



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.

AA MEETINGS (ALCOHOLICS ANONYMOUS)

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
403 Colonial Ave.
Lakefield, MN 56150
507-662-6646

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

ADULT FOSTER CARE

Des Moines Valley Health and Human Services
405 4th St. Bldg 4., PO Box 67
Jackson, MN 56143
507-847-4000

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

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
PO Box 64971
St. Paul, MN 55164-0971
800-657-3591
651-431-2555

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
810 8th St.
Walnut Grove, MN 56180
507-859-2133

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

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

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

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

COMPANION SERVICES

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

COUNSELING / MENTAL HEALTH SERVICES

AA Meeting List at the beginning of this guide

Adler Counseling
2500 Maple Ave.

507-316-4974

<https://www.adlercounseling.com/>

Slayton, MN

Children 3+, Adult, Family,
Couples, Group

112 West Main St.
Pipestone, MN

Agape Counseling Center-Samatha Hopwood
305 9th St.
Windom, MN 56101

507-832-8033

<https://www.rehab.com/agape-counseling-center>

Substance Use Treatment

Ahrenstorff Counseling
7001 Lake St
Spirit Lake, IA

712-320-9524

Adult, Couples, Family

Base Counseling
Tonya Grothe-Bumgardner
106 2nd St NW
Fulda, MN 56131

507-626-2787

<http://www.basecounseling.com/>

Child, Adult, Couple, Family, Group

Beyond Brink
314 Chestnut St
Mankato, MN
Alexandria, MN
Owatonna, MN

507-779-7091

www.beyondbrink.com

Substance Abuse Use Treatment
Residential Adult

Celebrate Recovery
603 4th St.
Jackson, MN

Message on Facebook

Christ-centered Recovery

Center for Rural Behavioral Health
University of MN Mankato
1600 Warren St Ste 6
Mankato, MN

507-389-1082

Children 5+, Adults, Mental Health
Therapy, Case Management

Champion State of Mind
Esterville, Spirit Lake, Spencer, IA

800-592-0180

Counseling Services of Southern MN
226 N Broad St
Mankato, MN
St. Peter, MN

507-931-8040

<https://counseling-services.org/>

Child, Adult, Substance Assessment

Crisis Text Line

Text MN to 741741

Free support at your fingertips 24/7 through
MN Department of Human Services

COUNSELING / MENTAL HEALTH SERVICES, cont.

Des Moines Valley Health and
Human Services

800-622-5207
<https://dvhhs.org>

Child, Adult, Family, Maternal Support
Services, Educational Resources

Diane Dunn
1029 3rd Ave
Worthington, MN

507-376-4368
<http://dianedunn counseling.com/>

Adult, Couples, Family

ElevaCare
1210 5th Ave
Worthington, MN

507-376-4141
www.elevacare.org
24/7 Crisis Line 800-642-1525

Child 3+, Adult, Couples, Family
Medication Management, Adult
Residential Mental Health/Substance
Abuse Treatment, Detox, Outpatient
Substance Treatment, 24/7 Mobile
Crisis Service/Crisis Line

Ellie Mental Health
1600 Madison Avenue, Suite 110
Mankato, MN 56001

651-313-8080
elliementalhealth.com

Eunoiia Family Resource Center
1420 N State St.
Fairmont, MN 56031
Mankato, MN
New Ulm, MN

507-235-6070
<https://mentalhealthmn.com/>

Psychiatric Medication Management
Child 3+, Adult, Couple, Family

Fairmont Mayo Clinic
800 Medical Center Dr
Fairmont, MN

507-238-8598
www.mayoclinichealthsystem.org

Evaluation, Medication Management
Child, Adult, Substance Abuse

Family Services Network
405 4th St. Bldg 4.,
Jackson, MN

507-847-4441

Child Case Management, Family
Support/Parent Classes, Assessment

Fountain Centers
828 N North Ave
Fairmont, MN

507-238-4382

Substance Use Treatment

Farmers Stress Hotline

800-691-4336

24 hour help line through Avera

Great Lakes Neurobehavioral Center
101 W Robinson St
Lake Crystal, MN 56055

952-500-8167
info@glncenter.com
www.glncenter.com

Assessments, Children, Family

Greater MN Family Services
2320 East Highway 12, Suite 2
Willmar, MN 56201

320-214-9692
www.greatermnnesota.org

Residential Youth Program, School
based, in-home Family

COUNSELING / MENTAL HEALTH SERVICES, cont.

Greater MN Trauma Center Peter Westre, PMHNP St. Peter, MN 56082	507-720-1401 https://www.gmntc.org/appointmentmake-a-referral info@gmntc.org	Medication Management 16+ Complex trauma, SPMI, Veterans In-person or virtual options
Harvest Counseling Services James Rains 214 Main St Lamberton, MN	507-320-1312 https://harvest.clientsecure.me/	Child, Adult, Couples, Substance Use
Hope Haven 414 Industrial Lane Worthington, MN	712-376-3168 www.hopehaven.org	Intensive psychiatric rehabilitation Spiritual, Employment, Living Support
Inspire Family Therapy 212 Maine Ave Adrian, MN	507-483-3322 https://inspirefamilytherapy.com	Adult, Family Group
Jeremy Adler 109 S 5 th St Ste 400 Marshall, MN 56258-1293	507-316-4974	
Journeys of Healing 1029 3 rd Ave. Suite 2 Worthington, MN 56187	507-343-3822 www.journeysofhealing.com	Children, Adult, Family
Krisma Counseling 117 Downtown Plaza Fairmont, MN 56031	507-399-2149	
Lakes Counseling & Wellness 507 18th St Spirit Lake, IA	712-336-8126 www.lakescounseling.org	Assessment, Medication Management, Child, Adult Couple, Family
Lorenz Clinic 1772 Steiger Lake Ln, Ste 220 Victoria, MN 55386	952-443-4600 www.lorenzclinic.com/telehealth	Telecommunication with Mental Health providers
Madelia Community Hospital & Clinic 121 Drew Ave. S.E. Madelia, MN	507-642-5200 www.madeliahealth.org	Assessment, Medication Management, Child Adult, Couple, Family
Mending Roots 1227 Calendonía St Mankato, MN 56001	507-388-8874 mendingrootstherapy@gmail.com	Children, Adult
Mayo Clinic Health System 1101 Moulton and Parsons Dr St. James, MN 56081	507-375-8654	

COUNSELING / MENTAL HEALTH SERVICES, cont.

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 Mon-Sat 12pm-10pm
Moxie Nova 1820 Central Ave Esterville, IA	712-340-7323 www.moxienova.com	Adult, Telehealth
National Suicide Prevention Lifeline	800-273-8255 888-628-9454 Española	Available 24/7
New Awakening Counseling Stacy Tweet	507-340-2574 www.newawakendingscounseling.clientsecurire.me/	Evaluation, Adult Trauma Parent Ed, Christian Perspective
New Life Treatment Center 1530 Airport Rd Worthington, MN 130 Dakota St. Woodstock, MN 56186	507-777-4321 outpatient inpatient	Substance Use Treatment
Pipestone Counseling Center, LLC 201 2 nd Ave SW Pipestone, MN	605-759-7231 www.pipestonecounseling.com	Children 5+, Adult, Family
Rainbow Behavioral Health 305 9 th St. Windom, MN 56101	866-720-3784	Outpatient Program
Recovery in Motion 1100 Indus St Fairmont, MN	507-432-9740 www.recoveryinmotionmn.com	Men's Residential MH/Substance Use
Reinbow, Inc 43341 480 th Ave Windom, MN 56101	507-822-0526 www.reinbowsinc.com	Horse Assisted Therapy Children
SAMHSA'S National Helpline	800-662-4357	Available 24/7
Sanford Clinic / Medical Center 1430 N Highway Jackson, MN 56143	507-847-2200	
308 8th St.	507-427-3332	

COUNSELING / MENTAL HEALTH SERVICES, cont.

Mountain Lake, MN 56159 249 E. 5th St. Tracy, MN 56175	507-629-3520	
920 Bell Ave. Westbrook, MN 56183	507-274-1150	
2170 Hospital Drive, Suite 1 Windom, MN 56101	507-831-2223	
2170 Hospital Drive Windom, MN 56101	507-831-1422 WAH Campus	
Seasons Center for Behavioral Health 1401 Hill Ave. Spirit Lake, IA 51360	800-242-5101	
Shade of the Tree 1601 Keokuk Ave. Spirit Lake, IA 51360	712-330-9140	Substance Abuse Counseling
Sioux Trails Mental Health Center 1407 South State St. New Ulm, MN 56073	800-247-2809 507-354-3181	
201 Armstrong Blvd S St. James, MN 56081	507-375-3442	
Southwest Crisis Center 401 West St #27 Jackson, MN 56143	24 HR SAFE LINE 800-376-4311 Domestic Violence/Sexual Violence/ Human Trafficking 507-800-1260	Youth Text Line 216-666-TEEN (8336) www.mnswcc.org
1043 4 th Ave. #1 Windom, MN 56101	507-831-2244	
Worthington	507-376-4311	
Southwest West Central Service Cooperative 1043 4 th Ave Windom, MN 56101	507-831-2936 www.swsc.org	Assessments, Consultation, Schools
Stepping Stones Counseling, LLC 339 9 th Street, Suite C, PO Box 372 Windom, MN 56101	507-221-0005	Kerstin Cooley, MSW, LICSW (Adults)

COUNSELING / MENTAL HEALTH SERVICES, cont.

Strive Counseling Margaret Buchholz, MSW, LICSW, LADC 641 1 st Avenue Westbrook, MN 56183	507-402-2428	strivecounselingmn@gmail.com
Triple M Counseling Services 1016 3 rd Ave. Windom, MN 56101	507-832-8220	Karrie Riley Myers, MA, LMFT (Marriage, family, kids and adults)
Veterans Services Cottonwood County 41385 US Hwy 71 Windom, MN 56101	507-831-5522	Veteran's Resources including mental health
Jackson County 402 White St Jackson, MN 56143	507-847-4774	
Windom Area Health 2150 Hospital Drive Windom, MN 56101	507-831-2400	Dawn (Van Ruler) Bos, psychiatry www.windomareahealth.org

For additional crisis resources, please visit <https://www.dvhhs.org/mental-health>

EMERGENCY ASSISTANCE

American Red Cross 105 Homestead Dr., Mankato, MN 56001	507-387-6664	www.redcross.org
Centers for Disease Control and Prevention (CDC)		www.cdc.gov
Des Moines Valley Health and Human Services 405 4 th St. Bldg 4., PO Box 67 Jackson, MN 56143	507-847-4000	http://www.dvhhs.org/
11 Fourth St., PO Box 9 Windom, MN 56101	507-831-1891	
Emergency & Community Health Outreach		www.echominnesota.org
Emergency Assistance		https://applymn.dhs.mn.gov/
Federal Emergency Management Agency		www.fema.gov
Minnesota Department of Health		www.health.state.mn.us
Minnesota Department of Public Safety		www.dps.state.mn.us
Minnesota Flu Information Line	866-259-4655 Applymn.dhs.mn.gov/	

EMERGENCY ASSISTANCE, cont.

Salvation Army – Cottonwood County	507-831-1891	
– Jackson County	507-847-4420	
– Heat Share	507-238-9797	<i>Not handled by individual county Salvation Army</i>
Ready America		www.ready.gov
United Community Action Partnership (UCAP)	507-847-2632	
115 South Highway, PO Box 207		
Jackson, MN 56143		
1012 5 th Ave (BARC building, room #50)	507-841-2603	Drop box outside west entrance
Windom, MN 56101		
World Health Organization		www.who.int/en

EMERGENCY PHONE EQUIPMENT

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	507-372-7331	
PO Box 788		
Worthington, MN 56187		
Philips Lifeline	855-332-7799	
QMedic	877-241-2244	
Reemo Health	go to www.reemohealth.com/cmorder , download the order form	
Personal Independence Smartwatch	and send the completed form to orders@reemohealth.com .	
Sanford Home Medical Equipment	507-831-0247	(Includes Medication Dispenser)
585 2 nd Ave. N.		
Windom, MN 56101		

FOOD SHELF / FOOD ASSISTANCE / FOOD RESOURCES

Cottonwood County Sharing Center Food Shelf 1156 4 th Ave. Windom, MN 56101	507-832-8267	Tuesday 10:00am -1:00pm and Wednesday 10:00am -1:00pm
Des Moines Valley Health and Human Services	SNAP=Supplemental Nutrition Assistance Program; WIC=Women/Infants/Children	
405 4 th St. Bldg 4., PO Box 67 Jackson, MN 56143	507-847-4000 507-847-2366	Human Services-SNAP Public Health-WIC
11 Fourth St., PO Box 9 Windom, MN 56101	507-831-1891	Human Services-SNAP
235 9 th St, Windom, MN 56101	507-831-1987	Public Health-WIC
Heron Lake / Okabena Food Shelf Sacred Heart Catholic School 400 9 th St., PO Box 232 Heron Lake, MN 56137	800-658-2448	Use South Entrance 2:00-4:00pm (2 nd and 3 rd Thurs of month) ID & Address Proof Required
Jackson Food Shelf 1229 North Highway (Corner of Dewey St. & North Hwy.) Jackson, MN 56143	https://www.facebook.com/p/Jackson-Minnesota-Food-Shelf-Inc-61553256114658	Tuesday 10:00am -11:00am Thursday 4:00pm - 6:00pm
Lakefield Food Shelf 416 Broadway Avenue Lakefield, MN 56150	507-841-3350 507-822-3350 507-662-6513	St. Joseph Catholic School (Hours by Appointment)
Lutheran Social Services of MN Jackson Senior Dining 301 3 rd Street Jackson, MN 56143	800-488-4146 507-847-5884	www.lssmn.org/services/older-adults/lss-meals email: meals@lssmn.org
Lakefield Senior Center 112 Main Street Lakefield, MN 56150	507-662-6714 866-985-8509 toll free	Heron Lake and Okabena residents should contact Lakefield site.
Mountain Lake Community Center 1027 2 nd Ave. Mountain Lake, MN 56159	507-427-2151	
Windom Community Center 1750 Cottonwood Lake Drive Windom, MN 56101	507-831-6161 866-985-8513 toll free	
Mary & Martha's Pantry 524 1 st Ave. Westbrook, MN 56183	507-274-5218	Mondays 1:30pm-3:30pm
Mountain Lake Community Food Shelf 1027 2 nd Ave. Mountain Lake, MN 56159	507-427-3479	Monday & Thursdays 4:00pm-6:00pm Proof of Mountain Lake School District required.

FOOD SHELF / FOOD ASSISTANCE / FOOD RESOURCES

Nutrition Assistance Program for Seniors (NAP) 800-365-0270 2nd Thursday of each Month 1-2:30pm
1229 North Highway 651-484-8241 Pre-Registration Is Required
Jackson, MN 56143
http://www.2harvest.org/who--how-we-help/services-and-programs/programs/csfp.html#.Wh2ZZD_rvIU

Ruby's Pantry 651-674-0009 www.rubyspantry.org

Supplemental Nutrition Assistance Application (SNAP) <https://applymn.dhs.mn.gov/>

United Community Action Partnership 507-847-2632 Call for appointment
115 South Highway, PO Box 207, Jackson, MN 56143
1012 5th Ave (BARC building, room #50) 507-841-2603 Drop box outside West entrance
Windom, MN 56101

GUARDIANSHIP

Lutheran Social Services 507-625-6683

HEARING AID SERVICES

Deaf and Hard of Hearing Services 507-344-2840 507-322-3518 Video
800-311-1148 Toll Free 866-266-2461 Phone TTY

Fairmont Hearing Aid Service 800-967-2039
230 South Grant
Fairmont, MN 56031

Hearing and Speech Center 888-563-4259
1018 6th Ave.
Worthington, MN 561

Southwest Hearing Technologies Inc. 507-376-4407
1011 4th Ave.
Worthington, Minnesota 56187

Ultimate Hearing 855-498-4327
1029 4th Ave.
Windom, MN 56101

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

HEARING IMPAIRED

Deaf & Hard of Hearing Services 507-344-2840

Telephone Equipment Distribution 800-657-3663

HOME DELIVERED MEALS

Heron Lake Delivered Meals	507-662-6714	
Homestyle Direct	866-735-0921	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
Okabena Delivered Meals	507-662-6714	
Mountain Lake Senior Dining *	507-427-2151	
Sister's Home Style Entrees	515-332-1928	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

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) 117 W Blue Earth Ave., PO Box 340 Fairmont, MN 56031	507-235-3898 800-817-1819 https://adarahomehealth.com/	Nurse, HHA, HM Medicare, MA, LTC, Priv Pay, Waivers
Alpha Sigma Health Group, Inc. 222 E. Main St, Ste 102 Luverne, MN 56156	605-274-0066 507-449-6131 www.alphasigmahg.com	Nurse, HHA, HM LTC, Priv Pay, Waivers
Avera @ Home	605-322-4663 https://www.avera.org/avera-at-home/	Nurse, HHA, HM Medicare, MA, LTC, Priv Pay, Waivers
Baywood Home Care 1001 E Blue Earth Ave Fairmont, MN 56031	507-399-2080 507-764-4133 https://www.baywoodhomecare.com/senior-home-care-in-fairmont/	Nurse, HHA, HM LTC, Private Pay
Golden Home Care Plus Inc. 6 N Minnesota St. New Ulm, MN 56073	507-359-2756 507-354-1260 Fax https://www.ghcpinc.com/	Nurse, HHA, HM, PCA MA, Priv Pay, Waivers

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

Good Samaritan Society – Home Care of SWMN 866 1 st Ave N Windom, MN 5610 Under the Sanford Umbrella- Serving Communities in Worthington, Tracy, Slayton and Westbrook.	507-831-0734 507-831-0735 https://www.good-sam.com/locations/home-care-southwest-minnesota	Nurse, HHA, HM Medicare, MA, Priv Pay, Waivers
International Quality Homecare 1607 N. McMillian St. Worthington, MN 56187	855-447-4762 www.internationalquality.com/contact	Nurse, HHA, HM, PCA Medicare, MA, Waivers
Southwestern Minnesota Opportunity Council 1106 3 rd Ave. Worthington, MN 56187	800-658-2444 http://www.smoc.us/homemakers.html	HM Only Waivers
Sweet Home Home Care Tracy, MN	701-318-2814	MA, Waivers, UCare SNBC LTC insurance, private pay
Wild Rose Home Care 1210 E College Dr. #800 Marshall, MN 56258	507-337-1101	HM, PCA MA, Waivers 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: centralintake@avera.org
Moments Hospice	507-609-8800	
Sanford Hospice 585 2 nd Ave. N Windom, MN 56101	507-831-1017	
The Sunset Cottage 1935 Woodland Court PO Box 652 Worthington, MN 56187	507-372-7770 866-655-1017	

HOUSING ASSISTANCE

Des Moines Valley Health and Human Services 405 4 th St. Bldg 4., PO Box 67 Jackson, MN 56143	507-847-4000	http://www.dvhhs.org/ Utility and emergency assistance
11 Fourth St., PO Box 9 Windom, MN 56101	507-831-1891	Utility and emergency assistance
Rebuilding Together PO Box 266 Windom, MN 56101	507-200-2015	https://rebuildingtogether-twincities.org/ Home Repair & Safe at Home Programs
Salvation Army – Jackson – Windom	507-847-4420 507-831-1891	Contact Jackson Co. Sheriff's Office Contact Cottonwood Co. Sheriff's Office
Section 8 Housing	507-376-9123	Housing and Urban Development (HUD)
United Community Action Partnership 115 S. Highway, PO Box 207 Jackson, MN 56143	507-847-2632	http://unitedcapmn.org Utility/Energy Assistance & Housing Programs
1400 S Saratoga St. Marshall, MN 56258	507-537-1416 800-658-2448	Utility/Energy Assistance & Housing Programs
1012 5 th Ave, (BARC building, room #50) Windom MN 56101	507-841-2603	Utility/Energy Assistance & Housing Programs Drop box outside west entrance
Worthington HRA, Section 8 819 Tenth St. Worthington, MN 56187	507-376-9123 507-376-3005 fax	Contact: Deb Rent Assistance/Section 8 Vouchers

HOUSING STABILIZATION

ARC Minnesota	507-345-4223	cherylhutchens@arcminnesota.org
ElevaCare Health Center 1210 5 th Ave Worthington, MN 56187	507-376-4141	

HOUSING - SUBSIDIZED

Eagle Ridge Townhomes (Nicole) Homedale Drive Jackson, MN 56143	507-841-3214	www.lloydmanagemeninc.com
Heron Lake Apartments 504 9 th Street Heron Lake, MN 56137	651-465-6841	Section 8 vouchers accepted

HOUSING – SUBSIDIZED, cont

Hillside Manor 177 10 th St. Windom, MN 56101	507-831-1016	Income Based
Jackson Housing Authority 116 State St. Jackson, MN 56143	507-847-3926	Subsidized housing, rent based on income. (50 Apartments, 24 Homes. Smoke Free)
Laker Apartments 1225 3 rd Ave. Mountain Lake, MN 56159	507-427-2425	
Lloyd Management 135 West Lind St. Mankato, MN 56001	507-625-5573 888-625-5573	www.lloydmanagementinc.com
Perkins Creek Apartments 1475 17 th St. Windom, MN 56101	507-831-1190	Income Based Lloyd Management
Pinewood Apartments 210 Bush St. Lakefield, MN 56150	507-451-8524 800-676-6505	www.lifestyleinc.net (8 Units, 1 Bedroom. Smoke Free)
Prairieview Apartments 551 Lakeview Road Heron Lake, MN 56137	651-465-6841	Section 8 vouchers accepted
Riverbluff Town Homes (Nicole) 302 Highway 71 South, Jackson, MN 56143	(507) 841-3214	www.lloydmanagementinc.com
Riverine Apartments 105 & 107 South Highway Jackson, MN 56143	507-375-3171	(16 Units/ 11 subsidized, no restrictions)
Riverview Apartments 605 10 th St. Windom, MN 56101	507-831-1016	Income Based
Rolling Hills Apartment 808-812 Hills Ave. Jackson, MN 56143	651-465-6841	Section 8 vouchers accepted
Sunrise Estates 200 Hwy 71 South Jackson, MN 56143	507-847-2330	40 Subsidized Units
Tanglewood Apartments 1755 4 th Ave. Windom, MN 56101	507-822-2614	

HOUSING – SUBSIDIZED, cont

Westbrook Apartments 900 11 th St. Westbrook, MN 56183	507-360-8959	
Windom Apartments 145 6 th Ave. S. Windom, MN 56101	507-831-4636	Income Based

LONG TERM CARE CONSULTATION / MnCHOICES

Des Moines Valley Health and Human Services 405 4 th St. Bldg 4., PO Box 67 Jackson, MN 56143	dvhhs.org 507-847-4000	Financial Assistance
Des Moines Valley Health and Human Services 11 Fourth St., PO Box 9 Windom, MN 56101	dvhhs.org 507-831-1891	Financial Assistance

MEDICAL CLINICS / HOSPITALS

Access Family Medical Group and Avera Medical Group 1216 Ryan's Rd Worthington, MN 56187	507-372-2921		
Access Health Windom and Avera Medical Group 2020 Hospital Dr. Windom, MN 56101	507-831-1703 507-831-4170 (FAX)		www.avera.org
Sanford Health Windom Clinic- WAH Campus 2170 Hospital Dr. PO Box 231 Windom, MN 56101	507-831-1422 507-831-4783 (FAX)		
Sanford Clinic /Medical Centers 1430 North Highway Jackson, MN 56143	507-847-2200 507-847-2420	Clinic Hospital	www.sanfordjackson.org
209 Main St., PO Box 546 Lakefield, MN 56150	507-662-6611		
308 N 8 th St. Mountain Lake, MN 56159	507-427-3332 507-427-2493 (FAX)		
2170 Hospital Drive, Suite 1 Windom, MN 56101	507-831-0135 (FAX)		
2170 Hospital Drive, PO Box 231 Windom, MN 56101	507-831-1422 and 507-831-2550 507-831-5528 (FAX)		

MEDICAL CLINICS / HOSPITALS, cont.

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

MEDICAL PROGRAMS / MISC. SERVICES

Des Moines Valley Health and Human Services 405 4 th St. Bldg 4., PO Box 67 Jackson, MN 56143	507-847-4000	http://www.dvhhs.org/ Medical Assistance
11 Fourth St., PO Box 9 Windom, MN 56101	507-831-1891	Medical Assistance
Medicare	800-633-4227	www.medicare.gov
MN Sure – Medical Assistance	855-366-7873	www.mnsure.org Applications available at any DVHHS location
Senior Linkage Line	800-333-2433	
Social Security	507-235-6617 800-772-1213	www.socialsecurity.gov Fax 833-950-2182
U.S. Dept. of Health and Human Service		www.healthcare.gov
Veteran Services Cottonwood County 41385 US Hwy 71, PO Box 201 Windom, MN 56101	507-831-5522	www.co.jackson.mn.us/veterans
Jackson County 402 White St., Suite L01 Jackson, MN 56143	507-847-4774	www.co.jackson.mn.us/veterans
Veteran's Linkage Line	888-546-5338	Crisis Intervention for Veterans

MEDICAL SUPPLIES AND EQUIPMENT

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

Army Knowledge On-Line (AKO)		www.us.army.mil
Beyond the Yellow Ribbon		www.BeyondTheYellowRibbon.org
Eagle's Healing Nest	320-351-6200	www.eagleshealingnest.com
Military Education		www.mymilitaryeducation.org
Military Family Care Initiative		www.militaryfamilies.state.mn.us
Military Home Front		www.militaryhomefront.dod.mil
Military One Source		www.militaryonesource.com
Minnesota Military Appreciation Fund		www.thankmntroops.org
Minnesota National Guard		www.minnesotanationalguard.org
National Guard Family Programs		www.guardfamily.org
Operation Military Kids & Speak Out for Military Kids		www.operationmilitarykids.org
Soldier and Family Readiness Contact: Carmen Brunsvold 711 South 17 th Street Montevideo, MN 56265	651-268-8388 651-368-4894 http://www.btyr.org/images/stories/PDF/RISFAC_Invitation.pdf	a.k.a. Military Family Assistance Center 24/7 Cell
TRICARE Health Insurance & Dental Program		www.tricare dentalprogram.com
Veteran Services –		

MILITARY RESOURCES, cont.

Cottonwood County
41385 US Hwy 71, PO Box 201
Windom, MN 56101
507-831-5522
www.co.cottonwood.mn.us/county-departments/veterans

Jackson County
402 White St., Suite L01
Jackson, MN 56143
507-847-4774
www.co.jackson.mn.us/veterans

Veteran's Linkage Line
888-546-5338
Crisis Intervention for Veterans
www.tricare.mil & www.triwest.com

NURSING HOMES

Colonial Manor Nursing Home
403 Colonial Ave.
Lakefield, MN 56150
507-662-6646

Crossroads
965 McMillian
Worthington, MN 56187
507-376-5312
Special Care / Dementia Unit

Good Samaritan Society
601 West St.
Jackson, MN 56143
507-847-3100

745 Basinger Memorial Dr.
Mountain Lake, MN 56159
507-427-2464
FAX: 507-427-3036

1000 S. 2nd St.
St. James, MN 56081
507-375-3286

149 1st Ave.
Westbrook, MN 56183
507-274-6155
FAX: 507-274-6156

705 6th St.
Windom, MN 56101
507-831-1788
Special Care Dementia Unit

Lakeview Methodist Health Care
610 Summit Dr.
Fairmont, MN 56031
507-235-6606

Maple Lawn Nursing Home
400 NE 7th St.
Fulda, MN 56131
507-425-2571

Minnesota Veterans Homes
1300 N. Kniss
Luverne, MN 56156
507-283-1100

NURSING HOMES, cont.

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 th Ave. E. Truman, MN 56088	507-776-2031
Valley View Manor 200 9 th St. Lamberton, MN 56152	507-752-7346

OPTICAL SERVICES

Dr. Michael Fisher 230 10 th St. Windom, MN 56101	507-831-3478
Olson Optical 302 1 st Avenue South St. James, MN 56081	507-375-2020
Worthington Eye Clinic 702 10 th St. Worthington, MN 56187	507-376-5535

PERSONAL CARE SERVICES

ABCS Home Care 2353 Rice St, Suite 103 Roseville, MN 55113	651-489-3063
Ardent Home Health Care Inc. 1714 Cope Ave E Maplewood, MN 55109	651-489-4239

PERSONAL CARE SERVICES, cont.

ACCRA (PCA Choice)	952-935-3515	
Golden Home Care Plus Inc. 6 N Minnesota St. New Ulm, MN 56073	507-359-2756	
International Quality PCA 1607 N McMillian St. Worthington, MN 56187	507-372-2929	
MN National Health Kare	651-222-2787	UMPI A420640100
MN Senior Care, Inc 1001 Johnson Parkway, Suite A6 St Paul, MN 55106	651-340-7771 FAX: 651-414-9930	
MRCI (PCA Choice)	507-386-6489	
Sweet Home Home Care 124 Third Street Tracy, MN 56175	507-212-0202	
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 401 9 th St., PO Box 348 Heron Lake, MN 56137	507-793-2641	Public Internet Access
Jackson Public Library 311 3 rd Ave. Jackson, MN 56143	507-847-4748	Public Internet Access
Lakefield Public Library 410 Main St., PO Box 723 Lakefield, MN 56150	507-662-5782	Public Internet Access
Mountain Lake Public Library 1054 4 th Ave. Mountain Lake, MN 56159	507-427-2506	Public Internet Access
Windom Public Library 904 4 th Ave. Windom, MN 56101	507-831-6131	Public Internet Access
Westbrook Public Library 556 1 st Ave. Westbrook, MN 56183	507-274-6174	Public Internet Access

RESPIRE CARE (IN HOME)

A.C.E./ RSVP BARC, 1012 5 th 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
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 th Ave. Mountain Lake, MN 56159	507-427-2465
Pine View Assisted Living 750 4 th Ave. Windom, MN 56101	507-831-5277
Sanford – Jackson Hospital 1430 North Highway Jackson, MN 56143	507-847-2420
Valley View Manor 200 9 th Ave E Lamberton, MN 56152	507-752-7346

SENIOR CITIZENS CENTER

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

Jackson Senior Citizen Center 300 3 rd St. Jackson, MN 56143	507-847-5884
Lakefield Senior Citizen Center 112 Main St. Lakefield, MN 56150	507-662-5785
Westbrook Senior Citizens Center 1 st Ave Westbrook, MN 56183	507-274-6583
Windom Area Senior Center 1750 Cottonwood Lake Dr Windom, MN 56101	507-831-2929

SENIOR CONGREGATE LIVING

Parkwood Place Mountain Lake, MN 56159	507-427-2080
Peterson Estates 1012 9 th St. Westbrook, MN 56183	507-274-6121
Remick Ridge Estates 350 6 th Ave. Windom, MN 56101	507-831-5787

SENIOR DINING

Senior Citizen's Center / Community Center 1750 Cottonwood Lake Dr. Windom, MN 56101	507-831-6161	
Senior Citizen Center 1015 2 nd Ave. Mountain Lake, MN 56159	507-427-2151	
Senior Dining - Jackson 301 3 rd St. Jackson, MN 56143	507-847-5884	Free / Reduced Lunches & Take-out Meals
Senior Dining - Lakefield 112 S. Main St. Lakefield, MN 56150	507-662-6714	Free / Reduced Lunches Multi Purpose Center & Take-out Meals

TRANSPORTATION

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 www.CommunityTransitSWMN.org	Serving Cottonwood, Jackson & Murray Counties (a service of UCAP)
Des Moines Valley Health and Human Services 405 4 th St. Bldg 4.,, 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 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 th 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	Veterans - VA medical trips to Sioux Falls, Mon. & Wed. & occasionally by appointment, needs based.

MISCELLANEOUS RESOURCES

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
Alzheimer's	800-232-0851	
American Cancer Society	800-227-2345	
Bridge to Benefits	651-227-6121	www.bridgetobenefits.org
Caregiver Support and Respite Care	507-822-9035	www.facebook.com/LSSCaregiverSupport
Catholic Charities	507-376-9757	

MISCELLANEOUS RESOURCES, cont.

Community Sharps		https://safeneedledisposal.org/states/minnesota/
Cottonwood County Animal Rescue	507-831-4110	www.cottonwoodanimalrescue.com
Crisis Hotline	800-642-1525	24 hours a day through ElevaCare
Disability Hub MN (Disability Linkage Line)	866-333-2466	disabilityhubmn.org
Elected Official Information		https://mn.gov/portal/government/state/
First Call for Help	800-543-2709 or 211	www.211unitedway.org
Government Benefits		www.govbenefits.gov
Income Tax Help (February-April) Service Provided by UCAP	507-847-2632	Call to make an appointment
Legal Assistance		https://mn.gov/law-library/research-links/legal-referrals/legal-referrals-by-county.jsp
Lutheran Social Service LSS Caregiver Support and Respite Care	507-822-9305	www.facebook.com/LSSCaregiverSupport
Minnesota Department of Human Services		www.dhs.state.mn.us
Minnesota Help Information Site		www.minnesotahelp.info
Minnesota Relay (Voice, TTU, ASCII)	800-627-3529	
MN Attorney Referral Services	800-292-4152	
Services for the Blind Marshall, MN	507-537-7114	
Social Security Suite 70, 400 State St Fairmont, MN 56031	877-405-0414 800-772-1213 National Number 8am-7pm Monday-Friday 833-950-2182 (FAX)	www.socialsecurity.gov
Southwestern Center for Independent Living 109 S 5 th St., #700 Marshall, MN 56258	507-532-2221 507-532-2222 Fax 800-422-1485 Consumer Line (For MN Relay, dial 711)	www.swcil.org
Southwest Minnesota Continuum of Care – working together to end homelessness		www.swmnhousinghelp.org
Southern Minnesota Regional Legal Service 1567 N. McMillan St., Suite 6, Worthington, MN 56187 Mankato, MN office	507-372-7368 507-396-6815	www.smrls.org 800-233-0023 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
United Way	651-291-0211	www.211unitedway.org