

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	Adara*	800-711-0509
Care Agencies	Aveanna*	507-494-8600
	Baywood Home Care*	763-546-8899
*Medicare Certified	Global Home Health	507-452-1696
Note: Some agencies may not serve the entire	Home Instead	888-285-1733
	International*	888-304-6230
	Options Plus	507-474-1509
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/SEMCAC	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