

Goodhue County

# Senior Resource Guide



## WEB SITES

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Alcoholics Anonymous .....	<a href="http://area36.org/district_1.php">http://area36.org/district_1.php</a>
Area Agency on Aging .....	<a href="http://www.minnesota-aaa.org">www.minnesota-aaa.org</a>
Cancer.....	<a href="http://www.mncancerresources.org/Support_Group&amp;html">www.mncancerresources.org/Support_Group&amp;html</a>
Cannon Falls Community Hospital.....	<a href="http://www.cannonhealth.org">www.cannonhealth.org</a>
Caregiver Coach Services .....	<a href="http://www.kariberit.com">www.kariberit.com</a>
Ebenezer Adult Day Program (Fairview RW).....	<a href="http://www.redwing.fairview.org">www.redwing.fairview.org</a>
Ebenezer at Fairview Red Wing .....	<a href="http://www.fairwebenezer.org">www.fairwebenezer.org</a>
Fairview Red Wing Home Care & Hospice .....	<a href="http://www.redwing.fairview.org/Home_Care_and_Hospice">www.redwing.fairview.org/Home_Care_and_Hospice</a>
Fairview Red Wing Health Services.....	<a href="http://www.redwing.fairview.org">www.redwing.fairview.org</a>
Fairview Ebenezer.....	<a href="http://www.redwing.fairview.org">www.redwing.fairview.org</a>
Fairview Seminary Home.....	<a href="http://www.redwing.fairview.org">www.redwing.fairview.org</a>
Fairview Seminary Plaza .....	<a href="http://www.redwing.fairview.org">www.redwing.fairview.org</a>
Goodhue County .....	<a href="http://www.co.goodhue.mn.us">www.co.goodhue.mn.us</a>
Goodhue County Public Health Services.....	<a href="http://www.co.goodhue.mn.us/PHShome.html">www.co.goodhue.mn.us/PHShome.html</a>
Heartland Home Health Care and Hospice .....	<a href="http://www.hcr-manorcare.com">www.hcr-manorcare.com</a>
Home Instead Senior Care .....	<a href="http://www.rochesterseniorcare.com">www.rochesterseniorcare.com</a>
Medicare .....	<a href="http://www.medicare.gov">www.medicare.gov</a>

Pine Island Home Services.....	www.pineislandareahomeservices.org
Potter Ridge .....	www.wtohdevelopment.com
Quality Career Services.....	www.qualitycareerservices.org
Red Wing Area Seniors .....	www.redwingareaseniors.org
Red Wing HRA .....	www.redwinghra.org
Red Wing Health Center.....	www.missionhealthcare.org
Red Wing YMCA .....	www.redwingymca.org
St. Brigid's at Hi-Park .....	www.bhshealth.org
S.A.I.L. ....	www.minnesota-aaa.org
SEMCAC .....	www.semcac.org
SE-MN Legal Services.....	www.smrls.org
Social Security.....	www.socialsecurity.gov
Three Rivers Community Action .....	www.threeriverscap.org

## HELP LINE

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### **24-hour information & referral.**

Help Line .....	211
Goodhue County Helpline.....	(651)385-3357
Women's Center Crisis Line .....	(651)385-8600 or (800)369-5214

## INFORMATION AND ASSISTANCE

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### **Information about services, and help in gaining access to them, for those over 60 and their family.**

Fairview Red Wing Medical Center – (Social Services) .....	(651)267-5000
Red Wing Senior Center.....	(651)267-3599
SE-MN Area Agency on Aging.....	(507)288-6944
Senior Linkage Line (statewide).....	(800)333-2433
Shepherd Center of Cannon Falls .....	(507)263-2136
Three Rivers Community Action, Inc.....	(507)732-8512

## TRANSPORTATION

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### **Providing services for medical reasons, government related business or grocery shopping.**

Action Volunteers (Lake City) .....	(507)534-1244
Faith In Action, Central Goodhue County .....	(507)732-4445
Faith In Action (Red Wing).....	(651)385-3290
Faith In Action (Wabasha County) .....	(866)667-1244
Goodhue County Volunteer Drivers .....	(800)950-2142 or (651)385-6169
Hiawathaland Transit (Cannon Falls, Lake City, Red Wing).....	(866)623-7505
Pine Island Home Services.....	(507)356-2999
Red Wing Mobility.....	(651)388-9215
Red Wing Taxi.....	(651)385-8294
River City Limo .....	(651)388-8800
R&S Transport (Wheelchair & Specialized Transportation.....	(800)656-5080

## ADULT FOSTER CARE

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**Room, board, supervision, and personal care for up to five unrelated adults in a licensed family home.**

Goodhue County Social Services ..... (651)385-3232  
Senior Linkage Line ..... (800)333-2433

## ASSISTED LIVING

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**Independent apartments with kitchens and a variety of services which include meals, housekeeping, transportation and 24 hour supportive personal care services.**

Deer Crest at Fairview Red Wing ..... (651)267-5444  
Evergreen Place (Pine Island) ..... (507)356-8585  
Gunderson Gardens ..... (507)789-6134  
Potter Ridge (Red Wing) ..... (651)388-1546  
St. Brigid's at Hi-Park (Red Wing) ..... (651)388-1234  
The Bridges of Zumbrota ..... (507)732-8455  
Valentine's (Red Wing) ..... (651)388-5556

## HOUSING SERVICES

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**A variety of programs to offer alternative living arrangements.**

Ebenezer at Fairview Red Wing ..... (651)267-5444  
Homeless Prevention Program (Three Rivers Community Action).....(507)732-7391  
Jordon Towers-customized living services by Lutheran Social Services, supportive services in your apartment 12 hours a day, 365 days a year ..... (651)388-3498  
Red Wing Housing & Redevelopment ..... (651)388-7571  
SE-MN Multi-County Housing & Redevelopment Authority (countywide)  
..... (800)450-4501  
SEMCIL (Southeastern MN Center for Independent Living)..... (651)388-0466  
St. Brigid's at Hi-Park ..... (651)388-1234

## LONG TERM CARE FACILITIES

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Angels Care Center ..... (507)263-4658  
Fairview Seminary Home..... (651)385-3434 and for 24 hour (651)380-2109  
Kenyon Sunset Home..... (507)789-6134  
Lake City Medical Center..... (651)345-3321  
Pine Haven Care Center..... (507)356-8304  
Red Wing Health Center..... (651)388-2843  
River Oaks Health Care Center ..... (651)345-2713  
St. Brigid's at Hi-Park ..... (651)388-1234  
Zumbrota Care Center..... (507)732-8400

**PREADMISSION SCREENING**

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**Free help to seniors and families to determine if nursing home is needed or if community services are appropriate.**

Goodhue County Public Health Services .....(800)950-2142 or (651)385-6100

**OMBUDSPERSON**

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Information and advocacy regarding health care, nursing homes, home care, and assisted living.  
.....(800)657-3591

**CHORE SERVICE**

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**Services to help keep up a home or apartment, minor repairs, heavy moving, windows, etc.**

Cannon Falls Chore Program (Shepherd's Center) .....(507)263-2136  
Faith In Action, Goodhue County .....(507)732-4445  
Home Instead Senior Care .....(507)285-1700  
Pine Island Home Services.....(507)356-2999  
Senior Home Work (Red Wing Area Senior Center) .....(651)267-3599  
Teen Topics (Matt's cell phone number).....(651)214-7255

**HEALTH CARE IN-HOME**

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**Homemaker services or health care (monitoring, treatment, medication, exercise)  
Authorized by a physician & provided by nurses, therapists or trained aids.**

ACCRA Home Health .....(651)-388-1010  
Choice Home Care.....(507)-285-3912  
CNS Managed Care.....(507)-289-2411  
Comfort Home Care .....(507)-634-7634  
Fairview Red Wing Home Care & Hospice .....(888)485-3410 or (651)385-3410  
Heartland Home Health Care and Hospic.....e (877)291-8498 or (507)292-1170  
Hiawatha Home Care .....(651)388-2223 or (800)837-8898  
Prairie River Home Care.....(507)252-9844  
Spectrum Community Health.....(507)332-7471

**All of the above are Medicare certified home care agencies.**

Home Health Agency Hotline.....(800)369-7994  
Home Instead Senior Care .....(888)285-1733 or (507)285-1700  
Home Keepers International .....(651)385-2243 or (651)385-2244  
SEMCIL Independent Living.....(507)-285-3912

**RELATED AGENCIES**

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DSHS Office of Health Facility Complaints .....(800)369-7994

## LIFELINE

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**Emergency response system for help 24 hours - In an emergency,  
one touch of a pendant and help will be sent to your home.**

Fairview Lifeline Services.....(952)-885-61856  
Kenyon Area, District One ..... (507)334-6451  
Lake City Medical Center..... (651)345-3321  
St. Mary's (Pine Island area) ..... (507)255-6908

## PUBLIC HEALTH

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**Adult health information, Long Term Care consultations, Case management, immunizations, blood pressure checks, etc.**

Goodhue County Public Health Service.....(800)950-2142 or (651)385-6100

## CLOTHING

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### **Donated Used Clothing**

Annadee's closet (Red Wing) ..... (651)388-7031  
Salvation Army Store ..... (651)388-9270  
Third World Friends Thrift (Kenyon)..... (507)789-5622

## EMPLOYMENT

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Senior Community Services Employment Program (Quality Career Services)  
..... 651)385-3352 or (651)388-4765  
Foster Grandparents/Senior Companion – (John) ..... (888)205-3770  
Workforce Center, Red Wing ..... (651)385-6480  
Workforce Development, Inc. Red Wing ..... (651)385-6402  
800 number for both agencies ..... (800)584-6753

## FINANCIAL ASSISTANCE

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Goodhue County Welfare Department..... (651)385-3200  
Goodhue County Social Services ..... (651)385-3232

## FINANCIAL MANAGEMENT

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Consumer Credit Counseling Services (L.S.S.) ..... (888)577-2227  
Red Wing Area Senior Center ..... (651)267-3599  
Income Tax Preparation • Senior Homework - Assistance with home modification  
To help seniors and handicapped or disadvantaged individuals stay in their homes.

## MEDICARE

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### **Assistance to answer question on medical claims**

Medicare ..... (800)633-4227  
MN Dept. of Commerce ..... (800)657-3602  
Social Security..... (800)772-1213  
Health Plan Info. Center (health care programs) ..... (651)783-5045 or (877)783-5045

**MEDICAL ASSISTANCE (MEDICAID)**

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**A federal program operated by the state, pays part or all of health care costs, including nursing homes.**

Goodhue County Welfare Department..... (651)385-3200

**PRESCRIPTION DRUG PROGRAM AND DENTAL PLANS**

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Health Plan Information Center.....(651)783-5045 or (866)783-5045

**SOCIAL SECURITY**

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**Information and assistance on disability, retirement and survivors benefits, Medicare and supplement security income.**

National ..... (800)772-1213

Regional (Rochester)..... (507)289-1667

**WEATHERIZATION**

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**Home modifications to conserve energy for those who income qualify.**

Senior Homework ..... (651)267-3599

Three Rivers Community Action, Inc..... (800)277-8418, ext 0

**FUEL ASSISTANCE**

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**Energy assistance is provided to help low-income individuals with their heating payments.**

Senior Homework ..... (651)267-3599

Three Rivers Community Action, Inc..... (800)277-8418, ext 0

**FOOD SHELVES**

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**Community Food shelves stock donations of necessities.**

Cannon Falls ..... (507)298-1500

Kenyon ..... (507)789-5558

Pine Island..... (507)356-2999

Red Wing ..... (651)388-9302

Zumbrota.....(507)732-7828 or (507)732-7140

**PACKAGES OF FOOD AVAILABLE ONCE A MONTH**

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Fare for All..... (800)582-4291

NAPS delivered to Wanamingo ..... (507)824-3290

NAPS (Nutritional Assistance Program for Seniors) Toll Free..... (877)500-8699

**FOODS STAMPS**

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**A federal program providing free vouchers to purchase food to those whose income qualify.**

Goodhue County Social Services ..... (651)385-3200

**HOME-DELIVERED MEALS (MEALS-ON-WHEELS)**

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**Meals provided by volunteer delivery to home-bound individuals.**

Fairview Seminary Home, Red Wing ..... (651)385-3423

Lake City Medical Center (evening meal) ..... (651)345-3321

Sunset Home, Kenyon..... (507)789-6134, ext. 126

Three Rivers Community Action, Inc., Cannon Falls, Goodhue, Pine Island,  
Wanamingo, & Zumbrota..... (800)277-8418, ext. 0

**SENIOR DINING SITES**

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**Meals, social events and dietary services in group settings.**

SEMCAC, Cannon Falls ..... (507)263-3956

SEMCAC, Jordan Towers, Red Wing ..... (651)388-9875

SEMCAC, Kenyon ..... (507)789-6120

SEMCAC, Lake City ..... (651)345-5977

SEMCAC, Pine Island ..... (507)356-8991

SEMCAC, Wanamingo (10:00 am – 1:00 pm) ..... (507)824-2995

SEMCAC, Zumbrota ..... (507)732-5086

**ADULT DAY SERVICES**

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Ebenezer Adult Day Program ..... (651)385-9340

**CONTINUUM CARE**

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St. Brigid's at Hi-Park ..... (651)388-1234

**HEALTH & WELLNESS**

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Red Wing Senior Center..... (651)267-3599

**Blood Pressure • Foot Care • Immunizations • Health Education**

**Yoga and Fitness Classes**

Shepherd Center of Cannon Falls ..... (507)263-2136

Senior Services Coordination (Fairview Red Wing Medical Center)

..... (651)267-5425

**HOSPICE CARE**

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**Coordinating care for terminally ill and their families.**

Fairview Red Wing Home Care & Hospice ..... (888)485-3410 or (651)385-3410

Fairbault Area Hospice ..... (507)332-4835

Heartland Home Health Care and Hospice .....(877)291-8498 or (507)292-1170  
Mayo Hospice Program .....(507)284-4002  
MN Hospice Organization.....(866)290-4321  
Season’s Hospice of Rochester.....(507)285-1930  
Reflections Care Suites, Northfield.....(507)-664-8809

**PALLIATIVE CARE CLINIC**

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Fairview Red Wing Palliative Care.....(651)267-5600  
Fairview Red Wing Home Care & Hospice .....(888)485-3410 or (651)385-3410

**RESPIRE**

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**Most caregivers need a break at times to rest or take care of their own personal needs. Services can offer occasional breaks, regular time off or care overnight or longer.**

***IN YOUR OWN HOME:***

Elder Network.....(507)285-5272  
Faith In Action, Central Goodhue County .....(507)732-4445  
Faith in Action in Red Wing (short term) .....(651)385-3290  
Pine Island Home Services.....(507)356-8856  
Shepherd Center of Cannon Falls .....(507)263-2136

**(also see home care agencies)**

***FACILITIES PROVIDING SHORT-TERM STAY:***

Deer Crest at Fairview Red Wing .....(651)267-5444  
Fairview Seminary Home.....(651)385-3434 and for 24hr (651)380-2109  
Lake City Medical Center.....(651)345-3321  
Red Wing Health Center.....(651)388-2843  
St. Brigid’s at Hi-Park .....(651)388-1234  
Zumbrota Health Services .....(507)732-8410

**SPECIALTY CARE UNITS**

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**Coordinating care for the ill and their families.**

Angels Care Center (Alzheimer’s Unit) .....(507)263-4658  
Deer Crest at Fairview Red Wing (Memory Care Unit)(651)267-5444  
Red Wing Health Center (Alzheimer’s Unit).....(651)388-2843  
St. Brigid’s at Hi-Park (Memory Care Unit).....(651)388-1234

**ALCOHOL /CHEMICAL DEPENDENCY**

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**Alcoholics Anonymous – [http://area36.org/district\\_1.php](http://area36.org/district_1.php)**

Cannon Falls AA Men call.....(507)263-2110  
Women call .....(507)263-2647  
Goodhue County Mental Health Center .....(651)385-6180

Red Wing AA ..... (651)388-5800  
Wenden Recovery Services .....(877)574-7328 or (651)385-0600  
Zumbrota AA .....(507)732-7071

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### ALZHEIMER' S/MEMORY LOSS (ALL TYPES)

Alzheimer's Association of MN .....(800)232-0851  
Mayo Clinic Alzheimer's Research Center .....(507)284-1324  
Memory Loss Support (RW Area Seniors).....(651)267-3599 or (651)267-5444  
Pine Island Area Home Services .....(507)356-2999  
St. Brigid's at Hi-Park Support Group .....(651)388-1234  
Three Rivers CAP Senior Programs ..... (800)277-8418, ext. 112

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### ARTHRITIS

Arthritis Foundation .....(800)333-1380

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### BRAIN INJURY

ARC Southern Minnesota .....(888)732-8520  
Down Syndrome/Caregiver Support .....(800)511-3696  
Semcil Information and Support .....(866)333-2466  
Brain Injury Ass of Mn .....(800)-669-6442

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### CANCER

American Cancer Society .....(800)227-2345  
Cannon Falls Breast Cancer Support .....(507)263-2136  
Cancer Support (Pat Ross or Jane Donkers).....(651)388-3988 or (651)388-6478  
Website: [http://www.mncancerresources.org/Support\\_Group&html](http://www.mncancerresources.org/Support_Group&html)

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### CAREGIVING

Caregiver Coach Services—Kari Berit .....(651)388-6789  
Faith In Action Central Goodhue County .....(507)732-4445  
Faith In Action in Red Wing .....(651)385-3290  
Pine Island Area Home Services .....(507)356-2999  
Red Wing Area Seniors .....(651)267-3599  
SEMAAA – Senior Linkage Line .....(800)333-2433  
Shepherd's Center of Cannon Falls .....(507)263-2136  
Three Rivers CAP Senior Programs .... (800)277-8418, ext 112 or (507)732-8512

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### DOMESTIC VIOLENCE SUPPORT

Women's Center (Red Wing) .....(651)385-8601

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### DIABETES SELF-MANAGEMENT & SUPPORT

Diabetes Support Group/Jordan Towers..... (651)301-7018  
Fairview Health Services ..... (651)267-5611  
Lake City Medical Center ..... (651)345-1187  
St. Brigid's at Hi-Park/American Diabetes Assoc. .... (651)388-1234

#### GRIEF AND LOSS SUPPORT

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Cannon Falls Grief Support ..... (1st English Church) (507)263-3042  
Heartland Home Health Care and Hospice ..... (877)291-8498 or (507)292-1170  
Fairview Red Wing Health Services..... (651)385-5386  
Mayo Hospice Program ..... (507)284-4002  
Pine Island Area Home Services ..... (507)356-2999  
Red Wing Area Seniors, Inc ..... (651)267-3599  
Season's Hospice ..... (507)285-1930

#### HEART DISEASE, STROKE, CARDIAC SUPPORT

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American Heart Association ..... (800)242-8721  
American Heart Stroke Support Network ..... (800)553-6321  
Lake City Medical Center Cardiac Rehabilitation ..... (651)345-1129  
Minnesota Stroke Association ..... (800)553-0088  
Red Wing Area Seniors (Stroke)..... (651)267-3599

#### MENTAL HEALTH EDUCATION & PEER SUPPORT

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Alliance for Mentally Ill ..... (651)388-9203  
Community Support Program (countrywide) ..... (651)388-3457  
Elder Network ..... (651)565-3237  
Emotions Anonymous ..... (715)792-2905 or (651)388-2843  
Fairview Red Wing Health Services ..... (651)385-3260  
Goodhue County Mental Health Center ..... (651)385-6180  
NAMI ..... (888)473-0237  
Seniors Helping Seniors (651)385-3456,(651)-388-7614  
Shepherd Center ..... (507)263-2136

#### MULTIPLE SCLEROSIS

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National MS Society — MN Chapter ..... (800)582-5296

#### PARKINSON'S DISEASE

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Parkinson's Association of Minnesota ..... (763)545-1272  
Red Wing Area Seniors Support Group ..... (651)267-3599  
Struther's Park Center ..... (888)993-5495

#### TRANSPLANT SUPPORT

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Red Wing YMCA ..... (651)388-4724

## ADULT PROTECTIVE SERVICES

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**Investigation of alleged abuse, neglect, exploitation, or abandonment, and some short-term emergency support services.**

Goodhue County Social Services ..... (651)385-3232

## AQUATIC THERAPY

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Shepherd Center of the Cannon Valley ..... (507)263-2136

YMCA, Red Wing ..... (651)388-4724

## BLIND AND VISUALLY IMPAIRED

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SE MN Services for the Blind..... (800)366-2715

## CAMPANION AND PEER SUPPORT

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**Support and companionship provided by volunteers through home visitation.**

Faith In Action, Central Goodhue Co. .... (507)732-4445

Faith In Action, Red Wing Area..... (651)385-3290

Lutheran Social Service (John) ext. 213 ..... (888)205-3770

Shepherd Center of the Cannon Valley ..... (507)263-2136

## CANCER

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**Supplies, transportation, information, & referral.**

American Cancer Society ..... (800)582-5152

Faith in Action, Red Wing (radiation transportation only) ..... (651)385-3290

SE Cancer Society ..... (888)535-4227

## DEAF AND HARD OF HEARING

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**Assistance with hearing impairments through services & assisted devices.**

Telephone Equipment Distribution program..... (800)311-1148

Southern Minnesota Hearing Aid Bank program..... (800)311-1148

## DOMESTIC ABUSE

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Crisis Line/Shelter ..... (800)438-6439

Goodhue County Helpline..... (651)385-3357

Women's Center Crisis Line ..... (651)385-8600 or (800)369-5214

## DOWNSIZING AND/OR MOVING

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Teen Topics ..... Matt's cell (651)214-7255

## FOSTER GRANDPARENT

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**Work with children or young adults in a supervised setting and receive expense reimbursement and a stipend for your time.**

Lutheran Social Services (John) ext. 213 ..... (888)205-3770  
Shepherd Center of the Cannon Valley ..... (507)263-2136

## GOODHUE COUNTY HELPLINE

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Helpline ..... (651)385-3357

## LEGAL SERVICES

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**Free Legal Services available to individuals who are over 60.**

Southern MN Regional Legal Services ..... (888)575-2954

## LIBRARY BOOKS DELIVERED: BOOK HOUSE CALLS

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**Red Wing Public Library books (including large print), tapes, & magazines  
Can be brought to your home by a Faith in Action in Red Wing Volunteer  
& picked up when you are finished with them.**

Friends of the Red Wing Public Library ..... (651)385-3645

## MEDICAL INSURANCE COUNSELING

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**Assistance with medical insurance claim forms and Medicare.**

Home Medical Equipment Claims ..... (651)388-0623  
Medical Claims Assistance Gene Callstrom ..... (651)388-0530  
MN Senior Federation ..... (866)783-5045 or (651)783-5045  
Senior Linkage Line ..... (800)333-2433  
Three Rivers Community Action, Inc. .... (800)277-8418, ext. 112

## MEDICAL SUPPLIES & EQUIPMENT

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**Medical supplies can be purchased through most drug stores or  
information on how to purchase can be obtained from your health  
care clinic or any home health agency.**

American Home Patient ..... (507)281-4884  
Corner Home Medical Equipment ..... (651)267-2414  
Lincare (home respiratory) SPS ..... (651)388-0722  
Wheelchair Ramp Build – SEMCIL ..... (507)285-1815

## PRESCRIPTION DRUG ASSISTANCE

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Health Plan Info. Center of the MN Senior Federation ..... (866)783-5045 or  
..... (651)783-5045  
RXConnect/Senior Linkage Line ..... (800)333-2433

## PUBLICATIONS

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### **Publications that deal specifically with aging or the interests of seniors.**

Goodhue County Extension Services "Aging in Minnesota"  
.....(651)385-3100 or (651)385-3000  
"Senior News" Red Wing Senior Center ..... (651)267-3599  
TODAY Magazine.....(651)385-3372

## SENIOR CENTERS

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### **Community centers where older persons can meet together, receive services, and participate in programs.**

Red Wing Area Senior Center .....(651)267-3599  
Shepherd Center (Cannon Falls) .....(507)263-2136

## VETERAN'S ADMINISTRATION

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County V.A. Service Office .....(651)385-3256  
V.A Crisis Line.....(800)273-8255  
V.A. Hotline .....(800)827-1000 or (888)546-5838

## VITAL STATISTICS

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### **Copies of birth and death records for a fee.**

MN Dept of Health .....(651)676-5120 or (800)232-4636

## WHEELCHAIR RAMP BUILD

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SEMCIL.....(507)285-1815

We thank these special sponsors  
who have provided funding  
for this booklet.

Fairview Red Wing Health Services  
Faith In Action in Red Wing

Goodhue County Public Health  
Goodhue County Social Services  
Lutheran Social Services  
Red Wing Area Senior Center, Inc.  
St. Brigid's at Hi-Park  
Three Rivers Community Action, Inc.

This resource listing was compiled by the  
Red Wing Area Senior Providers Network.  
If a resource is not included or needs updating,  
call: (651) 385-3290  
or email [fia@redwing.net](mailto:fia@redwing.net)

9/08