

Fillmore County Senior Services		
Adult Day Services	Gundersen Harmony Care Center	507-886-6544
	Next Step Adult Day - Rochester	507-289-7994
Adult Foster Care (AFC)	Fillmore County (AFC)	507-765-2175
Advocacy, Information & Assistance	Semcac Senior & Caregiver Advocate	507-864-8225
Caregiver Support	National Alzheimers Assn.	800-272-3900
	Regional Alzheimers Assn.	507-289-3950
	Semcac Senior & Caregiver Advocate	507-864-8225
Chore	Age Well at Home (Catholic Charities)	507-251-0520
County Social Services	Fillmore County - Preston	507-765-2175
Disability Services	Disability Hub	866-333-2466
	PossAbilities	507-281-6116
	SEMCIL	507-285-1815
Hospice	Gundersen	608-775-8435
	Heartland	507-292-1170
	Mayo Rochester	507-284-4002
	Moments	507-888-9700
	Seasons	507-285-1930
	St. Croix	507-281-5700
Information, Referral & Assistance and Health Insurance Counseling	Senior LinkAge Line®	800-333-2433
	Semcac Senior & Caregiver Advocate	507-864-8225
Legal Assistance	SMRLS Hotline	888-575-2954
	(Southern MN Regional Legal Services)	507-454-6665
Licensed Professional Home Health Care Agencies	Adara*	800-711-0509
Medicare Certified NOTE: Some agencies may not cover the entire county	Baywood Home Care	763-546-8899
	Global Home Health Winona*	507-452-1696
	Good Samaritan Preston*	507-765-2700
	Home Instead	888-285-1733
	Mayo Franciscan*	608-392-9790
	Recover Health Winona*	507-494-8600
	Robland Home Care*	507-252-4619
	Spring Valley*	507-346-7381
Non-Medical Home Care/	Age Well at Home (Catholic Charities)	507-251-0520
Home Management	Home Instead	888-285-1733
Long-Term Care Consultation (MnCHOICES Assessment)	Fillmore County	507-765-3898
Long-Term Care Ombudsman	Statewide system	800-657-3591

Fillmore County Senior Services		
Meals on Wheels	Canton	507-864-8228
	Chatfield	507-867-4220
	Harmony	507-886-4612
	Lanesboro	507-864-8228
	Mabel	507-493-5950
	Ostrander	507-657-2231
	Preston	507-765-2522
	Rushford/Peterson	507-854-2786
	Spring Valley	507-346-7795
	Wykoff	507-352-4713
Medicare	www.medicare.gov	800-633-4227
Mental Health	Hiawatha Valley Mental Health	800-657-6777
	SE Regional Crisis Center	844-274-7472
	Zumbro Valley Mental Health	507-289-2089
Senior Dining	Harmony	507-886-4612
	Lanesboro	507-864-8228
	Mabel	507-493-5950
	Preston	507-765-3837
	Rushford	507-864-2786
	Spring Valley	507-346-7795
Senior Housing, Long-Term Care Options	Senior LinkAge Line® www.mnhelp.info	800-333-2433
Social Security	www.ssa.gov	800-772-1213
	Winona Office	877-600-2859
Telephone Reassurance/Emergency Response	Check "Personal Emergency Response Systems" on www.mnhelp.info	www.mnhelp.info
Transportation	Age Well at Home (Catholic Charities)	507-251-0520
	Handivan	507-281-3600
	Redi Ride	507-282-5353
	Rolling Hills Transit	800-528-7622
	Semcac Volunteer Drivers	507-944-3874
Volunteer Programs	Age Well at Home (Catholic Charities)	507-251-0520
	Common Good RSVP	507-454-2270
	Senior Companion	507-512-1036
	United Way Vol. Center	507-535-5519
Veterans Service Office	Fillmore County	507-765-4937