



»» NEWSLETTER ««



CITY OF FALCON HEIGHTS
2077 LARPENTEUR AVENUE WEST
FALCON HEIGHTS, MN 55113
651-792-7600

CONTACT US

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Jack Linehan City Administrator	651-792-7611
Kelly Nelson Administrative Services Director / Deputy Clerk	651-792-7617
Elke van der Werff Administrative & Communications Coordinator	651-792-7621
Roland Olson Finance Director	651-792-7612
Hannah Lynch Community Development Coordinator/ City Planner	651-792-7613
Colin Callahan Public Works Director	651-792-7618

FIRE

Fire protection is provided by the St. Paul Fire Department.

Emergencies	911
Non-emergency	651-266-8989

POLICE

Police protection is provided by the Ramsey County Sheriff's Office.

Emergencies	911
Non-emergency	651-767-0640

CITY HALL HOURS:

Monday - Friday
8:00 AM - 4:30 PM





CITY COUNCIL

The City Council meets the 2nd and 4th Wednesday of each month at 7:00 PM at City Hall, 2077 W. Larpenteur Avenue. Meetings are streamed live from NineNorth (formerly CTV) and televised on public access channel 15.



MAYOR RANDY GUSTAFSON

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COUNCIL MEMBER PAULA MIELKE

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COUNCIL MEMBER JIM WASSENBERG

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COUNCIL MEMBER ERIC MEYER

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UPCOMING MEETINGS

- Tuesday, March 26 Open House on Potential Police Partnership at St. Anthony Village City Hall - 5:30 PM
- Wednesday, March 27 Open House on Potential Police Partnership - 6:00 PM
- Wednesday, March 27 City Council Meeting - 7:00 PM



>>> CITY COUNCIL REGULAR MEETING <<<

CITY OF FALCON HEIGHTS
CITY COUNCIL MEETING
MARCH 27, 2024
7:00 PM

AGENDA

PRESENTATIONS

CONSENT AGENDA

1. General Disbursements, Payroll, Wire Payments
2. Approval of City License(s)
3. Approval of Jennifer Lowry as Interim City Engineer

MINUTES

1. February 28, 2024 City Council Regular Meeting Minutes
2. March 6, 2024 City Council Workshop Meeting Minutes

PUBLIC HEARINGS

POLICY ITEMS

1. Acceptance of Proposal from Kraus-Anderson as Construction Manager as Advisor of Community Park Renovation and Authorization of Professional Services Agreement

CITY COMMISSIONS <<<

The City of Falcon Heights has four City Commissions, which serve the City Council in an advisory capacity. Commissioners are volunteers including Falcon Heights residents, local business owners, and business designees who have been appointed by the Mayor and approved by the City Council.

COMMUNITY ENGAGEMENT COMMISSION

The Community Engagement Commission advises the City Council on matters related to community needs and issues, crime and prevention, public awareness, community involvement, and human rights issues. The commission also helps plan and facilitate community events such as Human Rights Day and the Ice Cream Social.

The Community Engagement Commission meets on the third Monday of the month at 6:30 PM at City Hall.

There is currently ONE vacancy. To apply, [click here](#)

PARKS AND RECREATION COMMISSION

The Parks & Recreation Commission advises the Council on matters related to the operation of the City's public parks and the City recreation program.

The Parks & Recreation Commission meets on the first Monday of the month at 6:30 PM at City Hall.

There are currently NO vacancies.

PLANNING COMMISSION

The Planning Commission advises the City Council on matters related to planning, zoning, and land use. Meetings are streamed [live from NineNorth](#) and televised on public access channel 15.

The Planning Commission meets on the fourth Tuesday of the month at 7:00 PM at City Hall.

There are currently NO vacancies.

ENVIRONMENT COMMISSION

The Environment Commission advises the City Council on matters related to environmental issues, including recycling and waste disposal, community gardens, and stormwater runoff. The Commission also develops and recommends implementation of environmentally friendly initiatives such as rain barrels and solar panels, supporting and advancing the City's participation in the [GreenStep Cities](#) program.

The Environment Commission meets the second Monday of the month at 6:30 PM at City Hall.

There is currently NO vacancies. To apply, [click here](#).

PUBLIC WORKS & <<< COMMUNITY UPDATES

Storm Sewer Vault

Public Works is working on mapping the City's storm sewer vault into a GIS map.

Snow Plowing

Public Works will be out snow plowing due to the multiple rounds of snow.

Street Sweeping

Public Works will start street sweeping next week, weather dependent. They will begin in the University Grove neighborhood and work their way east.

Community Park and Curtiss Field

Public Works will be removing invasive Buckthorn at Community Park and continue to remove volunteer trees at the Curtiss Field pond area.

American Environmental

Spring/Summer is the season for sewer cleaning. American Environmental wrapped up sewer cleaning last week!

Spring Tax Statements and Value Notices Arriving Soon

Property tax statements and valuation notices will be mailed to Ramsey County property owners in mid-March.

Tax statements show the amount of taxes and when they are due. The mailing also includes information about refund programs through the state.

Valuation notices include your property classification, estimated market value and taxable market value, which is used to determine property taxes payable in 2025.

Please review your valuation notice carefully. If you believe there is an error, now is the time to appeal or question your classification or valuation.

[Learn about property values and contact the Assessor's Office with your questions](#)

COMMUNITY <<< EVENTS & UPDATES

Neal Kwong Award

Neal Kwong was a Falcon Heights resident who tragically passed away at the age of fifteen. He was an outstanding member of our community. In his memory, the City established the Neal Kwong Award to recognize young people, ages 12 to 19, who display leadership and volunteerism in Falcon Heights. Nominees must live in or volunteer in Falcon Heights. Parents are encouraged to support their youth by nominating them or by helping neighbors and friends willing to nominate them.

Nominations for the 2024 Award are due no later than Friday, April 26th at 4:30 PM.

The award recipient(s) will be recognized at a Falcon Heights City Council meeting, in this newsletter, and on a plaque in the lobby of City Hall.

For more information on the award and for a link to the application, please visit the website [here](#)



Save the Date!

The City will host a Spring Together event on Saturday, May 18th from 3:00 PM to 5:00 PM at Curtiss Field. Meet your neighbors, enjoy free ice cream and have fun! Remember to bring your lawn chairs and games.

Calling all musicians! This year we will be having a Musician-Only Open Mic. Showcase your talent in a supportive environment. Soloists, bands, and duos are welcome.

We hope to see you there!

Spring Together

FREE ICE CREAM!
OPEN MIC!
GAMES!
FAMILY FUN!

The City of Falcon Heights Welcomes All!

SATURDAY, MAY 18
3:00 - 5:00 PM

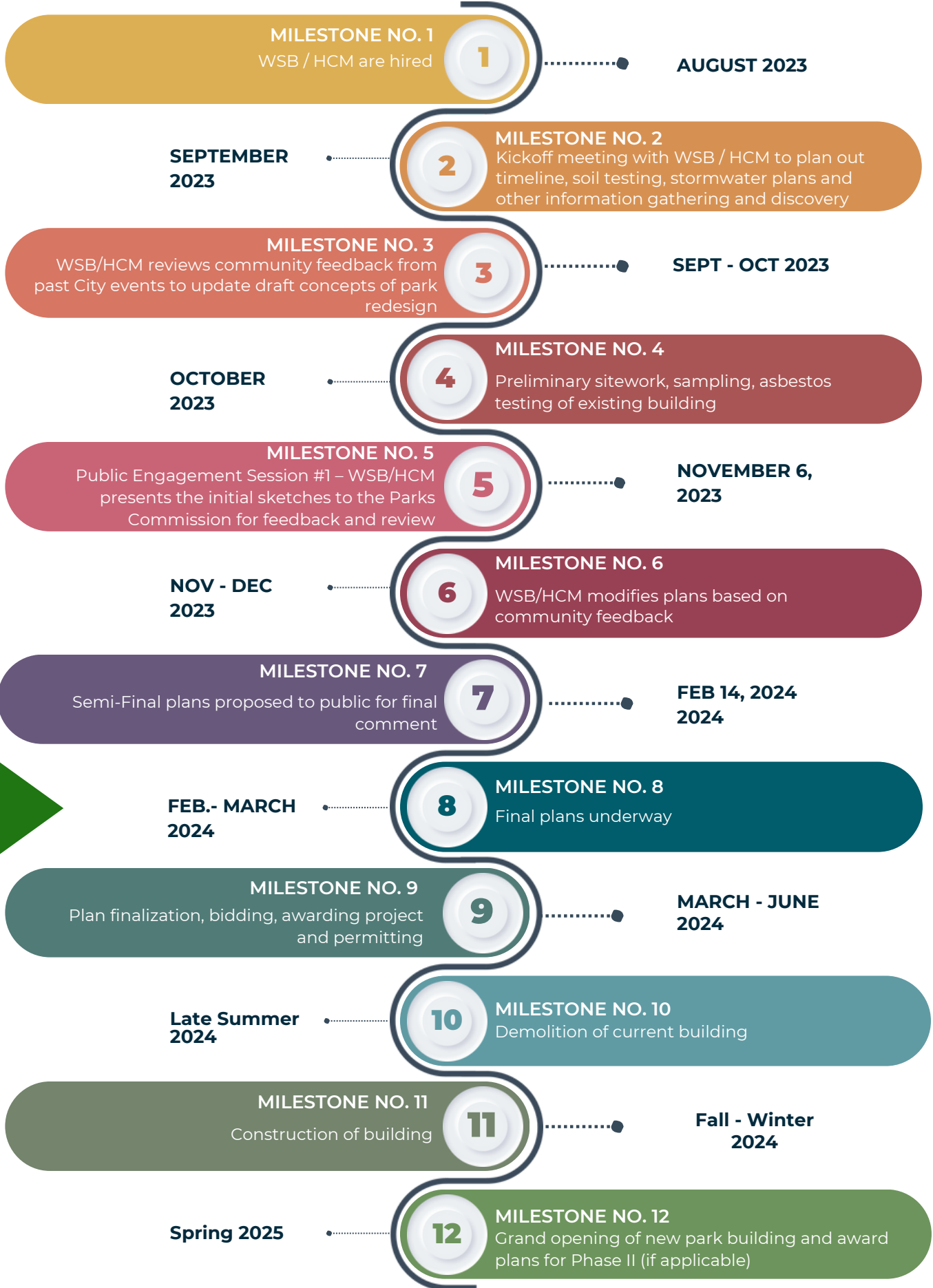
CURTISS FIELD - 1551 IOWA AVE. W.

Enjoy free ice cream, meet your neighbors and have fun!
Attention musicians: Open mic night is calling for you!

FALCON HEIGHTS

COMMUNITY PARK TIMELINE

The timeline is subject to change as the project develops.



COMMUNITY <<< EVENTS & UPDATES

St. Anthony Park Area Seniors

Game Day is in Full Swing and the new LIFT is operating for easy access!

What: Morning of Coffee and Board Games
Date: Tuesday, March 26
Time: 10:00 – 11:45AM
Where: 2200 Hillside Ave. (Centennial United Methodist Church)

Cost: No charge, but donations are always appreciated.
Transportation is available for seniors in our service area with one week's notice. No RSVP is needed.
We have Scrabble, Dominoes, Triominoes, cards.
You are welcome to bring your own games too!

St. Anthony Park Area Seniors is offering an outing to Plymouth Playhouse!

What: A bus ride to Day Trippers Dinner Theatre to have Green Mill lunch buffet and see a matinee showing of "Til Beth Do Us Part"

Date: Thursday, April 18

Time: 10:30AM - 4:30PM

Where: Meet at 2200 Hillside Ave. (Centennial United Methodist Church) at 10:30 AM. Return by 4:30 PM. Rides to the church are provided if requested by Thursday, April 11.

Who can participate: Seniors! Those who live in our service area (St. Anthony Park, Lauderdale and Falcon Heights west of Cleveland Avenue) will have first priority to register for this outing.

Cost: This outing is being fully funded by an anonymous donation to provide activity to reduce isolation.

How to sign up: Registration is limited to 25 participants. Please contact the SAPAS office at 651-642-9052 to learn more or to register for this outing.

Roseville Alzheimer's & Dementia Community Action Team

Whole-Person Wellness Screening – including optional cognitive screening
Thursday, April 25, 2024 | 9:00 AM to 2:00 PM CST - Appointments required.
The Guidant John Rose Minnesota Oval, 2661 Civic Center Drive, Roseville, MN

Get a free whole-person wellness consultation with a U of M student nurse (under supervision of a registered nurse.) During your visit with a nurse and a nursing student, you will develop a whole-person wellness plan, set individualized goals, and get connected to resources to support wellness goals. You will also learn more about your body biometrics and have the opportunity to be screened for depression and cognitive decline. Hosted by the Faith Community Nurse Network. [Click here](#) to schedule an appointment online. You can also contact Lyngblomsten Community Services at 651-632-5330 or email communityservices@lyngblomsten.org to register.



WE'RE HIRING!
-Summer Program Intern-

The City is currently hiring for a Summer Program Intern. The position will be responsible for planning, organizing, and coordinating summer recreational programs for children (ages 3-13) in an outdoor setting.

The position will also help hire and train other summer programming staff. The ideal candidate will be able to work with no direct supervision, excel in leading group activities, have experience working with children, and have a background in Parks and Recreation or Elementary Education.

If this sounds like you, we highly encourage you to apply! The position will close on Friday, May 31 at 4:30 PM

Please visit [our website](#) to view the entire job description and review the application requirements.

WE'RE HIRING!
-Seasonal Recreation Staff-

The City of Falcon Heights is seeking candidates for the temporary/seasonal positions of Seasonal Recreation Staff. These positions will be responsible for assisting in the implementation of summer programming for children (ages 3-13) in an outdoor setting. The ideal candidates will be energetic, reliable, and have experience in coaching or working with children.

Please visit [our website](#) to view the entire job description and review the application requirements.

COMMUNITY <<< EVENTS & UPDATES

Bell Museum 2024 Eclipse Celebration

April 08, 2024 | 10:00 PM-4:00 PM

Join the Bell Museum for a special open Monday to celebrate Minnesota's partial view of the eclipse on Monday, April 8. The eclipse will be at its peak at about 2:00 pm, and we'll see about 75% coverage here in Minnesota.

Throughout the day, they'll have a plethora of solar-focused activities, a livestream of the eclipse, a new eclipse flipbook pattern, and expert astronomy staff to answer all of your solar questions!

This is an in-person event at the Bell Museum and is included in the cost of [regular admission](#).



Share Your Input on a Potential Police Services Partnership With St. Anthony Village

City Council Wants Your Feedback

As the Falcon Heights City Council considers a potential partnership with St. Anthony Village's police department, City Councilmembers are looking to hear from residents.

The City of Falcon Heights has been looking for a long-term partner for police services since 2022. In 2022 and 2023, Falcon Heights conducted a study through the Center for Values-Based Initiatives to analyze the City's law enforcement services contract and needs. A series of three focus groups and a randomized resident survey were conducted to gather input on residents' priorities, building upon the extensive community feedback that informed Falcon Heights' Inclusion and Policing Task Force recommendations in 2017.

After carefully analyzing our needs and the available options, a potential renewed relationship with St. Anthony Village could be a good fit that aligns with the values of Falcon Heights residents identified in our previous engagement.

[Read more about the potential partnership.](#)

Community Engagement Opportunities

Over the next several weeks, the Falcon Heights City Council will provide several in-person and virtual opportunities to hear feedback, questions and concerns from residents.

- Take our [online survey](#), open through April 12.
- Open house will be held prior to City Council meeting from 6-7 PM on Wednesday, March 27, at Falcon Heights City Hall (2077 Larpenteur Ave. W).
- Throughout March, City Council members will talk with residents at a variety of community meetings hosted by local organizations and will be door-knocking as well. View community engagement opportunities on our [police partnership webpage](#).
- Falcon Heights and St. Anthony Village will also host two joint town halls at 6:30 PM on Wednesday, April 17, at Falcon Heights City Hall(2077 Larpenteur Ave. W.) and Thursday, April 18, at St. Anthony Village City Hall (3301 Silver Lake Rd. NE). This will be an opportunity to learn the results of the community engagement process and provide additional feedback to the two councils as they consider a potential partnership.

We are eager to hear from our residents about this important issue, and we encourage you to participate in as many community engagement opportunities as you would like.

Contact City Administrator Jack Linehan with comments or questions at jack.linehan@falconheights.org or 651-792-7611.



COMMUNITY <<< DEVELOPMENT

Free Paper Shredding and E-Waste Event!

Spring cleaning is a time-honored tradition that involves deep cleaning and decluttering your home after the long winter months.

Not sure how to get rid of those credit card offers or your old cellphone? Falcon Heights is hosting a free paper shredding and electronic waste event!

Monday, April 22 - 9:00 - 11:00 AM, Falcon Heights City Hall - 2077 Larpenteur Ave W, Falcon Heights, MN 55113

Paper Shredding

All paper that needs shredding is accepted!

Examples include:

- Sensitive documents
- Credit card offers
- Receipts
- Bills

Please limit to five boxes/grocery bags per household.

Electronic Waste

All data from electronics is destroyed physically or electronically wiped by Repowered.

Items Accepted:

- Cameras, camcorders and accessories, including chargers and memory cards.
- Cell phones and accessories, including chargers, adapters and headphones.
- Computers and accessories, including monitors, laptops, tablets, keyboards, mice, speakers, printers and scanners.
- Televisions and accessories, including VCRs, DVRs, Blu-ray players, gaming consoles and cable boxes

EARTH DAY

Monday, April 22

Pollinator Party

The City of Falcon Heights, in partnership with the Environment Commission, City of Lauderdale, and Russ Henry of Minnehaha Falls Landscaping, is holding a Pollinator Party! Come learn about installing bee-friendly plants and lawns for your home to protect pollinators and our future.

Monday, April 22 - 6:30-7:30 PM, Falcon Heights City Hall - 2077 Larpenteur Ave W, Falcon Heights, MN 55113

More information can be found on the City's website. If you are interested in attending, please RSVP by April 15th

Bee Friendly Lawns  Bee Safe Minneapolis

Protect pollinators
and your precious time

COMMUNITY DEVELOPMENT

75th Anniversary

On April 1, 1949, by a vote of 5 to 1, the citizens rejected petitioning either Roseville or St. Paul for annexation and chose instead to establish their own independent village government. The incorporation of the Village of Falcon Heights brought in all of the remaining unincorporated areas of Rose Township, including the State Fairgrounds, University of Minnesota Campus Golf Course, and Test Fields. In 1973, the Village of Falcon Heights became a city.

To celebrate 75 years since officially becoming "Falcon Heights", the City is working on plans to honor the occasion. If you are interested in participating in the celebration planning, please fill out a form on our [website](#).

Compost bin sale - save \$20

The Recycling Association of Minnesota is selling compost bins for \$76 plus tax this year before the discount. Ramsey County residents can receive a \$20 discount. Order online at RecycleMinnesota.org and enter promo code "Ramsey."



Highway 36 Study

MnDOT is looking ahead to the future of Hwy 36 in Roseville, Little Canada and Maplewood. While this 8-mile segment is not directly located in Falcon Heights, it is a vital route for many residents.

In 2023, MnDot heard from more than 1,700 people who shared more than 5,000 comments about the future of Hwy. 36. The team has now developed ideas for improvements. Share your input on ideas for the future of Hwy 36 by taking their [online survey](#)! The survey is open until Sun, March 17 at 11:59 PM

State Fair Task Force 2.0

Following the tremendous work done by State Fair Task Force 1.0 in 2023, the City Council determined that the City should again create a task force to continue and finish the work started by the previous task force.

The task force will meet monthly or as needed to review the necessary policies in 2024 and 2025 with a sunset date of December 31, 2025 unless extended by the City Council.

If you are interested in participating, please fill out the interest form [here](#).

Snelling & Larpenteur

CORRIDOR DEVELOPMENT STUDY

In early 2023, the City of Falcon Heights applied for and received a grant from Ramsey County to review the two most critical transportation corridors within the city, Snelling Avenue and Larpenteur Avenue. The project is to evaluate the existing land uses along the two corridors and identify areas of potential future redevelopment and reinvestment to meet future housing and business needs.

The City received applications for a focus group as participants in the study and they had their first meeting on February 26, 2024

For more information and to follow the progression of the study, click [here](#)

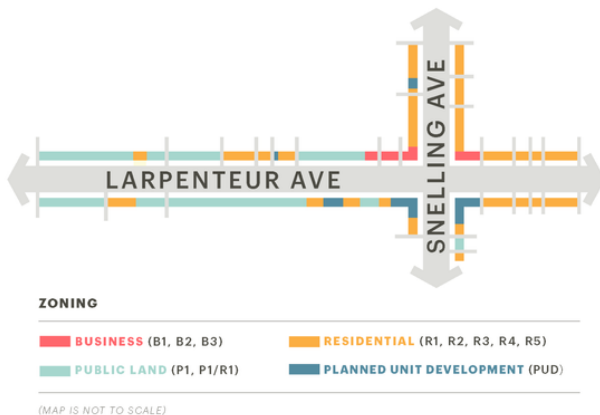
COMMUNITY <<< DEVELOPMENT

Smart911.com

Smart911.com gives 911 the information they need to help you fast. It's free to use.

- You can receive notifications about weather, traffic, and other emergency disasters and find out about gas leaks, missing persons, police pursuits, or other safety concerns.
- You can choose which notifications to receive
- If the police need to be called they will be notified if you have:
 - people living in your household; phone numbers of your family; emergency contacts; pets/service animals in your home; medical conditions/allergies - including mental health; medications/medical equipment; and property details/layouts.

For more information and to sign up, click [here](#)



COMMUNITY DEVELOPMENT



PARTNERS IN ENERGY An Xcel Energy Community Collaboration

The City of Falcon Heights has partnered with Xcel Energy and MNCEE to join the Partners in Energy Program.

Partners in Energy is a two-year collaboration with Xcel Energy to develop and implement our community's energy plan goals. This is an opportunity to engage stakeholders, create goals and strategies, and develop a work plan to be successful.

The City needs your help! We are looking for responses from community members to help shape our Energy Action Plan.

Take our Community Energy Survey

The outcome of this plan, through your input, will guide the City in reaching its energy goals over the coming years.

More information about the partnership can be found [here](#).

Ready to Save on Your Energy Bills?

One convenient Home Energy Squad® visit is your answer to years of energy savings. We offer two home visit options:

- For homes built after 2000, mobile homes, condos, and renters – Only \$35 (normally \$70)
- For older homes – Only \$50 (normally \$100)

To learn more and to schedule your visit call 651-328-6220, or visit: mncee.org/hes

Free visits available to income qualified households.



»»» NATURE NEWSFLASH

Pollinators

By Amy Christiansen, resident of Falcon Heights and member of the Environment Commission

“Be a friend to pollinators.” That is what the sign at the pollinator garden by Como Conservatory says. Pollinator numbers are plummeting at an alarming rate.

As covered on February 26th in Nature Newsflash, Minnesota's own rusty patched bumble bee and the Dakota skipper butterfly have diminished to the point of being listed as federally endangered. Pollinators are important. They are needed for crops including apples, blueberries, sunflowers, canola, and more. The USDA tells us that of the 1,400 crops grown around the world for all of our food and plant-based industrial products, almost 80% require pollination.

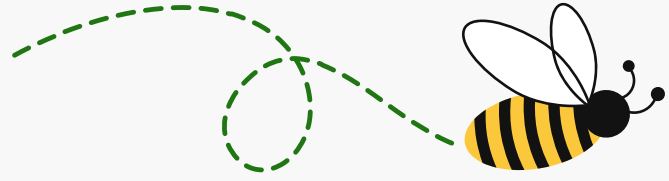


The Minnesota Department of Resources tells us that habitat loss, pesticides, diseases, and climate change are responsible for the loss of pollinators. That's where we, the residents of Falcon Heights, come in. We can nourish pollinators in whatever piece of land or apartment balcony we tend. First on the agenda is to plant a variety of things, including Minnesota native flowers, grasses, trees and shrubs. Native plants attract the most beneficial insects. Plant nectar-rich flowers for adult butterflies and bees, and host plants for butterfly larvae. Plant an aspen tree and watch for the tiger swallowtail, or milkweed and look for the beloved monarch. Trees and fruiting shrubs offer shelter, huge bouquets of flowers, and a banquet of berries.

Most insects are beneficial. According to the USDA, less than 1% are considered harmful. So go easy on the use of pesticides and herbicides. Let's not wipe out a slew of beneficial insects in the attempt to kill one that we dislike. Also, don't over-tidy your garden. Loose brush and leaf litter provide cover for pollinators. Keeping all or part of a dead tree (the parts that are safe to keep) will house still more.



NATURE <<< NEWSFLASH



The City of Falcon Heights encourages “diverse landscaping, particularly that which restores native vegetation. Native vegetation requires fewer inputs of water, fertilizers, and herbicides. It also supports pollinators and birds.” The city understands that planting and maintaining such landscaping promotes “resiliency, diversity, and a richness to the quality of life.” These are apt words, reminding us that it is worthwhile to be a friend to pollinators. Fill your yard with plants of all sorts and life will flourish, providing you with countless moments of joy.

Resources for friends of pollinators:

- The University Extension has information on creating a butterfly garden [here](#)
- [University of Minnesota Bee Lab](#)
- [Pollinator Partnership Gardening Resources](#)
- Learn more and find grants from The Minnesota Board of Soil and Water Resources at Lawns to Legumes: Your Yard Can Bee the Change [here](#)
- [Capitol Region Watershed District](#), which covers most of Falcon Heights, has a Stewardship Grant Program to promote water quality improvement.
- [Rice Creek Watershed District](#), which covers a smaller area of our city, offers a Mini-Grants Program to promote native plants and other projects.

Is there something you want to see in the Nature Newsflash, or are you an expert and want to be included in future articles? Send your ideas over to Hannah Lynch, Community Development Coordinator, at hannah.b.lynych@falconheights.org.

The University of Minnesota Bee Lab Needs Your Help!

Bees are out and looking for pollen in Minnesota! What will they find? Elaine Evans, U of MN, Bee specialist, says that there are flowers blooming in Minnesota in some locations. In the Twin Cities Maples and Skunk cabbage are in bloom. She has seen honey bees bringing in maple and other pollens.

If you see bees out and about the Bee Lab would like to know. Please post them to [iNaturalist](#) or contact the U of MN Bee lab. This will help document the phenology records of when the bees start flying.



>>> PARKS AND RECREATION <<<

City Hall Programming

Tae Kwon Do <<<

Register for Tae Kwon Do sessions!

Tae Kwon Do Basic and Intermediate/Advanced sessions will be held on Tuesdays, with classes running February 20 - April 2 (no class on March 26).

Cardio Kickboxing classes will be held on Thursdays, running from February 22 - April 4 (no class on March 28).

All classes are held in the Council Chambers at City Hall.

Classes are instructed by Joshua Jordan, a 2nd-degree black belt. These classes help develop self-defense skills, mental strength, focus, self-confidence, physical health and flexibility.

For more information and to register, click this link:
<https://www.falconheights.org/residents/tkd-information>

>>> Yoga

Register for yoga sessions! You can purchase as all / individual sessions!

Classes will be held on Mondays from March 11 through May 20 at 4:30 PM. in the Council Chambers at City Hall. *No class on May 6.

Classes are instructed by Shaila Cunningham, who has over 20 years of experience and was certified in 2001 in-residence at Kripalu. Appropriate for healthy beginners or for those wanting to explore "deeper practices," classes will combine classical yoga with best practices, served up with a side of humor. Shaila serves as instructor for North Oaks and Midland Hills Golf Clubs and offers additional classes at YogaHotDish locations.

For more information and to register, click this link:
<https://www.falconheights.org/residents/parks-recreation/yoga>



CITY RENTAL FACILITIES <<<

>>> City Hall

Full Council Chambers

Full Capacity: 150 / 75 seated

Pricing: \$125 + tax for 3 hours \$200 + tax for a half day \$275 + tax for a full day

A \$200 refundable damage deposit is required and setup fees may also apply.

Partial Council Chambers

Half Capacity: 75 / 30 seated

Pricing: \$60 + tax for 3 hours \$115 + tax for a half day \$175 + tax for a full day

A \$200 refundable damage deposit is required and setup fees may also apply.

Conference Room

Capacity: 8 maximum

Pricing: \$35 + tax for 3 hours \$70 + tax for a half day \$125 + tax for a full day

A \$200 refundable damage deposit is required and setup fees may also apply.

Kitchen

Capacity: 10 / 6 seated

Pricing: \$30 + tax for 3 hours \$60 + tax for a half day \$75 + tax for a full day

A \$200 refundable damage deposit is required and setup fees may also apply.

City Hall reservations are only available for PUBLIC use; no private events may be held here.

Reservation Form

Field/Court <<<

The City has various courts and fields that can be reserved at Curtiss Field and at Community Park. For details and specific pricing, please see the [reservation form](#)

>>> Picnic Areas

Community Park

- Upper Picnic Area (against building): 5 picnic tables, trash bins
- East Picnic Area (near playground): 2 picnic tables, trash bins
- Lower Picnic Area (SW corner): 2 picnic tables, 1 BBQ grill, trash bins

Each picnic area is \$20 + tax for a half day or \$35 + tax for a full day.

A refundable damage deposit and setup fees may also apply.

The Community Park building is unusable. A portable restroom is available in the park.

Reservation Information and Forms Found Here!





RESIDENT RESOURCES

The mission of ComoConnects is to organize community volunteers, professionals, and family members to provide care for their neighborhood seniors in ways that support choice, dignity, and independence.

With the spirit of "Neighbors Helping Neighbors," ComoConnects provides a spectrum of services, bringing neighborhood health professionals, volunteers, caregivers, and community leaders together to provide high-quality, long-term care.

They provide services to residents aged 65 and better in the community of Como Park as well as areas of Falcon Heights.

To learn more about ComoConnects, visit their website [here](#) or call 651-642-1127

Metro Transit

The Route 83 bus - which runs along Lexington and Hamline West of Como Park - now goes all the way to Rosedale Center. The route previously ended at Rosedale Target. [Metro Transit schedules and maps](#)

Northeast Youth & Family Services



NYFS is here for you!

Immediate openings are available for mental health clients age 4 and over

Call us at 651-486-3808 or [request an appointment online today!](#)



Northeast Youth & Family Services (NYFS) is a nonprofit, community-based and trauma-informed mental health and community services organization that has been serving people in the northeastern suburbs since 1976.

NYFS services include clinic-based and telehealth counseling for all ages, school-based services, day treatment services for middle and high school youth, diversion programming for youth, Community Connections programming for isolated youth, and Community Advocate services.



RESIDENT <<< RESOURCES

Online BIPOC Support Groups

The National Alliance on Mental Illness (NAMI) has coordinated various online support groups to help BIPOC. Please click [here](#) for more information.



Energy Cents Coalition

Are you looking for help paying your Xcel bills or are you in need of a replacement furnace, water heater, or refrigerator? Call 651 - 774 - 9010 to check if you are eligible

Protection & Crisis:

There are protection & crisis resources available that are provided by Ramsey County. Click [here](#) for more information regarding protection and crisis resources.

Emergency Assistance:

Get help with shelter payments, such as past due rent, to stop evictions or foreclosure. Click [here](#) for more information that could help!

Blood Pressure Clinics

Sponsored by



Love your heart! Take advantage of these **free/donation-based** Blood Pressure Clinics.



1st & 3rd Mondays from 2-3:30 PM at Arbor Pointe Apartments

2nd & 4th Mondays from 2-3:30 PM at Falcon Heights City Hall

1st & 3rd Wednesdays from 10-11:30 AM at Hendrickson Apartments

Food Assistance:

There are many meal and food assistance programs that are available in Ramsey County.

Visit the Ramsey County website for information regarding food resource guides, programming, emergency support and more! Use the interactive map to find resources near you, including delivery services, free dining and meal sites.

United Way

United Way 2-1-1 provides free and confidential health and human services information for people in Minnesota. They are available 24 hours a day, 7 days a week to connect you with resources and information. Just call 2-1-1

