

# Crow Wing 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.

218-963-4974

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 -**

Crow Wing

218-824-1140

1-888-772-8211

**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](http://www.MinnesotaHelp.info)

**Crow Wing County Social Services –**

218-824-1140

**Social Security Administrator –**

218-829-7174

**Medicare Help Line -**

1-800-352-2762

**LSS Older Adult Services –**

www.lssmn.org/olderadult

1-888-242-0012

## **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.*

### **Crow Wing County Human Services**

218-824-1140

1-888-772-8211

## **Advocacy**

<b>Senior Advocates</b>	1-800-224-6451
<b>Senior Linkage Line</b>	1-800-333-2433
<b>Long Term Care Ombudsman</b>	1-800-657-3591
<b>Matrix AdvoCare Network</b>	1-800-560-0961
<b>Women's Shelter</b>	218-828-1216
<b>Health Care Help Line</b>	218-896-4319
<b>Kathie Phillips</b>	218-824-6086



## **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](http://www.ombudmhr.state.mn.us)

### **National Alliance of the Mentally Ill – MN**

320-251-3842

1-888-473-0237

### **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.

### Crow Wing County

**Baxter Senior Law**

218-829-1701

1-800-933-1112

**Ombudsmen 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.

Crow Wing

218-825-2005

1-800-657-3591

**Legal Aid Service of Northeastern Minnesota**

Crow Wing

218-829-1701

1-800-933-1112

**Minnesota State Bar Attorney Referral Services** - Attorney referrals

1-800-292-4152

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

**Minnesota Attorney General's Office** - Consumer Division

1-800-657-3787

**Tenant Hotline** - Information and advice for tenants

1-866-866-3546

## **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.*

### **Crow Wing County Lakes Area Interfaith Caregivers**

218-820-7454

1-877-245-7454

### **Lutheran Social Service**

Senior Companion/Foster Grandparent

1-877-612-6243

## **Housing Information**

### **Housing Assistance**

LSS Hope Housing Services	218-824-1437 218-824-3752
Brainerd	218-828-3705
Crosby	218-546-5088
Pequot Lakes	218-568-4555
Indian Carry Woodland Apts.	218-546-7434

## Housing Directory

Baxter:

**Arbor Glen Apartments**  
14477 Broadmoore Drive  
Baxter, MN 56425  
Gaylon & Karen Struthers  
218-8 29-8751  
[arborglen@clearwire.net](mailto:arborglen@clearwire.net)

**Excelsior Court**  
7276 Excelsior Road North  
Baxter, MN 56425  
Debbie  
218-824-8403  
[www.dwjonesmanagement.com](http://www.dwjonesmanagement.com)

**Excelsior Place**  
14211 Firewood Drive  
Baxter, MN 56425  
218-828-4770  
[www.wtohdevelopment.com](http://www.wtohdevelopment.com)

Brainerd:

**Carefree Living**  
2723 Oak Street  
Brainerd, MN 56401  
218-829-8622  
[www.carefreeliving.com](http://www.carefreeliving.com)

**Central MN Senior Care**  
1008 10<sup>th</sup> Street South  
Brainerd, MN 56401  
Clarice  
218-828-4823

**Edgewood Vista**

14890 Beaver Dam Road

Brainerd, MN 56401

Michael

218-828-3691

[www.edgewoodvista.com](http://www.edgewoodvista.com)**Harmony House of Brainerd**218 9<sup>th</sup> St. SW

Brainerd, MN 56401

Shelley Bartella

218-828-4142

[Hhbrd218@integra.net](mailto:Hhbrd218@integra.net)[www.horizonhealthservices.com](http://www.horizonhealthservices.com)**Lakes Country Assisted Living**1953 S. 7<sup>th</sup> Street

Brainerd, MN 56401

Ruth Hill

218-829-4366

[rhill@good-sam.com](mailto:rhill@good-sam.com)[www.good-sam.com](http://www.good-sam.com)**Mississippi Terrace**215 S.W. 4<sup>th</sup> Street

Brainerd, MN 56401

218-829-0274

Lance Strand

[missterr@intergra.net](mailto:missterr@intergra.net)**North Star Apartments**

410 East River Road

Brainerd, MN 56401

Patti

218-828-3705 ext. 212

[patti@brainerdhra.org](mailto:patti@brainerdhra.org)[www.brainerdhra.org](http://www.brainerdhra.org)

**Oak Crest Manor I**

2106 Spruce Drive  
Brainerd, MN 56401  
Neta Property Mgmt.  
1-800-728-7911

**Oak Crest Manor II**

2014 Spruce Drive  
Brainerd, MN 56401  
Debbie  
218-824-8403  
[www.dwjonesmanagement.com](http://www.dwjonesmanagement.com)

**Samaritan House-Good Samaritan**

2501 Greenwood Street  
Brainerd, MN 56401  
Ruth Hill  
218-829-1429  
[www.good-sam.com](http://www.good-sam.com)

**Samaritan Village-Birchwood Medical Care**

2501 Greenwood Street  
Brainerd, MN 56401  
Ruth Hill  
218-829-1429  
[www.good-sam.com](http://www.good-sam.com)

**Samaritan Village-Elmwood Memory Care**

2501 Greenwood Street  
Brainerd, MN 56401  
Ruth Hill  
218-829-1429  
[www.good-sam.com](http://www.good-sam.com)

**Samaritan Village – Oakwood Memory Care**

2501 Greenwood Street  
Brainerd, MN 56401  
Ruth Hill  
218-829-1429  
[www.good-sam.com](http://www.good-sam.com)

**Woodland Good Samaritan Apts.**

200 Buffalo Hills Lane

Brainerd, MN 56401

218-829-1429

[www.good-sam.com](http://www.good-sam.com)

Crosby:

**Dellwood & Edgewood Apts.**300 3<sup>rd</sup> Ave N.E.

Crosby, MN 56441

Mike Kneeland

218-546-5088

[hracromn@emily.net](mailto:hracromn@emily.net)**Hallett Cottages-Memory Loss**350 4<sup>th</sup> Street NE

Crosby, MN 56441

Lea Carlson

218-546-6265

[Lcarlson2@crmc.sisunet.org](mailto:Lcarlson2@crmc.sisunet.org)[www.cyunamed.org](http://www.cyunamed.org)

Deerwood:

**Indian Carry Apartments**

21745 Indian Carry

Deerwood, MN 56444

Arlene Haukos

218-546-7434

**Woodland Apartments**

23711 Broadway

Deerwood, MN 56444

Arlene Haukos

218-546-7434

Ironton:

**Ironton Terrace Apartments**

500 8<sup>th</sup> Avenue

Ironton, MN 56455

218-546-6886

Nisswa:

**Pine Shadows Apartments**

25953 Church Street

Nisswa, MN 56468

Debbie

218-824-8403

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

Pequot Lakes:

**Alpine Apartments**

31176 Pequot Blvd.

Pequot Lakes, MN 56472

Sharon Thurlow

218-568-4555

[sthurlow@uslink.net](mailto:sthurlow@uslink.net)

[www.pequotlakes.govoffice.com](http://www.pequotlakes.govoffice.com)

**Heritage House of Pequot Lakes-Assisted Living**

5384 Country Care Lane

Pequot Lakes, MN 56472

Jane or Sue

218-568-4673

[heritagehouse@tds.net](mailto:heritagehouse@tds.net)

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

**Parkview I Apartments**

31215 North Heath St.

Pequot Lakes, MN 56472

Sharon Thurlow

218-568-4555

[sthurlow@uslink.net](mailto:sthurlow@uslink.net)

[www.pequotlakes.govoffice.com](http://www.pequotlakes.govoffice.com)

**Sibley Terrace Apartments**

31203 North Oak St.

Pequot Lakes, MN 56472

Sharon Thurlow

218-568-4555

[sthurlow@uslink.net](mailto:sthurlow@uslink.net)[www.pequotlakes.govoffice.com](http://www.pequotlakes.govoffice.com)**West Grove Townhomes**

31203 North Oak St.

Pequot Lakes, MN 56472

Sharon Thurlow

218-568-4555

[sthurlow@uslink.net](mailto:sthurlow@uslink.net)[www.pequotlake.govoffice.com](http://www.pequotlake.govoffice.com)

## Assisted Living Plus Services

Baxter:

**Diamond Willow** 218-825-7035  
14396 Grand Oaks Drive

**Excelsior Place** 218-828-4770  
14211 Firewood Dr.

Brainerd:

**Almond House** (20 bed home) 218-825-9255  
802 28<sup>th</sup> St. SE

**Almost Home** (7 4-plex) 218-822-3067  
710 28<sup>th</sup> St. SE

**Carefree Living** 218-829-8622  
2723 Oak St.

**Central Minnesota Senior Care** (16 bed home) 218-828-4823  
1008 10<sup>th</sup> St. S

**Edgewood Vista** 218-828-3691  
14890 Beaver Dam Rd.

**Good Samaritan House – Birchwood** 218-855-6617  
2509 Greenwood St.

**Good Samaritan House – Elmwood** 218-855-6617  
2517 Greenwood St.

**Good Samaritan House - Oakwood** 218-855-6617  
2501 Greenwood St.

**Harmony House (10 bed home)** 218-828-4142  
218 9<sup>th</sup> St. SW

**Lakes Country Apartments** 218-829-4366  
1953 S 7<sup>th</sup> St.

<b>North Star Apartments</b> 410 E. River Rd.	218-828-3705
<b>Woodland Good Samaritan Apartments</b> 200 Buffalo Hills Lane	218-829-1429
Crosby: <b>Edgewood – Dellwood Apartments</b> 300 3 <sup>rd</sup> Ave. NE	218-545-6265
<b>Hallett Cottages</b> (16 bed home) 350 4 <sup>th</sup> St. NE	218-546-6265
Pequot Lakes: <b>Heritage House</b> 5384 Country Care Lane	218-568-4673

## Long-Term Care Facilities/Nursing Homes

<b>Bethany Good Samaritan Village</b> – Brainerd <a href="http://www.good-sambrainerdpineriver.com">www.good-sambrainerdpineriver.com</a>	218-829-1407
<b>Carefree Living of America</b> – Brainerd <a href="http://www.spectrumcommunityhealth.com">www.spectrumcommunityhealth.com</a>	218-829-8622
<b>Cuyuna Regional Medical Center</b> – Crosby <a href="http://www.cuyunamed.org">www.cuyunamed.org</a>	218-546-7000
<b>Woodland Good Samaritan Village</b> – Brainerd <a href="http://www.good-sambrainerdpineriver.com">www.good-sambrainerdpineriver.com</a>	218-829-1429

## **Hospitals and Clinics**

### **Hospitals**

**St. Joseph's Medical Center – Brainerd** 218-829-2861

**Cuyuna Regional Medical Center – Crosby** 218-546-7000

### **Clinics**

**Brainerd Medical Center** 218-828-2880

**Central Lakes Medical Center** 218-420-2778

**Pequot Family Clinic** 218-568-4416

**Crosslake Family Clinic** 218-692-1010

## **Medical Supply**

### **Aitkin Medical Supply**

218-927-3113

1-800-688-3754

### **Brainerd Medical Supply**

218-829-2100

### **North Central Medical Supply**

218-825-7331

1-888-577-7331

### **Specialty Home Medical**

218-828-4710

1-800-450-4710

### **Wheelchairs Plus**

218-824-5055

## **Financial/Energy Assistance**

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

### Crow Wing County

**Crow Wing County Social Services**      218-824-1250      1-888-772-8212  
[www.co.crow-wing.mn.us](http://www.co.crow-wing.mn.us)

**Crow Wing Veteran Service Office**      218-824-1058

**Salvation Army – Brainerd**      218-829-1120

**Tri-CAP**      320-632-3691

**Tri-County Actions Programs, Inc.**      218-829-2410

### 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](http://www.acf.hhs.gov/programs/liheap/states.htm)

**Lutheran Social Services Energy Assistance**  
 218-829-5000      218-824-3753      1-800-582-5260  
[www.lssmn.org](http://www.lssmn.org)

**Lutheran Social Services Financial Counseling**  
 218-824-3751      1-888-577-2227

**MN Dept. of Veterans Affairs**      651-296-2562

**Rural Housing & Repair Loans & Grants**  
202-720-4323

## **Senior Centers and Clubs**

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

### Crow Wing County

<b>Crosby-Ironton Senior Center</b>	218-546-5855
<b>Deerwood-Bay Lake Senior Club</b>	218-534-3467
<b>Garrison Senior Club</b>	320-692-4272
<b>Brainerd Lakes Area Senior Activity Center</b>	218-829-9345
<b>Pequot Lakes Senior Club</b>	218-568-8458
<b>Mission Possible Club</b>	218-765-3265

## 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.*

### Crow Wing County

**Breath of Life Adult Day Services** – Brainerd 218-822-3296  
[www.breathoflifeads.org](http://www.breathoflifeads.org)

**Cummings Treasured Time Adult Day Center** – Crosby 218-232-7557

### Statewide

**Homes Plus Day Service** 1-800-333-2433  
[www.cmcoa.org](http://www.cmcoa.org)

**MN Adult Day Services Association** - Information and Referral for adult day programs 763-464-2698  
[www.madsa.org](http://www.madsa.org)

## Homes Plus

*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 below or your local county Social Service office.*

**320-253-9349 or 1-800-333-2433**

Backus:

**Oak Haven Adult Foster Home**

Backus

Janell & Wayne Hasty

218-587-3760

**Sawyer Foster Care**

Backus

Judith Sawyer

218-947-3259

Brainerd:

**River House**

Brainerd

Loretta Backleau

218-829-9660

**Oak Lawn Elder Care**

Brainerd

Wendy Christensen

218-824-1515

**Loberg's Adult Foster Care**

Brainerd

Connie Loberg

218-829-9703

**Mailhot's Adult Foster Care**

Brainerd

Diane Mailhot

218-825-0353

**Milender Residential Services**

Glen Milender

Brainerd

218-828-3790

Crosslake:

**Pine Lake Adult Foster Care**

Crosslake

Wendy Johnson

218-692-1385

Pine River:

**Faith Manor**

Pine River

Gaylynn Caouette

218-587-4663

**Foster Care Services for Adults**

Crow Wing County Social Service Center

218-824-1140

## **Caregiver Coach & Support Groups**

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

### Crow Wing County

**Horizon Health Collaborative**            320-468-6451            1-800-224-6451

### Crow Wing and Wadena County

**Lutheran Social Services** (group caregiver education sessions only)  
218-692-1964

**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.*

<b>Alzheimer's Support Group</b> – Brainerd	218-829-1407
<b>American Cancer Society</b> – Brainerd	218-829-6212
<b>Bethany Good Samaritan</b>	218-829-1407
<b>Breast Cancer Support Group</b> – Brainerd	218-828-7610
<b>Breast Cancer Survivors Group</b> – Brainerd	218-829-1683
<b>Breast Cancer Support Group</b> – Crosby	218-546-4302
<b>Caregiver Support Group</b> – Baxter	218-829-9238 218-824-1145
<b>Diabetic Support Group</b> – Brainerd	218-828-1981
<b>Diabetic Support Group</b> – Brainerd	218-828-7412

<b>Grief Support Group – Brainerd</b>	218-828-7444
<b>Grief Support Group – Crosby</b>	218-546-5863
<b>Grief Support Group – Crosslake</b>	218-692-3731
<b>Mutual Help (Cancer) Support Group – Brainerd</b>	218-829-6212 ext. 3
<b>Myasthenia Support Group – Brainerd</b>	218-562-4594
<b>Myasthenia Gravis Support Group - Breezy Point</b>	218-727-6064
<b>Prostate Cancer Support Group – Brainerd</b>	218-829-6212 ext. 3
<b>Parkinson’s Support Group</b>	218-829-4770
<b>TBI Support Group</b>	218-829-4492
<b>Widowed Friends – Nisswa</b>	218-963-3518

Kinship Partners:

<b>Brainerd</b>	218-829-4606
<b>Crosby</b>	218-546-7308
<b>Pequot Lakes</b>	218-568-4015

## Hospice & Respite Care

*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.*

### Nationwide

**National Hospice & Palliative Care Organization** - Maintains a listing of all hospices in the nation.  
1-800-658-8898  
[www.nhpco.org](http://www.nhpco.org)

### Crow Wing County

**Good Samaritan Home Care and Hospice**  
218-963-9842

**Home Health Partnership**  
1-800-698-2311

**Mille Lacs Home Care & Hospice – Onamia**  
320-532-4127      1-888-532-4127

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

## Respite Services

**LSS Caregiver Support and Respite Program**  
P.O. Box 576  
Crosslake, MN  
218-692-1964

## **1-800 Numbers and Websites**

### **AARP, American Association of Retired Persons**

1-888-687-2277

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

### **Administration on Aging**

[www.aoa.gov](http://www.aoa.gov)

### **Alzheimer's Association**

1-800-272-3900

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

### **Alzheimer's Education and Referral**

1-800-438-4380

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

### **American Association of Homes & Service for the Aging**

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

### **American Cancer Society**

1-800-227-2345

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

### **American Diabetes Association**

1-800-324-2383

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

### **American Dietetic Association**

1-800-366-1655

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

### **American Heart Association**

1-800-242-8721

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

### **American Parkinson's Disease Association**

1-888-223-2732

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

### **American Pharmacist's Association**

1-800-237-2742

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

### **American Society on Aging**

1-800-537-9728

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

### **American Stroke Association**

1-888-478-7653

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

### **Arthritis Foundation**

1-800-568-4045

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

### **Assisted Living Federation**

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

**Benefits Checkup-Search for Benefits**[www.benefitscheckup.org](http://www.benefitscheckup.org)**Better Hearing Helpline**

1-800-327-9355

[www.betterhearing.org](http://www.betterhearing.org)**Blind Incorporated**

1-800-597-9558

[www.nfb.org](http://www.nfb.org)**Block Nurse Programs**[www.elderberry.org](http://www.elderberry.org)**Cancer Information Services**

1-800-422-6237

[www.cancer.gov](http://www.cancer.gov)**Care Guide**[www.careguide.com](http://www.careguide.com)**Care Providers of MN**

1-800-462-0024

[www.careproviders.org](http://www.careproviders.org)**Caregiver Network**[www.caregiver.on.ca](http://www.caregiver.on.ca)**Caregiver Survival Resources**

1-800-829-2734

[www.caregiver911.com](http://www.caregiver911.com)**Central MN Council on Aging**[www.cmcoa.org](http://www.cmcoa.org)**Children of Aging Parents**

1-800-227-7294

[www.caps4caregivers.org](http://www.caps4caregivers.org)**Deaf and Hard of Hearing Services**

1-800-456-3690

**Department of Veterans Affairs**

1-800-827-1000

[www.va.gov](http://www.va.gov)**Disability Linkage Line**

1-866-333-2466

**Elder Care Locator**

1-800-667-1116

[www.eldercare.gov](http://www.eldercare.gov)**Elder Law**[www.elderlawanswers.com](http://www.elderlawanswers.com)**Elderhostel**

1-800-454-5768

[www.elderhostel.org](http://www.elderhostel.org)**Elderweb**[www.elderweb.com](http://www.elderweb.com)**Family Caregiver Alliance**[www.caregiver.org](http://www.caregiver.org)**Families USA Foundations**[www.familiesusa.org](http://www.familiesusa.org)**Federal Benefits**[www.govbenefits.gov](http://www.govbenefits.gov)**Federal Citizen Information Center**

1-800-688-9889

**First Call for Help**

Dial 2-1-1

[www.firstcallnet.org](http://www.firstcallnet.org)**Glaucoma Research Foundation**

1-800-826-6693

[www.glaucomafoundation.org](http://www.glaucomafoundation.org)**Guardian/Conservatorship**[www.minnesotaguardianship.org](http://www.minnesotaguardianship.org)**Health Insurance Association**[www.ahip.org](http://www.ahip.org)**Healthfinder**[www.healthfinder.gov](http://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](http://www.irs.gov)**Law Help**[www.lawhelpmn.org](http://www.lawhelpmn.org)**Legal Forms**[www.legalscribe.com](http://www.legalscribe.com)**Library Services for the Blind**

1-800-424-8567

**Lung Line Services**

1-800-222-5864

[www.nationaljewish.org](http://www.nationaljewish.org)**Medicare**[www.medicare.gov](http://www.medicare.gov)**Medicare Part B**

1-800-633-4227

**Medicare Rights Center**[www.medicarerights.org](http://www.medicarerights.org)**MinnesotaCare**

1-800-657-3672

**Minnesota Dept. of Commerce**

1-800-657-3602

**Minnesota Dept. of Human Services**[www.dhs.state.mn.us](http://www.dhs.state.mn.us)**Minnesota Kinship Caregivers Association**[www.mkca.org](http://www.mkca.org)

**MN Board on Aging**

[www.mnaging.org](http://www.mnaging.org)  
[www.minnesotahelp.info](http://www.minnesotahelp.info)

**MN Do Not Call List**

1-800-921-4110

**MN Home Care Association**

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

**MN Hospice**

1-800-214-9597

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

**MN Senior Federation**

[www.mnseniors.org](http://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](http://www.nfcacares.org)

**National Health Information Center**

1-800-336-4797

**National Multiple Sclerosis Society**

1-800-344-4867

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

**National Osteoporosis Foundation**

[nof.org](http://nof.org)

**National Parkinson's Foundation**

1-800-327-4545

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

**National Stroke Association**

1-800-787-6537

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

**Needy Meds**

1-215-625-9609

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

**Organ Donation (The Living Bank)**

1-800-528-2971

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

1-800-333-2433

**Social Security Administration**

1-800-772-1213

[www.ssa.gov](http://www.ssa.gov)**Suicide Hotline**

1-800-784-2433

**Telephone Equipment Distribution Program**

1-800-657-3663

**United Way of Central MN**[www.unitedwayhelps.org](http://www.unitedwayhelps.org)**Veterans Administration**[www.va.gov](http://www.va.gov)**Vision Connection - Lighthouse International**

1-800-829-0500

[www.lighthouse.org](http://www.lighthouse.org)**MinnesotaHelp - Minnesota's interactive website & database to locate services**[www.MinnesotaHelp.info](http://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.*

### **Barnabus Home Care**

218-829-0901                      1-800-434-7225

### **Cornerstone Home Health Care**

218-825-7745

### **Crow wing County Public Health**

218-824-1080                      1-877-724-1080

### **Extended Family Home Care**

218-824-0512

### **Good Neighbor Home Health Care – Brainerd**

218-829-9238

### **Good Samaritan Home Care**

218-963-9842

### **Gratten Health Care**

1-800-470-1326

### **Home Instead of Senior Care**

218-824-0077

### **Home Health Partnership – Crosby**

218-546-2311                      1-800-698-2311

### **Horizon Health Faith In Action – Pierz**

320-468-6451                      1-800-225-6451

### **Lakewood Health System Home Care – Staples**

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

### **Life's Companion P.C.A./Highland Care**

763-786-3439                      1-888-891-2811

### **Lutheran Social Service**

218-824-3742

### **Mille Lacs Home Care & Hospice – Onamia**

320-532-4127                      1-888-532-4127

**Minnesota Home Care – Nisswa**  
218-963-8899

**REM Health, Inc.**

320-259-7045

1-800-262-3940

**St. Joseph's Home Care & Hospice – Brainerd**

218-828-7444

1-888-825-7444

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](http://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.

218-839-6650

1-877-612-6243

**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](http://www.experienceworks.org)

218-822-3060

**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](http://www.mnseniorcorps.org)

218-824-1345

**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**

**LSS Senior Nutrition** 320-584-5022  
1-800-488-4146

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

**Baxter: County Kitchen - Diners Club** 218-829-1739  
**Brainerd:**  
     **Lakes Area Senior Center** 218-824-6026  
     **Mississippi Terrace** 218-824-5032  
     **Northstar Apartments** 218-825-7805  
     **Oak Crest I & Oak Crest II** 1-800-488-4146  
**Crosby:**  
     **Cuyuna Range Community Center** 218-546-5855  
     **Dellwood Apartments** 218-546-5855  
**Crosslake: Crosslake Community Center** 218-692-4271  
**Nisswa: Ganley's Restaurant - Diner's Club** 218-693-2993  
**Pequot Lakes:**  
     **Nutrition Services** 218-587-2921  
     **Sibley Terrace Apartments** 218-568-4909

### For Additional Meal Locations

**Lutheran Social Services** 218-824-5052 or 218-764-3095  
1-800-488-4146

### Grocery Shopping Assistance

May be provided by local Faith in Action Programs, Living at Home Block Nurse Programs and Lutheran Social Service programs such as the Senior Companion Program

### 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

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

**Home Delivered Meals** - Nutritious meals delivered to those who are homebound and cannot prepare meals regularly for themselves.

Brainerd:

**Lakes Area Activity Center**

218-824-6026

**Mississippi Terrace**

218-824-5052

**Oakcrest I & Oakcrest II**

1-800-488-4146

Crosby:

**Crosby Community Center**

218-546-5855

**Dellwood Apartments**

218-546-5943

Crosslake: **Crosslake Senior Nutrition Center**

218-629-4271

Emily: **Emily City Hall**

218-763-3750

Nisswa: **Nisswa Senior Dining**

218-963-9538

Pequot Lakes:

**Nutrition Services**

218-587-2921

**Sibley Terrace**

218-568-4909

**Food Shelves –**Brainerd: **Salvation Army**

218-829-1120

Crosslake: **Crosslake Food Shelf**

218-692-4069

Emily: **Emily Food Shelf**

218-763-2278

Nisswa: **Lakes Area Food Shelf**

218-568-8474

**Soup Kitchen -**Brainerd: **Temple Baptist Church**

218-829-4203

**Meals On Wheels –**

Brainerd

218-825-9411

Crosby

218-546-5855

Crosslake

218-692-3260

Emily

218-763-3750

Pequot Lakes

218-568-4909

## 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  
**PAL Medical Systems** 1-800-852-6575  
**WireNet Caring Solutions** 612-518-2256

### Crow Wing County

**Central MN Alarms, Inc.** 320-356-7720 1-800-450-7720  
**Cuyuna Regional Medical Center** 218-546-7000 1-80-698-2311  
**Home Health Partnership - Aitkin** 218-927-5547  
**Lifeline - Crosby** 218-546-2311 1-800-698-2311  
**Red Cross - Brainerd** 218-829-4004 1-800-969-7798

## 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](http://www.caretransportation.com) 1-800-535-7190  
1-800-450-4227

**Medi-Van** 1-800-422-0976

**Medica Enrollees (Medical Appointments)**  
952-992-2345 1-800-906-5432

**UCare Enrollees (Medical Appointments)**  
612-676-6830

### Crow Wing County:

#### **Bay Lake Lion's Mobility Bus**

218-678-9090 or  
218-678-3654

**Brainerd and Crow Wing Transit** 218-825-7433 1-866-925-7433

**Care Van - Lakewood Health Care Systems**  
[www.lakewoodhealthsystems.com](http://www.lakewoodhealthsystems.com) 218-894-8331 1-800-525-8344

**Dial-a-Ride - Brainerd** 218-825-7433

**Faith In Action – Garrison** 320-692-0228

**Home Instead Senior Care** 218-824-0077

**MN Home Care** 218-963-8899

**People Express**  
[www.peoplesjan@hotmail.com](mailto:www.peoplesjan@hotmail.com) 218-631-2909 1-800-450-0123

**Pequot Lakes Area Interfaith Caregivers**  
218-820-7454 1-877-245-7454

**Pequot Lakes Senior Citizens Van** 218-568-9366

## **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.

### **Crow Wing County Lakes Area Interfaith Caregivers**

218-820-7454

1-877-245-7454

**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.