

Mower County

SENIOR

RESOURCE

DIRECTORY

Prepared by the Mower County Senior Services Advisory Council

The council was established by the County Board of Commissioners to review the services and needs of the elderly residents of Mower County and make recommendations to the County Board. Members representing the various geographic areas of the county are appointed to serve on the Advisory Council by the County Board. The Council has been meeting since March 2003. Directory reviewed & updated 2008.

Goals of the Advisory Council:

- Maintain or improve the current quality of life of elderly residents
- Maintain the dignity of Mower County residents as they age
- Facilitate the sharing of our elders' many assets with the community

IMPORTANT PHONE NUMBERS



*** In case of an Emergency DIAL 911 ***
 For Non-emergency Police/Sheriff call (507)437-9400
 Urgent Care (507)433-7351

	<u>Name</u>	<u>Number</u>
Contact Person	_____	_____
Contact Person	_____	_____
Doctor	_____	_____
Pharmacy	_____	_____
Dentist	_____	_____
Health Professional	_____	_____
Health Professional	_____	_____
Clergy	_____	_____
Funeral Home	_____	_____
Post Office	200 1 Ave SE	(507)434-4748
Social Security/Medicare	404 2 St NW	(507)433-1838
Utilities (water, gas, electric)	400 4 St NE	(507)433-8886
Veteran's Office	201 1 St NE	(507)434-2712
Other	_____	_____
Mower County Human Services		(507)437-9701
Mower County Public Health		(507)437-9770

SENIOR LINKAGE LINE 1-800-333-2433
DISABILITY LINKAGE LINE 1-866-333-2466
VETERANS LINKAGE LINE 1-800-546-5838

To report changes, corrections and/or additions to the Directory, please contact Diana at Human Services dianam@co.mower.mn.us or 437-9701.
 For additional copies or updates to the Directory, go to www.co.mower.mn.us.
 Click on Human Services and then on Senior Resource Directory

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Food Programs

Food Shelves

- Grand Meadow (209 1st St NE) (507) 754-5280
- Little Cedar Church (Adams) Southland School District Only
- NAPS (Nutrition Assistance Program for Seniors) (877) 500-8699
- A surplus food program – Once a month food is distributed to different sites in the county. Call the number listed or contact the Salvation Army.
- Salvation Army (507) 437-4566
- Senior Center (507) 433-2370

Food Stamps

- Mower County Human Services (507) 437-9701

Meals on Wheels

- Austin (507) 438-3140

Semcac Meals (Congregate and/or Delivery Programs)

- Semcac Main Number (507) 864-7741
- Adams (507) 582-3263
- Austin Twin Towers & Picket Place (507) 433-3120
- Blooming Prairie (507) 583-7369
- Brownsdale (507) 567-2266
- Dexter (507) 754-5612
- Grand Meadow (507) 754-5612
- Lyle (507) 433-3120

Senior Dining

- Austin - Mower County Senior Center** (507) 433-3120
400 3rd Avenue NE 11:15 – 12:00
- Salvation Army** (507) 437-4566
409 1st Avenue NE 5pm – 6pm Monday thru Friday
- LeRoy - Senior Center** 2nd & 4th Tuesday (507) 324-5085

Other Delivery Services

Check with your local grocery stores and restaurants for delivery services.

Health Services

Adult Day Programs

An organized program of services during the day, including health monitoring, medication reminders, meals, activities, bathing and transportation within specified area.

Sacred Heart Day Program I	(507) 433-1905
Sacred Heart Day Program II (Memory Unit)	(507) 433-1905

Alternative Care, Elderly Waiver and Preadmission Screening

Community services, such as nursing services, home health aides, homemakers, meals, respite care, are available for persons who would otherwise qualify for nursing home services following a screening to assess the individual's service needs.

Mower County Human Services Department	(507) 437-9701
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Home Health Agencies

Health-related services in the home which may or may not be paid for by Medicare.

Adams

Adams Home Care	(507) 582-7704
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Austin

Heartland Home Health Care Choices, Inc.	(507) 292-1170 or (877) 291-8498
Home Instead Senior Care	(507) 285-1700
REM Health, Inc.	(866) 755-2246
Regency Home Care	(507) 434-4900
Sacred Heart Home Care Home Care Coordinator	(507) 433-1905
United Home Health Care Choices, Inc. (SEMCIL)	(888) 460-1815

Northwood

Helping Hands Home Care of Minnesota	(800) 246-9212
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Spring Valley

Spring Valley Home Careext 141 (507) 346-7381

South Eastern Minnesota

All Generations (507) 214-8007

Good Samaritan Home Care (888) 381-3705

Prairie River Home Care (800) 711-0509 or (507) 252-9844

Visiting Angels Home Care..... (877) 909-1147

Hospice Services

End of life care

Heartland Home Health Care(507) 292-1170 or (877) 291-8498

Mayo Clinic Health System-Home Health & Hospice..... (507) 434-1416

Medical Clinics

Mayo Clinic Health System - Adams (507) 582-3547

Mayo Clinic Health System - Austin - mayoclinichealthsystem.org

Regular & Acute Care (507) 433-7351

Appointments (507) 433-8758

Hospital (507) 437-4551

Toll Free (888) 609-4065

Mayo Clinic Health System - Blooming Prairie (507) 583-7225

Mayo Clinic Health System - Grand Meadow (507) 754-5245

Mayo Clinic Health System - LeRoy Clinic (507) 324-5305

Nursing Homes - Skilled Nursing Facilities

Adams

Adams Health Care Center (507) 582-3263

Austin

Comforcare Administrator (507) 437-4526
1201 17th St NE

Sacred Heart Care Center Social Worker (507) 433-1808
1200 12th Street SW

St. Mark's Social Services (507) 437-4594
400 15th Avenue SW

Blooming Prairie

Prairie Manor Care Center (507) 583-4434

Grand Meadow

Grand Meadow Health Care (507) 754-5212

Hayfield

Fieldcrest Care Center (507) 477-3266

Pharmacy Services

Check with local pharmacies for delivery of medications.

Screening Clinics

Free Blood Pressure Screenings

Adams Home Care – Walk ins

American Red Cross (507) 437-4589

Mayo Clinic Health System - Adams - 1st Friday of each month from 9-10

Medicap Pharmacy (Austin) – Mondays from 8-12

Senior Center (Austin) - Mondays from 9-11 (507) 433-2370

Mower County Public Health (507) 437-9770

Adams Northside Apts. – 3rd Wednesday of each month at 1:30

Pickett Place (Austin) – 1st Monday of each month from 2:15-3:15

Public Health Office – 4th Wednesday of each month from 8 to 12 & 1 to 5

Rosehaven (Rose Creek) – 4th Thursday of each month from 1:30 to 2:30

Twin Towers (Austin) – 1st Monday of each month from 1 to 2



Housing

Adult Foster Care

Residential arrangement in a family home or corporate home setting for up to five (5) individuals which may include recreational activities, medication reminders, and/or some personal care.

Mower County Human Services (507) 437-9701

Apartments and Condominiums

Sizes, rates and amenities vary; some sites may include congregate meals once or twice per day.

Adams

Cedar Court Apartments (507) 582-7704
18 10th Street NW

Northside Apartments (507) 434-5556

Austin

Austin Courtyard Apts. (507) 433-1866
310 2 Ave NE

The Cedars of Austin .. Marketing Director or General Mgr.. (507) 437-3246
700 1st Drive NW

Chauncey Apts. (507) 433-1866
300 1st Ave NE

Oak Park Village Condominium Assn. (507) 433-3997
1902 Burr Oak Drive

Oaks Condominium Association – Housing Manager (507) 437-8383
1200 18th Avenue NW

Our House Apartments (507) 433-1867
1313 15th Avenue NW

Pickett Place (507) 433-1866
808 1st Drive NW

Primrose – Housing Administrator (507) 434-0600
 1701 22nd Avenue SW

St. Mark’s Apartments – Housing Director (507) 434-7255
 1401 4th Street SW

Twin Towers (507) 433-1867
 200 1st Avenue NE

Village Cooperative of Austin..... (507) 433-1310
 2301 10th Street NW

Blooming Prairie

Heather Haus(507) 583-3002, (507) 583-3012 or (507) 583-4434

Brownsdale

Friendship Village Apartments – Housing Manager (507) 434-5556
 403 West Main Street

Mill Street Apartments – Life Style Management (507) 451-8524
 301 North Mill Street

Dexter

Golden Terrace Apartments (507) 434-5556

Grand Meadow

Grandview Apartments (507) 434-5556

Hayfield

Crestview Villa (507) 477-3547

LeRoy

Manor Apartments ext 221 (507) 324-5836
 310 North East County Road

Riverside Apartments (507) 434-5556
 310 West Lowell Street

Wildwood Grove (507) 324-9515
 410 E Main Street

Lyle

Heritage House Apartments (507) 434-5556

Rose Creek

Rosehaven Apartments (507) 437-9527 or (507) 434-5556

Assisted Living (Housing with services and Board and Lodging)

Supportive services for persons needing assistance with daily living activities, which may be arranged separately or as a part of a package or bundle of services.

Adams

Cedar Court Assisted Living (507) 582-7704
810 Main St West (Hwy 56)

Austin

Carlson Home (507) 438-3168 or (507) 433-8357
300 1st Avenue NW

The Cedars of Austin - Marketing Director or General Mgr .. (507) 437-3246
700 1st Drive NW

Kenwood Assisted Living (507) 437-4594
400 15th Avenue SW (ask for St. Mark's Assisted Living Director)

Kingsley House (507) 437-7681
206 1st Street SW

Our House – Residence Director (507) 437-3373
1313 15th Ave NW

Primrose – Housing Administrator (507) 434-0600
1701 22nd Avenue SW

Reflections (507) 433-7399
300 2nd Street SW

Sacred Heart Assisted Living – Coordinator (507) 433-1808
1202 12th Street SW

Whispering Pines Assisted Living (507) 433-1117
1916 4th Street SE

Grand Meadow

The Meadows (507) 754-4000
117 2nd Street SE

LeRoy

Wildwood Grove (507) 324-9515
410 E Main Street

Memory Care

Specialized units for persons with Alzheimers and dementia.

The Cedars of Austin (507) 437-3246
700 1st Drive NW, Austin

Our House Memory Care I – Residence Director (507) 396-0086
1401 15th Avenue NW, Austin

Our House Memory Care II – Residence Director (507) 437-2179
204 14th Street NW, Austin

Wildwood Grove (507) 324-9515
410 East Main St, LeRoy

Other Services

Activities and Recreation

Adams

Clerk – www.AdamsMinnesota.com..... (507) 582-3601

Southland Friends Card Club - Adams Community Building

Changing Seasons Garden Club

Adams Senior Card Club - Northside Apartments

Golf Course - Golf and Cards

Southland Adult Education Program for Senior Citizens

Keepin' The Pace exercise program - open daily

Southland Fellowship Group

Austin

American Red Cross (507) 437-4589

General Preparedness/Disaster/Emergency Housing

Personal Care Shelf

Austin Public Library 323 4th Ave NE (507) 433-2391

Hormel Nature Center 1304 21st Street NE (507) 437-7519

Park & Recreation (507) 433-1881

121 4th Ave NE Call or visit for walking/bike path maps

Senior Center 400 3rd Avenue NE (507) 433-8376

Tai Chi

Bingo

Pool and Snooker

Cards

Woodworking

Carving Club

Dances

Travel Excursions

Health and Education Programs

YMCA 704 1st Drive NW (507) 433-1804

Active older Adults Programs:

Gentle Yoga

Water Exercises

Strength Training

Land Fitness

Walking Club

Brownsdale

Clerk (507) 567-2177

Senior Card Club - Community Building - weekly

Study (Book) Club

Dexter

Clerk (507) 584-6821

Cards at the Oasis - weekly

Elkton

Clerk (507) 584-6347

Grand Meadow

Clerk (507) 754-5280

Book Reading Club at the Library
Community Education through the school

Golden Age, Inc. (507) 754-5962

116 Grand Avenue East

Senior Center – Limited Hours (507) 754-5612

Cards once a week

LeRoy

Clerk – www.leroy.mn.org (507) 324-5707

Cards - Community Center
Book Club
Garden Club
History Club
LeRoy School Adult Community Education Programs
Senior aerobics program at the Indoor pool

Senior Center (507) 324-5085

Open Morning hours
Dinners – 2nd & 4th Tuesday Coffee Hour Daily

Lyle

Clerk (507) 325-2311

Scheduled socializing once a week at the Library
Senior Meeting weekly at the community building

Mapleview

Clerk (507) 433-5778

Racine

Clerk (507) 378-2931

Rose Creek

Clerk (507) 437-6105

Sargeant

Clerk (507) 584-6326

Cards - Community Building -2nd and 4th Mondays

Taopi

Clerk (507) 582-3601

Waltham

Clerk (507) 438-6319

Adult Protective Services

Investigation of alleged abuse, neglect, exploitation or abandonment, which may be reported anonymously, if necessary.

Mower County Human Services (507) 437-9701
After business hours & weekends (Law Enforcement Center) (507) 437-9400

Advocacy Services (including Long Term Care Consultation)

Assistance in addressing and resolving individual's needs for services and support.

Behavioral Health (Mental Health) Information (507) 433-8857
Emergency 24 hour (507) 433-8827

Mower County Human Services (507) 437-9701

Ombudsman (State Office) - to report nursing home difficulties (800) 657-3591

Senior Center (507) 433-3462

Caregiver Support and Support Groups

Organized assistance for caregivers and peer relationships for seniors with special needs. Check with your local churches or other organizations for additional groups.

AA Club Austin (507) 433-9868

Alzheimer's Support Group (507) 433-3462
Senior Center

Caregiver Support Group (507) 433-3462
Senior Center

Caregiver Support Groups (St. Mark's)	(507) 437-4594
Family Council Pastoral Committee for Caregivers	
Crime Victims Resource Center	(507) 437-6680
Grief Support Group	(507) 434-1415
Mayo Clinic Health System–Home Health & Hospice (offered spring and fall)	
Tobacco Cessation Clinic	(507) 434-1429

Chore Services

Lawn care, snow removal and heavier home cleaning & maintenance.

Senior Center	(507) 433-8376
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Disabled Services

ARC Services	(507) 433-8994
Blind & Visually Handicapped	(507) 285-7282
Disability Linkage Line	(866) 333-2466
Hearing Impaired	(507) 285-7295 <u>or</u> TDD (507) 285-7172

Financial Assistance

Energy (Fuel, Weatherization, Rent & Food Support Applications)

Semcac	(507) 433-5889 <u>or</u>	(507) 864-7741
Southeastern MN Area Agency on Aging ... (SEMAAA)	(507) 288-6944 <u>or</u>	(800) 333-2433

Housing (subsidized)	Austin	(507) 433-1866
	Mower County	(507) 434-5556

Medical Assistance

Mower County Human Services	(507) 437-9701
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Guardianship and Conservatorship

Court-facilitated legal steps to assign designee responsible for individual's personal and financial decisions

- Catholic Charities of Winona** (507) 433-3062 or (507) 454-2270
- Mower County Human Services** (507) 437-9701
- Southern Minnesota Regional Legal Services** (888) 575-2954
or (507) 377-2831

Health Care Directive

Designating a person responsible for making the individual's health care decisions.

** You can pick up your health care directive at the Mayo Clinic Health System – Customer Service Department. Help is available to fill out the form.

Home Maintenance and Modifications

For Info Call:

- Austin HRA** (507) 433-1866
- Mower County Human Services** (507) 437-9701
- Senior Center** (507) 433-8376
- United Home Health Care Choices** - www.semcil.uhhc.org (507) 285-1815

Insurance Counseling (Health and Long Term Care)

- Senior Center** (507) 433-3462
- Senior Linkage Line** (800) 333-2433

Legal Services for Seniors

- Southern Minnesota Regional Legal Services (SMRLS)** ... (888) 575-2954
or (507) 377-2831

Medical Equipment (Area legions have some handicap equipment for use.)

- Mayo Clinic Health System – St. Olaf Pharmacy** (507) 434-1422
1000 1st Drive NW
- Med City Mobility** (507) 433-9000
111 3rd Avenue NE, Austin
- Medicap** (507) 433-7123
1109 Oakland Ave, Austin
- Sterling Drug Downtown** (507) 437-4543
501 1st Street NW, Austin
- Walgreen’s Pharmacy** (507) 396-0197
1420 West Oakland Ave, Austin

Personal Emergency Response Service

Wearable “call for help button” or accessory.

- Custom Alarm** (800) 533-1602 or (507) 288-5522
- Good Samaritan Society** (888) 381-3205
- Main Street Messenger** (800) 734-6421 or (507) 373-6421
- Webco** (security systems) toll free (866) 439-3226

Rehabilitation Therapy

Provided in Hospitals, Nursing Homes & Private Homes

Check the phone book yellow pages under Physical Therapists & Rehabilitation Services.

Respite Care

Services in the home or in another setting to facilitate temporary relief for the individual’s caregiver

- The Cedars of Austin** (when available)..... (507) 437-3246
- Mayo Clinic Health System** (enrolled in HHC/Hospice)..... (507) 433-7123
- Mower County Human Services** (507) 437-9701
- Our House Senior Living** (when a bed is available) (507) 437-3373

- Sacred Heart** (if client is in their Home Care Program)..... (507) 433-1808
- St. Mark's** (in Nursing Home only)..... (507) 433-1905

Senior Companion

Visiting homebound isolated seniors to provide support to family and caregivers

- Lutheran Social Services**cell (507) 429-9389 or (507) 474-4535

Transportation

- AMCAT Transit** (800) 646-2379 or (507) 433-2379
- Medi Van** (800) 422-0976
- R&S Transport** (800) 656-5080 or (507) 289-5080
Specialized transportation for wheelchairs, stretchers, etc.
- Volunteer Transportation Services** (507) 434-2188
Mower County Seniors, Inc.

Check with local churches and Veteran's organizations for other forms of transportation.

Volunteer and Employment Opportunities

Seniors serving others in the community. Check with local churches, hospitals and nursing homes for their volunteer programs. Some other volunteer opportunities in Mower County are: working with pre-school children; school children; clerical or receptionist positions; working with crafts; helping at the nature center; the salvation army; the historical society; KSMQ radio station; Library; at Habitat for Humanity; Paramount Theatre; with handicapped individuals; humane society; Senior Citizens Center and more. There is virtually a volunteer opportunity for everyone.

- American Red Cross** (507) 437-4589
- Experience Works**Wed 1:30-4:30 (507) 438-2314 or (507) 433-0555
Employment Other times . (507) 584-6350
- RSVP – Retired Senior Volunteer Program** – Semcac (507) 433-5889
Rushford Office Number (800) 944-3602
301 N. Main, Lower Level
- Senior Center - Support Caregivers** (507) 433-3462
- Senior Companion Program** (Lutheran Social Services) (507) 474-4535
or cell (507) 429-9389

Volunteer Transportation Services	(507) 434-2188
Workforce Center	(888) 438-5627
	Junior College (507) 433-0555

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Updated 1/2012