

## Fillmore County Senior Services

<b>Adult Day Services</b>	Gundersen Harmony Care Center	507-886-6544
	SMB Disability Solutions-Rochester	507-292-7944
<b>Adult Foster Care (AFC)</b>	Fillmore County (AFC)	507-765-2175
<b>Advocacy, Information &amp; Assistance</b>	Semcac Senior & Caregiver Advocate	507-864-8225
<b>Caregiver Support</b>	National Alzheimers Assn.	800-272-3900
	Regional Alzheimers Assn.	507-289-3950
	Semcac Senior & Caregiver Advocate	507-864-8225
<b>Chore</b>	Age Well at Home (Catholic Charities)	507-251-0520
	Small Town Homecare	507-493-5550
<b>County Social Services</b>	Fillmore County - Preston	507-765-2175
<b>Disability Services</b>	Disability Hub	866-333-2466
	PossAbilities	507-281-6116
	SEMCIL	507-285-1815
<b>Hospice</b>	Gundersen	608-775-8435
	Mayo Rochester	507-284-4002
	Moments	507-888-9700
	ProMedica	507-292-1170
	Seasons	507-285-1930
	St. Croix	507-281-5700
<b>Information, Referral &amp; Assistance and Health</b>	Senior LinkAge Line®	800-333-2433
	Semcac Senior & Caregiver Advocate	507-864-8225
<b>Legal Assistance</b>	SMRLS Hotline	888-575-2954
	(Southern MN Regional Legal Services)	507-454-6665
<b>Licensed Professional Home Health</b>	Adara*	800-711-0509
<b>Care Agencies</b>	Aveanna*	507-494-8600
	Baywood Home Care*	763-546-8899
*Medicare Certified	Global Home Health Winona*	507-452-1696
	Good Samaritan Preston*	507-765-2700
NOTE: Some agencies may	Home Instead	888-285-1733
not cover the entire county	Mayo Franciscan*	608-392-9790
	Robland Home Care*	507-252-4619
<b>Non-Medical Home Care/ Home Management</b>	Age Well at Home (Catholic Charities)	507-251-0520
	Home Instead	888-285-1733
	Small Town Homecare	507-493-5550
<b>Long-Term Care Consultation (MnCHOICES Assessment)</b>	Fillmore County	507-765-3898
<b>Long-Term Care Ombudsman</b>	Statewide system	800-657-3591

<b>Meals on Wheels</b>	Canton	507-864-8231
	Chatfield	507-867-4220
	Harmony	507-864-8231
	Lanesboro	507-864-8231
	Mabel	507-493-5950
	Ostrander	507-657-2231
	Preston	507-864-8231
	Rushford/Peterson	507-864-2786
	Spring Valley	507-346-7795
	Wykoff	507-352-4713
<b>Medicare</b>	<a href="http://www.medicare.gov">www.medicare.gov</a>	800-633-4227
<b>Mental Health</b>	Fillmore County Adult Mental Health	507-765-2175
	Hiawatha Valley Mental Health	800-657-6777
	SE Regional Crisis Center	844-274-7472
	Zumbro Valley Mental Health	507-289-2089
<b>Senior Dining</b>	Harmony	507-864-8231
	Lanesboro	507-864-2786
	Mabel	507-493-5950
	Preston	507-864-8231
	Rushford	507-864-2786
	Spring Valley	507-346-7795
<b>Senior Housing,</b>	Senior LinkAge Line®	800-333-2433
<b>Long-Term Care Options</b>	<a href="http://www.mnhelp.info">www.mnhelp.info</a>	
<b>Social Security</b>	<a href="http://www.ssa.gov">www.ssa.gov</a>	800-772-1213
	Winona Office	877-600-2859
<b>Telephone Reassurance/Emergency Response</b>	Check "Personal Emergency Response Systems"	<a href="http://www.mnhelp.info">www.mnhelp.info</a>
<b>Transportation</b>	Age Well at Home (Catholic Charities)	507-251-0520
	Handivan	507-281-3600
	Rolling Hills Transit	800-528-7622
	Semcac Volunteer Drivers	507-944-3874
<b>Volunteer Programs</b>	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
<b>Veterans Service Office</b>	Fillmore County	507-765-4937