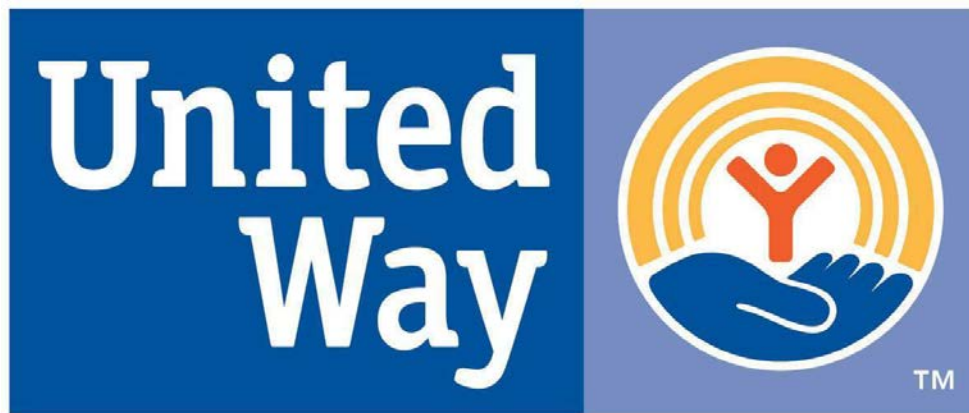


Goodhue County



People's Pamphlet

February 2019

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Addiction Support Programs

Alcoholics Anonymous

| | |
|--|----------------|
| Prairie Island | 1-651-385-4185 |
| Red Wing | 1-651-388-2949 |
| United Lutheran | 1-651-388-3583 |
| Al-Anon | 1-651-388-9360 |
| Chemical Health Initiative of Goodhue County | 1-651-385-3307 |
| Gamblers Anonymous | 1-800-333-4673 |
| Narcotics Anonymous | 1-877-767-7676 |

Adult Mental Health

| | |
|--|------------------------|
| Catholic Charities Counseling Services | 1-651-388-9360 ext. 26 |
| Covered Bridge Family Resources-Zumbrota | 1-507-732-4136 |
| Grief Support Program | 1-651-267-5386 |
| Hiawatha Valley Mental Health Center | 1-651-327-2270 |
| Mayo Clinic Health System | 1-651-267-5000 |
| National Alliance for the Mentally Ill | 1-888-626-4435 |
| Possibilities Therapeutic Services | 1-651-301-1369 |
| Suicide Prevention | 1-800-784-2433 |

Children's Mental Health Services

| | |
|--|---|
| A Plus - Behavioral Analyst Specialist | 1-612-276-3300 |
| Behavior Wizards | 1-320-230-2708 or Jon 1-218-839-9135 |
| Bill Clifton | 651-385-9131 |
| Children's Mental Health Crisis Response | 1-844-274-7472 |
| Community Support Services | Case Manager refers to |
| Fernbrook | 651-212-7429 |

| | |
|-------------------------------------|------------------------------|
| Fraser | 1-612-331-9413 |
| Hiawatha Valley | 651-327-2270 |
| Mayo Red Wing | 651-267-5000 |
| MN Autism | 1-651-452-3499 |
| MN Life Bridges | 1-651-431-2017 |
| Mount Olivet | 1-952-401-4868 |
| Ombudsperson | 1-800-657-3591 |
| PSOP | Make Social Service referral |
| Scott Schauss – Behavior Specialist | 651-388-0051 |
| St. David’s Center | 1-952-939-0396 |

Children’s Services

| | |
|---|----------------|
| Families First of Minnesota - Rochester | 1-800-462-1660 |
| Children Safety Center | 1-651-388-9360 |
| Goodhue County Health & Human Services (Public Health) | 1-651-385-3200 |
| Minnesota Child Care Assistance Program | 1-651-385-3200 |
| Kids Count Abused Children’s Program | 1-651-388-9360 |
| Red Wing Youth Outreach | 1-651-388-3371 |
| Runaway Hot Line | 1-800-621-4000 |
| ARC SE MN | 1-888-732-8520 |

Disabilities

| | |
|-------------------------|----------------|
| ProAct, Red Wing | 1-651-388-7108 |
| ProAct, Zumbrota | 1-507-732-7888 |
| Minnesota Hand & Voices | 1-651-265-2435 |
| Toll Free | 1-866-346-4543 |

| | |
|------------------------------------|----------------|
| TTY | 1-651-265-2379 |
| Opportunity Services | 1-651-388-1854 |
| Vocational Rehabilitation Services | 1-651-385-6486 |
| Disability Hub MN | 1-866-333-2466 |
| Minnesota Relay | 7-1-1 |
| RideAbility | 1-507-356-8154 |
| SEMCIL | 1-651-388-0466 |

SILS and Residential

| | |
|--------------------------------|----------------|
| Cardinal | 1-507-281-1077 |
| Howry | 1-651-395-5101 |
| Lutheran Social Services | 1-651-388-8845 |
| REM | 1-651-388-7158 |
| Riverview Services - Wanamingo | 1-507-824-2091 |

Education

| | |
|---|----------------|
| Cannon Falls Public Library | 1-507-263-2804 |
| Cannon Falls Public School District | 1-507-263-6800 |
| Colvill Family Center | 1-651-385-8000 |
| Community Education & Recreation | 1-651-385-4565 |
| Environmental Learning Center | 1-651-388-7339 |
| Goodhue Independent School District | 1-651-923-4447 |
| Head Start- Three Rivers | 1-800-277-8418 |
| Hispanic Outreach | 1-651-301-2184 |
| Kenyon Public Library | 1-507-789-6821 |
| Kenyon/Wanamingo School District | 1-507-824-2211 |
| Minnesota State College SE Technical-Red Wing | 1-651-385-6300 |

| | |
|---|----------------|
| Pine Island School District | 1-507-356-4849 |
| Red Cottage Montessori School | 1-651-380-7249 |
| Red Cross – SE MN Office | 1-507-287-2200 |
| Red Wing Public Library | 1-651-385-3673 |
| Red Wing School District | 1-651-385-4500 |
| Sunshine Corner Preschool | 1-651-388-4724 |
| Towerview Alternative High School | 1-651-388-8963 |
| Under the Rainbow Child Care Center | 1-651-388-6433 |
| Van Horn Public Library-Pine Island | 1-507-356-8558 |
| Wabasha-Kellogg Early Learning Programs | 1-651-565-3559 |
| Zumbrota Public Library | 1-507-732-5211 |
| Zumbrota/Mazeppa School District | 1-507-843-4080 |

Emergency Numbers

| | |
|--|----------------|
| Battered Women Hotline | 1-800-369-5214 |
| Goodhue County Mental Health Crisis Line | 1-800-422-0670 |
| Poison Control | 1-800-222-1222 |
| Red Cross | 1-651-388-9166 |
| SARA-Sexual Assault Crisis Line | 1-800-519-6690 |
| Salvation Army | 1-651-388-9270 |

Non-Emergency Numbers

| | |
|---------------------|----------------|
| Cannon Falls Police | 1-507-263-2278 |
| Goodhue Police | 1-651-923-4880 |
| Kenyon Police | 1-507-789-5214 |
| Lake City | 1-651-345-3344 |
| Pine Island | 1-651-507-4070 |
| Prairie Island | 1-651-267-4000 |
| Red Wing | 1-651-385-3155 |

Wanamingo 1-651-385-3155

Zumbrota 1-651-385-3155

Employment

Express Personnel Services 1-651-388-6331

Minnesota Workforce Center 1-651-385-6402

Financial

AARP Tax Aide 1-888-687-2277

Community Care Fund 1-651-388-9360 ext. 10

Goodhue County Health & Human Services (Income Maintenance) 1-651-385-3200

Lutheran Social Services- Credit Counseling 1-888-577-2227

Medicare 1-800-633-4227

Salvation Army 1-651-388-9270

Salvation Army Heat Share 1-800-296-0406

Social Security 1-507-289-1667

Three Rivers Community Action (weatherization & fuel assistance) 1-800-277-8418

Xcel Personal Accounts Representative 1-800-331-5262

**Cold Weather Rule- October 15 to April 15
You must contact your utility provider to apply**

Food

Food Shelves:

Cannon Falls Food Shelf 1-507-298-1500

Kenyon Food Shelf 1-507-789-5261

Lake City Food Shelf 1-651-345-5855

Mazeppa Food Shelf 1-507-843-3800

Pine Island Sharing Shelves 1-507-356-2999

Red Wing Food Shelf 1-651-388-9302

| | |
|--|----------------|
| Zumbrota Area Emergency Food Shelf | 1-507-732-7330 |
| Goodhue County Health & Human Services | 1-651-385-3200 |
| HOPE Coalition | 1-651-388-9360 |
| Loaves & Fishes- Red Wing | 1-651-388-3262 |
| WIC- Women, Infants, Children | 1-651-385-6120 |

Meals on Wheels:

| | |
|--|------------------------|
| St. Crispin Meals on Wheels (Red Wing) | 1-651-385-5429 or 5436 |
| Lake City Medical Center (evening meal) | 1-651-345-3321 |
| Sunset Home (Kenyon) | 1-507-789-6134 ext.126 |
| Three Rivers Community Action, Inc. (Cannon Falls, Goodhue, Pine Island, Wanamingo, & Zumbrota) | 1-800-277-8418 |

| | |
|-------------------------|----------------|
| Minnesota Food Helpline | 1-888-711-1151 |
|-------------------------|----------------|

| | |
|-------------|----------------|
| Mom's Meals | 1-866-716-3257 |
|-------------|----------------|

Senior Dining Sites: (SEMCCAC)

Meals, social events and dietary services in group settings

| | |
|--------------|----------------|
| Cannon Falls | 1-507-263-3956 |
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|--------|----------------|
| Kenyon | 1-507-789-6120 |
|--------|----------------|

| | |
|-----------|----------------|
| Lake City | 1-651-345-5977 |
|-----------|----------------|

| | |
|-------------|----------------|
| Pine Island | 1-507-356-8991 |
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|---|----------------------------------|
| Red Wing (Jordan Towers) Main office | 1-651-388-7571 1-800-944-3402 |
|---|----------------------------------|

| | |
|------------------------------|----------------|
| Wanamingo (10:00am – 1:00pm) | 1-507-824-2995 |
|------------------------------|----------------|

| | |
|----------|----------------|
| Zumbrota | 1-507-732-5086 |
|----------|----------------|

Health

Blind and Visually Impaired:

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|------------------------------|----------------|
| SE MN Services for the Blind | 1-800-366-2715 |
|------------------------------|----------------|

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|------------------------|----------------|
| CARE Clinic (Red Wing) | 1-651-388-1022 |
|------------------------|----------------|

Deaf and Hard of Hearing:

| | |
|--|----------------|
| Telephone Equipment Distribution program | 1-800-311-1148 |
|--|----------------|

Southern Minnesota Hearing Aid Bank program 1-800-311-1148
Goodhue County Health & Human Services 1-800-950-2142 or 1-651-385-3200

Home Care Agencies/Resources

ACCRA Home Health 1-651-388-1010
Recover Home Care 1-507-289-2411
Heartland Home Health Care 1-507-292-1170
Hiawatha Home Care 1-800-837-8898 or 1-651-388-2223
Interim HealthCare (Rochester) 1-507-200-1111
Adara Home Health (no longer does PCA) 1-507-252-9844
Recover Health Home Care 1-507-282-2246
Spectrum Homecare (Rochester) 1-507-282-8052

All of the above are Medicare certified home care agencies

Home Health Agency Hotline 1-800-369-7994
Home Instead Senior Care 1-888-285-1733 or 1-507-285-1700
Lutheran Social Services 1-651-388-8845
SEMCIL – PCA only 1-507-285-1815 or 1-651-388-0466

Hospice Care:

Faribault Area Hospice 1-507-332-4835
Heartland Home Health Care & Hospice 1-877-291-9498 or 1-507-292-1170
Mayo Health Care System Red Wing 1-888-845-3410 or 1-651-385-3410
Mayo Hospice Program 1-507-284-4002
MN Hospice Organization 1-866-290-4321
Season's Hospice of Rochester 1-507-285-1930
St. Croix Hospice 1-507-281-5700

Life Choice Pregnancy Resource Center- Cannon Falls 1-507-263-8000

Lifeline Services:



| | | |
|--|-------------------|--------------------------|
| Fairview | | 1-952-885-6185 |
| Kenyon Area, District One | | 1-507-334-6451 |
| Mayo Clinic Store | | 1-888-303-9354 |
| Mayo Health Care System Cannon Falls | | 1-507-263-6000 |
| Mayo Health Care System Red Wing | 1-866-827-5039 or | 1-800-242-1306 ext. 4518 |
| Phillips Lifeline (MN 903 – program code) | 1-800-368-2925 or | 1-800-242-1306 ext. 4518 |

Mayo Health Care System Facilities:

| | | |
|---|--|----------------|
| Cannon Falls | | 1-507-263-6000 |
| Lake City | | 1-651-345-3321 |
| Red Wing | | 1-651-267-5000 |
| Same Day Clinic and Walk-ins (Red Wing) | | 1-651-267-5000 |
| Zumbrota | | 1-507-732-7314 |

Medical Supplies and Equipment:

| | | |
|--|--|----------------|
| Alliance Medical Supply | | 1-651-895-8040 |
| American Home Patient | | 1-507-281-4884 |
| Corner Home Medical Equipment | | 1-651-267-2414 |
| Lincare (home respiratory) SPS | | 1-651-388-0722 |
| Med City Mobility | | 1-507-334-2602 |
| Wheelchair Ramp Build – SEMCIL | | 1-507-285-1815 |
| Minnesota Care | | 1-800-657-3672 |
| MN sure | | 1-855-366-7873 |
| New Beginnings Family Services- Red Wing | | 1-651-267-4357 |
| 24-Hour Helpline | | 1-800-712-4357 |
| WIC- Women, Infants, Children | | 1-651-385-6120 |

Housing

Assisted Living Facilities:

| | |
|---|----------------|
| Deer Crest (Red Wing) | 1-651-267-5444 |
| Evergreen Place (Pine Island) | 1-507-356-8585 |
| Gunderson Gardens (Kenyon) | 1-507-789-6134 |
| Loving Residence (Red Wing) | 1-651-388-1650 |
| Potter Ridge (Red Wing) | 1-651-388-1546 |
| St. Crispin Living Community (formerly St. Brigid's at Hi Park -Red Wing) | 1-651-388-1234 |
| The Bridges of Zumbrota | 1-507-732-8455 |
| Twin Rivers (Cannon Falls) | 1-507-263-3600 |
| Valentines's (Red Wing) | 1-651-388-5556 |

Long Term Care Facilities:

| | |
|--|---|
| Bayview Nursing and Rehabilitation Center (Red Wing Health Center) | 1-651-388-4800 |
| The Gardens @ Cannon Falls | 1-507-263-4658 |
| Kenyon Sunset Home | 1-507-789-6134 |
| Lake City Medical Center | 1-651-345-3321 |
| Pine Haven Care Center (Pine Island) | 1-507-356-8304 |
| River Oaks Health Care Center (Lake City) | 1-651-345-2713 |
| St. Crispin (Red Wing) | 1-651-385-3434 and for 24 hour 1-651-380-2109 |
| Zumbrota Care Center | 1-507-732-8400 |

Other housing options:

| | |
|------------------------------------|------------------------|
| CommonBond- Maple Hills Apartments | 1-651-388-2821 |
| Habitat for Humanity | 1-651-388-9360 ext. 32 |
| HOPE Coalition | 1-651-388-9360 ext. 28 |
| Lutheran Social Services | 1-651-388-3498 |
| Red Wing Housing Authority | 1-651-388-7571 |
| SEMMCHRA | 1-651-565-2638 |
| Three Rivers Community Action | 1-507-732-7391 |

Information & Referral



| | |
|---|----------------|
| Families First of Minnesota - Rochester | 1-800-462-1660 |
| Disability Hub MN | 1-866-333-2466 |
| Hispanic Outreach of Goodhue County | 1-651-301-2184 |
| Immigrant Law Center of Minnesota | 1-651-641-1011 |
| Senior Linkage Line | 1-800-333-2433 |

Legal Assistance

| | |
|-------------------------------------|---|
| Housing Equality Law Project | 1-866-292-0080 |
| MN Department of Human Rights | 1-800-657-3704 |
| Ombudsperson | 1-800-657-3591 |
| PFLAG | 1-651-388-9610 |
| Red Wing Human Rights Commission | 1-651-385-3634 |
| Southern MN Regional Legal Services | Intake – 1-888-575-2954 or 1-800-372-8168 |

Senior Services

| | |
|--------------------------------|----------------------------------|
| Elder Network | 1-507-285-5272 |
| Faith in Action- Red Wing | 1-651-327-2400 |
| Foster Grandparent Program | 1-888-205-3770 |
| Grief Support | 1-651-385-3412 |
| Pier 55 Red Wing Area Seniors | 1651-327-2255 |
| Pine Island Area Home Services | 1-507-356-2999 |
| Quality Career Services | 1-651-385-3352 |
| SEMCAC-Senior Dining | 1-651-388-9875 |
| St. Crispin Meals on Wheels | 1-651-385-5429 or 1-651-385-5436 |
| Senior LinkAge Line | 1-800-333-2433 |
| Seniors Helping Seniors | 1-651-267-3599 |
| Three Rivers Community Action | 1-507-732-7391 |

Transportation

| | |
|--------------------------------|----------------|
| Action Volunteers (Lake City) | 1-507-534-1244 |
| American Cancer Society | 1-651-388-3321 |
| Corporate Car and Coach | 1-651-388-8800 |
| Dave's Taxi | 1-651-307-1708 |
| Faith in Action | 1-651-327-2400 |
| Handi-Van | 1-507-281-3600 |
| Hiawathaland Transit | 1-866-623-7505 |
| Pine Island Area Home Services | 1-507-356-2999 |
| The Taxi Company-Red Wing | 1-651-385-8294 |
| Red Wing Mobility | 1-651-388-9215 |
| R & S Transport | 1-800-656-5080 |
| Three Rivers Transportation | 1-866-623-7505 |

Used Furniture & Clothing

| | |
|-------------------------|----------------|
| Annadee's Closet | 1-651-388-7031 |
| Connecting Connection | 1-651-388-1900 |
| Salvation Army | 1-651-388-9270 |
| Wise Penny Thrift Store | 1-651-385-0565 |

Veteran's Services

| | |
|--|----------------|
| Veteran's medical rides to a VA hospital | 1-651-385-3256 |
|--|----------------|

Victim Assistance

| | |
|--|----------------|
| Battered Women Hotline | 1-800-369-5214 |
| Child Help National Abuse Helpline | 1-800-422-4453 |
| Goodhue County Health & Human Services | 1-651-385-3232 |
| Haven of Hope- Domestic Violence | 1-651-385-8601 |
| MN Domestic Violence Resource | 1-612-565-4114 |

National Domestic Abuse Hotline

1-800-799-7233

SARA- Sexual Assault Resource Agency

1-800-519-6690

Helpful Websites

www.minnesotahelp.info

www.healthcare.gov

www.mn.bridgetobenefits.org

www.mhfa.state.mn.us

www.freephonemn.org

www.lawhelpmn.org

www.211.org

Notes _____

Horizontal lines for taking notes

LIVE UNITED®