniormovemagic.com

**Winnow & Spruce Organizing**

(715) 410-9532  
winnowandspruceorganizing.com

**Respite Care****DARTS**

651-455-1560  
dartconnects.org

**Family Means**

651-439-4840  
familymeans.org

**Home Instead Senior Care**

952-882-9300  
homeinstead.com/505

**Prescott Nursing & Rehabilitation Community**

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

**Minnesota Supplemental Aid (MSA)**

1-866-333-2466

**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 - 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.

## 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.

## Rehabilitation Services

### **Benedictine Living Community - Regina**

651-480-4333  
benedictineliving.org  
1175 Nininger Rd., Hastings, MN 55033

### **Centrex Rehab at Hastings Senior Health & Living**

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

## Relocation and Reorganization

### **Changing Lifestyle Solutions**

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

### **Gentle Transitions**

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

### **Method Organization Co. - Hastings, Minnesota**

612-274-6684  
www.movewithmethod.com/

### **Rose's Daughters**

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

## **Nursing Home/Residential Care**

### **Benedictine Living Community - Regina**

651-480-4333  
benedictineliving.org  
1175 Nininger Rd., Hastings, MN 55033

### **Care Options Network**

careoptionsnetwork.org  
Skilled Nursing Facility vacancy information

### **Hastings Senior Health & Living (Augustana)**

651-437-6176  
hastingsseiorliving.org  
930 16<sup>th</sup> St W, Hastings, MN 55033

### **Minnesota Nursing Home Report Card**

nhreportcard.dhs.mn.gov

### **Minnesota Veterans Homes**

1-888-546-5838  
Boarding Care Home  
1200 18th St. E., Hastings, MN 55033  
651-438-8579  
mn.gov/mdva/homes

### **Prescott Nursing and Rehabilitation Community**

715-262-5661  
atriumlivingcenters.com  
1505 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

## **Health Insurance**

### **Medicare Information**

1-800-633-4227  
medicare.gov

### **MinnesotaCare**

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

### **MNSure**

855-366-7873 or 651-539-2099

### **Senior Linkage Line**

1-800-333-2433  
Mn.gov/senior-linkage-line  
Consultation about health insurance  
choices and help with Medicare and  
other health insurance paperwork.

## **Home Care & 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

### **Care.com**

care.com

### **ComForCare**

651-237-7727  
(24 hours a day)  
comforcare.com/minnesota/st.-paul.html

## **Dakota County Community Aging & Disability 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 Hospice**

651-633-6522  
heartlandhospice.com

## **Home Instead Senior Care**

952-225-1356  
homeinstead.com/505

## **Hospice Foundation of America**

1-800-854-3402  
hospicefoundation.org

## **Lifesprk**

952-345-8770  
lifesprk.com

## **Minnesota Network of Hospice & Palliative Care**

651- 917-4616 or 800-214-9597  
mnhpc.org

## **Morning Glory Home Care**

651-493-1251  
mghome.care

## **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

## 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.

#### Advance Care Planning

612-262-2224

[allinahealth.org/acp](http://allinahealth.org/acp)

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

#### 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](http://allinahealth.org/regina-hospital)

1175 Nininger Rd., Hastings, MN 55033

#### Website Resources

[allinahealth.org](http://allinahealth.org)

[honoringchoices.org](http://honoringchoices.org) (advance care planning)

[mayoclinic.org/patient-care-and-health-information](http://mayoclinic.org/patient-care-and-health-information)

[nih.gov](http://nih.gov) (National Institutes of Health)

[webmd.com](http://webmd.com)

#### Right at Home

952-854-6122

[rah-tc.net](http://rah-tc.net)

#### River Valley Home Care

651-460-4201

[rivervalleyhomecare.com](http://rivervalleyhomecare.com)

#### St. Croix Hospice

651-735-3656

[stcroixhospice.com](http://stcroixhospice.com)

#### Visiting Angels

877-618-4748

[visitingangels.com](http://visitingangels.com)

#### Website Resource

[mnhomecare.org](http://mnhomecare.org)

## Home Modification for Safety and Accessibility

### DARTS

651-455-1560

[dartsconnects.org](http://dartsconnects.org)

### Lifeway Mobility

952-522-3588

[lifewaymobility.com](http://lifewaymobility.com)

### Rebuilding Together Twin Cities

651-776-4273

[rebuildingtogether-twincities.org](http://rebuildingtogether-twincities.org)

## **Housing-Assisted Living**

### **Benedictine Assisted Living - Regina**

651-480-4333  
benedictineliving.org  
1175 Nininger Rd, Hastings, MN 55033  
Assisted Living & Memory Care

### **Hastings Health & Senior Living (Park Ridge)**

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

### **Minnesota Veterans Home - Hastings**

651-539-2400  
1200 18<sup>th</sup> St E, Hastings, MN 55033

### **Norris Square**

651-769-6600  
preshomes.org  
6995 80th St. S., Cottage Grove, MN 55016  
Assisted Living & Memory Care

### **Oak Ridge Assisted Living**

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

### **The Rosemount Senior Living**

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

### **Hastings Area Senior Center**

651-480-7689  
Equipment loan program

### **Home Instead Senior Care**

952-882-9300  
homeinstead.com/505  
Lifeline

### **Liberty Oxygen & Medical Equipment**

952-898-5008 - Burnsville  
651-789-0050 - Woodbury  
libertyoxygen.com

### **Metropolitan Center for Independent Living**

651-646-8342  
Ramps

### **Philips Lifeline**

855-332-7799 or 855-681-5351  
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.

### **The Low Vision Store**

651-203-2200  
2200 University Ave. W., St. Paul, MN 55114  
thelowvisionstore.com



## **Southern Minnesota Regional Legal Services**

651-222-4731

smrls.org

www.justice4mn.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

## **Medical Equipment**

### **Accent Care Fairview Lifeline**

952-885-6185

Personal emergency response systems.

### **CapTel**

612-300-1565 or 1-888-269-7477

www.oeius.org

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

**Red Wing, MN** 55066

1-651-267-2414

**Woodbury, MN** 55125

651-403-3502

## **Housing-Independent Living**

### **Benedictine Living Community - Regina**

651-480-4333

benedictineliving.org

1175 Nininger Rd., Hastings, MN 55033

### **Dakota County CDA**

651-675-4400

dakotacda.org

#### **Mississippi Terrace**

301 Ramsey St, Hastings, MN 55033

#### **Rivertown Court**

1791 S. Frontage Rd, Hastings, MN 55033

### **Hastings Senior Health & Living (Park Ridge)**

651-480-6300

hastingseniorliving.org

901 16th St W, Hastings, MN 55033

### **Norris Square**

651-769-6600

preshomes.org

6995 80th St. S., Cottage Grove, MN 55016

### **Oak Ridge Manor**

651-437-1367

commonbond.org

1199 Bahls Dr., Hastings, MN 55033

### **Senior Housing Directories**

651-480-7689

Available at the Hastings Area Senior Center

### **Senior Linkage Line**

1-800-333-2433

mn.gov/senior-linkage-line

## Information and Assistance

### 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

### DARTS Information Line

651-455-1560

dartsconnects.org

### Just Friends - Hastings Family Service

651-437-7134

hastingsfamilyservice.org

### Lifesprk - Lifecare Navigators

952-345-8770

lifesprk.com

### 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

### Senior Linkage Line: A One Stop Shop for Minnesota Seniors

1-800-333-2433

mn.gov/senior-linkage-line

Provides information on services for seniors in Minnesota.

### Trellis (Metropolitan Area Agency on Aging)

651-641-8612

trellisconnects.org

### Website Resources

aarp.org/twincities

after55.com

mn.gov/dhs

mn.gov/dhs/ownyourfuture(long-term care planning guide)

mnseniorsonline.com

nextavenue.org

## Legal Services

### 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.