

Wadena County Senior Resources

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Information and Referral

Senior LinkAge Line - A statewide toll-free telephone link to help older adults, families, friends, and professionals find answers and services for older people.

1-800-333-2433

Disability LinkAge Line

1-866-333-2466

Central MN Council on Aging - Area Agency on Aging. www.cmcoa.org

United Way 211 - General information and referrals. Dial 2-1-1

Eldercare Locator - Aging information and referrals outside MN.

1-800-677-1116

Long Term Care Consultations

218-631-7606

Medicare Help Line –

1-800-352-2762

Minnesota Help - On-line resource for seniors and their families that offer information about community resources to help seniors remain independent and live in their own communities.

www.MinnesotaHelp.info

Resource and Referral Hotline – If you have any questions or need assistance to find the resources you need, call the Resource Hotline at the Wadena County Public Health Department. Monday – Friday 8:00 a.m. – 4:30 p.m. A trained Public Health Nurse can help or make appropriate referrals as needed.

218-631-7629

Social and Financial Services – Services include Long Term Care Consultation, adult foster care, assisted living, financial assistance, medical assistance, adult protective services, and referrals to other agencies.

Wadena County Social Services

218-631-7605

1-800-662-2737

Adult Protection/Vulnerable Adult Reporting

Anyone concerned about the possible mistreatment of an older person should contact the local county social service agency (listed below). Suspected self-neglect, financial exploitation, physical abuse or neglect must be investigated by the agency. Local law enforcement may also be called.

Wadena County Human Services

218-631-7605

1-888-662-2737

Advocacy

Senior Advocates	1-800-224-6451
Senior Linkage Line	1-800-333-2433
Local Advocates	1-800-224-6451
Long Term Care Ombudsman	1-800-657-3591
Matrix AdvoCare Network	1-800-560-0961

Mental Health Services

Organizations that offer information and/or education regarding mental health issues of the elderly.

ElderNetwork Peer Depression Counseling

320-229-3760 ext. 23738

MN Ombudsman for Health/Mental Retardation

1-800-657-3506

www.ombudmhr.state.mn.us

National Alliance of the Mentally Ill – MN

320-251-3842

1-888-473-0237

Northern Pines Mental Health Center

218-894-1002

Neighborhood Counseling Center

218-631-1714

Senior Helping Hands

320-229-3766

1-800-742-4357

VA Medical Center

320-252-1670

1-800-247-1739

Legal Assistance

Senior Law Project - Provides legal services for persons over 60 and their families on such issues as Social Security, supplemental security income, Medicare, Medical Assistance, food stamps, housing and utility problems, consumer issues, and other civil matters.

Wadena County

St. Cloud Senior Law

320-253-0121

1-888-360-2889

Ombudsman for Older Minnesotans - Advocacy services for consumers of long-term care facilities, including nursing homes, acute care facilities, & home care services. Mediation/negotiations/education is provided on long term care issues.

Wadena

218-573-2214

1-800-657-3591

Legal Aid Service of Northeastern Minnesota

Wadena

1-800-450-2552

Minnesota State Bar Attorney Referral Services - Attorney referrals

1-800-292-4152

www.mnfindalawyer.com

Minnesota Attorney General's Office - Consumer Division

651-296-6196

1-800-657-3787

Tenant Hotline - Information and advice for tenants

1-866-866-3546

Consumer Complaints

Medicare for Minnesota

Contact: Blue Cross of Wisconsin

401 Michigan Street West

Milwaukee, WI 53201

414-224-4954 – Consumer Service

Home Based Volunteer Services

Community programs that provide in-home volunteer services such as transportation, respite care, chore, homemaker, friendly visiting, minor home maintenance, health care and other various services. The program enable older adults to stay in their homes for extended periods of time, preserving their quality of life and retaining their community networks, while at the same time avoiding expensive nursing home costs.

Home Care Plus-Lutheran Social Services

218-631-1191

Faith in Action

218-639-1522

1-877-868-1522

Area Home Health Care Services

Sebeka:

Caring Hands

218-837-5572

Wadena:

Lutheran Social Services Senior Comp Program

218-631-7472

Tri-County Hospital Home Health Care

218-631-7480

Wadena County Public Health

218-631-7629

Housing Directory

Menahga:

Pine Villa Apartments

323 1st St. N.E.

Menahga, MN 56464

Rebecca Toso

218-732-3677

mcdc@unitelc.com

Woodside Manor Assisted Living

501 Main St. N.E.

Menahga, MN 56464

Marlene Salo

218-564-4101

marlenesalo@wcta.net

Sebeka:

Heritage House of Sebeka

1005 Wells Ave. W.

Sebeka, MN 56477

Debbie

218-837-6406

deb@wcta.net

www.heritagehouseofmn.com

Hilltop Villas

5th Street S.W.

Sebeka, MN 56477

Rob Lucas

218-547-3307

wendy@dwjonesmanagement.com

www.dwjonesmanagement.com

Wadena:

Comfort Care Cottages

1232 Jefferson Street S.

Wadena, MN 56482

Adrian or Teresa

218-631-4873

Commercial Apartments

218 S. Jefferson Street

Wadena, MN 56482

Maria Marthaler

218-631-7723

mariam@wadenahra.com**Fair Oaks Apartments**

131 Shady Lane Drive

Wadena, MN 56482

Business Office

218-631-1163

Humphrey Manor

311 3rd St. S. E. (East)

300 2nd St. S.E. (West)

Wadena, MN 56482

Maria Marthaler

218-631-7723

mariam@wadenahra.com**Little Bit of Country**

813 Harmony Lane

Wadena, MN 56482

Susan

218-631-7105

Assisted Living Services/Adult Foster Care

Menahga:

Rose Haven 218-564-4268
37 6th Street SE

Tammy Odland – Adult Foster Care 218-837-5523
14502 County Road 13

Woodside Manor 218-564-4101
427 Main Street NE

Sebeka:

Heritage House of Sebeka 218-837-6406
1005 Wells Avenue W.

Wadena:

Comfort Care Cottage 218-631-4873
1232 Jefferson Street S.

Fair Oaks Lodge 218-631-1163
131 Shady Lane Drive

Humphrey Manor Assisted Living 218-631-7480
415 Jefferson Street N.

Inga's Place 218-631-7099
38281 County Highway 75

Little Bit Of Country 218-631-7105
813 Harmony Lane

Assisted Living Plus Services

Menahga:

Woodside Manor Assisted Living 218-564-4101
501 Main Street N.E.

Rose Haven 218-564-4268
37 6th Street SE

Adult Foster Care 218-837-5523
14502 County Road 13

Sebeka:

Heritage House of Sebeka 218-837-6406
1005 Wells Ave. W.

Wadena:

Comfort Care Cottages 218-631-4873
1232 Jefferson Street S.

Fair Oaks Apartments 218-631-1163
131 Shady Lane Drive

Humphrey Manor Assisted Living 218-631-7480
415 N. Jefferson

Inga's Place 218-631-7099
38281 County Highway 75

Little Bit of Country 218-631-7105
813 Harmony Lane

Long-Term Care Facilities/Nursing Homes

Green Pine Acres – Menahga 218-564-4101
(Greenwood Connections)
427 Main Street NE
Menahga, MN 56464

Fair Oaks Lodge – Wadena 218-631-1391
201 Shady Lane Drive
Wadena, MN 56482

Hospitals

Tri-County Hospital – Wadena	218-631-3510
Greater Staples Hospital – Staples	218-894-1515
St. Joseph’s Area Health Services – Park Rapids	218-732-3311

Financial/Energy Assistance

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

Wadena County

Otter Tail - Wadena Community Action Program

218-385-2900 1-800-450-2900

Wadena County Social Services

218-631-7605 1-888-662-2737

www.co.wadena.mn.us

Wadena County Veteran Service Office

218-631-7617

Statewide

Cold Weather Rule, MN Public Utilities Commission

651-296-0406

Energy Assistance Hotline

1-866-674-6327

Federal Lifeline & State Telephone Assistance Plan

651-296-0406

1-800-657-3782

(MN Public Utilities Comm.)

Heat Share, Salvation Army Twin Cities Social Services

1-800-842-7279

Low Income Home Energy Assistance Program

1-800-657-3805

www.acf.hhs.gov/programs/liheap/states.htm

Lutheran Social Services

1-800-582-5260

www.lssmn.org

MN Dept. of Veterans Affairs

651-296-2562

Senior Centers and Clubs

Senior Centers/Clubs - *Provide varied activities, trips, education, recreation and opportunities to meet others.*

Wadena County

Menahga Senior Center	218-564-4858
Nimrod Senior Center	218-472-3501 or 218-472-3405
Sebeka Senior Center	218-837-5068
Verndale Senior Center	218-445-5510
Wadena Senior Center	218-631-4077

Adult Day Services

A planned program of socialization, nutrition and therapeutic activities provided in a supervised setting for persons who are not capable of full-time independent living. Usually open 5 days a week, but may be attended less than full-time.

Wadena

Greenwood Connections – Menahga 218-564-4101

Fair Oaks Lodge – Wadena 218-631-1391

Statewide

Homes Plus Day Service 1-800-333-2433

www.cmcoa.org

MN Adult Day Services Association - Information and Referral for adult day programs 763-464-2698

www.madsa.org

Homes Plus
320-253-9349 or 1-800-333-2433

Homes Plus is a licensed adult foster care for persons age 55 and over, that provides a family living environment. Services include 24-hour supervision, three meals, snacks, laundry, assistance with medication, personal care needs, and much more. If you are interested in learning more about Homes Plus or would like to become a Homes Plus provider call the number above or your local county Social Service office.

Menahga:

Patricia Abbott
Menahga
218-564-4827

Rose Haven
Menahga
Russ and Marie Hendrickson
218-564-4268

Heaven Sent
Menahga
Tammy Odland
218-837-5523

Caregiver Coach & Support Groups

Caregiver Coach - *Individualized caregiver training, mentoring, and education.*

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

Crow Wing and Wadena County

Lutheran Social Services (group caregiver education sessions only)

218-692-1964

Hospice

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

National Hospice & Palliative Care Organization - Maintains a listing of all hospices in the nation. 1-800-658-8898
www.nhpco.org

Wadena County

St. Joseph's Area Health Services – Park Rapids
218-237-5301 1-866-588-4552

www.sjahs.org

Lakewood Health System Home Care – Staples
218-895-5780 1-800-525-8344

Tri County Hospital, Home Care & Hospice
218-631-7480 1-800-631-1181

1-800 Numbers and Websites

AARP, American Association of Retired Persons

1-888-687-2277

www.aarp.org

Administration on Aging

www.aoa.gov

Alzheimer's Association

1-800-272-3900

www.alz.org

Alzheimer's Education and Referral

1-800-438-4380

www.alzheimers.org

American Association of Homes & Service for the Aging

www.aahsa.org

American Cancer Society

1-800-227-2345

www.cancer.org

American Diabetes Association

1-800-324-2383

www.diabetes.org

American Dietetic Association

1-800-366-1655

www.eatright.org

American Heart Association

1-800-242-8721

www.americanheart.org

American Parkinson's Disease Association

1-888-223-2732

www.apdaparkinson.org

American Pharmacist's Association

1-800-237-2742

www.aphanet.org

American Society on Aging

1-800-537-9728

www.asaging.org

American Stroke Association

1-888-478-7653

www.strokeassociation.org

Arthritis Foundation

1-800-568-4045

www.arthritis.org

Assisted Living Federation

www.alfa.org

Benefits Checkup-Search for Benefitswww.benefitscheckup.org**Better Hearing Helpline**

1-800-327-9355

www.betterhearing.org**Blind Incorporated**

1-800-597-9558

www.nfb.org**Block Nurse Programs**www.elderberry.org**Cancer Information Services**

1-800-422-6237

www.cancer.gov**Care Guide**www.careguide.com**Care Providers of MN**

1-800-462-0024

www.careproviders.org**Caregiver Network**www.caregiver.on.ca**Caregiver Survival Resources**

1-800-829-2734

www.caregiver911.com**Central MN Council on Aging**www.cmcoa.org**Children of Aging Parents**

1-800-227-7294

www.caps4caregivers.org**Deaf and Hard of Hearing Services**

1-800-456-3690

Department of Veterans Affairs

1-800-827-1000

www.va.gov**Disability Linkage Line**

1-866-333-2466

Elder Care Locator

1-800-667-1116

www.eldercare.gov**Elder Law**www.elderlawanswers.com**Elderhostel**

1-800-454-5768

www.elderhostel.org**Elderweb**www.elderweb.com**Family Caregiver Alliance**www.caregiver.org**Families USA Foundations**www.familiesusa.org**Federal Benefits**www.govbenefits.gov**Federal Citizen Information Center**

1-800-688-9889

First Call for Help

Dial 2-1-1

www.firstcallnet.org**Glaucoma Research Foundation**

1-800-826-6693

www.glaucomafoundation.org**Guardian/Conservatorship**www.minnesotaguardianship.org**Health Insurance Association**www.ahip.org**Healthfinder**www.healthfinder.gov**Huntington's Disease Society**

1-800-345-4372

Independent Lifestyles

1-888-529-0743

Information on 1-800 Numbers

1-800-555-1212

IRS Tax Information

1-800-829-1040

www.irs.gov**Law Help**www.lawhelpmn.org**Legal Forms**www.legalscribe.com**Library Services for the Blind**

1-800-424-8567

Lung Line Services

1-800-222-5864

www.nationaljewish.org**Medicare**www.medicare.gov**Medicare Part B**

1-800-633-4227

Medicare Rights Centerwww.medicarerights.org**MinnesotaCare**

1-800-657-3672

Minnesota Dept. of Commerce

1-800-657-3602

Minnesota Dept. of Human Serviceswww.dhs.state.mn.us**Minnesota Kinship Caregivers Association**www.mkca.org

MN Board on Aging

www.mnaging.org
www.minnesotahelp.info

MN Do Not Call List

1-800-921-4110

MN Home Care Association

www.mnhomecare.org

MN Hospice

1-800-214-9597

www.mnhospice.org

MN Senior Federation

www.mnseniors.org

MN Services for the Blind

1-800-366-5420

National Association for Incontinence

1-800-252-3337

National Council on Alcoholism & Drug Dependency

1-800-475-4673

National Family Caregivers Association

www.nfcacares.org

National Health Information Center

1-800-336-4797

National Multiple Sclerosis Society

1-800-344-4867

www.nmss.org

National Osteoporosis Foundation

nof.org

National Parkinson's Foundation

1-800-327-4545

www.parkinson.org

National Stroke Association

1-800-787-6537

www.stroke.org

Needy Meds

1-215-625-9609

www.needymeds.com

Organ Donation (The Living Bank)

1-800-528-2971

www.livingbank.org**Pharmaceutical Patient Assistance Programs**www.rxassist.org**Report Unsafe Driving**www.dps.state.mn.us/patrol/unsafe/report.htm**Self Help for Hard of Hearing People**www.shhh.org**Senior Housing, Inc.**www.seniorhousingdirectory.com**Senior LinkAge**

1-800-333-2433

Social Security Administration

1-800-772-1213

www.ssa.gov**Suicide Hotline**

1-800-784-2433

Telephone Equipment Distribution Program

1-800-657-3663

United Way of Central MNwww.unitedwayhelps.org**Veterans Administration**www.va.gov**Vision Connection - Lighthouse International**

1-800-829-0500

www.lighthouse.org**MinnesotaHelp - Minnesota's interactive website & database to locate services**www.MinnesotaHelp.info

Home Health/Personal Care

A variety of services can be provided by Home Health Care agencies in an effort to assist an older person to recover from an illness or hospitalization, or an ongoing basis to assist with the activities of daily living. Services may include the following: assistance with bathing and personal care, medication management, meal preparation, lights housekeeping, therapies, dressing changes and more.

Cornerstone Home Health Care

218-825-7745

Lakewood Health System Home Care – Staples

218-895-5780 1-800-525-8344

Lutheran Social Services Homecare Plus

218-631-1191

REM Health, Inc.

320-259-7045 1-800-262-3940

Tri-County Hospital Home Care – Wadena

218-631-7480 1-800-631-1811

Wadena County Public Health

218-631-7629 1-888-662-2737

Statewide

Amerimed

952-854-9071

Freedom Health Care

952-854-6889 1-888-654-6889

Lutheran Social Service - In Home Service

218-829-9214

My Brother's Keeper

952-496-0157

Educational/Volunteer

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

Elderhostel - Non-profit organization that combines international travel packages with liberal arts study program.

1-877-426-8056

www.elderhostel.org

Foster Grandparent Program - Provides a volunteer opportunity with tax-free stipend for limited income seniors, matching them to special needs children in community non-profit agencies.

320-229-4588

1-866-895-7992

Experience Works - A non-profit training agency for low-income people 55 and older. Experience Works pays the wages while the person learns a new skill and gets valuable work experience.

www.experienceworks.org

218-631-3483

RSVP (Retired Senior Volunteer Program) - Places older individual in volunteer sites, such as schools, libraries, dining sites or service agencies, to do meaningful volunteer activities.

www.mnseniorcorps.org

218-385-2900

Senior Companion Program - This program offers seniors age 60 and older the opportunity to serve individuals who have difficulty with daily living tasks.

218-839-6650

1-877-612-6243

Nutrition/Meals

Senior Dining/Diners Club/Congregate Dining - A well-balanced meal, may be served up to 5 days a week, in a group setting.

Menahga: Menahga Senior Center	218-564-4858
Nimrod: Nimrod Senior Dining	218-472-3405
Sebeka: Sebeka Senior Center	218-837-5068
Verndale: Verndale Senior Center	218-445-5510
Wadena:	
Boondocks Café	218-631-1353
Humphrey Manor Apartments	218-631-4053

For Additional Meal Locations

Lutheran Social Services	1-800-488-4146
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Home Delivered Meals - Nutritious meals delivered to those who are homebound and cannot prepare meals regularly for themselves.

Menahga: Menahga Senior Center	218-564-4858
Nimrod: Nimrod Senior Center	218-472-3405
Sebeka: Sebeka Senior Center	218-837-5068
Verndale: Verndale Senior Center	218-445-5510
Wadena:	
Humphrey Manor Apartments	218-631-4053
Tri-County Hospital	218-631-1391

Grocery Shopping Assistance

May be provided by local Faith in Action Programs, Living at Home Block Nurse Programs and Lutheran Social Services

NAPS (Nutrition Assistance Program for Seniors) –

A Program that provides food monthly to income eligible seniors, which is available in various communities within Minnesota

1-800-365-0270

Fare for All

A non-profit, self-supporting food distribution program. Recipients are required to do some volunteer work.

1-800-582-4291

For Additional Information

About food shelves and grocery delivery programs

Senior LinkAge

1-800-333-2433

Emergency Response Systems

Provides automatic response to medical or other emergencies via electronic monitors. A signaling device is worn by the user and activates an attachment on the telephone. (Systems will vary.)

Worldwide

MedicAlert Foundation International 1-800-432-5378

Nationwide

Life Alarm Services 706-854-9818

LifeFone 1-800-882-2280

Statewide

Direct Link 651-276-4755

Health Watch 262-389-9030 1-800-226-8100
Ext. 2080

Lifeline Services 1-800-543-3546

WireNet Caring Solutions 612-518-2256

Wadena County

Central MN Alarms, Inc. 320-356-7720 1-800-450-7720

Tri-County Hospital - Wadena 218-631-3510
Ext.477

Transportation

There are numerous transportation alternatives available for older persons. These alternatives vary depending on the localities, but may range for specialized bus service to volunteer drivers. In addition, some services listed are available only for specific purpose, such as medical appointments, and may be available only to certain client groups.

Statewide

Care Cab

www.caretransportation.com 1-800-535-7190

Medi-Van

1-800-422-0976

Medica Enrollees (Medical Appointments)

952-992-2345 1-800-906-5432

UCare Enrollees (Medical Appointments)

612-676-6830

Wadena County

Care Van - Lakewood Health Care Systems

www.lakewoodhealthsystems.com 218-894-8331 1-800-525-8344

Friendly Rider Transit

218-631-5730 1-888-773-5500

Home Instead Senior Care

218-824-0077

Lutheran Social Services Homecare Plus

218-631-1191

People Express

www.peopleexpressmn.com 218-631-2909 1-800-450-0123

Faith in Action & Living at Home Block Nurse Programs

Faith in Actions Programs – provide volunteer services such as transportation, respite care, friendly visiting, minor home maintenance, and other various volunteer-based services.

Wadena County

Home Care Plus-Lutheran Social Services

218-631-1191

Living at Home Block Nurse Programs – provide in-home social support and health care to older adults. The program enables older adults to stay in their homes for extended periods of time, preserving their quality of life and retaining their community networks, while at the same time avoiding expensive nursing home costs. For more information on specific services provided in each community contact your local program.