

A photograph of an elderly couple walking outdoors. The woman on the left has short white hair, wears glasses, a blue denim shirt, and a tan cardigan. She is laughing joyfully. The man on the right has white hair and a beard, wearing a blue quilted jacket over a grey sweater and blue jeans. He is holding the woman's hand. The background is a soft-focus outdoor setting.

# SENIOR SERVICES

KEEP LIVING AT HOME



# Table of Contents

## Advocacy Programs

Information, Referral and Advocacy .....	2
Disability Agencies, Legal Services.....	3
Health Insurance Counseling, Internet Resources .....	4

## Financial Resources

Medicare, Skilled Nursing Facility Care Under Medicare, Home Health Care Under Medicare .....	5
Hospice Care Under Medicare, Medical Assistance (MA), Personal Health Insurance .....	6
Social Security Disability, Supplemental Security Income Program, State Welfare, Comprehensive Health Insurance Plans, Veterans Administration and Veterans Services, Workers Compensation, Vocational Rehabilitation Services .....	7
MinnesotaCare, Medicare Supplemental Insurance/Medigap Insurance, Long-Term Care, Prescription Drug Assistance, MNsure .....	8

## Additional Financial Resources

Consumer Credit Counseling Service.....	9
---	---

## Health Care Services

Home Health Agencies, Home Health Servicing the Rochester Area.....	10
Home Infusion Providers .....	11

## Other Community Resources

Hospice, Dental Care .....	13
Foot Care, Home Improvement/Medical Equipment/Independent Living Aids, Adult Foster Care .....	15
Respite Care, Adult Day Care .....	15

## Food

Grocery Delivery, Meals.....	17
------------------------------	----

## Transportation

Handicap Parking, Emergency Response .....	20
Home Safety Assessments, Peer Counseling.....	21
Mental Health Resources .....	23

## Area Support Groups

Alzheimer's, Caregivers, Parkinson's Disease & Grandparents Groups, Disability Linkage Line .....	24
Grief Support Groups, Other Support Groups.....	24

## Olmsted County Senior Housing Directory

Affordable Apartments .....	26
Accessible/Disabled Apartments, Cooperatives .....	27
Independent Apartments/Assisted Living .....	27
Skilled Nursing Facilities (SNF).....	30
Temporary Housing .....	31

## Vulnerable Adult Reporting

Vulnerable adult .....	34
------------------------	----

# Advocacy Programs

## Information, Referral and Advocacy

- **Senior LinkAge Line®/RxConnect: 1-800-333-2433**  
Toll-free telephone information and assistance service that operates throughout Minnesota. Trained professional staff answers the calls and help to resolve the issue directly or put the caller in touch with someone who can. Monday-Friday 8:00 am – 4:30 pm
- **Disability Linkage Line: 1-866-333-2466**  
Toll-free telephone information and assistance service that operates throughout Minnesota. Trained professional staff answers the calls and help to resolve the issue directly or put the caller in touch with someone who can.
- **Veterans Linkage Line: 1-888-LINKVET (1-888-546-5838) [www.minnesotaveteran.org](http://www.minnesotaveteran.org)**  
Toll-free telephone information and assistance service that operates throughout Minnesota. Trained professional staff answers the calls and help to resolve the issue directly or put the caller in touch with someone who can.
- **Veterans Service Office Olmsted County: 507-328-6355**
- **2-1-1: Use 2-1-1 when calling from a landline. Use 1-800-543-7709 when calling from a cell phone. TTY: 1-800-861-7364.** Community information and referral source. Offers information about services for all ages, not only seniors. Free, confidential, multilingual, 24/7/365.
- **Elder Network: 507-285-5272**  
The program provides needed support services to seniors aged 60+ and their caregivers. Types of assistance include housing lists, help completing paperwork, health insurance counseling and arranging health care services on behalf of the senior.
- **MnChoices Assessment: 507-328-6519**  
This is an assessment that screens individuals for PCA services, Chore and Homemaker services and Waivered Service.
- **Ombudsman for Older Minnesotans: 1-800-657-3591**  
Help resolve complaints about nursing homes, other long-term care residential facilities, home care agencies and hospitals.
- **Parish Nurses: 1-800-333-2433 [www.semaaaroche sternmn.org](http://www.semaaaroche sternmn.org)**  
The Southeastern Minnesota Area Agency on Aging has an updated list of the area churches that have parish nurse programs and the types of services available. For more information, call 1-800-333-2433 or go to [www.semaaaroche sternmn.org](http://www.semaaaroche sternmn.org) and click on “Parish Nurse Directory.”

## Disability Agencies (Specific to Disability)

- **Minnesota State Services for the Blind: Rochester office: 507-923-2822  
Main Office: 651-539-2300 or 1-800-652-9000**  
Provide rehabilitation counselors to help people become adjusted to blindness or low vision that impairs daily functioning, offer communication center services (e.g. dial-in newspaper, talking books), and information about independent living aids.
- **America's Seniors Eye Care Program: 877-887-6327**  
Public service program of the Foundation of the American Academy of Ophthalmology. EyeCare America provides eye care to US citizens and legal residents through volunteer ophthalmologists at no cost to those who qualify
- **SEMCIL (Southeastern Minnesota Center for Independent Living): 507-285-1815**  
Provide a variety of services to those of all ages who have disabilities. Services include programs to help disabled people maintain their independence (e.g. home modification assessments, peer mentors, transition services, and advocacy), personal care and home health care services.
- **Alzheimer's Association: 507-289-3950 [www.alz.org/mnnd](http://www.alz.org/mnnd)**  
Provide professional and family/community education and support groups. 24 hour help line available at 1-800-272-3900 or go to the [www.alz.org/mnnd](http://www.alz.org/mnnd) web site.
- **Mayo Alzheimer's Center: 507-284-1324 [www.mayo.edu/research/centers-programs/alzheimers-disease-research-center](http://www.mayo.edu/research/centers-programs/alzheimers-disease-research-center)**  
Provide education and support groups.
- **American Cancer Society: National: 1-800-227-2345 - Rochester: 507-529-4673**  
Provide public education for cancer patients. They have a rehab program for patients that have had cancer surgery and for their families. They also have a volunteer driver program (for medical appointments) and an equipment loan program for cancer patients registered with their organization.
- **MS Society: Upper Midwest 1-800-344-4867**  
Provide public education for MS patients. They have a variety of programs available, including those that provide financial assistance for eligible patients who are registered with their organization.

## Legal Services

- **Southeastern MN Regional Legal Services: 1-888-575-2954**
- **Legal Assistance of Olmsted County: 507-287-2036**
- **Dodge County Legal Aid: 1-888-575-2954**
- **Estate and Elder Law Services: 612-676-6300**

## Health Insurance Counseling

- **Senior LinkAge Line®: 1-800-333-2433**  
Provides neutral health insurance counseling to all medicare beneficiaries, health plan options, medicare savings programs and long term care insurance options.
- **Family Caregiver and Senior Advocate Program offered by Three Rivers Community Action: 507-732-7391**  
Program offers assistance with Medicare, supplemental insurance, veteran's benefits, and long-term care insurance. One-to-one assistance available.

## Internet Resources

- **www.MinnesotaHelp.info**  
This site offers information and contact numbers for a variety of human service resources across Minnesota.
- **www.ssa.gov**  
The Social Security Administration site offers information about retirement, disability, SSI, survivor benefits and Medicare. 1-800-772-1213
- **www.benefitscheckup.org Rochester Office 877-841-5336**  
This site offers personalized information about financial assistance programs available to seniors after you answer basic questions about the individual.
- **www.medicare.gov**  
This site provides general information about Medicare and allows you to compare the prices of your medications with the different Medicare approved drug cards.
- **www.rxassist.org**, and **www.pparx.org**  
These sites allow you to look up which pharmaceutical companies make your specific medications and what, if any, type of patient assistance programs they may have to offer. The programs are targeted more towards low to middle income seniors. Instructions and applications are often available for many of the drugs listed.
- **goodrx.com**  
"One-time insurance card" that can be used for each fill. Patient's will find the lowest price for the prescription they need at a pharmacy within a designated area. Patient's need to print a new card for each prescription and cost will vary depending on market rate.

Some drug manufacturers have savings cards. These cards are found directly on the manufacturer's website and can be used on top of private insurance, but not on state or federal funded programs, such as Medicare, Medicaid, Tricare, VA/DOD.

# Financial Resources

Many financial resources are available to help you. Because it is impossible to include all possible resources in this booklet, please discuss your particular situation with your social worker.

## Medicare

Medicare is a federal health insurance program for people age 65 or older, certain younger people with disabilities, and people with permanent kidney failure treated with dialysis or a transplant. The Medicare information contained in this section, and some of the definitions in this booklet, were obtained from the Medicare website (<http://www.medicare.gov>) and from the “Medicare and You” booklet.

### Skilled Nursing Facility Care Under Medicare

Medicare pays for care in a skilled nursing facility when these five conditions are met:

- You require daily skilled nursing or rehabilitation services that can only be provided in a skilled nursing facility.
- You are formally admitted for a minimum 3-midnight medically-necessary in-patient hospital stay
- You are admitted to the facility within a short period of time (generally 30 days) after leaving the hospital.
- The condition for which you are receiving skilled nursing care was treated in the hospital or arose while you were receiving care for a condition treated in the hospital.
- A medical professional certifies that skilled nursing care is necessary.

**Medicare only pays for skilled care in a nursing home.** It does **not** pay for custodial care when that is the only kind of care you need. Care is considered **custodial** when it is primarily for the purpose of helping you with daily living or meeting personal needs and could be provided safely and reasonably by people without professional skills. Examples of custodial care are using eye drops, bathing, dressing, and bladder catheters. Care is considered **skilled** when it must be performed by a nurse or a physical therapist. Examples of skilled care are wound care, physical therapy and IV's.

### Home Health Care Under Medicare

Medicare pays for home health care when these four conditions are met:

1. You require intermittent skilled nursing care, physical therapy, or speech/language therapy.
2. You are confined to your home.
3. Your doctor determines that you need home health care.
4. The home health agency providing the care participates in Medicare.

## **Hospice Care Under Medicare**

Hospice benefits are available under Medicare. Hospice is a special way of caring for people who are terminally ill and their families. Emphasis is on providing comfort and relief from pain. It includes both home care and inpatient care, when needed, and a variety of services not otherwise covered under Medicare. The three following conditions must be met:

1. Your doctor certifies that you are terminally ill.
2. You choose to receive hospice care instead of the standard Medicare benefits for illness.
3. The care is provided by a Medicare-participating hospice program.

If you elect hospice care and later require treatment for a condition other than the terminal illness, you can use Medicare's standard benefits. When standard benefits are used, you must pay any required deductibles and coinsurance.

## **Additional Information**

For additional information and current updates regarding Medicare, contact 1-800-MEDICARE (1-800-633-4227) or go online to <http://www.medicare.gov>. Call Senior Linkage Line for current Medicare Updates. 1-800-333-2433

## **Medical Assistance (MA)/Medicaid**

Medical Assistance provides insurance coverage for low-income persons who meet financial guidelines. Federal, state and county dollars fund Medical Assistance. It is different from Medicare which is a federal health insurance program for all people age 65 or older and for certain people with disabilities.

Medical Assistance pays for most medical care including home health care and nursing home care. In Minnesota persons eligible for Medical Assistance may also apply for other programs such as the Alternative Care Grant (ACG), Elderly Waiver (EW), or Community Alternatives for Disabled Individual Program (CADI) which may pay for additional services to help you stay in your home. For information on coverage in your state, please contact your county or social services department.

To apply for Medical Assistance you should call, write, or visit your local County Department of Social Services. In Olmsted County call 507-328-6500. You will need to complete an application and provide the agency with information and certain documents to help verify your eligibility for the program.

## **Personal Health Insurance**

Some insurance policies provide nursing home, home care and/or hospice benefits. Insurance coverage varies greatly depending on the contract of the individual. To acquire information on your coverage, contact the insurance office of your employer or your insurance company or agent.

## **Social Security Disability Income (SSDI)**

Social Security Disability Income provides monthly income to individuals who have worked long enough and recently enough under Social Security to be insured and have a severe physical or mental impairment or combination of impairments that prevents them from working for a year or more or that is expected to result in death. Applications are made through your local Social Security office. For information, call or visit your local office or call 1-800-772-1213.

## **Supplemental Security Income Program (SSI)**

Supplemental Security Income provides monthly income to people who are age 65 or older, blind or disabled. Eligibility is based on financial need. Some people are eligible for both SSDI and SSI. Many people who receive SSI are eligible for Medical Assistance and food stamps. For information, call your local Social Security office.

## **State Welfare Programs**

Your local county Department of Social Services is a resource for several programs such as Medical Assistance, food stamps, fuel assistance, General Assistance and some programs such as the Alternative Care Grant, Elderly Waiver or Community Alternatives for Disabled Individuals. Contact your local social service office for information.

## **Comprehensive Health Insurance Plans**

Several states offer comprehensive health insurance plans for people with pre-existing conditions who are experiencing difficulty obtaining insurance. There is often a six month waiting period and you must prove you cannot otherwise obtain health insurance. In Minnesota, call 1-866-894-8053 or visit [www.mchamn.com](http://www.mchamn.com).

## **Veterans Administration and Veterans Services**

Veterans may be eligible for benefits including nursing home coverage, hospital stays, medical treatment, medications, etc. Call your local Veterans Service representative for information and help with applying.

## **Workers Compensation**

Workers Compensation is a state-regulated program that pays medical costs and other benefits to workers who have been injured on the job. For information, check with your employer's personnel office.

COBRA (Consolidated Omnibus Budget Reconciliation Act)

This law gives some workers the right to keep their health insurance coverage for a limited period of time after they leave their jobs.

## **Vocational Rehabilitation Services**

This agency helps people with disabilities return to suitable employment by providing rehabilitation, evaluation and retraining. It is a federal and state-funded program. Ask your social worker for information and help in locating the office closest to your home. In Rochester call 507-285-7293.

## MinnesotaCare

MinnesotaCare is a health insurance program for Minnesota residents who are not eligible for Medical Assistance and are not covered by any other health insurance for the last four months. The monthly premium is based on income and family size. For information call 1-800-657-3672. In Rochester call 507-328-6500.

## Medicare Supplemental Insurance/Medigap Insurance

Medigap is a Medicare supplemental insurance policy sold by private insurance companies to fill “gaps” in Original Medicare Plan coverage. The best time to buy a Medigap policy is during your Medigap open enrollment period. During this time, an insurance company cannot deny you insurance coverage or charge larger premiums because of past or present health problems. For more information, call your State Health Insurance Assistance Program or call 1-800-MEDICARE. In Minnesota call the Senior Linkage line at 1-800-333-2433 or go online: [www.minnesotahelp.info](http://www.minnesotahelp.info).

## Long-Term Care

This is a private policy. The benefits and costs of these plans vary widely. For more information on these plans, contact the National Association of Insurance Commissioners (NAIC). It represents state health insurance regulators and has a free publication called “A Shopper’s Guide to Long-Term Care Insurance.” You also can get a copy of the **Guide to Health Insurance for People with Medicare** by calling 1-800-MEDICARE.

## Prescription Drug Assistance

Many financial resources are available to assist you with purchasing prescription drugs. Because it is impossible to include every resource in this booklet, you are encouraged to contact the Senior Linkage Line at 1-800-333-2433 or go online: [www.minnesotahelp.info](http://www.minnesotahelp.info). A representative will be able to provide further resources. In addition, patients may wish to contact their local social service agency for information on programs available in their own county of residence. Go online to [www.db101.org](http://www.db101.org) as this website has user-friendly information on Medicare Savings Plans/LIS.

## MNsure

Starting in October 2013, MNsure will be the single best, uniquely Minnesotan place to find health insurance. They are currently building a website where you’ll have instant, easy access to coverage options. Compare your options by price, provider or services offered. 855-366-7873

# Additional Financial Resources

## **Family Means: 651-789-4014**

Financial counseling, debt solutions and money management education. Main office located in Stillwater where intake referrals are started, but there is a local Rochester office.

There are also programs available for those that meet income and asset guidelines, such as:

- **Medical Assistance:** Covers virtually all medical care.
- **MSA:** Minnesota Supplemental Aid. Minnesota Supplemental Aid - this is a program that can help individuals receiving a SSI benefit or would be getting an SSI benefit if not for income/asset limits.
- **Food Support: SNAP**
- **Medicare Savings Programs:**
  - QI (Qualifying Individual 1) Pays for Medicare Part B premium and Deems for Extra Help for a Part D Plan
  - SLMB (Service Limited Medicare Beneficiary): Pays for the Medicare Part B premium and Deems for Extra Help for a Part D Plan
  - QMB (Qualified Medicare Beneficiary): Covers all Medicare Part A and Part B deductibles and coinsurance and the Part B premium, and Deems for Extra Help for the Part D Plan
- **Medicare Part D:** Covers prescription drugs. Help to cover the premium cost is available in the way of a full subsidy or a limited income subsidy. Contact the Senior Linkage Line for assistance sorting out the options 1-800-333-2433.
- **NAPS:** Nutrition Assistance Program for Seniors.
- **Elderly Waiver/Alternative Care Program:** These two programs are designed to provide in-home services for eligible seniors. They provide funds for services, which enable the individuals to remain in their own homes in the community. Eligibility requirements are different for each program. Examples of covered services: Adult day care, homemaker services, home delivered meals, skilled nursing, and assisted living services.

## **For more information on these programs, contact:**

- **Olmsted County Social Services: 507-328-6400**
- **Senior Linkage Line: 1-800-333-2433**

# Health Care Services

## Home Health Agencies

These agencies can provide both medical and non-medical in-home care. Various levels of care are available from most home care agencies. Home care is usually provided on an intermittent basis. The home care agency will work with you and your family to set up an appropriate plan of care using any or all of the various services:

- Registered nurse
- Licensed practical nurse
- Home health aide (assists with personal care)
- Homemaker (assists with light housekeeping, meal preparation, etc.)
- Live in (live in patient's home around the clock)
- Physical/occupational/speech therapists, social worker, respiratory therapist, dietitian

Rates vary from agency to agency and the level of staff you need. The pay source is also a factor in determining the rates. Medicare will pay for home care in some limited situations. Supplemental policies may or may not cover it. Check your policy.

Medical Assistance does cover medically necessary home care services. For exact rates, contact the agency directly.

## Medical Home Health Servicing the Rochester Area

Comfort Home Health Care	507-281-2332
Exercise Abilities (PT only aquatic & Clinic)	507-261-4474
International Quality Home Health	507-252-8117
Adara Home Health	507-252-9844
Recover Health	507-282-2246
Robland Home Health Care Services	507-252-4619
Spectrum Community Health	507-282-8052
Stanley Jones & Associates	507-322-5740
Stewartville Home Care Services	507-533-1375
Centric	507-205-7322
Med City HHC	614-316-8036
Interim HC	507-200-1111
Quality Care	507-258-4578
Oak Valley Home	507-696-7799

## **Non-Medical Home Health Servicing the Rochester Area**

Diversity Home Health Group *Not Medicare Certified	507-205-3732
Excellent Care Services Inc.	507-289-0338
Home Instead Senior Care	507-285-1700
Seniors Helping Seniors in Dodge County * <i>Not Medicare Certified</i>	507-396-8080
SMART Choice Home Health Care (SEMCIL)	507-285-1815
Visiting Angels	507-289-1147

## **Home Infusion Providers**

### **Coram CVS/Specialty Infusion Services - Minneapolis**

2345 Waters Dr., MENDOTA HEIGHTS, MN 55120  
Phone 651-452-5600  
Fax 651-452-6273

### **InfuScience a Bioscrip Company**

2915 WATERS RD Ste 110, EAGAN, MN 55121  
Phone 612-486-1960  
Fax 877-598-8704

### **Option Care- Minneapolis/St. Paul**

2750 Arthur Street, SAINT PAUL, MN 55113  
Phone 507-696-2125  
Fax -507-206-5012

### **Rochester Home Infusion**

221 First Ave SW #105, ROCHESTER, MN 55902  
Phone (507) 316-0001  
Fax (507) 258-5522

## **Oxygen Providers**

### **Lincare**

6254 34TH Ave NW, Suite D, Rochester, MN 55901-2794  
Phone: 507-529-8140

### **Apria**

4871 19th St NW Suite 100, Rochester, MN 55901  
Phone: 507-285-9959

### **Northwest Respiratory**

716 Prior Ave North Saint Paul, MN 55104  
Phone: 651-603-8720

## **Oxygen Providers (Continued)**

### **Arrowhealth**

308A Elton Hills Dr NW, Rochester, MN 55901  
Phone: 507-252-5728

### **Main Clinic**

918 Pendant Ln NW, Rochester, MN 55901  
Phone: 507-242-4282

## **DME Providers**

### **Anderson Wheelchair**

1117 2nd St SW, Rochester, MN 55902  
Phone: 507-353-2338

### **Corner Home Medical**

36 17th Ave NW Rochester, MN 55901  
Phone: 507-208-4350

### **Med City Mobility**

1200 Eastgate Dr SE, Rochester, MN 55904  
Phone: 507-252-0555

### **Mayo Clinic Store Rochester**

Phone: 507-284-9669

### **Hunts Silver Lake Drug**

1510 N Broadway Ave, Rochester, MN 55906  
Phone: 507-289-3901

### **Inovi**

4392 Round Lake Road West, St. Paul, MN 55112  
Phone: 507-775-2828

# Other Community Resources

If you or someone you know needs “just a little extra help” in order to remain independent, there are a number of options for you:

- **Non-Medical In-Home Care Only**  
These agencies do not provide any skilled nursing services. In turn, they are often a more affordable option for those that only need services such as light housekeeping, dish washing, meal preparation, etc. Agencies offering these services:
- **Handyman Program: 507-287-2010**  
Family Services Rochester provides seniors aged 60+ with chore services, such as window washing, yard work, basic carpentry/plumbing, home safety checks, etc. Donations accepted. Home Safety checks also can be done.
- **Elder Network: 507-285-5272**  
Provides volunteers to help with both indoor and outdoor chores, including meal preparation, laundry, ramp building, raking, etc. Since this is a volunteer based program, access to the services will depend upon the availability of a volunteer. Many of the volunteers are members of local faith organizations.
- **Long-term care Ombudsman: 800-657-3591**
- **Intercultural Mutual Assistance Association (IMAA): 507-289-5960**  
Provides culturally and linguistically appropriate services that foster the well-being and independence of foreign born residents. Programs include: Interpreting & Translating, the Community Health Worker Program, Employment Program, Social Services Programs and culturally appropriate Victim Services.
- **Rochester Community and Technical College Community Base Senior Programs: 507-285-7210**  
RCTC offers a variety of learning opportunities for area seniors. Two such continuing education programs include Learning is Forever (LIFE) and Elderhostel. The **LIFE program** for individuals 55 years of age and older, includes educational opportunities in such areas as politics, cultural enlightenment and environmental activities. **Elderhostel Inc.** is an educational organization that provides short-term, non-credit, residential learning opportunities for people 55 and over
- **Body/Organ Donation:**
  - Mayo Clinic Body Donation: 507-284-2693
  - LifeSource: 888-5-DONATE, [www.life-source.org](http://www.life-source.org)
- **Byron Neighbors Helping Neighbors: 507-218-3275**  
Byron Neighbors Helping Neighbors is a community effort to help older adults in Byron continue living independently in their homes. Services are available to all eligible persons regardless of race, color, gender, age, religion, sexual orientation, disability, or national origin. Volunteers from within the community provide a variety of tasks, including seasonal chores, handyworker, lawn mowing, snow removal, housekeeping, transportation, grocery shopper, friendly visitor, assurance calls, or case management. There is a small fee for services.
- **Faith in Action Dodge County: 507-634-3654**  
Faith In Action provides volunteer services that assist senior citizens in maintaining their independence in the home environment of their choice.
- **The Rochester Public Library Wellness Corner: 507-328-2309**  
Social Worker is available to connect individuals to local resources for housing, food, employment,

health, safety, and other community services. Visit the Wellness Corner on the 2nd Floor of the Rochester Public library.

- **Family Service Rochester (FSR): 507-287-2010**  
Family Service Rochester is a community-based organization providing mental health, senior independence, family stability and child well-being services. Please refer to the website or call FSR for more information on the different services they provide.
- **Salvation Army Day Program 507-288-3663**  
Salvation Army is a community based program who provides a drop-in center and also provides 3 meals a day with the Landing's support.

## Hospice

A hospice is a public agency or private organization that provides comfort care and supportive services to terminally ill people and their families. Hospice agencies provide both home care and inpatient care, as well as a variety of other services. These programs can provide various levels of care. The hospice agency will work with you and your family to set up an appropriate plan of care using any or all of the various services:

- Registered nurse
- Licensed practical nurse
- Home health aide
- Chaplains
- Physical therapists
- Social worker
- Dietitian
- Volunteers

In order to receive hospice care, a person must be diagnosed with a terminal illness with a life expectancy of six months or less. Hospice patients are provided with comfort care. These services are covered by medicare or medical assistance.

- **Mayo Clinic Hospice: 507-284-4002 or 1-800-679-9084** (In-home care)
- **St. Croix: 507-281-5700** (In-home care)
- **Seasons Hospice: 507-285-1930** (In-patient facility as well as in-home care)
- **Winona: 507-457-4468** (In-home care)
- **Moments Hospice: 763-205-3600**
- **ProMedica Hospice** (formerly known as Heartland Hospice) – **866-216-5708**

## Dental Care

- **RCTC Dental Hygiene Program: 507-280-3169.**  
Dental hygiene students and instructors of Rochester Community and Technical College will provide services such as polishing/scaling, x-rays, fluoride treatment, sealants, and education. Reduced fees.
- **Good Samaritan Dental Clinic: 507-529-4100.**  
They treat dental problems such as pain and infection. (For basic check up, they will refer you to RCTC). Focus is on serving those who have no dental insurance. Fees are based on a sliding scale (free to those who qualify).
- **Community Dental Care: 507-258-4046**  
They accept most insurance plans. They also accept Care Credit. If you do not have dental insurance,

- **Appletree: 507-424-1040**
- **Dr. Richard Cohen: 507-206-6780**
- **Byron Dental: 507-775-6445**

they offer a discount program called “Sliding Fee Scale.” This discount program is based on your family size and income.

- **Open Door Health Center: 507-388-2120 ext. 232**

A federally qualified community health center (FQHC). ODHC has been serving the area since 1983. ODHC has more than 100 full-time staff members who provide medical, dental, and behavioral health care to more than 12,000 individuals each year.

Midtown Center Building 104 1st St. NW, Dodge Center  
Thursdays 9AM-4PM. Payment is determined on a sliding scale

## Foot Care

- **Toe-nail Clinic: 507-287-1404**

125 Live (formerly the Rochester Senior Center) offers this service throughout each month. Appointment needed. Cost is 20 dollars for members and 27 dollars for non-members.

- **The Landing: 507-884-0423** (Please call for location site, they are currently in transition)
- **The Rochester Public Library Wellness Corner: 507-328-2309**

## Adult Foster Care

Adult foster care provides seniors and their families, who face nursing home placement, with an opportunity to remain in the community in a supervised setting. Mandatory requirements include food, lodging, protection, and supervision and household services. Additional services are provided as needed. Examples include personal care, living skills assistance, medication assistance, and help safeguarding cash resources

Generally, this is a daytime program that provides a full range of scheduled activities, meals, snacks, activities and medication reminders which are usually included in the daily rate. Skilled services may also be available. Requirements for admission and participation in the program vary, as do costs. Transportation and additional personal assistance may also be available. Please call for individual program updates

- **Olmsted County: 507-328-6400**
- **SMB Foster Care: 507-292-7944**

## Respite Care

Respite care is short-term care to enable those caring for a loved one in their home to get a break for rest and relaxation, or time away to do errands. Respite may be provided in the home through a formal home care agency or an informal volunteer program, in a day care setting or a short-term institutional placement. Some adult foster care homes provide respite care.

- **Elder Network: 507-285-5272**

This service provides caregivers a time to get out of the house to run errands or just to relax on their own by providing a trained volunteer to be a companion for the homebound senior. The volunteer will stay with the senior while the caretaker is away. Sliding fee for service. Long term companionship for an hourly fee. Elder Network also provides caregiver support groups.

- **Olmsted County: 507-328-6400**

They can refer caregivers to adult foster care providers who are willing to care for seniors on an as-needed basis (e.g. for a weekend, a few weeks or a month).

- **Other**

- Some of the assisted living facilities will provide respite care for short-term stays, such as a weekend or more, based on availability. Caregivers should call each facility individually to determine their openings.
- In-home health care agencies can also provide respite. Refer to page 10 for a list of home health services in the community.

## Adult Day Care

Generally, this is a daytime program that provides a full range of scheduled activities, meals, snacks, activities and medication reminders which are usually included in the daily rate. Skilled services may also be available. Requirements for admission and participation in the program vary, as do costs. Transportation and additional personal assistance may also be available.

- **Ability Building Center (for disabled) .....507-281-6262**
- **SMB Day Program .....507-292-7944**

# Food

## Grocery Delivery

- **Silver Lake Foods: 507-282-3414**  
Orders are placed by calling the customer service staff directly. No automated line or computer is necessary.
- **Waiter Express (limited to Rochester area): 507-288-8883**  
Collaborate with select restaurants to create a menu guide from which people may place orders. Waiter Express will then deliver the meal to your home or work. A delivery charge of \$6.95 (per restaurant) is added to your order (\$15.00 minimum order required) and tips are also encouraged. Menu guides are available by calling their office.
- **Channel One Food Bank and Food Shelf: 507-287-2350**
- **Hy-Vee on 500 37th St NW: 507-289-1815** (Call Hy-Vee for program details)
- **Hy-Vee on 4221 W Circle Dr. NW: 507-292-6000** (Call Hy-Vee for program details)
- **HyVee on 500 Crossroads Dr SW: 507-289-7500** (Call Hy-Vee for program details)

## Meals

### Channel One Food Bank and Food Shelf: 35th St SE Rochester, MN 55904 (507) 287-2350

- **Hours:** Monday – Thursday 8 a.m. – 5:45 p.m. and Friday 8 a.m. – 11:45.
- **Driving Directions:** Take Hwy 63 south to 40th St exit. Turn left at stop light at top of exit, cross bridge and take left at stop light onto Wood Lake Drive. Follow to 35th St, take a right and it is the 2nd building on the left.
- **NAPS (Nutrition Assistance Program for Seniors):** Seniors may apply for NAPS at the Channel One food shelf. NAPS is a commodity food package that is available once each month to income eligible seniors age 60 and over. Please bring in a picture ID with your birth date on it, a piece of mail that proves your address, such as an electric, gas or cable bill and knowledge of your gross income.
- **Location/Hours of Channel One satellite food shelves:**
  - **Byron** – 610 Barbare Lane, Byron, MN 55920, located at Byron Self-Storage Units (Across from McDonald's on Highway 14), Hours: Second Tuesday of each month- 5:30 PM to 7:30 PM, Last Tuesday of each month- 1:30 PM to 4:30 PM
  - **Northwest Rochester:** Oasis Church 1815 38th St NW – third Saturday of each month 9:30 Am to 11:00 AM, Hosanna's Pantry 2815 57th St. NW, Fourth Saturday of each month 9:00 AM to 11:30 AM
  - **Downtown Rochester:** – Salvation Army – 120 1st St NE, Open Tuesday and Friday 10 a.m. – 4 p.m.
  - **Northeast Rochester** – The Chosen Pantry, 1310 10th Ave. NE, First Saturday of each month 9:00 AM to 12:00 PM
  - **Oronoco** – Presbyterian Church-20 3rd St. SW, Oronoco, Second Wednesday of the month 5:00 PM to 7:00 PM, Fourth Wednesday of each month 5:00 PM to 7:00 PM

- **Community Food Response: Bethel Lutheran Church, 810 Third Avenue SE, Rochester, MN 55904**  
 This organization works with hotels and restaurants to rescue surplus food and distribute it to individuals and families in need at no charge. Packaged food (refrigerate or frozen) can be picked up to take home. Not required to meet eligibility guidelines but limit of one visit per night per family. Also, food requested should be limited to the number of people who live in the household.

**Hours:**      Mondays .....5 p.m. – 6:30 p.m.  
                   Wednesdays.....5 p.m. – 6:30 p.m.  
                   Fridays.....5 p.m. – 6:30 p.m.
- **The Salvation Army: 507-288-3663**  
 Offers three programs: Soup and Sandwich Lunch Program, Bread Table, and Food Shelf.

  - The Soup and Sandwich Program provides a free soup, sandwich, and beverage Monday through Friday from 11:30 p.m. – 12:30 p.m.
  - The Bread Table Program offers an assortment of bakery products available from 12:00 p.m. – 12:45 p.m. Monday through Friday.
  - The Food Shelf hours are Tuesday and Friday from 10 a.m. – 4 p.m. (120 1st St. NE – can use once per month). Free Evening Community Dinner served Monday at 6 pm at 20 1st Avenue.
- **Saturday Noon Meal Program: Christ United Methodist Church, 400 SW 5th Avenue, Rochester, MN 55902**  
 Provides a free meal that includes beverage, meat, potatoes, rice or casseroles. Guests are welcome at 11:30 a.m. for snacks, refreshments, and visiting. The meals are served at noon, family style.
- **Mom’s Meals: 1-866-598-0133, [www.momsmeals.com](http://www.momsmeals.com)**
- **Dodge County Food Shelf: 507-634-4350**  
 20 E. Veterans Memorial Hwy  
 P.O. Box 36  
 Kasson, MN 55944  
 Tuesday and Thursday 9:00 AM-5:00 PM
- **Faith Community Food Shelf**  
 Faith Lutheran Church, 308 2nd St. NW Dodge Center, MN 55927  
 Monday-Friday 9:00AM-5:00PM  
 Limit of one food bag per month
- **Senior Dining Sites: Meals provided by Semcac in Lake City**

  - **Arbor Gardens, Eyota: .....507-864-8228**
  - **Fontaine Towers: .....507-529-4614**
  - **High Pointe: .....507-424-1858**
  - **Kenosha: .....507-206-5163**
  - **Northgate Plaza: .....507-287-7152**
  - **Park Towers: .....507-287-7868**
  - **Central Towers: .....507-529-4139**
  - **Stewartville Civic Center: .....507-533-4787**
  - **Dodge Center Meals on Wheels.....507-634-7526**

- **Semcac - Zumbrota Towers.....507-732-5086**
- **Family Service Rochester - Senior Café .....507-287-2010**

- **Home Delivered Meals (Meals on Wheels)**

Home delivered meals are available if you are living in your home and cannot prepare meals properly for yourself. Volunteers deliver the meals which are prepared in nursing homes, senior living kitchens, hospitals or restaurants. Diabetic and low sodium diets are available upon request.

- **Rochester: .....507-287-2010**
- **Byron: .....507-634-7526**
- **Dover: .....507-932-4072**
- **Eyota: .....507-545-3999**
- **SEMCAAC (rural): .....507-864-8228**
- **Chatfield .....507-325-2313**
- **Chatfield: .....507-867-4220**

\*Please refer to SEMCAC (<https://www.semcac.org/> or (507) 864-7741 for up to date info on Senior Dining or Meals on Wheels

- **Senior’s Diner Club at Hy-Vee: 507-864-8243**

37th St. NW

\* Participants MUST attend an initial enrollment. Please call to learn times of upcoming enrollment events.

## Home Safety Assessments

- **Family Service Rochester can do Free Home Safety Evaluations: 507-287-2010**

## Peer Counseling

- **Elder Network: 507-285-5272**

Peer support volunteers are available to make weekly home visits to adults age 55 and older to assist in dealing with challenges and adjustments associated with growing older; such as, isolation, grief, major health changes, loneliness, and retirement. Those interested in becoming peer support volunteers should call for more information about our training schedules. Elder Network also offers caregiver support groups and on-on-one Caregiver Coaching.

Friendly Visitor Volunteers will visit with seniors who may be living alone or not able to get out in the community as often as they would like. Assisting to community activities is at the availability of the volunteer. Skilled cares are not provided. Please contact Elder Network for most current offerings.

## Other

- **Rochester Public Library's Homebound Book Program: 507-328-2302**

Books, large print books and tapes are delivered to homebound seniors.

- **Minnesota Do Not Call List: 1-888-382-1222**

Telemarketers must purchase this list every three months. However, some businesses are exempt from the new guidelines. Therefore, it does not guarantee that you will never get another unwanted phone call!

- **Peer Mentoring: 507-285-1815 (SEMCIL) or 507-454-2270 (Catholic Charities)**

Senior volunteers will visit with isolated or lonely seniors that just need someone to talk to. They do not provide any skilled cares. Availability of a senior companion depends on the availability of a willing volunteer. Volunteers are needed within Olmsted County.

- **SEMCAC: Dodge County Senior Advocate: 507-450-8848**

- **Elder Network-Olmsted County: 507-285-5272**

- **ReStore: 507-258-5505**

- **Goodwill Rochester: Scott Road NW 507-424-1860**

- **A Smooth Move: 507-280-6683**

Assists older adults with their down-size. Packing, moving, unpacking and decorating needs.

- **Thrift Stores:**

- **Goodwill: 507-281-9651** (239 28th St. SE – next to ShopKo South)

- **Goodwill Rochester South: 507-281-9651** (239 28th ST. SE )

- **Savers: 507-536-2564** (1201 S. Broadway)

## Mental Health Resources:

- **Zumbro Valley Crisis Receiving Unit: 507-281-6248**
- **SE MN Warmline (NAMI): 507-287-7161 or 888-334-7754**  
Non-crisis phone line for people with mental illness. Thursday-Sunday 4-8 pm
- **Zumbro Valley Mental Health: 507-289-2089**
- **Suicide and Crisis Lifeline: 988**
- **Crisis Response: 1-844-274-7472**
- **Crisis Text Line: Text HOME to 741741**  
Messaging rates may apply if NOT on Verizon, Sprint, AT&T or T-Mobile
- **Southeast Regional Crisis Center: SERCC Direct Phone: 507-322-3019**  
**Crisis Line: 1-844-274-7472**

# Transportation

- **Yellow Cab: 507-282-2222**
- **Med City Taxi: 507-282-8294**
- **Rochester Public Transit: 507-328-2520**

Punch Tickets and Monthly Passes are available at Cub Foods, all Hy-Vee Foods, City Hall (City Clerks Office), Eagle Drug (23 2nd St. SW) and First Transit's office located at The City of Rochester's Transit Operation Center, 4300 East River Road NE. Please call (507) 328-RIDE for more information. Punch tickets are also sold by drivers.

Veteran's Fares – To qualify for free transit rides, disabled veterans must show a Veterans Identification Card, or VIC issued by a VA Medical Center with the words "Service Connected" or the initials "SC" below the photo. Reduced fares are available for: Persons age 65 or over, Medicare Card holders, ZIPS card holders, Persons using a visible mobility device such as a wheelchair or scooter, all weekday bus routes and all day Saturdays.

- **ZIPS (Zumbro Independent Passenger Service): 507-280-4796**

This for persons with mobility impairments. The person applying must be certified as disabled by their doctor. This is often referred to as "Dial-a-Ride." Fare is 5 rides for \$15 and tickets are purchased from the drivers. Call for a paper application to be mailed or go online to: <http://www.rochestermn.gov/home/showdocument?id=2789>.

## **Monday through Friday**

First Pick up is 5:00 AM  
Last Pick up is 10:30 PM

## **Saturday, Sunday and Holidays**

First Pick up is 6:30 AM  
Last Pick up is 7:30 PM

Reservations are made by calling (507) 288-8404. Riders are scheduled on a first come first served basis. You should call at least one day in advance. When you call be prepared to tell the dispatcher the time you want to be picked up, desired arrival time, and if you'll need a return ride. You should be ready for your pick up at least ten (10) minutes before the reservation time.

- **Handi-Van: 281-3600**  
This is a door-to-door transport service for elderly and disabled.
- **Redi Ride: 507-282-5353**
- **Specialized Transportation: 507-282-5353**
- **Quality Stretchers: 507-202-7747**
- **Northlink: 888-591-8884**
- **SMART BUS: (Mower and Freeborn County) 855-762-7821**
- **Divine Peace Transportation: 507-208-4957**

- **Elder Network’s Transportation Program: 507-285-5272**

Volunteers will provide transportation to medical appointments. Intake appointment needs to happen prior to rides and reservations being made. Reservations should be made at least 48 hours in advance. \$12 per round trip for Rochester, \$15 round trip surrounding areas or \$10 one way. If you cannot afford a fee, please call for special arrangements.

- One-way ride to one location within Rochester city limits: \$11
- One-way ride to outside of Rochester, within Olmsted County city limits: \$14
- Round-trip ride to one location within Rochester city limits: \$14
- Round-trip ride to one location outside of Rochester city limits, within Olmsted County: \$17
- Round-trip ride to two locations within Rochester city limits: \$17
- Round-trip ride to two locations outside of Rochester city limits, within Olmsted County: \$20

- **Walmart South free shopper van: 507-884-9084**

## Handicap Parking

- **Rochester License Bureau: 507-282-4711**

The local license bureau can provide temporary license stickers and applications for the permanent stickers. If it is a renewal, you must have old certificate to avoid a doctor’s approval.

## Emergency Response

Please call for the most up to date fees and costs.

- **Freedom Alert: 1-800-953-5211 extension #2, Freedomalert-911.com,**

- Buy the system and no monthly fee. It’s a 2 way programmable system that allows you to talk to family and has an automatic default to 911
- Buy online or over the phone for \$250
- Can also buy at MedCity Mobility for \$299 (1200 Eastgate Dr SE 507-252-0555)

- **Heartland Security: 1-888-264-6380, Heartlandss.com**

- **Lifeline 855-681-5351, www.lifeline.com**

- Please call for rates and options.

# Area Support Groups

## Alzheimer's Disease Support Groups

<https://www.alz.org/mnnd>

Contact: **800-272-3900**

- Website will connect individuals with the local contact for support groups

## Caregiver Support Groups

### Elder Network

1130 ½ 7th Street, Suite 205

Rochester, MN 55901

Contact: **507 285-5272**

- Open to the public.

## Parkinson's Disease Support Group

American Parkinson Disease Association MN Chapter

<https://www.apdaparkinson.org/community/minnesota/local-resources-support/>

Contact: **651-241-8297**

## Disability Linkage Line

Contact: **1-866-333-2466** for information on other disability related support groups

## Grief Support Groups

### Mayo Hospice Grief Support Group

Contact: **507-284-4002**

- Groups offered over an 8-week time period. Sessions offered during both the afternoon and evening. Pre-registration required. No cost.

### Heartland Hospice Grief Support Group

Contact: **507-292-1170**

### Season's Hospice Grief Support Group

Contact: **507-285-1930**

- Groups offered over an 8-week time period. Sessions offered during both the afternoon and evening. Pre-registration required. No cost.

## Other Support Groups

### Alcoholic Anonymous

Rochester, MN

Contact: **507-281-1747**

This number can connect you with an answering service and will provide meeting times and locations. Allow 24 hours when a return call is requested.

### Al-Anon

P.O. Box 7274

Rochester, MN 55903

Contact: **507-281-4729**

Phoneline open 24 hours/day. Call for specific dates and times.

### Psychologytoday.com

**Compassion Counseling Center:** 507-208-8822

**Disability Linkage Line** (now called Disability Hub)

**Elder Network offers several workshops:**

- Powerful Tools for Caregivers
- Living Well with Chronic Conditions
- Living Well with Diabetes

Please contact Elder Network for a current schedule or to register for a class at **507-285-5272**

# Olmsted County Senior Housing Directory

## Affordable Apartments

Age and income requirements. Rent is based on 30% of adjusted gross income.

**Central Towers** (62 and older or disabled)

200 1st Ave. NW  
Rochester, MN 55901  
507-285-1118

**Fontaine Towers** (62 and older or disabled)

102 Second St. SE  
Rochester, MN 55904  
507-288-1128

**High Pointe Senior Community** (62 and older)

1800/1830 High Pointe Lane NW  
Rochester, MN 55901  
507-282-8385

**Kenosha Drive Apartments** (62 and older with assisted living units)

3461 Kenosha Dr. NW  
Rochester, MN 55901  
1-800-466-7722  
[www.accessiblespace.org](http://www.accessiblespace.org)

**Northgate Plaza** (62 and older or disabled)

902 11th Ave. NW  
Rochester, MN 55901  
507-289-2022

**Park Towers** (55 and older or mobility impaired)

22 North Broadway  
Rochester, MN 55906  
507-285-9051

## **Accessible/Disabled Apartments**

### **Bostrom Terrace**

1680 Eastwood Road SE  
Rochester, MN 55904  
1-800-466-7722  
[www.accessiblespace.org](http://www.accessiblespace.org)

### **Newbridge Apartments**

325 1st Ave. SW  
Rochester, MN 55902  
507-282-8284

### **Oakridge Apartments**

539 North Broadway  
Rochester, MN 55906  
507-281-1031

## **Cooperatives**

### **Gramercy Park Cooperative**

1333 Arthur Lane NW  
Rochester, MN 55901  
507-289-0864  
[www.gramercyparkcooperative.com](http://www.gramercyparkcooperative.com)

### **Realife Cooperative**

825 Essex Parkway NW  
Rochester, MN 55901  
507-280-6053  
[www.realiferochester.com](http://www.realiferochester.com)

### **River Bluff Cooperative at Elton Hills**

1880 3rd Ave. NW  
Rochester, MN 55901  
507-285-3296  
[www.riverbluffcooperative.com](http://www.riverbluffcooperative.com)

## **Independent Apartments/Assisted Living**

### **Arbor Garden (Independent and Assisted Living)**

535 Canyon Dr. NW  
Eyota, MN 55934  
507-545-3999

### **Arbor Terrace (Independent Living with services – attached to Samaritan Bethany on 8th)**

700 2nd Ave. NW  
Rochester, MN 55901  
507-288-4883

**Charter House (Independent, Assisted and Skilled Nursing Facility)**

3211 2nd St. NW  
Rochester, MN 55901  
507-266-7879  
[www.charterhouse-mayo.org](http://www.charterhouse-mayo.org)

**Homestead at Rochester (Independent, Assisted and Memory Care)**

1900 Ballington Blvd.  
Rochester, MN 55901  
507-535-2000  
[www.thehomesteadatrochester.org](http://www.thehomesteadatrochester.org)

**Madonna Towers (Independent, Assisted, Memory Care and Skilled Nursing Facility)**

4001 19th Ave. NW  
Rochester, MN 55901  
507-288-3911  
[www.madonnatowers.org](http://www.madonnatowers.org)

**Madonna Summit of Byron (Independent, Assisted Living, Memory Care, and Skilled Nursing)**

551 Byron Main Court NE, Byron, MN 55920  
507-315-3600

**Madonna Meadows**

3035 Salem Meadows Dr. SW  
Rochester, MN 55902  
507-252-5400  
[www.madonnameadows.org](http://www.madonnameadows.org)

**Meadow Lakes Senior Living (Independent and Assisted Living)**

22 - 45th Ave. NW  
Rochester, MN 55901  
507-252-5069  
[www.meadowlakesmn.com](http://www.meadowlakesmn.com)

**River Bend Assisted Living**

30 Silver Lake Place NW  
Rochester, MN 55901  
507-282-1550

**The Waters on Mayowood**

827 Mayowood Road SW  
Rochester, MN 55902  
507-413-7678

**Sunset Homes Assisted Living Rochester**

3686 Kenosha Drive NW  
Rochester, MN 55901  
507-322-8055

**Prairie Meadows Senior Living (Assisted Living and Memory Care)**

800 5th Ave. NW  
Kasson, MN 55944  
507-634-9500  
www.prairiemeadowsskasson.com

**Root River Estates (Independent and Assisted Living)**

110 4th St. NE  
Stewartville, MN 55976  
507-533-1378  
www.stewartvillecarecenter.com

**Shorewood Senior Campus (Independent, Assisted and Memory Care)**

2115 2nd St. SW  
Rochester, MN 55902  
507-252-9110  
www.shorewoodcampus.com

**Stewartville Apartments (Independent and Assisted Living)**

125 2nd Ave. NE  
Stewartville, MN 55976  
507-533-1378  
www.stewartvillecarecenter.com

**Evergreen Place**

220 3rd St. NW Pine Island, MN 55963  
507-356-8585

**Cottagewood Senior Communities (Memory Care)**

4220 55th St. NW  
Rochester, MN 55901  
507-286-8528  
www.cottagewoodseniorcommunities.com

**Cascade Creek**

3530 Fairway Ridge Lane SW  
Rochester, MN 55902  
507-573-4141  
<https://www.anthemmemorycare.com/senior-living/mn/rochester/cascade-creek/>

**Weatherstone Senior Living**

5452 Weatherstone Drive NW  
Rochester, MN 55901  
Phone: 507-258-4796

**Willows and Waters Senior Living**

707 Upper Meadow Lane NW  
Rochester, MN 55901  
Phone: 507-288-0593

**Benedict House- memory care**

3883 19th Ave. NW  
Rochester, MN 55901  
Phone: 507-288-3911

**Skilled Nursing Facilities (SNF)**

If you would like additional information regarding other facilities in surrounding communities, please visit:  
<https://www.medicare.gov/nursinghomecompare/search.html>

**Charter House (Independent, Assisted and Skilled Nursing Facility)**

3211 2nd St. NW  
Rochester, MN 55901  
507-266-8572  
[www.charterhouse-mayo.org](http://www.charterhouse-mayo.org)

**Rochester Health Services East (Has Alzheimer's Care Unit)**

501 8th Ave. SE  
Rochester, MN 55904  
507-288-6514

**North Shore Health Care – Rochester West Health Service**

2215 Highway 52 North  
Rochester, MN 55901  
507-288-1818

**Whitewater Health Services**

525 Bluff Ave.  
St. Charles, MN 55972  
507-932-3283

**Madonna Towers**

4001 19th Avenue NW  
Rochester, MN 55901  
507-288-3911  
[www.madonnatowers.org](http://www.madonnatowers.org)

**Edenbrook of Rochester**

1875 19th St. NW  
Rochester, MN 55901  
507-282-9449  
[www.maplemanor.net](http://www.maplemanor.net)

**Samaritan Bethany Home on 8th**

24 8th St. NW  
Rochester, MN 55901  
507-289-4031

**Stewartville Care Center**

120 4th St. NE  
Stewartville, MN  
507-533-4288  
www.stewartvillecarecenter.com

**Field Crest Care Center - Hayfield**

(Skilled Nursing, PT/OT/Speech Therapy, Assisted Living)  
318 2nd 8t NE Hayfield, MN 55940  
507-477-3266

**Fairview Care Center**

(Independent, Assisted Living, Memory Care and Skilled Nursing)  
702 10th Ave NW,  
Dodge Center, MN 55927  
507-374-2578

**Pine Haven Care Center**

210 3rd St. NW Pine Island 55963  
507-356-8304

**Grand Meadow Senior Living**

210 Grand Avenue East  
Grand Meadow, MN, 55936  
Phone: 507-754-5212

**Green Prairie Rehabilitation and Assisted Living**

800 2nd Ave NW  
Plainview, MN 55964  
Phone: 507-534-3191

**Sacred Heart Care Center and Assisted Living**

1200 12th St. SW  
Austin, MN 55912  
Phone: 507-433-1808

**St. Mark's Living Assisted Living, Memory Care, and Nursing Home**

400 15th Ave SW  
Austin, MN 55912  
Phone: 507-437-4594

**Good Samaritan Society- Comforcare**

12011 17th St. NE  
Austin, MN 55912  
Phone: 507-437-4526

**Good Samaritan Society- AL**

75507 240th St  
Albert Lea, 56007  
Phone: 507-373-0683

**St. John's Lutheran Home**

901 Luther Place  
Albert Lea, 56007  
Phone: 507-373-8226

**Thorne Crest**

1201 Garfield Ave  
Albert Lea, MN 56007  
Phone: 507-373-2311

**St. John's the Woodlands**

1861 Eagle View Circle  
Albert Lea, MN 56007  
Phone: 507-373-2040

**Prairie Manor Care Center**

220 3rd St. NW  
Blooming Prairie, MN, 55917  
Phone: 507-583-4434

**New Richland Care Center**

312 1st St. NE  
New Richland, MN, 56072  
Phone: 507-465-3292

**Benedictine Living Community- Owatonna**

2255 30th St. NW  
Owatonna, MN 55606  
Phone: 507-444-4200

**Mayo Clinic Health System- Lake City**

500 West Grant Street  
Lake City, MN, 55041  
Phone: 651-345-3321

**Zumbrota Health Services**

433 Mill Street  
Zumbrota, MN, 55992  
Phone: 507-732-8402

**Benedictine Living Community- Red Wing**

213 Pioneer Road  
Red Wing, MN, 55066  
Phone: 651-388-1234

**The Emeralds at Faribault**

500 1st St. SE  
Faribault, MN 55021  
Phone: 507-332-5100

## **Temporary Housing**

### **Hope Lodge**

411 2nd St. NW

Rochester, MN 55901

507-529-4673

[www.cancer.org](http://www.cancer.org) and search Sandra J Schulze American Cancer Society Hope Lodge.

Temporary, residential facility that provides free accommodations to cancer patients undergoing treatment. Patients must be referred by a Mayo Clinic oncologist.

### **Gift of Life Transplant House**

705 2nd St. SW

Rochester, MN

507-288-7470

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

# Vulnerable Adult Reporting

The Minnesota Adult Abuse Reporting Center provides a toll-free number, 844-880-1574, the general public can call to report suspected maltreatment of vulnerable adults. Reports will be promptly submitted to the appropriate investigative agencies.

A **vulnerable adult** can be anyone over age 18 who:

- Has a physical, mental or emotional disorder that makes it difficult for the person to care for themselves without help and to protect themselves from maltreatment.
- Is in a hospital, nursing home, transitional care unit, assisted living, housing with services, board and care, foster care or other licensed care facility.
- Receives services such as home care, day services, personal care assistance or other licensed services.

## **Maltreatment includes:**

- Abuse, including physical, emotional and sexual abuse, use of restraints, involuntary seclusion or punishment.
- Neglect, including failure to provide necessary food, shelter, clothing, health care or supervision because of neglect by a caregiver or because the vulnerable adult cannot meet their own needs.
- Financial exploitation, including theft or withholding of money or property and/or use of money or property not for the vulnerable adult's benefit.

## Have questions?

You can call **211** or

**Senior Linkage Line: 1-800-333-2433 or**

**Senior Advocacy Program: 507-424-6409**

This information was compiled by the Olmsted Senior Provider Network and Mayo Clinic Social Work in order to inform and educate the public about the variety of resources available in our community.

*Revised September 2022*

# Notes

# Notes

# Notes

[mayoclinic.org](https://www.mayoclinic.org)

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MC2310-33rev1222