

## Winona County Senior Services

<b>Adult Day Services</b>	Benedictine - St. Anne's	507-457-3810
<b>Adult Foster Care (AFC)</b>	Winona County (AFC)	507-457-6200
<b>Advocacy, Information &amp; Assistance</b>	Winona County Senior Advocate	507-454-7369
<b>Caregiver Support</b>	National Alzheimers Assn.	800-272-3900
	Regional Alzheimers Assn.	507-289-3950
	Elder Network - Winona	507-452-0580
	Senior & Caregiver Advocate	507-454-7369
<b>Chore Service</b>	Elder Network - Winona	507-452-0580
	Friendship Center Chore Corp.	507-454-5212
<b>County Social Services</b>	Winona County	507-457-6200
<b>Disability Services</b>	Disability Hub	866-333-2466
	SEMCIL	507-285-1815
	PossAbilities	507-281-6116
<b>Hospice</b>	Gundersen	608-775-8435
	Heartland	507-292-1170
	Mayo La Crosse	608-392-9790
	Moments	507-888-9700
	Seasons	507-285-1930
	St. Croix	507-281-5700
	Winona	507-457-4468
<b>Information, Referral &amp; Assistance and Health Insurance Counseling</b>	Senior LinkAge Line®	800-333-2433
<b>Legal Assistance</b>	SMRLS Hotline	888-575-2954
<b>Licensed Professional Home Health Care Agencies</b>	Adara*	800-711-0509
	Baywood Home Care*	763-546-8899
*Medicare Certified	Global Home Health	507-452-1696
	Good Sam Home Care-Preston	507-765-2700
	Gundersen Lutheran	800-776-4456
	Home Instead	888-285-1733
	Interim Health Care*	507-200-1111
	International*	888-304-6230
	Mayo Franciscan*	608-392-9790
	Options Plus	507-474-1509
	Recover Health*	507-494-8600
	Robland*	507-252-4619
<b>Non-Medical Home Care / Home Management</b>	Home Instead	888-285-1733
	Options Plus	507-474-1509

Note: Some agencies may not serve the entire county

<b>Long-Term Care Consultation (MnCHOICES Assessment)</b>	Winona County	507-457-6400 ext.4
<b>Long-Term Care Ombudsman</b>	Statewide system	800-657-3591
<b>Meals on Wheels</b>	Rollingstone	507-689-4189
	St. Charles/Lewiston	507-932-4072
	Stockton/MN City/Utica	507-864-8230
	Winona	507-429-4211
<b>Medicare</b>	<a href="http://www.medicare.gov">www.medicare.gov</a>	800-633-4227
<b>Mental Health</b>	Hiawatha Valley Mental Health	507-454-4341
	NAMI (National Alliance on Mental Illness)	507-459-2230
	SE Regional Crisis Center	844-274-7472
<b>Senior Center (staffed)</b>	Friendship Center Winona	507-454-5212
<b>Senior Dining</b>	Rollingstone	507-689-4189
	St. Charles	507-932-4072
	Winona: Valley View, Winhaven	507-429-4211
<b>Senior Housing, Long-Term Care Options</b>	Senior LinkAge Line® <a href="http://www.mnhelp.info">www.mnhelp.info</a>	800-333-2433
<b>Social Security</b>	<a href="http://www.ssa.gov">www.ssa.gov</a> Winona Office	800-772-1213 877-600-2853
<b>Telephone Reassurance/Emergency Response</b>	Check "Personal Emergency Response Systems" on <a href="http://www.mnhelp.info">www.mnhelp.info</a>	<a href="http://www.mnhelp.info">www.mnhelp.info</a>
<b>Transportation</b>	Access Medical (to La Crosse)	800-658-9054
	Economy Cab	507-454-7433
	Handivan	507-281-3600
	Rolling Hills/SEMCAC	800-528-7622
	Winona Transit (city)	507-454-6666
<b>Volunteer Based Programs</b>	Common Good RSVP	507-454-2270
	Senior Companion	507-512-1036
	Elder Network - Winona	507-452-0580
<b>Veterans Service Office</b>	Winona County	507-457-6455