

Hastings Area Senior Resource Directory

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

Updated May 2024

Important Numbers

Allina Health Clinics

1285 Nininger Rd ----- 651-480-4200

1880 North Frontage ----- 651-438-1800

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

United Hospital –

Hastings Regina Campus.....651-404-1000

Notes

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 the Hastings Senior Center, 651-480-7689.

To download or share this Resource Directory with others, feel free to access it at <https://hastingscommunityed.com/seniors/senior-services/>

Table of Contents

Abuse and Neglect.....	4
Adult Day Care.....	4
Chemical Dependency.....	5
Community Based Services/Chore Services.....	6
Defensive Driver Program.....	6
Eldercare Advisors.....	6 & 7
Emergency Services.....	8
Employment Services.....	9
Financial Assistance.....	9
Food Assistance.....	10
Food Delivery, Funeral Home & Furniture Store.....	11
Health Insurance.....	12
Home Care and Hospice Care.....	13
Home Modification for Safety and Accessibility.....	14
Housing - Assisted Living.....	14
Housing - Independent Living.....	15
Information and Assistance.....	16 & 17
Legal Services.....	18
Medical Equipment.....	19
Medical Services and Education.....	20
Mental Health Services.....	21
Natural Health Care, Newspaper & Nursing Home.....	22
Real Estate.....	23
Rehabilitation Services.....	23
Relocation, Reorganization Services & Respite.....	24
Social, Education, Recreation.....	24-26
Support and Education.....	27-30
Tax Assistance.....	31
Transportation.....	32
Travel.....	33

Abuse and Neglect

Dakota County Social Services

651-554-6000

952-891-7171 Adult Crisis Line
co.dakota.mn.us

Lewis House

651-452-7288

360communities.org

Shelter for physically, verbally, sexually or emotionally abused women.

Minnesota Adult Abuse Reporting Center

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

www.co.dakota.mn.us/healthfamily/
adultprotection

Minnesota Elder Justice Center

1265 Grey Fox Rd. Suite 2

Arden Hills, MN 55112

651-440-9300/651-440-9312 Admin/Help Line

Adult Day Care

Ebenezer DayBreak - Hastings

651-438-9800

www.ebenzercares.org/community-search

Ebenezer Adult Day Program offers seniors daytime social activities while their caregivers take time away. The DayBreak Adult Day is open Monday - Friday from 9am-3pm. Seniors can attend daily or weekly.

Travel

Landmark Tours

612-230-2040

www.gowithlandmark.com

Ted Blank Luxury Travel and Adventure

651-964-8245

www.tedblanktravel.com

Transportation

DARTS Bus

651-455-1560
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.

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.

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.

Chemical Dependency

AA (Alcoholics Anonymous)

651-227-5502
aastpaul.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
Provides support and information for families and friends of problem drinkers.

Senior Recovery Program

235 Roselawn Ave. E.
Maplewood, MN 55117
651-773-0473
seniorrecoverycenter.org
Specializes in alcoholism/addiction treatment of seniors (50+) on an out-patient basis.

Community Based Services/ Chore Services

DARTS

651-455-1560

www.dartsconnects.org

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

Senior Linkage Line

1-800-333-2433

mn.gov/senior-linkage-line

Defensive Driver Program

Defensive Driving Course

Held at the Tilden Community Center,

310 River Street, Hastings, MN 55033

Call 1-888-234-1294 M-F 9am-3pm to register.

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

Eldercare Advisors/Caregiver Resources

Alzheimer's Association

952-830-0512

alz.org/mnnd

Amherst H. Wilder Foundation Community Center for Aging

651-280-2273

wilder.org/caregiving

Provides education, counseling and

Tax Assistance

AARP Tax Assistance Program

Basic State and Federal Returns done for Seniors and those in financial need.

Call Feb. 1 to 651-480-7689 for an appointment.

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

HEART DISEASE

American Heart Association

1-800-242-8721

heart.org

PARKINSON'S DISEASE

Parkinson's Support Group

651-480-7689

Hastings Area Senior Center

STROKE

Stroke Support & Education

Burnsville Senior Center

952-707-4120

Facilitated by M Health Fairview

For persons with stroke spouse, caregiver or loved ones who might benefit from the Information.

VISION LOSS

Minnesota State Services for the Blind

651-539-2300

msssb.org

Vision Loss Resources

612-871-2222

visionlossresources.org

The Low Vision Store

651-203-2200

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

thelowvisionstore.com

Choice Connections: Southern Twin Cities

651-261-5379

choiceconnectionsminn.com

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

Dakota County Community Living Services—Intake

651-554-6336

www.co.dakota.mn.us/HealthFamily/

Disabilities/Documents/

CommunityLivingServicesBrochure.pdf

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

DARTS

651-455-1560

dartsconnects.org

Advisors help the elderly and their families.

Disability Hub MN

1-866-333-2466

disabilityhubmn.org

VA Caregiver Support

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 veterans

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.

United Hospital Regina Campus

Emergency Room

651-404-1261 (24 hours a day)

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 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

Dial 988 then press 1

Text 838255 to Get Help Now

GRIEF

Hastings Area Grief Coalition Support Group

651-480-7689

4th Thursday of the month, 6:30 p.m. at the Tilden Community Center, 310 River Street, Hastings, MN

Gone Too Soon - Grief support for parents who have lost children.

651-480-7689

1st & 3rd Wednesday of the month, 6:30 p.m. at the Tilden Community Center, 310 River Street, Hastings, MN

Unfinished By Design

651.983.0135

www.UnfinishedbyDesign.com

Speaker/ Author/Grief Care Support

HEARING LOSS

Deaf and Hard of Hearing Services - Metro

800-657-3663

651-651-431-5945 Video phone
mn.gov/deaf-hard-of-hearing/

Hearing Loss Association of America – Twin Cities Chapter

763-447-9672

hlaatc.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/chapters/
Minnesota

DIABETES

American Diabetes Association

763-593-5333 or 1-800-342-2383
diabetes.org/local/Minnesota

GAMBLING

Gamblers Anonymous

1-855-222-5542
minnesotaga.com

Employment Services

Dakota-Scott CareerForce

co.dakota.mn.us

CareerForce Burnsville

952-703-3100

CareerForce West St. Paul

651-554-5955

MN Employment and Economic Development

www.mn.gov/deed/job-seekers/find-a-job/
targeted-services/older/

Financial Assistance

Dakota County Community Living Services

Waiver Services

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

Dakota County Employment and Economic Assistance - Medical Assistance

651-554-5611
co.dakota.mn.us

Energy Assistance Program

651-322-3500
capagency.org
Dakota County Office
2496 145th St. W., Rosemount, MN 55068

Hastings Family Service

651-437-7134
hastingsfamilyservice.org

Minnesota Supplemental Aid (MSA)

1-866-333-2466

For those receiving SSI

Supplemental Security Income (Social Security Administration)

1-800-772-1213

www.ssa.gov

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.

United Hospital Regina Campus

651- 404-1543

Dietitian available for nutritional education and information. Fee for service.

Supplemental Nutrition Assistance Program (SNAP)

651-431-4050

www.mn.gov

Support and Education

ALZHEIMERS DISEASE

Alzheimer's Association Minnesota/North Dakota

952-767-7570

alz.org/mnnd

ARTHRITIS

Arthritis Foundation

800-283-7800

arthritis.org

BRAIN INJURY

Minnesota Brain Injury Alliance

612-378-2742 or 800-669-6442

braininjurymn.org

CANCER

American Cancer Society

1-800-227-2345 (24 hours a day)

cancer.org

Cancer Support Help Line

1-888-793-9355

CAREGIVER SERVICES

DARTS Caregiver Support Groups, Education and Counseling

651-455-1560

dartsconnects.org

Caregiver Support Group

651-480-7689

Hastings Senior Center, 310 River Street

FTD Support Group - Frontal Temporal Dementia

651-480-7689

Hastings Senior Center, 310 River Street

Hastings Concert Association

651-437-7318

Facebook Hastings Concert Association
hastingsconcertassociation@gmail.com

Hastings Pickleball Association (HPBA)

651-442-6128

Facebook Hastings MN Pickleball
HPBA is a non profit 501c3 organization that promotes the sport of pickleball in Hastings and surrounding communities.

Hastings YMCA

651-480-8887

ymcanorth.org
85 Pleasant Dr., Hastings, MN 55033
Fitness center, gym and swimming pool offers group exercise classes, personal training, swim lessons, senior programs, and other great fitness and community-building programs, events and activities.

Yoga By Theresa

www.yogabytheresa.com

Chair yoga, chair assist yoga, sound bath healing and relaxation.

Food Delivery

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.

Funeral Home

Starkson Family Life Celebration Chapel & Wisconsin Memorials

651-437-9419

www.hastingsmfuneral.com

3750 Vermillion St.

Funeral Home and Cremation Provider, and monument company

Furniture for Seniors

Gahnz Furniture

651-437-3741

www.gahnzfurniture.com

Small sofas, love seats, dinette sets, La-Z-Boy recliners, lift chairs, mattresses and adjustable beds.

Health Insurance

Allina Health/Aetna

612-845-2296

AllinaHealthAetnaMedicare.com

Medicare Advantage Plan

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

1-855-366-7873 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.

Vermillion Agency

651-480-4636

www.vermillionagency.com

Local Independent Insurance Agency specializing in personal policies for Auto, Home, Life and Health.

Hastings Area Senior Center

651-480-7689

hastingscommunityed.com

310 River St., Hastings, MN 55033

Adults 50+ programming & activities

Car games, golf, exercise classes, bingo, parties, educational speakers, book discussion, pickleball, art classes, quilting groups, support groups and tours.

Hastings Art Center

651-437-4320

www.hastingsartscenter.org

Performance venue, music school, art gallery and event space. Once a month free Tuesday morning Coffee Concerts.

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

651-480-7670

hastingscommunityed.com

310 River St., Hastings, MN 55033

Relocation and Reorganization

Hauling It Away

715-549-3040
www.haulingitaway.com

Winnow & Spruce Organizing

715-410-9532
www.WinnowAndSpruceOrganizing.com

Respite Care

DARTS

651-455-1560
dartsconnects.org

Home Instead Senior Care

952-882-9300
homeinstead.com/505

Social, Education, Recreation

Carpenter St. Croix Valley Nature Center

651-437-4359
carpenternaturecenter.org

City of Hastings Parks and Recreation

651-480-6175
www.hastingsmn.gov

Dakota County Pleasant Hill Library

651-438-0200
dakotacounty.us/library
Book discussion kits and groups, large print books, programs, eBooks and audiobooks, home library service, fax/scanners, internet computers and wireless internet.

DARTS

651-455-1560
dartsconnects.org

Home Care & Hospice Care

Dakota County Community Living Services

651-554-6336
co.dakota.mn.us
County nurses or social workers complete in-home assessments.

Grace Hospice

612-238-0034
www.gracecaring.org

Home Instead

952-882-9300
Minnesotahomecare.com

Hospice of the Midwest

651-344-1040
www.hospiceofthemidwest.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

Senior Helpers

952-892-8403
www.seniorhelpers.com/mn/burnsville

St. Croix Hospice

651-735-3656
stcroixhospice.com

Website Resources

Mnhomecare.org
Hospicefoundation.org

Home Modification for Safety and Accessibility

Lifeway Mobility

952-808-3646
lifewaymobility.com/Minneapolis/

Rebuilding Together Minnesota

651-776-4273
RTMN.org

Impressive Windows & Interiors, LLC

651-437-5512
www.impressivewindowsandinteriors.com
Aging in place assessments and services to help keep seniors in their home.

Housing-Assisted Living

Benedictine Assisted Living - Regina

651-404-7947
www.benedictineregina.org
1008 W. 1st Street, Hastings, MN 55033
Senior Living, Assisted Living & Memory Care

Hastings Senior Health & Living (Park Ridge)

651-480-6300 or 651-437-6176
hastingsseiorliving.org
901 16th St W, Hastings, MN 55033

Minnesota Veterans Home - Hastings

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

Oak Ridge Assisted Living

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

Orthopedic Services

Summit Orthopedic

651-968-5201
www.summitortho.com
1285 Nininger Road, Hastings, MN

Real Estate Services

Edina Realty

651-216-4676
www.lundbys.com
Christy Lundby Hill - Senior Real Estate Specialist who is dedicated to making seniors' transitions as smooth as possible.

Rehabilitation Services

Benedictine Living Community - Regina

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

Courage Kenny Rehabilitation Institute

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

Natural Health Care

Krehbiel Natural Health LLC
651-269-6219
KrehbielNaturalHealth.com
Specialize in providing holistic health
guidance and support to seniors.

Newspaper

Hastings Journal

651-829-3234
hastingsjournal.news

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
hastingseniorliving.org
930 16th St W. Hastings, MN 55033

Minnesota Nursing Home Report Card

nhreportcard.dhs.mn.gov

Minnesota Veterans Homes

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

Senior Linkage Line

1-800-333-2433

Housing-Independent Living

Benedictine Living Community - Regina

651-480-7947
www.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

Oak Ridge Manor

651-437-1367
commonbond.org
1199 Bahls Dr., Hastings, MN 55033

Senior Linkage Line

1-800-333-2433
mn.gov/senior-linkage-line

Twin Cities Senior Housing Guide

612-386-7027
www.seniorhousingguide.us/order/

Information and Assistance

Advance Care Planning

612-262-2224

allinahealth.org/acp

Provides information to others about your wishes in case illness

Dakota County Community Living Services

651-554-6336

www.co.dakota.mn.us/healthfamily/disabilities/pages/default.aspx

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

LeadingAge Minnesota

(651) 645-4545

www.leadingagemn.org

LeadingAge Minnesota is a network of mission-driven organizations serving older adults in all the places they call home. LeadingAge Minnesota provides advocacy, education, expert support, networking opportunities, and leadership development programs for members.

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 Crisis Response Services

952-891-7171

www.co.Dakota.MN.US

Provides 24-hour crisis response services.

St. Paul Vet Center

651-644-4022

www.Va.gov

1175 Nininger Rd., Hastings, MN 55033

Providing mental health services for veterans and those currently serving.

Website Resource

mentalhealthmn.org

Medical Services and Education

Allina Health Clinics - Hastings

1285 Nininger Rd

651-480-4200

1880 North Frontage Rd.

651-438-1800

Journey Audiology and Hearing Care

651-661-4600

<https://journeyaudiology.com/>

825 Bahls Dr. Suite 200, Hastings, MN 55033

United Hospital Regina Campus

651-404-1000

allinahealth.org/regina-hospital

1175 Nininger Rd., Hastings, MN 55033

Website Resources

allinahealth.org

honoringchoices.org (advance care planning)

mayoclinic.org/patient-care-and-health-information

webmd.com

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

www.voamnwi.org/estate-elder-law-services

Advocates for the interests of elders and their families.

Fluegel Law Firm P.A. - Hastings

651-438-9777

www.fluegel.com

999 Westview Drive, Suite 1,
Hastings, MN 55033

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

651-222-5863

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

Medical Equipment

CapTel

248-550-6866

www.oeius.org

Outreach, education, and installation support for the CapTel Captioned Telephone.

Hastings Area Senior Center

651-480-7689

Equipment loan program

Home Instead Senior Care

952-882-9300

homeinstead.com/505

Lifeline

Journey Audiology and Hearing Care

651-661-4600

<https://journeyaudiology.com/>

825 Bahls Dr. Suite 200, Hastings, MN 55033

Metropolitan Center for Independent Living

651-646-8342

homemodrampservices@mcil-mn.org

Ramps

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.

Vision Loss Resources

612-871-2222

www.visionlossresources.org