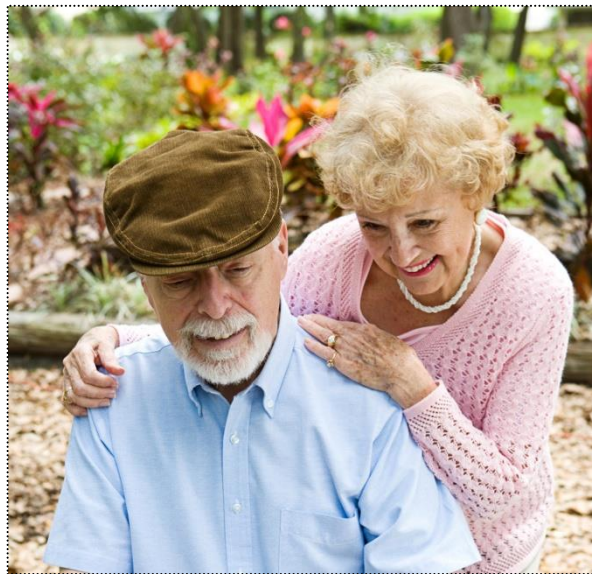


Services Available To Seniors In Wright County



Prepared by and a Service of:

Wright County Health and Human Services

1004 Commercial Dr.

Buffalo 55313



Social Services (763) 682-7400 **Public Health** (763) 682-7456 **Financial Programs** (763) 682-7400

Toll Free: 1-800-362-3667 Metro: (763) 682-3900

www.co.wright.mn.us

Wright County Health and Human Services does not endorse specific groups and takes no responsibility for content or operations of any groups.

Updated: 12/2017

TABLE OF CONTENTS

| | |
|---|----|
| A.A.R.P. (American Association of Retired Persons) (12/17)..... | 3 |
| Adult Day Centers (12/17) | 3 |
| Adult or Continuing Education (12/17) | 3 |
| Adult Foster Care (12/17) | 3 |
| Advocacy – Wright County (12/17)..... | 4 |
| Anniversary & Birthdays (12/17)..... | 4 |
| Assisted Living (12/17)..... | 4 |
| Central Minnesota Council on Aging (12/17)..... | 4 |
| Church Services to the Elderly (12/17)..... | 4 |
| Clinics (12/17)..... | 4 |
| Counseling (12/17)..... | 5 |
| Courage Center (12/17)..... | 5 |
| Dental Care (12/17)..... | 5 |
| Disability Linkage Line (12/17)..... | 7 |
| Drug Program (12/17)..... | 7 |
| Employment (12/17) | 7 |
| Energy Assistance (12/17) | 7 |
| Eye Care (Optometrist/Ophthalmology) (12/17) | 8 |
| Financial Assistance (12/17) | 9 |
| Food Resources (12/17) | 9 |
| Food Shelves/Clothing Centers (12/17) | 9 |
| Foot Doctors (Podiatrists) (12/17) | 11 |
| Handicapped Parking Certificates and Plates (12/17)..... | 11 |
| Health Assessment/Service and Treatment (12/17) | 11 |
| Home Health Care Agencies (12/17) | 12 |
| Home Delivered Meals (12/17)..... | 14 |
| Homemaker Services (12/17)..... | 15 |
| Hospice – Wright County and Surrounding Area (12/17) | 15 |
| Hospitals (12/17)..... | 16 |
| Housing- Wright County and Surrounding Area (12/17)..... | 16 |

| | |
|---|----|
| Housing Assistance and Repair (12/17)..... | 19 |
| Information Lines (12/17)..... | 19 |
| Information and Referral Services (12/17)..... | 19 |
| Legal and Para-Legal Services (12/17)..... | 19 |
| Medicaid (12/17)..... | 20 |
| Medical Alert Systems (12/17)..... | 20 |
| Medicare (12/17)..... | 20 |
| Minnesota Board on Aging (12/17)..... | 21 |
| Nursing Homes (12/17)..... | 21 |
| Office of Ombudsman for Long-Term Care (12/17)..... | 21 |
| Pre-Admission Screening (12/17)..... | 21 |
| Salvation Army (12/17)..... | 21 |
| Senior Centers/Clubs (12/17)..... | 21 |
| Senior Citizen ID Card (12/17)..... | 22 |
| Senior Companion Program (12/17)..... | 22 |
| Senior Dining (12/17)..... | 22 |
| Senior LinkAge (12/17)..... | 22 |
| Social Security (12/17)..... | 22 |
| State Services for the Blind (12/17)..... | 23 |
| Support Groups (12/17)..... | 23 |
| Telephone Program/Equipment (12/17)..... | 24 |
| Toll Free Numbers (12/17)..... | 24 |
| Transportation (12/17)..... | 24 |
| Veteran’s Benefits (12/17)..... | 25 |
| Wright County Commissioners (12/17)..... | 25 |
| Wright County Community Action (12/17)..... | 25 |

A.A.R.P. (American Association of Retired Persons) (12/17)

The goal of the A.A.R.P. is to enhance independence, dignity and purpose for older persons and to be a leader in determining their role in society. Motto: "to serve, not to be served". www.aarp.org.

Adult Day Centers (12/17)

Angels on Main Adult Day Care – 922 Main St., Elk River, 55330, (763) 241-6845. www.guardianangels.org. Monday-Friday, 7:00 am to 5:00 pm.

Buffalo Adult Day Center – 613 Montrose Blvd. S., Buffalo 55313, (763) 684-0803. www.elimcare.org.

Offers personal care, socialization, and supervision for seniors or handicapped adults who require assistance, but do not need the 24 hour care of a nursing home. In addition to helping seniors or handicapped adults, this service can provide a respite to family caregivers.

Cokato Manor Senior Day Program – 182 Sunset Ave., Cokato 55321, (320) 286-2158.

www.cokatoseniorcare.com. Monday-Friday, 8:00 am to 4:30 pm, excluding holidays. Community-based adult day care program for individuals 55 years and older created to provide services and activities enabling functionally impaired individuals to maintain independency. The program also provides respite to caregivers. People may participate from one to five days a week for full or half days.

Sojourn Adult Day Center – 5200 Maywood Rd., Mound 55364, (952) 471-6080 or 1-800-765-6876.

<http://sojourngreatdays.com/>. Offers a unique integrated care model and can easily transition participants to a higher level of care if needed.

Adult or Continuing Education (12/17)

County Extension Office – 10 2nd St. NW, Room C107, Buffalo 55313, (763) 682-7394 or 1-800-362-3667, ext. 7394. www.co.wright.mn.us. Provides educational opportunities in a variety of areas including agriculture, home economics, youth development and community resource development. Opportunities include classes, workshops, seminars, tours and mass media.

Local Schools – Many schools provide educational opportunities geared toward senior citizens. Contact Community Education.

Annandale – (320) 274-3058

Buffalo – (763) 682-8770

Buffalo Branch Campus of North Hennepin Community College – (763) 488-0268,

www.nhcc.edu/academic-programs/supplemental-programs/buffalo-location

Senior citizens can audit the class for free, otherwise, \$20.00 a credit.

Cokato – (320) 286-4120

Delano – (763) 972-6210, www.delanocommunityed.com

Howard Lake/Waverly – (320) 543-4670

Maple Lake – (320) 963-5991

Monticello – (763) 272-2030

Rockford – (763) 477-4563

St. Michael/Albertville – (763) 497-6550, www.stma.thatscommunityed.com

Adult Foster Care (12/17)

Adult Foster Care – (763) 682-7489 or 1-800-362-3667, ext. 7489, email: ellen.tschimperle@co.wright.mn.us.

Adult foster care is an alternative housing option for seniors. Services may include lodging, food, protection, supervision, household services, community recreation, living skills assistance, transportation, assistance safeguarding cash resources, medication assistance and other community, social and health services. Adult foster care homes in Wright County are licensed by Wright County Health and Human Services and meet

licensing standards issued by the State of Minnesota. Lodging may be in a corporate home or family home setting.

Advocacy – Wright County (12/17)

Senior Advocate Program – call the Senior LinkAge Line at (320) 253-9349 or 1-800-333-2433. www.cmcoa.org. Works with people who are 60+ in Wright County to provide health insurance assistance and volunteer help.

Anniversary & Birthdays (12/17)

Presidential Greeting Cards – Mail request to White House Greeting Office, 1600 Pennsylvania Ave. NW, Washington D.C. 20500. www.whitehouse.gov. The President will send a birthday card to people age 80 and over or veterans age 70 or older. The President will also send cards for those with a 50th and up wedding anniversary. Condolence and get well wishes may also be requested. Request must be sent at least 6 weeks before the occasion.

Assisted Living (12/17)

See “Housing”

Central Minnesota Council on Aging (12/17)

Central Minnesota Council on Aging – 250 Riverside Ave N, Ste 300 Sartell, MN 56377, (320) 253-9349 or 1-800-333-2433 ext. 83131. www.cmcoa.org. Non-profit organization designated by the Minnesota Board on Aging as the area agency on aging serving Wright County. They are committed to maintaining the highest level of independence with older people by developing and coordinating community care, reducing isolation, and improving access to services. Administers the Title III Federal Older American Act funds by awarding funding to local community providers to provide home supportive services, caregiver support, health promotion and disease management, home delivered meals and congregate dining.

Church Services to the Elderly (12/17)

Contact your local church.

Clinics (12/17)

ALBERTVILLE

Albertville St. Michael Clinic
11091 Jason Ave. NE
Albertville, 55301
(763) 684-8300

BUFFALO

Allina Medical Clinic
303 Catlin St.
Buffalo, 55313
(763) 682-5225

ANNANDALE

Allina Medical Clinic
440 Elm St. E
Annandale, 55302
(320) 274-3744

Buffalo Clinic
1700 Hwy. 25 N
Buffalo, 55313
(763) 682-1313

CLEARWATER

Clearwater Medical Center
615 Nelson Dr.
Clearwater, 55320
(320) 558-2293

COKATO

Allina Medical Clinic
110 Olson Blvd.
Cokato, 55321
(320) 286-2123

DELANO

Ridgeview Delano Medical Clinic
916 St. Peter Ave. E
Delano, 55328
952-442-7800

HOWARD LAKE

Ridgeview Howard Lake Clinic
900 6th St.
Howard Lake, 55349
(320) 543-2591

MONTICELLO

CentraCare Health Monticello Medical Group
1107 Hart Blvd.
Monticello, 55362
(763) 295-2945

Monticello Clinic
1001 Hart Blvd. #100
Monticello, 55362
(763) 295-2921

ST. MICHAEL

Allina Medical Clinic – St. Michael
4300 Edgewood Dr. NE
St. Michael, 55376
(763) 744-4000

Counseling (12/17)

Central Minnesota Mental Health Center – www.cmmhc.org. Offer a variety of counseling services.
Buffalo – 308 12th Ave. S, Buffalo 55313, (763) 682-4400
Elk River – 253 8th St. NW, Ste A, Elk River 55330, (763) 441-3770
Monticello – 407 Washington St., Monticello 55362, (763) 295-4001
St. Cloud – 1321 North 13th St., St. Cloud 56303, (320) 252-5010

Caritas Family Services – 911 18th St. N., St. Cloud 56303, (320) 650-1660. www.ccstcloud.org. Provide individual, marriage, family, financial and housing counseling, and adoption.

Wright County Health and Human Services – 1004 Commercial Dr., Buffalo 55313, (763) 682-7400 or 1-800-362-3667, ext. 4.

Courage Center (12/17)

Camp Courage – 10509 108th St. NW Annandale 55302, (952) 852-0101 or 1-800-450-8376. <http://www.truefriends.org/>. Provides life-changing experiences that enhance independence and self-esteem for children and adults with disabilities.

Dental Care (12/17)

ALBERTVILLE
Albertville Family Dentistry
5047 Jason Ave. NE
Albertville, 55301
(763) 497-8165

Metro Dentalcare
5585 La Centre Ave. #500
Albertville, 55301
(763) 497-7730

White Smiles Family Dentistry
6563 Laketowne Pl
Albertville, MN 55301
(763) 210-2631

ANNANDALE

Annandale Dental Clinic, PC
93 Oak Ave. S
Annandale, 55302
(320) 274-2475

Dr. Bruce Karg
18 Oak Ave. N
Annandale, 55302
(320) 274-5411

Laketown Dental
300 Park St. E
Annandale, 55302
(320) 274-8555

BUFFALO

Associated Oral & Maxillofacial Surgeons
215 East Hwy. 55, #301
Buffalo, 55313
(763) 682-3410

Brenner Dental Group
102 Marty Dr., #3
Buffalo, 55313
(763) 682-2101

Buffalo Dental Group
1000 Hwy. 25 S
Buffalo, 55313
(763) 682-2363

Buffalo Family Dentistry
106 Center Dr.
Buffalo, 55313
(763) 682-6885

Dental Care Associates of Buffalo
306 Brighton Ave. S
Buffalo, 55313
(763) 682-2572

Hanson Dental
1100 Hwy. 25 N, #1
Buffalo, 55313
(763) 682-9796

CLEARWATER

Clearwater Family & Sedation Dentistry
505 N Walnut St.
Clearwater, 55320
(320) 558-6810

Northway Dental Associates
935 Clearwater Professional Building
Clearwater, 55320
(320) 558-2201

COKATO

Bohnsack Family Dentistry
100 3rd St. W
Cokato, 55321
(320) 286-5333

Dr. William R. Fiedler, DDS
115 Olsen Blvd., #200
Cokato, 55321
(320) 286-2712

DELANO

Crow River Dental
405 Babcock Blvd. E #130
Delano, 55328
(763) 276-1410

Delano Dental
707 Elm Ave. E
Delano, 55328
(763) 972-2800

McLean Family Dental
327 13th St., #100
Delano, 55328
(763) 972-2915

HOWARD LAKE

Distinctive Dental Services
612 8th Ave.
Howard Lake, 55349
(320) 543-2233

OTSEGO

Otsego Dental
9075 Quaday Ave., #101
Otsego, 55330
(763) 441-2452

MAPLE LAKE
Dennis L Quinlan, DDS
57 Birch Ave. S
Maple Lake, 55358
(320) 963-3794

Southside Dental Center
201 Sandberg Rd.
Monticello, 55362
(763) 295-5400

MONTICELLO
Aspen Dental
9281 Cedar St
Monticello, MN 55362
(651) 401-1009

ROCKFORD
Brenner Family Dental
8900 Walnut St., #450
Rockford, 55373
(763) 477-5794

Lakeland Family Dental
116 E River St.
Monticello, 55362
(763) 295-3036

ST. MICHAEL
Northwest Family Dental Center
12725 43rd St. NE, #202
St. Michael, 55376
(763) 497-2367

Monticello Dental Center
20460 County Rd. 11 NW
Big Lake, 55309
(763) 263-7100

St. Michael Dental Center
399 Central Ave. E
St. Michael, 55376
(763) 497-2040

Monticello Family Dentistry
201 W Broadway St.
Monticello, 55362
(763) 295-3676

Disability Linkage Line (12/17)

Disability Linkage Line – (866) 333-2466. Resources for Minnesotans with disabilities or chronic illnesses.

Drug Program (12/17)

See “Central Minnesota Council on Aging”.

Employment (12/17)

Central Minnesota Jobs and Training Services – 406 E 7th St., Monticello 55362, (763) 271-3715 or 1-800-284-7425. www.cmjts.org. This program is for 55 years or older and must be income eligible.

Functional Industries Buffalo – 1801 Hwy. 25 N, P.O. Box 336, Buffalo 55313, (763) 682-4336.
www.functionalindustries.org.

Functional Industries Cokato – 200 Century Ave., P.O. Box 9, Cokato, 55321, (320) 286-5057.
www.functionalindustries.org.

Energy Assistance (12/17)

See “Wright County Community Action”.

Eye Care (Optometrist/Ophthalmology) (12/17)

ALBERTVILLE

Albertville Eye Care
5585 La Centre Ave, #400
Albertville, 55301
(763) 497-2115

ANNANDALE

Annandale Eye Clinic
500 Elm St. E
Annandale, 55302
(320) 274-3701

BUFFALO

Buffalo Eye Clinic
103 Center Dr., #100
Buffalo, 55313
(763) 682-1282

Eye Care Center of Buffalo
120 1st Ave. S
Buffalo, 55313
(763) 682-3600

Lifestyle Optics
94 14th St. NE, #2
Buffalo, 55313
(763) 682-2020

West Metro Ophthalmology
1700 Hwy. 25 N
Buffalo, 55313
(763) 682-9241

CLEARWATER

Clearwater Eye Clinic
814 Clearwater Center
Clearwater, 55320
(320) 558-9403

COKATO

Cokato Eye Center
115 Olsen Blvd., #300
Cokato, 55321
(320) 286-5695

DELANO

Delano Eye Clinic
1326 Babcock Blvd. E
Delano, 55328
(763) 972-2979

MONTROSE

Vision Unlimited LLC
5336 Meridian Ave. S
Montrose, 55363
(763) 675-5040

MONTICELLO

Monticello Optical Center
261 E Broadway St.
Monticello, 55362
(763) 295-5292

Select Eye Care
527 Hwy. 25
Monticello, 55362
(763) 295-4044

Uptown Eye Care
560 Cedar St.
Monticello, 55362
(763) 271-2020

West Metro Ophthalmology
504 Pine St.
Monticello, 55362
(763) 295-0004

OTSEGO

Bright Eyes Vision Clinic
15704 90th St. NE, #100
Otsego, 55330
(763) 241-1090

ST. MICHAEL

Eye Care Center
400 Central Ave. E, #40
St. Michael, 55376
(763) 497-2020

Eye West Vision Clinic and Optical
1 Central Ave. W #104
St. Michael, 55376
(763) 497-3754

Financial Assistance (12/17)

Health Care Program – Applications can be picked up at the Wright County Health and Human Services, 1004 Commercial Dr., Buffalo 55313, (763) 682-7400 or 1-800-362-3667, ext. 7400. www.co.wright.mn.us. Food support and medical health care guidelines are constantly changing. This is a program where individuals receive assistance in paying medical bills such as: dentures, pills and other medically related expenses.

Food Resources (12/17)

Fare For All – (763) 450-3880. www.fareforall.org. Community-supported and open to everyone, Fare For All buys fruits, vegetables, and frozen meat in bulk to save you up to 40% off grocery store prices. Call for pick up sites and more information.

Nutrition Assistance Program for Seniors (NAPS) – 651-484-8241 or 1-800-365-0270, email: info@2harvest.org. Commodity supplemental food program through Second Harvest Heartland who provides shelf-stable food to individuals 60 years and over who are Minnesota residents and meet federal income guidelines. Call to register and get location of distribution sites.

Supplemental Nutrition Assistance Program (SNAP) – Ask the county for an application or apply online at www.apply.dhs.mn.gov. SNAP is a county-run federal program that helps Minnesotans with low incomes get the food they need for sound nutrition and well-balanced meals. SNAP, formerly known in Minnesota as Food Support and sometimes called Food Stamps, is not intended to meet all of your food budget needs.

Food Shelves/Clothing Centers (12/17)

ALBERTVILLE- see HANOVER

ANNANDALE – 390 Annandale Blvd., Annandale 55302, (320) 274-7155 (emergency calls only). www.annandalefoodshelf.org. Monday 4-6 pm, Wednesday 5-7 pm, and Friday 8:30-11 am (320) 274-FOOD (3663). Available to Annandale, Maple Lake, South Haven, and Silver Creek, and Annandale School district residents in need of emergency food.

Free Store – (320) 274-8881. Monday 1-3pm, Tuesday 3-5 pm, Wednesday 4-6 pm, Thursday 12-2 pm, Friday 9-12 pm. There is a free store in Annandale open to anyone in need. They have mainly clothes, some household items, and may be able to get other items for people in need. Clients need no ID; just come in and take what you need. Free will offering is asked.

BUFFALO – 301 12th Ave. S, Buffalo 55313, (763) 684-1699. www.buffalofoodshelf.com. Tuesday 5:30-8 pm, Thursday 6:30-8:30 pm, and Friday 10:30-12:30 pm. Provides food to those in need in the Buffalo area.

Love INC: Big Woods– 57 Birch Ave S, Maple Lake, 55358. (763) 682-6820 or (763) 682-2550 www.loveincbigwoods.org. Monday and Thursday 9 am- 2 pm; call for an appointment. Serving the communities of Buffalo, Hanover, and Maple Lake. We have furniture, clothing, bedding, back to school supplies, foster care kits, holiday food and gifts, and numerous other ministries in place.

CLEARWATER – Lions'/Lioness' Community Building, 1100 County Rd. 75, Clearwater 55320. Open every Monday 5:30 – 7 pm, Tuesday 9-11 am and 6-8 pm, and Wednesday 3-5 pm. If you're in need of emergency help, call (320) 558-2954 and leave name and phone number.

COKATO – 395 Broadway Ave. S, Cokato 55321, call (320) 333-7877 Wednesday-Thursday, 9:00-12:00 pm to pick up Friday 9:00-10:00 am. The Cokato Area Food Shelf is available for residents in the Cokato/Howard

Lake area. Emergency use only; proof of residence and children's birth certificates may be required. Use is limited to monthly, with six uses total, after which individuals are required to meet with one of the area pastors before receiving additional food support.

Save & Share Thrift Shop – 370 Millard Ave., Cokato 55321. Thursday 10-5 pm, Friday 10-5 pm, Saturday 10-2 pm. These shop hours are for BOTH donation drop off and shopping. If you have donation of larger quantity of items call (320) 286-5895 to make an appointment.

DELANO – 140 Elm Ave., Delano 55328, (763) 972-3360. Thursday 2-4 pm and every third Thursday from 5-7 pm. People may come once a month. Available for all Delano area residents in need of emergency food.

Love INC: Heartland – 318 Railroad Ave., Delano 55328, (763) 972-6547. Monday, Tuesday, Wednesday and Thursday 9-2 pm, Wednesday 6-8 pm, and Friday and Saturday 9-12 pm. We have furniture, clothing, bedding, back to school supplies, foster care kits, holiday food and gifts, and numerous other ministries in place.

HANOVER – St. Paul's Lutheran Church, 11024 Church St. NE, Hanover 55341, (763) 498-8311. 1st and 3rd Mondays of the month from 5-7 pm, Tuesday from 12-2 pm, Wednesday from 10-2 pm, and Friday from 12-2 pm. Serves Hanover, St. Michael, Albertville, northwestern Loretto, and the eastern corner of Corcoran.

HOWARD LAKE- see COKATO, MONTROSE or WAVERLY (5-13)

MONTICELLO – 215 Cedar St., Monticello 55362, (763) 295-4031 for an appointment. Monday, Wednesday, and Friday 9:30-11:30 am and Wednesday 6-7:30 pm. Food shelf available to Monticello and Silver Creek residents and/or the Monticello School district.

Clothing Center – 213 Cedar St., Monticello 55362, (763) 295-4031. Monday and Friday 9:30-11:30 am, Tuesday and Thursday 1-3 pm, Wednesday 5:30-7:30 pm, and Saturday 9-12 pm. Food shelf clients receive voucher for free clothing at clothing center, others may shop for \$3.00 per bag or \$.50 per item. Clothing for emergency or disaster relief will be provided free.

MONTROSE – Montrose Community Center, 200 Center Ave. S, Montrose 55363. 2nd Tuesday of each month from 5-7 pm. Serving the Montrose, Waverly, Howard Lake and surrounding areas. Volunteers cook and serve free hot meals to those in need and have food shelf items available for pickup. No income restrictions; everyone in need is welcome.

OTSEGO – 12621 Elk Lake Rd. NW, Elk River 55330, (763) 441-1020. www.caerfoodshelf.org. Monday, Wednesday, and Friday 10 am to 3 pm, Monday and Thursday 6 to 8 pm. MUST arrive 1 hour before closing. Available to Wright County residents if you have an Elk River/Otsego address and are in need of emergency food. Address verification required, dated in the last 30 days.

ROCKFORD – 8230 Cedar St., Rockford 55373, (763) 477-6098. www.riverworksonline.org. Monday and Thursday 5:30-8 pm and Tuesday 9-11 am. Serving the people of Rockford/Greenfield area.

The RiverWorks Store – Rockford Mall, Hwy. 55/Walnut St., Rockford 55373, (763) 477-5480. Monday-Saturday 10-6pm.

ST. MICHAEL – see HANOVER

WAVERLY – 411 Elm Ave., Waverly 55390, (763) 658-4414. www.wccaweb.com/Program/Food_Shelf
Monday, Wednesday, and Friday 9-1:30 am and Tuesday and Thursday 9- 6:30 pm. Available to Howard Lake, Montrose, and Waverly area.

Clothing Center – 411 Elm Ave., Waverly 55390, (320) 963-6500 or (763) 658-4414. Monday, Wednesday, and Friday 8-12 pm, Tuesday 12-4 pm, and Thursday 3:30-7pm.

Foot Doctors (Podiatrists) (12/17)

ALBERTVILLE

Albertville-St. Michael Clinic
11091 Jason Ave. NE
Albertville, 55301
(763) 684-8300

DELANO

Ridgeview Clinic
916 St. Peter Ave.
Delano, 55328
952-442-7800

BUFFALO

Buffalo Clinic
1700 Hwy. 25 N
Buffalo, 55313
(763) 684-3600

MONTICELLO

Monticello Clinic
1001 Hart Blvd. #100
Monticello, 55362
(763) 271-3800

Buffalo Foot & Ankle Specialists
105 Center Dr.
Buffalo, 55313
(763) 682-9433

ST. MICHAEL

Allina Medical Clinic
4300 Edgewood Dr. NE
St. Michael, 55376
(763) 744-4000

Handicapped Parking Certificates and Plates (12/17)

Wright County License Bureau – Government Center, 10 2nd St. NW, Buffalo 55313 (763) 682-7597 or 1-800-362-3667, ext. 7597. www.dps.state.mn.us/dvs/index.html. The application fee is \$5.00 (up to 12 months and if this is long-term, no fee).

Health Assessment/Service and Treatment (12/17)

Wright County Public Health – 1004 Commercial Dr., Buffalo 55313, (763) 682-7456 or 1-800-362-3667, ext. 7456. www.co.wright.mn.us.

- **Blood Pressure Screening** – Screenings are offered at many senior citizen centers monthly. For more information, call your senior citizen center or Wright County Public Health.
- **60+ and Healthy Foot Care Clinics** – Foot care (toe nail clipping), education, and blood pressure checks for seniors. Eight sites are visited throughout Wright County. The 60+ and Healthy Clinics charge a \$15 fee for foot care services; no one is turned away for inability to pay.
- **WOW Van** - The Wright County Public Health WOW (Wellness on Wheels) Program delivers, through its special mobile unit, a variety of health care activities to the community, including immunizations, health and wellness screenings, education and community resource information for all ages. Wright County Public Health has the WOW Van out four times per month at four different Wright County locations and at special events.

Home Health Care Agencies (12/17)

The agencies and providers on this list either currently provide services or have provided services in the past to Wright County residents. Their appearance on this list does not imply endorsement by Wright County Public Health, nor does Wright County Public Health guarantee the safety and effectiveness of the services provided. These providers are licensed by the State of Minnesota. If you do have questions regarding quality of service issues, you may wish to contact the Minnesota Office of Health Facilities Complaints at 1-800-369-7994.

Definition of acronyms used in describing the services provided by these Home Care Agencies:

SNV - SKILLED NURSING VISIT

SPEECH - SPEECH THERAPIST

PCA - PERSONAL CARE ATTENDANT

RT - RESPIRATORY THERAPY

HHA - HOME HEALTH AIDE

PT - PHYSICAL THERAPIST

OT - OCCUPATIONAL THERAPIST

PDN - PRIVATE DUTY NURSING

HMKR – HMKR

| Name/Address/Phone |
|--|
| <p><u>Accukare, Inc.</u> 13750 Crosstown Dr., Andover 55304 Phone: (763) 862-3971 Fax: (763) 862-2135 Emergency Staffing: (763) 458-1926 Email: info@accukare.com</p> |
| <p><u>Accurate Home Care, LLC</u> 9000 Quantrelle Ave. NE, Otsego 55330 Phone: (866)214-3800 Fax (763) 633-3800 www accuratohomecare.com</p> |
| <p><u>Alliance Health Care</u> 2260 Cliff Rd., Eagan 55122 Phone: (651) 895-8030 or 1-800-548-0980 Fax: 651-895-8070</p> |
| <p><u>All Home Caring</u> 3638 Center Ave., Minneapolis 55418 Phone: (612) 378-1474 Fax: (612) 378-1570</p> |
| <p><u>Ally Home Health Care</u> 5701 Shingle Creek Pkwy. #300, Brooklyn Center, 55430 Phone: (763) 231-2045 Fax: (763) 560-1945</p> |
| <p><u>Arise Home Health Care Inc.</u> 2907 Clearwater Rd., St. Cloud 56301 Phone: (320) 230-6348 Fax: (320) 281-2310 www.arisecares.com</p> |
| <p><u>Barnabus Healthcare</u> 223 Washington St., Brainerd 56401 Phone: (218) 829-0901 or 1-800-434-7225 Fax: (218) 829-4470 Email: homecare@barnabashealth.com</p> |

| Name/Address/Phone |
|--|
| <p><u>Bayada Nurses</u> 110 Second St. S, Waite Park 55638 Phone: (320) 251-0668 Fax: (320) 251-0680</p> |
| <p><u>Bethesda Home Health Care</u> 901 Willmar Ave. SE #2, Willmar 56201 Phone: (320) 235-8364 Fax: (320) 235-6968</p> |
| <p><u>Carefree Home Services</u> 7830 149th Ln. NW, Ramsey 55303 Phone: (763) 422-9713</p> |
| <p><u>Children's Home Care and Hospice</u> 2525 Chicago Ave. S, Minneapolis 55404 Phone: (888) 865-2903 Fax: (612) 813-6358</p> |
| <p><u>Cokato Manor Home Care</u> 600 E. 3rd St., Cokato 55321 Phone: (320) 286-3049 Fax: (320) 286-230 Email: cokatomanor@cmgate.com</p> |
| <p><u>Comfort Keepers</u> 50 10th Ave. S Waite Park 56387 Phone: (320) 200-1066 www.comfortkeepers.com</p> |
| <p><u>Dominion Home Health Services</u> 1205 10th St., Glencoe 55336 Phone: (320) 864-9926 Fax: (888) 206-4549 http://www.dominioncares.com</p> |
| <p><u>Ecumen of Litchfield</u> 600 S Davis Ave. Litchfield 55355 Phone: (320) 693-2430 Fax: (320) 693-7418</p> |

| Name/Address/Phone |
|---|
| <p><u>Elena's Care, Inc.</u> 500 Hwy. 96 W, #100, St. Paul 55126 Phone: (651) 482-0549</p> |
| <p><u>Fairview Home Care & Hospice</u> 2450 26th Ave. S, Minneapolis 55406 Phone: (612) 728-2468 Fax: (612) 728-2481 110 6th Ave. S, Princeton, 55371 Phone: (763) 389-1923 Fax: (763) 389-7000</p> |
| <p><u>Guardian Angels/Elim Home Care/Hospice</u> 1 Division St. E, Buffalo 55313 Phone: (763) 682-2726 Fax: (763) 682-4282</p> <p>Hospice- Buffalo 1111 Hwy. 25, Buffalo 55313 Phone: (763) 241-0654</p> <p>400 Evans Ave., Elk River 55330 Phone: (763) 241-0654 or 1-800-300-4357 Fax: (763) 241-0274</p> <p>Hospice- Elk River 400 Evans Ave., Elk River 55330 Phone: (763) 241-0654 or 1-800-300-4357</p> |
| <p><u>HealthNorth, Inc.</u> 1320 N 32nd Ave. St. Cloud 56303 Phone: (320) 281-5311 Fax: (320) 281-5317 Email: jay@healthnorthinc.com www.healthnorthinc.com</p> |
| <p><u>Heartland Home Health Care & Hospice</u> 1257 2nd St. N, Sauk Rapids 56379 Phone: (320) 654-1136</p> |
| <p><u>Heritage Home Health & Hospice</u> 152 Norman Ave. S, Foley 56329 Phone: (320) 968-7117 Fax (320) 968-7316</p> |
| <p><u>HomeInstead Senior Care</u> 406 Great Oak Dr., Waite Park 56387 Phone: (320) 281-4099</p> <p>1883 Station Pkwy. NW, Andover 55304 Phone: (763) 445-4721</p> |

| Name/Address/Phone |
|--|
| <p><u>Intrepid USA Healthcare Services</u> 7300 Metro Blvd. #625, Edina 55439 Phone: (952) 513-5400 Fax: (952) 513-5464</p> |
| <p><u>Liberty Health Care, Inc.</u> 6418 Bass Lake Rd. #4, Minneapolis 55428 Phone: (763) 535-6825 Fax: (763) 535-4568 Email: info@libertyhealthcare.com</p> |
| <p><u>Med Alliance Home Health & Adult Foster Care</u> 309 Cotton Wood Ave. NE, St. Michael 55376 Phone: (763) 497-2216 Cell: (763) 412-8264/(763) 442-2846 Email: medalliance@wmconnect.com</p> |
| <p><u>Meridian Services</u> 9400 Golden Valley Rd., Golden Valley 55427 Phone: (763) 450-5010 Fax: (763) 450-5015</p> |
| <p><u>My Brother's Keeper</u> 135 Holmes St. S, Shakopee 55379 Phone: (952) 496-0157 Fax: (952) 496-0183</p> |
| <p><u>Nightingale Home Healthcare, Inc.</u> 10550 Wayzata Blvd., Ste. A, Hopkins 55305 Phone: (763) 545-3131 or 1-866-334-7776 Fax: (866) 878-0094 www.HomeCareForYou.com</p> |
| <p><u>North Memorial Home Health and Hospice</u> 3500 France Ave. N #101, Robbinsdale 55422 Phone: (763) 581-9340 Fax: (763) 520-3997</p> |
| <p><u>Prairie River Home Care, Inc.</u> Main Office: 25 1st Ave. NE, Buffalo 55313 Phone: (763) 682-3005 Fax: (763) 682-3006</p> <p>246 Main St. S, Hutchinson, 55350 Phone: (320) 587-5162 Fax: (320) 234-7950</p> |
| <p><u>Pride 'N' Living Home Care, Inc.</u> 7691 Central Ave. #102, Fridley 55432 Phone: (763) 572-2390 Fax: (763) 574-2459</p> |

| Name/Address/Phone |
|--|
| <u>Provisional Home Health</u> 4110 Maple Hurst Dr. S, Rockford 55373 Phone: 1-866-477-3715 Fax: (763) 575-7281 |
| <u>Recover Health</u> 3400 1 st St. N #305, St. Cloud, 56303 Phone: (320) 774-0777 Fax: (320) 774-0779 5900 Green Oak Dr. #200, Minnetonka 55343 Phone: (952) 926-9808 Fax: (952) 926-4002 |
| <u>Ridgeview Home Care & Hospice</u> 500 S. Maple St. #1, Waconia 55387 Phone: (952) 442-6030 Fax: (952) 442-6542 www.ridgeviewmedical.org |

| Name/Address/Phone |
|---|
| <u>Ridgeview Home Support Services</u> 125 West Main St., Waconia 55387 Phone: (952) 442-6032 or 1-800-967-4751 Fax: (952) 442-6034 |
| <u>Ridgeview Home Medical Equipment</u> 501 S Maple St. #2, Waconia 55387 Phone: (952) 442-2283 or 1-800-666-6497 Fax: (952) 442-2948 |
| <u>Rolling Acres Home Health</u> 18986 Lake Dr. E Chanhassen 55317 Phone: (952) 401-4848 Fax: (952) 767-1013 |
| <u>St. Cloud Hospital/Home Care</u> 2035 15 th St. N, St. Cloud 56303 Phone: (320) 259-9375 Fax: (320) 240-3266 |
| <u>Touching Hearts at Home</u> 2415 Annapolis Ln. N #110, Plymouth 55441 Phone: (612) 888-2378 www.touchinghearts.com |
| <u>Trusted Home Care, LLC</u> 100 S Fuller St. #105, Shakopee 55379 Phone: (952) 378-1592 Fax: (952) 378-2878 |

Home Delivered Meals (12/17)

ALL COUNTY

Homestyle Direct
 Phone: 1-866-735-0921 www.homestyledirect.com

Mom's Meals NourishCare
 Phone: 1-877-508-6667
 Email: info@momsmeals.com
www.momsmeals.com

ALBERTVILLE

Crow River Area Senior Center
 11800 Town Center Dr. NE, St. Michael 55376
 Phone: (763) 497-8900
 Tuesday – Friday in town only
 Cost: \$4.00

HANOVER

Crow River Area Senior Center
 11800 Town Center Dr. NE, Saint Michael
 55376
 Phone: (763) 497-8900
 Tuesday – Friday in town only
 Cost: \$4.00

HOWARD LAKE

Good Samaritan Society
 413 13th Ave., Howard Lake 55349
 Phone: (320) 543-3800
 Deliver Monday – Saturday but will provide
 for 7 days; deliver 6 miles out of town
 Cost: \$5.00

ANNANDALE

Catholic Charities Senior Dining
 30 Cedar St. East, Annandale 55302
 Phone: (320) 274-3891
 Weekdays; weekend frozen meals available;
 serves Annandale and surrounding area
 Cost: Suggested contribution \$4.00 (age 60+),
 \$7.50 if not a senior

BUFFALO

Catholic Charities Senior Dining Site
 206 Central Ave., Buffalo 55313
 Phone: (763) 682-6036
 Weekdays; weekend frozen meals available
 Cost: Suggested contribution \$4.00-\$7.75 (age
 60+), \$7.75 if not a senior

CLEARWATER

Catholic Charities Senior Dining Site
 12115 Rye St., Apt. 101, Becker 55308
 Phone: (763) 261-4466
 Availability of meals depends on where you live
 Cost: Suggested contribution \$4.00 - \$7.75 (age
 60+), \$7.75 if not a senior

COKATO

Cokato Manor, 182 Sunset Ave., Cokato 55321
 Phone: (320) 286-2158
 Seven days/week; deliver within city limits
 Cost: \$6.53

DELANO

Catholic Charities Senior Dining Site
 234 2nd St. N, PO Box 462, Delano 55328
 Phone: (763) 972-0574
 Weekdays; weekend frozen meals available
 Cost: Suggested contribution \$4.00 - \$7.75 (age
 60+), \$7.75 if not a senior

MAPLE LAKE

Maple Manor
 555 2nd St. W, Maple Lake 55358
 Phone: (320) 963-5771
 Cost: \$7.75 if you register with Ginger you
 can get a reduced price

MONTICELLO

CentraCare Health Monticello
 1013 Hart Blvd., Monticello 55362
 Phone: (763) 271-2336
 Five days/week; deliver 3 miles from hospital
 Cost: \$6.53 for all homebound individuals.

Group Meal at Monticello Senior Center – 505
 Walnut St Ste 3, Monticello, MN 55362
 Phone: (763) 295-2000 (Meal reservations
 need to be made at least one business day in
 advance by 1 PM) Tuesday-Friday at 12
 Cost: \$4 for age 55 and older

OTSEGO

Catholic Charities Senior Dining
 Phone: (763) 441-6288
 Deliver close to Elk River; frozen weekend
 meals available
 Cost: \$4.00 (age 60+), \$7.75 if not a senior

ST. MICHAEL

Crow River Area Senior Center
 11800 Town Center Dr. NE, Saint Michael
 55376
 Phone: (763) 497-8900
 Tuesday – Friday in town only
 Cost: \$4.00 for age 55 and up

| |
|-----------------------------------|
| Homemaker Services (12/17) |
|-----------------------------------|

See “Home Health Care Agencies Listing”

| |
|---|
| Hospice – Wright County and Surrounding Area (12/17) |
|---|

Allina Home Care and Hospice
 1055 Westgate Dr., South St. Paul 55114
 Phone: (651) 635-9173
www.allina.com

North Memorial Home Health & Hospice
 3500 France Ave. N., Robbinsdale 55422
 Phone: (763) 581-9340
www.northmemorial.com

Ecumen of Litchfield
600 S Davis Ave., Litchfield 55355
Phone: (320) 693-7367

Guardian Angels Elim Hospice
1111 Hwy. 25 N #104, Buffalo 55313
Phone: (763) 682-2726
www.elimcare.org

Heartland Home Health Care & Hospice
1257 2nd St. N, Sauk Rapids 56379
Phone: (888) 650-1136
www.hcr.manorcare.com

Ridgeview Home Care Services
500 S. Maple St., Waconia 55387
Phone: (952) 442-6030 or 1-800-967-4620
www.ridgeviewmedical.org

St. Cloud Hospital Home Health Care/Hospice
2035 15th St. N, St. Cloud 56303
Phone: (320) 259-9375 or 1-800-835-6610
www.centracare.com

Hospitals (12/17)

Buffalo Hospital – 303 Catlin St., Buffalo 55313, (763) 682-1212. www.buffalohospital.org

CentraCare Health – Monticello – 1013 Hart Boulevard, Monticello 55362, (763) 295-2945.
www.centracare.com

Housing- Wright County and Surrounding Area (12/17)

SENIOR LIVING

ALBERTVILLE

Cottages of Albertville (I)
Phone: (763) 497-0858

Centennial Villa
Phone: (320) 274-3737

Cottages of Annandale
Phone: (320) 274-2818

*Goldendale Homes
Phone: (844) 727-9651

Knollwood Square
Phone: (320) 274-5206

*Oakdale Apartments
Phone: (320) 202-2967

ANNANDALE

Annandale Care Center (AL, ML, I)
Phone: (320) 274-3737

Village Place
Phone: (763) 682-4128

*Lake Ridge Manor
Phone: (763) 404-4617

*Lakeside East
Phone: (763) 682-0056

Park Lane
Phone: (763) 682-1131

Park Terrace (AL, ML)
Phone: (763) 684-4866
www.elimcare.org

St Benedict Senior Community
Phone: (763) 295-4051

The Village (St Benedict's)
Phone: (763) 295-4051

MONTROSE

*Rosehaven I, II
Phone: (763) 675-3235

Ridgemont
Phone: (320) 558-2702

Woodmere
Phone: (763) 682-3240

BIG LAKE
Autumn Winds
Phone: (844) 670-1913

BUFFALO
*Barrington Senior Apartments
Phone: (763) 295-5804

Cottagewood Senior Community (AL, ML)
Phone: (763) 682-5489

COKATO
Brookridge (AL, ML, I)
Phone: (320) 286-2158
www.cokato-senior-care.org

Edgewood Gables
Phone: (320) 286-2158

Heritage Place (ML)
Phone: 320 286-2158

DELANO
*Crow River Villa
Phone: (763) 972-2945

Delano Commons
Phone: (763) 972-2930

Legacy of Delano (AL, ML)
Phone: (763) 972-2333

*Ridge Manor
Phone: (763) 972-2945

HOWARD LAKE
The Lodge of Howard Lake (AL)
Phone: (320) 543-1010

MAPLE LAKE
*Maple Manor
Phone: (320) 963-5283

River Park View
Phone: (763) 263-1955

St. Benedict Senior Community (I, AL, ML)
Phone: (763) 295-4051
Mississippi Shores
Phone: (763) 295-0787

*Pleasant Place
Phone: (763) 428-4494

Ridge Dr. I, II
Phone: 952-941-7347

MONTICELLO
*Cedar Crest
Phone: (763) 295-4242

ROCKFORD
*Rockford Manor
Phone: (651) 779-7211

ROGERS
Autumn Trails of Rogers
Phone: (763) 428-1047

ST. MICHAEL
Countryside Cottages
Phone: (763) 497-4901

Legacy of St Michael (AL, ML)
Phone: (763) 497-0171

WACONIA
Lighthouse of Waconia (I, AL, ML)
Phone: 612-424-7957

WATERTOWN
Elim Meadows
Phone: (952) 955-2691

WINSTED
Assisted Living Services of Winsted (AL)
Phone: (320) 485-4271

St Mary's Care Center (I, AL, ML)
Phone: (320) 485-2151

I=Independent Living; AL=Assisted Living; ML=Memory Loss
*Units - May not all be subsidized; ** Family Building

LOW INCOME HOUSING

ALBERTVILLE

Pheasant Ridge
Phone: (763) 295-5804

ANNANDALE

Annandale Square
Phone: (320) 274-5206

Maple Dell

Phone: (763) 682-6269

CLEARWATER

*Clearwater Parkview
Phone: (763) 633-1955

Clearwater River

Phone: (320) 558-9968

COKATO

Cokato Park View
Phone: (320) 905-2874

Golf View

Phone: (320) 286-4480

DELANO

Honeytree III
Phone: (763) 972-3635

Ridgeway Apartments

Phone: (763) 295-5081

**Terrace View

Phone: (763) 633-1955

BUFFALO

Buffalo Court (families/children)
Phone: (763) 684-1907

Lakeside West & Lakeside East

Phone: (763) 682-2485

HOWARD LAKE

*Heritage Square ~ Good Samaritan Society
Phone: (320) 543-3331
www.good-sam.com

Shoreline Commons

Phone: (320) 543-2663

MONTICELLO

Hillside Terrace I & II
Phone: (763) 295-5804

Ridgemont

Phone: (320) 558-2702

ROCKFORD

Halter Oaks
Phone: 800-676-6505

Walnut Place Townhomes

Phone: (763) 477-4681

*Units - May not all be subsidized; ** Family Building

HRA FUNDING APPROVED

BUFFALO

*Buffalo 8th St
Phone: (763) 227-7357

DELANO

*Delano 4 Plex
Phone: (763) 227-7357

East Riverview

Phone: 612-685-5032

ROCKFORD

*Rockford 4 Plex
*not section 8
Phone: (763) 232-1256

Housing Assistance and Repair (12/17)

Wright County Community Action – 130 W Division St, Maple Lake 55358, (320) 963-6500.
www.wccaweb.com. Repairs and weatherization- insulation, weather stripping and emergency funds for fuel.
(Service available for low income seniors).

Information Lines (12/17)

9-1-1

Call for any emergency such as a serious medical problem (chest pain, seizure, bleeding), fire (business, car, building), life-threatening situation (fights, person with weapons, etc.), crimes (whether or not a life is threatened).

7-1-1

This is a code consolidated for the hearing impaired population. It could be used by hearing people who want to call a person who is deaf.

5-1-1

This is a statewide cellular access to the Winter and Summer Road and Weather Conditions information system.

2-1-1

Free access to health and human services information and referral. They can help you find parenting and family opportunities, health care, legal services, and more. By making services easier to access, 2-1-1 encourages prevention and foster self-sufficiency. www.unitedwayhelps.org.

Information and Referral Services (12/17)

2-1-1 Information Line – See “Information Lines” in this booklet.

Central Minnesota Council on Aging – See “Central Minnesota Council on Aging” in this booklet.

Minnesota Board on Aging – See “Minnesota Board on Aging”

Senior Centers – See “Senior Centers”

Senior Dining – See “Senior Dining”

Wright County Health and Human Services – (763) 682-7400 or 1-800-362-3667

Legal and Para-Legal Services (12/17)

St. Cloud Area Legal Services – 110 Sixth Ave S, Ste 200, St. Cloud 56301, (320) 253-0121 or 1-888-360-2889. Call for office hours for legal aid at area senior centers: Monticello (763) 295-2000, Delano (763) 972-0574, and Buffalo (763) 682-6036, every month. Free legal services for seniors. Provides legal advice or representation for people age 60 or older for such issues as: Social Security, Medical Assistance and other public benefit programs, Medicare, housing, consumer and nursing home problems. They do NOT handle living trusts, wills, estate planning or real estate transactions.

Minnesota Disability Law Center – 430 1st Ave. N #300, Minneapolis 55401, 1-800-292-4150.

Medicaid (12/17)

Wright County Health and Human Services – 1004 Commercial Dr., Buffalo 55313, (763) 682-7400 or -1-800-362-3667, ext. 7400. www.co.wright.mn.us. Medicaid is a federally aided state administered program for certain categories of low income persons.

Medical Alert Systems (12/17)

Emergency response systems help make it easy to access emergency help when people are alone or ill in their home. A signaling device is worn by the user and activates an attachment on the telephone. Systems vary. See below for list.

| | | |
|--|--|--|
| ADT Security Systems 1-800-272-9595 | Connect (763) 581-9340 | Medscope America 1-800-645-2060 |
| Advanced Security 1-888-860-8098 | Cybermation (320) 255-7027 | PAL Medical (218) 326-9299 |
| Alert 1 1-877-579-3625 | Fairview Life line 1-866-827-5039 | Response Link 1-844-394-9030 |
| Alpine Medical Alert 1-877-546-2349 | Healthsense 1-800-576-1779 | Philips Lifeline 1-855-332-7799 |
| Care Checkers 1-888-477-0435 | Home Instead Senior Care 1-800-640-3914 | Rest Assured 1-877-338-9193 |
| CentraCare Health (320) 255-5700 | Life Alarm 1-800-780-5433 | Safeguard Security (320) 685-5355 |
| Central Alarms 1-800-450-7720 | Life Alert 1-800-920-3410 | Sengistix 651-695-5818 |
| Critical Signal Technologies 1-888-557-4462 | LifeFone 1-800-882-2280 | WH Security- Med Alert (763) 477-3664 |
| Custom Alarms (507) 288-5522 | MedicAlert 1-800-432-5378 | |

Medicare (12/17)

Social Security Administration – 3800 Veteran’s Dr. #100, St. Cloud 56303, 1-800-772-1213. www.medicare.gov. Medicare is a nationwide health insurance program run by the Social Security Administration for people 65 and older, disabled under 65 who have been entitled to Social Security disability benefits for 24 or more consecutive months and people served under Social Security or the railroad retirement system who need dialysis treatments or kidney transplant because of permanent kidney failure.

Minnesota Board on Aging (12/17)

Minnesota Board on Aging – 540 Cedar St., St. Paul 55155, (651) 431-2500 or 1-800-882-6262, email: mba@state.mn.us, www.mnaging.org. The Minnesota Board on Aging serves older Minnesotans by developing and coordinating a variety of aging programs.

Nursing Homes (12/17)

| Home | Location | Phone |
|--|------------------|----------------|
| Annandale Care Center - www.ahcs.org | Annandale | (320) 274-3737 |
| Lake Ridge Care Center - www.elimcare.org | Buffalo | (763) 682-1434 |
| Park View Care Center - www.elimcare.org | Buffalo..... | (763) 682-1131 |
| Cokato Manor | Cokato..... | (320) 286-2158 |
| Estates at Delano –Delano - www.goldenliving.com | Delano..... | (763) 972-2987 |
| Good Samaritan Society-Howard Lake- www.good-sam.com | Howard Lake..... | (320) 543-3800 |
| CentraCare Health-Monticello - www.centracare.com | Monticello | (763) 271-2333 |

Office of Ombudsman for Long-Term Care (12/17)

Office of Ombudsman – Wright Co. Regional Contact, (763) 767-3573, email: wendy.k.weidner@state.mn.us. Ombudsman for acute care and long term care and home care. Ombudsman: 1) investigates complaints and concerns from health care consumers; 2) mediates disputes; 3) advocates for consumers; 4) provides information; 5) advocates reform.

Pre-Admission Screening (12/17)

Wright County Health and Human Services – 1004 Commercial Dr., Buffalo 55313, (763) 684-8435 or 1-800-362-3667, ext. 8435, email: laurie.davis@co.wright.mn.us. Minnesota statutes require that all persons considering entering a nursing home be screened by a public health nurse/social worker team. Alternative services which may enable them to remain in their homes will be explored, and grant money may be available to cover the cost of these services.

Salvation Army (12/17)

The Salvation Army – 3989 Maciver Ave NE, St. Michael, (763) 497-3867. www.salvationarmynorth.org. No walk-in hours. Leave a message and your call will be returned. Typically assistance is available once a year.

Senior Centers/Clubs (12/17)

| Senior Center/Club | Location | Phone |
|--------------------|---|----------------|
| Annandale | 30 Cedar St. E, Annandale | (320) 274-3891 |
| Buffalo | 206 Central Ave., Buffalo | (763) 682-6036 |
| Delano..... | 234 2 nd St. S, Delano | (763) 972-0574 |
| Hanover..... | 11250 5 th St., NE Hanover | (612) 977-1607 |
| Howard Lake..... | 615 6 th Ave., Howard Lake | (320) 543-3670 |
| Monticello..... | 505 Walnut St. #3, Monticello | (763) 295-2000 |
| Rockford | Lions Club Riverside Park | (763) 477-4468 |
| St. Michael | 11800 Town Center Dr. NE, #200, St. Michael | (763) 497-8900 |

Senior Citizen ID Card (12/17)

Wright County License Bureau – (763) 682-7596. You can acquire an official identification card from your local driver’s license examination station if you are age 65 or older. The card looks like your driver’s license, but at the top in green it says “Senior Identification”. The card can be purchased for \$16.50 plus proof of age (certified birth certificate, baptismal certificate, etc. and two forms of identification).

Senior Companion Program (12/17)

Senior Companions: (763) 682-7904 or 1-800-362-3667, ext. 7904. www.seniorcorps.org. This program provides an opportunity for volunteer’s age 55 and better to support the desire of elderly Minnesotans to live independently. Senior Companion volunteers support elderly individuals who have difficulty with daily living tasks. They also enable elderly Minnesotans to live independently by providing transportation to essential activities such as medical appointments and household errands. Benefits include: a non-taxable stipend with a minimum of 15 hours of service per week to qualify, transportation reimbursement and stipend time off, ongoing training and recognition, accident and liability insurance while volunteering, and possible meal on site.

Senior Dining (12/17)

Catholic Charities Senior Dining Program – 157 Roosevelt Rd. #200, St. Cloud 56301, (320) 229-4584. www.ccstcloud.org/SeniorDining for menu. Well balanced, nutritious meals served at the following sites five days per week.

Please call one day in advance for a reservation - 9:30 am – 1:00 pm

| <u>Center</u> | <u>Location</u> | <u>Phone</u> |
|-----------------------------------|--|----------------|
| Annandale Senior Center | City Hall, 30 E Cedar St., Annandale | (320) 274-3891 |
| Buffalo Senior Center | Comm. Center, 206 Central Ave., Buffalo | (763) 682-6036 |
| Cokato Apartments | 440 2 nd St. N, Cokato | (612) 834-5081 |
| Delano Senior Center | 234 2 nd St. N, Delano | (763) 972-0574 |
| Maple Lake Maple Manor West | 555 W 2 nd St., Maple Lake..... | (320) 963-5771 |
| St. Michael Senior Center | 11800 Town Center Dr. NE, St. Michael..... | (763) 497-8900 |

Senior LinkAge (12/17)

Senior LinkAge Line – 1-800-333-2433 www.seniorlinkageline.com

Buffalo Senior LinkAge Site – Park Terrace Assisted Living, 613 Montrose Blvd., Buffalo 55313. Open the 2nd and 4th Wednesday of the month from 9:00 am to 3:00 pm.

Social Security (12/17)

Social Security Administration – 3800 Veteran’s Dr. #100, St. Cloud 56303, 1-800-772-1213. www.ssa.gov. This is a special program created by the federal government. Most individuals during their work years contribute to this fund. You may receive this money in monthly checks if you are retired, disabled, a widower (over age 60) or a dependent of a deceased person entitled to social security benefits.

State Services for the Blind (12/17)

State Services for the Blind – 1542 Northway Dr. #2, St. Cloud 56303, (320) 308-4800 or 1-800-366-5420. www.ssb.org. Counseling, training and referrals to help seniors find ways to adapt to changes in their vision and improve their quality of life and ability to live independently. The Senior Services Unit has the tools, techniques, and training you'll need to stay mentally and physically active and independent.

Support Groups (12/17)

Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership. Wright County area meetings are listed on: www.co.wright.mn.us under “Public Safety, Law & Legal” click “Court Services”, and then click on “Local Alcoholics Anonymous Meetings” under External Links.

Better Breathers Club – Buffalo Hospital, 303 Catlin St., Buffalo 55313, (763) 684-3872, email: kathryn.waterhouse@allina.com. www.lung.org. Better Breathers Club offers the opportunity to learn ways to better cope with Chronic Obstructive Pulmonary Disease (COPD), also known as emphysema and chronic bronchitis, while getting the support of others who share in your struggles. Better Breathers Club meets regularly and feature educational presentations on a wide range of relevant topics.

Cancer Support Group – CentraCare Hospital in the Spiritual Center, 1013 Hart Blvd. (763) 271-2800. I Can Cope is a Cancer Survivors' Group that meets on the third Thursday of each month from 3:30-4:40pm. Group members meet to share common concerns and learn from each other as well as experts in nutrition, mind, body and spirit wellness and pain management. Free to attend. (No Group July or December)

Compassionate Friends – www.compassionatefriends.org. Support, friendship, and resources for grieving member (or a friend) of a family that has suffered the death of a child/grandchild. Non-denominational; no cost. St. Henry's Catholic Church, 1001 7th St. E, Monticello 55362, (612) 865-7174
Meets 2nd Tuesday of each month at 7:00 pm
Our Fathers Lutheran Church, 3903 Gilbert Ave. SE, Rockford 55373, (763) 477-6300 or (763) 843-8685.
Meets on 4th Tuesday of each month from 7:00 to 9:00 pm

Crisis Number – Wright County Health and Human Services Agency, (763) 682-7400 or 1-800-362-3667, ext. 7400 (hours are 8 am to 4:30 pm Monday – Friday). After hours or holidays, call 1-800-635-8008 to reach the Central Mental Health Center. Phones are answered by trained personnel who will assist individuals who are undergoing a significant life crisis.

Gamblers Anonymous – Buffalo Evangelical Free Church, 2051 50th St. NE, Buffalo 55313, (763) 682-6846, www.gamblersanonymous.org. Meetings held Tuesdays, 7:30 PM. Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. The only requirement for membership is a desire to stop gambling. There are no dues or fees for Gamblers Anonymous membership. Our primary purpose is to stop gambling and to help other compulsive gamblers do the same.

GriefShare – Buffalo Covenant Church, 1601 Hwy. 25 N, Buffalo 55313, (763) 682-1470. Your Journey from Mourning to Joy is a special 13 week seminar (weekly meetings) and support group for people who are grieving the death of someone close to them. It's a place to be around people who understand what you are feeling. At

GriefShare, you'll learn valuable information about recovering from your grief and renewing your hope for the future.

Stroke Support Group – Buffalo Hospital, 303 Catlin St., Buffalo 55313. For more information call (763) 684-3855. If you or someone in your family is recovering from a stroke, it may feel like you are the only one trying to understand the immense changes in your life. Be assured that others have similar feelings. This program offers stroke survivors and family members a safe place to share those feelings, understand changes and enrich their lives. This group meets the 2nd Wednesday of the month from 1 to 2 pm.

Victim Assistance Program – Government Center, 10 2nd St. NW, Buffalo, 55313, (763) 682-7349 or 1-800-362-3667 ext. 7349, 8:00-4:30 PM. Guidance through the legal system and referrals as needed for victims of crimes prosecuted by the Wright County Attorney's Office.

Telephone Program/Equipment (12/17)

Telephone Equipment Distribution (TED) Program – 1-800-657-3663 or 1-888-206-6555 TTY/TDD www.tedprogram.org. The TED Program provides telephone equipment to people who are deaf, hard of hearing, deaf-blind, speech impaired or have a physical disability and need adaptive equipment in order to use the phone. The equipment is loaned out at no cost as a long-term loan. Equipment includes captioned phones, light flashing ring signalers, TTYs, amplified telephones, loud ringers, hands free speakerphones and more.

Telephone Bill Assistance – Could you use help in lowering your local telephone bill? For more information and/or to obtain an application, contact your local phone company.

Toll Free Numbers (12/17)

| | | |
|--|---------------------|--|
| Arthritis Foundation..... | 1-800-333-1380..... | www.arthritis.org |
| Cancer Line..... | 1-800-422-6237..... | www.cancer.org |
| Consumer Product Safety Commission..... | 1-800-638-2772..... | www.cpsc.gov |
| Minnesota Center for Crime Victims Services..... | 1-888-622-8799 | |
| United Way 2-1-1 (Formerly First Call for Help)..... | 1-800-543-7709..... | www.211unitedway.org |
| Gambling Addiction..... | 1-855-222-5542..... | www.gamblersanonymous.org |
| Medicare Minnesota Office..... | 1-800-772-1213..... | www.medicare.org |
| Minnesota Board on Aging..... | 1-800-882-6262..... | www.aging.org |
| Multiple Sclerosis Society..... | 1-800-582-5296..... | www.mssociety.org |
| Suicide Crisis Hotline..... | 1-800-273-8255..... | www.save.org |
| IRS - Tax Information..... | 1-800-829-1040..... | www.irs.gov |
| Welfare Fraud Hotline..... | 1-800-627-9977 | |
| Wright County Health and Human Services..... | 1-800-362-3667..... | www.co.wright.mn.us |

For additional toll-free numbers – Dial “211”

Transportation (12/17)

Health Care Access/MA Transportation – Wright County Health and Human Services, 1004 Commercial Dr., Buffalo 55313, 1-866-467-1724. Wright County has a Health Care Access Plan which ensures that Medical Assistance recipients have access to medical appointments.

NOTE: If you are on Medical Assistance (MA) and are part of a Managed Health Plan, you should call the health plan for assistance with transportation.

TrailBlazers Public Transit – (320) 864-1000 or 1-888-743-3828. www.TrailblazerTransit.com. TrailBlazers serves the counties of Sibley, McLeod and Wright. This public transportation is available to everyone for any reason, Monday through Friday (6:30am – 5:30pm). Call above number to schedule a ride.

Medi-Van Special Transportation Services – 1-800-422-0976. Medi-Van Transportation Services provides 24 hour service to anyone statewide. Family or friend may accompany client free of charge.

Other Available Transportation

A Plus Transportation(763) 512-0000
Buffalo Allied Transit(763) 477-8596
Care Cab.....1-800- 535-7190
Cities Edge Transportation1-800-418-4211
Water’s Edge Transportation952-442-7022

Veteran’s Benefits (12/17)

Wright County Veteran’s Services – Government Center, 10 2nd St. NW, Buffalo 55313, (763) 682-7325 or 1-800-362-3667, ext. 7325. www.mdva.state.mn.us. Promoting the interests and welfare of veterans who have served in the Armed Forces of the United States of America, their family members and survivors. Advising, counseling, claims assistance, education, advocacy and special programs. Desire to ensure that they receive all of the benefits and services they deserve for the hardships they have endured.

Wright County Commissioners (12/17)

- District 1** Southside Township, City of South Haven, City of Annandale, Corinna Township, Albion Township, Chatham Township, City of Buffalo precincts 1, 2, 3, and 4, and Buffalo Township.
Christine Husom: (763) 682-7697 (office), email: christine.husom@co.wright.mn.us

- District 2** City of Clearwater, Clearwater Township, Silver Creek Township, Maple Lake Township precincts 1A and 1B, City of Maple Lake, Monticello Township and the City of Monticello.
Darek Vetsch: (763) 682-7687 (office), email: darek.vetsch@co.wright.mn.us

- District 3** City of Otsego precincts 1A, 2A, and 3, City of Dayton, and City of St. Michael Precinct 1B.
Mark Daleiden: (763) 682-7686 (office), email: mark.daleiden@co.wright.mn.us

- District 4** City of Albertville, City of St. Michael Precinct 1A, City of Hanover Precincts 2 and 3, Rockford Township, and the City of Rockford.
Michael Potter: (763) 682-7696 (office), email: michael.potter@co.wright.mn.us

- District 5** French Lake Township, City of Cokato, Cokato Township, Stockholm Township, Middleville Township, City of Howard Lake, Victor Township, Marysville Township, City of Waverly, City of Montrose, Woodland Township, Franklin Township, and the City of Delano.
Charles Borrell: (763) 682-7685 (office), email: charles.borrell@co.wright.mn.us

Wright County Community Action (12/17)

Wright County Community Action (WCCA) – 130 West Division St., P.O. Box 787, Maple Lake 55358, (320) 963-6500. www.wccaweb.com.
Programs include:

- WCCA administers the Low-Income Home Energy Assistance Program in Wright County. Energy Assistance is available to income eligible households to pay a portion of home heating and energy costs. This includes natural gas, propane, oil, electricity, as well as cut wood and corn.
- WCCA's Weatherization program helps to reduce the energy costs of low-income families, through energy conservation measures. Weatherization specifically focuses on assisting low-income people, primarily the elderly, persons with disabilities and families with children. Whenever possible, weatherization funds are coordinated with other funds to better serve the housing needs of participating households.
- WCCA's Family Budgeting program assists in creating a personalized financial action plan that is specific to meeting each individual or family's financial needs. Family Budgeting includes creating a budget, learning how to track your spending, financial goals, spending patterns and savings. The goal of this program is to educate individuals and families to become financially independent and self-sufficient to meet their own financial needs. This program is available as a single service or as a part of other services offered by WCCA.
- WCCA provides no cost foreclosure prevention counseling services to help homeowners with foreclosures in Wright County. Counselors assist homeowners with understanding their current mortgage, developing a budget, analyzing the homeowner's financial situation and educating borrowers about options that are available to them. WCCA counselors will also educate homeowners about the foreclosure process and loss mitigation options designed to prevent foreclosure. Contact at above number for more information/eligibility.

**FOR MORE INFORMATION
OR FOR CURRENT UPDATES ON THIS BOOKLET:**

Go to: www.co.wright.mn.us

