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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](http://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](http://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**

|                                 |                |
|---------------------------------|----------------|
| <b>Senior Advocates</b>         | 1-800-224-6451 |
| <b>Senior Linkage Line</b>      | 1-800-333-2433 |
| <b>Local Advocates</b>          | 1-800-224-6451 |
| <b>Long Term Care Ombudsman</b> | 1-800-657-3591 |
| <b>Matrix AdvoCare Network</b>  | 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](http://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](http://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 1<sup>st</sup> St. N.E.

Menahga, MN 56464

Rebecca Toso

218-732-3677

[mcdc@unitelc.com](mailto:mcdc@unitelc.com)

**Woodside Manor Assisted Living**

501 Main St. N.E.

Menahga, MN 56464

Marlene Salo

218-564-4101

[marlenesalo@wcta.net](mailto:marlenesalo@wcta.net)

Sebeka:

**Heritage House of Sebeka**

1005 Wells Ave. W.

Sebeka, MN 56477

Debbie

218-837-6406

[deb@wcta.net](mailto:deb@wcta.net)

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

**Hilltop Villas**

5<sup>th</sup> Street S.W.

Sebeka, MN 56477

Rob Lucas

218-547-3307

[wendy@dwjonesmanagement.com](mailto:wendy@dwjonesmanagement.com)

[www.dwjonesmanagement.com](http://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](mailto: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 2<sup>nd</sup> St. S.E. (West)

Wadena, MN 56482

Maria Marthaler

218-631-7723

[mariam@wadenahra.com](mailto: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 6<sup>th</sup> 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 6<sup>th</sup> 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**

|   |              |
|---|--------------|
| <b>Green Pine Acres – Menahga</b><br>(Greenwood Connections)<br>427 Main Street NE<br>Menahga, MN 56464 | 218-564-4101 |
| <b>Fair Oaks Lodge – Wadena</b><br>201 Shady Lane Drive<br>Wadena, MN 56482                             | 218-631-1391 |

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

#### **Lutheran Social Services**

1-800-582-5260

[www.lssmn.org](http://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

|                               |                                 |
|-------------------------------|---------------------------------|
| <b>Menahga Senior Center</b>  | 218-564-4858                    |
| <b>Nimrod Senior Center</b>   | 218-472-3501<br>or 218-472-3405 |
| <b>Sebeka Senior Center</b>   | 218-837-5068                    |
| <b>Verndale Senior Center</b> | 218-445-5510                    |
| <b>Wadena Senior Center</b>   | 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](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**  
**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](http://www.nhpco.org)

### Wadena County

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

[www.sjahs.org](http://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](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.*

### **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](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.

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](http://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](http://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: <b>Menahga Senior Center</b>   | 218-564-4858 |
| Nimrod: <b>Nimrod Senior Dining</b>     | 218-472-3405 |
| Sebeka: <b>Sebeka Senior Center</b>     | 218-837-5068 |
| Verndale: <b>Verndale Senior Center</b> | 218-445-5510 |
| Wadena:                                 |              |
| <b>Boondocks Café</b>                   | 218-631-1353 |
| <b>Humphrey Manor Apartments</b>        | 218-631-4053 |

### For Additional Meal Locations

|                                 |                |
|---------------------------------|----------------|
| <b>Lutheran Social Services</b> | 1-800-488-4146 |
|---------------------------------|----------------|

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

|   |              |
|---|--------------|
| Menahga: <b>Menahga Senior Center</b>   | 218-564-4858 |
| Nimrod: <b>Nimrod Senior Center</b>     | 218-472-3405 |
| Sebeka: <b>Sebeka Senior Center</b>     | 218-837-5068 |
| Verndale: <b>Verndale Senior Center</b> | 218-445-5510 |
| Wadena:                                 |              |
| <b>Humphrey Manor Apartments</b>        | 218-631-4053 |
| <b>Tri-County Hospital</b>              | 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](http://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](http://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](http://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.