

# 2021-2022 SENIOR HOUSING

## *& Services Guide*

### COUNTIES SERVED:

Benton • Cass • Chisago  
Crow Wing • Isanti • Kanabec  
Mille Lacs • Morrison • Pine  
Sherburne • Stearns • Todd  
Wadena • Wright



Central MN  
Council on Aging

cmcoa

250 Riverside Avenue N • Suite 300  
Sartell, MN 56377  
(320) 253-9349 • [www.cmcoa.org](http://www.cmcoa.org)  
800-333-2433 Senior LinkAge Line®

# COUNTRY MANOR HEALTH CARE & REHAB CENTER

- ☑ Locally and nationally recognized for quality care and services
- ☑ Exclusive life-enrichment programming. Including pet and music therapy, intergenerational visits from on-site childcare center, various off-campus outings and excursions, events offered 7 days a week, and so much more
- ☑ Calming environments
- ☑ Restaurant-style dining
- ☑ 24 hour comprehensive, licensed nursing
- ☑ On-site rehabilitation
- ☑ Private neighborhood, designed specifically for memory loss
  
- ☑ Indoor access to store, pharmacy, clinic, Chapel, inpatient rehabilitation clinic, restaurant & bar, salon/spa, multiple indoor and outdoor gathering areas



*Award Winning year after year*

253-1920 | Sartell, MN

[www.countrymanorcampus.org](http://www.countrymanorcampus.org)

Stay updated via our Facebook: @countrymanorcampus



- ☑ Recognized as a "Top 10 Provider" in MN in 14 categories, including Heart Attack, Respiratory Failure, Traumatic Brain Injury, Kidney/UTI and Spine Rehabilitation
- ☑ Recognized as a "Top 10 Provider" in the U.S. in three categories, including Hip & Knee Replacement, Cardiac Arrest, and Coronary Bypass
- ☑ Offering Physical, Occupational, Speech and Aquatic Therapy 7 days a week
- ☑ Specialties include: Vestibular Rehab, Advanced Spine Rehab, Women's Health, Off-Road Drivers Assessments, Dry Needling
- ☑ Private Treatment Rooms
- ☑ Warm-Water Therapy Pool with Underwater Treadmill

*Extensive experience with seniors*

258-8946 | Sartell, MN

[www.championrehab.me](http://www.championrehab.me)

Located on Country Manor Campus

## CHAMPION REHAB OUTPATIENT CLINIC

Produced by



Central MN  
Council on Aging

**cmcoa**

Supporting our aging community

250 Riverside Avenue North  
Suite #300  
Sartell, MN 56377  
(320) 253-9349 • cmcoa.org

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# 2021-2022 Senior Housing & Services Guide

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## ST. CLOUD METRO AREA

<b>•St. Cloud •Sartell •Sauk Rapids •Waite Park</b>	<b>Monthly Rental Fee</b>	<b>Services Included in Rent</b>	<b>On-site Services Available at an Extra Charge</b>
Name: 444 Building Address: 444 33rd Avenue N St. Cloud, MN 56303 Contact Person: Brandi Brandstrom Phone #: (320) 257-3734 Email: brandib@gcremn.com Website: gcremn.com	18 Market Rate Units - \$595 - \$645	Controlled entry, Garage	
Name: CentraCare-Benedict Court (St. Benedict's Community) Address: 1980 15th Avenue SE St. Cloud, MN 56304 Contact Person: Melinda Fast Phone #: (320) 203-2747 Email: melinda.fast@centracare.com Website: centracare.com	39 Market Rate Units - \$1,512 - \$2,886	Controlled entry, Planned activities, Emergency call system, Home health care, Light housekeeping, Daily safety check, Handicapped accessible	Beauty/barber, Laundry service, Extended housekeeping, Planned activities, Three meals daily, Home health care, Daily safety check
Name: CentraCare-Benedict Homes (St. Benedict's Community) Address: 1340 Minnesota Blvd. SE St. Cloud, MN 56304 Contact Person: Melinda Fast Phone #: (320) 203-2747 Email: melinda.fast@centracare.com Website: centracare.com	27 Market Rate Units - \$3,555	Controlled entry, Planned activities, Laundry service, Light housekeeping, Home health care, Daily safety check, Handicapped accessible	Beauty/barber, Extended housekeeping, Home health care, Daily safety check, Three meals daily, Laundry service, Planned activities
Name: CentraCare-Benedict Village (St. Benedict's Community) Address: 2000 15th Avenue SE St. Cloud, MN 56304 Contact Person: Melinda Fast Phone #: (320) 203-2747 E-mail: medlinda.fast@centracare.com Website: centracare.com	95 Market Rate Units - \$950 - \$1,563	Controlled entry, Planned activities, Light housekeeping, Daily safety check, Emergency call system, Handicapped accessible	Beauty/barber, Congregate noon meal, Garage
Name: CentraCare-Benet Place (St. Benedict's Community) Address: 1420 Minnesota Blvd SE St. Cloud, MN 56304 Contact Person: Lori Norheim Phone #: (320) 252-2557 E-mail: norheiml@centracare.com Website: centracare.com	39 Subsidized Units - Rent Based on Income	Controlled entry, Daily safety check	Congregate noon meal, Emergency call system, Housekeeping, Laundry service
Name: CentraCare-Benet Place South (St. Benedict's Community) Address: 1975 15th Avenue SE St. Cloud, MN 56304 Contact Person: Lori Norheim Phone #: (320) 252-2557 E-mail: norheiml@centracare.com Website: centracare.com	40 Subsidized Units - Rent Based on Income	Controlled entry, Daily safety check	Congregate noon meal, Emergency call system, Housekeeping, Laundry service

## ST. CLOUD METRO AREA

•St. Cloud •Sartell •Sauk Rapids •Waite Park	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
<p>Name: Cherrywood Advanced Living Address: 1036 Voyager Street St. Cloud, MN 56301 Contact Person: Wendy Lang Phone #: (320) 257-7445 E-mail: wendylang@cherrywoodal.com Website: cherrywoodal.com</p>	<p>20 Market Rate Units - \$3,950</p>	<p>Planned activities, Emergency call system, Three meals daily, Daily safety check, Controlled entry, Light housekeeping, Laundry service, Handicapped accessible</p>	<p>Home health care, Beauty/barber, Extended housekeeping</p>
<p>Name: Cherrywood Advanced Living Address: 3315 Cooper Avenue S St. Cloud, MN 56301 Contact Person: Wendy Lang Phone #: (320) 257-7445 E-mail: wendylang@cherrywoodal.com Website: cherrywoodal.com</p>	<p>20 Market Rate Units - \$3,950</p>	<p>Planned activities, Emergency call system, Three meals daily, Daily safety check, Controlled entry, Light housekeeping, Laundry service, Handicapped accessible</p>	<p>Home health care, Beauty/barber, Extended housekeeping</p>
<p>Name: La Paz Apartments Address: 530 16th Street S St. Cloud, MN 56301 Contact Person: Bambi Holloway Phone #: (320) 229-4580 E-mail: housing@ccstcloud.org Website: ccstcloud.org</p>	<p>36 Subsidized Units - Rent Based on Income</p>	<p>Controlled entry, Handicapped accessible</p>	
<p>Name: Nature's Point Assisted Living Address: 1717 University Drive SE St. Cloud, MN 56304 Contact Person: Bonnie Florek Phone #: (320) 258-7061 E-mail: bflorek@naturespointal.com Website: naturespointal.com</p>	<p>34 Market Rate Units - \$922 - \$1,920  Optional Assisted Living Package - \$890 +</p>	<p>Planned activities, Controlled entry, Light housekeeping, Emergency call system, Daily safety check, Laundry service, Transportation to store, Handicapped accessible</p>	<p>Beauty/barber, Three meals daily, Home health care, Extended housekeeping, Garage, Pets</p>
<p>Name: Riverside Apartments Address: 101 Riverside Drive SE St. Cloud, MN 56304 Contact Person: Joyce Schoen Phone #: (320) 252-0880 E-mail: jschoen@stcloudhra.com Website: stcloudhra.com</p>	<p>85 Market Rate Units - \$605 - \$625</p>	<p>Controlled entry, Handicapped accessible, Pets</p>	<p>Garage</p>
<p>Name: St. Cloud Carefree Living Address: 1225 Division Street E St. Cloud, MN 56304 Contact Person: Harry Maroh Phone #: (320) 251-6483 Website: spectrumhealthcos.com</p>	<p>68 Market Rate Units - \$2,321 +</p>	<p>Controlled entry, Planned activities, Laundry service, Emergency call system, Three meals daily, Housekeeping, Daily safety check, Handicapped accessible</p>	<p>Home health care</p>

## ST. CLOUD METRO AREA

•St. Cloud •Sartell •Sauk Rapids •Waite Park	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
Name: Skylight Gardens Address: 501 1st Street North St. Cloud, MN 56303 Contact Person: Michelle Mace Phone #: (320) 259-4584 E-mail: michelle.mace@vqpm.com Website: stcloudseniorliving.com	59 Market Rate Units - \$800 - \$1,300	Controlled entry, Handicapped accessible	Home health care, Three meals daily, Emergency call system, Daily safety check, Housekeeping, Laundry service, Beauty/barber, Planned activities, Transportation to store, Pets
Name: Talamore Senior Living Address: 215 37th Avenue N St. Cloud, MN 56303 Contact Person: Leslie McNary Phone #: (320) 227-5040 E-mail: lmcnary@gentletouchhealth.com Website: talamoreseniorliving.com/st-cloud-mn	138 Market Rate Units - \$2,495- \$9,590	Controlled entry, Planned activities, Daily safety check, Transportation to store, Handicapped accessible  Assisted Living: Three meals daily, Light housekeeping, Laundry service	Beauty/barber, Home health care, Emergency call system, Housekeeping, Garage  Independent Living: Three meals daily, Light housekeeping, Laundry service
Name: The Sanctuary at St. Cloud Address: 2410 20th Avenue SE St. Cloud, MN 56304 Contact Person: Jen Peters Phone #: (320) 252-6325 E-mail: jennifer.peters@fairview.org Website: thesanctuary-stcloud.com	137 Market Rate Units - \$750	Controlled entry	Beauty/barber, Emergency call system, Home health care, Three meals daily, Planned activities, Light housekeeping, Daily safety check, Laundry service, Transportation to store
Name: Westwind Apartments Address: 765 Savanna Avenue St. Cloud, MN 56303 Contact Person: Samantha Phone #: (320) 253-1932 E-mail: westwind@essenceproperties.com Website: essenceproperties.com	60 Subsidized Units - Rent Based on Income	Controlled entry, Garage	Pets



**Skylight Gardens**

**Assisted Living or  
Independent Apts**

- Affordable & Friendly Community
- Meals & Activities
- Secure Building
- Electric, Heat & AC Included in Rent

501 1st Street North, St. Cloud  
**(320) 259-4584**

## Worried About Your Aging Parents?

That's where the Senior LinkAge Line comes in. We are here to help you find local resources, support services, and solutions that work for your parents and for you.

Whether it is to find a ride to the doctor for your mom or help selecting a Medicare Prescription Drug plan, the Senior LinkAge Line can help. Call 800-333-2433 today!

## ST. CLOUD METRO AREA

•St. Cloud •Sartell •Sauk Rapids •Waite Park	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
<p>Name: CentraCare-Chateau Waters (St. Benedict's Community) Address: 960 19th Street S Sartell, MN 56377 Contact Person: Becca Lent Phone #: (320) 654-2352 E-mail: rebecca.lent@centracare.com Website: centracare.com</p>	<p>72 Market Rate Units - \$2,364 - \$4,045</p>	<p>Controlled entry, Planned activities, Daily safety check, Transportation to store, Handicapped accessible</p>	<p>Home health care, Beauty/barber, Emergency call system, Three meals daily, Housekeeping, Laundry service, Garage, Pets</p>
<p>Name: Country Manor Senior Apts Address: 520 1st Street NE Sartell, MN 56377 Contact Person: Beth Knott Phone #: (320) 253-8450 E-mail: bknott@countrymanor.org Website: countrymanorcampus.org</p>	<p>128 Market Rate Units - \$925 - \$1,745</p>	<p>Controlled entry, Planned activities, Daily safety check, Light housekeeping, Handicapped accessible, Pets</p>	<p>Three meals daily, Extended housekeeping, Laundry service, Transportation to store and medical appts, Emergency call system, Home health care, Beauty/barber, Garage</p>
<p>Name: David F. Day Apartments Address: 1221 22nd Street South Sartell, MN 56377 Contact Person: Erin Moss Phone #: (320) 257-0744 E-mail: emoss@accessiblespace.org Website: accessiblespace.org</p>	<p>43 Subsidized Units - Rent Based on Income</p>	<p>Controlled entry, Emergency call system, Handicapped accessible</p>	<p>Pets</p>
<p>Name: Edgewood Sartell Assisted Living Address: 677 Brianna Drive Sartell, MN 56377 Contact Person: Erin Chew Phone #: (320) 281-3343 E-mail: erin.chew@edgewoodvista.com Website: edgewoodhealthcare.com</p>	<p>47 Market Rate Units - \$2,825 - \$3,225</p>	<p>Planned activities, Three meals daily, Daily safety check, Emergency call system, Housekeeping, Laundry service, Handicapped accessible</p>	<p>Beauty/barber</p>
<p>Name: Edgewood Sartell Memory Care Address: 673 Brianna Drive Sartell, MN 56377 Contact Person: Erin Chew Phone #: (320) 281-3343 E-mail: erin.chew@edgewoodvista.com Website: edgewoodhealthcare.com</p>	<p>48 Market Rate Units - \$3,975 +</p>	<p>Planned activities, Three meals daily, Daily safety check, Emergency call system, Light housekeeping, Laundry service, Controlled entry, Handicapped accessible</p>	<p>Beauty/barber</p>
<p>Name: Grand View Properties Address: 1125 1st Street South Sartell, MN 56377 Contact Person: Leasing Office Phone # (320) 240-0500 E-mail: leasing@grandview-estates.com Website: grandview-estates.com</p>	<p>442 Market Rate Units - \$1,010 - \$1,835</p>	<p>Controlled entry, Planned activities</p>	<p>Garage</p>

## ST. CLOUD METRO AREA

•St. Cloud •Sartell •Sauk Rapids •Waite Park	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
Name: Silver Oaks Townhomes Address: 2011 Oak Grove Avenue Sartell, MN 56377 Contact Person: Philip Bruton Phone #: (320) 348-1025 E-mail: stcloud@campbellprop.com Website: campbellprop.com	12 Market Rate Units - \$1,170 - \$1,295	Emergency call system	Pets
Name: The Country Villa Address: 520 1st Street NE Sartell, MN 56377 Contact Person: Sarah Schmidt Phone #: (320) 253-8450 Email: sschmidt@countrymanor.org Website: countrymanorcampus.org	45 Market Rate Units - \$1,995 - \$2,874	Controlled entry, Planned activities, Daily safety check, Housekeeping, Handicapped accessible, Pets	Home health care, Three meals daily, Emergency call system, Laundry service, Transportation to store and medical appts, Beauty/barber, Garage
Name: The Waterford of Country Manor Address: 520 1st Street NE Sartell, MN 56377 Contact Person: Katy Sabinske Phone #: (320) 253-8450 Email: ksabinske@countrymanor.org Website: countrymanorcampus.org	45 Market Rate Units - \$2,600 - \$4,100	Controlled entry, Planned activities, Daily safety check, Handicapped accessible, Garage, Pets	Home health care, Three meals daily, Housekeeping, Laundry service, Transportation to store and medical appts, Emergency call system, Beauty/barber
Name: Good Shepherd Homes, Inc. Assisted Living Address: 1211 4th Avenue North Sauk Rapids, MN 56379 Contact Person: Welcome Center Liason Phone #: (320) 259-3476 E-mail: info@gsc-mn.org Website: goodshepherdcampus.org	58 Subsidized Units - Rent Based on Income	Controlled entry, Planned activities, Emergency call system	Home health care, Beauty/barber, Three meals daily, Emergency call system, Housekeeping, Laundry service, Daily safety check, Garage, Pets
Name: Good Shepherd Cottages Assisted Living with Dementia Care Address: 307 11th Street North Sauk Rapids, MN 56379 Contact Person: Welcome Center Liason Phone #: (320) 259-3476 E-mail: info@gsc-mn.org Website: goodshepherdcampus.org	36 Market Rate Units - \$954 - \$995  Basic Package \$4,533 +	Controlled entry, Planned activities, Handicapped accessible	Home health care, Beauty/barber Emergency call system, Three meals daily, Daily safety check, Housekeeping, Laundry service
Name: Landings of Sauk Rapids Memory Care Address: 1325 Summit Avenue North Sauk Rapids, MN 56379 Contact Person: Jill Phone #: (320) 203-8142 E-mail: directorbl@landingseniorliving.com Website: landingseniorliving.com	19 Market Rate Units - \$6,000	Planned activities, Daily safety check, Three meals daily, Emergency call system, Housekeeping, Laundry service, Handicapped accessible	Beauty/barber, Home health care, Pets



## ST. CLOUD METRO AREA

•St. Cloud •Sartell

•Sauk Rapids •Waite Park

**Monthly  
Rental Fee**

**Services Included  
in Rent**

**On-site Services Available  
at an Extra Charge**

Name: Legacy Place, LLC  
Address: 902 15th Street NE  
Sauk Rapids, MN 56379  
Contact Person: Susan Norman  
Phone #: (320) 267-7789  
E-mail: legacyplacellc@gmail.com  
Website: legacyplace.net

8 Market  
Rate Units -  
\$2,800 - \$3,600

Controlled entry,  
Emergency call system,  
Three meals daily,  
Housekeeping,  
Daily safety check,  
Planned activities,  
Laundry service,  
Handicapped accessible

Beauty/barber

Name: Ridgeview Place Assisted Living  
Address: 1009 10th Avenue North  
Sauk Rapids, MN 56379  
Contact Person: Patti Campbell  
Phone #: (320) 251-5228  
E-mail: patti.campbell@accura.healthcare  
Website: ridgeviewseniorliving.com

57 Market  
Rate Units -  
\$3,150 - \$4,850

Controlled entry,  
Planned activities,  
Daily safety check,  
Emergency call system,  
Three meals daily,  
Light housekeeping,  
Laundry service,  
Home health care,  
Transportation to store,  
Handicapped accessible

Extended housekeeping,  
Beauty/barber,  
Garage,  
Pets

Name: Russell Arms Apartments  
Address: 315 Division Street  
Sauk Rapids, MN 56379  
Contact Person: Eileen Tollefson  
Phone #: (320) 230-2187  
E-mail: rant@brutgerequities.com  
Website: brutgerequities.com

59 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Planned activities,  
Handicapped accessible,  
Pets

Name: Shepherd Court Apartments  
Good Shepherd Assisted Living  
Address: 330 13th Street North  
Sauk Rapids, MN 56379  
Contact Person: Welcome Center Liason  
Phone #: (320) 259-3476  
E-mail: info@gsc-mn.org  
Website: goodshepherdcampus.org

53 Market  
Rate Units -  
\$1,149 - \$1,375  
Optional Basic  
Assisted Living  
Package  
\$1,675 +

Controlled entry,  
Planned activities,  
Light housekeeping,  
Emergency call system

Home health care,  
Beauty/barber,  
Three meals daily,  
Emergency call system,  
Daily safety check,  
Extended housekeeping,  
Laundry service,  
Garage,  
Pets

Name: Shepherd Oak Apartments  
Address: 310 13th Street North  
Sauk Rapids, MN 56379  
Contact Person: Welcome Center Liason  
Phone #: (320) 259-3476  
E-mail: info@gsc-mn.org  
Website: goodshepherdcampus.org

42 Subsidized  
Units - Rent  
Based on Income  
Optional  
Supportive Services  
Package - \$1,675 +

Controlled entry,  
Planned activities,  
Emergency call system

Home health care,  
Beauty/barber,  
Three meals daily,  
Emergency call system,  
Housekeeping,  
Laundry service,  
Daily safety check,  
Pets

**Looking for help with meals? Call Senior LinkAge Line at 800-333-2433 to discuss your options.**

**ST. CLOUD METRO AREA**

<b>•St. Cloud •Sartell •Sauk Rapids •Waite Park</b>	<b>Monthly Rental Fee</b>	<b>Services Included in Rent</b>	<b>On-site Services Available at an Extra Charge</b>
Name: Shepherd Oak West Apartments Address: 220 13th Street North Sauk Rapids, MN 56379 Contact Person: Welcome Center Liason Phone #: (320) 259-3476 E-mail: info@gsc-mn.org Website: goodshepherdcampus.org	45 Subsidized Units - Rent Based on Income  1 Market Rate Unit - \$1,292  Optional Supportive Services Package - \$1,675 +	Controlled entry, Planned activities, Emergency call system	Home health care, Beauty/barber, Three meals daily, Emergency call system, Housekeeping, Laundry service, Daily safety check, Pets
Name: Shepherd's Ridge Patio Homes Address: 207-241 11th Street N 203-227 12th Street N Sauk Rapids, MN 56379 Contact Person: Welcome Center Liason Phone #: (320) 259-3476 E-mail: info@gsc-mn.org Website: goodshepherdcampus.org	8 Market Rate Units - \$2,050 - \$2,170	Planned activities, Garage	Home health care, Three meals daily
Name: Wildwood Assisted Living Address: 1420 2nd Street North Sauk Rapids, MN 56379 Contact Person: Jesse Coraggio Phone #: (320) 774-1546 E-mail: manager@wildwoodal.com Website: wildwoodal.com	27 Market Rate Units - \$3,200 +	Controlled Entry, Planned activities, Daily safety check, Emergency call system, Three meals daily, Light housekeeping, Laundry service, Handicapped accessible	Beauty/barber, Home health care, Extended housekeeping, Pets
Name: Park Villa Address: 500 3rd Street South Waite Park, MN 56387 Contact Person: Jennifer Arneson Phone #: (320) 656-5340 E-mail: parkvilla@charter.net Website: essenceproperties.com	71 Market Rate Units - \$743 - \$1,013	Planned activities	Garage, Pets
Name: Sterling Park Commons & Park Gardens Apartments Address: 35 1st Avenue North Waite Park, MN 56387 Contact Person: Mary Hendrickson Phone #: (320) 257-4920 Email: mary.hendrickson@accura.healthcare Website: sterlingparkseniorliving.com	110 Market Rate Units - \$2,510 - \$3,010	Controlled entry, Planned activities, Emergency call system, Daily safety check, Three meals daily, Housekeeping, Laundry service, Transportation to store, Handicapped accessible, Pets	Home health care, Beauty/barber

**Need help paying for medical bills or medications? Call Senior LinkAge Line at 800-333-2433 for options.**

## ST. CLOUD METRO AREA

•St. Cloud •Sartell  
•Sauk Rapids •Waite Park

**Monthly  
Rental Fee**

**Services Included  
in Rent**

**On-site Services Available  
at an Extra Charge**

Name: Willow Park Apartments  
Address: 500 Heritage Court  
Waite Park, MN 56387  
Contact Person: Bonnie Bush  
Phone #: (320) 266-3399  
E-mail: willowparkapts55@gmail.com

63 Market  
Rate Units -  
\$1,010 - \$1,255

Controlled entry,  
Planned activities,  
Handicapped accessible

Garage,  
Pets

Name: Windsor Greene Apartments  
Address: 100 Wellington Circle  
Waite Park, MN 56387  
Contact Person: Lyndis Cully  
Phone #: (320) 443-3309  
E-mail: windsorgreeneapts@gmail.com

65 Market  
Rate Units -  
\$1,050 - \$1,630

Controlled entry,  
Planned activities

Garage



### Highland Apartments

107 Highland Avenue  
Walker

Your rent and security deposit are based on your income.

Elevator • Community Room  
Controlled Entry • Camera System  
Laundry Room • Grilling Area  
No Smoking Building

**Call for a tour: (218) 507-0534**

### Milaca Park Apartments

240 2nd Avenue SW  
Milaca



Elevator • Community Room  
Controlled Entry • Camera System  
Laundry Room  
No Smoking Building

**Call for a tour: (320) 983-6631**



**BENTON COUNTY****Monthly  
Rental Fee****Services Included  
in Rent****On-site Services Available  
at an Extra Charge**

Name: Dewey Place  
Address: 455 Dewey Street  
Foley, MN 56329  
Contact Person: Pa Vang  
Phone #: (320) 968-7791  
E-mail: deweyplace@metesbounds.com

24 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Handicapped accessible,  
Pets

Name: Foley Square Apartments  
Address: 153 4th Avenue South  
Foley, MN 56329  
Contact Person: Marj Kitterman  
Phone #: (320) 968-7789  
E-mail: pkandmk@gmail.com  
Website: cepcomanagement.com

18 Subsidized  
Units - Rent  
Based on Income  
  
3 Market  
Rate Units -  
\$435 - \$480

Controlled entry

Name: The Gardens at Foley Assisted Living  
Address: 120 Norman Avenue South  
Foley, MN 56329  
Contact Person: Pamela or Tom  
Phone #: (320) 968-6425  
E-mail: rcook@monarchmn.com  
Website: monarchmn.com

30 Market  
Rate Units -  
\$1,495 - \$2,015

Controlled entry,  
Planned activities,  
Emergency call system,  
Daily safety check,  
Light housekeeping,  
Laundry service,  
Three meals daily,  
Handicapped accessible

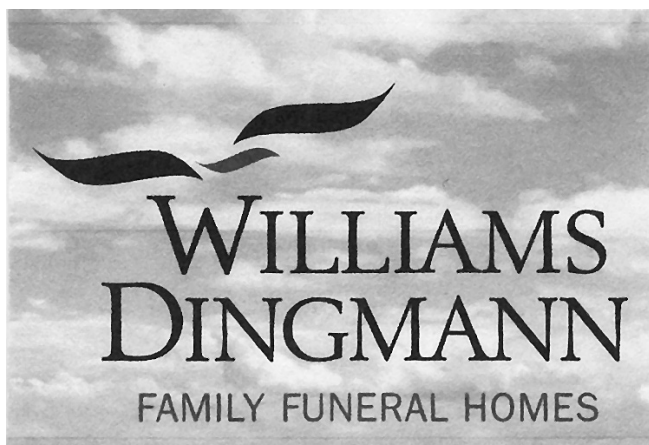
Home health care,  
Beauty/barber,  
Extended housekeeping

Name: Benton Place  
Address: 50 1st Avenue NE  
Rice, MN 56367  
Contact Person: Pat Kepner  
Phone #: (320) 333-3390  
E-mail: patkepner62@gmail.com  
Website: inhproperties.com

7 Subsidized  
Units - Rent  
Based on Income  
  
5 Market  
Rate Units -  
\$595 - \$640

Controlled entry,  
Handicapped accessible

Laundry service,  
Pets



**WILLIAMS  
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**SENIOR LINKAGE LINE**

Senior LinkAge Line is a free, statewide service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging. The Senior LinkAge Line helps older Minnesotans and caregivers find answers and connect to the services and support they need.

**800-333-2433**

*Looking for help with home chores? Call Senior LinkAge Line at 800-333-2433 to discuss your options.*

## CASS COUNTY

	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
Name: Dignity and Grace Address: 823 State 371 NW Backus, MN 56435 Contact Person: Lisa Quinn Phone #: (218) 947-4445 E-mail: rpburns1@yahoo.com Website: dignityandgrace.com	10 Market Rate Units - \$945	Controlled entry, Three meals daily, Handicapped accessible	Home health care, Planned activities, Emergency call system, Daily safety check, Housekeeping, Laundry service
Name: Pine Mountain Apartments Address: 109 Hazel Street North Backus, MN 56435 Contact Person: Scott/Darlene Phone #: (218) 947-3993 E-mail: casscountyhra@uslink.net	4 Subsidized Units - Rent Based on Income	Controlled entry, Emergency call system, Handicapped accessible	Laundry service, Pets
Name: Birchview Gardens Assisted Living Address: 108 3rd Street North Hackensack, MN 56452 Contact Person: John Phone #: (320) 293-1472	37 Market Rate Units - \$952 +	Controlled entry, Planned activities, Emergency call system, Daily safety check, Two meals daily, Light housekeeping, Transportation to store, Handicapped accessible	Home health care, Beauty/barber, Third meal daily, Extended housekeeping, Laundry service, Garage
Name: Aspen Apartments Address: 167 Aspen Lane Longville, MN 56655 Contact Person: Tahnee Phone #: (701) 293-7909 E-mail: tahnee@netaprop.com Website: netaprop.com	8 Market Rate Units - \$410 - \$562		
Name: Riverside Assisted Living Address: 885 Meadowview Circle Pillager, MN 56473 Contact Person: Nicole Sorem Phone #: (218) 746-4400 E-mail: nicole@riversidepillager.com Website: riversidepillager.com	20 Market Rate Units - \$1,400 - \$1,950	Emergency call system, Planned activities, Daily safety check, Three meals daily, Housekeeping, Laundry service, Controlled entry, Handicapped accessible	Home health care, Beauty/barber
Name: Brookside Address: 2729 State Hwy. 371 SW Pine River, MN 56474 Contact Person: Mia Thompson Phone #: (218) 587-3304 E-mail: mia.brookside@gmail.com Website: brooksidepineriver.com	10 Market Rate Units - \$953	Emergency call system, Daily safety check, Controlled entry, Three meals daily, Housekeeping, Laundry service, Home health care, Planned activities, Handicapped accessible	

## CASS COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Heartland Apartments Pine River HRA Address: 445 Snell Avenue Pine River, MN 56474 Contact Person: Julia Winkelman Phone #: (218) 587-2840 E-mail: prhsg@uslink.net Website: pineriverhra.com	30 Market Rate Units - \$628 - \$731	Controlled entry, Planned activities, Handicapped accessible	Congregate noon meal, Pets
Name: Norway Brook Apartments Pine River HRA Address: 312 1st Street S Pine River, MN 56474 Contact Person: Julia Winkelman Phone #: (218) 587-4929 E-mail: prhsg@uslink.net Website: pineriverhra.com	30 Market Rate Units - \$468 - \$610	Controlled entry, Handicapped accessible	Pets
Name: Riverside Assisted Living Address: 2175 White Pine Point Rd SW Pine River, MN 56474 Contact Person: Housing Manager Phone #: (218) 587-4333 Website: good-sam.com	16 Market Rate Units - \$3,925 +	Controlled entry, Daily safety check, Planned activities, Three meals daily, Emergency call system, Light housekeeping, Laundry service, Handicapped accessible	Home health care, Beauty/barber, Extended housekeeping, Laundry service
Name: Riverside Senior Living Apts Address: 2189 White Pine Point Rd SW Pine River, MN 56474 Contact Person: Housing Manager Phone #: (218) 587-4433 Website: good-sam.com	35 Market Rate Units - \$2,130 - \$3,090	Controlled entry, Daily safety check, Light housekeeping, Planned activities, Congregate noon meal, Emergency call system, Handicapped accessible	Home health care, Extended housekeeping, Laundry service, Beauty/barber, Two additional meals, Garage, Pets
Name: Americare Lodges Assisted Living Address: 6870 Schultz Drive NE Remer, MN 56672 Contact Person: DiAnna Lucas Phone #: (218) 566-4722 E-mail: DiAnnalucas@americarelodges.com Website: americarelodges.com	10 Market Rate Units - \$3,000 +	Planned activities, Three meals daily, Daily safety check, Emergency call system, Housekeeping, Laundry service, Home health care, Transportation to medical appts and store, Handicapped accessible	Beauty/barber
Name: Northland Apartments Address: 207 Cedar Street NE Remer, MN 56672 Contact Person: Val Pound Phone #: (218) 566-2908 Email: bpound@live.com	19 Subsidized Units - Rent Based on Income	Handicapped accessible	

## CASS COUNTY

### Monthly Rental Fee

### Services Included in Rent

### On-site Services Available at an Extra Charge

Name: Serenity Living Solutions, Inc  
Address: 105 Spruce Street NW  
Remer, MN 56672  
Contact Person: Kassie Campbell  
Phone #: (218) 566-7100  
E-mail: kassie@serenitylivingsolutions.com  
Website: serenitylivingsolutions.com

16 Market  
Rate Units -  
\$2,450 - \$3,200

Controlled entry,  
Emergency call system,  
Home health care,  
Three meals daily,  
Daily safety check,  
Planned activities,  
Housekeeping,  
Handicapped accessible

Beauty/barber

Name: Edgewood May Creek  
Assisted Living with Dementia Care  
Address: 303 10th Street South  
Walker, MN 56484  
Contact Person: Samantha Wiese  
Phone #: (218) 547-4515  
E-mail: samantha.wiese@edgewoodhealthcare.com  
Website: edgewoodhealthcare.com

49 Market  
Rate Units -  
\$2,295 - \$5,350

Daily safety check,  
Planned activities,  
Emergency call system,  
Three meals daily,  
Light housekeeping,  
Laundry service,  
Controlled entry,  
Transportation to store  
and medical appts,  
Handicapped accessible

Beauty/barber,  
Extended housekeeping,  
Garage

Name: Highland Apartments  
Address: 107 Highland Avenue  
Walker, MN 56484  
Contact Person: Housing Manager  
Phone #: (218) 507-0534

29 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Beauty/barber,  
Handicapped accessible

Name: Quam Courts  
Address: 211 Michigan Avenue  
Walker, MN 56484  
Contact Person: Tanya Phillips  
Phone #: (218) 547-1822  
E-mail: walha@arvig.net

32 Subsidized  
Units -  
Rent Based  
on Income

## Before Moving...Know Your Options Before Signing a Lease

The Minnesota Legislature wants older Minnesotans to know they have options before they sign a lease and move into a registered housing with services facility, sometimes called assisted living. They selected Senior LinkAge Line to provide this service statewide. You can call and find out what is available to you. After the conversation, you will get a verification code that you use to sign a lease.

Certified health care homes, clinics, home care agencies, and hospital staff, can also use this Senior LinkAge Line service to help people at risk of nursing home placement or those who may just need some extra help in their community.

If you are calling *for* someone, you must be his/her Power of Attorney (POA). The person you are helping, or the housing manager, can verify by phone or you can provide a POA directly to Senior LinkAge Line. The specialist will walk you through the procedures when you call.

**Call Senior LinkAge Line at 800-333-2433, M-F 8:00 am to 4:30 pm, to talk about important options before you move.**

## CHISAGO COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Bayview Apartments  
Address: 320 Center Avenue  
Center City, MN 55012  
Contact Person: Brooke Hegge  
Phone #: (320) 280-0510  
E-mail: rushcityapts@yahoo.com  
Website: smrrental.com

24 Market  
Rate Units -  
\$780 - \$880

Controlled entry,  
Handicapped accessible,  
Garage

Name: Ecumen Point Pleasant Heights  
Address: 28600 Fairway Lane  
Chisago City, MN 55013  
Contact Person: Darlene Shafer  
Phone #: (651) 766-4465  
E-mail: darleneshafer@ecumen.org  
Website: ecumenchisagocity.org

109 Market  
Rate Units -  
\$1,375 - \$1,900

Controlled entry,  
Planned activities,  
One meal daily,  
Emergency call system,  
Transportation to store,  
Handicapped accessible

Beauty/barber,  
One additional meal,  
Garage

Name: Just Like Home Senior Care, Inc.  
Address: 29288 Old Towne Road  
Chisago City, MN 55013  
Contact Person: Marie Yvonne Akinroluyo  
Phone #: (651) 213-1234

5 Subsidized  
& Market  
Rate Units -  
\$2,000 - \$5,000

Controlled entry,  
Planned activities,  
Three meals daily,  
Daily safety check,  
Emergency call system,  
Housekeeping,  
Laundry service,  
Handicapped accessible

Garage

Name: Parmly Lakeview Apartments  
Address: 10600 282nd Street  
Chisago City, MN 55013  
Contact Person: Christine Zoya  
Phone #: (651) 257-0581  
E-mail: christinezoya@ecumen.org  
Website: ecumen.org

60 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Handicapped accessible

Pets

Name: Parmly on The Lake Assisted Living  
Isabelle's House Memory Care  
Address: 10720 282nd Street  
Chisago City, MN 55013  
Contact Person: Ryan Onstad  
Phone #: (651) 257-7324  
E-mail: ronstad@monarchmn.com  
Website: monarchmn.com

50 Market  
Rate Units -  
\$3,000 - \$6,000

Controlled entry,  
Planned activities,  
Three meals daily,  
Daily safety check,  
Emergency call system,  
Housekeeping,  
Laundry service,  
Home health care,  
Beauty/barber,  
Transportation to store,  
Pets,  
Handicapped accessible

Name: Country Comfort Elder Care  
Address: 28131 Newberry Trail  
Lindstrom, MN 55045  
Contact Person: Debbie Mendoza  
Phone #: (651) 257-3684  
E-mail: jlh2015@midco.net  
Website: countrycomforteldercaremn.com

5 Subsidized  
& Market Rate  
Units -  
\$4,000 - \$7,000

Controlled entry,  
Planned activities,  
Three meals daily,  
Daily safety check,  
Emergency call system,  
Housekeeping,  
Laundry service,  
Handicapped accessible

Garage



## CHISAGO COUNTY

### Monthly Rental Fee

### Services Included in Rent

### On-site Services Available at an Extra Charge

Name: Lindstrom Senior Living  
Address: 30455 Lehigh Avenue  
Lindstrom, MN 55045  
Contract Person: Debra Bland  
Phone #: (651) 213-3693  
Email: [debra@lindstromseniorliving.com](mailto:debra@lindstromseniorliving.com)  
Website: [lindstromseniorliving.com](http://lindstromseniorliving.com)

87 Market  
Rate Units -  
\$1,450 - \$3,750

Controlled entry,  
Planned activities,  
Transportation to store,  
Light Housekeeping,  
Pets,  
Handicapped accessible

Beauty/barber,  
Home health care,  
Three meals daily,  
Daily safety check,  
Extended housekeeping,  
Laundry service,  
Garage

Name: Shogren Apartments  
Address: 12625 Bronson Avenue  
Lindstrom, MN 55045  
Contact Person: Steve Dahlberg  
Phone #: (763) 780-6242  
E-mail: [shogrenapt@usfamily.net](mailto:shogrenapt@usfamily.net)  
Website: [shogrenapartments.com](http://shogrenapartments.com)

14 Market  
Rate Units -  
\$589 - \$759

Controlled entry

Name: Valkommen Apartments  
Lindstrom HRA  
Address: 12940 1st Avenue N  
Lindstrom, MN 55045  
Contact Person: Paula Hanson  
Phone #: (651) 257-5372

30 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Planned activities,  
Handicapped accessible

Pets

Name: Brask Haven  
Address: 31274 Julliard Street NE  
North Branch, MN 55056  
Contact Person: Ettafa Boka  
Phone #: (651) 448-9940  
E-mail: [braskhavenmn@gmail.com](mailto:braskhavenmn@gmail.com)  
Website: [braskhaven.com](http://braskhaven.com)

10 Market  
Rate Units -  
\$954 - \$1,300

Daily safety check,  
Emergency call system,  
Light housekeeping,  
Handicapped accessible

Beauty/barber,  
Transportation to store  
and medical appts,  
Three meals daily,  
Planned activities,  
Extended housekeeping,  
Laundry service,  
Daily safety check,  
Garage

Name: Ecumen North Branch  
Address: 5379 383rd Street  
North Branch, MN 55056  
Contact Person: Deb Donnelly  
Phone #: (651) 237-3000  
E-mail: [debdonnelly@ecumen.org](mailto:debdonnelly@ecumen.org)  
Website: [ecumennorthbranch.org](http://ecumennorthbranch.org)

71 Market  
Rate Units -  
\$3,445 - \$5,300

Planned activities,  
Emergency call system,  
Daily safety check,  
Controlled entry,  
Light housekeeping,  
Laundry service,  
Handicapped accessible

Beauty/barber,  
Home health care,  
Extended housekeeping,  
Three meals daily,  
Laundry service,  
Garage,  
Pets

Name: Encore at North Branch  
Address: 38610 14th Avenue  
North Branch, MN 55056  
Contact Person: Tammy Thayer  
Phone #: (651) 243-5299  
Email: [tthayer@encorecares.com](mailto:tthayer@encorecares.com)  
Website: [encore-assistedliving.com](http://encore-assistedliving.com)

30 Market  
Rate Units -  
\$3,410 - \$3,720

Controlled entry,  
Daily safety check,  
Emergency call system,  
Three meals daily,  
Housekeeping,  
Laundry service,  
Handicapped accessible

Beauty/barber,  
Home health care,  
Pets

## CHISAGO COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Northern Oaks  
Address: 6188 Pecan Street  
North Branch, MN 55056  
Contact Person: Tanya Reed  
Phone #: (320) 679-2863  
E-mail: woodcrest@thiestalle.com  
Website: thiestalle.com

12 Market  
Rate Units -  
\$750 - \$865

Controlled entry,  
Handicapped accessible

Pets

Name: Shields Plaza  
Address: 6100 Cedar Street  
North Branch, MN 55056  
Contact Person: Theresa Paul  
Phone #: (651) 674-7497  
E-mail: shieldsplaza@mbgprop.com  
Website: mbgprop.com

49 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry

Planned activities

Name: Uptown Maple Commons  
Address: 38799 7th Avenue  
North Branch, MN 55056  
Contact Person: Deanna Schmidt  
Phone #: (651) 277-7700  
E-mail: deannaschmidt@ecumen.org

32 Units -  
\$537 - \$1,019

Controlled entry,  
Planned activities,  
Handicapped accessible

Beauty/barber,  
Congregate noon meal,  
Pets

Name: Bridgefords Apartments  
Address: 735 W 10th Street  
Rush City, MN 55069  
Contact Person: Reed Sabbe  
Phone #: (701) 293-7909  
E-mail: reeds@netaprop.com  
Website: netaprop.com

3 Market  
Rate Units -  
\$670 - \$710

Controlled entry

15 Subsidized  
Units - Rent  
Based on Income

Name: Rush Estates I  
Address: 220-270 W Division Street  
Rush City, MN 55069  
Contact Person: Brooke Hegge  
Phone #: (320) 280-0510  
E-mail: rushcityapts@yahoo.com  
Website: smrrental.com

10 Subsidized  
Units -  
Rent Based  
on Income  
\$615 - \$685

Handicapped accessible

Name: Rush Estates 2  
Address: 100 N Elliot Avenue  
Rush City, MN 55069  
Contact Person: Brooke Hegge  
Phone #: (320) 280-0510  
E-mail: rushcityapts@yahoo.com  
Website: smrrental.com

10 Subsidized  
Units -  
Rent Based  
on Income  
\$680 - \$865

Controlled entry

Name: Rushseba Landing  
Address: 740 W 14th Street  
Rush City, MN 55069  
Contact Person: Housing Manager  
Phone #: (320) 358-3976  
Website: silvercreekseior.com

20 Market  
Rate Units -  
\$950 - \$1,050

Controlled entry,  
Planned activities,  
Emergency call system,  
Laundry service,  
Handicapped accessible

Beauty/barber,  
Three meals daily,  
Housekeeping,  
Garage,  
Pets

## CHISAGO COUNTY

### Monthly Rental Fee

### Services Included in Rent

### On-site Services Available at an Extra Charge

Name: Rushseba Station  
Address: 700 W 14th Street  
Rush City, MN 55069  
Contact Person: Housing Manager  
Phone #: (320) 318-2720  
Website: silvercreekseior.com

52 Market  
Rate Units -  
\$1,730 - \$2,900

Controlled entry,  
Planned activities,  
Emergency call system,  
Daily safety check,  
Three meals daily,  
Light housekeeping,  
Laundry service,  
Transportation to store,  
Handicapped accessible

Home health care,  
Beauty/barber,  
Three meals daily,  
Extended housekeeping,  
Pets

Name: Haven Estates  
Address: 30930 Finch Avenue  
Stacy, MN 55079  
Contact Person: Rodney Hestekin  
Phone #: (651) 462-4985

20 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Handicapped accessible

Garage,  
Pets

Name: Haven Estates  
Address: 5613 E Viking Blvd  
Wyoming, MN 55092  
Contact Person: Rodney Hestekin  
Phone #: (651) 462-4985

40 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Handicapped accessible

Garage,  
Pets

Name: Heights Court  
Address: 26897 Fenwick Avenue  
Wyoming, MN 55092  
Contact Person: Brooke Hegge  
Phone #: (320) 280-0510  
E-mail: rushcityapts@yahoo.com  
Website: smrrental.com

19 Market  
Rate Units -  
\$650 - \$750

Controlled entry,  
Handicapped accessible

Garage,  
Pets

Name: Meadow View Apartments  
Address: 5430 Meadow Lane  
Wyoming, MN 55092  
Contact Person: Jodi Pearl  
Phone #: (651) 464-6171  
E-mail: jpearl1@fairview.org  
Website: ebenezercare.org

32 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Emergency call system

Congregate noon meal,  
Beauty/barber,  
Housekeeping,  
Laundry service,  
Pets

Name: Meadows on Fairview  
Assisted Living & Memory Care  
Address: 25565 Fairview Avenue  
Wyoming, MN 55092  
Contact Person: Amanda Landeira  
Phone #: (651) 982-6228  
E-mail: amanda.landeira@fairview.org  
Website: meadowsonfairview.org

33 Assisted  
Living Units -  
\$3,205 - \$4,555  
  
18 Memory  
Care Units -  
\$1,960 - \$3,750

Controlled entry,  
Planned activities,  
Daily safety check,  
Three meals daily,  
Emergency call system,  
Light housekeeping,  
Laundry service,  
Transportation to store,  
Handicapped accessible

Home health care,  
Beauty/barber,  
Extended housekeeping,  
Pets

## CHISAGO COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Sunrise River Apartments

16 Market

Handicapped accessible

Address: 5350 270th Street

Rate Units -

Wyoming, MN 55092

\$530 - \$605

Contact Person: Valeri

Phone #: (651) 465-6841

## Assisted Living Licensure Transition

In May 2019, Governor Walz signed into law the Elder Care and Vulnerable Adult Protection Act of 2019. This law requires current assisted living providers who want to continue to operate after August 1, 2021 to obtain a new assisted living facility license. As of August 1, 2021, a housing with services establishment and an arranged home care provider can no longer separately provide housing and services to an assisted living resident. The new assisted living license establishes strong consumer protections for assisted living residents including:

- requiring facilities to have a meeting with residents before issuing a notice of termination of housing and services, and to talk with the resident to identify if there may be reasonable accommodations to avoid the termination
- prohibiting retaliation by a facility for an assisted living resident or family member who asserts their rights under the law
- allowing a resident to appeal a termination of services
- requiring facilities to coordinate a resident's relocation to a safe location and appropriate service provider
- requiring a clinical nurse supervisor on staff
- requiring facilities to have sufficient staffing at all times to meet the scheduled and reasonably foreseeable unscheduled needs of each resident 24 hours a day

Types of Assisted Living Licenses: Assisted Living Facility License and Assisted Living Facility with Dementia Care License

On August 1, 2021, a housing with services establishment must be licensed as either an assisted living facility or an assisted living facility with dementia care. Residents with or without dementia can live in a licensed assisted living facility as long as the facility can meet the resident's assessed needs. Assisted living facilities with dementia care license are the only facilities which may have a secured dementia care unit. Facilities with the assisted living facility with dementia care license must provide specialized dementia care services for its residents.

These services include:

- providing care and housing to residents in a person-centered manner that promotes each resident's dignity, independence, and comfort
- assistance with activities of daily living that address the needs of each resident with dementia due to cognitive or physical limitations
- non-pharmacological practices that are person-centered and evidence-informed
- daily structured and non-structured activities that include entertainment or outings, spiritual, creative and intellectual activities, and outdoor activities

## CROW WING COUNTY

Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
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Name: Arbor Glen  
 Address: 14177 Broadmoor Drive  
 Baxter, MN 56425  
 Contact Person: Karen Struthers  
 Phone #: (218) 829-3337  
 E-mail: karenstruthers5@gmail.com

13 Subsidized  
 Units - Rent  
 Based on Income  
  
 49 Market  
 Rate Units -  
 \$825 - \$1,240

Controlled entry

Garage

Name: Autumn Glenn  
 Address: 14180 Broadmoor Drive  
 Baxter, MN 56425  
 Contact Person: Karen Struthers  
 Phone #: (218) 829-3337  
 E-mail: karenstruthers5@gmail.com

13 Subsidized  
 Units -  
 \$595  
  
 37 Market  
 Rate Units -  
 \$925 - \$1,240

Controlled entry

Garage

Name: Diamond Willow Assisted Living  
 Address: 14396 Grand Oaks Drive  
 Baxter, MN 56425  
 Contact Person: Cathy England  
 Phone #: (218) 825-7034  
 E-mail: cengland@diamondwillow.com  
 Website: diamondwillow.com

26 Market  
 Rate Units -  
 \$7,800

Controlled entry,  
 Planned activities,  
 Home health care,  
 Three meals daily,  
 Daily safety check,  
 Beauty/barber,  
 Housekeeping,  
 Laundry service,  
 Handicapped accessible

Name: Edgewood Health Care, Baxter  
 Address: 14211 Firewood Drive  
 Baxter, MN 56425  
 Contact Person: Barb Albright  
 Phone #: (218) 828-4770  
 E-mail: barb.albright@edgewoodvista.com  
 Website: edgewoodhealthcare.com

66 Market  
 Rate Units -  
 \$2,950 - \$5,200

Controlled entry,  
 Planned activities,  
 Daily safety check,  
 Three meals daily,  
 Emergency call system,  
 Housekeeping,  
 Laundry service,  
 Transportation to store  
 and medical appts,  
 Handicapped accessible

Home health care,  
 Beauty/barber,  
 Pets



### SENIOR LINKAGE LINE

Senior LinkAge Line is a free, statewide service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging. The Senior LinkAge Line helps older Minnesotans and caregivers find answers and connect to the services and support they need.

**800-333-2433**

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 Email: [info@grattanhealthcare.com](mailto:info@grattanhealthcare.com)



## CROW WING COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Excelsior Court Apartments Address: 7276 Excelsior Road N Baxter, MN 56425 Contact Person: Beth Pertula Phone #: (218) 824-8403 E-mail: info@dwjonesmanagement.com Website: dwjonesmanagement.com	16 Subsidized Units - Rent Based on Income  8 Market Rate Units - \$530 - \$716	Controlled entry, Handicapped accessible	Pets
Name: Northern Lakes Asst Lvg & Memory Care Address: 8186 Excelsior Road Baxter, MN 56425 Contact Person: Angelique Hayes Phone #: (218) 454-2121 E-mail: angelique.hayes@fairview.org Website: northernlakesseniorliving.com	68 Market Rate Units - \$2,755 - \$3,830	Controlled entry, Planned activities, Daily safety check, Emergency call system, Three meals daily, Home health care, Light housekeeping, Laundry service, Transportation to store, Handicapped accessible	Home health care, Beauty/barber, Extended housekeeping, Emergency call system, Garage, Pets
Name: Northern Lakes Independent Living Address: 8182 Excelsior Road Baxter, MN 56425 Contact Person: Karen Struthers Phone #: (218) 829-3337 E-mail: karenstruthers5@gmail.com	60 Market Rate Units - \$1,090 - \$1,440	Controlled entry	Garage
Name: Almond House Address: 802 SE 28th Street Brainerd, MN 56401 Contact Person: Charity Bitzer Phone #: (218) 822-3067 E-mail: charity.lkp@hotmail.com	20 Units - \$954	Controlled entry, Three meals daily	Beauty/barber, Planned activities, Daily safety check, Housekeeping, Laundry service, Home health care, Transportation to store and medical appts
Name: Carefree Living Address: 2723 Oak Street Brainerd, MN 56401 Contact Person: Harry Maron Phone #: (218) 829-8622 E-mail: harrym@spectrumhealth.com Website: spectrumhealthcos.com	65 Market Rate Units - \$1,956 - \$2,269	Controlled entry, Daily safety check, Emergency call system, Three meals daily, Planned activities, Light housekeeping, Laundry service, Handicapped accessible	Home health care, Extended housekeeping, Pets
Name: Central MN Senior Care, Inc. Address: 1008 10th Street South Brainerd, MN 56401 Contact Person: Jennie Bird Phone #: (320) 441-7001 E-mail: jennie.bird@centralminnesotaseniorcare.org Website: centralmnseniorcare.com	12 Market Rate & Subsidized Units - \$954	Planned activities, Handicapped accessible, Pets	Emergency call system, Three meals daily, Home health care, Daily safety check, Housekeeping, Laundry service, Transportation to store and medical appts

## CROW WING COUNTY

	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
Name: Edgewood Health Care, Brainerd Address: 14890 Beaver Dam Road Brainerd, MN 56401 Contact Person: Barb Albright Phone #: (218) 828-3691 E-mail: barb.albright@edgewoodvista.com Website: edgewoodhealthcare.com	98 Market Rate Units - \$2,350 - \$5,350	Controlled entry, Emergency call system, Planned activities, Three meals daily, Daily safety check, Light housekeeping, Laundry service, Transportation to store and medical appts, Handicapped accessible	Home health care, Beauty/barber, Extended housekeeping, Garage, Pets
Name: Good Samaritan Society - Bethany Senior Living Apts Address: 1953 7th Street South Brainerd, MN 56401 Contact Person: Michelle or Kelli Phone #: (218) 829-1407 E-mail: kparker6@good-sam.com Website: good-sam.com	37 Market Rate Units - \$1,415 - \$1,500	Planned activities, Beauty/barber	Home health care, Emergency call system, Three meals daily, Daily safety check, Housekeeping, Laundry service, Transportation to store, Garage, Pets

## **m** MINNESOTA SENIOR LINKAGE LINE

### Caregiver Support

The Senior LinkAge Line - 800-333-2433 - is your first call if you are a caregiver looking for information or assistance. Information specialists will refer you to resources in your community. There are many community services available to help you cope with new responsibilities. These resources will help you examine options, create a plan for your caregiving tasks, and maintain balance in your life. The Senior LinkAge Line can connect caregivers to local Caregiver Consultants who understands the needs and issues of the person you're caring for and is focused on supporting you. With your Caregiver Consultant's help, you can set and meet goals, solve problems and challenges, and find helpful resources. Caregiver Consultants can also help facilitate family meetings. Gathering spouses, children, and others involved in caring for a family member may seem hard and risky. Consider using a Caregiver Consultant to facilitate a meeting. This expert will help you identify needs, share responsibilities, work through conflict, and develop a plan that will serve both the individual you care for, and all of the helpers. To find caregiver services in your area, call the Senior LinkAge Line at 800-333-2433.



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THE LODGE  
OF TAYLORS FALLS

*Managed by The Evangelical  
Lutheran Good Samaritan Society*



All faiths or beliefs are welcome.

## CROW WING COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Good Samaritan Society - Woodland-Birchwood Samaritan House Address: 2509 Greenwood Street Brainerd, MN 56401 Contact Person: Laura Dilley Phone #: (218) 829-1429 E-mail: ldilley4@good-sam.com Website: good-sam.com	16 Market Rate Units - \$4,150 - \$6,390	Controlled entry, Planned activities, Emergency call system, Three meals daily, Daily safety check, Light housekeeping, Laundry service, Home health care, Transportation to store, Handicapped accessible	Beauty/barber, Extended housekeeping
Name: Good Samaritan Society - Woodland-Elmwood Samaritan House Address: 2517 Greenwood Street Brainerd, MN 56401 Contact Person: Laura Dilley Phone #: (218) 829-1429 E-mail: ldilley4@good-sam.com Website: good-sam.com	16 Market Rate Units - \$4,150 - \$6,390	Controlled entry, Planned activities, Emergency call system, Three meals daily, Daily safety check, Light housekeeping, Laundry service, Home health care, Transportation to store, Handicapped accessible	Beauty/barber, Extended housekeeping
Name: Good Samaritan Society - Oakwood Samaritan House Address: 2501 Greenwood Street Brainerd, MN 56401 Contact Person: Laura Dilley Phone #: (218) 829-1429 E-mail: ldilley4@good-sam.com Website: good-sam.com	16 Market Rate Units - \$4,030 +	Controlled entry, Planned activities, Emergency call system, Daily safety check, Three meals daily, Laundry service, Housekeeping, Handicapped accessible	Home health care, Beauty/barber
Name: Good Samaritan Society - Woodland Senior Living Apts. Address: 200/300/320 Buffalo Hills Lane Brainerd, MN 56401 Contact Person: Laura Dilley Phone #: (218) 829-1429 E-mail: ldilley4@good-sam.com Website: good-sam.com	135 Market Rate Units - \$1,615 - \$3,780	Controlled entry, Planned activities, Emergency call system, Daily safety check, Light housekeeping, Transportation to store	Home health care, Beauty/barber, Three meals daily, Extended housekeeping, Laundry service, Garage, Pets
Name: Harmony House of Brainerd Address: 218 9th Street SW Brainerd, MN 56401 Contact Person: Lanisha Pojanowski Phone #: (218) 828-4142 E-mail: lpojanowski@horizonhealthservices.com Website: horizonhealthservices.org	20 Market Rate Units - \$4,170 - \$7,440	Controlled entry, Planned activities, Home health care, Three meals daily, Emergency call system, Daily safety check, Laundry service, Housekeeping, Handicapped accessible	Beauty/barber



## CROW WING COUNTY

### Monthly Rental Fee

### Services Included in Rent

### On-site Services Available at an Extra Charge

Name: Mississippi Terrace  
Address: 215 4th Street SW  
Brainerd, MN 56401  
Contact Person: Deb Lamecker  
Phone #: (218) 829-0274  
E-mail: missterr@brainerd.net  
Website: inhproperties.com

113 Subsidized  
Units -  
Rent Based  
on Income

Handicapped accessible

Laundry service

Name: Oak Crest Manor I  
Address: 2106 Spruce Drive  
Brainerd, MN 56401  
Contact Person: Beth Pertula  
Phone #: (218) 366-6731  
Email: info@dwjonesmanagement.com  
Website: dwjonesmanagement.com

16 Subsidized  
Units - Rent  
Based on Income

Controlled entry,  
Handicapped accessible

Pets

Name: Oak Crest Manor II  
Address: 2014 Spruce Drive  
Brainerd, MN 56401  
Contact Person: Beth Pertula  
Phone #: (218) 366-6731  
Email: info@dwjonesmanagement.com  
Website: dwjonesmanagement.com

14 Market Rate  
Rate Units -  
\$545 - \$580

Controlled entry,  
Handicapped accessible

Pets

Name: Dellwood & Edgewood Apartments  
Address: 300 3rd Avenue NE  
Crosby, MN 56441  
Contact Person: Deanna Heglund  
Phone #: (218) 546-5088  
E-mail: dee@crosbyhra.org  
Website: crosbyhra.org

25 Subsidized  
Units - Rent  
Based on Income

Controlled entry,  
Handicapped accessible

Pets

Name: Hallett Cottages Memory Care  
Address: 350 4th Street NE  
Crosby, MN 56441  
Contact Person: Shane Holmin  
Phone #: (218) 545-8522  
E-mail: mholmin@cuyunamed.org  
Website: heartwoodliving.org

100 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Planned activities,  
Handicapped accessible

Congregate noon meal,  
Pets

Name: Heartwood Terrace  
Independent Living  
Address: 500 Heartwood Drive  
Crosby, MN 56441  
Contact Person: Shane Holmin  
Phone #: (218) 545-8522  
E-mail: mholmin@cuyunamed.org  
Website: heartwoodliving.org

16 Market  
Rate Units -  
\$1,960

Controlled entry,  
Planned activities,  
Three meals daily,  
Daily safety check,  
Light housekeeping,  
Laundry service,  
Handicapped accessible

Home health care,  
Extended housekeeping

Name: Heartwood Terrace  
Independent Living  
Address: 500 Heartwood Drive  
Crosby, MN 56441  
Contact Person: Shane Holmin  
Phone #: (218) 545-8522  
E-mail: mholmin@cuyunamed.org  
Website: heartwoodliving.org

50 Market  
Rate Units -  
\$1,450 - \$3,075

Controlled entry,  
Planned activities,  
Handicapped accessible

Beauty/barber,  
Three meals daily,  
Housekeeping,  
Laundry service,  
Home health care,  
Daily safety check,  
Garage,  
Pets

## CROW WING COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Heartwood Commons  
Assisted Living  
Address: 500 Heartwood Drive  
Crosby, MN 56441  
Contact Person: Shane Holmin  
Phone #: (218) 545-8522  
E-mail: mholmin@cuyunamed.org  
Website: heartwoodliving.org

36 Market  
Rate Units -  
\$3,195 - \$3,755

Controlled entry,  
Planned activities,  
Emergency call system,  
Two meals daily,  
Light housekeeping,  
Daily safety check,  
Handicapped accessible

Beauty/barber,  
Extended housekeeping,  
Laundry service,  
One additional meal,  
Home health care,  
Garage,  
Pets

Name: Heartwood Arbor Memory Care  
Address: 500 Heartwood Drive  
Crosby, MN 56441  
Contact Person: Shane Holmin  
Phone #: (218) 545-8522  
E-mail: mholmin@cuyunamed.org  
Website: heartwoodliving.org

12 Market  
Rate Units -  
\$3,705 - \$4,275

Controlled entry,  
Planned activities,  
Emergency call system,  
Daily safety check,  
Three meals daily,  
Light housekeeping,  
Laundry service,  
Handicapped accessible

Beauty/barber,  
Home health care,  
Extended housekeeping

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**m** COMMERCE  
DEPARTMENT  
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INC.  
TRI-COUNTY ACTION PROGRAM  
Helping People. Changing Lives.

## CROW WING COUNTY

	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
<p>Name: Golden Horizons Assisted Living                      Address: 13631 East Shore Road                      Crosslake, MN 56442                      Contact Person: Amanda F.                      Phone #: (218) 692-6650                      E-mail: admincrosslake@goldenhorizons.org                      Website: goldenhorizons.org</p>	<p>13 Memory Care Units &amp; 23 Assisted Living Units - \$2,355 - \$4,890</p>	<p>Home health care, Planned activities, Emergency call system, Daily safety check, Three meals daily, Light housekeeping, Laundry service, Handicapped accessible</p>	<p>Beauty/barber, Extended housekeeping, Pets</p>
<p>Name: Whitefish at the Lakes Assisted Living Apartments                      Address: 35625 Ostlund Avenue                      Crosslake, MN 56442                      Contact Person: Alison Meyer                      Phone: (218) 210-0770                      E-mail: alison.meyer@twsl.com                      Website: whitefishatthelakes.com</p>	<p>33 Market Rate Units - \$3,300 - \$4,200</p>	<p>Controlled entry, Planned activities, Emergency call system, Three meals daily, Daily safety check, Light housekeeping, Laundry service, Transportation to store and medical appts, Handicapped accessible</p>	<p>Home health care, Beauty/barber, Extended housekeeping, Laundry service, Garage, Pets</p>
<p>Name: Whitefish at the Lakes Independent Plus Apartments                      Address: 35625 Ostlund Avenue                      Crosslake, MN 56442                      Contact Person: Alison Meyer                      Phone: (218) 210-0770                      E-mail: alison.meyer@twsl.com                      Website: whitefishatthelakes.com</p>	<p>32 Market Rate Units - \$2,500 - \$3,400</p>	<p>Controlled entry, Planned activities, Emergency call system, One meal daily, Daily safety check, Transportation to store and medical appts, Handicapped accessible</p>	<p>Home health care, Beauty/barber, Housekeeping, Laundry service, Garage, Pets</p>
<p>Name: Whitefish at the Lakes Legacy Court Memory Care Apts                      Address: 35625 Ostlund Avenue                      Crosslake, MN 56442                      Contact Person: Alison Meyer                      Phone: (218) 210-0770                      E-mail: alison.meyer@twsl.com                      Website: whitefishatthelakes.com</p>	<p>21 Market Rate Units - \$4,300 - \$4,600</p>	<p>Controlled entry, Planned activities, Three meals daily, Housekeeping, Laundry service, Handicapped accessible</p>	<p>Home health care, Beauty/barber</p>
<p>Name: Indian Carry Apartments                      Address: 21745 Indian Carry                      Deerwood, MN 56444                      Contact Person: Judy Steinke                      Phone #: (218) 534-2912                      E-mail: dwdhousing@centurylink.net                      Website: deerwoodhousing.com</p>	<p>11 Subsidized Units - Rent Based on Income</p>	<p>Handicapped accessible</p>	<p>Pets</p>
<p>Name: Woodland Apartments                      Address: 23771 Broadway                      Deerwood, MN 56444                      Contact Person: Judy Steinke                      Phone #: (218) 534-2912                      E-mail: dwdhousing@centurylink.net                      Website: deerwoodhousing.com</p>	<p>12 Subsidized Units - Rent Based on Income</p>	<p>Handicapped accessible</p>	<p>Pets</p>
	<p>8 Market Rate Units - \$380 - \$387</p>		

## CROW WING COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Ironton Terrace Apartments  
Address: 500 8th Avenue  
Ironton, MN 56455  
Contact Person: Carla Gutzman  
Phone #: (218) 546-6886  
E-mail: cuyunarangehousing@gmail.com

24 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry

Laundry service,  
Pets

Name: Ironton Villa Apartments  
Address: 413 Viola Avenue  
Ironton, MN 56455  
Contact Person: Carla Gutzman  
Phone #: (218) 546-6886  
E-mail: cuyunarangehousing@gmail.com

11 Subsidized  
Units - Rent  
Based on Income

Controlled entry

Laundry service,  
Pets

5 Market  
Rate Units -  
\$399 - \$548

Name: Hills Crossing Senior Living  
Address: 5307 Hills Crossing Road  
Nisswa, MN 56468  
Contact Person: Sarah Peters  
Phone #: (218) 203-9820  
E-mail: director@hcseniorliving.com  
Website: hcseniorliving.com

30 Market  
Rate Units -  
\$5,077

Controlled entry,  
Emergency call system,  
Daily safety check,  
Planned activities,  
Light housekeeping,  
Laundry service,  
Handicapped accessible

Home health care,  
Beauty/barber,  
Extended housekeeping,  
Three meals daily

Name: Pine Shadows Apartments  
Address: 25953 Church Street  
Nisswa, MN 56468  
Contact Person: Beth Pertula  
Phone #: (218) 366-6731  
E-mail: info@dwjonesmanagement.com  
Website: dwjonesmanagement.com

8 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Handicapped accessible

Pets

Name: Alpine Apartments  
Address: 31176 Pequot Blvd.  
Pequot Lakes, MN 56472  
Contact Person: Tamra or Lynn  
Phone #: (218) 568-4555  
E-mail: hrapl@tds.net

7 Subsidized  
Units - Rent  
Based on Income

Controlled entry

Name: Parkview I Apartments  
Address: 31215 North Heath Street  
Pequot Lakes, MN 56472  
Contact Person: Tamra or Lynn  
Phone #: (218) 568-4555  
E-mail: hrapl@tds.net

24 Subsidized  
Units - Rent  
Based on Income

Controlled entry

Name: Senior Class Community  
Address: 4451 E Woodman Street  
Pequot Lakes MN 56472  
Contact Person: Mindy or Howard  
Phone #: (218) 568-5605  
E-mail: mindy.howard@sc-community.com  
Website: seniorclasscommunity.com

15 Market  
Rate Units -  
\$3,390 - \$3,590

15 Subsidized  
Units - Rent  
Based on Income

Controlled entry,  
Planned activities,  
Three meals daily,  
Daily safety check,  
Emergency call system,  
Housekeeping,  
Laundry service,  
Handicapped accessible,  
Pets

Home health care,  
Beauty/barber,  
Transportation to store  
and medical appts

## CROW WING COUNTY

**Monthly  
Rental Fee**

**Services Included  
in Rent**

**On-site Services Available  
at an Extra Charge**

Name: Shiloh Assisted Living  
Address: 5384 Country Care Lane  
Pequot Lakes, MN 56472  
Contact Person: Michaele Nelson  
Phone #: (218) 568-4673  
E-mail: michaelen@shilohassistedliving.com  
Website: shilohassistedliving.com

50 Units -  
Rent Based  
on Level  
of Care

Beauty/barber  
Planned activities,  
Home health care,  
Three meals daily,  
Daily safety check,  
Emergency call system,  
Housekeeping,  
Laundry service,  
Transportation to store,  
Handicapped accessible

Name: Sibley Terrace Apartments  
Address: 31203 North Oak Street  
Pequot Lakes, MN 56472  
Contact Person: Tamra or Lynn  
Phone #: (218) 568-4555  
E-mail: hrapl@tds.net

24 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry

Name: West Grove Townhomes  
Address: 31203 N Oak Street  
Pequot Lakes, MN 56472  
Contact Person: Tamra or Lynn  
Phone #: (218) 568-4555  
Email: hrapl@tds.net

8 Market  
Rate Units -  
\$710 - \$810

Garage

## Are You 65 or Over?

If you've ever worried about paying for your prescription medication or your Medicare premiums, there's good news. You may qualify for special programs funded by the Federal government and the State of Minnesota.

The cost of health care premiums or medication shouldn't keep you awake at night, not when there are programs designed to help.

If you need help understanding your benefits, you can contact the Senior LinkAge Line at 800-333-2433 for trustworthy and unbiased counseling.

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## ISANTI COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Braham Heights  
Address: 204 5th Street SW  
Braham, MN 55006  
Contact Person: Katie Harris  
Phone #: (320) 259-0393  
Email: pm@cmhp.net  
Website: cmhp.net

12 Subsidized  
Units - Rent  
Based on Income

Pets

Name: Elmhurst Commons  
Address: 400 SW 3rd Street  
Braham, MN 55006  
Contact Person: Angel Kahler  
Phone #: (320) 396-0440  
E-mail: angel.kahler@vqpm.com  
Website: vqpm.com

36 Market  
Rate Units -  
\$3,100 - \$3,500

Controlled entry,  
Planned activities,  
Daily safety check,  
Transportation to store  
and medical appts,  
Home health care,  
Emergency call system,  
Housekeeping,  
Laundry service,  
Handicapped accessible

Three meals daily,  
Garage

Name: Park Manor Apts-Braham HRA  
Address: 409 Central Drive W  
Braham, MN 55006  
Contact Person: Executive Director  
Phone #: (320) 396-3580  
E-mail: ed@bhaparkmanorapts.com

32 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Beauty/barber,  
Planned activities,  
Housekeeping,  
Handicapped accessible,  
Pets

Congregate noon meal

Name: Ashland Place  
Address: 222 N Ashland Street  
Cambridge, MN 55008  
Contact Person: Wendy  
Phone #: (763) 689-5323  
E-mail: wenglund@bergstad.com  
Website: bergstad.com

44 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Planned activities,  
Handicapped accessible

Beauty/barber,  
Pets

Name: GracePointe Crossing  
Mill Ridge Terrace  
Address: 235 Fern Street N  
Cambridge, MN 55008  
Contact Person: Darla Wessels  
Phone #: (763) 691-2143  
E-mail: dwessels@preshomes.org  
Website: gracepointecrossing.org

56 Market  
Rate Units -  
\$1,165 - \$1,695

Controlled entry,  
Planned activities,  
Light housekeeping,  
Transportation to store  
and medical appts

Beauty/barber,  
Extended housekeeping,  
Garage,  
Pets

Name: GracePointe Crossing  
The Commons  
Address: 1545 River Hills Pkwy NW  
Cambridge, MN 55008  
Contact Person: Molly Carlson  
Phone #: (763) 691-6166  
E-mail: mcarlson@preshomes.org  
Website: gracepointecrossing.org

62 Market  
Rate Units -  
\$2,100 - \$3,315

Controlled entry,  
Planned activities,  
Emergency call system,  
Three meals daily,  
Daily safety check,  
Light housekeeping,  
Transportation to store  
and medical appts

Beauty/barber,  
Home health care,  
Extended housekeeping,  
Laundry service,  
Pets

## ISANTI COUNTY

	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
Name: GracePointe Crossing The Terrace Address: 1545 River Hills Pkwy NW Cambridge, MN 55008 Contact Person: Katie Bailey Phone #: (763) 691-6166 E-mail: kbailey@preshomes.org Website: gracepointecrossing.org	50 Market Rate Units - \$1,750 - \$2,780	Controlled entry, Planned activities, Transportation to store and medical appts, Emergency call system	Beauty/barber, Three meals daily, Housekeeping, Garage, Pets
Name: GracePointe Crossing Village Homes Address: 1545 River Hills Pkwy NW Cambridge, MN 55008 Contact Person: Katie Bailey Phone #: (763) 691-6166 E-mail: kbailey@preshomes.org Website: gracepointecrossing.org	40 Market Rate Units - \$1,375 - \$1,420	Transportation to store and medical appts, Planned activities, Garage	Beauty/barber, Three meals daily, Housekeeping, Pets

## Introducing Coffee Talk

If you're like us and feeling a little up and down these days, you just might enjoy a good phone chat. What a great perk-me-up!



Pick up the phone and connect with someone for a good chuckle or story, to share memories, or whatever is on your mind. It's that easy!

### Join us "at the table"

If this sounds like something you would enjoy, join us "at the table" with your favorite morning beverage, to start your day! Whether you like your coffee bold or light, we guarantee good company and engaging conversation. It's FREE and confidential.

Chat sessions are Monday-Friday from 8 am to 12 Noon  
**Toll-Free: 877-238-2282**  
**or 612-746-0728**

Coffee Talk is a drop-in chat service from Little Brothers-Friends of the Elderly



*The older you get, the smarter we look.*

## Seven County Senior Federation

Advocacy · Echoes Newspaper  
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 across East Central Minnesota

**320-679-4700**



## GENTLE HANDS OF TIME

Home Care Services to help Seniors who want to continue living in the comforts of their home

**Please call 763-552-4043 for complimentary consult!**

## ISANTI COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Riverwood Village  
Address: 909 Dellwood Street S  
Cambridge, MN 55008  
Contact Person: Jordon Thompson  
Phone #: (763) 645-1550  
E-mail: jpthompson1@avinityseniorliving.org  
Website: riverwoodvillage.org

45 Market  
Rate Units -  
\$970 - \$1,580

Controlled entry,  
Planned activities,  
Emergency call system,  
Daily safety check,  
Light housekeeping,  
Handicapped accessible

Beauty/barber,  
Extended housekeeping,  
Garage

Name: Rosewood Senior Living  
Address: 801 Main Street N  
Cambridge, MN 55008  
Contact Person: Nikkita Ostrom  
Phone #: (763) 552-1340  
E-mail: nikkita.o@rosewoodsl.com  
Website: rosewoodsl.net

36 Subsidized  
& Market Rate  
Units -  
\$2,242 - \$3,225

Planned activities,  
Controlled entry,  
Emergency call system,  
Daily safety check,  
Light housekeeping,  
Handicapped accessible

Beauty/barber,  
Congregate noon meal,  
Pets

Name: Walker Methodist Levande  
Address: 2011 6th Lane SE  
Cambridge, MN 55008  
Contract Person: Victoria Svoboda  
Phone #: (763) 325-0100  
E-mail: vsvoboda@walkermethodist.org  
Website: walkermethodist.org

69 Market  
Rate Units -  
\$1,935 - \$3,215

Controlled entry,  
Planned activities,  
Daily safety check,  
Emergency call system,  
Transportation to store  
and medical appts,  
Light housekeeping,  
Congregate noon meal,  
Handicapped accessible

Home health care,  
Extended housekeeping  
Two meals daily,  
Beauty/barber,  
Laundry service,  
Pets

Name: Meadows Edge  
Address: 106 Heritage Blvd. NE  
Isanti, MN 55040  
Contact Person: Tanya Reed  
Phone #: (320) 679-2863  
Email: woodcrest@thiestalle.com  
Website: thiestalle.com

20 Market  
Rate Units -  
\$750 - \$865

Controlled entry,  
Handicapped accessible

Pets

Name: Parkview Apartments  
Address: 5th Avenue NW  
Isanti, MN 55040  
Contact Person: Laverne/Sue  
Phone #: (763) 444-8725  
E-mail: larsen2854@aol.com

19 Subsidized  
Units - Rent  
Based on Income

9 Market  
Rate Units -  
\$400 - \$500

Pets

Name: Prairie Senior Cottages  
Address: 706 6th Avenue NE  
Isanti, MN 55040  
Contact Person: Jamie Usher  
Phone #: (763) 444-4626  
E-mail: jamie@pscminn.com  
Website: prairieseniorcottages.com

6 Subsidized  
Units - Rent  
Based on Income

18 Market  
Rate Units -  
\$5,790 - \$8,340

Controlled entry,  
Planned activities,  
Daily safety check,  
Three meals daily,  
Housekeeping,  
Laundry service,  
Garage,  
Handicapped accessible

Pets



## KANABEC COUNTY

	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
<p>Name: Dala House Apartments                      Address: 470 Bean Avenue                      Mora, MN 55051                      Contact Person: Adrian B.                      Phone #: (320) 679-4789                      E-mail: adrian@morahra.org                      Website: morahra.org</p>	<p>24 Subsidized Units - Rent Based on Income</p>	<p>Controlled entry, Handicapped accessible</p>	<p>Congregate noon meal, Garage, Pets</p>
<p>Name: Eastwood Senior Living                      Address: 170 Valhalla Circle                      Mora, MN 55051                      Contact Person: Lisa Lunde                      Phone #: (320) 679-2916                      E-mail: llunde@walkermethodist.org                      Website: eastwoodseniorliving.com</p>	<p>15 Subsidized Units - Rent Based on Income                       30 Market Rate Units - \$2,710 +</p>	<p>Controlled entry, Planned activities, Three meals daily, Housekeeping, Laundry service, Handicapped accessible</p>	<p>Home health care, Beauty/barber, Pets</p>
<p>Name: Mysa House Apartments                      Address: 141 Valhalla Circle                      Mora, MN 55051                      Contact Person: Beth P.                      Phone #: (218) 824-8403                      E-mail: info@dwjonesmanagement.com                      Website: dwjonesmanagement.com</p>	<p>24 Subsidized Units - Rent Based on Income                      \$650 - \$750</p>	<p>Controlled entry, Planned activities</p>	<p>Garage, Pets</p>
<p>Name: Park Forest Estates                      Address: 200 Park Street S                      Mora, MN 55051                      Contact Person: Abby Brodman/Laura Martin                      Phone #: (612) 987-2824/(320) 679-5610                      E-mail: Nmimgmt58@gmail.com                      Website: northernmanagement.com</p>	<p>52 Market Rate Units - \$1,010 - \$1,500</p>	<p>Controlled entry, Handicapped accessible</p>	<p>Beauty/barber, Garage, Pets</p>
<p>Name: Pine Crest Manor                      Address: 420 Bean Avenue                      Mora, MN 55051                      Contact Person: Adrian B.                      Phone #: (320) 679-4789                      E-mail: adrian@morahra.org                      Website: morahra.org</p>	<p>43 Subsidized Units - Rent Based on Income</p>	<p>Controlled entry, Handicapped accessible</p>	<p>Garage, Pets</p>
<p>Name: Scandia House of Mora                      Address: 973 Maple Avenue E                      Mora, MN 55051                      Contact Person: Christina Arrell                      Phone #: (320) 266-3028                      E-mail: christina.arrell@sv-al.com                      Website: scandiaseniorcare.com</p>	<p>9 Subsidized Units - Rent Based on Income                       3 Market Rate Units - \$4,500 - \$5,500</p>	<p>Home health care, Planned activities, Emergency call system, Daily safety check, Three meals daily, Housekeeping, Laundry service, Controlled entry, Beauty/barber, Transportation to store and medical appts, Handicapped accessible, Pets</p>	

## KANABEC COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: St. Clare's Living Community  
Address: 101 9th Street  
Mora, MN 55051  
Contact Person: Amanda Fix  
Phone #: (320) 679-2576  
E-mail: amanda.fix@lsfhealth.org

35 Market  
Rate Units -  
\$2,450 - \$6,305

Controlled entry,  
Planned activities,  
Emergency call system,  
Daily safety check,  
Light housekeeping

Home health care,  
Three meals daily,  
Beauty/barber,  
Extended housekeeping,  
Laundry service,  
Garage,  
Pets

Name: Vasa House Apartments  
Address: 155 Valhalla Circle  
Mora, MN 55051  
Contact Person: Adrian B.  
Phone #: (320) 679-4789  
E-mail: adrian@morahra.org  
Website: morahra.org

22 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Handicapped accessible

Pets

Name: Woodcrest Manor Senior Apts  
Address: 450 Bean Avenue  
Mora, MN 55051  
Contact Person: Tanya Reed  
Phone #: (320) 679-2863  
E-mail: woodcrest@thiestalle.com  
Website: thiestalle.com/woodcrest

42 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Planned activities,  
Handicapped accessible

Laundry service,  
Garage,  
Pets

Name: Ogilvie Square Apartments  
Address: 206 Oric Avenue  
Ogilvie, MN 56358  
Contact Person: Annette Alley  
Phone #: (763) 639-1855  
E-mail: info@cepcomanagement.com  
Website: cepcomanagement.com

15 Subsidized  
Units -  
Rent Based  
on Income

Handicapped accessible

Name: Signe and Olivias  
Address: 1545 Harbor Street  
Ogilvie, MN 56358  
Contact Person: Ashley Thompson  
Phone #: (320) 272-0115

10 Market Rate  
& Subsidized  
Units -  
\$3,800 +

Home health care,  
Planned activities,  
Three meals daily,  
Emergency call sytem,  
Daily safety check,  
Housekeeping,  
Laundry service,  
Transportation to store  
and medical appts,  
Handicapped accessible

## MILLE LACS COUNTY

	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
Name: Isle View Apartments Address: 205 1st Avenue N Isle, MN 56342 Contact Person: Christine Eggert Phone #: (320) 364-0517 E-mail: christine.eggert@voamn.org	41 Subsidized Units - Rent Based on Income	Planned activities, Controlled entry, Handicapped accessible	Pets
Name: Mille Lacs Manor Address: 510 Main Street W Isle, MN 56342 Contact Person: Christine Eggert Phone #: (320) 258-6000 Website: inhproperties.com	4 Market Rate Units - \$470 - \$485		Pets
Name: Scandia House of Isle Address: 540 Isle Street E Isle, MN 56342 Contact Person: Christina Arrell Phone #: (320) 266-3028 E-mail: christina.arrell@sv-al.com Website: scandiaseniorcare.com	9 Subsidized Units - Rent Based on Income  3 Market Rate Units - \$4,500 - \$5,500	Home health care, Planned activities, Emergency call system, Daily safety check, Three meals daily, Housekeeping, Laundry service, Beauty/barber, Controlled entry, Transportation to store and medical appts, Handicapped accessible, Pets	
Name: Centennial Manor Address: 210 1st Street E Milaca, MN 56353 Contact Person: Julie Phone #: (320) 982-5405 Website: metroplains.com	30 Subsidized Units - Rent Based on Income	Controlled entry, Handicapped accessible	
Name: Centennial Terrace Address: 380 1st Street E Milaca, MN 56353 Contact Person: Julie Phone #: (320) 982-5405 Website: metroplains.com	24 Subsidized Units - Rent Based on Income	Controlled entry, Handicapped accessible	
Name: Milaca Elim Meadows Address: 740 2nd Street SE Milaca, MN 56353 Contact Person: Kathy Ann Langlie Phone #: (320) 983-6386 E-mail: kathyann.langlie@cassialife.org Website: milacaelimmeadows.org	34 Market Rate Units - \$2,975 - \$3,910	Emergency call system, Planned activities, Daily safety check, Handicapped accessible	Home health care, Beauty/barber, Three meals daily, Housekeeping, Laundry service, Garage

## MILLE LACS COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Sunrise Village of Milaca  
Address: 115 9th Street NW  
Milaca, MN 56353  
Contact Person: Lori Carlson  
Phone #: (320) 982-7000  
E-mail: lori.c@sunrisevillageofmilaca.com  
Website: sunrisevillageofmilaca.com

35 Market  
Rate Units -  
\$984 +

Planned activities,  
Handicapped accessible

Home health care,  
Three meals daily,  
Beauty/barber,  
Emergency call system,  
Daily safety check,  
Housekeeping,  
Laundry service,  
Pets

Name: Milaca Park Apartments  
Address: 240 2nd Avenue SW  
Milaca, MN 56353  
Contact Person: Patty Bergeron  
Phone #: (320) 983-6631

50 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Emergency call system,  
Handicapped accessible

Name: Lake Song Assisted Living  
Address: 206 Elm Street N  
Onamia, MN 56359  
Contact Person: Cathy Hughes  
Phone #: (320) 532-2000  
E-mail: chughes@mlhealth.org

35 Market  
Rate Units -  
\$2,850 - \$4,920

Controlled entry,  
Planned activities,  
Emergency call system,  
Three meals daily,  
Light housekeeping,  
Laundry service,  
Handicapped accessible

Home health care,  
Beauty/barber,  
Extended housekeeping,  
Daily safety check,  
Pets

Name: Oakwood Apartments  
Address: 201 N Oak Street  
Onamia, MN 56359  
Contact Person: Jeff Schoenleben  
Phone #: (320) 532-4321  
E-mail: jeff@inhproperties.com  
Website: inhproperties.com

33 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Handicapped accessible,  
Pets

Laundry service

Name: Onamia Shores  
Address: 300 N Ash Street  
Onamia, MN 56359  
Contact Person: Jeff Schoenleben  
Phone #: (320) 532-4321  
E-mail: jeff@inhproperties.com  
Website: inhproperties.com

10 Subsidized  
Units - Rent  
Based on Income  
  
2 Market Rate  
Units - \$515

Controlled entry,  
Handicapped accessible

Garage

Name: Onamia Town Square  
Address: 204 Railroad Avenue  
Onamia, MN 56359  
Contact Person: Joni Mielke  
Phone #: (320) 532-5001  
E-mail: jmielke@metroplains.com  
Website: metroplains.com

14 Subsidized  
Units - Rent  
Based on Income  
  
1 Market  
Rate Unit -  
\$580 - \$686

Controlled entry,  
Handicapped accessible

Laundry service

## MILLE LACS COUNTY

### Monthly Rental Fee

### Services Included in Rent

### On-site Services Available at an Extra Charge

Name: Assisted Living at Elim Wellspring  
 Address: 104 8th Avenue S  
 Princeton, MN 55371  
 Contact Person: Housing Director  
 Phone #: (763) 389-0424  
 E-mail: aubrey.foss@cassialife.org  
 Website: elimwellspring.org

30 Market  
 Rate Units -  
 \$2,773 - \$3,291

Planned activities,  
 Emergency call system,  
 Daily safety check,  
 Two meals daily,  
 Light housekeeping,  
 Beauty/barber,  
 Controlled entry,  
 Handicapped accessible

Home health care,  
 Third meal daily,  
 Extended housekeeping,  
 Laundry service

Name: Crystal Court Apartments  
 Address: 604 S 3rd Street  
 Princeton, MN 55371  
 Contact Person: Julie Anderson  
 Phone #: (320) 982-5405  
 E-mail: janderson@metroplains.com  
 Website: metroplains.com

44 Market  
 Rate Units -  
 \$595 - \$1,200

Controlled entry,  
 Handicapped accessible

Congregate noon meal,  
 Garage,  
 Pets

Name: Princeton Apartments  
 Address: 206 4th Avenue S  
 Princeton, MN 55371  
 Contact Person: Becky Johnson  
 Phone #: (763) 389-5074  
 E-mail: princeton@schuettcares.com

48 Subsidized  
 Units -  
 Rent Based  
 on Income

Controlled entry,  
 Planned activities,  
 Handicapped accessible

Beauty/barber,  
 Pets

Take a Tour...  
 See What Sterling Pointe  
 Has to Offer!



**Sterling Pointe**  
 SENIOR LIVING

- 1 & 2 BR Apts
- 24/7 Onsite Staff
- Beauty/Barber
- 24/7 On-call RN
- Chapel
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...because the journey matters

**Assisted Living  
 & Memory Care**

**Independent Living & Respite Care**

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 (Across from Hospital)

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**Mille Lacs Health System  
 Tending to the lifelong  
 needs of our patients.**

*Clinic, hospital and senior units  
 in one self-contained facility.*

**Long Term Care: 320-532-2729**

**Memory Care: 320-532-2731**

**Home Care/Hospice: 320-532-2800**

**Geriatric Psychiatry Unit (short term): 320-532-2750**



 **Mille Lacs Health System**

200 Elm Street North • Onamia, MN • 56359 • mlhealth.org

## MILLE LACS COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Riverside Senior Apartments  
Address: 106 4th Avenue S  
Princeton, MN 55371  
Contact Person: Michelle  
Phone #: (763) 753-1724  
Website: thiestalle.com

25 Market  
Rate Units -  
\$745 - \$900

Controlled entry,  
Emergency call system,  
Handicapped accessible

Pets

Name: Sterling Pointe Senior Living  
Address: 1250 Northland Drive  
Princeton, MN 55371  
Contact Person: Martha Ahlschlager  
Phone #: (763) 389-8655  
E-mail: martha.ahlschlager@twsl.com  
Website: sterlingpointeseniiorliving.com

57 Market  
Rate Units -  
\$3,475 - \$5,075

Controlled entry,  
Planned activities,  
Emergency call system,  
Daily safety check,  
Three meals daily,  
Light housekeeping,  
Home health care,  
Laundry service,  
Transportation to store,  
Handicapped accessible

Beauty/barber,  
Extended houskeeping,  
Garage,  
Pets

Name: The Oaks Apartments  
Address: 801 N 3rd Street  
Princeton, MN 55371  
Contact Person: Katherine Kleinbaum  
Phone #: (763) 389-2442  
E-mail: theoaks@sherbtl.net

40 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Handicapped accessible



**Tri-CAP** INC.  
TRI-COUNTY ACTION PROGRAM  
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## Health Care Fraud & Abuse

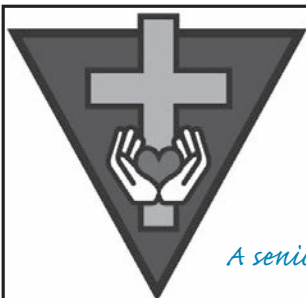
*Have you fallen victim  
to a recent scam or  
think you may have  
given some information  
about yourself that you  
shouldn't have, like your  
Social Security or  
Medicare number?*

*If you have, our  
experts can help you  
report possible fraud.*

**Call Senior LinkAge Line  
at 800-333-2433.**

## MORRISON COUNTY

	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
Name: Alverna Apartments Address: 300 8th Avenue SE Little Falls, MN 56345 Contact Person: Tammy Dalen Phone #: (320) 631-5030 Email: tdalen@metroplains.com Website: metroplains.com	60 Subsidized Units - Rent Based on Income	Controlled entry, Emergency call system, Handicapped accessible	Congregate noon meal, Pets
Name: Bridgeway Estates Address: 103 12th Street NE Little Falls, MN 56345 Contact Person: Krista Bauch Phone #: (320) 632-2089 E-mail: kbauch@sfhs.org Website: lfhs.sfhs.org	42 Market Rate Units - \$1,130 - \$1,900	Controlled entry, Planned activities, Emergency call system, Light housekeeping, Daily safety check, Handicapped accessible	Home health care, Beauty/barber, Three meals daily, Extended housekeeping, Laundry service, Garage, Pets
Name: Buckman Apartments Address: 209 1st Street SE Little Falls, MN 56345 Contact Person: Rachel Pearson Phone #: (320) 632-3387 E-mail: rpearson@metroplains.com Website: metroplains.com	27 Subsidized Units - Rent Based on Income	Controlled entry, Planned activities, Emergency call system, Handicapped accessible	Beauty/barber, Pets



[www.lfhs.sfhs.org](http://www.lfhs.sfhs.org)

## LITTLE FALLS HEALTH SERVICES

*A senior living community with spirit and compassion*



### CARE CENTER

Our care center provides the highest level of care for short and long-term stays, including assistance with daily personal needs from a 24/7 nursing staff, and end-of-life care.

Providing care with compassion and excellence.

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A home-like atmosphere without the home-owner stress. Live independently, but still get the care you deserve, from the 24/7 staff, all within the privacy of your own home.

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We offer a wide variety of personalized rehab services including physical, occupational, pediatric, and speech therapy, along with education, treatment programs, and self-management, to help keep our patients independent.

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- Independent Living • Assisted Living
- Memory Care

Beautiful one and two bedroom apartments. Individualized care plans to meet the needs of the individual, while maintaining independence. Three home cooked meals a day, housekeeping and activities to keep life fun.



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SENIOR LIVING

*...because the journey matters*

Little Falls **(320) 632-1880**

[www.highlandseiorliving.com](http://www.highlandseiorliving.com)

**MORRISON COUNTY****Monthly  
Rental Fee****Services Included  
in Rent****On-site Services Available  
at an Extra Charge**

Name: Central MN Senior Care Address: 315 6th Street SW Little Falls, MN 56345 Contact Person: Jennie Phone #: (320) 441-7001 Email: jennie.bird@centralminnesotaseniorcare.com Website: centralmnseniorcare.com	10 Subsidized & Market Rate Units - \$954 +	Controlled entry, Planned activities, Emergency call system, Daily safety check, Housekeeping, Laundry service, Three meals daily, Transportation to store and medical appts, Handicapped accessible	Home health care, Garage, Pets
Name: Diamond Willow Assisted Living Address: 5th Avenue NE Little Falls, MN 56345 Contact Person: Housing Manager Phone #: (218) 625-8488 E-mail: skleinschmidt@diamondwillow.com Website: diamondwillowassistedliving.com	20 Market Rate Units - \$5,750 - \$7,750  6 Subsidized Units - Rent Based on Income	Controlled entry, Daily safety check, Three meals daily, Planned activities, Emergency call system, Housekeeping, Laundry service, Home health care, Handicapped accessible	Beauty/barber, Pets
Name: Highland Senior Living Address: 1012 3rd Ave NE Little Falls, MN 56345 Contact Person: Jessica Hilmerson Phone #: (320) 632-1880 E-mail: jessica.hilmerson@twsl.com Website: highlandseniorliving.com	65 Market Rate Units - \$3,200 - \$4,700	Controlled entry, Planned activities, Daily safety check, Emergency call system, Three meals daily, Light housekeeping, Handicapped accessible	Beauty/barber, Extended housekeeping, Laundry service, Home health care, Garage, Pets
Name: Pine Grove Manor Address: 901 SW 1st Avenue Little Falls, MN 56345 Contact Person: Angie Rangel Phone #: (320) 632-3305 E-mail: hra@pinegrovemanor.com	98 Subsidized Units - Rent Based on Income	Controlled entry, Planned activities, Emergency call system, Beauty/barber, Handicapped accessible	Garage, Pets
Name: Harmony House Motley Address: 900 Eastwood Lane S Motley, MN 56466 Contact Person: Erin Walters Phone #: (218) 352-6941 E-mail: ewalters@horizonhealthservices.com Website: horizonhealthservices.org	18 Market Rate Units - \$3,840 - \$7,440	Controlled entry, Planned activities, Three meals daily, Housekeeping, Laundry service, Home health care, Daily safety check, Emergency call system, Beauty/barber, Handicapped accessible	
Name: Sunny Pines Address: 396 Cedar Street E Motley, MN 56466 Contact Person: Rosie Talberg Phone #: (320) 468-2303 E-mail: rosecourt@centurylink.net	20 Subsidized Units - Rent Based on Income	Controlled entry, Daily safety check, Pets	



## MORRISON COUNTY

	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
Name: Country Place of Pierz Address: 314 Cassie Street Pierz, MN 56364 Contact Person: Gwen Brausen Phone #: (320) 468-0016 E-mail: gbrausen@horizonhealthservices.com	15 Subsidized Units - Rent Based on Income	Controlled entry, Handicapped accessible	Laundry service, Pets
Name: Harmony House of Pierz Address: 26886 143rd Street Pierz, MN 56364 Contact Person: Lanisha Pojanowski Phone #: (320) 468-2811 E-mail: lpojanowski@horizonhealthservices.com Website: horizonhealthservices.org	22 Market Rate Units - \$4,170 - \$7,440	Planned activities, Emergency call system, Three meals daily, Housekeeping, Laundry service, Home health care, Daily safety check, Controlled entry, Handicapped accessible	Beauty/barber
Name: Kamnic Lane Apartments Address: 40 Kamnic Street Pierz, MN 56364 Contact Person: Sharon/Roger Phone #: (320) 468-2581 E-mail: kamnicaps@yahoo.com Website: inhproperties.com	30 Subsidized Units - Rent Based on Income	Handicapped accessible, Pets	Laundry service
Name: Pierz Meadow Ponds Assisted Living Address: 305 Ronald Avenue Pierz, MN 56364 Contact Person: Samantha Adams Phone #: (320) 468-2949 E-mail: samantha@pierzmeadowponds.com Website: pierzmeadowponds.com	20 Market Rate Units - \$3,689 +	Three meals daily, Light housekeeping, Laundry service, Home health care, Emergency call system, Planned activities, Handicapped accessible	Beauty/barber, Daily safety check, Extended housekeeping, Transportation to store and medical appts
Name: Rose Court Address: 121 Faust Street Pierz, MN 56364 Contact Person: Rosie Talberg Phone #: (320) 468-2303 E-mail: rosecourt@centurylink.net	16 Subsidized Units - Rent Based on Income	Controlled entry, Daily safety check, Emergency call system, Handicapped accessible, Pets	
Name: Eagle Court Apartments Address: 219 Eagle Court Randall, MN 56475 Contact Person: Gwen Brausen Phone #: (320) 468-0016 E-mail: gbrausen@horizonhealthservices.com	13 Subsidized Units - Rent Based on Income	Controlled entry, Handicapped accessible	Laundry service, Pets

## MORRISON COUNTY

	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
Name: Riverside Assisted Living Address: 812 East Centre Street Royalton, MN 56373 Contact Person: Sandy Stuckey Phone #: (320) 584-6484 E-mail: sandy@riversideroyalton.com Website: riversideroyalton.com	15 Market Rate Units - \$3,900 - \$6,600	Home health care, Planned activities, Emergency call system, Daily safety check, Three meals daily, Housekeeping, Laundry service, Controlled entry, Handicapped accessible	Beauty/barber
Name: Swanville Apartments Address: 102 4th Street East Swanville, MN 56382 Contact Person: Gwen Brausen Phone #: (320) 468-0016 E-mail: sandy@horizonhealthservices.com Website: horizonhealthservices.org	11 Subsidized Units - Rent Based on Income  16 Market Rate Units - \$575		Laundry service, Garage, Pets
Name: Upsala Apartments Address: 115 Oak Avenue Upsala, MN 56384 Contact Person: Gwen Brausen Phone #: (320) 468-0016 E-mail: sandy@horizonhealthservices.com Website: horizonhealthservices.org	11 Subsidized Units - Rent Based on Income  16 Market Rate Units - \$555 - \$625		Laundry service, Garage, Pets

## HELP IS AVAILABLE FOR OLDER ADULTS. YOU ARE NOT ALONE!

The pandemic has intensified many issues, including loss of social support and connections for older adults. The Senior LinkAge Line® supports older adults and their care partners to stay connected, safe, and healthy in their own homes.

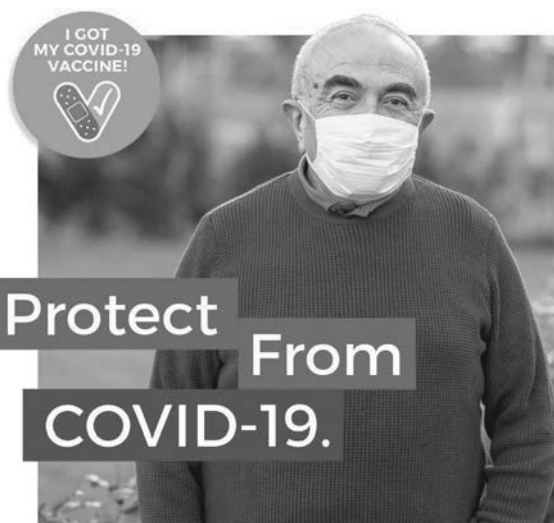
The Senior LinkAge Line® will connect you with local agencies that provide:

- Technology support and device lending libraries
- Phone reassurance and companionship
- Virtual or in-person wellness classes
- Caregiver support
- Grocery and prescription drug delivery
- Home delivered meals
- Transportation
- Help with household or outdoor chores

To connect to local services, call 800-333-2433  
or visit [mn.gov/senior-linkage-line](http://mn.gov/senior-linkage-line)

**m** MINNESOTA  
SENIOR LINKAGE LINE

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Morrison, Pine, Sherburne, Stearns, Todd, Wadena & Wright



Protect  
From  
COVID-19.

Getting a COVID-19 vaccine adds one more layer of protection.

[www.cdc.gov](http://www.cdc.gov)

If you're an older adult and you need a ride to a vaccine clinic or other community resource, call the Senior LinkAge Line

**m** 800-333-2433  
MINNESOTA  
SENIOR LINKAGE LINE

Central MN  
Council on Aging  
Supporting our aging community  
cmcoa

## PINE COUNTY

### Monthly Rental Fee

### Services Included in Rent

### On-site Services Available at an Extra Charge

Name: Vossevangen Apartments I & II  
Address: Vossevangen Way  
Askov, MN 55704  
Contact Person: Tammy Gehrke  
Phone #: (320) 493-0562  
E-mail: ipm.tg@outlook.com

24 Subsidized  
Units - Rent  
Based on Income  
  
4 Market  
Rate Units -  
\$460 - \$522

Pets

Name: Pine County HRA-Finlayson Manor  
Address: 6524 Broadway  
Finlayson, MN 55735  
Contact Person: Tammy Gehrke  
Phone #: (320) 493-0562  
E-mail: ipm.tg@outlook.com

16 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Emergency call system

Pets

Name: Elderwood of Hinckley  
Address: 710 Spring Lane  
Hinckley, MN 55037  
Contact Person: Laura Ausmus  
Phone #: (320) 384-7373  
E-mail: elderwoodofhinckley@ymail.com

24 Market  
Rate Units -  
\$2,875 - \$3,725

Controlled entry,  
Planned activities,  
Emergency call system,  
Three meals daily,  
Daily safety check,  
Housekeeping,  
Laundry service,  
Transportation to local  
store and medical appts,  
Handicapped accessible

Home health care,  
Beauty/barber,  
Transportation to out of  
town medical appts,  
Pets

Name: Mighty Fortress Manor  
Address: 206 Lawler Avenue N  
Hinckley, MN 55037  
Contact Person: Robert Mead  
Phone #: (320) 385-0321  
E-mail: leasing@vanblc.com  
Website: mfm@scicable.net

24 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Emergency call system,  
Handicapped accessible,  
Pets

Name: Twin Oaks  
Address: 518 & 522 Oak Avenue  
Hinckley, MN 55037  
Contact Person: Steve Hagen  
Phone #: (651) 780-9227  
E-mail: hage2@pro-ns.net

16 Market  
Rate Units -  
\$700 - \$800

Handicapped accessible

Name: Halter Pines I & II  
Address: 900 & 910 Hillside Avenue  
Pine City, MN 55063  
Contact Person: Michelle  
Phone #: (507) 451-8524  
E-mail: info@lifestyleinc.net  
Website: lifestyleinc.net

33 Subsidized  
Units - Rent  
Based on Income  
  
44 Market  
Rate Units -  
\$485 - \$684

Controlled entry,  
Handicapped accessible

Pets

## PINE COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Hillside Court Apartments  
Address: 905 7th Street SW  
Pine City, MN 55063  
Contact Person: Deb Robelia  
Phone #: (320) 629-6301  
E-mail: hraopc@qwestoffice.net

27 Subsidized  
Units - Rent  
Based on Income  
  
7 Market  
Rate Units -  
\$535 - \$540

Controlled entry,  
Laundry service,  
Handicapped accessible

Pets

Name: North Pine Apartments  
Address: 905 Johnson Avenue  
Pine City, MN 55063  
Contact Person: Michelle  
Phone #: (507) 451-8524  
E-mail: info@lifestyleinc.net  
Website: lifestyleinc.net

20 Subsidized  
Units - Rent  
Based on Income  
  
19 Market  
Rate Units -  
\$480 - \$706

Controlled entry,  
Handicapped accessible

Pets

Name: Northern Pines  
Assisted Living/Memory Care  
Address: 1305 8th Street SW  
Pine City, MN 55063  
Contact Person: Sue Carlson  
Phone #: (320) 629-7272  
E-mail: scarlson@northernpinesassisted.com  
Website: northernpinesassisted.com

36 Market  
Rate Units -  
\$1,795 - \$4,134

Planned activities,  
Emergency call system,  
Daily safety check,  
Three meals daily,  
Housekeeping,  
Laundry service,  
Transportation to store  
and medical appts,  
Handicapped accessible

Home health care,  
Beauty/barber,  
Pets

Name: Scandia House of Pine City  
Address: 14856 Edgewater Road NE  
Pine City, MN 55063  
Contact Person: Kristina  
Phone #: (320) 360-1223  
E-mail: scandiaseniorcare@gmail.com  
Website: scandiaseniorcare.com

9 Subsidized  
Units - Rent  
Based on Income  
  
3 Market  
Rate Units -  
\$4,500 - \$5,500

Home health care,  
Emergency call system,  
Daily safety check,  
Three meals daily,  
Housekeeping,  
Laundry service,  
Beauty/barber,  
Planned activities,  
Controlled entry,  
Transportation to store  
and medical appts,  
Handicapped accessible,  
Pets

Name: Sophie's Manor  
Address: 17500 Ranch Drive  
Pine City, MN 55063  
Contact Person: Ashley or Nataliya  
Phone #: (320) 629-2064  
E-mail: sophiesmanor@hotmail.com  
Website: sophiesmanor.com

10 Market  
Rate Units -  
\$4,000 - \$4,800

Planned activities,  
Daily safety check,  
Three meals daily,  
Housekeeping,  
Laundry service,  
Handicapped accessible

Pets

## PINE COUNTY

### Monthly Rental Fee

### Services Included in Rent

### On-site Services Available at an Extra Charge

Name: Westchester Village Senior Apts  
Address: 525 Westchester Drive NE  
Pine City, MN 55063  
Contact Person: Shirley Grewe  
Phone #: (320) 629-7161  
E-mail: sgrewe@stuartco.com  
Website: stuartco.com

60 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Planned activities

Beauty/barber,  
Pets

Name: Golden Horizons Assisted Living  
& Specialty Care  
Address: 1109 Lundorff Drive  
Sandstone, MN 55072  
Contact Person: Administrator  
Phone #: (320) 216-7300  
E-mail: adminsandstone@goldenhorizons.org  
Website: goldenhorizons.org

36 Market  
Rate Units -  
\$3,130 - \$3,930

Planned activities,  
Emergency call system,  
Daily safety check,  
Three meals daily,  
Housekeeping,  
Laundry service,  
Transportation to  
medical appts,  
Handicapped accessible

Beauty/barber,  
Pets

Name: Pine County HRA-Sandstone Manor  
Address: 510 5th Street  
Sandstone, MN 55072  
Contact Person: Tammy Gehrke  
Phone #: (320) 493-0562  
E-mail: ipm.tg@outlook.com

16 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Emergency call system,  
Handicapped accessible

Pets

Name: Sandstone Square Apartments  
Address: 231 Minnesota Street  
Sandstone, MN 55072  
Contact Person: Cindy Rushmeyer  
Phone #: (320) 279-8295  
E-mail: dcrushmeyer@yahoo.com  
Website: cepcomanagement.com

15 Subsidized  
Units - Rent  
Based on Income  
\$0 - \$645

Name: Wild River Senior Apartments  
Address: 300 Commercial Avenue N  
Sandstone, MN 55072  
Contact Person: Kelly Steltenpohl  
Phone #: (320) 245-2999  
E-mail: kelly.steltenpohl@sandstonehealthcc.com  
Website: wildriversandstone.com

36 Market  
Rate Units -  
\$775 - \$1,000

Controlled entry

Garage,  
Pets

## Care Transitions

Are you or a loved one looking to return home from a nursing home or stay in your home? Our experts can help you transition back to the community and help find resources and services to support your needs. Call the Senior LinkAge Line at 800-333-2433.

## SHERBURNE COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Shepherd of Grace Senior Apts.  
Address: 11175 27th Avenue SE  
Becker, MN 55308  
Contact Person: Housing Manager  
Phone #: (763) 450-6670  
E-mail: info@gsc-mn.org  
Website: goodshepherdcampus.org

33 Market  
Rate Units -  
\$1,260 - \$1,998  
  
Optional Assisted  
Living Package -  
\$2,109 +

Controlled entry,  
Planned activities,  
Emergency call system,  
Housekeeping

Home health care,  
Beauty/barber,  
Three meals daily,  
Emergency call system,  
Garage

Name: Shepherd of Grace Assisted Living  
with Dementia Care  
Address: 11175 27th Avenue SE  
Becker, MN 55308  
Contact Person: Housing Manager  
Phone #: (763) 450-6670  
E-mail: info@gsc-mn.org  
Website: goodshepherdcampus.org

69 Market Rate  
Rate Units -  
\$995 - \$1,998  
  
Basic Package -  
\$1,675 +

Controlled entry,  
Planned activities,  
Transportation to store,  
Handicapped accessible

Home health care,  
Beauty/barber,  
Emergency call system,  
Daily safety check,  
Three meals daily,  
Housekeeping,  
Laundry service,  
Garage

Name: Shepherd of Grace  
Memory Care Cottages  
Address: 11175 27th Avenue SE  
Becker, MN 55308  
Contact Person: Housing Manager  
Phone #: (763) 450-6670  
E-mail: info@gsc-mn.org  
Website: goodshepherdcampus.org

18 Market Rate  
Units - \$995  
  
Basic Package -  
\$4,533 +

Controlled entry,  
Planned activities,  
Handicapped accessible

Home health care,  
Beauty/barber,  
Emergency call system,  
Daily safety check,  
Three meals daily,  
Housekeeping,  
Laundry service

Name: Woodbriar Apartments  
Address: 12115 Rye Street  
Becker, MN 55308  
Contact Person: Lindsey Budan  
Phone #: (763) 241-4430  
E-mail: lbudan@ga-er.org  
Website: guardianangelsmn.org

20 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Emergency call system

Beauty/barber,  
Pets

Name: Autumn Winds Apartments  
Address: 121 Euclid Avenue  
Big Lake, MN 55309  
Contact Person: Bridgette Manderfeld  
Phone #: (763) 228-2562  
E-mail: bmanderfeld5@yahoo.com  
Website: inhproperties.com

24 Subsidized  
Units - Rent  
Based on Income  
  
1 Market  
Rate Unit -  
\$715

Controlled entry,  
Handicapped accessible

Laundry service,  
Pets

Name: Cherrywood Advanced Living  
Address: 177 Henry Road  
Big Lake, MN 55309  
Contact Person: Wendy Lang  
Phone #: (320) 257-7445  
E-mail: wendylang@cherrywoodal.com  
Website: cherrywoodal.com

20 Market  
Rate Units -  
\$3,850

Controlled entry,  
Planned activities,  
Three meals daily,  
Daily safety check,  
Emergency call system,  
Light housekeeping,  
Laundry service,  
Handicapped accessible

Home health care,  
Beauty/barber,  
Extended housekeeping

“ They're wonderful.

They help me in so many ways.

In the wintertime, I need a little more help with things and it's so nice to know they're always just a phone call away.

They want the best for me. I trust them.”



# COUNTRY MANOR HOME CARE

**Part of the award-winning Country Manor family**

**Locally and nationally recognized**

- ✓ Medicare Certified Home Care Agency Provider
- ✓ Veterans Administration Contracted Services
- ✓ Accepting of Commercial Insurance Plans
- ✓ Serving Seniors for 50 years
- ✓ Customizable, individualized approach
- ✓ Providing medicare certified skilled care in home and facility settings

## OUR PROMISE TO YOU:

**TO HELP YOU MAINTAIN INDEPENDENCE AND STAY IN YOUR HOME AS LONG AS POSSIBLE.**

We provide a vast spectrum of health services in the privacy of your own home.

Customized to meet each individual's exclusive needs, our approach gives clients control.

You decide how much or how little care you want/need.



## COUNTRY MANOR HOME CARE

Sartell and St. Joseph

[www.countrymanorhomehealthcare.me](http://www.countrymanorhomehealthcare.me) | 320-253-3343



You want every single day to be your best – **And, so do we.**

Everyone's needs are unique. You need advice. You need answers. When the choice matters, you can turn to us.

- **Senior living options throughout Central Minnesota**

Whatever your needs, we have options – each with different services and amenities to fit any lifestyle.

- **Therapy Suites for senior rehab**

Transitional Care supports you while recovering from an illness or injury – between the hospital and home.

- **CentraCare Home Health and Hospice Care**

Sometimes the best place to receive care is at home. Whether you need skilled nursing, therapy, support services or end-of-life care, our compassionate staff will be there for you.





**To learn more about senior living and care options in a community near you, contact:**

Long Prairie	320-732-7315	St. Cloud	320-203-2747	Home Health	
Melrose	320-256-1769	Sartell	320-654-2352	& Hospice	320-259-9375
Monticello	763-295-4051	Sauk Centre	320-333-2992	Therapy Suites	320-654-2355
Paynesville	320-243-7100				

**We're here to help you make every day your best day.**  
For more information visit [CentraCare.com](http://CentraCare.com)



Sauk  
Rapids  
Campus

# Graceful

Call Today for a Personal Tour!  
 (320) 259-3476



Ready for a change? Discover new freedom, new experiences, and new friends at Good Shepherd. We have many housing settings with varied services to meet your life enrichment, supportive services, or health care needs.

**55+ APARTMENT LIVING  
PATIO HOMES  
HOME HEALTH CARE  
ASSISTED LIVING  
MEMORY CARE  
NURSING HOME  
SUB-ACUTE REHAB**



For more information visit  
[www.GoodShepherdCampus.org](http://www.GoodShepherdCampus.org)

  
1115 Fourth Avenue N  
Sauk Rapids, MN

# Living

**Becker  
Campus**

Call Today for a Personal Tour!



**(763) 450-6670**



**55+ APARTMENT LIVING  
OUTPATIENT REHAB  
HOME HEALTH CARE  
ASSISTED LIVING  
MEMORY CARE**

Join our vibrant senior community at Shepherd of Grace. Enjoy freedom and an active lifestyle without concerns of home repairs and upkeep. Make new friends and enjoy fun opportunities.



**11175 27th Avenue SE  
Becker, MN**

For more information visit  
[www.GoodShepherdCampus.org](http://www.GoodShepherdCampus.org)

 **Shepherd  
of Grace  
Senior  
Community**



Annandale Health  
&  
Community Services  
*Care from the Heart*

- Skilled Nursing
  - ~ Short & Long-Term Stays
  - ~ Hospice
- Senior Living for 55+
  - ~ Apartments
  - ~ Assisted Living
  - ~ Memory Care
  - ~ Respite
- Wellness Center
- Outpatient Therapy
  - ~Lymphedema



**320-274-3737**  
www.ahcsmn.org

# Pleasant Vista

SENIOR LIVING COMMUNITY

*A perfect home, a perfect community.*



Featuring a blend of luxury and convenience, Pleasant Vista, at Annandale Health Community, features best-in-class amenities and a variety of one & two bedroom floor plans that are both stylish and functional. Access to assisted living services, are available, allowing you to receive excellent health care in the comfort of your own home. Call today to schedule a tour...320-274-5031. **Call today to schedule a tour...320-274-5031.**



www.arrowheadtransit.com

To schedule a ride, call

**800-862-0175**

Opt. 12 for Isanti or Opt. 13 for Chisago

## HOURS

### Dial-A-Ride:

- 7 a.m. to 5 p.m. Monday-Friday
- 7 a.m. to 4:30 p.m. Saturday
- 7 a.m. to 12:30 p.m. Sunday

### All other routes:

- 6 a.m. to 6 p.m. Monday-Friday

**Anyone age 90 or older is eligible for a lifetime free pass. Contact Tony Potter for details.**

## FARES

### In town (Cambridge & North Branch):

- \$1.25 one way
- \$11.25 for book of 10 one-way tickets
- \$22.50 for unlimited monthly pass

### County-wide (City to City):

- \$2.00 one way
- \$18.00 for book of 10 one-way tickets

### Cambridge to Princeton:

- \$3.25 one way
- \$29.25 for book of 10 one-way tickets

### Tickets or passes may be purchased:

- From a bus driver
- By calling Tony Potter at (218) 735-6815
- By emailing [tony.potter@aeoa.org](mailto:tony.potter@aeoa.org)

A program of  **AEOA**

# CATHOLIC CHARITIES COMMUNITY SERVICES IS DEDICATED TO PROVIDING RESOURCES FOR SENIORS.



**EMERGENCY SERVICES** // Access food, basic everyday essentials and financial assistance for you or your loved ones, including a senior food distribution day



**SENIOR DINING** // Receive healthy and nutritious hot and frozen meals by takeout, pickup and home delivery, and visit our reopened congregate dining rooms



**FOSTER GRANDPARENT PROGRAM** // Help mentor and guide students with exceptional needs as a volunteer in local school settings

Learn how we support seniors across Central Minnesota  
at [ccstcloud.org/community](http://ccstcloud.org/community) or call 320-650-1550.



Catholic Charities of the Diocese of St. Cloud  
Serving and Enhancing Human Dignity for People of All Faiths and Beliefs



Hospice care is more than care for the individual. It's care for the **entire family**.

To schedule a tour or talk to someone about your hospice options, call us today!

Hospice...it's about **LIVING!**

[care.compassion.comfort](http://care.compassion.comfort)

5537 GALAXY RD, ST CLOUD, MN 56301 | (320) 255.5433 | [WWW.QUIETOAKSHOSPICEHOUSE.ORG](http://WWW.QUIETOAKSHOSPICEHOUSE.ORG)

# Make a Difference in Your Community



GET  
STARTED  
TODAY

888.205.3770  
lssmn.org/  
companion/cmcoa



CONSIDER THESE MEANINGFUL VOLUNTEER OPPORTUNITIES

### Foster Grandparents:

stay connected, earn extra income, give back and positively impact the lives of children and youth by providing one-to-one classroom support.

### LSS Companions:

share your skills and talents, reduce isolation and provide friendship, transportation and assistance to older adults while earning extra income.

### Volunteer Benefits:

- Earn a stipend
- Find purpose and meet new people
- Transportation is reimbursed
- Training provided

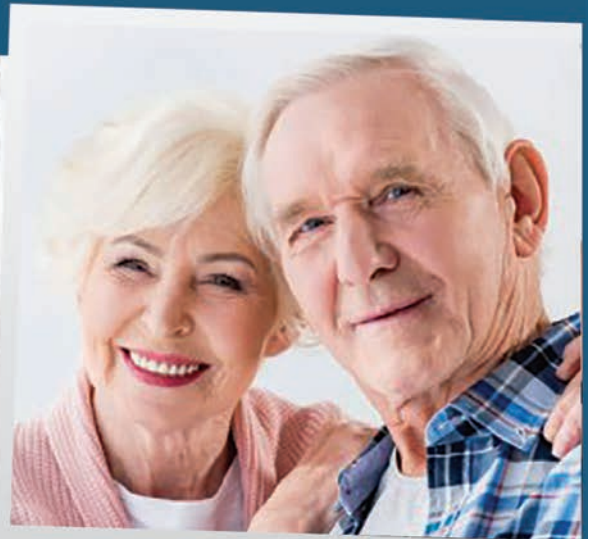


## ASSISTED LIVING | MEMORY CARE

### AT NORTHERN LAKES ASSISTED LIVING

**& MEMORY CARE**, we are grateful to have the best location in town next to the Paul Bunyan Trail, Arboretum, near-by clinics & shopping. We have different floor plans within our 42 assisted living and 26 memory care apartments. We offer a fun senior lifestyle with the options for nursing services.

- Fun outings on the activity van
- Aging well activities and information
- Chef prepared meals in our beautiful dining room
- Housekeeping
- Options for nursing services



CALL TODAY FOR A TOUR & LEARN MORE ABOUT THE  
GOOD LIFE AT NORTHERN LAKES

(218) 454-2121

8186 Excelsior Road, Baxter, MN 56425

[NorthernLakesSeniorLiving.com](http://NorthernLakesSeniorLiving.com)

*Join the Family*



Northern Lakes Senior Living is managed by Ebenezer Management Services, an experienced provider of residential and health care environments for seniors since 1917.



## SHERBURNE COUNTY

	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
<p>Name: Keller Lake Commons                      Address: 655 Norwood Lane                      Big Lake, MN 55309                      Contact Person: Nicole Gilder                      Phone #: (763) 263-2363                      E-mail: nicole.gilder@vqpm.com                      Website: kellerlakecommons.com</p>	<p>85 Market Rate Units -                      \$875 - \$1,135</p>	<p>Controlled entry,                      Planned activities,                      Three meals daily,                      Emergency call system,                      Light housekeeping,                      Laundry service,                      Handicapped accessible</p>	<p>Home health care,                      Beauty/barber,                      Daily safety check,                      Extended housekeeping,                      Laundry service,                      Garage,                      Pets</p>
<p>Name: Clearview Apartments                      Address: 7825 Church Street                      Clear Lake, MN 55319                      Contact Person: Danielle Gilley                      Phone #: (952) 935-0539                      E-mail: info@cepcomanagement.com                      Website: cepcomanagement.com</p>	<p>12 Subsidized Units -                      Rent Based on Income                      \$0 - \$735</p>	<p>Handicapped accessible</p>	
<p>Name: Angel Ridge                      Address: 280 Evans Avenue NW                      Elk River, MN 55330                      Contact Person: Lindsey Budan                      Phone #: (763) 241-4430                      E-mail: lbudan@ga-er.org                      Website: guardianangelsmn.org</p>	<p>53 Subsidized Units -                      Rent Based on Income</p>	<p>Controlled entry,                      Emergency call system,                      Transportation to store</p>	<p>Congregate noon meal,                      Beauty/barber,                      Light housekeeping,                      Garage,                      Pets</p>

## Who Needs Help?

Your dad puts tomato juice in his cereal. Or mom takes long walks and can't remember the way back. Or maybe your dad can't get out as much and needs some meals delivered. Or mom could use some legal advice since your dad passed away. Or you're worried about your husband - he can't quite handle a hammer anymore and could use a little help around the house.

You know who really needs help? You. In the process of caring for your loved one, your blood pressure is rising daily. You're tired and even depressed. You may be forgetting your own basic needs. But did you know there are many resources right in this area specifically created to help you and your family member? From transportation and housing, to housework and home care, to financial and legal assistance and much more, help is here, so you don't have to go it alone.

Call the Senior LinkAge Line today: 800-333-2433.

### Built on a History of Excellence





**Guardian Angels**  
SENIOR SERVICES

**Discover the Guardian Angels Advantage!**

Faith-based, nonprofit with priority access to Guardian Angels family of services:

- Senior Housing ▪ Transitional Care
- Assisted Living ▪ Memory Care ▪ Long Term Care
- Adult Day Services ▪ Home Care & Hospice
- Wellness Center

**Communities We Serve**

Albertville ▪ Becker ▪ Elk River ▪ Ostego ▪ Zimmerman

**Call Today for a Tour! 763-241-4438**

[guardianangelsmn.org](http://guardianangelsmn.org)  

## SHERBURNE COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: BeeHive Homes of Elk River  
Address: 14282 Business Center Drive  
Elk River, MN 55330  
Contact Person: Jamie Hoffman  
Phone #: (763) 595-1251  
E-mail: j.hoffman@beehivehomes.com  
Website: beehivehomes.com

20 Market  
Rate Units -  
\$3,154 - \$5,253

Planned activities,  
Emergency call system,  
Three meals daily,  
Daily safety check,  
Housekeeping,  
Laundry service,  
Controlled entry,  
Handicapped accessible

Home health care,  
Beauty/barber

Name: Cindy's Place  
Address: 13060 180th Court NW  
Elk River, MN 55330  
Contact Person: Michael Kerrick  
Phone #: (763) 441-1866  
E-mail: cindy.kerrick@yahoo.com

4 Market  
Rate Units -  
\$922 +

Emergency call system,  
Three meals daily,  
Daily safety check,  
Housekeeping,  
Laundry service,  
Handicapped accessible

Beauty/barber,  
Home health care,  
Planned activities,  
Transportation to store  
and medical appts

Name: Elk River Senior Living  
Address: 11124 183rd Circle NW  
Elk River, MN 55330  
Contact Person: Laurie  
Phone #: (763) 276-7076  
E-mail: laurien@elkriverseniorliving.com  
Website: elkriverseniorliving.com

97 Market  
Rate Units -  
\$1,440 - \$3,400

Controlled entry,  
Planned activities,  
Emergency call system,  
Daily safety check,  
Home health care,  
Three meals daily,  
Light housekeeping,  
Laundry service,  
Transportation to store,  
Handicapped accessible

Beauty/barber,  
Extended housekeeping,  
Planned activities,  
Laundry service,  
Garage,  
Pets

Name: Elk Terrace  
Address: 385 Holt Avenue  
Elk River, MN 55330  
Contact Person: Manager  
Phone #: (763) 633-1955  
Website: metroplains.com

20 Subsidized  
Units - Rent  
Based on Income

Controlled entry,  
Handicapped accessible

Pets

3 Market Rate  
Units - \$587 - \$807

Name: Evans Park  
Address: 300 Evans Avenue NW  
Elk River, MN 55330  
Contact Person: Lindsey Budan  
Phone #: (763) 241-4430  
E-mail: lbudan@ga-er.org  
Website: guardianangelsmn.org

36 Market  
Rate Units -  
\$1,125 - \$1,214

Controlled entry,  
Emergency call system,  
Transportation to store

Congregate noon meal,  
Beauty/barber,  
Garage,  
Pets

Name: Guardian Angels by the Lake  
Address: 13439 185th Lane NW  
Elk River, MN 55330  
Contact Person: Rick Huntington  
Phone #: (763) 241-7682  
E-mail: rhuntington@ga-er.org  
Website: guardianangelsmn.org

90 Market  
Rate Units -  
\$2,430 - \$4,680

Controlled entry,  
Planned activities,  
Three meals daily,  
Emergency call system,  
Daily safety check,  
Light housekeeping,  
Laundry service,  
Transportation to store,  
Handicapped accessible

Beauty/barber,  
Extended housekeeping,  
Pets



## SHERBURNE COUNTY

	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
Name: Guardian Oaks Address: 350 Evans Avenue NW Elk River, MN 55330 Contact Person: Lindsey Budan Phone #: (763) 241-4430 E-mail: lbudan@ga-er.org Website: guardianangelsmn.org	63 Subsidized Units - Rent Based on Income	Controlled entry, Emergency call system, Transportation to store	Beauty/barber, Congregate noon meal, Garage, Pets
Name: Pullman Place Cooperative Address: 17155 Quincy Street NW Elk River, MN 55330 Contact Person: Jessica Barthel Phone #: (763) 633-0999 E-mail: jbarthel@ga-er.org Website: pullmanplace.org	65 Market Rate Units - \$735 - \$1,586	Controlled entry, Handicapped accessible, Garage	
Name: Riverview Address: 925 Angel Street Elk River, MN 55330 Contact Person: Karen & Mark Beese Phone #: (612) 747-1256 E-mail: karen@bzproperties.com Website: bzproperties.com	24 Market Rate Units - \$650 - \$750		Pets

## Well Connected

The Central MN Council on Aging is partnering with Well Connected to expand into Central Minnesota.

Well Connected is a telephone-based free program that offers activities, education, friendly conversation, and an assortment of classes, support groups, and presentations to older adults from the comfort of home.

Play a game, join a book group, write a poem, go on a virtual museum tour, meditate, share a gratitude, and most importantly, connect and engage with others every day, even across the country.

**All programs are free and accessible by phone or online!**  
 877-797-7299 / covia.org

## Life is Better on the River!

Join us at Riverview Landing located on the Mighty Mississippi River in Otsego.

- Independent Living
- Assisted Living
- Memory Care
- Adult Day Services
- Wellness Center

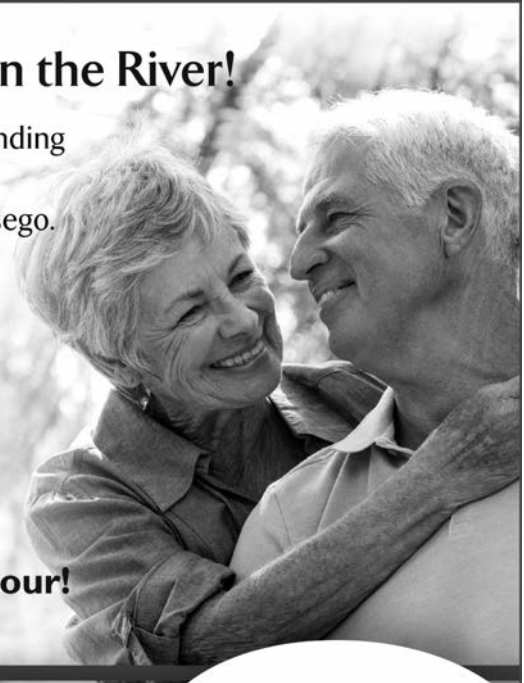
**Call today for a tour!**

**763-746-3400**

Guardian Angels–Riverview Landing  
 9200 Quantrelle Ave NE  
 Otsego, MN 55330  
[guardianangelsmn.org](http://guardianangelsmn.org)  



**Guardian Angels**  
 SENIOR COMMUNITY  
 Riverview Landing



## SHERBURNE COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Riverside Apartments  
Address: 106 4th Avenue S  
Princeton, MN 55371  
Contact Person: Michelle Paquin  
Phone #: (763) 753-1724  
E-mail: abbey@thiestalle.com  
Website: thiestalle.com

18 Subsidized  
Units - Rent  
Based on Income  
  
7 Market  
Rate Units -  
\$745 - \$900

Controlled entry,  
Emergency call system,  
Handicapped accessible

Pets

Name: Pine Cone Manor  
Address: 12612 3rd Avenue  
Zimmerman, MN 55398  
Contact Person: Lindsey Budan  
Phone #: (763) 241-4430  
E-mail: lbudan@ga-er.org  
Website: guardianangelsmn.org

21 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Emergency call system,  
Transportation to store

Congregate noon meal,  
Beauty/barber,  
Pets

Name: Pine Tree Manor  
Address: 12616 3rd Avenue  
Zimmerman, MN 55398  
Contact Person: Lindsey Budan  
Phone #: (763) 241-4430  
E-mail: lbudan@ga-er.org  
Website: guardianangelsmn.org

20 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Emergency call system,  
Transportation to store

Congregate noon meal,  
Beauty/barber,  
Pets

## Minnesotans are Missing out on Thousands of Dollars

Programs are available to help pay the costs of people's Medicare premiums and prescription drug copays. Unfortunately, many people wrongly assume they are not eligible.

**Medicare Savings Programs** help pay people's Medicare Part B premium. Some people can also get help paying their Medicare deductibles and co-insurance.

People can apply by contacting the county human service office where they live, or they can download and complete the *Application for Certain Populations*.

The **Extra Help Program** lowers the cost of prescription drugs and can save people up to \$5,000 a year. People who are on the Extra Help Program

also have additional Medicare enrollment periods. This allows them to change plans at different times throughout the year.

Some people are automatically eligible for this program and do not have to apply, for example people who are on a Medicare Savings Program. People can also apply for the program by calling Social Security or applying online at [www.ssa.gov](http://www.ssa.gov).

To find out if you may be eligible and/or to get help with an application, call the Senior LinkAge Line. The Senior LinkAge Line is a free statewide service of the Minnesota Board on Aging and Minnesota's Area Agencies on Aging. Call 800-333-2433 for help with Medicare and much more.

## STEARNS COUNTY

	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
<p>Name: Mother of Mercy Assisted Living Fairway Ridge/Grace Court Tranquility Place/Memory Lane Address: 220-230 Church Avenue Albany, MN 56307 Contact Person: Amanda Sand Phone #: (320) 845-2195, ext. 251 E-mail: asand@momcampus.org Website: motherofmercymn.org</p>	<p>68 Market Rate Units - \$990 - \$1,435</p>	<p>Planned activities, Emergency call system, Light housekeeping, Transportation to store, Handicapped accessible</p>	<p>Beauty/barber, Home health care, Three meals daily, Daily safety check, Extended housekeeping, Laundry service, Pets</p>
<p>Name: Mother of Mercy/Pond View Estates Address: 332 &amp; 334 Golf View Drive Albany, MN 56307 Contact Person: Darcy Ruesink Phone #: (320) 845-2969 E-mail: druesink@momcampus.org Website: motherofmercymn.org</p>	<p>65 Subsidized Units - Rent Based on Income</p>	<p>Controlled entry, Emergency call system, Daily safety check, Planned activities, Handicapped accessible</p>	<p>Congregate noon meal, Beauty/barber, Housekeeping, Laundry service, Pets</p>
<p>Name: Golden View Address: 135 Dolphin Avenue NE Avon, MN 56310 Contact Person: Steve Hagen Phone #: (651) 780-9227 E-mail: hage2@pro-ns.net</p>	<p>11 Subsidized Units - Rent Based on Income</p> <p>5 Market Rate Units - \$350 - \$460</p>		<p>Pets</p>
<p>Name: Serenity Village Address: 113 Serenity Court Avon, MN 56310 Contact Person: Housing Manager Phone #: (320) 844-8880 E-mail: manager@serenityavon.com Website: serenityavon.com</p>	<p>23 Market Rate Units - \$3,750 - \$7,288</p>	<p>Controlled entry, Planned activities, Daily safety check, Three meals daily, Emergency call system, Home health care, Housekeeping, Laundry service, Handicapped accessible</p>	<p>Beauty/barber</p>
<p>Name: Centennial Court Apartments Address: 107 School Street Belgrade, MN 56312 Contact Person: Cheryl Anderson Phone #: (320) 254-8215, ext. 105 E-mail: cheryl.anderson@bnhcc.com</p>	<p>7 Market Rate Units - \$350 - \$500</p>	<p>Planned activities, Emergency call system, Light housekeeping, Handicapped accessible, Pets</p>	<p>Beauty/barber, Three meals daily, Extended housekeeping</p>
<p>Name: Greene Manor Address: 576 Pleasant Avenue Belgrade, MN 56312 Contact Person: Tammy Gehrke Phone #: (320) 493-0562 E-mail: ipm.tg@outlook.com</p>	<p>28 Subsidized Units - Rent Based on Income</p>		<p>Pets</p>

## STEARNS COUNTY

	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
Name: Assumption Court Address: 615 First Street North Cold Spring, MN 56320 Contact Person: Housing Manager Phone #: (320) 348-2350 E-mail: becker.dustin@assumptionhome.com Website: assumptioncommunity.com	59 Market Rate Units - \$1,125 - \$1,700	Controlled entry, Planned activities, Emergency call system, Transportation to store, Handicapped accessible	Home health care, Three meals daily, Daily safety check, Housekeeping, Laundry service, Beauty/barber, Garage, Pets
Name: Cottage Court Address: 103 12th Avenue South Cold Spring, MN 56320 Contact Person: Don / Mary Phone #: (320) 685-3888 Email: ryan@inhproperties.com Website: inhproperties.com	32 Units - \$1,030 - \$1,191	Controlled entry, Laundry service, Handicapped accessible	Garage, Pets
Name: Granite Landing Address: 103 Main Street Cold Spring, MN 56320 Contact Person: Jeri Bachel Phone #: (320) 686-0260 Email: granitelanding@inhproperties.com Website: inhproperties.com	50 Market Rate Units - \$965 - \$1,470	Controlled entry, Planned activities, Home health care, Garage, Handicapped accessible	Pets
Name: John Paul Apartments Address: 200 8th Avenue North Cold Spring, MN 56320 Contact Person: Housing Manager Phone #: (320) 348-2350 E-mail: becker.dustin@assumptionhome.com Website: assumptioncommunity.com	61 Subsidized Units - Rent Based on Income	Controlled entry, Planned activities, Emergency call system, Transportation to store, Handicapped accessible	Home health care, Beauty/barber, Daily safety check, Three meals daily, Housekeeping, Laundry service, Garage, Pets
Name: Pinewest I Apartments Address: 1104 3rd Street South Cold Spring, MN 56320 Contact Person: Cindy Tomsche Phone #: (320) 685-9803 E-mail: ctsmrentals@gmail.com Website: smrrental.com	42 Subsidized Units - Rent Based on Income	Pets	Garage
Name: Pinewest II / Springhaven Address: 308 11-1/2 Avenue South Cold Spring, MN 56320 Contact Person: Cindy Tomsche Phone #: (320) 685-9803 E-mail: ctsmrentals@gmail.com Website: smrrental.com	26 Subsidized Units - Rent Based on Income	Controlled entry, Handicapped accessible, Pets	

## STEARNS COUNTY

### Monthly Rental Fee

### Services Included in Rent

### On-site Services Available at an Extra Charge

Name: Brookview Apartments  
Address: 150 Coleman Avenue East  
Eden Valley, MN 55329  
Contact Person: Judy Thielen  
Phone #: (320) 453-4663  
E-mail: jjthielen@meltel.net

17 Market  
Rate Units -  
\$575 - \$890

Controlled entry,  
Garage

Name: Hyatt House Assisted Living, LLC  
Address: 231 Washington Street  
Holdingford, MN 56340  
Contact Person: Jennifer / Angie  
Phone #: (320) 746-9902  
E-mail: amilhauser.hyathouse@gmail.com  
Website: hyathouseassistedliving.com

12 Market  
Rate Units -  
\$4,000 - \$5,000

Three meals daily,  
Housekeeping,  
Laundry service,  
Emergency call system,  
Daily safety check,  
Home health care,  
Planned activities,  
Transportation to medical appts,  
Handicapped accessible

Beauty/barber,  
Pets

Name: Kim Haven Apartments  
Address: 51 Linden Avenue East  
Kimball, MN 55353  
Contact Person: Keith Woodford  
Phone #: (320) 398-6118

14 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Emergency call system

Pets

Name: Savanna Prairie Assisted Living  
Address: 260 Magnus Johnson Street N  
Kimball, MN 55353  
Contact Person: Carissa Marquart  
Phone #: 320-398-8646  
E-mail: manager@savannaprairie.com  
Website: savannaprairie.com

30 Market  
Rate Units -  
\$2,250 - \$2,500

Controlled entry,  
Planned activities,  
Emergency call system,  
Three meals daily,  
Daily safety check,  
Light housekeeping,  
Handicapped accessible

Home health care,  
Beauty/barber,  
Extended housekeeping,  
Laundry service,  
Transportation to store  
and medical appts

Name: CentraCare-Park View Place  
Address: 125 5th Avenue NW  
Melrose, MN 56352  
Contact Person: Jennifer Olmscheid  
Phone #: (320) 256-1769  
E-mail: jennifer.olmscheid@centracare.com  
Website: centracare.com

60 Market  
Rate Units -  
\$1,007 - \$2,100

Controlled entry,  
Planned activities,  
Emergency call system,  
Daily safety check,  
Light housekeeping

Home health care,  
Beauty/barber,  
Extended housekeeping,  
Laundry service,  
Three meals daily,  
Garage  
Transportation to store  
and medical appts

Name: Oak Ridge Manor  
Address: 20 9th Avenue NE  
Melrose, MN 56352  
Contact Person: Laura  
Phone #: (320) 256-3630  
E-mail: oakridgemanor@meltel.net  
Website: essenceproperties.com

25 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Planned activities,  
Emergency call system,  
Handicapped accessible,  
Pets

## STEARNS COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Rose View Manor  
Address: 16 1st Street SE  
Melrose, MN 56352  
Contact Person: Ernst Kociemba  
Phone #: (320) 256-4600  
E-mail: rvm@meltel.net

30 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Handicapped accessible

Daily safety check,  
Three meals daily,  
Housekeeping,  
Laundry service,  
Beauty/barber,  
Pets

Name: Tree of Life Assisted Living  
Address: 632 Main Street  
New Munich, MN 56356  
Contact Person: Tina Valerius  
Phone #: (320) 282-4244  
E-mail: treeoflife@albanytel.com  
Website: treeoflifeassistedliving.com

16 Market  
Rate Units -  
\$920

Controlled entry,  
Emergency call system,  
Handicapped accessible

Transportation to store  
and medical appts,  
Three meals daily,  
Daily safety check,  
Planned activities,  
Housekeeping,  
Laundry service,  
Home health care,  
Beauty/barber

Name: CentraCare-Stearns Place  
Address: 701 Stearns Avenue  
Paynesville, MN 56362  
Contact Person: Angie Gerhardson  
Phone #: (320) 243-7100  
E-mail: angela.gerhardson@centracare.com  
Website: centracare.com

26 Market  
Rate Units -  
\$1,098 - \$1,368

Controlled entry,  
Planned activities,  
Emergency call system,  
Handicapped accessible

Three meals daily,  
Beauty/barber,  
Garage

Name: CentraCare-Washburne Court  
Address: 311 Washburne Avenue  
Paynesville, MN 56362  
Contact Person: Angie Gerhardson  
Phone #: (320) 243-7451  
E-mail: angela.gerhardson@centracare.com  
Website: centracare.com

24 Subsidized  
& Market Rate  
Units -  
\$954 - \$1,403

Planned activities,  
Controlled entry,  
Emergency call system,  
Handicapped accessible

Home health care,  
Beauty/barber,  
Three meals daily,  
Housekeeping,  
Laundry service,  
Daily safety check



## Tree of Life

### ASSISTED LIVING

Honoring every individual's journey with compassion and dedication to quality physical, emotional, social, and spiritual care. Our professional and dedicated staff will help you every step of the way.

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**(320) 837-5100**



## STEARNS COUNTY

### Monthly Rental Fee

### Services Included in Rent

### On-site Services Available at an Extra Charge

Name: Evergreen Estates  
Address: 317-325 South Street  
Paynesville, MN 56362  
Contact Person: Donna  
Phone #: (320) 587-2483  
E-mail: karch@hutchtel.net

12 Subsidized  
Units - Rent  
Based on Income  
  
15 Market  
Rate Units - \$395

Emergency call system,  
Pets

Name: Green Wing Estates  
Address: 615 South Street  
Paynesville, MN 56362  
Contact Person: Donna  
Phone #: (320) 587-2483  
E-mail: karch@hutchtel.net

6 Subsidized  
Units - Rent  
Based on Income  
  
5 Market Rate  
Units - \$400 - \$440

Emergency call system,  
Pets

Name: Cherrywood Advanced Living  
Address: 150 Barry Avenue NW  
Richmond, MN 56368  
Contact Person: Wendy Lang  
Phone #: (320) 257-7445  
E-mail: wendylang@cherrywoodal.com  
Website: cherrywoodal.com

20 Market  
Rate Units -  
\$3,850

Emergency call system,  
Planned activities,  
Daily safety check,  
Laundry service,  
Light housekeeping,  
Three meals daily,  
Controlled entry,  
Handicapped accessible

Home health care,  
Beauty/barber,  
Extended housekeeping

Name: Richhaven  
Address: 120 1st Street NE  
Richmond, MN 56368  
Contact Person: Don / Mary  
Phone #: (320) 685-3888  
Email: brittany@inhproperties.com  
Website: inhproperties.com

20 Subsidized  
Units -  
Rent Based  
on Income

Planned activities,  
Emergency call system,  
Handicapped accessible

Pets

Name: John Clark Co-op Housing  
Address: 241 Broadway Street W  
Rockville, MN 56369  
Contact Person: Diane Willenbring  
Phone #: (320) 251-0165  
E-mail: jccoophousing@gmail.com

16 Market  
Rate Units -  
\$780 - \$900

Controlled entry,  
Handicapped accessible

Garage,  
Pets

Name: Arrowsmith & Silvercrest  
Address: 404/406/412 10th Street South  
Sauk Centre, MN 56378  
Contact Person: Jennifer Johnson  
Phone #: (320) 493-6343  
E-mail: jenj1023@gmail.com

21 Subsidized  
Units - Rent  
Based on Income  
  
27 Market Rate  
Units - \$40 - \$600

Controlled entry,  
Handicapped accessible

Name: CentraCare-Lakeshore Estates  
Address: 501 Lakeshore Drive  
Sauk Centre, MN 56378  
Contact Person: Bob Bearson  
Phone #: (320) 333-2992  
E-mail: bearsonro@centracare.com  
Website: centracare.com

31 Market  
Rate Units -  
\$1,140 - \$1,335

Controlled entry,  
Planned activities,  
Emergency call system,  
Daily safety check,  
Three meals daily,  
Light housekeeping,  
Handicapped accessible

Extended housekeeping,  
Laundry service,  
Home health care,  
Beauty/barber,  
Garage

## STEARNS COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Fairway Pines Senior Living  
Address: 606 Main Street N  
Sauk Centre, MN 56378  
Contact Person: Jill Niehaus  
Phone #: (320) 351-4900  
E-mail: jill.niehaus@twsl.com  
Website: fairwaypinesseniorliving.com

43 Market  
Rate Units -  
\$3,170 - \$3,870

Controlled entry,  
Emergency call system,  
Planned activities,  
Daily safety check,  
Three meals daily,  
Light housekeeping,  
Transportation to store,  
Handicapped accessible

Home health care,  
Beauty/barber,  
Extended housekeeping,  
Laundry service,  
Garage,  
Pets

Name: Getty Street Assisted Living  
Address: 1214 Getty Street S  
Sauk Centre, MN 56378  
Contact Person: Mary Jo Marthaler  
Phone #: (320) 351-4333  
E-mail: gettystreet@mainstreetcom.com

25 Market  
Rate Units -  
\$2,800 - \$7,350

Emergency call system,  
Daily safety check,  
Three meals daily,  
Housekeeping,  
Laundry service

Beauty/barber,  
Garage

Name: Riverview Manor  
Address: 407 1st Street North  
Sauk Centre, MN 56378  
Contact Person: Julie Sieben  
Phone #: (320) 352-2311  
E-mail: schra028@mainstreetcom.com

40 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Planned activities

Pets

Name: Sauk Centre Apartments  
Address: 217 9-1/2 Street South  
Sauk Centre, MN 56378  
Contact Person: Sheri Brown  
Phone #: (320) 229-4580  
E-mail: housing@ccstcloud.org  
Website: ccstcloud.org

12 Subsidized  
Units - Rent  
Based on Income

Controlled entry,  
Handicapped accessible

Name: Arlington Place Assisted Living  
Address: 21 16th Avenue SE  
St. Joseph, MN 56374  
Contact Person: Karen Hennessy  
Phone #: (320) 363-1313  
E-mail: karen@arlingtonplacemn.com  
Website: arlingtonplacemn.com

20 Market  
Rate Units -  
\$922 +

Planned activities,  
Three meals daily,  
Emergency call system,  
Daily safety check,  
Light housekeeping,  
Laundry service,  
Handicapped accessible

Home health care,  
Beauty/barber,  
Extended housekeeping

Name: Mill Stream Village  
Address: 308 College Circle  
St. Joseph, MN 56374  
Contact Person: Mary  
Phone #: (320) 363-7656  
E-mail: mary@collegeville.biz  
Website: millstreamvillage.com

8 Market  
Rate Units -  
\$1,300 - \$1,700

Controlled entry

Garage,  
Pets



## STEARNS COUNTY

	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
Name: Serenity Place on 7th Address: 329 7th Avenue SE St. Joseph, MN 56374 Contact Person: Matt Imdieke Phone #: (320) 406-7650 E-mail: matt.imdieke@serenityon7.com Website: serenityon7.com	47 Market Rate Units - \$922	Controlled entry, Emergency call system, Home health care, Three meals daily, Daily safety check, Planned activities, Light housekeeping, Laundry service, Handicapped accessible	Extended housekeeping, Garage
Name: St. Joseph Apartments Address: 410 West Minnesota Street St. Joseph, MN 56374 Contact Person: Sheri Brown Phone #: (320) 229-4580 E-mail: housing@ccstcloud.org Website: ccstcloud.org	16 Subsidized Units - Rent Based on Income	Controlled entry, Handicapped accessible	
Name: Woodcrest of Country Manor Address: 1200 Lanigan Way SW St. Joseph, MN 56374 Contact Person: Gail Rucks Phone #: (320) 271-1200 E-mail: grucks@countrymanor.org Website: woodcrestofcountrymanor.org	60 Market Rate Units - \$2,200 - \$3,350 24 Memory Care Units - \$3,760 - \$4,220	Controlled entry, Daily safety check, Planned activities, Light housekeeping, Transportation to store, Garage, Handicapped accessible	Three meals daily, Emergency call system, Home health care, Beauty/Barber, Extended housekeeping, Laundry service, Transportation to medical appts, Pets

## Don't Become a Victim to Telemarketing Scams

In recent years, telemarketing scams have become an easy way to prey on older adults, costing victims thousands of dollars and, in some cases, their identity. Below are some tips that can help you avoid becoming victim to common telemarketing scams.

- Medicare will not call you to ask for a Medicare number, bank account information or request that you purchase a new Medicare card.
- Often scammers will call impersonating a distressed family member or state they are calling on a family member's behalf during an emergency. Ask the caller to leave a contact number, then call a family member to verify if a loved one is in trouble.
- Remember that you cannot win a lottery or

sweepstakes without knowingly entering a contest. If you receive a call informing you that you have won money or a prize, just hang up.

- A robocall is a phone call that uses a computerized auto dialer to deliver a prerecorded message. If you receive a robocall offering free services, money or prizes hang up.

If you feel you have been the victim of a telemarketing scam or would like to report a scam that you have experienced, call the Senior LinkAge Line at 800-333-2433. The Senior LinkAge Line is a free statewide service of the Minnesota Board on Aging and area agencies on aging and the federally designated State Health Insurance Assistance Program (SHIP) and Senior Medicare Patrol (SMP) for Minnesota.

## TODD COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Bertha Manor Apartments Address: 201 2nd Avenue NE Bertha, MN 56437 Contact Person: Housing Manager Phone #: (952) 935-0359, ext. 109 E-mail: info@cepcomanagement.com Website: cepcomanagement.com	11 Subsidized Units - Rent Based on Income  5 Market Rate Units - \$435 - \$525	Handicapped accessible	Pets
Name: Horizon Manor Address: 210 2nd Avenue NE Bertha, MN 56437 Contact: Amy Mann Phone #: (218) 414-0080	16 Subsidized Units - Rent Based on Income	Controlled entry, Handicapped accessible	
Name: Jagush Apartments Address: 230 West 4th Street Browerville, MN 56438 Contact Person: George Jagush Phone #: (320) 760-4615	7 Market Rate Units - \$520 - \$560  7 Subsidized Units - Rent Based on Income		Garage
Name: Sunrose Courts Address: 300 Linden Avenue S Browerville, MN 56438 Contact Person: Kim Wallace Phone #: (320) 594-6388 E-mail: toddcountyhra@yahoo.com	18 Subsidized Units - Rent Based on Income	Controlled entry	Pets
Name: Care Center Apartments Address: 405 East Hwy 71 N Clarissa, MN 56440 Contact Person: Jason Polovick Phone #: (218) 756-3636 E-mail: jpolovick@ctcccinc.com Website: clarissacarecenter.org	5 Market Rate Units - \$950	Controlled entry, Planned activities, Emergency call system, Housekeeping, Laundry service, Handicapped accessible	Home health care, Three meals daily, Daily safety check, Beauty/barber, Garage
Name: Clarissa Manor Address: 101 3rd Street Clarissa, MN 56440 Contact Person: Jason Polovick Phone #: (218) 756-3636, ext. 11 E-mail: jpolovick@ctcccinc.com	8 Subsidized Units - Rent Based on Income		Pets
Name: Colonial Terrace Apartments Address: 407 E Hwy. 71 North Clarissa, MN 56440 Contact Person: Jason Polovick Phone #: (218) 756-3636 E-mail: jpolovick@ctcccinc.com Website: clarissacarecenter.org	11 Market Rate Units - \$875 - \$950	Controlled entry, Planned activities, Emergency call system, Handicapped accessible	Home health care, Three meals daily, Daily safety check, Beauty/barber, Housekeeping, Laundry service, Garage, Pets

## TODD COUNTY

### Monthly Rental Fee

### Services Included in Rent

### On-site Services Available at an Extra Charge

Name: Heritage Place  
Address: 204 Ann Avenue W  
Clarissa, MN 56440  
Contact Person: Diane Marquardt  
Phone #: (218) 756-2462  
E-mail: heritagplace@thiestalle.com

17 Subsidized  
Units -  
Rent Based  
on Income

Planned activities,  
Handicapped accessible

Garage

Name: Greenleaf Apartments  
Address: 222 1st Avenue NE  
Eagle Bend, MN 56446  
Contact Person: Joan  
Phone #: (320) 269-6640, ext. 23  
E-mail: office@vanbllc.com  
Website: vanbllc.com

10 Market  
Rate Units -  
\$525 - \$685

Controlled entry,  
Emergency call system,  
Handicapped accessible,  
Pets

Name: Village View  
Grey Eagle Housing Association  
Address: 303 Cedar Street North  
Grey Eagle, MN 56336  
Contact Person: Margaret Newberg  
Phone #: (320) 285-3973  
E-mail: cedar@meltel.net

24 Subsidized  
Units - Rent  
Rent Based  
on Income

Controlled entry

Garage,  
Pets

Name: CentraCare-Meadow Place  
Address: 220 CentraCare Drive  
Long Prairie, MN 56347  
Contact Person: Trish Harlow  
Phone #: (320) 732-7315  
E-mail: trish.harlow@centracare.com  
Website: centracare.com

40 Market  
Rate Units -  
\$2,306 - \$2,651

Controlled entry,  
Planned activities,  
Home health care,  
Emergency call system,  
Three meals daily,  
Daily safety check,  
Light housekeeping,  
Beauty/barber,  
Handicapped accessible

Extended housekeeping,  
Laundry service

Name: Harmony Apartments  
Address: 410 4th Avenue S  
Long Prairie, MN 56347  
Contact Person: Renee Kreemer  
Phone #: (320) 732-6940  
E-mail: harmonyapts@uch.com

47 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Planned activities,  
Emergency call system,  
Handicapped accessible

Pets

Name: Prairie View Manor  
Address: 601 Central Avenue  
Long Prairie, MN 56347  
Contact Person: Kim Wallace  
Phone #: (320) 732-2801  
E-mail: longphra@rea-alp.com

40 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Beauty/barber

Pets

Name: Reichert Place  
Address: 310 Central Avenue  
Long Prairie, MN 56347  
Contact Person: Jennifer  
Phone #: (320) 258-0670

17 Market  
Rate Units -  
\$405 - \$535

Controlled entry,  
Handicapped accessible,  
Pets

## TODD COUNTY

	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
Name: Valley View Estates Assisted Living Address: 1104 4th Avenue NE Long Prairie, MN 56347 Contact Person: Mary Dvorak Phone #: (320) 732-3516 E-mail: marydvorak6@gmail.com Website: valleyviewassistedliving.com	32 Market Rate Units - \$2,270 - \$3,625	Controlled entry, Emergency call system, Planned activities, Three meals daily, Daily safety check, Light housekeeping, Laundry service, Transportation to store and medical appts, Handicapped accessible	Beauty/barber, Extended housekeeping, Home health care
Name: A Daughter's Love Suites Address: 510-512-514 4th Street NE Staples, MN 56479 Contact Person: Christine Tollefson Phone #: (218) 296-2090 E-mail: adaughterslovex5@gmail.com Website: daughterslove.com	10 Market Rate Units - \$922 - \$2,150	Controlled entry, Emergency call system, Planned activities, Handicapped accessible	Home health care, Beauty/barber, Three meals daily, Daily safety check, Housekeeping, Laundry service, Transportation to store and medical appts
Name: Lakewood Manor Address: 222 5th Street NE Staples, MN 56479 Contact Person: Bonnie Johnson Phone #: (218) 894-2124 E-mail: bonniejohnson@lakewoodhealthsystem.com Website: lakewoodhealthsystem.com	25 Market Rate Units - \$960 - \$1,320	Controlled entry, Planned activities, Daily safety check, Transportation to local medical appts	Home health care, Beauty/barber, Three meals daily, Housekeeping, Laundry service, Emergency call system, Pets
Name: Lakewood Pines Address: 1702 Airport Road Staples, MN 56479 Contact Person: Bonnie or Kari Phone #: (218) 894-4460 Website: lakewoodhealthsystem.com	41 Market Rate Units - \$900 - \$1,250	Controlled entry, Planned activities, Daily safety check, Transportation to medical appts, Emergency call system, Handicapped accessible	Home health care, Beauty/barber, Three meals daily, Housekeeping, Laundry service, Garage
Name: Staples Hi-Rise Address: 615 4th Street NE Staples, MN 56479 Contact Person: Bobbi Phone #: (218) 894-2301	60 Subsidized Units - Rent Based on Income	Controlled entry, Handicapped accessible	Garage, Pets

### Application and Forms Assistance

Senior LinkAge Line experts and volunteers can help you fill out different types of applications and forms needed to apply for programs, such as: Elderly Waiver, Food Support, Medicaid, etc.

Call the Senior LinkAge Line at 800-333-2433 for assistance.

## WADENA COUNTY

### Monthly Rental Fee

### Services Included in Rent

### On-site Services Available at an Extra Charge

Name: Pine Villa Apartments  
Address: 323 1st Street NE  
Menahga, MN 56464  
Contact Person: Amanda Parteka  
Phone #: (218) 847-5641  
E-mail: aparteka@mmcdc.org  
Website: mmcdc.org

30 Subsidized  
Units -  
Rent Based  
on Income

Handicapped accessible

Pets

Name: Rose Haven Assisted Living  
Address: 37 6th Street SE  
Menahga, MN 56464  
Contact Person: Edwin Heltunen  
Phone #: (218) 564-4268  
E-mail: eheltunen@gmail.com  
Website: rosehavenliving.com

13 Market  
Rate Units -  
\$3,100 - \$6,200

Planned activities,  
Home health care,  
Emergency call system,  
Three meals daily,  
Daily safety check,  
Housekeeping,  
Laundry service,  
Transportation to store  
and local medical appts,  
Handicapped accessible

Beauty/barber

Name: Woodside Manor  
Address: 501 Main Street NE  
Menahga, MN 56464  
Contact Person: George Gartner  
Phone #: (218) 564-4101  
E-mail: georgegartner@wcta.net  
Website: greenwoodconnections.com

37 Market  
Rate Units -  
\$950 - \$1,115

Planned activities,  
Emergency call system,  
Transportation to store

Home health care,  
Three meals daily,  
Daily safety check,  
Housekeeping,  
Laundry service,  
Beauty/barber,  
Garage

Name: Providence Villa  
Address: 200 Minnesota Avenue E  
Sebeka, MN 56477  
Contact Person: Miriam Dozier  
Phone #: (218) 837-9162  
Email: providence@wcta.net

16 Market  
Rate Units -  
\$1,250 - \$1,300

Emergency call system,  
Daily safety check,  
Planned activities,  
Two meals daily,  
Light housekeeping,  
Laundry service,  
Handicapped accessible

Home health care,  
One additional meal,  
Extended housekeeping,  
Transportation to store  
and medical appts,  
Beauty/barber

Name: Serenity Living Solutions  
Address: 1005 Wells Avenue W  
Sebeka, MN 56477  
Contact Person: Mandy Otteson  
Phone #: (218) 837-6406  
E-mail: sebekamanager@serenitylivingsolutions.com  
Website: serenitylivingsolutions.com

13 Market  
Rate Units -  
\$2,200 - \$2,800

Controlled entry,  
Planned activities,  
Emergency call system,  
Light housekeeping,  
Laundry service

Beauty/barber,  
Daily safety check,  
Three meals daily,  
Extended housekeeping

Name: Staples Square Apartments  
Address: 205 Airview Drive NE  
Staples, MN 56479  
Contact Person: Tanya Nelson  
Phone #: (218) 820-3503  
Email: staplessquare@gmail.com  
Website: cepcomangement.com

12 Market  
Rate Units -  
\$567 - \$840

Controlled entry,  
Emergency call system,  
Pets

## WADENA COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Village Green  
Address: 101 SW Thompson Street  
Verndale, MN 56481  
Contact Person: Joan  
Phone #: (320) 269-6640  
E-mail: applications@vanblc.com  
Website: vanblc.com

9 Subsidized  
Units -  
Rent Based  
on Income

Pets

Name: Comfort Care Cottages  
Address: 1232 Jefferson Street S  
Wadena, MN 56482  
Contact Person: Adrian Erickson  
Phone #: (218) 631-4873  
E-mail: adrian@arvig.net  
Website: comfortcarecottages.org

21 Market  
Rate Units -  
\$954

Controlled entry,  
Planned activities,  
Daily safety check,  
Handicapped accessible

Home health care,  
Beauty/barber,  
Three meals daily,  
Housekeeping,  
Laundry service,  
Transportation to store  
and medical appts,  
Pets

Name: Commercial Apartments  
Address: 218 South Jefferson Street  
Wadena, MN 56482  
Contact Person: Tammy Trosdahl  
Phone #: (218) 631-7723  
E-mail: housing@wadenahra.com  
Website: wadenahousing.org

16 Market  
Rate Units -  
\$493 - \$530

Name: Fair Oaks Apartments  
Address: 131 Shady Lane Drive  
Wadena, MN 56482  
Contact Person: Marsha Vandelmay  
Phone #: (218) 631-7723  
E-mail: marsha@wadenahra.com  
Website: wadenahousing.org

32 Market  
Rate Units -  
\$650 - \$785

Controlled entry,  
Planned activities  
Laundry service,  
Handicapped accessible

Name: Humphrey Manor East  
Address: 311 3rd Street SE  
Wadena, MN 56482  
Contact Person: Tammy Trosdahl  
Phone #: (218) 631-7723  
E-mail: housing@wadenahra.com  
Website: wadenahousing.org

59 Subsidized  
Units - Rent  
Based on Income

Handicapped accessible,  
Garage

Beauty/barber,  
Pets

59 Market  
Rate Units -  
\$620 - \$698

## File of Life

The File of Life is a red plastic envelope in which you place important medical information such as your medications and medical history. This information will assist emergency response personnel to understand your medical history, medications, allergies, and other related information during an emergency situation.

Call Senior LinkAge Line for a free copy of the File of Life at 800-333-2433 or e-mail [brenda.eldred@cmcoa.org](mailto:brenda.eldred@cmcoa.org).

## WADENA COUNTY

### Monthly Rental Fee

### Services Included in Rent

### On-site Services Available at an Extra Charge

Name: Humphrey Manor West  
Address: 300 2nd Street SE  
Wadena, MN 56482

61 Subsidized Units - Rent Based on Income

Handicapped accessible, Garage

Beauty/barber, Pets

Contact Person: Tammy Trosdahl  
Phone #: (218) 631-7723  
E-mail: housing@wadenahra.com  
Website: wadenahousing.org

61 Market Rate Units - \$618 - \$698

Name: The Meadows of Wadena  
Address: 110 Hemlock Avenue NW  
Wadena, MN 56482

10 Memory Care & 37 Market Rate Units - \$2,700 - \$5,320

Controlled entry, Emergency call system, Daily safety check, Planned activities, Housekeeping, Laundry service, Transportation to store, Handicapped accessible

Beauty/barber Three meals daily

Contact Person: Tammy Mench  
Phone #: (218) 632-3610  
E-mail: director@meadowsofwadena.org  
Website: meadowsofwadena.org

## Legal Help with Pensions and Retirement Benefits

When “Isabel” reached out to her husband’s former employer about her surviving spouse benefit after his sudden death she was shocked to hear them say they had no record of her eligibility. She was certain that she and her husband had selected the surviving spouse benefit.

Trellis Pension and Retirement Rights contacted the pension plan and filed a claim on Isabel’s behalf, citing the federal law that requires a pension plan to pay a surviving spouse benefit unless the spouse signs a valid waiver. Isabel had never signed any such waiver.

The claim was approved, and Isabel received a retroactive lump-sum payment of \$4,565 and an ongoing monthly benefit of \$801 for the remainder of her lifetime.

Since 2011, Trellis Pension and Retirement Rights has helped 2,000+ individuals recover more than \$8 million in retirement benefits. The program provides free legal assistance related to pensions and retirement issues to individuals across Minnesota and in five other states. The program is funded through the federal Administration for Community Living.

The attorneys at Trellis can assist with defined benefit pension plans, multi-employer union plans, 401(k)s and 403(b)s. These are some of the ways Trellis can assist individuals:

- Representing them in the claims and appeals process to obtain benefits.
- Helping obtain spousal and survivor benefits.
- Correcting benefit miscalculations or obtaining plan documents.
- Tracking down retirement benefit from previous employers.
- Resolving overpayment and recoupment actions.

The world of retirement income is a complex maze of federal laws, corporate retirement policies and Social Security. Trellis Pension and Retirement Rights guides its clients through this maze, recovering retirement benefits and reducing debts for its clients. For more information about Trellis Pension and Retirement Rights call 1-866-783-5021 or go to: [trellisconnects.org/programs/retirement-rights](http://trellisconnects.org/programs/retirement-rights)

## WRIGHT COUNTY

Name: Cottages of Albertville Address: 5580 Kalland Avenue NE Albertville, MN 55301 Contact Person: Terry Phone #: (763) 324-0163 Email: cottages@reeliving.com Website: reeapartments.com	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
Name: Guardian Angels Engel Haus Address: 5101 Kassel Avenue NE Albertville, MN 55301 Contact Person: Jay-Jay Chan Phone #: (763) 498-4594 E-mail: jchan@ga-er.org Website: guardianangelsmn.org	44 Market Rate Units - \$900 +	Planned activities, Garage, Handicapped accessible	Pets
Name: Annandale Square II Apts Address: 321 Knollwood Street W Annandale, MN 55302 Contact Person: Danielle Gilly Phone #: (320) 274-5206 E-mail: dgillycepcomanagement@gmail.com Website: cepcomanagement.com	63 Market Rate Units - \$2,195 - \$4,945	Controlled entry, Emergency call system, Daily safety check, Planned activities, Three meals daily (asst. living & memory care)	Home health care, Beauty/barber, Housekeeping, Laundry service, Pets Three meals daily (independent living)
Name: Centennial Villa Address: 600 Park Street East Annandale, MN 55302 Contact Person: Debbie Flygare Phone #: (320) 274-5031 E-mail: deb.flygare@ahcsmn.org Website: ahcs.org	15 Subsidized Units - Rent Based on Income \$0 - \$665	Handicapped accessible	
Name: Centennial Villa Assisted Living Address: 660 Park Street East Annandale, MN 55302 Contact Person: Debbie Flygare Phone #: (320) 274-5031 E-mail: deb.flygare@ahcsmn.org Website: ahcs.org	22 Market Rate Units - \$1,060 - \$2,825	Controlled entry, Planned activities, Emergency call system, Light housekeeping, Daily safety check, Handicapped accessible	Home health care, Three meals daily, Beauty/barber, Extended housekeeping, Laundry service
Name: Centennial Villa Assisted Living & Memory Care Address: 500 Park Street East Annandale, MN 55302 Contact Person: Debbie Flygare Phone #: (320) 274-5031 E-mail: deb.flygare@ahcsmn.org Website: ahcs.org	26 Market Rate Units - \$1,060 - \$2,825	Controlled entry, Planned activities, Emergency call system, Daily safety check, Light housekeeping, Handicapped accessible	Home health care, Beauty/barber, Three meals daily, Extended housekeeping, Laundry service
Name: Cottages of Annandale Address: 108 Ash Street West Annandale, MN 55302 Contact Person: Sara Shepherd Phone #: (320) 274-2818	29 Market Rate Units - \$2,900 - \$3,186	Controlled entry, Planned activities, Emergency call system, Daily safety check, Light housekeeping, Laundry service, Handicapped accessible	Home health care, Beauty/barber, Three meals daily, Extended housekeeping
Name: Cottages of Annandale Address: 108 Ash Street West Annandale, MN 55302 Contact Person: Sara Shepherd Phone #: (320) 274-2818	36 Subsidized Units - Rent Based on Income	Controlled entry, Planned activities, Emergency call system, Handicapped accessible	Pets



## WRIGHT COUNTY

### Monthly Rental Fee

### Services Included in Rent

### On-site Services Available at an Extra Charge

<p>Name: Goldendale Homes Address: 400 Park Street East Annandale, MN 55302 Contact Person: Brianne DeLong Phone #: (320) 274-5871 E-mail: <a href="mailto:brianne.delong@commonbond.org">brianne.delong@commonbond.org</a> Website: <a href="http://goldendale.commonbond.org">goldendale.commonbond.org</a></p>	<p>20 Subsidized Units - Rent Based on Income</p> <p>4 Market Rate Units - \$500 - \$544</p>	<p>Controlled entry, Planned activities, Handicapped accessible</p>	
<p>Name: Knollwood Square Address: 421 Knollwood Street W Annandale, MN 55302 Contact Person: Danielle Gilley Phone #: (320) 274-5206 E-mail: <a href="mailto:dgilleycepcmanagement@gmail.com">dgilleycepcmanagement@gmail.com</a> Website: <a href="http://cepcmanagement.com">cepcmanagement.com</a></p>	<p>15 Subsidized Units - Rent Based on Income</p> <p>17 Market Rate Units - \$0 - \$792</p>	<p>Handicapped accessible</p>	
<p>Name: Oakdale Apartments Address: 200 Oakdale Circle Annandale, MN 55302 Contact Person: Tammy Gehrke Phone #: (320) 493-0562 E-mail: <a href="mailto:ipm.tg@outlook.com">ipm.tg@outlook.com</a></p>	<p>12 Subsidized Units - Rent Based on Income</p> <p>4 Market Rate Units - \$560</p>		<p>Pets</p>
<p>Name: Barrington Address: 103 14th Street NE Buffalo, MN 55313 Contact Person: Allison Bakken Phone #: (763) 295-5804 E-mail: <a href="mailto:barrington@thiestalle.com">barrington@thiestalle.com</a> Website: <a href="http://thiestalle.com">thiestalle.com</a></p>	<p>15 Subsidized Units - Rent Based on Income</p> <p>5 Market Rate Units - \$740 - \$915</p>	<p>Emergency call system, Handicapped accessible</p>	
<p>Name: Havenwood of Buffalo Address: 150 Division Street E Buffalo, MN 55313 Contact Person: Malinda Carter Phone #: (612) 439-2512 E-mail: <a href="mailto:mcarter@walkermethodist.org">mcarter@walkermethodist.org</a> Website: <a href="http://havenwoodsenior.com/buffalo">havenwoodsenior.com/buffalo</a></p>	<p>90 Market Rate Units - \$1,875 - \$3,475</p>	<p>Controlled entry, Planned activities, Daily safety check, Emergency call system, Light housekeeping, Transportation to store</p>	<p>Home health care, Three meals daily, Beauty/barber, Extended housekeeping, Laundry service, Garage, Pets</p>
<p>Name: Lake Ridge Assisted Living Address: 310 Lake Blvd. South Buffalo, MN 55313 Contact Person: Kasey Laney Phone #: (763) 404-4648 E-mail: <a href="mailto:kasey.laney@cassialife.org">kasey.laney@cassialife.org</a> Website: <a href="http://lakeridgemanor.org">lakeridgemanor.org</a></p>	<p>27 Market Rate Units - \$2,790 - \$3,390</p>	<p>Planned activities, Home health care, Emergency call system, Light housekeeping, Laundry service, Handicapped accessible</p>	<p>Daily safety check, Beauty/barber, Three meals daily, Extended housekeeping</p>
<p>Name: Lakeside Apartments Address: 404 Catlin Street Buffalo, MN 55313 Contact Person: Amanda Leaf Phone #: (763) 682-2485 E-mail: <a href="mailto:lakeside@hornigcompanies.com">lakeside@hornigcompanies.com</a> Website: <a href="http://hornigcompanies.com">hornigcompanies.com</a></p>	<p>37 Subsidized Units - Rent Based on Income</p>	<p>Controlled entry</p>	

## WRIGHT COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Park Terrace Assisted Living  
& Memory Care  
Address: 613 Montrose Blvd.  
Buffalo, MN 55313  
Contact Person: Jill Pingel  
Phone #: (763) 951-7859  
E-mail: jill.pingel@cassialife.org

46 Market  
Rate Units -  
\$3,465 +

Emergency call system,  
Planned activities,  
Three meals daily,  
Daily safety check,  
Light housekeeping,  
Laundry service,  
Transportation to store,  
Handicapped accessible

Beauty/barber,  
Home health care,  
Extended housekeeping,  
Laundry service,  
Pets

Name: The Glen Buffalo  
Assisted Living  
Address: 201 1st Street NE  
Buffalo, MN 55313  
Contact Person: Kathy Czanstktowski  
Phone #: (763) 682-5489  
E-mail: kczan@gentletouchhealth.com  
Website: theglennbuffalo.com

67 Market  
Rate Units -  
\$1,830 - \$3,534

Emergency call system,  
Planned activities,  
Daily safety check,  
Three meals daily,  
Light housekeeping,  
Laundry service,  
Home health care,  
Beauty/barber,  
Transportation to store,  
Handicapped accessible

Extended housekeeping,  
Pets

Name: The Glen Buffalo  
Memory Care  
Address: 407 8th Street NW  
Buffalo, MN 55313  
Contact Person: Kathy Czanstktowski  
Phone #: (763) 682-5489  
E-mail: kczan@gentletouchhealth.com  
Website: theglennbuffalo.com

48 Market  
Rate Units -  
\$3,585 - \$5,502

Controlled entry,  
Planned activities,  
Home health care,  
Three meals daily,  
Daily safety check,  
Beauty/barber,  
Housekeeping,  
Laundry service,  
Handicapped accessible

Name: Village Place Apartments  
Address: 119 1st Avenue NE  
Buffalo, MN 55313  
Contact Person: Ronald Uecker  
Phone #: (763) 682-4128

48 Market  
Rate Units -  
\$746 - \$1,050

Controlled entry,  
Planned activities

Garage,  
Pets

Name: Woodmere Apartments  
Address: 33 NE 2nd Street  
Buffalo, MN 55313  
Contact Person: Kim Johnson  
Phone #: (763) 682-3240  
E-mail: kjohnson@lloydmanagementinc.com  
Website: lloydmanagementinc.com

54 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Emergency call system,  
Daily safety check,  
Pets

Name: Brookridge Assisted Living  
Address: 180 Sunset Avenue NW  
Cokato, MN 55321  
Contact Person: Patricia Isaacson  
Phone #: (320) 286-3196  
E-mail: pisaacson@cokatoseniorcare.com  
Website: cokatoseniorcare.com

16 Market  
Rate Units -  
\$1,015 - \$1,265

Controlled entry,  
Planned activities,  
Handicapped accessible

Home health care,  
Emergency call system,  
Three meals daily,  
Daily safety check,  
Beauty/barber,  
Housekeeping,  
Laundry service,  
Planned activities

## WRIGHT COUNTY

### Monthly Rental Fee

### Services Included in Rent

### On-site Services Available at an Extra Charge

Name: Cokato Apartments I  
 Address: 440 2nd Street NW  
 Cokato, MN 55321  
 Contact Person: Kari Amundson  
 Phone #: (320) 286-2758  
 E-mail: cokapts@embarqmail.com  
 Website: smrrental.com

40 Subsidized Units - Rent Based on Income

Controlled entry,  
 Planned activities,  
 Congregate noon meal,  
 Handicapped accessible

Name: Cokato Apartments II  
 Address: 187 Sunset Avenue NW  
 Cokato, MN 55321  
 Contact Person: Kari Amundson  
 Phone #: (320) 286-2758  
 E-mail: cokapts@embarqmail.com  
 Website: smrrental.com

14 Market Rate Units - \$605 - \$640

Controlled entry,  
 Planned activities,  
 Congregate noon meal,  
 Handicapped accessible

## Are You New to Medicare or Would Like to Understand Medicare Better?

Senior LinkAge Line can help you understand Medicare and the important decisions you need to make at the time you enroll.

**FREE** two hour classes are being offered on a monthly basis in communities throughout the region.

Call Senior LinkAge Line at 800-333-2433 for more information or to register for an upcoming class!

Senior LinkAge Line does not sell, market or endorse any insurance products.



*A place for the ones we love*



### *Cokato Manor Community*

- 24-hour Skilled Nursing Care
  - Senior Day Services • Rehab Therapy
  - Meals on Wheels
  - 26 Single Rooms
- (320) 286-2158**

### *Out-Patient Therapy Service*

Community Fitness  
**(320) 286-2158**

### *Brookridge*

Assisted Living Residence  
**(320) 286-3196**

### *Cokato Manor Home Health*

- Medicare Certified • State Licensed
  - Physical, Occupational, and Speech Therapy
- (320) 286-3049**

### *Heritage Place*

Assisted Living  
**(320) 286-2158**

### *Edgewood Gables*

Senior Living Apartments  
 Housing with Service Options Available  
**(320) 286-2159**

*Cokato Charitable Trust Health and Housing Services*

**[www.cokatoseniorcare.com](http://www.cokatoseniorcare.com)**

## WRIGHT COUNTY

Monthly  
Rental FeeServices Included  
in RentOn-site Services Available  
at an Extra Charge

Name: Cokato Apartments III  
Address: 195 3rd Street SE  
Cokato, MN 55321  
Contact Person: Kari Amundson  
Phone #: (320) 286-2758  
E-mail: cokapts@embarqmail.com  
Website: smrrental.com

29 Market  
Rate Units -  
\$605 - \$665

Controlled entry,  
Planned activities,  
Congregate noon meal

Name: Cokato Apartments IV  
Address: 145 Broadway Avenue S  
Cokato, MN 55321  
Contact Person: Kari Amundson  
Phone #: (320) 286-2758  
E-mail: cokapts@embarqmail.com  
Website: smrrental.com

15 Market  
Rate Units -  
\$620 - \$690

Controlled entry,  
Planned activities,  
Congregate noon meal

Name: Edgewood Gables  
Address: 600 3rd Street SE  
Cokato, MN 55321  
Contact Person: Patricia Isaacson  
Phone #: (320) 286-2159  
E-mail: pisaacson@cokatoseniorcare.com  
Website: cokatoseniorcare.com

30 Market  
Rate Units -  
\$1,060 - \$1,295

Planned activities

Home health care,  
Three meals daily,  
Emergency call system,  
Beauty/barber,  
Housekeeping,  
Laundry service,  
Daily safety check,  
Garage

Name: Heritage Place Memory Care  
Address: 182 Sunset Avenue NW  
Cokato, MN 55321  
Contact Person: Patricia Isaacson  
Phone #: (320) 286-3118  
E-mail: pisaacson@cokatoseniorcare.com  
Website: cokatoseniorcare.com

10 Market  
Rate Units -  
\$5,627

Controlled entry,  
Planned activities,  
Daily safety check,  
Three meals daily,  
Home health care,  
Beauty/barber,  
Housekeeping,  
Laundry service,  
Handicapped accessible

Name: Crow River Villa  
Address: 125 5th Street South  
Delano, MN 55328  
Contact Person: Tammy Weber  
Phone #: (763) 972-2945  
E-mail: tweber@delano.mn.us  
Website: delano.mn.us/services/housing

30 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry,  
Emergency call system,  
Handicapped accessible,  
Pets

Beauty/barber,  
Garage

Name: Delano Commons Senior Housing  
Address: 1460 St. Peter Avenue  
Delano, MN 55328  
Contact Person: Michele Stevens  
Phone #: (763) 972-2930  
Email: michele.stevens@commonbond.org  
Website: delanocommons.commonbond.org

29 Subsidized  
Units - Rent  
Based on Income  
  
1 Market Rate  
Unit - \$524

Controlled entry,  
Planned activities,  
Emergency call system,  
Handicapped accessible,  
Pets

## WRIGHT COUNTY

### Monthly Rental Fee

### Services Included in Rent

### On-site Services Available at an Extra Charge

Name: The Legacy of Delano  
Address: 1350 St. Peter Avenue E  
Delano MN 55328  
Contact Person: Martha Ahlschlager  
Phone #: (763) 972-2333  
E-mail: marthaahlschlager@twsl.com  
Website: legacyofdelano.com

51 Market  
Rate Units -  
\$2,850 - \$4,475

Controlled entry,  
Planned activities,  
Emergency call system,  
Daily safety check,  
Three meals daily,  
Light housekeeping,  
Transportation to store,  
Home health care,  
Handicapped accessible

Beauty/barber,  
Laundry service,  
Pets

Name: Ridge Manor Apartments  
Address: 129 5th Street South  
Delano, MN 55328  
Contact Person: Michele Stevens  
Phone #: (763) 274-2700  
E-mail: elkridgemanor@thiestalle.com  
Website: thiestalle.com

16 Subsidized  
& Market Rate  
Units -  
\$580 - \$745

Controlled entry,  
Emergency call system,  
Handicapped accessible

Pets

Name: Heritage Square-Good Samaritan  
Address: 1111 7th Street  
Howard Lake, MN 55349  
Contact Person: Manager  
Phone #: (320) 543-3331  
Website: good-sam.com/heritagesquare

24 Units -  
\$600 +

Controlled entry,  
Emergency call system,  
Handicapped accessible

Garage

Name: The Lodge of Howard Lake  
Address: 445 1st Street East  
Howard Lake, MN 55349  
Contact Person: Karla Davis  
Phone #: (320) 543-1010  
E-mail: kdavis27@good-sam.com

5 Subsidized  
Units - Rent  
Based on Income  
  
13 Market  
Rate Units -  
\$3,291 - \$6,185

Planned activities,  
Daily safety check,  
Controlled entry,  
Light housekeeping,  
Emergency call system,  
Laundry service,  
Handicapped accessible

Home health care,  
Beauty/barber,  
Three meals daily,  
Extended housekeeping

Name: Shoreline Commons  
Address: 790 Shoreline Drive  
Howard Lake, MN 55349  
Contact Person: Laurie Busche  
Phone #: (320) 259-0393  
Email: lbusche@cmhp.net  
Website: cmhp.net

24 Market  
Rate Units -  
\$632 - \$722

Controlled entry

Name: Maple Manor Apartments  
Address: 333 2nd Street West  
Maple Lake, MN 55358  
Contact Person: Cathy Elfstrand  
Phone #: (320) 963-5283  
E-mail: mplmanor@gmail.com

40 Subsidized  
Units - Rent  
Based on Income  
  
22 Market Rate  
Units - \$415 - \$530

Emergency call system,  
Handicapped accessible

Beauty/barber,  
Congregate noon meal,  
Laundry service,  
Pets

## WRIGHT COUNTY

	Monthly Rental Fee	Services Included in Rent	On-site Services Available at an Extra Charge
Name: Broadway Square Address: 243 West Broadway Monticello, MN 55362 Contact Person: Justine Lamont Phone #: (763) 263-1955 E-mail: jlamont@metroplains.com Website: metroplains.com	28 Subsidized Units - Rent Based on Income	Controlled entry, Emergency call system, Handicapped accessible, Pets	
Name: Cedar Crest Apartments Address: 406 Cedar Street Monticello, MN 55362 Contact Person: Mary Johnson Phone #: (763) 295-4242 Website: bergstad.com	38 Subsidized Units - Rent Based on Income	Controlled entry, Handicapped accessible	Pets
Name: CentraCare-Benedict Court (St. Benedict's Community) Address: 1301 East 7th Street Monticello, MN 55362 Contact Person: Kim/Deb Phone #: (763) 295-4051 E-mail: info@centracare.com Website: centracare.com	91 Market Rate Units - \$1,910 - \$5,939	Controlled entry, Planned activities, Emergency call system, Daily safety check, Transportation to store, Handicapped accessible	Home health care, Beauty/barber, Laundry service, Light housekeeping, Three meals daily, Garage
Name: CentraCare-Benedict Village (St. Benedict's Community) Address: 1305 East 7th Street Monticello, MN 55362 Contact Person: Kim/Deb Phone #: (763) 295-4051 E-mail: info@centracare.com Website: centracare.com	59 Market Rate Units - \$1,102 - \$2,347	Controlled entry, Planned activities, Daily safety check, Transportation to store, Emergency call system, Handicapped accessible	Congregate noon meal, Beauty/barber, Home health care, Housekeeping, Laundry service, Garage
Name: Mississippi Shores Address: 1213 Hart Blvd. Monticello, MN 55362 Contact Person: Christine Gagnon Phone #: (763) 295-0787 E-mail: cgagnon@preshomes.org Website: preshomes.org	49 Market Rate Units - \$1,030 - \$1,560	Controlled entry, Planned activities, Transportation to store, Handicapped accessible	Congregate noon meal, Planned activities, Garage, Pets
Name: River Park View Address: 218 West River Street Monticello, MN 55362 Contact Person: Justine Lamont Phone #: (763) 263-1955 E-mail: jlamont@metroplains.com Website: metroplains.com	31 Subsidized Units - Rent Based on Income	Controlled entry, Emergency call system, Handicapped accessible, Pets	

## WRIGHT COUNTY

### Monthly Rental Fee

### Services Included in Rent

### On-site Services Available at an Extra Charge

Name: Meadow Brook Cottages of Montrose  
Address: Meadowbrook Way  
Montrose, MN 55363  
Contact Person: Ross Danielson  
Phone #: (612) 709-0121  
E-mail: ross@northland-title.com

8 Market  
Rate Units -  
\$1,200

Handicapped accessible,  
Garage

Pets

Name: Rosehaven Apartments I & II  
Address: 320 & 330 Garfield Avenue S  
Montrose, MN 55363  
Contact Person: Greg Olson  
Phone #: (763) 427-3442

30 Market  
Rate Units -  
\$595 - \$650

Controlled entry,  
Handicapped accessible

Pets

Name: Riverview Landing  
Address: 9200 Quantrelle Avenue NE  
Otsego, MN 55330  
Contact Person: Stacy Mohs  
Phone #: (763) 746-3400  
E-mail: smohs@ga-er.org  
Website: guardianangelsmn.org

142 Market  
Rate Units -  
\$1,905 - \$4,630

Controlled entry,  
Planned activities,  
Emergency call system,  
Daily safety check,  
Handicapped accessible

Home health care,  
Three meals daily,  
Beauty/barber,  
Housekeeping,  
Laundry service,  
Garage,  
Pets

Name: Rockford Manor  
Address: 8830 Walnut Place  
Rockford, MN 55373  
Contact Person: Sarah Hietpas  
Phone #: (612) 802-4123  
E-mail: samarie2000@hotmail.com

24 Subsidized  
Units -  
Rent Based  
on Income

Controlled entry

Name: Countryside Cottages  
Address: 403 Hillcrest Drive  
St. Michael, MN 55376  
Contact Person: Karen Whitney  
Phone #: (763) 497-4901  
E-mail: countryside@michael@outlook.com  
Website: horningcompanies.com

48 Market  
Rate Units -  
\$860 - \$1,025

Name: Ridgedrive I & II Apts  
Address: 696 & 698 Ridge Drive  
St. Michael, MN 55376  
Contact Person: Kay Arens  
Phone #: (612) 267-7968  
E-mail: kayarens1@gmail.com

31 Subsidized  
Units - Rent  
Based on Income

Emergency call system,  
Handicapped accessible

10 Market Rate  
Units - \$415 - \$540

Name: The Legacy of St. Michael  
Address: 4400 Lange Avenue NE  
St. Michael, MN 55376  
Contact Person: Breanne Lunemann  
Phone #: (763) 497-0171  
E-mail: breanne.lunemann@twsl.com  
Website: legacyofstmichael.com

95 Market  
Rate Units -  
\$2,480 - \$4,048

Controlled entry,  
Planned activities,  
Daily safety check,  
Light housekeeping,  
Transportation to store,  
Handicapped accessible

Home health care,  
Beauty/barber,  
Laundry service,  
Extended housekeeping,  
Three meals daily,  
Garage,  
Pets

## INFORMATION & ADVOCACY

Senior LinkAge Line - Statewide	seniorlinkageline.com	MinnesotaHelp.info®	800-333-2433
Disability Hub MN - Statewide resources		disabilityhubmn.org	1-866-333-2466
Veterans Linkage Line™ - Statewide	linkvet.org	1-888-LinkVet	1-888-546-5838
Eldercare Locator - Services for older adults & their families outside MN		eldercare.acl.gov	1-800-677-1116
Elder Voice Family Advocates - Long-term care options and resources		eldervoicfamilyadvocates.org	(952) 239-6394
United Way 211 - Statewide	211unitedway.org	2-1-1	1-800-543-7709
Social Security - St. Cloud Office		ssa.gov	1-877-405-1446
Brainerd Lakes Area			1-866-331-9087
Minnesota Adult Abuse Reporting Center - Statewide	mn.gov/dhs/reportadultabuse		1-844-880-1574
Minnesota Farm & Rural Helpline	farmstress@state.mn.us		833-600-2670 (press 1)
Minnesota Warmline-Mental Health Minnesota	mentalhealthmn.org/support/minnesota		1-877-404-3190
Better Business Bureau - Consumer info to help find trustworthy businesses		bbb.org	(651) 699-1111
MnCHOICES Assessment - Anyone with disabilities or chronic care needs can ask for an assessment, at no charge, to learn what support services are available to help you live in your home.	Benton County Cass County Chisago County Crow Wing County Isanti County Kanabec County Mille Lacs County Morrison County Pine County Sherburne County Stearns County Todd County Wadena County Wright County	(320) 968-5087 (218) 547-1340 (651) 213-5200 (218) 824-1140 (763) 689-1711 (320) 679-6330 (320) 983-8208 (320) 632-2951 (320) 216-4114 (763) 765-4000 (320) 656-6000 (320) 732-4500 (218) 631-7605 (763) 684-8435	1-800-530-6254 1-888-234-1246 1-888-234-1246 1-888-772-8211 1-877-599-4808 1-888-270-8208 1-800-269-1464 1-800-450-7263 1-800-433-5239 1-800-450-3663 1-888-838-4066 1-888-662-2737 1-800-362-3667

### VETERANS SERVICES OFFICES

Benton County	(320) 968-5044	
Cass County	(218) 947-7534	
Chisago County	(651) 213-5600	
Crow Wing County	(218) 824-1058	1-866-507-1058
Isanti County	(763) 689-3591	
Kanabec County	(320) 679-6380	
Mille Lacs County	(320) 983-8208	1-888-270-8208
Morrison County	(320) 632-0290	1-866-401-1111, ext. 290
Pine County	(320) 216-4250	1-800-450-7463, ext. 4250
Sherburne County	(763) 765-3100	1-800-433-5243
Stearns County	(320) 656-6176	
Todd County	(320) 732-4418	
Wadena County	(218) 631-7617	
Wright County	(763) 682-7325	1-800-362-3667



## LEGAL ASSISTANCE

**Mid-Minnesota Legal Aid - Senior Law Project** - Provides legal services for persons over 60 and their families on such issues as Social Security, supplemental security income, Medicare, Medical Assistance, food stamps, housing and utility problems, consumer issues, health care directives, domestic abuse, fuel assistance, veterans benefits and other civil matters.

Benton, Cass, Chisago, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison,  
Pine, Sherburne, Stearns, Todd, Wadena and Wright Counties (320) 253-0121 1-888-360-2889  
mylegalaid.org

**Anishinabe Legal Services** - Cass Lake (218) 335-2223 1-800-422-1335  
Must live on or near White Earth, Red Lake or Leech Lake Reservations. alslegal.org

**Ombudsman for Older Minnesotans** - Advocate for consumer rights for those who are in a hospital, nursing home, assisted living facility, or receiving home care services. Mediation/negotiations/education is provided on long-term care issues. Statewide 1-800-657-3591

**Midwest Pension Rights Project** - Statewide 1-866-783-5021  
Free legal counseling related to pension claims of any amount. midwestpensions.org

**Minnesota State Bar Attorney Referral Services** - 1-800-882-6722  
Find lawyers and low-cost legal help. mnbar.org

**Minnesota Attorney General's Office** - (651) 296-3353 1-800-657-3602  
Consumer assistance for unsatisfactory service, bill disputes, fraud, or scams. ag.state.mn.us

**MN Department of Commerce** - (651) 539-1500 mn.gov/commerce  
Minnesota's consumer protection agency.

**HOME Line Hotline** - (612) 728-5767 1-866-866-3546  
Information and advice to help tenants solve their own rental housing problems. homelinemn.org

**LawHelpMN** – Helps low-income people solve legal problems. lawhelpmn.org

**MN Legal Advice Online** – Helps low-income people get brief advice from an attorney. mnlegaladvice.org

**Mille Lacs Band of Ojibwe Legal Assistance (Mille Lacs Reservation)** (320) 532-7798 1-800-709-6445  
Legal help for low-income people.

## Prescription Drug Expense Assistance for All Ages

*Are you struggling with paying for your prescription drug costs?*

There are programs to help you with these high costs. Our experts can help you find out if you may be eligible and can help with completing an application - no matter your age, income or insurance coverage. Contact the Senior LinkAge Line at 800-333-2433 for assistance or more information.

## HOME HEALTH/PERSONAL CARE

A variety of services can be provided in an effort to assist an older person to recover from an illness or hospitalization, or on an ongoing basis to assist with the activities of daily living. Services may include the following: assistance with bathing and personal care, medication management, meal preparation, light housekeeping, therapies, dressing changes and more.

AGENCY NAME & PHONE NUMBER	BENTON	CASS	CHISAGO	CROW WING	ISANTI	KANABEC	MILLE LACS	MORRISON	PINE	SHERBURNE	STEARNS	TODD	WADENA	WRIGHT
A 2 Z Home Care (763) 392-4655	★	★	★	★	★	★	★	★	★	★	★	★	★	★
AccentCare Fairview Home Care (763) 389-1923	★				★	★	★			★				★
Accra Care (218) 270-5905	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Accurate Home Care 1-866-214-3800	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Adara Home Care (320) 255-1882	★							★		★	★	★		
Adara Home Care, Inc. (763) 682-3005					★	★	★			★				★
Advanced Medical Home Care, LLC (612) 267-6154			★							★				★
Advantage Home Care (320) 420-1118	★					★	★	★		★	★			
Aide Home Care (218) 546-6242		★		★			★			★				
All About Caring Home Care, Inc. (320) 358-0987			★		★	★			★					
All Good Home Care (320) 393-2406	★							★		★	★			
Allina Home Care (651) 635-9173			★		★		★			★				★
Alliance Home Health Care (320) 251-7111	★		★		★					★	★	★		★
Alternative Senior Care (320) 352-3350								★			★	★		
Arise Home Health Care (320) 230-6348	★									★	★			★
Assumption Home Care (320) 685-4110											★			
B's Home Care (763) 689-8984	★		★		★	★	★	★	★	★	★			★
Barnabas Health Care (218) 829-0901		★		★										
Benton County Human Services (320) 968-5087	★													
Carefree Home Services (763) 422-9713	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Caring Hands Home Care, Inc. (218) 837-5572		★										★	★	

## HOME HEALTH/PERSONAL CARE continued

AGENCY NAME & PHONE NUMBER	BENTON	CASS	CHISAGO	CROW WING	ISANTI	KANABEC	MILLE LACS	MORRISON	PINE	SHERBURNE	STEARNS	TODD	WADENA	WRIGHT
Caring Professionals Home Care (651) 789-2299	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Cass County Health, Human & Vet Services (218) 547-1340		★												
CentraCare Health Home Care & Hospice (320) 259-9375	★						★	★		★	★	★		★
Central MN Senior Care, Inc. (320) 441-7001				★				★			★			
Chisago County Health & Human Services (651) 213-5219			★											
CHI Health at Home (320) 631-5575								★		★	★	★		
CK Home Health Care (218) 998-3778	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Cokato Manor Home Health (320) 286-3049														★
Comfort Keepers (320) 230-9939	★	★	★	★	★			★		★	★			★
Compassionate Home Care (763) 294-0714	★				★		★			★				★
Country Manor Home Health Care (320) 253-3343	★							★		★	★			★
CRMC Home Health (218) 546-2311		★		★										
Deer River Home Care / Essentia Health (218) 246-4352		★												
Divine Home Care (320) 231-9757	★	★		★				★			★	★		★
Dominion Cares Home Health (320) 864-9926											★			★
Ecumen Home Care (763) 755-9009			★		★	★			★	★	★			★
Elite Nursing Service, Inc. (763) 421-3613					★					★				★
Essentia Health - Deer River Home Health (218) 246-4352		★												
Gentle Hands of Time - Cambridge (763) 552-4043			★		★	★	★		★	★				
Glacial Ridge Home Care & Hospice (320) 634-2221											★			

## HOME HEALTH/PERSONAL CARE continued

AGENCY NAME & PHONE NUMBER	BENTON	CASS	CHISAGO	CROW WING	ISANTI	KANABEC	MILLE LACS	MORRISON	PINE	SHERBURNE	STEARNS	TODD	WADENA	WRIGHT
Golden Heart Home Health (218) 820-0871				★										
Good Neighbor Home Health Care (218) 829-9238		★		★										
Good Samaritan Society Home Care (218) 963-9452		★		★										
Good Shepherd Home Health Care (320) 259-3470	★									★	★			
Grattan Health Care, Inc. (218) 820-1326	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Guaranteed Home Health Care, LLC (763) 710-5722			★		★				★	★				★
Guardian Angels Elim Home Care (763) 241-0654					★		★			★				★
HealthNorth (320) 281-5311	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Homewatch Caregivers (320) 289-4497	★									★	★			★
Home Care Solutions (763) 231-9000	★				★		★			★	★			★
Home Health Care, Inc. (763) 417-8888	★		★		★					★				★
Home Instead Senior Care (320) 258-3055	★	★	★	★	★					★	★	★	★	★
Horizon Home Health (320) 468-2788								★						
In Home Personal Care (763) 546-1000	★		★		★				★	★	★			★
Inspired By You Home Care, LLC (320) 774-1161 or (320) 423-0084	★										★			★
Interim HealthCare (320) 316-8440	★									★	★			★
Kanabec County Community Health (320) 679-6330						★								
Kindred at Home (763) 416-0289					★					★				★
Knute Nelson Home Care (320) 759-1273	★	★		★			★	★		★	★	★	★	★
Lake Country Home Care (218) 385-3422				★								★	★	
Lake Region Home Health (320) 354-5858											★			
Lakewood Health System Home Care (218) 894-8080		★		★				★				★	★	
Leech Lake Home Health (218) 335-4500		★												
Legacy Home Care (763) 593-1000			★		★					★				★

## HOME HEALTH/PERSONAL CARE continued

AGENCY NAME & PHONE NUMBER	BENTON	CASS	CHISAGO	CROW WING	ISANTI	KANABEC	MILLE LACS	MORRISON	PINE	SHERBURNE	STEARNS	TODD	WADENA	WRIGHT
Lifesprk (952) 345-8770										★				★
Many Lakes Home Care (218) 732-9394		★											★	
Mary T. Home Health (763) 862-5426			★		★	★			★	★	★			
Midwest Home Health Care (320) 654-2552										★	★			★
Mille Lacs Band of Ojibwe Public Health (320) 532-7775				★			★		★					
Mille Lacs Health System Home Care (320) 532-2800				★		★	★	★						
Minnesota Home Care (218) 963-8899	★	★		★			★	★		★	★	★	★	★
Morrison County Public Health (320) 632-6664								★						
New Dimensions Home Health Care (218) 739-5856		★		★				★			★	★	★	
NextStep Home Care, Inc. (320) 219-6425											★	★		
Nightingale Home Health Care (763) 545-3131					★					★	★			
Nordic Home Health Care (612) 412-4452	★		★		★					★	★			
North Country Home Care II, Inc. (763) 856-9955					★	★	★			★	★			★
Recover Health (218) 316-3444		★	★	★	★		★	★				★	★	
Senior Helpers (763) 262-9966	★				★		★			★	★			★
Senior Home Health Care, LLC (320) 774-3299	★		★		★			★		★	★			★
Spectrum Community Health (320) 229-7559	★			★							★			
SPOT Rehab & Home Health Care (320) 258-7473	★							★		★	★			★
Symphony Senior Services, Inc. (651) 330-3841			★		★									
Synergy Home Care (763) 205-4440			★		★									
Tender Hearts Home Care (218) 385-3466		★		★								★	★	
Todd County Public Health (320) 732-4500												★		

## HOME HEALTH/PERSONAL CARE continued

AGENCY NAME & PHONE NUMBER	BENTON	CASS	CHISAGO	CROW WING	ISANTI	KANABEC	MILLE LACS	MORRISON	PINE	SHERBURNE	STEARNS	TODD	WADENA	WRIGHT
Transitions Home Care (763) 200-5406			★		★					★				
Veterans Affairs Medical Center (320) 252-1670	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Visiting Angels (320) 230-1140	★									★	★			★

## Is it Time for Me to Move?\*

### Self Assessment for Older Adults on When to Move

Is it time for you or one of your loved ones to move, in order to have a more rewarding or less worrisome life? This quick quiz can help you decide. If you answer “Yes” to five or more statements, you should consider looking for housing that better fits your needs or start exploring ways to modify your house or your activities and responsibilities to make your daily life more satisfying and secure.

1. Stairs and other structural features make it difficult for me or my spouse to move around in the house, and I worry about falls.
2. My neighborhood doesn't feel as safe as it used to feel.
3. The property values in my neighborhood have gone up so much that I worry about being able to pay my taxes.
4. I can't maintain my house and my yard the way I would like to.
5. I have a hard time remembering to take all my medications.
6. If I couldn't drive, I would not be able to get to the grocery store, to doctor's appointments, to religious services and important social events.
7. I sometimes forget to tend to daily tasks.
8. I'd like to travel, but I don't, because I worry about my home.
9. My family and friends aren't able to visit or help me as much as they would like because we live too far apart.
10. I am not eating the way I should.
11. I worry a lot about the future.
12. I would like someone else to tend to housekeeping, cooking meals, and untangling things like monthly bills, health insurance, and other paperwork.
13. It is becoming a struggle to care for myself or my spouse in our current home.
14. Now that being near work and schools aren't major considerations, I'd like to be closer to the people and places that play significant roles in my current life.
15. I would like to attend more events and/or have more visitors; I feel lonely.

\*Article courtesy of Twin Cities Senior Housing Guide, [seniorhousingguide.us](http://seniorhousingguide.us)

## Volunteer: Help Yourself and Others

### Is it possible to help yourself and help others at the same time?

Yes, it is. By volunteering with the Senior LinkAge Line, you can do both. As a volunteer with the Senior LinkAge Line, you learn how to navigate the Medicare maze so you can:

- Be an educated consumer
- Learn about free Medicare benefits
- Save money
- Advocate for yourself and family
- Find coverage that fits your needs
- Make a difference by helping others

### How can you help?

At the Senior LinkAge Line, you can choose your level of service and involvement. Volunteers are asked to commit an average of four hours per month, but this can vary from month to month and snowbirds are welcome. Some volunteer opportunities include:

- Administrative tasks
- Application and forms assistance
- Medicare counseling
- Staffing a booth at an event

- Conducting basic presentations
- Educating people on fraud and scams
- Getting people financial help
- Helping people locate resources

### Is training provided?

Yes, we don't expect you to have all the answers. We take training very seriously and make sure you have the information and education you need to complete whatever volunteer opportunity you choose. Depending on what you want to do, training may include:

- Classroom and/or virtual training
- Shadowing staff and volunteers
- Newsletters
- Web-based video training

### How do you get more information?

Call the Senior LinkAge Line at 800-333-2433 and ask to speak to the volunteer coordinator who serves your community.



## Helping You Stay Independent

COMPLETE Medical Equipment & Supplies for Home Health Care

*SALES & RENTAL OF QUALITY PRODUCTS*

*Delivery & Set-up Available*

*Accredited Exemplary Provider*

## CARE MEDICAL SUPPLY, INC.

1000 SOUTH BENTON DRIVE • SUITE 418 • SAUK RAPIDS, MN

**1-800-638-7135 • (320) 251-8261**

*Locally Owned • 24 Hour Emergency Service • Prompt Delivery  
We Handle ALL the Paperwork for Your Insurance*

## Social Connections

As humans, we are born to connect. We have known for decades about the detrimental effects that forced isolation and loneliness can have on people.

A couple of factors have emerged recently which have brought greater attention to the epidemic of social isolation and loneliness. One is the 2020 publication of the consensus study report of the National Academies of Sciences, Engineering and Medicine: *Social Isolation and Loneliness in Older Adults*.

The pre-pandemic report details the well-established body of findings that show the impact of social isolation on health. A sample of the reported findings are sobering:

- One quarter of Americans 65 and older are socially isolated
- Social isolation significantly increases a person's risk of mortality from all causes, a risk that may rival the risks of smoking, obesity, and physical activity
- Social isolation has been associated with a 29 percent increased all-cause risk for mortality and a 25 percent increased risk for cancer mortality
- Social isolation has been associated with an approximately 50 percent increased risk of developing dementia

The issue has become so concerning, that in England, then Prime Minister Theresa May, established a Minister of Loneliness to develop policies and practices to reduce social isolation and

loneliness. Former Surgeon General of the United States, Vivek Murthy, has deemed the growing crisis an “epidemic of loneliness” and recognizes in his book, *Together: The Healing Power of Human Connection in a Sometimes Lonely World*, that it is both a social concern and a health issue to be addressed.

Of course, the second factor, which has brought the problems of social isolation and loneliness to the forefront of concerns, are the impact of practices to protect our most vulnerable population during the current pandemic. While we must do everything in our power to protect our seniors from the corona virus, we must also do what we can to ensure that they remain socially connected. This is evidenced in one particularly telling research study by Holt-Lunstad: “Being socially connected in a variety of ways is associated with having a 50 percent greater likelihood of survival (of all - causes of death), with some indicators of social integration being associated with a 91 percent greater likelihood of survival.”

In Central Minnesota, an excellent opportunity to stay engaged, and healthy, is through participation in events offered through local senior centers. To address the causes and consequences of social isolation and loneliness, Central Minnesota Council on Aging is initiating the Greater St. Cloud Area Coalition to End Social Isolation and Loneliness.

If you would like to be involved, please contact Steve Hoover: [Steve.hoover@cmcoa.org](mailto:Steve.hoover@cmcoa.org) for information on how you can become involved.



SENIOR LINKAGE LINE

### **Medicare 101: Medicare Basics**

**Senior LinkAge Line can help you understand Medicare.**

**Free 2-hour classes are offered on a monthly basis.**

**Call Senior LinkAge Line to register for a class!**

**800-333-2433**



## HOME-BASED VOLUNTEER SERVICES

*Community programs that provide in-home volunteer services such as transportation, respite care, chore, homemaker, friendly visiting, minor home maintenance, health care and other various services. The program enables older adults to stay in their homes for extended periods of time, preserving their quality of life and retaining their community networks, while at the same time avoiding expensive nursing home costs.*

Assumption Community Faith in Action (320) 348-2322 (Serves Stearns County & St. Cloud Metro)	Interfaith Volunteers 1-877-245-7454 (Serves Crow Wing County)
Community Action Respecting Elders (CARE) (Serves Benton County) (320) 968-7848	Lakes & Pines Community Action Council (Serves Chisago, Isanti, Kanabec, Mille Lacs & Pine Counties) 1-800-832-6082
Faith in Action for Cass County 1-866-675-5435	Love Inc. Heartland, Delano (763) 972-6547
Family Pathways 1-877-321-7100 (Serves Chisago, Isanti, Kanabec, Mille Lacs & Pine Counties)	Lutheran Social Services Older Adults 1-800-488-4146 (Serves Cass, Crow Wing, Todd & Wadena Counties)
Great River Faith in Action (763) 263-4277 (Serves Sherburne County)	Lutheran Social Services 1-877-540-9443 Neighbor to Neighbor Companions
Helping Hands Outreach (320) 746-9960 (Serves Holdingford and surrounding communities)	R.O.S.E. Center-Paynesville (320) 243-5144 (Serves Paynesville School District Residents)
Horizon Health Faith in Action 1-800-224-6451 (Serves Morrison County)	Senior Community Services (763) 416-7969 (Serves Sherburne & Wright Counties)
	Wright County Community Action (320) 963-6500

## Caring for your loved one, but don't know where to start?

If you are caring for your loved one but you have questions; a Caregiver Consultant and Trualta may be able to help. Trualta provides the training you need to care for your loved one, and will help you feel more prepared.

The on-line learning platform addresses real issues, showing you how with in-depth lessons, practical steps, and guided support from a caregiver consultant. With articles, videos, tip-sheets, and professional level training for things such as Wandering, Understanding Behavior Change and Fall Prevention at Home, just to name a few. Trualta helps family caregivers reduce stress, find local resources, and provide better care for their loved ones.

Trualta is really easy to use. All you will need

to start is a computer, tablet, or smartphone. You'll be connected to a Caregiver Consultant who will help you sign-up for a Trualta account. With lessons ranging from 5 minutes to 2 hours, Trualta makes it easy for you to fit caregiver training in whenever it works for you.

To sign-up for Trualta go to <https://mncaregiving.org/login> and click on Sign up. Or call the Senior LinkAge Line at 800-333-2433 and request information on Trualta and Caregiver Consultants.



## CAREGIVER SUPPORT

**Adult Day Services** - A planned program of socialization, nutrition and therapeutic activities provided in a supervised setting for persons who are not capable of full-time independent living. Usually open 5 days a week, but may be attended less than full-time.

**Caregiver Consultants** - Individualized support service that equips caregivers with the knowledge, skills, tools, and support to perform their caregiving role. Consultants complete a comprehensive assessment of caregiver and care receiver and assist the caregiver to develop and implement a customized care plan.

**In-Home Respite** - Services offer temporary, non-medical supervision and support to older persons in their own home in order to provide a brief period of relief or rest for informal caregivers.

**Social Group Respite** - Services offer temporary, non-medical supervision and support to older persons in a group setting in order to provide a brief period of relief or rest for informal caregivers.

### STATEWIDE

Dementia Community Action Network - Comprehensive  
Dementia assessment & care planning (320) 492-8207

Senior LinkAge Line  
(Adult Day Services) 800-333-2433

Trualta - a personalized skills-based training platform  
for family members caring for aging loved ones  
living at home 1-800-214-5085

Minnesota Indian Area Agency on Aging (218) 335-8586

MN Adult Day Services Association (763) 464-2698

Lutheran Social Services Kinship Caregivers  
(651) 917-4640 or 1-877-917-4640

### BENTON COUNTY

Assumption Community Faith in Action (320) 348-2322  
(In-Home Respite & Caregiver Consultants)

Community Action Respecting Elders (CARE)  
(In-Home Respite) (320) 968-7848

### CASS COUNTY

Faith in Action for Cass County  
(In-Home Respite) 1-866-675-5435

Lutheran Social Services (218) 203-7312  
(In-Home Respite & Caregiver Consultants) 1-800-488-4146

Provide Care, Inc.  
(Adult Day Services) (651) 674-8312

Walker Adult Day Services  
(Adult Day Services) (218) 547-1242

MN Chippewa Tribe  
(Adult Day Services) (218) 339-3167

### CHISAGO COUNTY

Family Pathways (Caregiver Consultant) (651) 257-7905

Foundations Group of MN, Inc.  
(In-Home Respite) Stacy (651) 408-1433

### CHISAGO COUNTY continued

Lakes and Pines Community Action Council  
Chisago City and North Branch (320) 679-1800  
ext 1902

Provide Care Inc (Adult Day Services) (651) 674-8312

Breath of Life (Adult Day Services)  
Brainerd (218) 822-3296

Brighter Horizons  
(Adult Day Services) (218) 232-0541

Edgewood Vista  
(Social Group Respite) Brainerd (218) 828-3691

Lutheran Social Services (218) 203-7312  
(In-Home Respite & Caregiver Consultants) 1-800-488-4146

Treasured Time Adult Day Center  
(Adult Day Services) Deerwood (218) 546-5071

Senior Class Community (In-Home Respite)  
Pequot Lakes (218) 568-5605

### CROW WING COUNTY

Breath of Life (Adult Day Services)  
Brainerd (218) 822-3296

Brighter Horizons  
(Adult Day Services) (218) 232-0541

Edgewood Vista  
(Social Group Respite) Brainerd (218) 828-3691

Lutheran Family Services  
(In-Home Respite & Caregiver Consultant) 1-800-488-4146

Treasured Time Adult Day Center  
(Adult Day Services) Deerwood (218) 546-5071

Senior Class Care (Adult Day Services)  
Pequot Lakes (218) 568-5605

### ISANTI COUNTY

Family Pathways (Caregiver Consultant) (651) 257-7905

## CAREGIVER SUPPORT continued

### KANABEC COUNTY

Family Pathways (Caregiver Consultant) (320) 364-1115

### MILLE LACS COUNTY

Elim Wellspring

(Adult Day Services) Princeton (763) 361-1150

Family Pathways (Caregiver Consultant) (320) 364-1115

### MORRISON COUNTY

St. Otto's Care Center (Adult Day Services)

Little Falls (320) 632-9281

Horizon Health Faith in Action (320) 468-6451

(Adult Day Service & Caregiver Consultants) 1-800-224-6451

Pierz Villa (Adult Day Services) (320) 468-6405  
Pierz

### PINE COUNTY

Lakes and Pines Community Action Council

Pine City (320) 679-1800, ext 1902

Essentia Health (Social Group Respite)

Sandstone (320) 245-6772

Family Pathways (Caregiver Consultant) (320) 364-1115

### SHERBURNE COUNTY

OPTIONS, Inc. (Adult Day Services)

Adults with Disabilities, Big Lake (763) 263-3684

Angels on Main (Adult Day Services)

Elk River (763) 241-6845

Assumption Community Faith in Action (320) 348-2322

(In-Home Respite & Caregiver Consultants)

Lutheran Social Services (218) 640-7737

(In-Home Respite & Caregiver Consultants) 1-800-488-4146

Senior Community Services

(Caregiver Consultants) (952) 541-1019

(Caregiver Consultants)

### STEARNS COUNTY

Belgrade Nursing Home

(Adult Day Services) (320) 254-8215

### STEARNS COUNTY continued

Helping Hands Outreach

(In-Home & Caregiver Consultants)

Holdingsford Area (320) 746-9960

Paynesville Health Center (Adult Day Services)

(320) 243-4212

R.O.S.E. Center (In-Home Respite)

Paynesville (320) 243-5144

A Home for the Day (Adult Day Services)

St. Cloud (320) 260-5251

Assumption Community Faith in Action (320) 348-2322

(In-Home Respite & Caregiver Consultants)

VA Medical Center (Adult Day Services)

St. Cloud (320) 252-1670

Opportunity Matters (Adult Day Services)

Sartell (320) 240-1900

### TODD COUNTY

Lutheran Social Services

(218) 640-7737

(In-Home Respite & Caregiver Consultants)

1-800-488-4146

### WADENA COUNTY

Lakewood Pines (In-Home Respite)

Staples (218) 894-1515

Lutheran Social Services

(218) 640-7737

(In-Home Respite & Caregiver Consultants)

1-800-488-4146

### WRIGHT COUNTY

Buffalo Adult Day Center

(763) 684-0803

(Adult Day Services) Buffalo

Cokato Manor Senior Day Services

(320) 286-2158

(Adult Day Services) Cokato

Senior Community Services

(952) 541-1019

(Caregiver Consultants)

Wright County Community Action

(320) 963-6500

(Caregiver Consultants)

## PERSONAL EMERGENCY RESPONSE SYSTEMS

Personal Emergency Response Systems (PERS), lets you call for help in an emergency by pushing a button. It provides automatic response to medical or other emergencies via electronic monitors. A signaling device is worn by the user and activates an attachment on the telephone. Systems will vary. **Contact the Senior LinkAge Line at 800-333-2433 for a complete listing of Personal Emergency Response Systems available in your community.**

## LONG-TERM CARE/TRANSITIONAL CARE/NURSING HOMES

**BENTON COUNTY**

Country Manor Health Care – Sartell (320) 253-1920  
 Good Shepherd Community  
     Sauk Rapids (320) 259-3483  
 The Gardens – Foley (320) 968-6201

**CASS COUNTY**

Good Samaritan Society – Pine River (218) 587-4423

**CHISAGO COUNTY**

Ecumen – North Branch (651) 237-3000  
 Estates at Rush City (320) 358-4765  
 Parmly on the Lake – Chisago City (651) 257-0575

**CROW WING COUNTY**

Bethany Good Samaritan Society  
     Brainerd (218) 829-1407  
 Cuyuna Regional Medical Center  
     Crosby (218) 546-2324  
 Good Samaritan Society – Woodland  
     Brainerd (218) 829-1429

**ISANTI COUNTY**

GracePointe Crossing – Cambridge (763) 689-1474

**KANABEC COUNTY**

St. Clare Living Community – Mora (320) 679-1411

**MILLE LACS COUNTY**

Elim Care & Rehab Center – Milaca (320) 983-2185  
 Elim Wellspring – Princeton (763) 389-1171  
 Mille Lacs Health System  
     Long Term Care – Onamia (320) 532-2729

**MORRISON COUNTY**

Little Falls Care Center (320) 632-9211  
 Pierz Villa – Pierz (320) 468-6405  
 St. Otto's Care Center – Little Falls (320) 632-9281

**PINE COUNTY**

Lakeside Medical Center – Pine City (320) 629-2542  
 Sandstone Health Care Center (320) 245-3150

**SHERBURNE COUNTY**

Guardian Angels Care Center  
     Elk River (763) 441-1213  
 CentraCare-St. Benedict's Community  
     St. Cloud (320) 251-2700, ext. 5526  
 Edenbrook – St. Cloud (320) 251-9120

**STEARNS COUNTY**

Assumption Home – Cold Spring (320) 685-3693  
 Belgrade Nursing Home (320) 254-8215  
 CentraCare-Melrose Care Center (320) 256-4474  
 Paynesville Health Care Center (320) 243-4212  
 CentraCare-Sauk Centre Care Center (320) 352-2224  
 CentraCare – Therapy Suites, Sartell (320) 534-3000  
 Mother of Mercy – Albany (320) 845-2195  
 Sterling Park Health Care Center  
     Waite Park (320) 252-9595  
 Veterans Affairs Medical Center  
     St. Cloud (320) 252-1670

**TODD COUNTY**

CentraCare-Long Prairie Care Center (320) 732-6111  
 Central Todd County Care Center  
     Clarissa (218) 756-3636

**WADENA COUNTY**

Fair Oaks Lodge – Wadena (218) 631-1391  
 Greenwood Connections – Menahga (218) 564-4101  
 Lakewood Health System – Staples (218) 894-1515

**WRIGHT COUNTY**

Annandale Care Center (320) 274-3737  
 CentraCare-Monticello Care Center (763) 271-2333  
 Cokato Manor (320) 286-2158  
 Good Samaritan Society  
     Howard Lake (320) 543-3800  
 Lake Ridge Care Center – Buffalo (763) 404-4600  
 Parkview Care Center – Buffalo (763) 682-1131  
 The Estates at Delano (763) 972-2987

## TRANSPORTATION

### STATEWIDE

Allina Transportation	(651) 222-0555
American Cancer Society-Road to Recovery	1-800-227-2345
Blue Plus Blue Ride (Medical Appointments)	1-866-340-8648
Care Cab/Care Transportation	1-800-535-7190
ConnectAbility of MN	(320) 253-0765
GoGoGrandparent	(855) 464-6872
Greyhound Bus Service	1-800-231-2222
Lakes Medi-Van, Inc.	1-800-422-0976

### BENTON COUNTY

Assumption Community Faith in Action (St. Cloud Metro Area)	(320) 685-3693
Community Action Respecting Elders (CARE)	(320) 968-7848
Country Care-A-Van	(320) 258-2273
Disabled American Veterans Transportation (Veterans Transport to VA Appointments)	(320) 252-1670
KAH Transportation	(320) 281-5531
Mayo Clinic Ambulance Service	(320) 251-8505
Medical Transportation Management	1-866-467-1724
Patron Transportation	(320) 345-5736
Schu-Tran	(320) 968-7478
St. Cloud Metro Bus: General & Dial-a-Ride Information	(320) 251-1499
Tri-Cap Transportation	1-888-765-5597
Yellow Cab	(320) 251-5050

### CASS COUNTY

ACC Midwest - Southern Cass	(320) 455-9200
Brainerd & Crow Wing Public Transit	1-866-825-7433
Care Van – Lakewood Health System	(218) 894-1515
Cass County Senior Transportation Program	(218) 947-7530
Cass County Veterans Services Office (Veterans Transportation to VA Hospitals)	1-888-547-1340
Community Health Representatives (Serves Leech Lake Reservation)	1-800-282-3389
Faith In Action for Cass County	1-866-675-5435
Freedom Express	(218) 616-2679
Home Instead Senior Care	1-877-824-0077
Leech Lake Band of Ojibwe Health Division	(218) 335-4507
Leech Lake Tribal Transit	1-800-442-3909
Peoples Express	1-800-450-0123
Schu-Tran	(320) 968-7478

### CHISAGO COUNTY

Allina Transportation	(651) 222-0555
Arrowhead Transit	1-800-862-0175

### CHISAGO COUNTY continued

Chisago County Veterans Services Office (Veterans Transportation to VA Hospitals)	(651) 213-5605
Home Instead Senior Care	1-866-689-0023
Lifts Transportation	1-888-469-7433
Linwood Senior Van	(651) 462-5565
Medical Transportation Management	1-866-467-1724
North Branch Cab	(651) 674-7979
Transit Plus (Parmly & The Estates)	(651) 257-7327
Wyoming United Methodist Church	(651) 462-4890

### CROW WING COUNTY

ACC Midwest	(320) 455-9200
Brainerd & Crow Wing Public Transit	1-866-825-7433
Brainerd Area Taxi	(218) 828-1111
Care Van – Lakewood Health System	(218) 894-1515
Crow Wing County Veterans Services Office (Veterans Transportation to VA Hospitals)	1-866-507-1058
Freedom Express	(218) 616-2679
Grab-A-Cab	(218) 270-2992
Home Instead Senior Care	1-877-824-0077
Interfaith Volunteers	1-877-245-7454
Patron Transportation	(320) 345-5736
Peoples Express	1-800-450-0123

### ISANTI COUNTY

Allina Transportation & EMS	(651) 222-0555
Arrowhead Transit	1-800-862-0175
Cambridge Cab	(763) 552-8294
Home Instead Senior Care	1-866-689-0023
Isanti County Veterans Services Office (Veterans Transportation to VA Hospitals)	(763) 689-3591
Lifts Transportation	1-888-469-7433
Loving Hands Transportation	(763) 607-8700
Medical Transportation Management	1-866-467-1724
Schu-Tran	(320) 968-7478

### KANABEC COUNTY

FirstLight-Mora	1-800-245-5671
Home Instead Senior Care	1-866-689-0023
Kanabec County Veterans Services Office (Veterans Transportation to VA Hospital)	(320) 679-6380
Lifts Transportation	1-888-469-7433
Schu-Tran	(320) 968-7478
Timber Trails Public Transit	1-888-217-5222

*Continued on next page.*

**TRANSPORTATION continued****MILLE LACS COUNTY**

Disabled American Veterans Transportation (Veterans Transportation to VA Appointments)	(320) 252-1670
Family Pathways	1-877-321-7100
Home Instead Senior Care	1-866-689-0023
LJ's Handi-Van	(763) 389-9440
Loving Hands Transportation	(763) 607-8700
Medical Transportation Management	1-866-467-1724
Mille Lacs Band of Ojibwe	(320) 532-4181
Mille Lacs County Veterans Services (Veterans Transportation to VA Hospital)	1-888-270-8208
Senior Helpers	1-800-760-6389
Schu-Tran	(320) 968-7478
Tri-Cap Transportation	1-888-765-5597

**MORRISON COUNTY**

A2B Transportation	(320) 753-6035
Alternative Senior Care	1-866-352-3350
Disabled American Veterans Transportation (Ambulatory Transportation to VA Appointments)	(320) 252-1670
Friendly Rider Public Transportation	(218) 631-5730
Home Instead Senior Care	1-877-824-0077
Horizon Health Faith in Action	1-800-224-6451
Little Falls Taxi	(320) 632-4104
Mayo Clinic Ambulance Service	(320) 251-8505
Peoples Express	1-800-450-0123
Tri-Cap Transportation	1-888-765-5597

**PINE COUNTY**

Allina Transportation & EMS	(651) 222-0555
Arrowhead Transit	1-800-862-0175
Attaboys' Taxi	1-866-998-8294
FirstLight-Mora	1-800-245-5671
Home Instead Senior Care	1-866-689-0023
Lifts Transportation	1-888-469-7433
Medical Transportation Management	1-866-467-1724
Pine City Bus Service	(320) 629-2032
Pine County Health & Human Services (Medical Transportation)	1-800-450-7463
Pine County Veterans Services Office (Veterans Transportation to VA Hospitals)	(320) 216-4250

**SHERBURNE COUNTY**

A2B Transportation	(320) 753-6035
Allina Medical Transportation & EMS	(651) 222-0555
Assumption Community Faith in Action (St. Cloud Metro Area)	(320) 685-3693

**SHERBURNE COUNTY continued**

Blue Button Transport	(612) 466-3785
Christie Cab	(763) 913-4889
Country Care-A-Van	(320) 258-2273
Driving Miss Daisy Transportation	(763) 253-4400
Great River Faith in Action	(763) 263-4277
Home Instead Senior Care	1-866-735-3055
KAAH Transportation	(320) 281-5531
Lawgand	(612) 598-5941
LJ's Handi-Van	(763) 389-9440
Loving Hands Transportation	(763) 607-8700
Mayo Clinic Ambulance Service	(320) 251-8505
Medical Transportation Management	1-866-467-1724
Northstar Link Commuter Bus	1-877-546-5010
Patron Transportation	(320) 345-5736
Pro Cab	(763) 464-5544
Schu-Tran	(320) 968-7478
Sherburne County Veterans Services Office (Veterans Transportation to VA Hospitals)	1-800-433-5243
St. Cloud Metro Bus: General Information	(320) 251-7433
Transportation Plus	(612) 888-8888
Tri-Cap Transportation	1-888-765-5597
Yellow Cab	(320) 251-5050
Yellow Cab of Elk River	(763) 400-8010

**STEARNS COUNTY**

A2B Transportation	(320) 753-6035
ACC Midwest Transportation	(320) 455-9200
Alternative Senior Care	1-866-352-3350
Assumption Community Faith in Action	(320) 685-3693
Benton/Stearns County Dial-A-Ride	1-888-765-5597
Country Care-A-Van	(320) 258-2273
Disabled American Veterans Transportation (Ambulatory Transportation to VA Appointments)	(320) 252-1670
Elite Taxi	(320) 240-2999
Helping Hands Outreach (Holdingford and St. Stephen)	(320) 746-9960
Home Instead Senior Care	1-866-735-3055
Jefferson Lines	1-800-451-5333
KAAH Transportation	(320) 281-5531
Kozy Kab	(320) 248-1169
Loving Hands Transportation	(763) 607-8700
Mayo Clinic Ambulance Service	(320) 251-8505
Medical Transportation Management	1-866-467-1724
Northstar Link Commuter Bus	1-877-546-5010
Patron Transportation	(320) 345-5736
Peoples Express	1-800-450-0123

**TRANSPORTATION** continued**STEARNS COUNTY** continued

R.O.S.E. Center (Paynesville)	(320) 243-5144
Schu-Tran	(320) 968-7478
St. Cloud Metro Bus: General & Dial-a-Ride Information	(320) 251-7433
Tri-Cap Transportation (Includes Sauk Centre City Bus)	1-888-765-5597
Veterans Transportation Services (Transportation to VA Appointments)	(320) 252-1670
Yellow Cab (St. Cloud Metro Area)	(320) 251-5050

**TODD COUNTY**

ACC Midwest	(320) 455-9200
Alternative Senior Care	1-866-352-3350
Care Van – Lakewood Health System	(218) 894-1515
Freedom Express	(218) 616-2679
Friendly Rider Public Transportation	1-888-773-5500
Home Instead Senior Care	1-877-824-0077
Peoples Express	1-800-450-0123
Rainbow Rider	1-800-450-7770
Todd County Veterans Services Office (Veterans Transportation to VA Hospitals)	(320) 732-4418
Todd County Social Services, Volunteer Driver Program	(218) 894-6300

**WADENA COUNTY**

Care Van – Lakewood Health System	(218) 894-1515
Freedom Express	(218) 616-2679
Friendly Rider Public Transportation	(218) 631-5730
Home Instead Senior Care	1-877-824-0077
Living At Home of the Park Rapids Area	(218) 732-3137
Peoples Express	1-800-450-0123

**WADENA COUNTY** continued

Wadena County Veterans Services Office (Veterans Transportation to VA Hospitals)	(218) 631-7617
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**WRIGHT COUNTY**

A2B Transportation	(320) 753-6035
ACC Midwest Transportation	(320) 455-9200
Allina Medical Transportation & EMS	(651) 222-0555
Blue Button Transport	(612) 466-3785
Christie Cab	(763) 913-4889
Delano Senior Center Transportation	(763) 972-0574
Disabled American Veterans Transportation (Veterans Transportation to VA Appointments)	(320) 252-1670
Driving Miss Daisy Transportation	(763) 253-4400
Health Care Access/MA Transportation	1-866-467-1724
Home Instead Senior Care	1-866-735-3055
KAAH Transportation	(320) 281-5531
Lawgand	(612) 598-5941
LOVE INC-Big Woods (Buffalo, Hanover, Maple Lake, Annandale)	(763) 682-2550
Loving Hands Transportation	(763) 607-8700
Mayo Clinic Ambulance Service	(320) 251-8505
Medical Transportation Management	1-866-467-1724
Patron Transportation	(320) 345-5736
Pro Cab	(763) 464-5544
Schu-Tran	(320) 968-7478
The Cities' Edge	1-800-418-4211
Trailblazer Transit Service	1-888-743-3828
Transportation Plus	612) 888-8888
Twin City Mobility, Inc.	(612) 369-7570
Wright County Community Action	(320) 963-6500
Yellow Cab	(320) 251-5050



# MINNESOTA

## SENIOR LINKAGE LINE

Senior LinkAge Line is a free, statewide service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging.

The Senior LinkAge Line helps older Minnesotans and caregivers find answers and connect to the services and support they need.

## Fire Prevention and Safety for Adults

\*Minnesota State Fire Marshal Division data\*

Now that we have passed that 50-year-old mark, we are more likely than our younger counterparts to die in a fire.

### Fire prevention:

*Remember the three-foot rule.* Keep anything that can burn at least three feet from anything that gets hot. Keep hot pads, towels, grocery bags, blankets, clothing, newspapers, children, etc., at least 3 feet away from the stove, furnace, water heater, candle, space heater or any other heat source. Exercising the three-foot rule will prevent most fires.

*If you smoke, smoke outside.* Smoking is the leading cause of fatal fires. Extinguish smoking material completely, every time. Use a large sturdy ash tray filled with sand or water and never put smoking material out in a potted plant. Potting soil often contains

peat, and peat can smolder for hours with no visible sign of fire inside the pot. The pot can become hot enough to ignite nearby combustibles, including the wooden deck on which it sits or the fence next to it.

If you use medical oxygen, don't smoke. Even after the tank is turned off and you are outside, your hair, skin and clothing remain oxygen enriched. Oxygen makes fire burn faster and causes severe and sometimes fatal burns.

*Stay and look when you cook.*

Pay special attention when cooking on the stovetop. Cooking is the leading cause of fire in Minnesota.

### Fire safety:

*Working smoke alarms save lives.* Install smoke alarms inside and outside of every sleeping area,

and install at least one on every level of the home -- even in the basement. Test smoke alarms by pushing the test button every month and replace the batteries at least once every year. If you have a 10-year lithium-ion smoke alarm, you still need to test it monthly. Remember to replace it before that 10-year mark. Every smoke alarm, even if it is hard-wired, needs to be replaced every 10 years.

In the event of fire, *get out and stay out.* Call 911 from your outside meeting place.

For more information, check out the website at <https://dps.mn.gov/divisions/sfm>. Additional information is available by contacting the Minnesota State Fire Marshal Division at (651) 201-7200.

**Central Minnesota Council on Aging is committed to maintaining the highest level of independence of older people by developing and coordinating community care, reducing isolation, and improving access to services.**

- Directly funds projects to support senior services
- Guides communities in developing new programs and services in response to area demands.
- Serves as an information source for seniors and their caregiver.

Central Minnesota Council on Aging is a non-profit organization and designated by the Minnesota Board on Aging as the Area Agency on Aging serving the following counties:

- Benton
- Chisago
- Isanti
- Mille Lacs
- Pine
- Stearns
- Wadena
- Cass
- Crow Wing
- Kanabec
- Morrison
- Sherburne
- Todd
- Wright



320-253-9349  
cmcoa.org



# Meals/Groceries/RX

Central MN Council on Aging, through the Federal Older Americans Act, is funding these agencies to provide grocery/medication delivery, meals through congregating dining, curbside pickup, and home delivery to older adults in Benton, Cass, Chisago, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison, Pine, Sherburne, Stearns, Todd, Wadena and Wright counties. These are provided on a donation basis and no one is turned down for inability to pay.

Provider	Services Available	Phone	Service Area
Assumption Community Faith in Action	Grocery delivery Medication delivery	(320) 348-2322	Stearns County and St. Cloud Metro Area
Catholic Charities	Curbside pick up meals Home delivered meals Congregate dining	(320) 229-4584	Benton, Chisago, Isanti, Kanabec, Mille Lacs, Pine, Stearns, Sherburne, and Wright Counties
Faith in Action for Cass County	Grocery delivery Medication delivery	(218) 675-5435 866-675-5435	Cass County
Family Pathways	Grocery delivery Medication delivery	(320) 364-1133	Isanti, Kanabec, Mille Lacs, Pine and Chisago Counties
Foley CARE	Grocery delivery Medication delivery	(320) 968-7848	Foley Area
Helping Hands Outreach	Grocery delivery Medication delivery	(320) 746-9960	Holdingford surrounding area
Horizon Health	Grocery delivery Medication delivery	(320) 468-6451	Morrison County
Lakes and Pines Community Action Council	Grocery delivery	(320) 679-1800 ext. 1974	Chisago, Isanti, Kanabec, Mille Lacs and Pine
Lutheran Social Services	Curbside pick up meals Home delivered meals Congregate dining	(218) 233-7521	Cass, Crow Wing, Morrison, Todd and Wadena Counties
Parmly on the Lake	Home Delivered Meals	(651) 257-0575	South Chisago County
Paynesville Area ROSE Center	Grocery delivery Medication delivery	(320) 243-5144	Stearns County
Senior Community Services	Grocery delivery Medication delivery	(763) 416-7969	Sherburne and Wright Counties
Wright County Community Action	Grocery delivery Medication delivery	(320) 963-6500	Wright County

**Need help finding community resources? Call Senior LinkAge Line at 800-333-2433.**

## Coping with Farm and Rural Stress

Farming can be a stressful occupation. Often, you live where you work. Your coworkers may be your spouse and/or family members. While you get to be your own boss, you feel responsible for a lot and can control very little.

Financial problems, price and marketing uncertainties, farm transfer issues, production challenges, marital difficulties, and social pressures, can be real sources of stress - even crisis for farms and farm family members.

If you, or someone you know, is struggling with a crisis situation, stress, anxiety, depression, feeling stuck or suicidal, call the Minnesota Farm & Rural Helpline at 1-833-600-2670, extension 1. This is a free, confidential, 24/7 call center located in Minnesota. Sometimes it's easier to talk to somebody you don't know.

## Homelessness Can Happen at Any Age

Did you know homelessness exists in your county? Every night, people in Minnesota are without a permanent place to stay. Some are staying with family and friends for a short period of time, some are staying in their cars, and some even sleep outside in the month of January in -40 degree weather. Yes, in January...in Minnesota. Homelessness does not have a gender, religion, or age. Anyone can experience homelessness at any stage of their life.

How is this possible? Many will make assumptions about what causes homelessness. Everyone's situation is different but there are common themes contributing to people finding themselves in a homeless situation.

Common themes include: overall lack of available housing, unexpected medical crisis, and recent changes to income. Are you prepared for an unexpected life change?

If you, or someone you know, is experiencing homelessness, contact Central Coordinated Entry at 1-866-560-7464 or Senior LinkAge Line at 800-333-2433 for resources and more information.

## FOOD COMMODITY RESOURCES

**FARE FOR ALL** – Non-profit, self-supporting, affordable food distribution program. (763) 450-3880  
www.fareforall.org • www.facebook.com/fareforall

**HUNGER SOLUTIONS (MN Food Helpline)** – Statewide food information and referral helpline. Inquire about food resources available in your community. (651) 486-9860 or 1-888-711-1151

**NUTRITION ASSISTANCE PROGRAM FOR SENIORS (NAPS), COMMODITY SUPPLEMENTAL FOOD PROGRAM** – A program that provides monthly food assistance to income-eligible seniors. 800-365-0270

**Benton/Chisago/Isanti/Morrison/Pine/Sherburne/Stearns/Todd/Wright Counties:**  
(651) 484-8241 or 1-800-365-0270

**Cass/Crow Wing/Kanabec/Mille Lacs Counties:** (218) 999-4136

**Wadena County:** (218) 399-7356

**SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)** – Helps low income people get food. Formerly known as “Food Stamps.” 1-800-657-3698

**For more information about food shelves, grocery delivery programs, and forms assistance, call Senior LinkAge Line at 800-333-2433.**



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- 5-Star quality care
- Full service salon and spa
- Freestyle dining, including four internationally themed cuisines, continental breakfast, hospitality cart and room service
- Guests enjoy indoor access to shopping, pharmacy, clinic, Good To Go Deli Café, bakery outlet, Cobblestone Eatery, Chapel, specialized transportation, errand service, routine housekeeping and laundry, Drakes Fine Food & Spirits and so much more!



# COUNTRY MANOR SENIOR HOUSING

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- **Amenities** - Indoor access to a variety of amenities, including; Chapel, Restaurant & Bar, store, pharmacy, clinic, wellness center, library, underground heated parking, coffee shop, hobby rooms and more.
- **Memory Care** - Two communities devoted to the various stages of Memory Loss.

Listen to current Tenant and family experiences by using the QR code →

1. Hold your smartphone camera over this code
2. Click the link that appears on top of screen



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[www.countrymanorcampus.org](http://www.countrymanorcampus.org)

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