

Winona County Senior Services

Adult Day Services	Benedictine - St. Anne's	507-457-3810			
	SMB Disability Solutions-Rochester	507-292-7944			
Adult Foster Care (AFC)	Winona County (AFC)	507-457-6200			
Advocacy, Information & Assistance	Winona County Senior Advocate	507-454-7369			
Caregiver Support	National Alzheimers Assn.	800-272-3900			
	Regional Alzheimers Assn.	507-289-3950			
	Elder Network - Winona	507-452-0580			
	Senior & Caregiver Advocate	507-454-7369			
Chore Service	Elder Network - Winona	507-452-0580			
	Friendship Center Chore Corp.	507-454-5212			
County Social Services	Winona County	507-457-6200			
Disability Services	Disability Hub	866-333-2466			
	SEMCIL	507-285-1815			
	PossAbilities	507-281-6116			
Hospice	Gundersen	608-775-8435			
	Mayo La Crosse	608-392-9790			
	Moments	507-888-9700			
	ProMedica	507-292-1170			
	Seasons	507-285-1930			
	St. Croix	507-281-5700			
	Winona	507-457-4468			
Information, Referral & Assistance and Health Insurance Counseling	Senior LinkAge Line [®]	800-333-2433			
Legal Assistance	SMRLS Hotline	888-575-2954			
Licensed Professional Home Health Care Agencies	Adara*	800-711-0509			
	Aveanna*	507-494-8600			
	Baywood Home Care*	763-546-8899			
	*Medicare Certified	Global Home Health	507-452-1696		
		Good Sam Home Care-Preston	507-765-2700		
	Note: Some agencies may not serve the entire county	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		
	Robland*	507-252-4619			
Non-Medical Home Care / Home Management	Home Instead	888-285-1733			
	Options Plus	507-474-1509			
Long-Term Care Consultation (MnCHOICES Assessment)	Winona County	507-457-6400 ext.4			
Long-Term Care Ombudsman	Statewide system	800-657-3591			
Meals on Wheels	Elba/Rollingstone	507-864-8231			
	St. Charles/Lewiston	507-932-4072			
	Stockton/MN City/Utica	507-864-8231			
	Winona	507-452-5591			
Medicare	www.medicare.gov	800-633-4227			

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Mental Health	Hiawatha Valley Mental Health	507-454-4341		
	NAMI (National Alliance on Mental Illness)	507-459-2230		
	SE Regional Crisis Center	844-274-7472		
Senior Center (staffed)	Friendship Center Winona	507-454-5212		
Senior Dining	St. Charles	507-932-4072		
	Senior Diners Club Hy-Vee	507-864-8243		
	Winona: Valley View, Winhaven	507-429-4211		
Senior Housing, Long-Term Care Options	Senior LinkAge Line®	800-333-2433		
	www.mnhelp.info			
Social Security	www.ssa.gov	800-772-1213		
	Winona Office	877-600-2853		
Telephone Reassurance/Emergency Response	Check "Personal Emergency Response Systems" on www.mnhelp.info	www.mnhelp.info		
Transportation	Access Medical (to La Crosse)	800-658-9054		
	Handivan	507-281-3600		
	Rolling Hills/SEMCCAC	800-528-7622		
	Winona Transit (city)	507-454-6666		
Volunteer Based Programs	Common Good RSVP	507-454-2270		
	Senior Companion	507-512-1036		
	Elder Network - Winona	507-452-0580		
Veterans Service Office	Winona County	507-457-6455		