

## Houston County Senior Services

<b>Adult Day Services</b>	Gundersen Tweeten Care Center	507-498-3211 ext 73434
	LaCrosse Merit Centre	608-788-2900
<b>Adult Foster Care (AFC)</b>	Houston County (AFC)	507-725-5811 ext. 1308
<b>Advocacy, Information &amp; Assistance</b>	Semcac Senior & Caregiver Advocate	507-475-1987
<b>Caregiver Support</b>	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
<b>Chore</b>	Neighbors in Action - LaCrescent	507-895-8123
<b>County Social Services</b>	Houston County - Caledonia	507-725-5811
<b>Disability Services</b>	Disability Hub	866-333-2466
	SEMCIL	507-285-1815
	PossAbilities	507-281-6116
<b>Hospice</b>	Mayo LaCrosse	608-392-9790
	Gundersen	608-775-8435
	Moments	507-888-9700
	ProMedica	507-290-1170
	St. Croix	507-281-5700
<b>Information, Referral &amp; Assistance and Health Insurance Counseling</b>	Senior LinkAge Line <sup>®</sup>	800-333-2433
<b>Legal Assistance</b>	SMRLS Hotline (Southern MN Regional Legal Services)	888-575-2954 507-454-6665
<b>Licensed Professional Home Health Care Agencies</b>	Adara*	800-711-0509
*Medicare Certified	Aveanna*	507-494-8600
	Baywood Home Care*	763-546-8899
	Comfort Keepers	608-784-3357
	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
<b>Non-Medical Home Care / Home Management</b>	Home Instead	888-285-1733
<b>Long-Term Care Consultation (MnCHOICES Assessment)</b>	Houston County	507-725-5810
<b>Long-Term Care Ombudsman</b>	Statewide system	800-657-3591
<b>Meals on Wheels</b>	Caledonia	507-475-1987
	Eitzen	507-495-3196

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	Hokah	507-864-8228
	Houston	507-864-8228
	LaCrescent	507-895-6585
	Semcac	507-864-8228
	Spring Grove	507-498-3385
<b>Medicare</b>	<a href="http://www.medicare.gov">www.medicare.gov</a>	800-633-4227
<b>Mental Health</b>	Hiawatha Valley Mental Health SE Regional Crisis Center	507-725-2022 844-274-7472
<b>Senior Dining</b>	Caledonia	507-475-1987
	Eitzen	507-495-3533
	LaCrescent	507-895-6585
	Spring Grove	507-498-3385
<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>	800-772-1213
<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>	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
<b>Volunteer or Faith in Action Programs</b>	Neighbors in Action - LaCrescent	507-895-8123
	Neighbors in Action - Caledonia	507-725-8123
	Senior Companion	507-512-1036
<b>Veterans Service Office</b>	Houston County	507-725-5805