



# 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](http://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](http://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](http://www.metlife.com/mybenefits)

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

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](mailto:llwright@stpaulunions.org).

**Debt and Credit Counseling:** [www.greenpath.com](http://www.greenpath.com)

**Legal Aid:** [www.lawhelp.org](http://www.lawhelp.org)

**Emergency Shelter:** [www.minnesotahelp.info](http://www.minnesotahelp.info) or [www.dcf.wisconsin.gov/ea](http://www.dcf.wisconsin.gov/ea)