

Resources

- Crisis Hotlines & Referral Services
- Food Resources
 - Access to Free Food
 - Access to Groceries
 - Access to Prepared Meals
 - Access to Food Assistance Programs
 - Access to Pet Food and Supplies
- Housing
- Health Care
- Emotional Support Resources
- Scams and the Elderly
- COVID-19 Resources

Crisis Hotlines & Referral Services Call 911 for life-threatening emergencies!

988 Suicide and Crisis Lifeline

The National Suicide Prevention Lifeline is now: **988 Suicide and Crisis Lifeline**.

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary. To learn about what happens when you call, text, or chat with the Lifeline, [click here](#).

The previous Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.

Adult Mental Health Crisis Lines

Ramsey County: 651-266-7900

Hennepin County: 612-596-1223

Washington County: 651-275-7400

Anoka County: 763-755-3801

Dakota County: 952-891-7171

Other MN counties and tribal crisis lines: [List of Crisis Lines](#)

Children's Mental Health Crisis Lines

Ramsey County: 651-266-7878

Hennepin County: 612-348-2233

Washington County: 651-275-7400

Anoka County: 763-755-3801

Dakota County: 952-891-7171

Other MN counties and tribal crisis lines: [Children's Mental Health Crisis Lines](#)

Crisis Text Line: Text MN to 741741

24/7 emergency service is available if you or someone you know is experiencing a psychiatric or mental health crisis.

Minnesota Day One Crisis Line

Domestic abuse/ sexual violence/ trafficking

Call: 1-866-223-1111

Text: 612-399-9995

24/7 365-day-a-year, toll-free, confidential, and multilingual hotline.

Help for people experiencing domestic violence, sexual violence or human trafficking or simply questioning aspects of your relationship.

Please call 911 in an emergency.

[Day One Services](#)

[Statewide Hotlines](#)

Trained advocates provide:

- **Support:** 24-hour crisis supportive services
- **Safety:** Getting and keeping you and your family safe

- **Housing:** Providing emergency shelter and safe housing
- **Resources:** Support groups, transitional housing, legal advocacy, culturally specific services and more

Crisis Counseling:

We can provide a variety of resources for those seeking information—including referrals to support groups, possible transitional housing in your area and options for legal advocacy. If you are questioning unhealthy aspects of your own relationship or are concerned about a loved one, we are here to listen.

Protection for Pets:

We know that approximately 71% of animal owners entering emergency shelters reported that their abusers had injured, maimed, killed or threatened family pets for revenge or psychological control. Abusers often threaten to hurt beloved family pets to prevent victims from leaving.

Minnesota Adult Abuse Reporting Center

Elder Abuse – Vulnerable Adult Abuse

1-844-880-1574

24/7 toll-free, confidential hotline.

If you are reporting an emergency that requires immediate assistance from the police, sheriff, fire department or an ambulance, call 911 first then call MAARC.

Disaster Distress Helpline

Substance Abuse and Mental Health Services Administration

1-800-985-5990

24/7 365-day-a-year, toll-free, confidential, multilingual hotline.

Deaf/Hard of Hearing

Text TalkWithUs to 66746 or use your preferred relay service to call the Disaster Distress Helpline at 1-800-985-5990. **TTY** 1-800-846-8517

National hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.

The Disaster Distress Helpline also answers calls and texts related to infectious disease outbreaks such as the Coronavirus pandemic, incidents of community unrest, and other traumatic events.

First Call for Help

24-7 / Confidential / multilingual services

Dial 2-1-1

Cell phone: 651.291.0211

Toll-free: 1.800.543.7709

Text 'MNCOVID' to 898211 or visit [211 United Way](#)

If you need assistance finding food, paying housing bills or other essential services, this database connects callers to thousands of resources throughout Minnesota. A Certified Community Resource Specialist will help to locate available resources in your area.

More than 90 percent of the United States has access to 2-1-1, along with several areas of Canada. For more information on the national 2-1-1, or visit [211 United Way](#).

Senior Linkage Line®

The Senior LinkAge Line® is a service of the Minnesota Board on Aging in partnership with Minnesota's Area Agencies on Aging. It is a free service of the state of Minnesota that connects older Minnesotans and their families with the help they need.

Assistance is available for the following topics and more:

- Medicare
- Prescription Drug Expense Assistance for All Ages
- Care Transitions
- Housing Options
- Long-term Care Options Counseling
- Application and Forms Assistance
- Health Care Fraud and Abuse
- State Agency Related Questions
- Volunteer and Employment Resources

Call 800-333-2433 M–F, 8am-4:30pm or visit [Senior Linkage Line](#)

Resources for Older Adults During COVID-19

Searchable categories on this site include:

- Adult Day Services
- Care Coordination
- Caregiver Services
- Chores and Homemaker
- Community Centers
- Grocery and Prescription Delivery
- Health and Well-Being
- Home Care
- Home-Delivered Meals and To-Go Meals

- Legal/Tax Assistance
- Safety and Emergency Assistance
- Social Support
- Transportation

[Resources for Older Adults During COVID-19](#)

This resource list includes services offered across the state, including those provided to American Indian elders and is a service of the Minnesota Board on Aging in partnership with Minnesota's Area Agencies on Aging. We will do our best to make it as complete and up-to-date as possible. If you don't find what you are looking for, call the Senior LinkAge Line at 1-800-333-2433 and we will help. Find additional resources at [Minnesota Help](#)

Make an Appointment for One-on-One Medicare Counseling

We are excited to make Medicare Counseling from the Senior LinkAge Line® more convenient than ever. **Now you can make an appointment** to talk with a specialist at a time that works for you. Medicare Open Enrollment—an opportunity for you to change your Medicare plan. Plans make changes every year so don't let open enrollment pass you by without reviewing your coverage and being sure it fits your current needs. Our Senior LinkAge Line staff will provide free, unbiased assistance. Schedule an hour appointment for one-on-one counseling on your Medicare options. [Click here](#) for more information about Medicare Counseling.

And, of course, you can still call the Senior LinkAge Line at 800-333-2433 at any time.

Food Resources

Access to Free Food

Free home meal delivery available for people impacted by COVID-19

If you are a Ramsey County resident and have been impacted by the COVID-19 pandemic, you may be eligible to have up to 21 prepared meals delivered to your home for free each week. All meals are nutritionally balanced and are prepared by licensed food providers. Some providers offer meal options that accommodate specific dietary restrictions.

Meal delivery is available to residents who are confined to their homes due to health conditions, transportation barriers and other reasons related to the COVID-19 pandemic. Please contact a provider to learn more, discuss your eligibility and arrange services.

[Ramsey County Free Meal Delivery](#)

CAPI Culturally-Specific Food Shelf

CAPI USA aka The Centre for Asian and Pacific Islanders
5930 Brooklyn Blvd., Brooklyn Center

Due to the COVID-19 crisis, the CAPI food shelf has new hours until further notice and is only available for curbside pickup and senior delivery. The food shelf is open to CAPI clients and anyone in need of food assistance.

OPEN: Tuesdays 1:00 pm – 4:00 pm; Wednesdays and Thursdays – 9:00 a.m.- 4:00 p.m.

- Upon arrival park in a designated parking spot marked by an orange cone
- **Remain in your car**
- If you are a food shelf client, please have your food shelf card ready
- A staff member/volunteer will collect your information
- A staff member/volunteer will load groceries into your vehicle (if you are on foot, you will be given bags)

[For more information contact us here.](#)

City of Roseville and Every Meal Partnership

The City of Roseville has teamed up with Every Meal, formerly The Sheridan Story, to provide free, nutritious food to families in the community to ensure that area youth have food during the COVID-19 (Coronavirus) pandemic.

Every Meal has provided the city with 330 five-pound food bags. Each food bag contains approximately four meals and is packaged and ready to go. This initial delivery comprises more than 1,260 meals and Every Meal will make sure supplies are replenished to meet the community's needs in the coming weeks.

The food is available to any Roseville resident or family that may be struggling with food insecurity. Food may be picked up 24 hours a day, seven days a week from the vestibule at the Roseville Fire Station. Access to the Fire Station is available from the parking lot at Roseville City Hall, 2660 Civic Center Drive, near the corner of County Road C and Lexington Avenue.

The City of Roseville requests that all residents practice social distancing when picking up food.

To learn more about EveryMeal (formerly The Sheridan Story) services to fight hunger:

[EveryMeal](#)

Open Arms Minnesota

If you're living with HIV/AIDS, cancer, MS, ALS, ESRD, CHF or COPD and would benefit from assistance with food, Open Arms can provide you delicious meals free of charge. We cook and deliver fresh, high-quality meals that sustain and nourish you.

To qualify for Open Arms' meal delivery service, you need to be diagnosed with a life-threatening illness such as cancer, HIV/AIDS, multiple sclerosis, ALS, COPD, ESRD or CHF AND one of the following: either physically unable to shop or cook for yourself OR have a compromised nutritional status. You must live in the Twin Cities metropolitan area to receive meal delivery service. We do not qualify individuals based on income status.

[Open Arms Minnesota](#) or call 612-872-1152

Keystone Community Services Food Shelves

Call for hours and procedures during the pandemic

Midway
1916 University Avenue
St. Paul, MN 55104
651-917-3792

Rice Street
1459 Rice Street, Suite 3
St. Paul, MN 55117
651-487-2792

Access to Groceries

Statewide searchable list for grocery and drug delivery

[Groceries and Drug Delivery Services](#)

Online grocery shopping

A sample of stores and services in the Roseville area

Major local grocery stores and others offer online shopping with pick-up or delivery for a fee. There is usually a significant delay between placing your order and when it becomes available.

Cub Foods [Cub Foods Online Shopping](#)
Lunds & Byerlys [Lunds and Byerlys Online Shopping](#)
Walmart [Walmart Online Shopping](#)
Target [Target Online Shopping](#)
Aldi's [Aldi Online Shopping](#)
Schwan's Home Delivery [Schwans Online Shopping](#)

St. Anthony Park Area Seniors: Neighbors Serving Neighbors by Delivering Groceries!

Would you appreciate having someone else do your shopping these days? Well, you are in luck! We have many volunteers who are willing and ready to go to the store for you and bring your items back right to your door. If you are at least 60 years old, you qualify to have St. Anthony Park Area Seniors volunteers do your shopping at no charge.

You must live in St. Anthony Park, Lauderdale, or Falcon Heights west of Cleveland to qualify for this service.

Contact: **651-642-9052** Email: office@SAPASeniors.org [SAPASeniors Website](#)

Metro Mobility

Metro Mobility will deliver groceries and household items at No Cost to certified Metro Mobility customers.

To use this service, follow the steps below or contact the Metro Mobility Zone you are in:

1. The certified passenger places his/her order with the store using the store's online app, observing Metro Mobility's current four-bag limit. The passenger notifies the store (via the app) that Metro Mobility will be picking up his/her groceries. Once the transaction is complete, the passenger records the order number and the time that the order should be ready.
2. The passenger contacts his/her Metro Mobility Service provider to arrange for the delivery at the time that the order is scheduled to be ready. The delivery can be scheduled for the same day or in advance.
3. Metro Mobility will deliver the groceries within 60 minutes of the scheduled pick-up time. Drivers will verify the passenger's photo ID at drop-off.

[Metro Mobility Grocery Delivery](#)

Help at Your Door: Grocery Assistance

- Orders can be placed over the phone or online
- Delivery of grocery items and help with putting items away (Note: This may not be available during the pandemic. Call for details.)
- EBT payments/SNAP benefits are accepted

[Help at your Door](#)

Fare for All

Stretch your food dollars. Fare for All is The Food Group's cooperative purchasing program that offers affordable groceries and packages of produce and meat for up to 40% off retail prices. Fare for All works hard to offer value, variety, quality and nutrition in our food packages. From \$10 Produce Packs to \$11 Mini Meat Packs and \$20 Combo Packs—the choices are nutritional and affordable. Be sure to check out this month's Hot Buy and Produce Packs.

To find the monthly distribution sites, monthly specials, info about the warehouse, and more: [Fare For All](#)

Monthly pick up sites are suspended due to coronavirus. Fare for All is piloting a drive through grocery pick-up option. Check back to see if it is implemented in the Roseville area. Monthly local sales are currently cancelled.

Farmers Markets

This statement appears on the website referring to the St. Paul downtown farmers market on Saturday mornings: *The first hour (9-10am) of the Market day is reserved for elders and those with higher risk of infection.*

Check with the farmers market to determine the policy for other locations.

[St Paul Farmers Market](#)

Access to Prepared Meals

Searchable list for home-delivered meals

[Resource List for Home Delivered Meals](#)

Meals on Wheels – Roseville Area Senior Program

To sign up: [Meals on Wheels](#) or call 651-318-9091

If you are a Meals on Wheels client and have questions, please call us at **651-604-3524**.

Kosher and Halal Meals on Wheels Kosher/Halal meals delivered to your home

The cost is based on income. Many participants qualify for free meals through their health plan. There is NO age requirement for participation.

Contact: Jill Grover 651-315-9167 or email jgrover@jfssp.org

Open Arms Minnesota

If you're living with HIV/AIDS, cancer, MS, ALS, ESRD, CHF or COPD and would benefit from assistance with food, Open Arms can provide you delicious meals free of charge. We cook and deliver fresh, high-quality meals that sustain and nourish you.

To qualify for Open Arms' meal delivery service, you need to be diagnosed with a life-threatening illness such as cancer, HIV/AIDS, multiple sclerosis, ALS, COPD, ESRD or CHF AND one of the following: either physically unable to shop or cook for yourself OR have a compromised nutritional status. You must live in the Twin Cities metropolitan area to receive meal delivery service. We do not qualify individuals based on income status.

[Open Arms Minnesota](#) or call 612-872-1152

Schwan's Home Delivery

[Schwan's Delivery](#)

Keystone Community Services Food Shelves

Midway
1916 University Avenue
St. Paul, MN 55104
651-917-3792

Rice Street
1459 Rice Street, Suite 3
St. Paul, MN 55117
651-487-2792

Access to Food Assistance Programs

Supplemental Nutrition Assistance Program (SNAP) / Food Stamps

Second Harvest Heartland is working hard to register those eligible for SNAP to ensure that everyone who needs these benefits, which will be especially important during this time, can access them. To find out if you are eligible for SNAP benefits, use the [Bridge to Benefits screening tool](#). Eligibility is based on monthly income and household size.

You can also [contact an outreach specialist](#) or call **651-.209-7963** (toll-free 1-844-764-5513) to see if you are eligible for assistance.

Hunger Solutions

If you need additional food resources, please call the **Minnesota Food Help Line** at **1-888-711-1151**, Monday-Friday from 9 a.m.-5 p.m. or visit [Hunger Solutions](#)

If you have children, contact the school district in which you live to find out what nutrition resources are available. Most school districts will not require enrollment of your child in the district - help is available to all children who reside within a district's boundaries.

Searchable site and access to assistance. [Hunger Solutions - Find Help](#)

Access to Pet Food and Supplies

A sample of stores and services in the Roseville area

Chuck and Don's

Order online with curbside pickup or delivery: [Chuck and Don's](#)

Petco

Order online with curbside pickup

[Roseville Petco](#)

PetSmart

Order online with curbside pickup or delivery [Roseville PetSmart](#)

Housing

Minnesota Housing

Minnesota Housing is the state's housing finance agency. For more than 50 years they have worked to provide access to safe, decent and affordable housing and to build stronger communities across the state. Help for home buyers, home owners, housing, and rent assistance.

[Minnesota Housing](#)

MN Housing Benefits 101

Housing Benefits 101 (HB101) helps people who need affordable housing, and supports to maintain that housing, understand the range of housing options and support services available. HB101 can help you make choices about where you want to live. It can also help you figure out a long-term housing plan that works for you, and the steps to move toward your housing goals.

A division of Disability Hub MN - a free statewide resource network that helps you solve problems, navigate the system and plan for your future.

[Housing Benefits 101](#)

Amherst H. Wilder Foundation - Customized Living Services

Wilder brings supportive services to residents who live in two Saint Paul Public Housing apartment buildings: Hamline Hi-Rise and Ravoux Hi-Rise. These customized living services allow adults who need daily support and care to live independently and prevent or delay the need to move into a nursing home. Applicants must qualify for public housing.

[Learn More about Customized Living Services](#)

Health Care

Need health care coverage?

Minnesota's public health care programs provide health care coverage to Minnesotans with low to no income. We encourage anyone who needs health care coverage to apply to see if you qualify for Medical Assistance or MinnesotaCare, including those Minnesotans who had work hours reduced, have been furloughed or who have lost their jobs.

Medical Assistance is Minnesota's Medicaid program. MinnesotaCare is a premium-based program for people who earn too much to qualify for Medical Assistance but make too little to pay for private insurance. Those who qualify for MinnesotaCare never pay more than \$80 a month per person for their premium. The programs have income and asset limits that depend on your age, who you live with, and whether you are pregnant, blind or have a disability. They offer comprehensive coverage, including dental benefits and vision and behavioral health services.

Details and assistance for applications: [MN Health Care Coverage](#)

St. Anthony Park Area Seniors: Foot Care Available

Many seniors find it difficult to trim their toe nails because they are thick, hard to see, difficult to reach, or all of the above. We have two registered nurses who are making foot care (nail care) visits as independent contractors for our program. They will make appointments at your convenience to come to the comfort of your own home to trim your toe nails. They follow COVID-19 safety protocols and use the appropriate PPE.

Call the St. Anthony Park Area Seniors office at 651-642-9052 to get more details.

Emotional Support Resources

Minnesota Warmline

651-288-0400 or text "Support" to 85511

Are you an adult needing support? Talk to a specialist who has firsthand experience living with a mental health condition. Open Monday-Saturday, 12 PM to 10 PM – sponsored by [Mental Health Minnesota](#)

[Minnesota Warmline](#)

NAMI - Minnesota Peer Support Connection Warmline

Call or Text 844-739-6369

Minnesota Peer Support Connection Warmline operators are available seven nights a week from 5:00 p.m. to 9:00 a.m. **All are directly routed to Warmline operators.** All calls are confidential. [MN Peer Support Network](#)

Disaster Mental/Behavioral Health and Emergency Preparedness

A range of mental health and chemical abuse (behavioral health) problems may surface in the early stages of an emergency situation. These may continue to emerge among the public and among professionals who respond to an event. Addressing these concerns improves the emergency response and the health of the whole community. This is a service from the Minnesota Department of Health.

[Disaster Mental/Behavioral Health](#)

Community Support Program

Participate in this new program from Jewish Family Service of St. Paul to help people feel more grounded and emotionally secure. This new program includes three 20-minute phone conversations with a mental health professional. The therapist will also discuss strategies for improving your sense of well-being. You can self-refer to this program. The program is free, but donations are welcome.

Contact: Tara Burns 763.300.3146 or tburns@jfssp.org

Elder Friends – Phone Companions

Offering the power of friendship in today’s environment

Elder Friends is a new program developed by Little Brothers Friends of the Elderly to reach out to isolated seniors and bridge the gap of social isolation.

- You can ask to be connected to someone who will be your phone companion. People who wish to receive calls complete an application and are referred to a caller.
- You can volunteer to become a phone companion. Volunteers are screened and given resource information.

Find out more: [Little Brothers Phone Companions](#) or call **612-746-0737**

Scams and the Elderly

AARP Minnesota's Scams and Fraud Info

[Scams and Frauds](#)

Senior Fraud Toolkit

[MN Dept of Commerce - Anti-Fraud Toolkit](#)

Crucial Scam Prevention Strategies

Minnesota Dept. of Commerce

[MN Dept of Commerce Scam Prevention Strategies](#)

Trusted Contact Authorization Form

By completing this form, you are authorizing the identified financial institution to contact individual(s) identified below as your Trusted Contact person(s) regarding any or all of your accounts at your financial institution if any of issues listed on the form appear to occur.

[Trusted Contact Authorization Form](#)

COVID-19 Resources

Minnesota Dept of Health

Coronavirus Disease 2019 (COVID-19)

[MN Dept of Health Coronavirus Info](#)

Centers for Disease Control and Prevention

Coronavirus Disease Homepage

[Center for Disease Control CDC](#)

Ramsey County

Health Information on COVID-19 - Collected Resources

[Ramsey County COVID-19 Resources](#)

City of Roseville

Collected Resources

[City of Roseville COVID-19 Resources](#)

St Anthony Park Area Seniors: Transportation to COVID-19 Vaccination Appointments

In order to assist seniors (60+ years old) in maintaining their independence, one popular service that our program provides is rides to health-related appointments. Our program recruits, interviews, performs background checks, and schedules volunteer drivers to help seniors who live in our service area to get to their health-related appointments.

Our usual policy is to receive requests with at least a one-week advance notice of the appointment. However, in the case of COVID-19 vaccinations, we have lifted that requirement and are available to be contacted for next-day appointments.

If you are a senior in our service area (**St. Anthony Park, Lauderdale or Falcon Heights west of Cleveland Avenue**) and need a ride to receive your COVID-19 vaccination, please call our office at 651-642-9052 and talk to Alisa, Mary or Katharine.

Free COVID-19 Testing for the Uninsured

Many uninsured Minnesotans can get tested for COVID-19 at no cost to them during the federal public health emergency. To get free coverage for testing, you must:

- Be a resident of Minnesota
- Be a U.S. citizen, U.S. national or lawfully present noncitizen with an immigration status that qualifies for Medical Assistance.
- Provide your Social Security number unless you meet an exception for not having one.
- Not be enrolled in any other health insurance.

Ask the health care provider administering your COVID-19 test for an application to cover the cost of the test. The provider will submit your application, and you'll get a notice in the mail about whether it's approved or denied. Or go online and print the application yourself from [Application for COVID Testing](#) and fill it out.

You can also call the DHS Health Care Consumer Support team at 651-431-3994 or 800-366-5414 to request an application be mailed to you.

[Find COVID-19 Testing Locations](#)

Coronavirus Disease (COVID-19) Resources for Older Adults, Family Caregivers and Health Care Providers

[Resources for Older Adults, Family Caregivers & Health Care Providers](#)

The John A Hartford Foundation

COVID-19 and Minnesota Housing

This webpage to provide a centralized location for all Minnesota Housing updates and information related to COVID-19.

- Executive Orders that Relate to Housing
- Lenders and Homeownership Partners Updates
- Multifamily Grant Programs Updates (FHPAP, HTF, Bridges)
- Multifamily Updates
- Resources for Renters and Homeowners
- Topics and Issues for Providers Serving People Experiencing Homelessness During COVID-19

[COVID-19 MNHousing](#)

RentHelpMN

If you have experienced hardship due to the pandemic and need assistance to pay your rent or utility bills, you may be eligible for COVID-19 Emergency Rental Assistance. [RentHelpMN](#) was created to help Minnesotans who have fallen behind on their rent or fear that could happen. If you find yourself in this position, we are here to help. Find out if you qualify and get ready to apply.

Eligible Minnesota renters can receive help with rent and utility bills dated on or after March 13, 2020. If you qualify, you could receive up to 15 months total assistance.

Trained operators are available to answer your questions about your eligibility, bills, documents or to make a reasonable accommodation. Call 211 today.

Coronavirus (COVID-19) Information for Bankers and Consumers

[FDIC Guidance on Coronavirus](#)

COVID-19 (Coronavirus) and Unemployment Benefits

[MN Unemployment Benefits and COVID-19](#)

Mental/Behavioral Health and COVID-19

Mental health and behavioral health resources specific to COVID-19. Additional regular [Disaster Mental/Behavioral Health](#) resources may also apply.

Crisis Lines
Responder Resources
Health Care Provider Resources
Community Resources
Child and Parent Resources
Family Resources
Mental Illness Support Resources

[MN Dept of Health Behavioral Health / COVID-19](#)

Coronavirus (COVID-19): Tips for Dementia Caregivers

Most likely, dementia does not increase risk for COVID-19, like dementia does not increase risk for flu. However, dementia-related behaviors, increased age and common health conditions that often accompany dementia may increase risk. Visit the link below to find tips for dementia caregivers at home, receiving home-based services, individuals in assisted living, and tips on staying healthy.

[Tips for Dementia Care during COVID-19](#)

Alzheimer's Association

Dementia education training module available for COVID testing and contact tracing teams.

Developed in partnership with the Alzheimer's Association a new training module is available for COVID testing and contact tracing teams. The training is free and can be accessed at the Alzheimer's Association, Minnesota-North Dakota Chapter YouTube channel: [Training Module](#)

The Role of Palliative Care in a COVID-19 Pandemic

Palliative Care Strengths Such as Communication, Advance Care Planning, and Symptom Management, Needed Now More Than Ever

Blog post by the Executive Director of the California State University Shiley Institute for Palliative Care.

[Palliative Care and COVID-19](#)

First Call for Help

24-7 / Confidential / multilingual services

Dial 2-1-1

Cell phone: 651.291.0211

Toll-free: 1.800.543.7709

Text 'MNCOVID' to 898211 or go to [211 UnitedWay](#)

If you need assistance finding food, paying housing bills or other essential services, this database connects callers to thousands of resources throughout Minnesota. A Certified Community Resource Specialist will help to locate available resources in your area. More than 90 percent of the United States has access to 2-1-1, along with several areas of Canada. For more information on the national 2-1-1, or visit [211](#).

Tips to Avoid Coronavirus Scams and Protect Your Money

[Avoid COVID-19 Scams and Frauds](#)

COVID-19 Fraud Prevention Resources

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes, and because older adults are at greater risk for serious illness from COVID-19, they may target older populations.

The Senior Medicare Patrol (SMP) has updated their COVID-19 Fraud Prevention resources with the information you need to protect yourself from Medicare fraud, errors, and abuse; detect potential fraud, errors, and abuse; and report your concerns. SMPs help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also provides information and educational presentations.

[Click here](#) for more information.