



Central MN  
Council on Aging

cmcoa

2017/2018

# Resources For Seniors Directory

*Resource information for:*

*Benton, Cass, Chisago, Crow Wing, Isanti,  
Kanabec, Mille Lacs, Morrison, Pine, Sherburne,  
Stearns, Todd, Wadena & Wright Counties*

cmcoa.org • 1-800-333-2433 • MinnesotaHelp.info®

## Information & Advocacy

Senior LinkAge Line® - Statewide	<a href="http://www.MinnesotaHelp.info">www.MinnesotaHelp.info</a>	1-800-333-2433	
Disability Linkage Line® - Statewide		1-866-333-2466	
Veterans Linkage Line (LinkVet) - Statewide		1-888-LINKVET (1-888-546-5838)	
Elder Care Locator: Aging info & referrals outside MN	<a href="http://www.eldercare.gov">www.eldercare.gov</a>	1-800-677-1116	
United Way 211	<a href="http://www.211unitedway.org">www.211unitedway.org</a>	2-1-1 (1-800-543-7709)	
Social Security		1-877-405-1446	
Minnesota Adult Abuse Reporting Center	<a href="http://www.mn.gov/dhs/reportadultabuse">www.mn.gov/dhs/reportadultabuse</a>	1-844-880-1574	
Office of Ombudsman for Long-Term Care		1-800-657-3591	
Better Business Bureau - Consumer Info	<a href="http://www.bbb.org">www.bbb.org</a> (651) 699-1111	1-800-646-6222	
MnCHOICES Assessment - assessment & support planning for people in need of long-term services and support	Benton County	(320) 968-5087	1-800-530-6254
	Cass County	(218) 547-1340	
	Chisago County	(651) 213-5213	1-888-234-1246
	Crow Wing County	(218) 824-1140	1-888-772-8211
	Isanti County	(763) 689-1711	
	Kanabec County	(320) 679-6350	1-877-599-4808
	Mille Lacs County	(320) 983-8208	1-888-270-8208
	Morrison County	(320) 632-2951	1-800-269-1464
	Pine County	(320) 216-4100	1-800-450-7263
	Sherburne County	(763) 765-4000	1-800-433-5239
	Stearns County	(320) 656-6000	1-800-450-3663
	Todd County	(320) 732-4500	1-888-838-4066
Wadena County	(218) 631-7605	1-888-662-2737	
Wright County	(763) 682-7400	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) 732-4419	
Wadena County	(218) 631-7617	
Wright County	(763) 682-7325	1-800-362-3667

# Legal Assistance

**Senior Law Project-Mid-Minnesota Legal Aid** - 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  
[www.mylegalaid.org](http://www.mylegalaid.org)

**Legal Aid Services of Northeastern MN** – Cass & Crow Wing Counties (218) 829-1701 1-800-933-1112  
[www.lasnem.org](http://www.lasnem.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 [www.alslegal.org](http://www.alslegal.org)

**Ombudsman for Older Minnesotans** - Advocacy services for consumers of long-term care facilities, including nursing homes, acute care, assisted living facilities and 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 pensions [www.midwestpensions.org](http://www.midwestpensions.org)

**Minnesota State Bar Attorney Referral Services** – Attorney Referrals [www.mnbar.org](http://www.mnbar.org)

**Minnesota Attorney General's Office** – Consumer Division (651) 296-3353 1-800-657-3787  
[www.ag.state.mn.us](http://www.ag.state.mn.us)

**HOME Line Hotline** – Information and advice for tenants (612) 728-5767 1-866-866-3546  
[www.homelinemn.org](http://www.homelinemn.org)

**LawHelpMN** – Helps low-income people solve legal problems [www.lawhelpmn.org](http://www.lawhelpmn.org)

**MN Legal Advice Online** – Helps low-income individuals get brief advice from an attorney [www.mnlegaladvice.org](http://www.mnlegaladvice.org)

# Evidence-Based Health Promotion Programs

An evidence-based program is a program that has been evaluated in two important types of research and shown to have important health outcomes. The program was first evaluated in controlled environments with research that compared results for those who participated in the program and those who did not with results showing significant benefits for those who participated. Then the program was evaluated in real world situations showing that the program could be implemented effectively in communities with the same significant benefits.

## **Living Well With Chronic Conditions**

### **(a.k.a. Chronic Disease Self-Management Program)**

**6 sessions - 2 ½ hour per session**

Participants learn how making small changes in their lifestyle will lead to living better with their chronic disease. Topics include techniques to deal with emotions such as pain, fatigue, isolation, and frustration; exercises to maintain and improve flexibility, strength and endurance; communicating effectively with others, including health professionals; appropriate use of medications; and making better nutrition choices.

### **A Matter of Balance: Managing Concerns about Falls**

**8 sessions - 2 hours per session**

A Matter of Balance curriculum is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Activities include helping participants set realistic goals to increase their daily activity level, change their environment to reduce fall risk factors and learn simple exercises to increase strength and balance.

### **Tai Ji Quan: Moving for Better Balance™**

**1 hour - 2 times/week**

Tai Ji Quan: Moving For Better Balance helps older adults improve their balance and reduce the likelihood of falling. Research has shown that people who complete the program are half as likely to fall and are less fearful of falling. Participants learn balance skills, good body alignment and coordinated Tai Chi movements. The program is a series of two one-hour classes offered each week for 12 weeks led by one certified leader.

### **Powerful Tools for Caregivers**

**6 sessions - 90 minutes or 2 ½ hours per session**

Powerful Tools for Caregivers is a six-week educational program that addresses the needs of caregivers. Program participants develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate their needs to family members and healthcare or service providers; communicate more effectively in challenging situations; recognize the messages in their emotions, deal with difficult feelings; and make tough caregiving decisions.

### **EnhanceFitness**

**Ongoing class meets for 1 hour - 2-3 times per week**

EnhanceFitness is taught by a Certified Instructor. The class focuses on 4 areas: Stretching and flexibility; Low impact aerobics; Strength training and Balance. This class is for older adults wishing to maintain and/or improve their physical functioning and stay socially connected.

### **I CAN Prevent Diabetes**

**16 week class - 1 hour/week plus 8 monthly Post-core maintenance**

I CAN Prevent Diabetes is a collaborative, community-based, lifestyle change program designed for people with pre-diabetes. It is based on the National Diabetes Prevention Program and the Lifestyle Intervention curriculum. This program provides the tools to prevent or delay adult Type 2 diabetes.

### **Stepping On**

**8 sessions - 2 hours per session**

Stepping On is offered once a week for 7 weeks and follow-up session at 3 months. It offers people a way of reducing falls and at the same time increasing self confidence in situations where they are at risk of falling. It covers a range of issues, including falls and risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, and coping after a fall, and how to initiate a medication review.

### **Living Well with Chronic Pain**

**6 sessions - 2 ½ hour per session**

Chronic Pain Self-Management Program is a workshop given 2 1/2 hours, once a week, for 6 weeks. It is designed for people who have a diagnosis of chronic pain and provides ideas on how to deal with their symptoms. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments.

### **Living Well with Diabetes (DSMP)**

**6 sessions - 2 ½ hour per session**

This workshop is given 2½ hours, once a week for 6 weeks. This program is designed for people with type 2 diabetes and how to live well. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with health care providers.

**For class schedules, visit: <http://www.cmcoa.org> – Click on Calendar.**

**For more information, contact Paula Woischke at the Central MN Council on Aging at (320) 253-9349.**

## Adult Day Services/Social Respite

**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.

**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.

**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.

### STATEWIDE

Senior LinkAge Line® (Adult Day Services) 1-800-333-2433  
 MN Adult Day Services Association (763) 464-2698

### BENTON COUNTY

Foley Area C.A.R.E. (In-Home Respite) (320) 968-7848  
 Heritage Adult Day Service (Adult Day Services) Foley (320) 968-6201 [www.heritageoffoley.com](http://www.heritageoffoley.com)

### CASS COUNTY

Cass County Faith in Action Program (In-Home Respite) (218) 675-5435 1-866-675-5435  
[www.faithinactioncass.com](http://www.faithinactioncass.com)  
 Lutheran Social Services (Social and In-Home Respite) (218) 233-7521 1-800-488-4146  
[www.lss.mn.org](http://www.lss.mn.org)  
 Walker Adult Day Services (Adult Day Services) (218) 547-1242

### CHISAGO COUNTY

Family Pathways (In-Home Respite) (651) 674-8040 [www.familypathways.org](http://www.familypathways.org)  
 Foundations Group of MN, Inc. (In-Home Respite) Stacy (651) 408-1433 [www.fgmi.net](http://www.fgmi.net)  
 New Day (Adult Day Services) North Branch (651) 674-8658 [www.chisagosrcenter.org](http://www.chisagosrcenter.org)

### CROW WING COUNTY

MSOCS-Quality Enterprises - Baxter (651) 431-3691  
 Breath of Life (Adult Day Services) Brainerd (218) 822-3296 [www.breathoflifeads.org](http://www.breathoflifeads.org)  
 Edgewood Vista (Social Group Respite) Brainerd (218) 828-3691 [www.edgewoodseniorliving.com](http://www.edgewoodseniorliving.com)  
 Lutheran Family Services (Social & In-Home Respite) (218) 203-7312 1-800-488-4146  
[www.lssmn.org](http://www.lssmn.org)  
 Treasured Time Adult Day Center (Adult Day Services) Deerwood (218) 546-5071 [www.treasuredtimeadc.com](http://www.treasuredtimeadc.com)  
 Senior Class Care (Adult Day Services) Pequot Lakes (218) 568-5605 [www.seniorclasscare.com](http://www.seniorclasscare.com)

### ISANTI COUNTY

Eagle's Crossing (Adult Day Services) Isanti (320) 285-3128  
 Family Pathways (In-Home Respite) (651) 674-8040 [www.familypathways.org](http://www.familypathways.org)

### KANABEC COUNTY

Eagle's Crossing (Adult Day Services) Mora (320) 209-9445  
 Family Pathways (In-Home Respite) (651) 674-8040 [www.familypathways.org](http://www.familypathways.org)

### MILLE LACS COUNTY

Whispering Willows (Adult Day Services) Foreston (320) 241-5458  
 Caley House (Adult Day Service), Princeton (763) 389-0424  
 Elim Care Adult Day Services (Adult Day Services) Princeton (763) 389-1171 [www.elimcare.org](http://www.elimcare.org)  
 Family Pathways (In-Home Respite) (651) 674-8040 [www.familypathways.org](http://www.familypathways.org)

### MORRISON COUNTY

St. Otto's Care Center (Adult Day Services) Little Falls (320) 632-9281 [www.stottos.org](http://www.stottos.org)  
 Horizon Health Faith in Action (In-Home Respite) Morrison County (320) 468-6451 1-800-224-6451  
[www.horizonhealthservices.org](http://www.horizonhealthservices.org)  
 Pierz Villa (Adult Day Services) Pierz (320) 468-6405 [www.pierzvilla.com](http://www.pierzvilla.com)

### PINE COUNTY

Essentia Health (Social Group Respite) Sandstone (320) 245-2212  
 Family Pathways (In-Home Respite) (651) 674-8040 [www.familypathways.org](http://www.familypathways.org)

*Continued on next page.*

# Adult Day Services/Social Respite Continued

## SHERBURNE COUNTY

OPTIONS, Inc. (Adult Day Services) Big Lake	(763) 263-3684	<a href="http://www.options-inc.org">www.options-inc.org</a>
Angels on Main (Adult Day Services) Elk River	(763) 241-6845	<a href="http://www.guardianangelsmn.com">www.guardianangelsmn.com</a>
Talahi Adult Day Care (Adult Day Services) St. Cloud	(320) 251-9120	<a href="http://www.talahicc.com">www.talahicc.com</a>

## STEARNS COUNTY

Helping Hands Outreach (In-Home & Social Group Respite) Holdingford	(320) 746-9960	<a href="http://www.holdingfordhelpinghands.org">www.holdingfordhelpinghands.org</a>
R.O.S.E. Center (In-Home & Social Group Respite) Paynesville	(320) 243-5144	
Rural Stearns Faith in Action (In-Home Respite) Rural Stearns County & St. Cloud	(320) 248-4289	1-800-549-5855 <a href="http://www.ruralstearnsfia.org">www.ruralstearnsfia.org</a>
CentraCare Health System (Adult Day Services) Melrose	(320) 256-1761	<a href="http://www.centracare.com">www.centracare.com</a>
CentraCare Health System (Adult Day Services) Paynesville	(320) 243-3767	<a href="http://www.centracare.com">www.centracare.com</a>
A Home for the Day (Adult Day Services) St. Cloud	(320) 260-5251	<a href="http://www.ahomefortheday.com">www.ahomefortheday.com</a>
VA Medical Center (Adult Day Services) St. Cloud	(320) 252-1670	<a href="http://www.va.gov">www.va.gov</a>
Arise Cares (Adult Day Services) Sartell	(320) 281-2306	<a href="http://www.arisecares.com">www.arisecares.com</a>
Opportunity Matters (Adult Day Services) Sartell	(320) 240-1900	<a href="http://www.opportunitymatters.org">www.opportunitymatters.org</a>

## TODD COUNTY

Eagle's Crossing Adult Day Center (Adult Day Services) Grey Eagle	(320) 285-3128	
CentraCare Health System (Adult Day Services) Long Prairie	(320) 732-7245	<a href="http://www.centracare.com">www.centracare.com</a>
Lutheran Social Services (In-Home Respite) Todd County	(218) 282-6572	1-800-488-4146 <a href="http://www.lssmn.org">www.lssmn.org</a>

## WADENA COUNTY

Greenwood Connections (Adult Day Services) Menasha	(218) 564-4101	<a href="http://www.greenwoodconnections.com">www.greenwoodconnections.com</a>
Lutheran Social Services (In-Home Respite) Wadena County	(218) 282-6572	1-800-488-4146 <a href="http://www.lssmn.org">www.lssmn.org</a>

## WRIGHT COUNTY

Buffalo Adult Day Center (Adult Day Services) Buffalo	(763) 684-0803	<a href="http://www.buffaloadultdaycenter.org">www.buffaloadultdaycenter.org</a>
Cokato Manor Senior Day Services (Adult Day Services) Cokato	(320) 286-2158	<a href="http://www.cokatoseniorcare.com">www.cokatoseniorcare.com</a>

## Home-Based Volunteer Services

**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.*

Bundled Services - Todd County Senior Center - Eagle Bend	(218) 738-4152	1-888-307-1466
C.A.R.E. – Foley Area Living at Home Block Nurse Program	(320) 968-7848	<a href="http://www.foleyareacare.org">www.foleyareacare.org</a>
Lutheran Social Services - Caregiver Support & Respite Program Cass and Crow Wing County Todd and Wadena County	1-800-488-4146 (218) 203-7312 (218) 282-6572	<a href="http://www.lssmn.org/respite">www.lssmn.org/respite</a>
Cass County Faith in Action Program	(218) 675-5435	1-866-675-5435 <a href="http://www.faithinactioncass.com">www.faithinactioncass.com</a>
Family Pathways (Serves Kanabec and Pine Counties)	(320) 225-9277	1-877-321-7100 <a href="http://www.familypathways.org">www.familypathways.org</a>
Helping Hands Outreach (Serves Holdingford and surrounding communities)	(320) 746-9960	<a href="http://www.holdingfordhelpinghands.org">www.holdingfordhelpinghands.org</a>
Horizon Health Faith in Action (Serves Northern Mille Lacs and Morrison Counties)	(320) 468-6451	1-800-224-6451 <a href="http://www.horizonhealthservices.org">www.horizonhealthservices.org</a>
Lakes & Pine Community Action Council (Serves Chisago, Isanti, Kanabec, Mille Lacs, and Pine Counties)	(320) 679-1800	1-800-832-6082 <a href="http://www.lakesandpines.org">www.lakesandpines.org</a>
Lakes Area Interfaith Caregivers (Crow Wing County)	(218) 820-7454	1-877-245-7454 <a href="http://www.lakesareainterfaithcaregivers.com">www.lakesareainterfaithcaregivers.com</a>
Love Inc. Heartland, Delano	(763) 972-6547	<a href="http://www.loveinheartland.org">www.loveinheartland.org</a>
R.O.S.E. Center-Living At Home Block Nurse Program (Serves Paynesville Area)	(320) 243-5144	<a href="http://www.rosecenter.wixsite.com/paynesville">www.rosecenter.wixsite.com/paynesville</a>
Rural Stearns Faith in Action (Serves Sartell, Sauk Rapids, St. Cloud & Waite Park)	(320) 248-4289	1-800-549-5855 <a href="http://www.ruralstearnsfia.org">www.ruralstearnsfia.org</a>

## Educational/Volunteer

*Varied educational opportunities exist through local colleges, universities and local community programs.*

**ROAD SCHOLAR - ELDERHOSTEL** – Non-profit organization that combines international travel packages with liberal arts study program for people of retirement age. 1-800-454-5768 [www.roadscholar.org](http://www.roadscholar.org)

**FOSTER GRANDPARENT PROGRAM** – Provides a volunteer opportunity with tax-free stipend for limited income seniors, matching them to special needs children in community non-profit agencies. [www.mnseniorcorps.org](http://www.mnseniorcorps.org)

Benton, Isanti, Kanabec, Mille Lacs, Morrison, Sherburne, Stearns, Todd, Wadena	(320) 229-4587	1-866-895-7992
Cass	(218) 547-4626	1-888-205-3770
Chisago	(651) 310-9445	1-888-205-3770
Crow Wing	(218) 839-6650	1-888-205-3770
Pine	(320) 245-0074	1-888-338-6492
Wright	(651) 310-9447	1-888-205-3770

**EXPERIENCE WORKS** – A non-profit training agency for low-income people 55 and older. Experience Works pays the wages while the person learns a new skill and gets valuable work experience. [www.experienceworks.org](http://www.experienceworks.org)

Benton, Stearns	(320) 257-7101	1-855-270-9660
Cass, Crow Wing, Morrison, Todd	(218) 454-0812	1-855-270-9660

**CENTRAL MN JOBS & TRAINING SERVICES** – Provides paid work and employment opportunities for eligible persons age 55 and older. [www.cmjts.org](http://www.cmjts.org)

Chisago, Isanti, Kanabec, Mille Lacs, Pine	(320) 679-6484	
Sherburne, Wright	(763) 271-3700	1-800-284-7425

**MINNESOTA WORKFORCE CENTER** – Helps job seekers find employment and helps anyone of any age explore and plan careers. [www.mn.gov/deed](http://www.mn.gov/deed)

Brainerd (218) 828-2450	Mora (320) 679-6484
Cambridge (763) 279-4492	St. Cloud (320) 308-5320
Little Falls (320) 232-2000 1-800-419-1330	Wadena (218) 631-7660 1-800-417-7736
Monticello (763) 271-3700 1-800-284-7425	

**RSVP (Retired Senior Volunteer Program)** – Places older individuals in volunteer sites, such as schools, libraries, dining sites or service agencies, to do meaningful volunteer activities. [www.mnseniorcorps.org](http://www.mnseniorcorps.org)

Benton, Stearns County	(320) 255-7295	<a href="http://www.ci.stcloud.mn.us/rsvp">www.ci.stcloud.mn.us/rsvp</a>
Cass, Morrison County	(320) 468-6451 1-800-224-6451	<a href="http://www.horizonhealthservices.org">www.horizonhealthservices.org</a>
Chisago, Isanti, Kanabec, Mille Lacs, Pine County	(320) 679-1245	<a href="http://www.voamnwi.org/rsvp">www.voamnwi.org/rsvp</a>
Crow Wing County	(218) 824-1345	<a href="http://www.crowwing.us">www.crowwing.us</a>
Sherburne County	(763) 635-4505 1-877-560-7787	<a href="http://www.ci.stcloud.mn.us/rsvp">www.ci.stcloud.mn.us/rsvp</a>
Todd, Wadena County	(218) 632-3600	<a href="http://www.mahube.org">www.mahube.org</a>

**SENIOR COMPANION PROGRAM** – This program offers seniors, age 60 and older, the opportunity to serve individuals who have difficulty with daily living tasks. [www.seniorcorps.org](http://www.seniorcorps.org)

Benton County		1-888-205-3770
Cass, Crow Wing, Mille Lacs, Morrison, Todd, Wadena County	(218) 839-6650	1-888-205-3770
Chisago, Isanti, Kanabec, Sherburne, Stearns, Wright County		1-888-205-3770
Pine County	(218) 529-2280	1-888-205-3770

**SENIOR SERVICE AMERICA** – Employment and training assistance for older adults.

Kanabec County	(320) 679-6490
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**NEIGHBOR to NEIGHBOR COMPANIONS** - Companions offer assistance with daily activities and appointments, a link to the community, and an opportunity for meaningful friendships. [www.lssmn.org/neighbortoneighbor](http://www.lssmn.org/neighbortoneighbor)

(651) 310-9443	1-877-540-9443
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# Long-Term Care Facilities/Nursing Homes

## BENTON COUNTY

Country Manor Health Care – Sartell	(320) 253-1920	<a href="http://www.countrymanorcampus.org">www.countrymanorcampus.org</a>
Good Shepherd Community – Sauk Rapids	(320) 252-6525	<a href="http://www.goodshepherdcampus.org">www.goodshepherdcampus.org</a>
Heritage of Foley – Foley	(320) 968-6201	<a href="http://www.heritageoffoley.com">www.heritageoffoley.com</a>

## CASS COUNTY

Golden Living Center – Walker	(218) 547-1855	<a href="http://www.goldenliving.com">www.goldenliving.com</a>
Good Samaritan Society – Pine River	(218) 587-4423	<a href="http://www.good-sam.com">www.good-sam.com</a>

## CHISAGO COUNTY

Ecumen – North Branch	(651) 237-3000	<a href="http://www.ecumennorthbranch.org">www.ecumennorthbranch.org</a>
Ecumen Parmly LifePointes – Chisago City	(651) 257-0575	<a href="http://www.parmly.org">www.parmly.org</a>
Golden Living Center – Rush City	(320) 358-4765	<a href="http://www.goldenliving.com">www.goldenliving.com</a>

## CROW WING COUNTY

Bethany Good Samaritan Society – Brainerd	(218) 829-1407	<a href="http://www.good-sam.com">www.good-sam.com</a>
Cuyuna Regional Medical Center – Crosby	(218) 546-2323	<a href="http://www.cyunamed.org">www.cyunamed.org</a>
Woodland Good Samaritan Society – Brainerd	(218) 829-1429	<a href="http://www.good-sam.com">www.good-sam.com</a>

## ISANTI COUNTY

GracePointe Crossing-Gables East/West – Cambridge	(763) 689-1474	<a href="http://www.gracepointecrossing.org">www.gracepointecrossing.org</a>
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## KANABEC COUNTY

St. Clare Living Community – Mora	(320) 679-1411	<a href="http://www.stclarelivingcommunity.org">www.stclarelivingcommunity.org</a>
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## MILLE LACS COUNTY

Elim Care and Rehab Center – Princeton	(763) 389-1171	<a href="http://www.elimcare.org">www.elimcare.org</a>
Elim Care Center – Milaca	(320) 983-2185	<a href="http://www.elimcare.org">www.elimcare.org</a>
Mille Lacs Health System Long Term Care – Onamia	(320) 532-2729	<a href="http://www.mlhealth.org">www.mlhealth.org</a>

## MORRISON COUNTY

Lutheran Care Center – Little Falls	(320) 632-9211	
Pierz Villa – Pierz	(320) 468-6405	<a href="http://www.pierzvilla.com">www.pierzvilla.com</a>
St. Otto's Care Center – Little Falls	(320) 632-9281	<a href="http://www.stottos.org">www.stottos.org</a>

## PINE COUNTY

Essentia Health Care – Sandstone	(320) 245-5612	<a href="http://www.essentiahealth.org">www.essentiahealth.org</a>
Lakeside Medical Center – Pine City	(320) 629-2542	<a href="http://www.lmc-pcac.com">www.lmc-pcac.com</a>

## SHERBURNE COUNTY

Guardian Angels Care Center – Elk River	(763) 441-1213	<a href="http://www.guardianangelsmn.org">www.guardianangelsmn.org</a>
St. Benedict's Senior Community – St. Cloud	(320) 252-0010	<a href="http://www.centracare.com">www.centracare.com</a>
Talahi Care Center – St. Cloud	(320) 251-9120	

## STEARNS COUNTY

Assumption Home – Cold Spring	(320) 685-3693	<a href="http://www.assumptionhome.org">www.assumptionhome.org</a>
Belgrade Nursing Home – Belgrade	(320) 254-8215	
Koronis Manor Care Center – Paynesville	(320) 243-4212	<a href="http://www.centracare.com">www.centracare.com</a>
Mother of Mercy – Albany	(320) 845-2195	<a href="http://www.motherofmercymn.org">www.motherofmercymn.org</a>
Pine Villa Care Center – Melrose	(320) 256-4231	<a href="http://www.centracare.com">www.centracare.com</a>
Sauk Centre Care Center – Sauk Centre	(320) 352-2221	<a href="http://www.centracare.com">www.centracare.com</a>
Sterling Park Health Care Center – Waite Park	(320) 252-9595	<a href="http://www.sterlingparkseniorliving.com">www.sterlingparkseniorliving.com</a>
Veterans Affairs Medical Center – St. Cloud	(320) 252-1670	<a href="http://www.stcloud.va.gov">www.stcloud.va.gov</a>

## TODD COUNTY

Central Todd County Care Center – Clarissa	(218) 756-3636	<a href="http://www.clarissacarecenter.org">www.clarissacarecenter.org</a>
Lakewood Health System – Staples	(218) 894-8345	<a href="http://www.lakewoodhealthsystem.com">www.lakewoodhealthsystem.com</a>
Long Prairie Care Center – Long Prairie	(320) 732-2141	<a href="http://www.centracare.com">www.centracare.com</a>

## WADENA COUNTY

Fair Oaks Lodge – Wadena	(218) 631-1391	<a href="http://www.fairoakslodge.org">www.fairoakslodge.org</a>
Green Pine Acres – Menahga	(218) 564-4101	<a href="http://www.greenwoodconnections.com">www.greenwoodconnections.com</a>

## WRIGHT COUNTY

Annandale Care Center – Annandale	(320) 274-2591	<a href="http://www.ahcsmn.org">www.ahcsmn.org</a>
Cokato Manor – Cokato	(320) 286-2158	
Golden Living Center – Delano	(763) 972-2987	<a href="http://www.goldenlivingcenters.com">www.goldenlivingcenters.com</a>
Good Samaritan Society – Howard Lake	(320) 543-3800	<a href="http://www.good-sam.com">www.good-sam.com</a>
Lake Ridge Care Center – Buffalo	(763) 682-1434	<a href="http://www.elimcare.org">www.elimcare.org</a>
Monticello Care Center – Monticello	(763) 271-2433	<a href="http://www.centracare.com">www.centracare.com</a>
Parkview Care Center – Buffalo	(763) 682-1131	<a href="http://www.elimcare.org">www.elimcare.org</a>

# Senior Centers/Clubs

**SENIOR CENTERS** - Provide varied activities, trips, education, recreation, and opportunities to meet others.

## BENTON COUNTY

Sartell Senior Connection Center (320) 253-4036  
Gillman Senior Citizens (320) 387-2255

## CASS COUNTY

Backus Senior Center (218) 947-3844  
Cass Lake Senior Center (218) 335-6513  
Hackensack Senior Center (218) 675-6885  
Longville Senior Center (218) 363-3228  
Senior Leech Lakers, Walker (218) 547-1116

## CHISAGO COUNTY

Chisago County Senior Center (651) 674-8658  
Coon Lake Community & Senior Center (651) 464-6711  
Linwood Senior Center - Stacy (651) 462-5565  
Rush City Senior Center (320) 358-3611

## CROW WING COUNTY

The Center, Brainerd (218) 829-9345  
Crosslake Senior Center (218) 692-4271

## ISANTI COUNTY

Cambridge Senior Activity Center (763) 689-6555  
Isanti Community Center (763) 444-7539

## KANABEC COUNTY

Ogilvie Senior Center (320) 272-4248

## MILLE LACS COUNTY

Milaca Senior Center (320) 982-6337  
Onamia Senior Center (320) 532-3885

## MORRISON COUNTY

Little Falls Senior Center (320) 632-8009  
Motley Nutrition Center (218) 352-6271  
Pierz Senior Center (320) 468-2160  
Royalton Senior Center (320) 584-5961  
Swanville Senior Center (320) 547-2962  
Upsala Area Community Center (320) 573-2335

## PINE COUNTY

Askov Community Center (320) 838-3616  
Finlayson-Giese Community Center (320) 233-6258

## PINE COUNTY continued

Hinckley Senior Center (320) 384-6557  
Pine City Senior Center (320) 629-3024

## SHERBURNE COUNTY

Becker Area Senior Center (763) 528-0643  
Big Lake Senior Center (763) 263-7134  
Elk River Activity Center (763) 635-4500

## STEARNS COUNTY

Albany Area Community/Senior Center (320) 845-2025  
Cold Spring/Rocori Senior Center (320) 685-4935  
Melrose Senior Center (320) 256-4278  
Paynesville Area Center (320) 243-4799  
Sauk Centre Senior Center (320) 352-5205  
Waite Park Senior Center (320) 229-3679  
Whitney Senior Center (320) 255-7245

## TODD COUNTY

Bertha Senior Center (218) 924-4150  
Browerville Senior Center (320) 594-6399  
Clarissa Senior Center (218) 756-2403  
Eagle Bend Senior Center (218) 738-4152  
Long Prairie Senior Center (320) 732-2282  
Osakis Senior Center (320) 859-2325  
Staples Nutrition Center (218) 894-2556

## WADENA COUNTY

Menahga Senior Center (218) 564-4858  
Sebeka Senior Center (218) 837-5068  
Wadena Senior Center (218) 631-4077

## WRIGHT COUNTY

Annandale Senior Center (320) 274-3891  
Buffalo Community Center (763) 682-6036  
Delano Senior Center (763) 972-0574  
Hanover Golden Age Seniors (763) 497-3777  
Howard Lake Senior Club (320) 543-3670  
Monticello Senior Center (763) 295-2000  
Montrose Senior Club (763) 675-3127  
Otsego Senior Club (763) 235-3148  
Crow River Senior Center, St. Michael (763) 497-8900

# Financial/Energy Assistance

*A variety of programs exist to aid people experiencing financial difficulty.*

## STATEWIDE

Cold Weather Rule, MN Public Utilities Commission	(651) 296-0406	1-800-657-3782	<a href="http://www.mn.gov/puc">www.mn.gov/puc</a>
Heat Share Assistance Program		1-800-842-7279	<a href="http://www.thesalvationarmynorth.org">www.thesalvationarmynorth.org</a>
MN Department of Veterans Affairs	(651) 296-2562	1-800-546-5838	<a href="http://www.mn.gov/mdva">www.mn.gov/mdva</a>
MN Telephone Service Discount Programs	(651) 296-0406	1-800-657-3782	<a href="http://www.puc.state.mn.us">www.puc.state.mn.us</a>
Social Security Administration		1-800-772-1213	<a href="http://www.ssa.gov">www.ssa.gov</a>

## BENTON COUNTY

Benton County Human Services	(320) 968-5087	1-800-530-6254	<a href="http://www.co.benton.mn.us">www.co.benton.mn.us</a>
Benton County Veterans Service Office	(320) 968-5044		<a href="http://www.co.benton.mn.us">www.co.benton.mn.us</a>
Catholic Charities (Western Benton)	(320) 229-4560	1-800-830-8254	<a href="http://www.ccstcloud.org">www.ccstcloud.org</a>
Tri-Cap (Tri-County Action Programs, Inc.)	(320) 251-1612	1-888-765-5597	<a href="http://www.tricap.org">www.tricap.org</a>

## CASS COUNTY

Bi-County Community Action Programs, Inc. – Walker	(218) 547-3438	1-800-332-7135	<a href="http://www.bicap.org">www.bicap.org</a>
Cass County Human Services	(218) 547-1340		<a href="http://www.co.cass.mn.us">www.co.cass.mn.us</a>
Cass County Veterans Service Office	(218) 547-1340		<a href="http://www.co.cass.mn.us">www.co.cass.mn.us</a>
Leech Lake Band of Ojibwe – Energy Assistance	(218) 335-3783	1-866-864-8668	<a href="http://www.llojibwe.com">www.llojibwe.com</a>

## CHISAGO COUNTY

Chisago County Human Services	(651) 213-5600	1-888-234-1246	<a href="http://www.co.chisago.mn.us">www.co.chisago.mn.us</a>
Chisago County Veterans Service Office	(651) 213-5600	1-888-234-1246	<a href="http://www.co.chisago.mn.us">www.co.chisago.mn.us</a>
Lakes & Pines Community Action	(320) 679-1800	1-800-832-6082	<a href="http://www.lakesandpines.org">www.lakesandpines.org</a>

## CROW WING COUNTY

Bridges of Hope - Brainerd	(218) 825-7682	1-888-750-7682	<a href="http://www.bridgesofhopemn.org">www.bridgesofhopemn.org</a>
Crow Wing County Community Services	(218) 824-1140	1-888-772-8211	<a href="http://www.crowwing.us">www.crowwing.us</a>
Crow Wing Veterans Service Office	(218) 824-1058	1-888-507-1058	<a href="http://www.crowwing.us">www.crowwing.us</a>
Lutheran Social Services – Brainerd	(218) 829-5000	1-800-829-5902	<a href="http://www.lssmn.org">www.lssmn.org</a>
Salvation Army – Brainerd	(218) 829-1120		<a href="http://www.thesalvationarmy.org">www.thesalvationarmy.org</a>
Tri-County Community Actions Programs, Inc.	(218) 829-2410		<a href="http://www.tccaction.com">www.tccaction.com</a>

## ISANTI COUNTY

Isanti County Family Services	(763) 689-1711		<a href="http://www.co.isanti.mn.us">www.co.isanti.mn.us</a>
Isanti County Veterans Service Office	(763) 689-3591		<a href="http://www.isantiveteran.org">www.isantiveteran.org</a>
Lakes & Pines Community Action	(320) 679-1800	1-800-832-6082	<a href="http://www.lakesandpines.org">www.lakesandpines.org</a>

## KANABEC COUNTY

Kanabec County Family Services	(320) 679-6350	1-877-599-4808	<a href="http://www.kanabecounty.org">www.kanabecounty.org</a>
Kanabec County Veterans Service Office	(320) 679-6380		<a href="http://www.kanabecounty.org">www.kanabecounty.org</a>
Lakes & Pines Community Action	(320) 679-1800	1-800-832-6082	<a href="http://www.lakesandpines.org">www.lakesandpines.org</a>

## MILLE LACS COUNTY

Lakes & Pines Community Action	(320) 679-1800	1-800-832-6082	<a href="http://www.lakesandpines.org">www.lakesandpines.org</a>
Mille Lacs Band of Ojibwe Tribal Admin Center	(320) 532-4181	1-800-709-6445	<a href="http://www.millelacsband.com">www.millelacsband.com</a>
Mille Lacs County Family Services	(320) 983-8208	1-888-270-8208	<a href="http://www.co.mille-lacs.mn.us">www.co.mille-lacs.mn.us</a>
Mille Lacs County Veterans Service Office	(320) 983-8208	1-888-270-8208	<a href="http://www.co.mille-lacs.mn.us">www.co.mille-lacs.mn.us</a>

## MORRISON COUNTY

Catholic Charities	(320) 229-4560	1-800-830-8254	<a href="http://www.ccstcloud.org">www.ccstcloud.org</a>
Morrison County Social Services	(320) 632-2951	1-800-269-1464	<a href="http://www.co.morrison.mn.us">www.co.morrison.mn.us</a>
Morrison County Veterans Service Office	(320) 632-0290		<a href="http://www.co.morrison.mn.us">www.co.morrison.mn.us</a>
Salvation Army	(218) 829-1120		<a href="http://www.thesalvationarmy.org">www.thesalvationarmy.org</a>
Tri-County Community Actions Programs, Inc.	(320) 632-3691		<a href="http://www.tccaction.com">www.tccaction.com</a>

## PINE COUNTY

Lakes & Pines Community Action	(320) 679-1800	1-800-832-6082	<a href="http://www.lakesandpines.org">www.lakesandpines.org</a>
Pine County Human Services – Pine City	(320) 591-1570	1-800-450-7463	<a href="http://www.co.pine.mn.us">www.co.pine.mn.us</a>
Pine County Human Services – Sandstone	(320) 216-4100	1-800-450-7463	<a href="http://www.co.pine.mn.us">www.co.pine.mn.us</a>
Pine County Veterans Service Office - Sandstone	(320) 216-4250	1-800-450-7463, ext. 4250	<a href="http://www.co.pine.mn.us">www.co.pine.mn.us</a>

*Continued on next page.*

## Financial/Energy Assistance Continued

### SHERBURNE COUNTY

CAER (Community Aid, Elk River)	(763) 441-1020		<a href="http://www.caerfoodshelf.org">www.caerfoodshelf.org</a>
Catholic Charities (Western Sherburne County)	(320) 229-4560	1-800-830-8254	<a href="http://www.ccstcloud.org">www.ccstcloud.org</a>
Sherburne County Human Services	(320) 765-4009	1-800-433-5239	<a href="http://www.co.sherburne.mn.us">www.co.sherburne.mn.us</a>
Sherburne County Veterans Service Office	(320) 765-3100	1-800-433-5243	<a href="http://www.co.sherburne.mn.us">www.co.sherburne.mn.us</a>
Tri-Cap (Tri-County Action Programs, Inc.)	(320) 251-1612	1-888-765-5597	<a href="http://www.tricap.org">www.tricap.org</a>

### STEARNS COUNTY

Caritas Family Services	(320) 252-4121	1-800-830-8254	<a href="http://www.ccstcloud.org">www.ccstcloud.org</a>
Catholic Charities (Eastern Stearns County)	(320) 229-4560	1-800-830-8254	<a href="http://www.ccstcloud.org">www.ccstcloud.org</a>
Salvation Army – St. Cloud area	(320) 252-4552		<a href="http://www.thesalarmy.org">www.thesalarmy.org</a>
Stearns County Human Services	(320) 656-6000	1-800-450-3663	<a href="http://www.co.stearns.mn.us">www.co.stearns.mn.us</a>
Stearns County Veterans Service Office	(320) 656-6176		
Tri-Cap (Tri-County Action Programs, Inc.)	(320) 251-1612	1-888-765-5597	<a href="http://www.tricap.org">www.tricap.org</a>

### TODD COUNTY

Salvation Army	(218) 829-1120		<a href="http://www.thesalarmy.org">www.thesalarmy.org</a>
Todd County Social Services	(320) 732-4500	1-888-838-4066	<a href="http://www.co.todd.mn.us">www.co.todd.mn.us</a>
Todd County Veteran Service Office	(320) 732-4418		<a href="http://www.co.todd.mn.us">www.co.todd.mn.us</a>
Tri-County Community Actions Programs, Inc.	(320) 632-3691		<a href="http://www.tccaction.com">www.tccaction.com</a>

### WADENA COUNTY

Mahube-OTWA Community Action Partnership	(218) 632-3600		<a href="http://www.mahube.org">www.mahube.org</a>
Wadena County Human Services	(218) 631-7605	1-888-662-2737	<a href="http://www.co.wadena.mn.us">www.co.wadena.mn.us</a>
Wadena County Veterans Service Office	(218) 631-7617		<a href="http://www.co.wadena.mn.us">www.co.wadena.mn.us</a>

### WRIGHT COUNTY

Wright County Community Action	(320) 963-6500		<a href="http://www.wccaweb.com">www.wccaweb.com</a>
Wright County Human Services	(763) 682-7414	1-800-362-3667	<a href="http://www.co.wright.mn.us">www.co.wright.mn.us</a>
Wright County Veterans Service Office	(763) 682-7325	1-800-362-3667	<a href="http://www.co.wright.mn.us">www.co.wright.mn.us</a>

# Hospice

*The coordination of services to help terminally ill individuals (life expectancy of 12 months or less) and their families so that death may occur at home or in a home-like setting.*

## **NATIONAL HOSPICE & PALLIATIVE CARE ORGANIZATION**

*(maintains a listing of all hospices in the nation)*

**1-800-658-8898**

**[www.nhpco.org](http://www.nhpco.org)**

## **MINNESOTA NETWORK OF HOSPICE & PALLIATIVE CARE**

**1-800-214-9597**

**[www.mnhpc.org](http://www.mnhpc.org)**

## **QUIET OAKS HOSPICE HOUSE**

**(320) 255-5433**

**1-866-717-8438**

**[www.quietoakshospicehouse.org](http://www.quietoakshospicehouse.org)**

*Residential Hospice*

## **STATEWIDE**

Veterans Affairs Medical Center

St. Cloud (320) 252-1670

1-800-247-1739

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

Fargo

1-800-410-9723

Minneapolis

1-800-414-5058

## **BENTON COUNTY**

CentraCare Health Home Care & Hospice

(320) 259-9375

1-800-835-6610

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

CHI Health at Home

(320) 845-2440

[www.chiathome.com/hospice](http://www.chiathome.com/hospice)

Fairview Home Care & Hospice

(763) 389-1923

1-800-570-6650

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

Guardian Angels Elim Home Care & Hospice

(763) 241-0654

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

Heartland Hospice

(320) 654-1136

1-888-650-1136

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

Knute Nelson

(320) 759-1270

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

Mary T. Inc. Hospice

(763) 772-9963

1-888-255-6400

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

Rice Hospice

(320) 231-4450

1-800-336-7423

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

St. Croix Hospice

(320) 252-2803

1-855-278-2764

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

## **CASS COUNTY**

CHI St. Joseph's Area Hospice Care

(218) 732-4552

1-866-588-4552

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

Essentia Health/St. Mary's Hospice

(218) 327-8780

1-800-650-8520

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

Good Samaritan Society Hospice

(218) 963-9452

1-877-828-7016

[www.good-sam.com](http://www.good-sam.com)

Heartland Hospice

(218) 829-1252

1-888-650-1136

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

HomeHealth Partnership

(218) 546-2311

1-800-698-2311

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

Hospice of the Red River Valley

1-800-237-4629

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

Knute Nelson

(320) 759-1270

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

Lakewood Health System Home Care

(218) 894-8080

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

Sanford Bemidji Home Care & Hospice

(218) 333-5665

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

St. Croix Hospice

(218) 203-9891

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

## **CHISAGO COUNTY**

Abode Hospice & Home Care of Minnesota

(651) 323-2806

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

Allina Home & Community Services

(651) 635-9173

1-800-261-0879

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

Asera Care Hospice

(952) 943-0009

1-800-314-1021

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

Ecumen Hospice

(651) 714-0200

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

Fairview Lakes Home Caring & Hospice

(651) 257-8850

1-800-314-3328

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

Heartland Hospice

(651) 633-6522

1-888-633-6522

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

Hospice of the Twin Cities/HCMC

(763) 531-2424

1-800-364-2478

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

Mary T. Inc. Hospice

(763) 772-9963

1-888-255-6400

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

St. Croix Hospice

(763) 689-3735

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

## **CROW WING COUNTY**

CentraCare Health Home Care & Hospice

(320) 259-9375

1-800-835-6610

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

CHI Health at Home

(320) 631-5575

[www.chiathome.com/hospice](http://www.chiathome.com/hospice)

Essentia Health/St. Mary's Hospice

(218) 327-8780

1-800-650-8520

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

Good Samaritan Society Hospice

(218) 963-9452

1-877-828-7016

[www.good-sam.com](http://www.good-sam.com)

Heartland Hospice

(218) 829-1252

1-888-650-1136

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

HomeHealth Partnership

(218) 546-2311

1-800-698-2311

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

Horizon Health

(320) 468-2788

1-800-224-6451

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

Knute Nelson

(320) 759-1270

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

Lakewood Health System Home Care

(218) 894-8080

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

Mille Lacs Health System Hospice

(320) 532-2800

1-888-532-4127

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

St. Croix Hospice

(218) 203-9891

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

*Continued on next page.*

## Hospice Continued

### ISANTI COUNTY

Allina Home & Community Services	(651) 635-9173	1-800-261-0879	<a href="http://www.allina.org">www.allina.org</a>
Asera Care Hospice	(952) 943-0009	1-800-314-1021	<a href="http://www.aseracare.com">www.aseracare.com</a>
CentraCare Health Home Care & Hospice	(320) 259-9375	1-800-835-6610	<a href="http://www.centracare.com">www.centracare.com</a>
Ecumen Hospice	(651) 714-0200		<a href="http://www.ecumenhospice.org">www.ecumenhospice.org</a>
Fairview Home Care & Hospice	(763) 389-1923	1-800-570-6650	<a href="http://www.fairview.org">www.fairview.org</a>
Fairview Lakes Home Caring & Hospice	(651) 257-8850	1-800-314-3328	<a href="http://www.fairview.org">www.fairview.org</a>
Guardian Angels Elim Home Care & Hospice	(763) 241-0654		<a href="http://www.gaehomecarehospice.org">www.gaehomecarehospice.org</a>
Heartland Home Health & Hospice	(651) 633-6522	1-888-633-6522	<a href="http://www.heartlandhomehealth.com">www.heartlandhomehealth.com</a>
Hospice of the Twin Cities/HCMC	(763) 531-2424	1-800-364-2478	<a href="http://www.hospiceofthetwincities.com">www.hospiceofthetwincities.com</a>
Mary T. Inc. Hospice	(763) 772-9963	1-888-255-6400	<a href="http://www.marytinc.com">www.marytinc.com</a>
St. Croix Hospice	(763) 689-3735		<a href="http://www.stcroixhospice.com">www.stcroixhospice.com</a>

### KANABEC COUNTY

Allina Home & Community Services	(651) 635-9173	1-800-261-0879	<a href="http://www.allina.org">www.allina.org</a>
CentraCare Health Home Care & Hospice	(320) 259-9375	1-800-835-6610	<a href="http://www.centracare.com">www.centracare.com</a>
Fairview Home Care & Hospice	(763) 389-1923	1-800-570-6650	<a href="http://www.fairview.org">www.fairview.org</a>
Fairview Lakes Home Caring & Hospice	(651) 257-8850	1-800-314-3328	<a href="http://www.fairview.org">www.fairview.org</a>
Guardian Angels Elim Home Care & Hospice	(763) 241-0654		<a href="http://www.gaehomecarehospice.org">www.gaehomecarehospice.org</a>
Heartland Home Health Care & Hospice	(651) 633-6522	1-888-633-6522	<a href="http://www.heartlandhomehealth.com">www.heartlandhomehealth.com</a>
Mary T. Inc. Hospice	(763) 772-9963	1-888-255-6400	<a href="http://www.marytinc.com">www.marytinc.com</a>
Mille Lacs Health System Home Care & Hospice	(320) 532-2800	1-888-532-4127	<a href="http://www.millelacshealth.org">www.millelacshealth.org</a>
St. Croix Hospice	(763) 689-3735		<a href="http://www.stcroixhospice.com">www.stcroixhospice.com</a>

### MILLE LACS COUNTY

Allina Home & Community Services	(651) 635-9173	1-800-261-0879	<a href="http://www.allina.org">www.allina.org</a>
CentraCare Health Home Care & Hospice	(320) 259-9375	1-800-835-6610	<a href="http://www.centracare.com">www.centracare.com</a>
Fairview Home Care & Hospice	(763) 389-1923	1-800-570-6650	<a href="http://www.fairview.org">www.fairview.org</a>
Guardian Angels Elim Home Care & Hospice	(763) 241-0654		<a href="http://www.gaehomecarehospice.org">www.gaehomecarehospice.org</a>
Heartland Home Health Care & Hospice	(651) 633-6522	1-888-633-6522	<a href="http://www.heartlandhomehealth.com">www.heartlandhomehealth.com</a>
Mary T. Inc. Hospice	(763) 772-9963	1-888-255-6400	<a href="http://www.marytinc.com">www.marytinc.com</a>
Mille Lacs Health System Home Care & Hospice	(320) 532-2800	1-888-532-4127	<a href="http://www.millelacshealth.org">www.millelacshealth.org</a>
St. Croix Hospice	(218) 203-9891		<a href="http://www.stcroixhospice.com">www.stcroixhospice.com</a>

### MORRISON COUNTY

CentraCare Health Home Care & Hospice	(320) 259-9375	1-800-835-6610	<a href="http://www.centracare.com">www.centracare.com</a>
CHI Health at Home	(320) 631-5575		<a href="http://www.chiathome.com/hospice">www.chiathome.com/hospice</a>
Heartland Home Health Care & Hospice	(320) 654-1136	1-888-650-1136	<a href="http://www.heartlandhomehealth.com">www.heartlandhomehealth.com</a>
Horizon Health	(320) 468-6451	1-888-224-6451	<a href="http://www.horizonhealthservices.org">www.horizonhealthservices.org</a>
Knute Nelson	(320) 759-1270		<a href="http://www.knutenelson.org">www.knutenelson.org</a>
Mille Lacs Health System Home Care & Hospice	(320) 532-2800	1-888-532-4127	<a href="http://www.millelacshealth.org">www.millelacshealth.org</a>
Lakewood Health System Home Care	(218) 894-8080		<a href="http://www.lakewoodhealthsystem.com">www.lakewoodhealthsystem.com</a>
St. Croix Hospice	(320) 252-2803		<a href="http://www.stcroixhospice.com">www.stcroixhospice.com</a>

### PINE COUNTY

Allina Home & Community Services	(651) 635-9173	1-800-261-0879	<a href="http://www.allina.org">www.allina.org</a>
Fairview Lakes Home Caring & Hospice	(651) 257-8850	1-800-314-3328	<a href="http://www.fairview.org">www.fairview.org</a>
Heartland Home Health Care & Hospice	(651) 633-6522	1-888-633-6522	<a href="http://www.heartlandhomehealth.com">www.heartlandhomehealth.com</a>
Mary T. Inc. Hospice	(763) 772-9963	1-888-255-6400	<a href="http://www.marytinc.com">www.marytinc.com</a>
St. Croix Hospice	(763) 689-3735		<a href="http://www.stcroixhospice.com">www.stcroixhospice.com</a>

### SHERBURNE COUNTY

Allina Home & Community Services	(651) 635-9173	1-800-261-0879	<a href="http://www.allina.org">www.allina.org</a>
Asera Care Hospice	(952) 943-0009	1-800-314-1021	<a href="http://www.aseracare.com">www.aseracare.com</a>
Brighton Home Health & Hospice	(952) 856-2212		<a href="http://www.brightonhospice.com">www.brightonhospice.com</a>
CentraCare Health Home Care & Hospice	(320) 259-9375	1-800-835-6610	<a href="http://www.centracare.com">www.centracare.com</a>
CHI Health at Home	(320) 845-2440		<a href="http://www.chiathome.com/hospice">www.chiathome.com/hospice</a>
Fairview Home Care & Hospice	(763) 389-1923	1-800-570-6650	<a href="http://www.fairview.org">www.fairview.org</a>
Guardian Angels Elim Home Care & Hospice	(763) 241-0654		<a href="http://www.gaehomecarehospice.org">www.gaehomecarehospice.org</a>
Heartland Home Health Care & Hospice	(651) 633-6522	1-888-633-6522	<a href="http://www.heartlandhomehealth.com">www.heartlandhomehealth.com</a>
Hospice of the Twin Cities/HCMC	(763) 531-2424	1-800-364-2478	<a href="http://www.hospiceofthetwincities.com">www.hospiceofthetwincities.com</a>
Mary T. Inc. Hospice	(763) 772-9963	1-888-255-6400	<a href="http://www.marytinc.com">www.marytinc.com</a>
North Memorial Home & Community Services	(763) 581-8181		<a href="http://www.northmemorial.com">www.northmemorial.com</a>
Park Nicollet Methodist Hospital Hospice	(952) 993-6087		<a href="http://www.parknicollet.com">www.parknicollet.com</a>
St. Croix Hospice	(320) 252-2803		<a href="http://www.stcroixhospice.com">www.stcroixhospice.com</a>

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# Hospice Continued

## STEARNS COUNTY

CentraCare Health Home Care & Hospice	(320) 259-9375	1-800-835-6610	<a href="http://www.centracare.com">www.centracare.com</a>
CHI Health at Home	(320) 845-2440		<a href="http://www.chiathome.com/hospice">www.chiathome.com/hospice</a>
Divine Hospice Care	(320) 231-9757	1-888-240-5456	<a href="http://www.divinehomecare.com">www.divinehomecare.com</a>
Ecumen of Litchfield Home Care & Hospice	(320) 693-7367		<a href="http://www.ecumenoflitchfield.org">www.ecumenoflitchfield.org</a>
Glacial Ridge Home Care & Hospice	(320) 634-2221	1-866-667-4747	<a href="http://www.glacialridge.org">www.glacialridge.org</a>
Heartland Hospice	(320) 654-1136	1-888-650-1136	<a href="http://www.heartlandhomehealth.com">www.heartlandhomehealth.com</a>
Knute Nelson	(320) 759-1270		<a href="http://www.knutenelson.org">www.knutenelson.org</a>
Mary T. Inc. Hospice	(763) 772-9963	1-888-255-6400	<a href="http://www.marytinc.com">www.marytinc.com</a>
Rice Hospice	(320) 231-4450	1-800-336-7423	<a href="http://www.ricehospice.com">www.ricehospice.com</a>
St. Croix Hospice	(320) 252-2803		<a href="http://www.stcroixhospice.com">www.stcroixhospice.com</a>

## TODD COUNTY

CentraCare Health Home Care & Hospice	(320) 259-9375	1-800-835-6610	<a href="http://www.centracare.com">www.centracare.com</a>
CHI Health at Home - Albany	(320) 845-2440		<a href="http://www.chiathome.com/hospice">www.chiathome.com/hospice</a>
Heartland Hospice	(320) 654-1136	1-888-650-1136	<a href="http://www.heartlandhomehealth.com">www.heartlandhomehealth.com</a>
Knute Nelson	(320) 759-1270		<a href="http://www.knutenelson.org">www.knutenelson.org</a>
Lakeland Hospice	(218) 998-1400	1-855-532-9300	<a href="http://www.lbhomes.org">www.lbhomes.org</a>
Lakewood Health System Home Care	(218) 894-8080		<a href="http://www.lakewoodhealthsystem.com">www.lakewoodhealthsystem.com</a>
St. Croix Hospice	(320) 252-2803		<a href="http://www.stcroixhospice.com">www.stcroixhospice.com</a>

## WADENA COUNTY

CHI St. Joseph's Area Hospice Care	(218) 732-4552	1-866-588-4552	<a href="http://www.sjahs.org">www.sjahs.org</a>
Heartland Hospice	(320) 654-1136	1-888-650-1136	<a href="http://www.heartlandhomehealth.com">www.heartlandhomehealth.com</a>
Hospice of the Red River Valley		1-800-237-4629	<a href="http://www.hrrv.org">www.hrrv.org</a>
Knute Nelson	(320) 759-1270		<a href="http://www.knutenelson.org">www.knutenelson.org</a>
Lakeland Hospice	(218) 998-1400	1-855-532-9300	<a href="http://www.lbhomes.org">www.lbhomes.org</a>
Lakewood Health System Home Care	(218) 894-8080		<a href="http://www.lakewoodhealthsystem.com">www.lakewoodhealthsystem.com</a>
St. Croix Hospice	(218) 203-9891		<a href="http://www.stcroixhospice.com">www.stcroixhospice.com</a>

## WRIGHT COUNTY

Allina Health Home Care Services	(320) 234-5031	1-800-454-8616	<a href="http://www.allinahealth.org">www.allinahealth.org</a>
Allina Home & Community Services	(651) 635-9173	1-800-261-0879	<a href="http://www.allina.org">www.allina.org</a>
Asera Care Hospice	(952) 943-0009	1-800-341-1021	<a href="http://www.aseracare.com">www.aseracare.com</a>
Brighton Home Health & Hospice	(952) 856-2212		<a href="http://www.brightonhospice.com">www.brightonhospice.com</a>
CentraCare Health Home Care & Hospice	(320) 259-9375	1-800-835-6610	<a href="http://www.centracare.com">www.centracare.com</a>
Ecumen of Litchfield Home Care & Hospice	(320) 693-7367		<a href="http://www.ecumenoflitchfield.org">www.ecumenoflitchfield.org</a>
Fairview Home Care & Hospice - Princeton	(763) 389-1923	1-800-570-6650	<a href="http://www.fairview.org">www.fairview.org</a>
Guardian Angels Elim Home Care & Hospice	(763) 241-0654		<a href="http://www.gaehomecarehospice.org">www.gaehomecarehospice.org</a>
Heartland Home Health & Hospice	(651) 633-6522	1-888-633-6522	<a href="http://www.heartlandhomehealth.com">www.heartlandhomehealth.com</a>
Hospice of the Twin Cities/HCMC	(763) 531-2424	1-800-364-2478	<a href="http://www.hospiceofthetwincities.com">www.hospiceofthetwincities.com</a>
Mary T. Inc. Hospice	(763) 772-9963	1-888-255-6400	<a href="http://www.marytinc.com">www.marytinc.com</a>
North Memorial Home & Community Services	(763) 581-8181		<a href="http://www.northmemorial.com">www.northmemorial.com</a>
Ridgeview Home Health Services	(952) 442-6030	1-800-967-4751	<a href="http://www.ridgeviewmedical.org">www.ridgeviewmedical.org</a>
St. Croix Hospice	(952) 956-6380		<a href="http://www.stcroixhospice.com">www.stcroixhospice.com</a>

# Emergency Response Systems

*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.)*

AGENCY NAME & PHONE NUMBER	BENTON	CASS	CHISAGO	CROW WING	ISANTI	KANABEC	MILLE LACS	MORRISON	PINE	SHERBURNE	STEARNS	TODD	WADENA	WRIGHT
ADT Security Services 1-877-258-6428	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Advanced Security 1-888-860-8098	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Alert1 1-800-693-5433	★	★	★	★	★	★	★	★	★	★	★	★	★	★
All Good Home Care, Inc. (320) 393-2406	★							★		★	★			
Allina Health (763) 689-7737			★		★	★			★					
American Medical Alarms 1-800-542-0438	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Blue Star Service Solutions, Inc. 1-800-300-1724	★	★	★	★	★	★	★	★	★	★	★	★	★	★
CentraCare Health Medical Alert Service 1-800-835-6652, ext. 55700	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Central MN Alarms (320) 356-7720 1-800-450-7720	★							★		★	★	★		★
Comfort Keepers-Anoka (763) 786-1000			★		★									
Country Manor (320) 253-3343	★									★	★			
CST, Your Link to Life 1-888-557-4462	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Custom Alarms (507) 288-5522	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Cybermation (320) 255-7027	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Doyle Security 1-866-463-6953	★	★	★	★	★	★	★	★	★	★	★	★	★	★
EmoryDay, LLC 1-800-953-5211	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Fairview Lifeline (952) 885-6185 1-866-827-5039	★				★	★	★		★	★				★
Healthsense (952) 400-7361 1-800-576-1779	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Home Health Partnership (218) 546-2311 1-800-698-2311		★		★										

*Continued on next page.*



## Emergency Response Systems Continued

AGENCY NAME & PHONE NUMBER	BENTON	CASS	CHISAGO	CROW WING	ISANTI	KANABEC	MILLE LACS	MORRISON	PINE	SHERBURNE	STEARNS	TODD	WADENA	WRIGHT
Home Instead Senior Care (763) 792-0041      1-866-689-0023			★		★	★			★	★				
Knute Nelson Home Health & Hospice (218) 632-1335		★										★	★	
Life Alarm (706) 854-9818      1-800-780-5433	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Life Alert      1-800-338-9090	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Life Assist USA      1-888-860-8098	★	★	★	★	★	★	★	★	★	★	★	★	★	★
LifeFone      1-800-882-2280	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Lifeline, St. Gabriel's Hospital (320) 631-5432								★						
LifeStation      1-800-554-4600	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Livewell Alert      1-888-358-6667	★	★	★	★	★	★	★	★	★	★	★	★	★	★
MedicAlert      1-800-432-5378	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Medscope America      1-800-645-2060	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Night Owl Support Systems, LLC 1-877-559-1642	★	★	★	★	★	★	★	★	★	★	★	★	★	★
North Memorial Connect (763) 581-8181	★	★	★	★	★	★	★	★	★	★	★	★	★	★
P.A.L. Medical (218) 326-9299      1-800-852-6575	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Philips Lifeline      1-800-380-3111	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Recover Health (320) 774-0777	★			★		★	★	★		★	★	★		★
Response Link      1-888-663-2557	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Rest Assured      1-877-338-9193	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Sengistix (651) 695-5818	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Spectrum Health (320) 229-7559	★			★						★	★			
United Security and Alarm Systems (218) 732-0456		★		★									★	
Valued Relationships, Inc. 1-877-546-2349	★	★	★	★	★	★	★	★	★	★	★	★	★	★
WH Security-Med Alert (763) 477-3000      1-800-943-2667										★	★			★

## Caregiver Consultants & Support Groups

**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.*

Alzheimer's Association - Statewide	(320) 257-0699	1-800-272-3900
Family Pathways –		
Chisago, Isanti, Southern Mille Lacs, Pine	(763) 689-8811	
Kanabec, Pine, Northern Mille Lacs	(320) 364-1115	
Helping Hands Outreach to Elders – Holdingford Area	(320) 746-9960	
Horizon Health Faith in Action – Morrison	(320) 468-6451	1-800-224-6451
Lutheran Social Services – Cass, Crow Wing, Todd, Wadena	(218) 203-7312	1-800-488-4146
Minnesota Indian Agency	(218) 335-8586	
MN Kinship Caregivers – Statewide	(651) 917-4640	1-877-917-4640
Rural Stearns Faith in Action – Benton, Sherburne, Stearns	(320) 253-3223	
Senior Care Consulting – Cass, Crow Wing	(218) 839-2869	
Veterans Administration Caregiver Support	(320) 252-1670	1-855-260-3274

**SUPPORT GROUPS** - *Regularly scheduled meetings of a group of people who share a common concern or problem. Groups may facilitate discussions related to a specific topic, may have an educational format, may facilitate socialization opportunities, or a combination of the above.*

### **BENTON COUNTY**

Alcoholics Anonymous – Sauk Rapids	(320) 529-8838
Grief and Loss Support Group – Foley	(320) 968-6201

### **CASS COUNTY**

Caregiver Support Group – Leech Lake Band of Ojibwe	(218) 335-8314	1-866-222-9429
Memory Loss Caregiver Support Group – Walker	(218) 547-7555	
Memory Loss Caregiver Support Group – Walker	(218) 547-7118	

### **CHISAGO COUNTY**

Alzheimer's Support Group – Chisago City	(651) 257-7332
Breath Better Pulmonary Support Group – Wyoming	(651) 982-7945
Caregiver Support Group – North Branch	(877) 321-7100
Caregiver Support Group – Wyoming	(651) 257-7905
Diabetes Support Group – Wyoming	(651) 982-7787
Grief Support Group – Wyoming	(952) 898-2052
Loss of a Spouse Support Group – North Branch	(651) 257-7837

### **CROW WING COUNTY**

Alzheimer's Support Group – Brainerd	(218) 829-4366
Alzheimer's Support Group – Brainerd & Crosby	(218) 831-3562
Alzheimer's/Dementia Caregivers Support Group – Brainerd	(218) 829-1407
Better Breathers Support Group – Brainerd	(218) 828-7481
Breast Cancer Survivors Group – Brainerd	(218) 829-1683
Breast Cancer Support Group – Crosby	(218) 546-4302

Caregiver Support Group – Baxter	(218) 829-9238	1-888-221-5785
Diabetes Support Group – Brainerd	(218) 829-4501	
Diabetes Support Group – Crosby	(218) 546-8375	
Grief Support Group – Brainerd	(218) 828-7442	
Grief Support Group – Crosslake	(218) 692-3731	
Grief Support Group – Nisswa	(218) 967-8888	
Memory Loss Support Group – Crosby	(218) 545-8522	
Parkinson's Support Group – Baxter	(218) 828-4770	
Parkinson's Support Group – Brainerd	(218) 822-5426	

*Continued on next page.*

# Caregiver Consultants & Support Groups Continued

## ISANTI COUNTY

Alzheimer's Support Group – Cambridge	(763) 691-6172	
Alzheimer's Support Group – Cambridge	(763) 689-8811	
Caregiver Support Group – Cambridge	(763) 689-8811	1-877-321-7100
Grief Support Group – Cambridge	(763) 689-7700	
Hearing & Vision Loss Support Group – Cambridge	(218) 624-4828	
Men's & Women's Cancer Support Group – Cambridge	(763) 688-8415	
Parkinson's Support Group – Cambridge	(763) 444-9352	

## KANABEC COUNTY

Cancer Support Group – Mora	(320) 225-3576	
Caregiver Support Group – Mora	(320) 225-3576	
Caregiver Support Group – Mora		1-877-321-7100
Diabetes Support Group – Mora	(320) 225-3640	1-800-245-5671
Grief Support Group – Onamia	(320) 532-2735	
Heart to Heart Support Group – Mora	(320) 255-3364	
Lung Disease Support Group	(612) 626-6100	
Stroke Support Group – Mora	(320) 679-1212	1-800-245-5671

## MILLE LACS COUNTY

Caregiver Support Group – Princeton	(651) 674-8040
Diabetes Support Group – Isle	(320) 532-3154
Diabetes Support Group – Onamia	(320) 532-3154
Grief Support Group – Princeton	(763) 389-6405

## MORRISON COUNTY

Caregiver Support Group – Pierz	(320) 468-6451	1-800-224-6451
Grief and Loss Support Group – Pierz	(320) 468-6451	1-800-224-6451

## PINE COUNTY

Caregiver Support Group – Pine City	(877) 321-7100
Diabetes Support Group – Pine City	(320) 225-3531

## SHERBURNE COUNTY

Alcoholics Anonymous – Elk River	(763) 441-7589
Dementia Support Group – Albertville	(763) 498-4594
Gamblers Anonymous – Elk River	(763) 441-7589
Suicide Survivor Grief Support Group – Elk River	(763) 786-2112

## STEARNS COUNTY

Alcoholics Anonymous – Paynesville	(320) 243-4799	
Alcoholics Anonymous – St. Cloud	(320) 202-1895	
Alzheimer's Support Group – Sauk Centre	(320) 352-3350	
Alzheimer's Support Group – Melrose	(320) 256-4474	
Alzheimer's Support Group – Paynesville	(320) 243-5144	
Alzheimer's Support Group – St. Cloud	(320) 253-3343	1-800-272-3900
Alzheimer's and Caregiver Support Group – St. Cloud	(320) 257-0699	
Breast Cancer Support Group – St. Cloud	(320) 229-5199, ext. 70878	
Breathsavers Support Group (Emphysema) – St. Cloud	(320) 251-2700, ext. 54345	
Cancer Support Group – St. Cloud	(320) 229-5199, ext. 70128	
Caregiver Support Group – Cold Spring	(320) 685-3693	
Caregiver Support Gathering – Holdingford	(320) 746-9960	
Caregiver Support Group – Paynesville	(320) 243-5144	
Concerned Persons Group for Addiction and Mental Illness – St. Cloud	(320) 251-2700, ext. 79920	
Couples Cancer Support Group – St. Cloud	(320) 229-4907, ext. 71693	
Crohn's/Colitis Support Group – St. Cloud		1-888-422-3266
Depression/Manic Depressive Support Group – St. Cloud	(320) 240-3324	1-800-830-8254

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# Caregiver Consultants & Support Groups Continued

## STEARNS COUNTY Continued

Diabetes Support Group – St. Cloud	(320) 202-7759	
Digestive Cancer Support Group – St. Cloud	(320) 229-4907, ext 71791	
Fibromyalgia/Chronic Pain Support Group – St. Cloud	(320) 251-2700, ext. 23821	
Grandparenting Support Group – St. Cloud	(320) 656-7021	
Grandparents Raising Grandchildren Support Group – St. Cloud	(320) 251-5081	1-800-288-8549
Grief Support Group – St. Cloud	(320) 259-9375	
Grief Support Group – St. Cloud	(320) 654-1136	1-877-249-8836
Harvodes Bereavement Support Group – St. Cloud (African Americans & Somalian Refugees)	(320) 259-7706	
Heart Failure Support Group – St. Cloud	(320) 251-2700, ext. 52444	
Korean War Veterans Support Group – St. Cloud	(320) 252-1670	
Leukemia and Lymphoma Support Group – St. Cloud	(320) 229-4909	
Lung Cancer Support Group – St. Cloud	(320) 229-4907, ext. 70830	
Mended Hearts, Heart Disease Support Group – St. Cloud	(320) 251-2700, ext. 57445	
Parkinson's Support Group – St. Cloud	(320) 217-5100	
Post Breast Cancer Support Group – St. Cloud	(320) 255-0220	1-800-227-2345
Prostate Cancer Support Group – St. Cloud	(320) 259-1411	
Stroke Support Group – St. Cloud	(320) 255-5772	
Us Too Prostate Cancer Support Group – St. Cloud	(320) 309-9325	
Veterans Caregiver Support Group – St. Cloud	(320) 251-7700	
Veterans Family and Caregiver Support Group – St. Cloud	(320) 252-1670, ext. 7283	

## TODD COUNTY

Alzheimer's Caregiver Support Group – Staples	(218) 894-8288	
Caregiver Support Group – Long Prairie	(218) 233-7521	1-800-488-4146
Grief Education Support Group – Staples	(218) 894-8623	

## WADENA COUNTY

Alzheimer's Support Group – Wadena	(218) 631-1360	
Diabetes, Cancer and Grief Support Groups – Wadena	(218) 631-5228	
Diabetic Support Group – Wadena	(218) 632-7113	
Grief Support Group – Wadena	(218) 631-5228	
Memory Loss Support Group – Wadena	(218) 631-5228	
Parkinson's Support Group – Wadena	(218) 750-7453 or (218) 749-5430	
Women's Cancer Support Group – Wadena	(218) 631-7487	

## WRIGHT COUNTY

Alzheimer's Support Group – Annandale	(320) 274-2579	
Cancer Support Group – Buffalo	(763) 684-7749	
Cancer Survivors Support Group – Buffalo	(763) 684-1477	
Diabetes Support Group – Buffalo	(763) 682-4940	
Grief Support Group – Buffalo	(763) 682-1470	
Men's Cancer Support Group – Buffalo	(763) 684-7749	
Parkinson's Support Group – Delano	(763) 972-0574	
Stroke and Cancer Support Groups – Buffalo	(763) 682-1212	
Stroke Support Group – Buffalo	(763) 684-3855	

# Transportation

## STATEWIDE

American Cancer Society-Road to Recovery		1-800-227-2345	www.cancer.org
CT RideNet (Referral Service)	(320) 251-6261	1-800-450-6100	www.ctridenet.org
Cummings Mobility		1-800-639-5438	www.cummingsmobility.com
Delight Transportation	(952) 595-9030		www.guardiantransportation.net
Greyhound Bus Service		1-800-231-2222	www.greyhound.com
Lakes Medi-Van, Inc.	(218) 847-1729	1-800-422-0976	
Medica Enrollees (Medical Appointments)	(952) 992-2292	1-800-601-1805	www.medica.com
UCare Enrollees (Medical Appointments)	(612) 676-6830	1-877-523-1515	www.ucare.org

## BENTON COUNTY

Care Cab/Care Transportation	(320) 251-6261	1-800-535-7190	www.caretransportation.com
Comfort Keepers	(320) 230-9939		www.comfortkeepers.com
Country Care-A-Van	(320) 258-2273		www.countrymanorcampus.org
Foley Area C.A.R.E. Program	(320) 968-7848		www.foleyareacareprogram.org
Gold Cross Ambulance (Non-emergency)	(320) 251-8505	1-800-342-7849	www.mayomedicaltransport.com
Home Instead Senior Care	(320) 258-3055	1-866-735-3055	www.homeinstead.com
Northstar Link Commuter Bus		1-877-546-5010	www.catchthelink.com
Peoples Express	(218) 631-2909	1-800-450-0123	www.peoplesexpressmn.net
St. Cloud Metro Bus: General Information	(320) 251-7433		www.ridemetrobus.com
Senior Helpers	(763) 200-5767	1-800-760-6389	www.seniorhelpers.com/biglake
Schu-Tran	(320) 968-7478		
Speedy Cab, Foley	(320) 968-7318		
St. Cloud Taxi Service	(320) 281-4871		
Tri-Cap Resource & Volunteer Drivers	(320) 251-1612	1-888-765-5597	www.tricap.org
Yellow Cab	(320) 251-5050	1-800-450-8294	www.caretransportation.com

## CASS COUNTY

Care Van – Lakewood Health System	(218) 894-8331		www.lakewoodhealthsystem.com
Cass County Senior Transportation Program	(218) 947-7530		www.co.cass.mn.us
Cass County Veterans Services Office (Veterans Transportation to VA Hospitals)	(218) 947-7530	1-888-547-1340	www.co.cass.mn.us
Community Health Representatives (Serves Leech Lake Reservation)	(218) 335-4507	1-800-282-3389	www.llojibwe.org
Faith In Action for Cass County	(218) 675-5435	1-866-675-5435	www.faithinactioncass.com
Friendly Rider Transportation	(218) 631-5730	1-888-773-5500	www.friendlyrider.com
Home Instead Senior Care	(218) 824-0077	1-877-824-0077	www.homeinstead.com
Leech Lake Tribal Transit		1-800-442-3909	
Peoples Express	(218) 631-2909	1-800-450-0123	www.peoplesexpressmn.net
Pine River - Ride With Us Bus		1-866-925-7433	www.ci.brainerd.mn.us
Pine River Community Bus	(218) 825-7433		
Schu-Tran	(320) 968-7478		

## CHISAGO COUNTY

Care Cab	(320) 251-6261	1-800-535-7190	www.caretransportation.com
Care Transportation	(320) 251-6261	1-800-535-7190	www.caretransportation.com
Chisago County Veterans Services Office (Veterans Transportation to VA Hospitals)	(651) 213-5605		www.chisagocounty.us
Chisago-Isanti County Heartland Express	(763) 689-8131	1-888-234-7840	
Ecumen Transit Plus of Parmly Life Pointes	(651) 257-7327		www.parmly.org
Family Pathways	(651) 674-8040	1-877-321-7100	www.familypathways.org
Home Instead Senior Care	(763) 792-0041	1-866-689-0023	www.homeinstead.com
Linwood Senior Traveler	(651) 462-5565		www.linwoodtownship.org
Medical Transportation Management		1-866-467-1724	www.mtm-inc.net
North Branch Cab	(651) 674-7979		
Schu-Tran	(320) 968-7478		
Senior Helpers	(763) 200-5767	1-800-760-6389	www.seniorhelpers.com

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## Transportation Continued

### **CROW WING COUNTY**

Brainerd & Crow Wing Public Transit	(218) 825-7433	1-866-925-7433	<a href="http://www.ci.brainerd.mn.us/transit">www.ci.brainerd.mn.us/transit</a>
Brainerd Area Taxi	(218) 828-1111		
Care Van – Lakewood Health System	(218) 894-8331		<a href="http://www.lakewoodhealthsystem.com">www.lakewoodhealthsystem.com</a>
Crow Wing County Veterans Services Office (Veterans Transportation to VA Hospitals)	(218) 824-1058	1-866-507-1058	<a href="http://www.crowwing.us">www.crowwing.us</a>
Grab-A-Cab	(218) 270-2992		
Home Instead Senior Care	(218) 824-0077	1-877-824-0077	<a href="http://www.homeinstead.com">www.homeinstead.com</a>
Lakes Area Interfaith Caregivers	(218) 820-7454	1-877-245-7454	<a href="http://www.lakesareainterfaithcaregivers.com">www.lakesareainterfaithcaregivers.com</a>
Peoples Express	(218) 631-2909	1-800-450-0123	<a href="http://www.peoplesexpressmn.net">www.peoplesexpressmn.net</a>

### **ISANTI COUNTY**

Allina Transportation & EMS	(651) 222-0555		<a href="http://www.allina.com">www.allina.com</a>
Cambridge Cab	(763) 552-8294	1-866-552-8294	
Care Cab / Care Transportation	(320) 251-6261	1-800-535-7190	<a href="http://www.caretransportation.com">www.caretransportation.com</a>
Chisago-Isanti County Heartland Express	(763) 689-8131	1-888-234-7840	<a href="http://www.co.isanti.mn.us">www.co.isanti.mn.us</a>
Family Pathways	(651) 674-8040	1-877-321-7100	<a href="http://www.familypathways.org">www.familypathways.org</a>
Home Instead Senior Care	(763) 792-0041	1-866-689-0023	<a href="http://www.homeinstead.com">www.homeinstead.com</a>
Isanti County Veterans Services Office (Veterans Transportation to VA Hospitals)	(763) 689-3591 (763) 689-8131	1-888-234-7840	<a href="http://www.isantiveteran.com">www.isantiveteran.com</a>
Medical Transportation Management		1-866-467-1724	<a href="http://www.mtm-inc.net">www.mtm-inc.net</a>
Schu-Tran	(320) 968-7478		
Senior Helpers	(763) 200-5767	1-800-760-6389	<a href="http://www.seniorhelpers.com">www.seniorhelpers.com</a>
Transit Plus of Parmly Life Pointes	(651) 257-7327		<a href="http://www.parmly.org">www.parmly.org</a>
Visionary Home Care	(218) 389-6244	1-877-389-6244	<a href="http://www.visionaryhomes.org">www.visionaryhomes.org</a>

### **KANABEC COUNTY**

Allina Transportation	(651) 222-0555	1-800-258-1210	<a href="http://www.allina.com">www.allina.com</a>
Family Pathways	(651) 674-8040	1-877-321-7100	<a href="http://www.familypathways.org">www.familypathways.org</a>
FirstLight, Mora		1-800-245-5671	<a href="http://www.firstlighthealthsystem.org">www.firstlighthealthsystem.org</a>
Home Instead Senior Care	(763) 792-0041	1-866-689-0023	<a href="http://www.homeinstead.com">www.homeinstead.com</a>
Kanabec County Veterans Services Office (Veterans Transportation to VA Hospitals)	(320) 679-6380		
North Central Alliance Horizon Health	(320) 468-6451	1-800-224-6451	<a href="http://www.horizonhealthservices.org">www.horizonhealthservices.org</a>
Schu-Tran	(320) 968-7478		
Timber Trails Public Transit	(320) 364-1350	1-888-217-5222	<a href="http://www.timbertrailstransit.com">www.timbertrailstransit.com</a>

### **MILLE LACS COUNTY**

Care Cab / Care Transportation	(320) 251-6261	1-800-535-7190	<a href="http://www.caretransportation.com">www.caretransportation.com</a>
Family Pathways	(651) 674-8040	1-877-321-7100	<a href="http://www.familypathways.org">www.familypathways.org</a>
Handi Van	(763) 389-9440	1-800-528-9536	
Home Instead Senior Care	(763) 792-0041	1-866-689-0023	<a href="http://www.homeinstead.com">www.homeinstead.com</a>
North Central Alliance Horizon Health (Serves Northern Mille Lacs)	(320) 468-6451	1-800-224-6451	<a href="http://www.horizonhealthservices.org">www.horizonhealthservices.org</a>
North Central Transportation	(320) 982-2294		
Peoples Express	(218) 631-2909	1-800-450-0123	<a href="http://www.peoplesexpressmn.net">www.peoplesexpressmn.net</a>
Schu-Tran	(320) 968-7478		
Senior Helpers	(763) 200-5767	1-800-760-6389	<a href="http://www.seniorhelpers.com/biglake">www.seniorhelpers.com/biglake</a>
Timber Trails Public Transit	(320) 364-1350	1-888-217-5222	<a href="http://www.timbertrailstransit.com">www.timbertrailstransit.com</a>

### **MORRISON COUNTY**

Alternative Senior Care	(320) 352-3350	1-866-352-3350	<a href="http://www.alternativeseniorcare.net">www.alternativeseniorcare.net</a>
Care Cab / Care Transportation	(320) 251-6261	1-800-535-7190	<a href="http://www.caretransportation.com">www.caretransportation.com</a>
Care Van – Lakewood Health System	(218) 894-8331		<a href="http://www.lakewoodhealthsystem.com">www.lakewoodhealthsystem.com</a>
Gold Cross Ambulance (Non-emergency)	(320) 251-8505	1-800-232-8530	<a href="http://www.mayomedicaltransport.com">www.mayomedicaltransport.com</a>
Friendly Rider Transportation	(218) 631-5730	1-888-773-5500	<a href="http://www.friendlyrider.com">www.friendlyrider.com</a>
Home Instead Senior Care	(218) 824-0077	1-877-824-0077	<a href="http://www.homeinstead.com">www.homeinstead.com</a>
Horizon Health Faith in Action	(320) 468-6451	1-800-224-6451	<a href="http://www.horizonhealthservices.org">www.horizonhealthservices.org</a>
Little Falls Taxi	(320) 632-4104		
Little Falls – MorrTrans	(320) 202-7824	1-877-457-4318	<a href="http://www.tricap.org">www.tricap.org</a>
Morrison County Veterans Services Office (Veterans Transportation to VA Hospitals)	(320) 654-7622	1-866-401-1111, ext. 1290	<a href="http://www.co.morrison.us">www.co.morrison.us</a>
Peoples Express	(218) 631-2909	1-800-450-0123	<a href="http://www.peoplesexpressmn.net">www.peoplesexpressmn.net</a>
Senior Helpers	(763) 200-5767	1-800-760-6389	<a href="http://www.seniorhelpers.com">www.seniorhelpers.com</a>
Tri-Cap Resource & Volunteer Drivers	(320) 251-1612	1-888-765-5597	<a href="http://www.tricap.org">www.tricap.org</a>

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## Transportation Continued

### PINE COUNTY

Arrowhead Transit		1-800-862-0175	
Attaboys Taxi	(320) 245-5355	1-866-998-8294	
Family Pathways	(651) 674-8040	1-877-321-7100	<a href="http://www.familypathways.org">www.familypathways.org</a>
Home Instead Senior Care	(763) 792-0041	1-866-689-0023	<a href="http://www.homeinstead.com">www.homeinstead.com</a>
Lifts Transportation		1-888-469-7433	
Pine City Bus Service	(320) 629-2032		
Pine County Dial-A-Ride		1-800-862-0175	
Pine County Health & Human Services		1-800-450-7263	
Pine County Veterans Services Office (Veterans Transportation to VA Hospitals)	(320) 216-4250		<a href="http://www.co.pine.mn.us">www.co.pine.mn.us</a>
Schu-Tran	(320) 968-7478		

### SHERBURNE COUNTY

Allina Medical Transportation	(651) 222-0555		<a href="http://www.allina.com">www.allina.com</a>
Care Cab / Care Transportation	(320) 251-6261	1-800-535-7190	<a href="http://www.caretransportation.com">www.caretransportation.com</a>
Comfort Keepers	(320) 230-9939		<a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a>
Country Care-A-Van	(320) 258-2273		<a href="http://www.countrymanorcampus.org">www.countrymanorcampus.org</a>
Driving Miss Daisy Transportation	(763) 253-4400		
Gold Cross Ambulance (Non-Emergency)	(320) 251-8505	1-800-367-7624	
Handi Van	(763) 389-9440	1-800-528-9536	
Home Instead Senior Care	(320) 258-3055	1-866-735-3055	<a href="http://www.homeinstead.com">www.homeinstead.com</a>
Medical Transportation Management		1-866-467-1724	<a href="http://www.mtm-inc.net">www.mtm-inc.net</a>
Northstar Link Commuter Bus	(320) 251-7433	1-877-546-5010	<a href="http://www.catchthelink.com">www.catchthelink.com</a>
Orange Cab Taxi Plus	(320) 252-8080		<a href="http://www.ridewithorangecab.com">www.ridewithorangecab.com</a>
Schu-Tran	(320) 968-7478		
Senior Helpers	(763) 200-5767	1-800-760-6389	<a href="http://www.seniorhelpers.com/biglake">www.seniorhelpers.com/biglake</a>
Sherburne County Veterans Services Office (Veterans Transportation to VA Hospitals)	(763) 765-3100	1-800-433-5243	<a href="http://www.co.sherburne.mn.us">www.co.sherburne.mn.us</a>
St. Cloud Metro Bus: General Information	(320) 251-7433		<a href="http://www.ridemetrobus.com">www.ridemetrobus.com</a>
Taxi Services	(763) 441-3767		
Town Taxi, Elk River	(763) 441-3767		
Tri-Cap Resource & Volunteer Drivers	(320) 251-1612	1-888-765-5597	<a href="http://www.tricap.org">www.tricap.org</a>

### STEARNS COUNTY

Alternative Senior Care	(320) 352-3350	1-866-352-3350	<a href="http://www.alternativeseniorcare.net">www.alternativeseniorcare.net</a>
Benton/Stearns County Dial-A-Ride	(320) 251-1612	1-888-765-5597	<a href="http://www.tricap.org">www.tricap.org</a>
Care Cab / Care Transportation	(320) 251-6261	1-800-535-7190	<a href="http://www.caretransportation.com">www.caretransportation.com</a>
Comfort Keepers	(320) 230-9939		<a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a>
Country Care-A-Van	(320) 258-2273		<a href="http://www.countrymanorcampus.org">www.countrymanorcampus.org</a>
Disabled American Veterans Transportation (Veterans Transportation to VA Hospitals)	(320) 252-1670, ext. 6676		
Elite Taxi	(320) 240-2999	1-844-882-1181	
Green Cab	(320) 654-6464		
Gold Cross Ambulance (Non-Emergency)	(320) 251-8505	1-800-367-7624	<a href="http://www.mayomedicaltransport.com">www.mayomedicaltransport.com</a>
Helping Hands Outreach to Elders (Holdingford and surrounding communities)	(320) 746-9960		<a href="http://www.holdingfordhelpinghands.org">www.holdingfordhelpinghands.org</a>
Home Instead Senior Care	(320) 258-3055	1-866-735-3055	<a href="http://www.homeinstead.com">www.homeinstead.com</a>
Jefferson Bus Lines		1-800-451-5333	<a href="http://www.jeffersonlines.com">www.jeffersonlines.com</a>
Kozy Kab	(320) 548-3319		
Northstar Link Commuter Bus		1-877-546-5010	<a href="http://www.catchthelink.com">www.catchthelink.com</a>
Orange Cab	(320) 252-8080		<a href="http://www.taxi-hotline.com">www.taxi-hotline.com</a>
Paynesville Rose Center	(320) 243-5144		<a href="http://www.rosecenter.wixsite.com/paynesville">www.rosecenter.wixsite.com/paynesville</a>
Peoples Express	(218) 631-2909	1-800-450-0123	<a href="http://www.peoplesexpressmn.net">www.peoplesexpressmn.net</a>
Rural Stearns County Faith in Action	(320) 685-3693		<a href="http://www.ruralstearnsfia.org">www.ruralstearnsfia.org</a>
St. Cloud Metro Bus: General Information	(320) 251-7433		<a href="http://www.ridemetrobus.com">www.ridemetrobus.com</a>
Sauk Centre City Bus	(320) 202-7824	1-800-600-7498	<a href="http://www.tricap.org">www.tricap.org</a>
Schu-Tran	(320) 968-7478		
Schumacher Transportation		1-800-535-7190	
Senior Helpers	(763) 200-5767	1-800-760-6389	<a href="http://www.seniorhelpers.com">www.seniorhelpers.com</a>
St. Cloud Taxi Service	(320) 281-4871		
Tri-Cap Resource & Volunteer Drivers	(320) 251-1612	1-888-765-5597	<a href="http://www.tricap.org">www.tricap.org</a>
Yellow Cab Taxi (St. Cloud Metro Area)	(320) 251-5050	1-800-450-8294	<a href="http://www.caretransportation.com">www.caretransportation.com</a>

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# Transportation Continued

## TODD COUNTY

Alternative Senior Care	(320) 352-3350	1-866-352-3350	<a href="http://www.alternativeseniorcare.net">www.alternativeseniorcare.net</a>
Care Cab / Care Transportation	(320) 251-6261	1-800-535-7190	<a href="http://www.caretransportation.com">www.caretransportation.com</a>
Care Van – Lakewood Health System	(218) 894-8331		<a href="http://www.lakewoodhealthsystem.com">www.lakewoodhealthsystem.com</a>
Friendly Rider	(218) 631-5730	1-888-773-5500	<a href="http://www.friendlyrider.com">www.friendlyrider.com</a>
Home Instead Senior Care	(218) 824-0077	1-877-824-0077	<a href="http://www.homeinstead.com">www.homeinstead.com</a>
Peoples Express	(218) 631-2909	1-800-450-0123	<a href="http://www.peoplesexpressmn.net">www.peoplesexpressmn.net</a>
Rainbow Rider		1-800-450-7770	<a href="http://www.rainbowriderbus.com">www.rainbowriderbus.com</a>
Schu-Tran	(320) 968-7478		
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) 894-8331	1-800-525-8344	<a href="http://www.lakewoodhealthsystem.com">www.lakewoodhealthsystem.com</a>
Friendly Rider Public Transportation	(218) 631-7605	1-888-773-5500	<a href="http://www.friendlyrider.com">www.friendlyrider.com</a>
Home Instead Senior Care	(218) 824-0077	1-877-824-0077	<a href="http://www.homeinstead.com">www.homeinstead.com</a>
Peoples Express	(218) 631-2909	1-800-450-0123	<a href="http://www.peoplesexpressmn.net">www.peoplesexpressmn.net</a>
Wadena County Veterans Services Office (Veterans Transportation to VA Hospitals)	(218) 631-7617		

## WRIGHT COUNTY

A+ Taxi	(763) 295-8294		
Allina Health EMS	(651) 222-0555		
Allina Medical Transportation & EMS	(651) 222-0555		<a href="http://www.allina.com">www.allina.com</a>
Buffalo Transit Services	(763) 477-8596		
Care Cab / Care Transportation	(320) 251-6261	1-800-535-7190	<a href="http://www.caretransportation.com">www.caretransportation.com</a>
Christie Cab	(763) 913-4889		
Comfort Keepers	(320) 230-9939		<a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a>
Delano Senior Center Transportation	(763) 972-0574		<a href="http://www.delano.mn.us">www.delano.mn.us</a>
Delight Transportation	(612) 331-1881	1-800-962-3705	<a href="http://www.guardiantransportation.net">www.guardiantransportation.net</a>
Driving Miss Daisy Transportation	(763) 253-4400		
Home Instead Senior Care	(320) 258-3055	1-866-735-3055	<a href="http://www.homeinstead.com">www.homeinstead.com</a>
Medical Transportation Management		1-866-467-1724	<a href="http://www.mtm-inc.net">www.mtm-inc.net</a>
Monticello Community Shuttle	(763) 295-8294		
Neighborhood Connections	(763) 350-2514		<a href="http://www.ncimn.org">www.ncimn.org</a>
Pioneer Taxi	(763) 878-6611		
Pro Cab	(763) 464-5544		
Schu-Tran	(320) 968-7478		
Schumacher Transportation		1-800-535-7190	<a href="http://www.schumachertransportation.com">www.schumachertransportation.com</a>
Senior Helpers	(763) 200-5767	1-800-760-6389	<a href="http://www.seniorhelpers.com">www.seniorhelpers.com</a>
Seniors Wright At Home	(763) 234-3586		
Taxi Plus	(763) 295-8011		
The Cities' Edge	(612) 418-3203	1-800-418-4211	
Town Taxi	(763) 878-6611		
Trailblazer Transit Service	(320) 864-1000	1-888-743-3828	
Tri-Cap Resource & Volunteer Drivers	(320) 202-7824	1-800-600-7498	<a href="http://www.tricap.org">www.tricap.org</a>
Twin City Mobility	(612) 369-7570		
Wright County Volunteer Driver Program	(763) 684-2343		<a href="http://www.co.wright.mn.us">www.co.wright.mn.us</a>



## 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
4 U Home Health Care (218) 326-0095		★		★					★			★		
A Chance to Grow (612) 789-1236			★		★			★	★					★
A+ Home Health Care, Inc. (952) 854-7760	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Access Infusion Health Care (Infusion Only) (320) 492-5951	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Accurate Home Care 1-866-214-3800	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Advanced Medical Home Care, LLC (612) 267-6154			★		★				★					★
Advantage Home Care (320) 369-4221 1-877-500-0310	★					★	★			★	★			
Aide Home Care (218) 546-6242		★		★			★							
ALL Home Health (952) 814-7400 1-800-210-6304										★				★
All About Caring Home Care, Inc. (320) 358-0987 1-888-358-0987	★	★	★	★	★	★	★	★	★	★	★	★	★	★
All Good Home Care (320) 393-2406 1-888-682-4189	★							★		★	★			★
All Home Caring (320) 654-6031 1-800-949-1474	★									★	★	★		
Allina Health Home Care Services (320) 234-5031 1-800-454-8616														★
Allina Home & Community Services (651) 635-9173 1-800-261-0879			★		★	★	★		★	★				★
Alliance Home Care (320) 251-7111 1-800-548-0980	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Alternative Senior Care (320) 352-3350 1-866-352-3350								★			★	★		
Amerimed Home Care (952) 854-9071	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Angel Helpers (651) 357-4460										★				
Arise Home Health Care (320) 230-6348 1-855-274-7344	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Assumption Home Care (320) 685-4110											★			
Avalon Home Care (763) 753-8658	★				★				★	★	★			★

*Continued on next page.*

## 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
Barnabas Home Health Care (218) 829-0901      1-800-434-7569		★		★				★			★	★		
Bayada Home Health Care (612) 252-4590	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Benton County Human Services (320) 968-5087      1-800-530-6254	★													
Calm Care (612) 490-2849														★
Care Planners Home Health Care (651) 645-1070	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Care Planners, Inc. (651) 645-9887	★	★	★	★	★	★	★	★	★	★	★	★	★	★
CareFocus Corporation (651) 925-5598			★		★					★				
Carefree Home Services (763) 422-9713      1-866-356-8406	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Caring Hands Home Care (218) 837-5572      1-888-290-5572		★										★	★	
Caring Hearts at Home, LLC (612) 272-4114														★
Caring Professionals Home Care (651) 789-2299      1-866-677-3669	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Cass County Health, Human & Vet Services (218) 547-1340		★												
CentraCare Health Home Care & Hospice (320) 259-9375      1-800-835-6610	★			★	★	★	★	★		★	★	★		★
Central MN Senior Care, Inc. (320) 441-7001				★				★			★			
Chisago County Health & Human Services (651) 213-5219			★											
CHI Health at Home (320) 631-5575	★			★				★			★	★		
CHI Health at Home - Albany (320) 845-2440	★							★		★	★	★		★
CK Home Health Care (218) 998-3778	★	★		★			★	★			★	★	★	★
Cokato Manor Home Health (320) 286-3049														★
Comfort Keepers (320) 230-9939      1-888-230-1336	★									★	★			★
Comfort Keepers - Blaine (763) 786-1000      1-888-230-1336			★		★					★				
Community Supports Programming Services (320) 629-6674      1-877-318-1695			★		★	★			★					
Corner Home Medical (763) 535-5335      1-866-353-5335	★		★		★	★	★	★		★	★	★		★

*Continued on next page.*

## 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
Country Manor Home Health Care (320) 253-3343	★							★		★	★			★
Deer River Home Care / Essentia Health (218) 246-3012		★												
Divine Home Care (320) 231-9757      1-888-240-5456				★				★			★			★
Dominion Home Health Services (320) 864-9926      1-800-470-9366											★			★
Ecumen of Litchfield Home Care & Hospice (320) 693-7367											★			★
Ecumen Home Care-Twin Cities (763) 755-9009			★		★					★				
Ecumen Parmlly LifePointes (763) 755-9009			★		★				★					
Elite Nursing Service, Inc. (763) 421-3613					★					★				★
English Rose Suites (952) 983-0412			★		★									
Essentia Health - Deer River Home Health (218) 246-4352		★												
Fairview Home Care & Hospice (763) 389-1923      1-800-570-6650	★				★	★	★			★				★
Fairview Lakes HomeCaring & Hospice (651) 257-8850      1-800-314-3328			★		★	★			★					
Family Home Health Care, Inc. (612) 340-0733			★		★				★					
Foley Area C.A.R.E. (320) 968-7848	★													
Glacial Ridge Home Care & Hospice (320) 634-2221      1-866-667-4747											★			
Good Neighbor Home Health Care (218) 829-9238      1-888-221-5785			★	★			★					★		
Good Samaritan Society Home Care & Hospice (218) 963-9452      1-877-828-7016		★		★										
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 & Hospice (763) 241-0654	★				★	★	★			★				★
Happy Hearts Home Health Agency (763) 706-7300										★				
HealthMax Home Health Care (320) 300-4843 or (612) 521-2400	★			★	★			★	★	★	★	★		★

*Continued on next page.*

## 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
HealthNorth (320) 281-5311      1-888-535-5751	★	★	★	★	★	★	★	★	★	★	★	★	★	★
HealthStar (218) 335-8868      1-866-335-8868	★	★												
Healthy Foot Care, LLC (763) 232-6753														★
Heartland Home Care - Mpls/St. Paul (651) 633-6522      1-888-633-6522	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Heartland Hospice (IV Services Only)      1-888-650-1136	★	★		★		★	★	★	★	★	★	★	★	
Heartland PCA, LLC Bemidji (218) 755-5546 Finlsayson (320) 233-0119		★	★	★	★	★	★	★	★					
Home Care Solutions (952) 924-0677      1-877-468-2561	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Home Health Care, Inc. (763) 417-8888			★		★					★				★
HomeHealth Partnership (218) 546-2311      1-800-698-2311		★		★										
Home Instead Senior Care - Andover (763) 792-0041      1-866-689-0023			★		★									
Home Instead Senior Care - Brainerd (218) 824-0077      1-877-824-0077		★		★				★				★	★	
Home Instead Senior Care - St. Cloud (320) 258-3055      1-866-735-3055	★									★	★	★		★
Horizon Home Health (320) 468-2788      1-800-224-6451								★						
In Home Personal Care (763) 546-1000											★			★
Independent Lifestyles (320) 529-9000      1-888-529-0743	★				★	★	★	★		★	★	★		★
Kanabec County Community Health (320) 679-6330						★			★					
Kindred at Home (651) 636-6330					★					★				★
Knute Nelson Home Care - Alexandria (320) 759-1273											★			
Knute Nelson Home Care - Baxter (218) 454-1542		★		★			★							
Knute Nelson Home Care - Little Falls (320) 639-2010	★			★			★	★			★	★	★	
Knute Nelson Home Care - Long Prairie (320) 732-3110		★						★			★	★	★	
Knute Nelson Home Care - Wadena (218) 632-1335		★										★	★	
Lake Country Home Care (218) 385-3422		★										★	★	

*Continued on next page.*

## 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
Lake Region Home Health (320) 354-5858      1-888-501-8620											★			
Lakewood Health System Home Care (218) 894-8080      1-800-525-1033		★		★				★				★	★	
Leech Lake Home Health (218) 335-4500      1-800-282-3389		★												
Legacy Home Care (763) 593-1000			★		★					★				★
Lifesprk (952) 345-8770														★
Life's Companion P.C.A., Inc. (763) 786-3439		★	★		★	★	★							
Many Lakes Home Care (218) 732-9394		★											★	
Mary T. Inc. Home Health Care 1-888-255-6400 Coon Rapids (763) 862-5426 North Branch (651) 237-1184	★		★		★	★	★		★	★	★			★
Mercy Home Health Agency (218) 485-5506      1-800-322-4481									★					
Midwest Home Health Care (612) 343-3265	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Mille Lacs Band of Ojibwe Public Health (320) 532-7776				★			★		★					
Mille Lacs Health System Home Care & Hospice (320) 532-2800      1-888-532-4127				★		★	★	★						
Midwest Professional Services (612) 353-4669											★			
Minnesota Home Care (218) 963-8899		★		★			★	★		★	★	★		★
Morrison County Public Health (320) 632-6664      1-866-401-1111								★						
My Brothers Keeper (952) 496-0157      1-877-496-0157	★	★	★	★	★	★	★	★	★	★	★	★	★	★
New Dimensions Home Health Care (218) 739-5856      1-800-395-9949		★	★	★				★	★		★	★	★	
NextStep Home Care, Inc. (320) 219-6425											★	★		
Nightingale Home Health Care (763) 545-3131      1-866-334-7776					★					★	★			★
North Country Home Care II, Inc. (763) 856-9955					★	★	★			★	★			★
Nouis Home Care (320) 632-3868	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Option Care (IV therapy only)      1-800-939-5666	★	★	★	★	★	★	★	★	★	★	★	★	★	★

*Continued on next page.*

## 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
Perham Living Home Care (218) 347-1880												★	★	
Prairie River Home Care (320) 255-1882      1-888-525-7742	★							★		★	★	★		★
Prairie River Home Care, Inc. (763) 682-3005	★		★		★	★	★	★	★	★	★	★		★
Preferred Home Care Services (612) 501-2273	★				★					★	★			★
Quality Life Home Care (507) 327-3195	★			★			★	★		★	★			★
Recover Health (320) 774-0777      1-888-480-7045	★					★	★	★		★	★	★		★
Recover Health - Brainerd (218) 316-3444		★		★			★	★				★	★	
Recover Health - Minnetonka (952) 926-9808			★	★	★	★	★	★		★	★	★		★
Ridgeview Home Health Services (952) 442-6030														★
Right at Home (763) 559-9733										★				★
Sanford Bemidji Home Care (218) 333-5665		★												
Select Home Care Services (763) 856-4237	★	★	★	★	★	★	★	★	★	★	★	★		★
Senior Class Home Health (218) 568-5605		★		★										
Senior Helpers (763) 262-9966      1-800-760-6389	★				★		★			★	★			★
Silver Linings Home Health Care, LLC (320) 224-9595									★					
Spectrum Home Care - Brainerd (218) 829-8622				★										
Spectrum Home Care - St. Cloud (320) 229-7559      1-888-741-3013	★										★			
SPOT Rehab & Home Health Care (320) 259-4151      1-888-404-7768	★							★		★	★			★
Synergy Home Care (763) 295-1140					★		★			★	★			★
Tender Hearts Home Care (218) 385-3466      1-877-362-9784		★						★				★	★	
Todd County Public Health (320) 732-4500      1-800-838-4066												★		
Veterans Affairs Medical Center (320) 252-1670	★	★	★	★	★	★	★	★	★	★	★	★	★	★
Visiting Angels - Cambridge (763) 552-4043			★		★	★	★		★	★				
Visiting Angels - St. Cloud (320) 230-1140	★									★	★			★

# Nutrition/Meals

**SENIOR DINING/DINERS CLUBS** - A well-balanced meal, may be served up to 5 days a week, in a group setting.

## BENTON COUNTY

Foley Senior Dining, Dewey Place Apts. (320) 968-6721  
 Good Shepherd Senior Dining, Sauk Rapids (320) 259-3482

## CASS COUNTY

Cass Lake/Leech Lake Elderly Nutrition Program (218) 335-8316  
 Heartland Apt., Pine River (218) 587-4929 or 587-2921  
 Walker Senior Dining (218) 547-4181  
 Woodsman Cafe, Remer (218) 566-2020

## CHISAGO COUNTY

Chisago County Senior Center (651) 674-1956  
 Rush City Senior Center (320) 358-3611

## CROW WING COUNTY

Crosslake Community Center (218) 692-4271  
 Dellwood & Edgewood Apartments, Crosby (218) 546-5943  
 Lakes Area Activity Center, Brainerd (218) 824-6026  
 Northstar Apartments, Brainerd (218) 824-6026  
 Oak Crest I, Brainerd (218) 824-6026  
 Sibley Terrace Apartments, Pequot Lakes (218) 587-2921

## ISANTI COUNTY

Isanti Senior Dining, Community Center (763) 444-7539  
 Park Manor Apartments, Braham (320) 396-4164  
 SAC's on 3rd, Cambridge (763) 689-6555

## KANABEC COUNTY

Hope Lutheran Church, Grasston (651) 674-1956  
 Dala House Apartments, Mora (320) 679-4029  
 Ogilvie Civic Center (320) 272-4248

## MILLE LACS COUNTY

Isle Senior Dining, Country Corner Cafe (320) 676-8547  
 Milaca, Park Apartments (320) 983-6158  
 Onamia Senior Center (320) 532-3885  
 Princeton Senior Dining, Crystal Court Apts. (763) 389-4602  
 Zimmerman Senior Dining (763) 856-4082

## MORRISON COUNTY

Countryside Café – Diners Club, Motley (218) 352-6777  
 Little Falls Diners Club, The Royal (320) 632-6401  
 Little Falls Senior Center (320) 632-8200  
 Pierz Senior Center (320) 468-2160  
 Randall Senior Dining, Eagle Court (320) 749-2522  
 Royal Café – Diners Club, Little Falls (320) 632-6401  
 Royalton Senior Center (320) 584-5961  
 Sunny Pines Apartments, Motley (320) 468-2303  
 Swanville Senior Center (320) 547-2962  
 Upsala Community Center (320) 573-2335

## FOOD ASSISTANCE

**Please Note:** For additional meal locations in Benton, Sherburne, Stearns and Wright Counties, call Catholic Charities at (320) 229-4584. For additional meal locations in Cass, Crow Wing, Morrison, Todd, and Wadena Counties, call Lutheran Social Services at 1-800-488-4146. There may be frozen meal delivery available.

**FARE FOR ALL** – Non-profit, self-supporting food distribution program. Recipients are required to do some volunteer work. 1-800-582-4291

**GROCERY SHOPPING ASSISTANCE** may be provided by local providers such as Faith in Action Programs and Living at Home Block Nurse Programs.

**HOMESTYLE DIRECT** – Home meal delivery. 1-866-735-0921

**HUNGER SOLUTIONS MN** – Statewide food information and referral helpline. (651) 789-9847, 1-888-711-1151

**MN FOOD ASSISTANCE PROGRAM** – Statewide for non-citizens 50 years of age and older. 1-800-657-3698

**MOM'S MEALS** – Meals delivered to your door. 1-866-204-6111

**NUTRITION ASSISTANCE PROGRAM FOR SENIORS (NAPS)** – A program that provides food monthly to income eligible seniors, which is available in various communities within Minnesota. 1-800-365-0270

**RUBY'S PANTRY** – Food pantry. Distributes surplus food and goods at various locations. 651-674-0009

**STORE TO DOOR** – Isanti County - Non-profit organization that shops/delivers groceries to home-bound seniors, (651) 642-1892.

**SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)** – Helps low income people get food. Formerly known as Food Stamps. 1-800-657-3698

**For information about food shelves, grocery delivery programs, and forms assistance, call Senior LinkAge Line® at 1-800-333-2433**

## PINE COUNTY

Askov Community Center (320) 838-3616  
 Finlayson Senior Dining, Community Center 1-888-496-5556  
 Hinckley Senior Center (320) 384-6557  
 Nemadji Center, Bruno 1-888-496-5556  
 Pine City Senior Dining, Senior Center (320) 629-3024  
 Sandstone Senior Center (320) 245-2179  
 Willow River Senior Dining 1-888-496-5556

## SHERBURNE COUNTY

Becker Senior Dining (763) 261-4466  
 Big Lake Senior Dining, Keller Lake Commons (763) 263-0058  
 Elk River Senior Dining, Guardian Oaks Apts. (763) 441-6288

## STEARNS COUNTY

Catholic Charities Senior Dining, Albany (320) 845-4070  
 Belgrade Senior Dining, Cousin's Cafe (320) 254-8340  
 Brooten Senior Dining, American Legion (320) 243-4575  
 Elosa Senior Dining, Bucky's Bar (320) 697-5616  
 Kimball Senior Dining, St Anne's Church (320) 398-2211  
 Paynesville Senior Dining (320) 243-4575  
 Sartell Senior Dining, David F. Day Apts. (320) 257-3807  
 Sauk Centre Senior Dining, Senior Center (320) 352-2786  
 Whitney Senior Center, St. Cloud (320) 650-3065

## TODD COUNTY

Bertha Senior Center (218) 738-4152  
 Clarissa, Farmhouse Café (218) 756-2266  
 Eagle Bend Senior Center (218) 738-4152  
 Motley Diners Club, Countryside Cafe (218) 352-6777  
 Prairie View 400, Long Prairie (320) 732-6940  
 Staples Senior Center (218) 894-2556

## WADENA COUNTY

Humphrey Manor Apartments, Wadena (218) 631-4053  
 Menahga Diners Club (218) 564-4858  
 Menahga Senior Center (218) 564-4858  
 Sebeka Senior Center (218) 837-5068  
 Verndale Senior Center (218) 445-5510  
 Wadena Diners Club, Boondocks (218) 631-1353  
 Yesteryears Cafe (218) 445-5143

## WRIGHT COUNTY

Annandale Senior Dining (320) 274-3891  
 Buffalo, Rancho Grand Restaurant (763) 682-6036  
 Buffalo Senior Dining, Community Center (763) 682-6036  
 Cokato Senior Dining, Cokato Apts. (612) 834-5081  
 Delano Senior Dining (763) 972-0574  
 Maple Lake Senior Dining, Maple Manor West (320) 963-5771  
 Monticello Senior Dining (763) 295-2000  
 St Michael, Crow River Senior Center (763) 497-8900

*Continued on next page.*

# Nutrition/Meals Continued

**HOME DELIVERED MEALS (HDM)** - *Nutritious meals delivered to those who are homebound and cannot prepare meals regularly for themselves.*

**For meals outside of these areas, call Senior LinkAge Line® at 1-800-333-2433.**

**STATEWIDE** Mom's Meals 1-866-204-6111  
Homestyle Direct 1-866-735-0921

## **BENTON COUNTY**

Foley Meals on Wheels, Dewey Place Apts. (320) 333-6343  
Rice (320) 650-3065  
St. Cloud Hospital (Sartell & Sauk Rapids) (320) 255-5646

## **CASS COUNTY**

Cass Lake, Leech Lake Elderly Nutrition Program (218) 335-8316  
Pine River, Heartland Apts. (218) 587-4929 or 587-2921  
Woodsman Cafe, Remer (218) 566-2020  
Walker Senior Center (218) 547-4181

## **CHISAGO COUNTY**

North Branch, Chisago Cty. Senior Center (651) 674-1956  
Rush City Community Center (320) 358-3611  
South Chisago Meals on Wheels (651) 257-0580

## **CROW WING COUNTY**

Brainerd:

Lakes Area Senior Activity Center (218) 824-6026  
North Star Apartments (218) 824-6026  
Oak Crest (218) 824-6026  
Crosby, Dellwood & Edgewood Apts. (218) 546-5943  
Crosslake Community Center (218) 692-4271  
Deerwood (218) 546-5943  
Ironton (218) 546-5943  
Pequot Lakes, Sibley Terrace (218) 587-2921

## **ISANTI COUNTY**

Braham, Park Manor Apartments (320) 396-4164  
Cambridge, Isanti County HDM (651) 674-1956  
Isanti Meals on Wheels, Community Center (763) 444-7539

## **KANABEC COUNTY**

Mora Meals on Wheels, Dala House Apts. (320) 679-4029  
Ogilvie Meals on Wheels, Civic Center (320) 272-4248

## **MILLE LACS COUNTY**

Isle Meals on Wheels (320) 679-4029  
Milaca Meals on Wheels, Milaca Park Apts. (320) 983-6158  
Onamia Meals on Wheels, Senior Center (320) 532-3885  
Princeton, Meals Ala Car (763) 389-2676  
Princeton Senior Dining, Crystal Court Apts. (763) 389-4602  
Zimmerman Senior Dining (763) 856-4082

## **MORRISON COUNTY**

Little Falls Senior Center (320) 632-8200  
Motley, Countryside Cafe (218) 352-6777  
Motley, Sunny Pine Apts. (320) 468-2303  
Pierz Senior Center (320) 468-2160  
Randall, Eagle Court Apts. (320) 749-2522  
Royalton Senior Center (320) 584-5961  
Swanville Senior Center (320) 547-2962  
Upsala Community Center (320) 573-2335

## **PINE COUNTY**

Askov Meals on Wheels (320) 838-3616  
Bruno Meals on Wheels 1-888-496-5556

## **PINE COUNTY continued**

Finlayson Meals on Wheels, Community Center 1-888-496-5556  
Hinckley Meals on Wheels, Senior Center (320) 384-6557  
Pine City Meals on Wheels, Senior Center (320) 629-3024  
Sandstone Meals on Wheels, Senior Center (320) 245-2179  
Willow River Senior Dining 1-888-496-5556

## **SHERBURNE COUNTY**

Becker Senior Dining (763) 261-4466  
Big Lake Senior Dining, Keller Lake Commons (763) 263-0058  
Elk River Senior Dining, Guardian Oaks Apts. (763) 441-6288

## **STEARNS COUNTY**

Albany Senior Dining (320) 845-4070  
Avon Meals on Wheels (320) 845-4070  
Belgrade Senior Dining (320) 243-4575  
Brooten Senior Dining, American Legion (320) 243-4575  
Cold Spring – Assumption Campus (320) 685-3693  
Elrosa Meals on Wheels, Bucky's Bar (320) 697-5616  
Freeport Senior Center (320) 845-4070  
Greenwald Meals on Wheels (320) 845-4070  
Holdingford Meals on Wheels (320) 845-4070  
Kimball Senior Dining, St. Anne's Church (320) 398-2211  
Meire Grove Meals on Wheels (320) 845-4070  
Melrose Meals on Wheels (320) 845-4070  
New Munich Meals on Wheels (320) 845-4070  
Paynesville Senior Dining (320) 243-4575  
St. Cloud Hospital (St. Cloud & Waite Park) (320) 255-5646  
St. Joseph Meals on Wheels (320) 845-4070  
St. Martin Meals on Wheels (320) 845-4070  
Sauk Centre Meals on Wheels, Senior Center (320) 352-2786

## **TODD COUNTY**

Bertha Senior Center (218) 738-4152  
Eagle Bend Senior Center (218) 738-4152  
Grey Eagle Senior Center (320) 285-4481  
Long Prairie Senior Center (320) 738-4152  
Long Prairie, Prairie View 400 (320) 732-6940  
Sebeka Senior Center (218) 837-5068  
Staples Senior Center (218) 894-2556  
Bundled Services (320) 738-4152 or 1-888-307-1466

## **WADENA COUNTY**

Menahga Senior Center (218) 564-4858  
Sebeka Senior Center (218) 837-5068  
Verndale Senior Center (218) 445-5510  
Verndale, Yesteryears Cafe (218) 445-5143  
Wadena, Humphrey Manor Apartments (218) 631-4053

## **WRIGHT COUNTY**

Annandale Senior Center & Dining Site (320) 274-3891  
Buffalo Lake Ridge Care Center (763) 682-1619  
Clearwater Meals on Wheels (763) 261-4466  
Cokato Manor (320) 286-2158  
Delano Area Senior Center (763) 972-0574  
Hanover Meals on Wheels (763) 497-8900  
Howard Lake, Good Samaritan Society (320) 543-4402  
Maple Lake Senior Dining, Maple Manor West (320) 963-5771  
Monticello, CentraCare Medical Center (763) 271-2336  
Otsego Meals on Wheels (763) 441-6288  
St. Michael, Crow River Senior Center (763) 497-8900



**Central MN 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.**



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