

## Goodhue County Senior Services

<b>Adult Day Services</b>	ProAct - Red Wing	612-388-7108
	SMB Disability Solutions-Rochester	507-292-7944
<b>Adult Foster Care (AFC)</b>	Goodhue County (AFC)	651-385-3200
<b>Advocacy, Information &amp; Assistance</b>	Prairie Island Indian Community	800-554-5473
	Three Rivers	507-421-6067
<b>Caregiver Support</b>	National Alzheimers Assn.	800-272-3900
	Regional Alzheimers Assn.	507-289-3950
	Faith in Action (Red Wing)	651-327-2400
	Pine Island Area Home Services	507-356-2999
	Three Rivers	507-421-6067
<b>County Social Services</b>	Goodhue County - Red Wing	651-385-3200
<b>Chore</b>	Three Rivers	800-277-8418
	Pine Island Area Home Services	507-356-2999
<b>Disability Services</b>	Disability Hub	866-333-2466
	SEMCIL	507-285-1815
	PossAbilities	507-281-6116
	ProAct - Red Wing	612-388-7108
<b>Hospice</b>	Allina Health Hospice & Palliative Care	507-446-0936
	Brighton Hospice	952-856-2213
	Intrepid	855-219-2691
	Ecumen	507-774-3221
	Mayo	507-284-4002
	Moments	507-888-9700
	Heartland	507-292-1170
	St. Croix	507-281-5700
	Seasons	507-285-1930
	Faribault	507-334-6451
<b>Information, Referral &amp; Assistance and Health Insurance Counseling</b>	Senior LinkAae Line®	800-333-2433
<b>Legal Assistance</b>	SMRLS Hotline	888-575-2954
	(Southern MN Regional Legal Services)	507-377-2831
<b>Licensed Professional Home Health Care Agencies</b>	ACCRA*	651-388-1010
	Adara*	800-711-0509
	Aveanna*	507-282-2246
*Medicare Certified	Baywood Home Care*	763-546-8899
	Comfort Home Health Care*	507-634-7534
		800-204-2332
	Excellent Care Services	507-289-0338
NOTE: Some agencies may not cover the entire county	Freedom Home Care*	507-387-4663
	Global	507-282-6466
	Helping Hands	800-246-9212
	Hiawatha Home Health*	800-837-8898
	Home Instead	507-285-1700
		888-285-1733
	Interim Health Care*	507-200-1111
	International*	507-252-8117
	Intrepid*	507-645-1089
	Northfield Home Care*	507-646-1457
	Robland*	507-252-4619
	Spectrum Community Health*	507-282-8052

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<b>Non-Medical Home Care / Home Management</b>	Home Instead Three Rivers	507-285-1700 800-277-8418
<b>Long-Term Care Consultation (MnCHOICES Assessment )</b>	Goodhue County Public Health	651-385-3200
<b>Long-Term Care Ombudsman</b>	Statewide System	800-657-3591
<b>Meals on Wheels</b>	Three Rivers Cannon Falls Kenyon Lake City Pine Island Red Wing Zumbrota, Wanamingo, Mazeppa	800-277-8418 800-277-8418 800-277-8418 651-345-3321 800-277-8418 651-388-1234 800-277-8418
<b>Medicare</b>	<a href="http://www.medicare.gov">www.medicare.gov</a>	800-633-4227
<b>Mental Health</b>	NAMI (National Alliance on Mental Illness) SE Regional Crisis Center Zumbro Valley Mental Health	507-287-1692 844-274-7472 507-289-2089
<b>Senior Center (staffed)</b>	Red Wing (Pier 55) Shepherd Center (Cannon Falls)	651-327-2255 507-263-2136
<b>Senior Dining</b>	Cannon Falls Pine Island Red Wing Zumbrota	507-864-8231 507-356-2228 651-388-9875 507-732-5086
<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> Rochester Office	800-772-1213 877-405-3631
<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>	Faith in Action Red Wing Handivan Hiawathaland Transit Pine Island Area Home Services Red Wing Mobility	651-327-2400 507-281-3600 866-623-7505 507-356-2999 651-388-9215
<b>Volunteer or Faith in Action Programs</b>	Catholic Charities Faith in Action - Red Wing Pine Island Area Home Services Common Good RSVP Shepherd Center	507-454-2270 651-385-3290 507-356-2999 507-287-2047 507-263-2136
<b>Veterans Service Office</b>	Goodhue County	651-385-3256