



# Elderly & Disabled Resource & Referral Guide

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Please contact Julie V (Ext 6884) at Des Moines Valley Health and Human Services with any changes to this resource guide at 507-831-1891 or 507-847-4000. You may also email changes to [DVHHS-Website@dvhhs.org](mailto:DVHHS-Website@dvhhs.org).

## AA MEETINGS (ALCOHOLICS ANONYMOUS)

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

To locate meetings in your area, please call 507-832-8033 (Agape) or 507-238-4382 (Fountain Centers). They can provide the most current listing of area meeting dates/times and contacts or download the Meeting Guide App.

## ADULT DAY SERVICES

Colonial Manor – Adult Day Program 507-662-6646  
403 Colonial Ave.  
Lakefield, MN 56150

Good Samaritan Society-Mountain Lake 507-427-2464  
745 Basinger Memorial Dr.  
Mountain Lake, MN 56159

## ADULT FOSTER CARE

Des Moines Valley Health and Human Services  
407 Fifth St., PO Box 67 507-847-4000  
Jackson, MN 56143

11 Fourth St., PO Box 9 507-831-1891  
Windom, MN 56101

## ADVOCACY

Disability Linkage Line 866-333-2466

Domestic Violence Advocacy <https://dps.mn.gov/divisions/ojp/forms-documents/Documents/Victim%20Service%20Directory%20-%20Sorted%20by%20County.pdf>

Office of Ombudsman for Long-Term care 800-657-3591  
PO Box 64971 651-431-2555  
St. Paul, MN 55164-0971

Senior Linkage Line 800-333-2433

MN River Area Agency on Aging 507-387-1256 Individual Rights, Protection from Abuse

Veteran's Linkage Line 888-546-5838

## ASSISTED LIVING – CUSTOMIZED LIVING – 24 HR SUPERVISION

Country View 507-859-2133  
810 8<sup>th</sup> St.  
Walnut Grove, MN 56180

Ecumen Meadows 507-372-7838  
1801 Collegeway  
Worthington, MN 56187

Golden Horizons Assisted Living 507-376-3111  
1790 Collegeway  
Worthington, MN 56187

## ASSISTED LIVING – CUSTOMIZED LIVING – 24 HR SUPERVISION, cont.

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|   |              |
|---|--------------|
| Goldfinch Estates Senior Living Community<br>850 Goldfinch St<br>Fairmont, MN 56031             | 507-235-9405 |
| Good Samaritan Society<br>Mikkelsen Manor<br>866 1 <sup>st</sup> Ave. North<br>Windom, MN 56101 | 507-831-1788 |
| Good Samaritan Society - The Pines<br>1508 North Highway<br>Jackson, MN 56143                   | 507-847-5762 |
| Lakeview Assisted Living<br>941 County Road 9<br>Heron Lake, MN 56137                           | 507-793-2349 |
| Maple Court Assisted Living<br>310 7 <sup>th</sup> St NE<br>Fulda, MN 56131                     | 507-425-9900 |
| Pine View Assisted Living<br>750 4 <sup>th</sup> Avenue<br>Windom, MN 56101                     | 507-831-5277 |
| Temperance Lake Ridge Senior Living<br>410 Fox Lake Ave<br>Sherburn, MN 56171                   | 641-321-3755 |
| The Lodge of Mountain Lake<br>603 7 <sup>th</sup> Avenue<br>Mountain Lake, MN 56159             | 507-427-2465 |
| Valley View Assisted Living<br>1005 Milwaukee St.<br>Lakefield, MN 56150                        | 507-662-5330 |

## COMPANION SERVICES

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|  |  |  |
|--|--|--|
| International Quality Homecare<br>1607 N. McMillian St.<br>Worthington, MN 56187 | 855-447-4762<br><br><a href="http://www.internationalquality.com/contact">www.internationalquality.com/contact</a> | Nurse, HHA, HM, PCA<br>Medicare, MA, Waivers |
| Senior Companion Program<br>PO Box 156<br>Windom, MN 56101                       | 507-337-0382   | Waiver Members Only                          |

## COUNSELING / MENTAL HEALTH SERVICES

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AA Meeting List at the beginning of this guide

Adler Counseling 507-316-4974  
Slayton, MN

Agape Counseling Center 507-832-8033 Substance Use Treatment  
PO Box 293, 305 9<sup>th</sup> St.  
Windom, MN 56101

Andre Franklin 800-586-9670 Substance Use Disorders  
Addictioncenter.com

Base Counseling – Tonya Grothe-Bumgardner 507-626-2787  
PO Box 282, 106 2<sup>nd</sup> St NW  
Fulda, MN 56131

Champion State of Mind 800-592-0180  
Estherville, Spirit Lake, Spencer IA

**Crisis Text Line** **Text MN to 741741** Free support at your fingertips 24/7 through  
MN Department of Human Services

Eunoia Family Resource Center 855-935-6463  
120 7th St S  
St. James, MN 56081

1420 N State St. 507-235-6070  
Fairmont, MN 56031

**Farmers Stress Hotline** **800-691-4336** 24 hour help line through Avera

Great Lakes Neurobehavioral Center 952-595-5652 Neuropsychological Assessments  
101 W Robinson St  
Lake Crystal, MN 56055 [info@glncenter.com](mailto:info@glncenter.com)  
[www.glncenter.com](http://www.glncenter.com)

Greater MN Family Services 320-214-9692 [www.greaterminnesota.org](http://www.greaterminnesota.org)  
2320 East Highway 12, Suite Two  
Willmar, MN 56201 Counseling & Therapy via Telehealth

Jeremy Adler 507-316-4974  
109 S 5<sup>th</sup> St Ste 400  
Marshall, MN 56258-1293

Journeys of Healing 507-343-3822 [www.journeysofhealing.com](http://www.journeysofhealing.com)  
1029 3<sup>rd</sup> Ave. Suite 2  
Worthington, MN 56187

Krisma Counseling 507-399-2149  
117 Downtown Plaza  
Fairmont, MN 56031

Lorenz Clinic 952-443-4600 [www.lorenzclinic.com/telehealth](http://www.lorenzclinic.com/telehealth)  
1772 Steiger Lake Ln, Ste 220, PO Box 51  
Victoria, MN 55386 Use telecommunication technology to  
virtually meet with mental health providers.

## COUNSELING / MENTAL HEALTH SERVICES, cont.

|   |                              |  |
|---|------------------------------|--|
| Madelia Community Hospital & Clinic<br>121 Drew Ave. S.E.<br>Madelia, MN        | 507-642-5200                 | Nikolai Krahn, Psychiatric Mental Health<br>Nurse Practitioner               |
| Mayo Clinic Health System<br>1101 Moulton and Parsons Dr<br>St. James, MN 56081 | 507-375-8654                 |  |
| 800 Medical Center Dr<br>Fairmont, MN 56031                                     | 507-238-8500                 | ***Also has psychiatry available   |
| Mental Health Minnesota   | 833-437-3466                 | Mon-Sun 9am to 9pm   |
| Minnesota Crisis Text Line  |                              | Text MN to 741741 Available 24/7   |
| Minnesota Farm & Rural Help Line  | 833-600-2670                 | Text FARMSTRESS to 898211  |
| Minnesota Warmline  | 877-404-3190                 | Text SUPPORT to 85511<br>Mon-Sat 12pm-10pm                                   |
| National Suicide Prevention Lifeline  | 800-273-8255                 | Available 24/7   |
| New Life Treatment Center<br>130 Dakota St.<br>Woodstock, MN 56186              | 888-628-9454<br>507-777-4321 | Española<br>Detox  |
| Pipestone Counseling Center, LLC  | 605-759-7231                 | <a href="http://www.pipestonecounseling.com">www.pipestonecounseling.com</a> |
| Rainbow Behavioral Health<br>308 10 <sup>th</sup> St.<br>Windom, MN 56101       | 507-831-4699                 |  |
| SAMHSA'S National Helpline  | 800-662-4357                 | Available 24/7   |
| Sanford Clinic / Medical Center<br>1430 N Highway<br>Jackson, MN 56143          | 507-847-2200                 |  |
| 308 8th St.<br>Mountain Lake, MN 56159  | 507-427-3332                 |  |
| 249 E. 5th St.<br>Tracy, MN 56175   | 507-629-3520                 |  |
| 920 Bell Ave.<br>Westbrook, MN 56183  | 507-274-1150                 |  |
| 591 2 <sup>nd</sup> Ave N<br>Windom, MN 56101                                   | 507-831-2223                 |  |
| 2170 Hospital Drive<br>Windom, MN 56101   | 507-831-1422                 | WAH Campus   |

## COUNSELING / MENTAL HEALTH SERVICES, cont.

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|  |   |  |
|--|---|--|
| Seasons Center for Behavioral Health<br>1401 Hill Ave.<br>Spirit Lake, IA 51360                        | 800-242-5101  |  |
| Shade of the Tree<br>1601 Keokuk Ave.<br>Spirit Lake, IA 51360   | 712-330-9140  | Daniel Gigstad<br>Substance Abuse Counseling   |
| Sioux Trails Mental Health Center<br>1407 South State St.<br>New Ulm, MN 56073                         | 800-247-2809<br>507-354-3181  |  |
| 201 Armstrong Blvd S<br>St. James, MN 56081  | 507-375-3442  |  |
| <b>Southwest Crisis Center</b><br>401 West St #27<br>Jackson, MN 56143                                 | <b>24 HR SAFE LINE 800-376-4311</b><br>Domestic Violence/Sexual Violence/ Human Trafficking<br>507-800-1260 | <b>Youth Text Line 216-666-TEEN (8336)</b><br><a href="http://www.mnswcc.org">www.mnswcc.org</a>           |
| 1043 4 <sup>th</sup> Ave. #1<br>Windom, MN 56101   | 507-831-2244  |  |
| Worthington  | 507-376-4311  |  |
| <b>Southwestern Mental Health Center, Inc.</b><br>Luverne, MN and<br>Worthington, MN                   | <b>800-642-1525 Crisis Hotline 24/7</b><br>507-376-4141   | <a href="http://www.swmhc.org">www.swmhc.org</a><br>Telehealth or Offices                                  |
| Stepping Stones Counseling, LLC<br>339 9 <sup>th</sup> Street, Suite C, PO Box 372<br>Windom, MN 56101 | 507-221-0005  | Kerstin Cooley, MSW, LICSW<br>(Adults)   |
| Surdy Psychological Services/Healing Minds Psychotherapy<br>1207 Caledonia St.<br>Mankato, MN 56001    | 507-388-8874<br>Fax 507-625-4807  | Robin Cobbs Min, FNP   |
| Triple M Counseling Services<br>1016 3 <sup>rd</sup> Ave.<br>Windom, MN 56101                          | 507-832-8220  | Karrie Riley Myers, MA, LMFT<br>(Marriage, family, kids and adults)  |
| Windom Area Health<br>2150 Hospital Drive<br>Windom, MN 56101  | 507-831-2400  | Dawn (Van Ruler) Bos, psychiatry<br><a href="http://www.windomareahealth.org">www.windomareahealth.org</a> |

## EMERGENCY ASSISTANCE

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|  |              |  |
|--|--------------|--|
| American Red Cross<br>105 Homestead Dr., Mankato, MN 56001 | 507-387-6664 | <a href="http://www.redcross.org">www.redcross.org</a> |
| Centers for Disease Control and Prevention (CDC)           |              | <a href="http://www.cdc.gov">www.cdc.gov</a>           |

## EMERGENCY ASSISTANCE, cont.

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|  |  |   |
|--|--|---|
| Des Moines Valley Health and Human Services<br>407 Fifth St., PO Box 67<br>Jackson, MN 56143     | 507-847-4000   | <a href="http://www.dvhhs.org/">http://www.dvhhs.org/</a>             |
| 11 Fourth St., PO Box 9<br>Windom, MN 56101  | 507-831-1891   |   |
| Emergency & Community Health Outreach  |  | <a href="http://www.echominnnesota.org">www.echominnnesota.org</a>    |
| Emergency Assistance   |  | <a href="https://applymn.dhs.mn.gov/">https://applymn.dhs.mn.gov/</a> |
| Federal Emergency Management Agency  |  | <a href="http://www.fema.gov">www.fema.gov</a>                        |
| Minnesota Department of Health   |  | <a href="http://www.health.state.mn.us">www.health.state.mn.us</a>    |
| Minnesota Department of Public Safety  |  | <a href="http://www.dps.state.mn.us">www.dps.state.mn.us</a>          |
| Minnesota Flu Information Line   | 866-259-4655<br><a href="http://Applymn.dhs.mn.gov/">Applymn.dhs.mn.gov/</a> |   |
| Salvation Army – Cottonwood County<br>– Jackson County<br>– Heat Share                           | 507-831-1891<br>507-847-4420<br>507-238-9797                                 | <i>Not handled by individual county Salvation Army</i>                |
| Ready America  |  | <a href="http://www.ready.gov">www.ready.gov</a>                      |
| United Community Action Partnership (UCAP)<br>115 South Highway, PO Box 207<br>Jackson, MN 56143 | 507-847-2632   |   |
| 1012 5 <sup>th</sup> Ave (BARC building, room #50)<br>Windom, MN 56101                           | 507-841-2603   | Drop box outside west entrance  |
| World Health Organization  |  | <a href="http://www.who.int/en">www.who.int/en</a>                    |

## EMERGENCY PHONE EQUIPMENT

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|  |              |                                 |
|--|--------------|---------------------------------|
| Dose Health  | 844-300-6212 | (Includes Medication Dispenser) |
| Guardian Medical Monitoring  | 888-349-2400 | (Includes Medication Dispenser) |
| Heartland Security   | 888-264-6380 |                                 |
| Nobles Cooperative Electric<br>PO Box 788<br>Worthington, MN 56187 | 507-372-7331 |                                 |
| Philips Lifeline   | 855-332-7799 |                                 |
| QMedic   | 877-241-2244 |                                 |

## EMERGENCY PHONE EQUIPMENT, cont

|   |  |
|---|--|
| Reemo Health<br>Personal Independence Smartwatch                                  | go to <a href="http://www.reemohealth.com/cmorder">www.reemohealth.com/cmorder</a> , download the order form and send the completed form to <a href="mailto:orders@reemohealth.com">orders@reemohealth.com</a> . |
| Sanford Home Medical Equipment<br>585 2 <sup>nd</sup> Ave. N.<br>Windom, MN 56101 | 507-831-0247<br>(Includes Medication Dispenser)  |

## FOOD SHELF / FOOD ASSISTANCE / FOOD RESOURCES

|  |  |   |
|--|--|---|
| Cottonwood County Sharing Center Food Shelf<br>1156 4 <sup>th</sup> Ave.<br>Windom, MN 56101                                   | 507-832-8267   | Tuesday 10:00am -1:00pm and<br>Wednesday 10:00am -1:00pm  |
| Des Moines Valley Health and Human Services  | SNAP=Supplemental Nutrition Assistance Program; WIC=Women/Infants/Children |   |
| 407 Fifth St, PO Box 67<br>Jackson, MN 56143   | 507-847-4000<br>507-847-2366   | Human Services-SNAP<br>Public Health-WIC  |
| 11 Fourth St., PO Box 9<br>Windom, MN 56101  | 507-831-1891   | Human Services-SNAP   |
| 235 9 <sup>th</sup> St, Windom, MN 56101   | 507-831-1987   | Public Health-WIC   |
| Heron Lake / Okabena Food Shelf<br>Sacred Heart Catholic School<br>400 9 <sup>th</sup> St., PO Box 232<br>Heron Lake, MN 56137 | 800-658-2448   | Use South Entrance<br>2:00-4:00pm (2 <sup>nd</sup> and 3 <sup>rd</sup> Thurs of month)<br>ID & Address Proof Required   |
| Jackson Food Shelf<br>1229 North Highway (Corner of Dewey St. & North Hwy.)<br>Jackson, MN 56143                               |  | Tuesday 10:00am -11:00am<br>Thursday 4:00pm - 6:00pm<br><a href="https://www.facebook.com/JacksonCountyFoodShelf/">https://www.facebook.com/JacksonCountyFoodShelf/</a>         |
| Lakefield Food Shelf<br>416 Broadway Avenue<br>Lakefield, MN 56150   | 507-841-3350<br>507-822-3350<br>507-662-6513                               | St. Joseph Catholic School<br>(Hours by Appointment)  |
| Lutheran Social Services of MN<br>Jackson Senior Dining<br>301 3 <sup>rd</sup> Street<br>Jackson, MN 56143                     | 800-488-4146<br>507-847-5884   | <a href="http://www.lssmn.org/services/older-adults/lss-meals">www.lssmn.org/services/older-adults/lss-meals</a><br>email: <a href="mailto:meals@lssmn.org">meals@lssmn.org</a> |
| Lakefield Senior Center<br>112 Main Street<br>Lakefield, MN 56150  | 507-662-6714<br>866-985-8509 toll free                                     | Heron Lake and Okabena residents<br>should contact Lakefield site.  |
| Mountain Lake Community Center<br>1027 2 <sup>nd</sup> Ave.<br>Mountain Lake, MN 56159   | 507-427-2151   |   |



## FOOD SHELF / FOOD ASSISTANCE / FOOD RESOURCES, cont.

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|   |   |   |
|---|---|---|
| Windom Community Center<br>1750 Cottonwood Lake Drive<br>Windom, MN 56101   | 507-831-6161<br>866-985-8513 toll free            |   |
| Mary & Martha's Pantry<br>524 1 <sup>st</sup> Ave.<br>Westbrook, MN 56183   | 507-274-5218                                      | Mondays 1:30pm-3:30pm   |
| Mountain Lake Community Food Shelf<br>1027 2 <sup>nd</sup> Ave.<br>Mountain Lake, MN 56159  | 507-427-3479                                      | Monday & Thursdays 4:00pm-6:00pm<br>Proof of Mountain Lake School District<br>required.   |
| Nutrition Assistance Program for Seniors (NAP)<br>1229 North Highway<br>Jackson, MN 56143   | 800-365-0270<br>651-484-8241                      | 2 <sup>nd</sup> Thursday of each Month 1-2:30pm<br>Pre-Registration Is Required   |
|   |   | <a href="http://www.2harvest.org/who--how-we-help/services-and-programs/programs/csfp.html#.Wh2ZZD_rvIU">http://www.2harvest.org/who--how-we-help/services-and-programs/programs/csfp.html#.Wh2ZZD_rvIU</a> |
| Ruby's Pantry   | 651-674-0009                                      | <a href="http://www.rubyspantry.org">www.rubyspantry.org</a>  |
| Supplemental Nutrition Assistance Application (SNAP)  |   | <a href="https://applymn.dhs.mn.gov/">https://applymn.dhs.mn.gov/</a>   |
| United Community Action Partnership<br>115 South Highway, PO Box 207,<br>1012 5 <sup>th</sup> Ave (BARC building, room #50)<br>Windom, MN 56101 | 507-847-2632<br>Jackson, MN 56143<br>507-841-2603 | Call for appointment<br>Drop box outside West entrance  |

## GUARDIANSHIP

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Lutheran Social Services 507-625-6683

## HEARING AID SERVICES

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|  |  |  |
|--|--|--|
| Deaf and Hard of Hearing Services  | 507-344-2840<br>800-311-1148 Toll Free | 507-322-3518 Video<br>866-266-2461 Phone TTY |
| Fairmont Hearing Aid Service<br>230 South Grant<br>Fairmont, MN 56031                | 800-967-2039                           |  |
| Hearing and Speech Center<br>1018 6th Ave.<br>Worthington, MN 561                    | 888-563-4259                           |  |
| Southwest Hearing Technologies Inc.<br>1011 4th Ave.<br>Worthington, Minnesota 56187 | 888-812-5220                           |  |
| Ultimate Hearing<br>1029 4th Ave.<br>Windom, MN 56101                                | 877-475-3751                           |  |

Worthington Hearing Aide Service 800-967-2037  
1039-1 Oxford Street  
Worthington, MN 56187

## HEARING IMPAIRED

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Deaf & Hard of Hearing Services 507-344-2840  
Telephone Equipment Distribution 800-657-3663

## HOME DELIVERED MEALS

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Heron Lake Delivered Meals 507-662-6714  
Homestyle Direct 866-735-0921 [www.homestyledirect.com](http://www.homestyledirect.com)  
Jackson Senior Dining \* 507-847-5884  
Jeffers Delivered Meals 507-274-6683  
866-974-0283  
Lakefield Delivered Meals \* 507-662-6714  
LSS to Go Meals <https://www.lssmn.org/services/older-adults/lss-meals/meals-to-go>  
Mom's Meals 866-716-3257 [www.momsmeals.com](http://www.momsmeals.com)  
Okabena Delivered Meals 507-662-6714  
Mountain Lake Senior Dining \* 507-427-2151  
Sister's Home Style Entrees 515-332-1928 [www.sistersentrees.com](http://www.sistersentrees.com)  
Storden Delivered Meals 507-274-6683 or 866-974-0283  
Westbrook Delivered Meals 507-274-6683  
Windom Senior Dining \* 507-831-6161

\*See *Senior Dining* Section for Meals on Site and physical location.

## HOME HEALTH SERVICES / SKILLED NURING SERVICES / HOMEMAKER SERVICES

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HHA=Home Health Aide, HM=Homemaker, PCA=Personal Care Attendant, LTC=Long Term Care, MA=Medical Assistance  
For medication set up only, talk to your doctor and pharmacy for options.

Adara Home Health (previously Prairie River) 507-235-3898 Nurse, HHA, HM  
117 W Blue Earth Ave., PO Box 340 800-817-1819 Medicare, MA, LTC, Priv Pay, Waivers  
Fairmont, MN 56031 <https://adarahomehealth.com/>

## HOME HEALTH SERVICES / SKILLED NURSING SERVICES / HOMEMAKER SERVICES, cont.

|   |   |  |
|---|---|--|
| Alpha Sigma Health Group, Inc.<br>222 E. Main St, Ste 102<br>Luverne, MN 56156  | 605-274-0066<br>507-449-6131<br><a href="http://www.alphasigmahq.com">www.alphasigmahq.com</a>  | Nurse, HHA, HM<br>LTC, Priv Pay, Waivers               |
| Avera @ Home<br><a href="https://www.avera.org/avera-at-home/">https://www.avera.org/avera-at-home/</a>   | 605-322-4663  | Nurse, HHA, HM<br>Medicare, MA, LTC, Priv Pay, Waivers |
| Baywood Home Care<br>1001 E Blue Earth Ave<br>Fairmont, MN 56031  | 507-399-2080<br>507-764-4133<br><a href="https://www.baywoodhomecare.com/senior-home-care-in-fairmont/">https://www.baywoodhomecare.com/senior-home-care-in-fairmont/</a>       | Nurse, HHA, HM<br>LTC, Private Pay                     |
| Golden Home Care Plus Inc.<br>6 N Minnesota St.<br>New Ulm, MN 56073  | 507-359-2756<br>507-354-1260 Fax<br><a href="https://www.ghcpinc.com/">https://www.ghcpinc.com/</a>   | Nurse, HHA, HM, PCA<br>MA, Priv Pay, Waivers           |
| Good Samaritan Society – Home Care of SWMN<br>866 1 <sup>st</sup> Ave N<br>Windom, MN 5610<br>Under the Sanford Umbrella- Serving Communities in Worthington, Tracy, Slayton and Westbrook. | 507-831-0734<br>507-831-0735<br><a href="https://www.good-sam.com/locations/home-care-southwest-minnesota">https://www.good-sam.com/locations/home-care-southwest-minnesota</a> | Nurse, HHA, HM<br>Medicare, MA, Priv Pay, Waivers      |
| International Quality Homecare<br>1607 N. McMillian St.<br>Worthington, MN 56187  | 855-447-4762<br><a href="http://www.internationalquality.com/contact">www.internationalquality.com/contact</a>  | Nurse, HHA, HM, PCA<br>Medicare, MA, Waivers           |
| Southwestern Minnesota Opportunity Council<br>1106 3 <sup>rd</sup> Ave.<br>Worthington, MN 56187  | 800-658-2444<br><a href="http://www.smoc.us/homemakers.html">http://www.smoc.us/homemakers.html</a>   | HM Only<br>Waivers                                     |
| Sweet Home Home Care<br>Tracy, MN   | 701-318-2814  | MA, Waivers, UCare SNBC<br>LTC insurance, private pay  |
| Wild Rose Home Care<br>1210 E College Dr. #800<br>Marshall, MN 56258  | 507-337-1101  | HM, PCA<br>MA, Waivers<br>Cottonwood County Only       |

There may be other out of state homecare agencies.

There may be additional resources available to Veterans. See *Military Resources* for Veteran contacts.

## HOSPICE

|   |              |   |
|---|--------------|---|
| Avera @ Home  | 605-322-4663 | Email: <a href="mailto:centralintake@avera.org">centralintake@avera.org</a> |
| Moments Hospice   | 507-609-8800 |   |
| Sanford Hospice<br>585 2 <sup>nd</sup> Ave. N<br>Windom, MN 56101 | 507-831-1017 |   |
| The Sunset Cottage  | 507-372-7770 |   |

1935 Woodland Court  
PO Box 652  
Worthington, MN 56187

866-655-1017

## HOUSING ASSISTANCE

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|  |                                  |  |
|--|----------------------------------|--|
| Des Moines Valley Health and Human Services<br>407 Fifth St., PO Box 67<br>Jackson, MN 56143 | 507-847-4000                     | <a href="http://www.dvhhs.org/">http://www.dvhhs.org/</a><br>Utility and emergency assistance  |
| 11 Fourth St., PO Box 9<br>Windom, MN 56101  | 507-831-1891                     | Utility and emergency assistance   |
| Rebuilding Together<br>PO Box 266<br>Windom, MN 56101  | 507-200-2015                     | <a href="https://rebuildingtogether-twincities.org/">https://rebuildingtogether-twincities.org/</a><br>Home Repair & Safe at Home Programs |
| Salvation Army – Jackson<br>– Windom   | 507-847-4420<br>507-831-1891     | Contact Jackson Co. Sheriff's Office<br>Contact Cottonwood Co. Sheriff's Office  |
| Section 8 Housing  | 507-376-9123                     | Housing and Urban Development (HUD)  |
| United Community Action Partnership<br>115 S. Highway, PO Box 207<br>Jackson, MN 56143       | 507-847-2632                     | <a href="http://unitedcapmn.org">http://unitedcapmn.org</a><br>Utility/Energy Assistance & Housing Programs                                |
| 1400 S Saratoga St.<br>Marshall, MN 56258  | 507-537-1416<br>800-658-2448     | Utility/Energy Assistance & Housing Programs   |
| 1012 5 <sup>th</sup> Ave, (BARC building, room #50)<br>Windom MN 56101                       | 507-841-2603                     | Utility/Energy Assistance & Housing Programs<br>Drop box outside west entrance   |
| Worthington HRA, Section 8<br>819 Tenth St.<br>Worthington, MN 56187                         | 507-376-9123<br>507-376-3005 fax | Contact: Deb<br>Rent Assistance/Section 8 Vouchers   |

## HOUSING STABILIZATION

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|   |              |  |
|---|--------------|--|
| ARC Minnesota   | 507-345-4223 | <a href="mailto:cherylhutchens@arcminnesota.org">cherylhutchens@arcminnesota.org</a> |
| Southwest Mental Health Center<br>1210 5 <sup>th</sup> Ave<br>Worthington, MN 56187 | 507-376-4141 |  |

## HOUSING - SUBSIDIZED

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|   |              |  |
|---|--------------|--|
| Eagle Ridge Townhomes (Nicole)<br>Homedale Drive<br>Jackson, MN 56143 | 507-841-3214 | <a href="http://www.lloydmanagementinc.com">www.lloydmanagementinc.com</a> |
|---|--------------|--|

|   |              |                             |
|---|--------------|-----------------------------|
| Heron Lake Apartments<br>504 9 <sup>th</sup> Street<br>Heron Lake, MN 56137 | 651-465-6841 | Section 8 vouchers accepted |
|---|--------------|-----------------------------|

## HOUSING – SUBSIDIZED, cont

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|  |                              |  |
|--|------------------------------|--|
| Hillside Manor<br>177 10 <sup>th</sup> St.<br>Windom, MN 56101               | 507-831-1016                 | Income Based   |
| Jackson Housing Authority<br>116 State St.<br>Jackson, MN 56143              | 507-847-3926                 | Subsidized housing, rent based on income.<br>(50 Apartments, 24 Homes. Smoke Free)                 |
| Laker Apartments<br>1225 3 <sup>rd</sup> Ave.<br>Mountain Lake, MN 56159     | 507-427-2425                 |  |
| Lloyd Management<br>135 West Lind St.<br>Mankato, MN 56001                   | 507-625-5573<br>888-625-5573 | <a href="http://www.lloydmanagementinc.com">www.lloydmanagementinc.com</a>                         |
| Perkins Creek Apartments<br>1475 17 <sup>th</sup> St.<br>Windom, MN 56101    | 507-831-1190                 | Income Based<br>Lloyd Management   |
| Pinewood Apartments<br>210 Bush St.<br>Lakefield, MN 56150                   | 507-451-8524<br>800-676-6505 | <a href="http://www.lifestyleinc.net">www.lifestyleinc.net</a><br>(8 Units, 1 Bedroom. Smoke Free) |
| Prairieview Apartments<br>551 Lakeview Road<br>Heron Lake, MN 56137          | 651-465-6841                 | Section 8 vouchers accepted  |
| Riverbluff Town Homes (Nicole)<br>302 Highway 71 South,<br>Jackson, MN 56143 | (507) 841-3214               | <a href="http://www.lloydmanagementinc.com">www.lloydmanagementinc.com</a>                         |
| Riverine Apartments<br>105 & 107 South Highway<br>Jackson, MN 56143          | 507-375-3171                 | (16 Units/ 11 subsidized, no restrictions)   |
| Riverview Apartments<br>605 10 <sup>th</sup> St.<br>Windom, MN 56101         | 507-831-1016                 | Income Based   |
| Rolling Hills Apartment<br>808-812 Hills Ave.<br>Jackson, MN 56143           | 651-465-6841                 | Section 8 vouchers accepted  |
| Sunrise Estates  | 507-847-2330                 | 40 Subsidized Units  |

200 Hwy 71 South  
Jackson, MN 56143

Tanglewood Apartments 507-822-2614  
1755 4<sup>th</sup> Ave.  
Windom, MN 56101

## HOUSING – SUBSIDIZED, cont

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Westbrook Apartments 507-360-8959  
900 11<sup>th</sup> St.  
Westbrook, MN 56183

Windom Apartments 507-831-4636 Income Based  
145 6<sup>th</sup> Ave. S.  
Windom, MN 56101

## LONG TERM CARE CONSULTATION / MnCHOICES

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Des Moines Valley Health and Human Services dvhhs.org Financial Assistance  
407 Fifth St., PO Box 67 507-847-4000  
Jackson, MN 56143

Des Moines Valley Health and Human Services dvhhs.org Financial Assistance  
11 Fourth St., PO Box 9 507-831-1891  
Windom, MN 56101

## MEDICAL CLINICS / HOSPITALS

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Access Family Medical Group and Avera Medical Group 507-372-2921  
1216 Ryan's Rd  
Worthington, MN 56187

Access Health Windom and Avera Medical Group 507-831-1703 [www.avera.org](http://www.avera.org)  
2020 Hospital Dr. 507-831-4170 (FAX)  
Windom, MN 56101

Sanford Health Windom Clinic- 507-831-1422  
WAH Campus 507-831-4783 (FAX)  
2170 Hospital Dr. PO Box 231  
Windom, MN 56101

Sanford Clinic /Medical Centers  
1430 North Highway 507-847-2200 Clinic [www.sanfordjackson.org](http://www.sanfordjackson.org)  
Jackson, MN 56143 507-847-2420 Hospital

209 Main St., PO Box 546 507-662-6611  
Lakefield, MN 56150

308 N 8<sup>th</sup> St. 507-427-3332

|   |   |
|---|---|
| Mountain Lake, MN 56159                             | 507-427-2493 (FAX)                                  |
| 591 2 <sup>nd</sup> Ave. N<br>Windom, MN 56101      | 507-831-0135 (FAX)                                  |
| 2170 Hospital Drive, PO Box 231<br>Windom, MN 56101 | 507-831-1422 and 507-831-2550<br>507-831-5528 (FAX) |

## MEDICAL CLINICS / HOSPITALS, cont.

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|   |                                    |  |
|---|------------------------------------|--|
| 920 Bell Ave.<br>Westbrook, MN 56183  | 507-274-1100<br>507-274-5630 (FAX) |  |
| 1018 6 <sup>th</sup> Ave<br>Worthington, MN 56187                                 | 507-372-2941                       |  |
| 1680 Diagonal Road<br>Worthington, MN 56187                                       | 507-372-3800<br>877-894-6187       |  |
| St. James Medical Center<br>1105 Moulton & Parson Drive, PO Box 460               | 507-375-3391                       |  |
| St. James, MN 56081   |                                    |  |
| Windom Area Health<br>2150 Hospital Drive<br>Windom, MN 56101                     | 507-831-2400                       | <a href="http://www.windomareahealth.org">www.windomareahealth.org</a> |
| Worthington Specialty Clinic<br>508 10 <sup>th</sup> St.<br>Worthington, MN 56187 | 507-372-2921<br>800-881-1473       |  |

## MEDICAL PROGRAMS / MISC. SERVICES

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|  |                              |  |
|--|------------------------------|--|
| Des Moines Valley Health and Human Services<br>407 Fifth St., PO Box 67<br>Jackson, MN 56143 | 507-847-4000                 | <a href="http://www.dvhhs.org/">http://www.dvhhs.org/</a><br>Medical Assistance                    |
| 11 Fourth St., PO Box 9<br>Windom, MN 56101  | 507-831-1891                 | Medical Assistance   |
| Medicare   | 800-633-4227                 | <a href="http://www.medicare.gov">www.medicare.gov</a>   |
| MN Sure – Medical Assistance   | 855-366-7873                 | <a href="http://www.mnsure.org">www.mnsure.org</a><br>Applications available at any DVHHS location |
| Senior Linkage Line  | 800-333-2433                 |  |
| Social Security  | 507-235-6617<br>800-772-1213 | <a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a><br>Fax 833-950-2182             |
| U.S. Dept. of Health and Human Service   |                              | <a href="http://www.healthcare.gov">www.healthcare.gov</a>   |
| Veteran Services<br>Cottonwood County<br>41385 US Hwy 71, PO Box 201                         | 507-831-5522                 | <a href="http://www.co.jackson.mn.us/veterans">www.co.jackson.mn.us/veterans</a>                   |

Windom, MN 56101

Jackson County  
402 White St., Suite L01  
Jackson, MN 56143

507-847-4774

[www.co.jackson.mn.us/veterans](http://www.co.jackson.mn.us/veterans)

Veteran's Linkage Line

888-546-5338

Crisis Intervention for Veterans

## **MEDICAL SUPPLIES AND EQUIPMENT**

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American Legion  
413 Main Street  
Lakefield MN 56150

\*\*Available to veterans only

Durable Medical Equipment

Corner Home Medical  
1303 E Bridge St  
Redwood Falls MN 56283

507-637-2330  
507-637-2392 (FAX)

Durable Medical Equipment

Sanford Health Equip  
585 2nd Ave N  
Windom, MN 56101

507-831-0247  
877-275-3554

Durable Medical Equipment  
(No Diabetic Supplies)

Westbrook VFW  
651 1st Ave  
Westbrook, MN 56183

507-274-5661

Durable Medical Equipment

Wheels for the World

507-381-2818

Durable Medical Equipment

## **MILITARY RESOURCES**

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Army Knowledge On-Line (AKO)

[www.us.army.mil](http://www.us.army.mil)

Beyond the Yellow Ribbon

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

Eagle's Healing Nest

320-351-6200

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

Military Education

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

Military Family Care Initiative

[www.militaryfamilies.state.mn.us](http://www.militaryfamilies.state.mn.us)

Military Home Front

[www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil)

Military One Source

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

Minnesota Military Appreciation Fund

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

Minnesota National Guard

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

National Guard Family Programs

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

Operation Military Kids & Speak Out for Military Kids

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

Soldier and Family Readiness

651-268-8388

a.k.a. Military Family Assistance Center



Contact: Carmen Brunsvold  
711 South 17<sup>th</sup> Street  
Montevideo, MN 56265

651-368-4894      24/7 Cell  
[http://www.btyr.org/images/stories/PDF/RISFAC\\_Invitation.pdf](http://www.btyr.org/images/stories/PDF/RISFAC_Invitation.pdf)

TRICARE Health Insurance & Dental Program

[www.tricare dentalprogram.com](http://www.tricare dentalprogram.com)

Veteran Services –

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## MILITARY RESOURCES, CONT.

|  |  |   |
|--|--|---|
| Cottonwood County<br>41385 US Hwy 71, PO Box 201<br>Windom, MN 56101 | 507-831-5522<br><a href="http://www.co.cottonwood.mn.us/county-departments/veterans">www.co.cottonwood.mn.us/county-departments/veterans</a> |   |
| Jackson County<br>402 White St., Suite L01<br>Jackson, MN 56143      | 507-847-4774   | <a href="http://www.co.jackson.mn.us/veterans">www.co.jackson.mn.us/veterans</a>  |
| Veteran's Linkage Line   | 888-546-5338   | Crisis Intervention for Veterans<br><a href="http://www.tricare.mil">www.tricare.mil</a> & <a href="http://www.triwest.com">www.triwest.com</a> |

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## NURSING HOMES

|   |                                   |                              |
|---|-----------------------------------|------------------------------|
| Colonial Manor Nursing Home<br>403 Colonial Ave.<br>Lakefield, MN 56150 | 507-662-6646                      |                              |
| Crossroads<br>965 McMillian<br>Worthington, MN 56187                    | 507-376-5312                      | Special Care / Dementia Unit |
| Good Samaritan Society<br>601 West St.<br>Jackson, MN 56143             | 507-847-3100                      |                              |
| 745 Basinger Memorial Dr.<br>Mountain Lake, MN 56159                    | 507-427-2464<br>FAX: 507-427-3036 |                              |
| 1000 S. 2 <sup>nd</sup> St.<br>St. James, MN 56081                      | 507-375-3286                      |                              |
| 149 1 <sup>st</sup> Ave.<br>Westbrook, MN 56183                         | 507-274-6155<br>FAX: 507-274-6156 |                              |
| 705 6 <sup>th</sup> St.<br>Windom, MN 56101                             | 507-831-1788                      | Special Care Dementia Unit   |
| Lakeview Methodist Health Care<br>610 Summit Dr.<br>Fairmont, MN 56031  | 507-235-6606                      |                              |
| Maple Lawn Nursing Home<br>400 NE 7 <sup>th</sup> St.                   | 507-425-2571                      |                              |

Fulda, MN 56131

Minnesota Veterans Homes  
1300 N. Kniss  
Luverne, MN 56156

507-283-1100

## **NURSING HOMES, cont.**

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Southshore Care Center  
1307 S. Shore Dr.  
Worthington, MN 56187

507-376-3175

St. John Lutheran Home  
710 East Walnut  
Springfield, MN 56183

507-723-6251

Trimont Health Care Center  
303 Broadway Ave. S.  
Trimont, MN 56176

507-639-2381

Truman Senior Living  
400 N 4<sup>th</sup> Ave. E.  
Truman, MN 56088

507-776-2031

Valley View Manor  
200 9<sup>th</sup> St.  
Lamberton, MN 56152

507-752-7346

## **OPTICAL SERVICES**

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David M. Kruse, Optometrist  
709 2<sup>nd</sup> St.  
Jackson, MN 56143

507-847-5951

Dr. Michael Fisher  
230 10<sup>th</sup> St.  
Windom, MN 56101

507-831-3478

Olson Optical  
302 1<sup>st</sup> Avenue South  
St. James, MN 56081

507-375-2020

Worthington Eye Clinic  
702 10<sup>th</sup> St.  
Worthington, MN 56187

507-376-5535

## **PERSONAL CARE SERVICES**

---

ABCS Home Care 651-489-3063  
2353 Rice St, Suite 103  
Roseville, MN 55113

Ardent Home Health Care Inc. 651-489-4239  
1714 Cope Ave E  
Maplewood, MN 55109

## **PERSONAL CARE SERVICES, cont.**

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ACCRA (PCA Choice) 952-935-3515

Golden Home Care Plus Inc. 507-359-2756  
6 N Minnesota St.  
New Ulm, MN 56073

International Quality PCA 507-372-2929  
1607 N McMillian St.  
Worthington, MN 56187

MN National Health Kare 651-222-2787 UMPI A420640100

MN Senior Care, Inc 651-340-7771  
1001 Johnson Parkway, Suite A6 FAX: 651-414-9930  
St Paul, MN 55106

MRCI (PCA Choice) 507-386-6489

Sweet Home Home Care 507-212-0202  
124 Third Street  
Tracy, MN 56175

University Home Care 651-665-0226

Wild Rose Home Care 507-337-1101

## **PUBLIC LIBRARIES- All Public Libraries offer public internet access**

---

Heron Lake Public Library 507-793-2641 Public Internet Access  
401 9<sup>th</sup> St., PO Box 348  
Heron Lake, MN 56137

Jackson Public Library 507-847-4748 Public Internet Access  
311 3<sup>rd</sup> Ave.  
Jackson, MN 56143

Lakefield Public Library 507-662-5782 Public Internet Access  
410 Main St., PO Box 723  
Lakefield, MN 56150

Mountain Lake Public Library 507-427-2506 Public Internet Access  
1054 4<sup>th</sup> Ave.  
Mountain Lake, MN 56159

Windom Public Library  
904 4<sup>th</sup> Ave.  
Windom, MN 56101

507-831-6131

Public Internet Access

Westbrook Public Library  
556 1<sup>st</sup> Ave.  
Westbrook, MN 56183

507-274-6174

Public Internet Access

## **RESPIRE CARE (IN HOME)**

---

A.C.E./ RSVP  
BARC, 1012 5<sup>th</sup> Ave.  
Windom, MN 56101

507-831-1803

Habilitative Services, Inc.  
123 W Main St.  
Luverne, MN 56156

507-283-1859

International Quality Homecare  
1607 N McMillian St.  
Worthington, MN 56187

855-447-4762

Lutheran Social Services  
Caregiver Support and Respite Care

507-822-9035  
[www.facebook.com/LSSCaregiverSupport](http://www.facebook.com/LSSCaregiverSupport)

Prairie River  
100 N State St., PO Box 340  
Fairmont, MN 56031

800-659-8905

## **RESPIRE CARE (OUT OF HOME)**

---

Colonial Manor – Adult Day Program  
403 Colonial Ave.  
Lakefield, MN 56150

507-662-6646

Lakeview  
941 County Road 9  
Heron Lake, MN 56137

507-793-2349

The Lodge of Mountain Lake  
603 7<sup>th</sup> Ave.  
Mountain Lake, MN 56159

507-427-2465

Pine View Assisted Living  
750 4<sup>th</sup> Ave.  
Windom, MN 56101

507-831-5277

Sanford – Jackson Hospital  
1430 North Highway  
Jackson, MN 56143

507-847-2420

Valley View Manor

507-752-7346

200 9th Ave E  
Lamberton, MN 56152

## SENIOR CITIZENS CENTER

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Heron Lake Senior Citizen Center                      507-793-2512  
312 10th St.  
Heron Lake, MN 56137

## SENIOR CITIZENS CENTER, cont

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Jackson Senior Citizen Center                      507-847-5884  
300 3<sup>rd</sup> St.  
Jackson, MN 56143

Lakefield Senior Citizen Center                      507-662-5785  
112 Main St.  
Lakefield, MN 56150

Westbrook Senior Citizens Center                      507-274-6583  
1<sup>st</sup> Ave  
Westbrook, MN 56183

Windom Area Senior Center                      507-831-2929  
1750 Cottonwood Lake Dr  
Windom, MN 56101

## SENIOR CONGREGATE LIVING

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Parkwood Place                      507-427-2080  
Mountain Lake, MN 56159

Peterson Estates                      507-274-6121  
1012 9<sup>th</sup> St.  
Westbrook, MN 56183

Remick Ridge Estates                      507-831-5787  
350 6<sup>th</sup> Ave.  
Windom, MN 56101

## SENIOR DINING

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Senior Citizen's Center / Community Center                      507-831-6161  
1750 Cottonwood Lake Dr.  
Windom, MN 56101

Senior Citizen Center                      507-427-2151  
1015 2<sup>nd</sup> Ave.  
Mountain Lake, MN 56159

Senior Dining - Jackson                      507-847-5884                      Free / Reduced Lunches  
301 3<sup>rd</sup> St.    & Take-out Meals  
Jackson, MN 56143

Senior Dining - Lakefield  
112 S. Main St.  
Lakefield, MN 56150

507-662-6714

Free / Reduced Lunches  
Multi Purpose Center  
& Take-out Meals

## TRANSPORTATION

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Blue Plus (Health Ride)

800-864-2157

Blue Ride (Secure Blue or Blue Plus Clients)

866-340-8648

Community Transit

507-847-2632 Ext. 1

Serving Cottonwood, Jackson & Murray  
Counties (a service of UCAP)

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

Des Moines Valley Health and Human Services

407 Fifth St., PO Box 67  
Jackson, MN 56143

507-847-4000

<http://www.dvhhs.org>

Medical Transportation Reimbursement  
and Social Service Transportation

11 Fourth St., PO Box 9  
Windom, MN 56101

507-831-1891

Medical Transportation Reimbursement  
and Social Service Transportation

Health Ride (UCare Clients)

800-203-7225

Medivan

800-422-0976

Peoples Express

800-450-0123

Spin Zone

Contact: Kirk

507-423-1000

507-523-6215

[www.spin-zone.org](http://www.spin-zone.org) Cars available on  
loan for short periods if qualify.

United Community Action Partnership

115 S. Highway, PO Box 207  
Jackson, MN 56143

800-658-2480

507-847-2632

<https://unitedcapmn.org>

Riders are set up or coordinated  
with existing systems.

1012 5<sup>th</sup> Ave. (BARC room #50)  
Windom, MN 56100

507-841-2603

Veteran Services – Jackson County

402 White St., Suite L01

Jackson, MN 56143

507-847-4774

[www.co.jackson.mn.us/veterans](http://www.co.jackson.mn.us/veterans)

Veterans - VA medical trips to Sioux  
Falls, Mon. & Wed. & occasionally by  
appointment, needs based.

## MISCELLANEOUS RESOURCES

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A.C.E. of SW Minnesota

Cottonwood County Aging & Volunteer Services Coordinator

1012 – 5th Ave

PO Box 123

Windom, MN 56101

507-831-1803

[ace.cottonwood@co.cottonwood.mn.us](mailto:ace.cottonwood@co.cottonwood.mn.us)

|                                    |              |   |
|------------------------------------|--------------|---|
| Alzheimer's                        | 800-232-0851 |   |
| American Cancer Society            | 800-227-2345 |   |
| Bridge to Benefits                 | 651-227-6121 | <a href="http://www.bridgetobenefits.org">www.bridgetobenefits.org</a>                          |
| Caregiver Support and Respite Care | 507-822-9035 | <a href="https://www.facebook.com/LSSCaregiverSupport">www.facebook.com/LSSCaregiverSupport</a> |
| Catholic Charities                 | 507-376-9757 |   |

## MISCELLANEOUS RESOURCES, cont.

|   |  |   |
|---|--|---|
| Community Sharps  |  | <a href="https://safeneedledisposal.org/states/minnesota/">https://safeneedledisposal.org/states/minnesota/</a>   |
| Cottonwood County Animal Rescue   | 507-831-4110   | <a href="http://www.cottonwoodanimalrescue.com">www.cottonwoodanimalrescue.com</a>  |
| <b>Crisis Hotline</b>   | <b>800-642-1525</b>  | 24 hours a day through Southwestern Mental Health Center  |
| Disability Hub MN (Disability Linkage Line)   | 866-333-2466   | disabilityhubmn.org   |
| Elected Official Information  |  | <a href="https://mn.gov/portal/government/state/">https://mn.gov/portal/government/state/</a>   |
| First Call for Help   | 800-543-2709 or 211  | <a href="http://www.211unitedway.org">www.211unitedway.org</a>  |
| Government Benefits   |  | <a href="http://www.govbenefits.gov">www.govbenefits.gov</a>  |
| Income Tax Help (February-April)<br>Service Provided by UCAP  | 507-847-2632   | Call to make an appointment   |
| Legal Assistance  |  | <a href="https://mn.gov/law-library/research-links/legal-referrals/legal-referrals-by-county.jsp">https://mn.gov/law-library/research-links/legal-referrals/legal-referrals-by-county.jsp</a> |
| Lutheran Social Service<br>LSS Caregiver Support and Respite Care   | 507-822-9305   | <a href="https://www.facebook.com/LSSCaregiverSupport">www.facebook.com/LSSCaregiverSupport</a>   |
| Minnesota Department of Human Services  |  | <a href="http://www.dhs.state.mn.us">www.dhs.state.mn.us</a>  |
| Minnesota Help Information Site   |  | <a href="http://www.minnesotahelp.info">www.minnesotahelp.info</a>  |
| Minnesota Relay (Voice, TTU, ASCII)   | 800-627-3529   |   |
| MN Attorney Referral Services   | 800-292-4152   |   |
| Services for the Blind<br>Marshall, MN  | 507-537-7114   |   |
| Social Security<br>Suite 70, 400 State St<br>Fairmont, MN 56031   | 877-405-0414<br>800-772-1213 National Number 8am-7pm Monday-Friday<br>833-950-2182 (FAX) | <a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a>  |
| Southwestern Center for Independent Living<br>109 S 5 <sup>th</sup> St., #700<br>Marshall, MN 56258                     | 507-532-2221<br>507-532-2222 Fax<br>800-422-1485 Consumer Line (For MN Relay, dial 711)  | <a href="http://www.swcil.org">www.swcil.org</a>  |
| Southwest Minnesota Continuum of Care – working together to end homelessness  |  | <a href="http://www.swmnhousinghelp.org">www.swmnhousinghelp.org</a>  |
| Southern Minnesota Regional Legal Service<br>1567 N. McMillan St., Suite 6, Worthington, MN 56187<br>Mankato, MN office | 507-372-7368<br>507-396-6815   | <a href="http://www.smrls.org">www.smrls.org</a><br>800-233-0023<br>800-247-2299 507-387-2321 (FAX)   |

Telephone Discounts  
MN Public Utilities Commission

<https://mn.gov/puc/telecommunications/telephone-discounts/>  
800-657-3782

Telephone Equipment Distribution (TED)

800-657-3663

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

United Way

651-291-0211

[www.211unitedway.org](http://www.211unitedway.org)