

MEMBERSHIP RESOURCES



CARPENTERS LOCAL UNION 322
730 Olive Street
Saint Paul, MN 55130
[\(651\) 379-0272](tel:6513790272)

MN Unemployment: <https://www.uimn.org/> or call [\(651\) 296-3644](tel:6512963644).

Russ Sundquist (Workers Compensation Attorney): www.unionmemberslawfirm.com or call [\(651\) 228-1881](tel:6512281881).

SiebenCarey (Personal Injury and Workers Comp): <http://www.knowyourrights.com>

T.E.A.M. (Employee Assistance Program): www.team-mn.com or call [\(651\) 642-0182](tel:6516420182). TEAM provides legal, financial, and counseling services paid for by your Carpenters Union health insurance. If they can't directly assist you, they can refer you to an organization that can.

American Income Life Insurance: <http://www.aillife.com> or call [1-866-797-6455](tel:18667976455). ALL provides a \$4,000 accidental death and dismemberment benefit to our members.

MetLife Insurance: www.metlife.com/mybenefits

MetLife Claims: Sue Malcolm [\(651\) 379-0216](tel:6513790216) or smalcolm@ncsrcc.org or Shaun Irwin (Anderson Agency) [\(612\) 701-6295](tel:6127016295) or shaun.irwin@associatedbrc.com

Beneficiary Designation: [\(866\) 549-2401](tel:8665492401)

MetLife provides our members with a \$10,000 life insurance policy, \$10,000 accidental death & dismemberment insurance and \$1,500/month long-term disability benefit.

Greater Twin Cities United Way: <https://www.211unitedway.org/> or call [\(651\) 291-0211](tel:6512910211).

The United Way 2-1-1 provides free and confidential services to those in need in the state of Minnesota. They are available 24/7 to connect with you the resources and information you need. *Example of services provided:* Childcare, clothing, crisis intervention, donations, emergency and homeless shelters, financial assistance programs, food, and so many more.

Fare for All: <https://fareforall.org/> Fare for All provides nutritious food in bulk at a great discounted rate. They have locations all over Minnesota where their food packages are sold once per month. Visit their site for a calendar of times and locations.

AFL-CIO Community Services: Community services liaisons provide referral services for a variety of resources including health care, food and financial assistance. For assistance, contact Lynne Larkin-Wright at llwright@stpaulunions.org.

Debt and Credit Counseling: www.greenpath.com

Legal Aid: www.lawhelp.org

Emergency Shelter: www.minnesotahelp.info or www.dcf.wisconsin.gov/ea