

Houston County Senior Services		
Adult Day Services	Gundersen Tweeten Care Center	507-498-3211 ext. 73434
	LaCrosse Merit Centre	608-788-2900
Adult Foster Care (AFC)	Houston County (AFC)	507-725-5811 ext. 1308
Advocacy, Information & Assistance	Semcac Senior & Caregiver Advocate	507-864-8225
Caregiver Support	National Alzheimers Assn.	800-272-3900
	Regional Alzheimers Assn.	608-784-5011
	Neighbors in Action- Caledonia	507-725-8123
	Neighbors in Action- LaCrescent	507-895-8123
	Gundersen	608-775-8435
	Semcac Senior & Caregiver Advocate	507-864-8225
Chore	Neighbors in Action - LaCrescent	507-895-8123
	Task Takers - Spring Grove	507-498-8275
County Social Services	Houston County - Caledonia	507-725-5811
Disability Services	Disability Hub	866-333-2466
	SEMCIL	507-285-1815
	PossAbilities	507-281-6116
Hospice	Mayo LaCrosse	608-392-9790
	Gundersen	608-775-8435
	Heartland	507-290-1170
	Moments	507-888-9700
	St. Croix	507-281-5700
Information, Referral & Assistance and Health Insurance Counseling	Senior LinkAge Line®	800-333-2433
Legal Assistance	SMRLS Hotline	888-575-2954
	(Southern MN Regional Legal Services)	507-454-6665
Licensed Professional	Adara*	800-711-0509
Home Health Care Agencies	Baywood Home Care*	763-546-8899
	*Medicare Certified	Comfort Keepers
	Global Home Health Winona	507-452-1696
	Good Samaritan Preston*	507-765-2700
		888-381-3205
NOTE: Some agencies may not cover the entire county	Home Instead	888-285-1733
	Interim Health Care*	507-200-1111
	International*	888-304-6230
	Mayo Franciscan*	608-392-9790
	Options Plus Home Care	507-474-1509
	Recover Health*	507-494-8600
Non-Medical Home Care / Home Management	Home Instead	888-285-1733

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Long-Term Care Consultation (MnCHOICES Assessment)	Houston County	507-725-5810
Long-Term Care Ombudsman	Statewide system	800-657-3591
Meals on Wheels	Caledonia	507-475-1987
	Eitzen	507-495-3533
	Hokah	507-864-8228
	Houston	507-864-8228
	LaCrescent	507-895-6585
	Semcac	507-864-8228
	Spring Grove	507-498-3385
Medicare	www.medicare.gov	800-633-4227
Mental Health	Hiawatha Valley Mental Health SE Regional Crisis Center	507-725-2022 844-274-7472
Senior Dining	Caledonia	507-864-8228
	Eitzen	507-495-3533
	LaCrescent	507-895-6585
	Spring Grove	507-498-3385
Senior Housing, Long-Term Care Options	Senior LinkAge Line® www.mnhelp.info	800-333-2433
Social Security	www.ssa.gov	800-772-1213
Telephone Reassurance/ Emergency Response	Check "Personal Emergency Response Systems" on www.mnhelp.info	www.mnhelp.info
Transportation	Apple Express LaCrescent	608-789-7350
	Neighbors in Action - Caledonia	507-725-8123
	Neighbors In Action - LaCrescent	507-895-8123
	LaCrescent & Hokah	507-895-8123
	Rolling Hills Transit	800-528-7622
	Semcac Vol Drivers	800-944-3874
	Task Takers - Spring Grove	507-498-8275
Volunteer or Faith in Action Programs	Neighbors in Action - LaCrescent	507-895-8123
	Neighbors in Action - Caledonia	507-725-8123
	Task Takers - Spring Grove	507-498-8275
	Senior Companion	507-512-1036
Veterans Service Office	Houston County	507-725-5805