

HOUSTON COUNTY PUBLIC HEALTH AND HUMAN SERVICES

SERVICE OPTIONS AND RESOURCE LISTING

**This list may not represent all resources available in Houston County.
Please contact Houston County Public Health & Human Services at 507-725-5811 or 507-725-5810,
with any additions/corrections/changes to this listing. Thank You**



Houston County Public Hlth & Human Svcs	304 S. Marshall St. Rm. 104	Caledonia MN 55921
Office Hours 8 am – 4:30 pm	507-725-5811	Child support 507-725-5811 x 1339
Medical Coverage, Cash Assistance, Supplemental Nutrition Assistance Program (food), limited Emergency Assistance, Child Care Assistance, Child Support, Disability Services and Social Services, Food Stamps, Minnesota Supplemental Assistance		
Fax: 507-556-3012	611 Vista Drive Ste 1	Caledonia, MN 55921
	507-725-5810	Fax: 507-725-2150
Long Term Care Consultation, MN Choice Assessment, Family Health, Developmental Disability, Senior Resources, Car Seat programs, Immunizations, WIC, C&TC, Follow Along Program		

SEMCCAC (Caledonia)	138 E. Main St.	507-725-3677	Hours Mon-Thurs 8:00-4:30
Food/Rental/Emergency Assistance available			
Energy & Weatherizing Assistance		800-944-3281 or 507-864-7515	
SEMCCAC (Rushford)	204 S. Elm St.	507-864-7741	Monday – Friday 8:00-4:30
Energy & Weatherizing Assistance		800-944-3281 or 507-864-7515	

SENIOR DINING SITES				
City	Time	Days	Where	Phone#
Caledonia	11:30	M-F	Elsie's - 226 E. Main St.	507-703-0935
Eitzen	11:30	Wedn. only	Community Building - 207 E. Main St.	507-495-3533
La Crescent	11:30	M-F	Community Center – 336 S. 1 st St.	507-895-6585
Spring Grove	11:30	M-F	American Legion – 104 W. Main St.	507-498-3385
Rushford	11:30	M-F	Tenborg Building, 113 E. Jesse St.	507-864-2786
Mabel	11:30	M-F	Fire Hall, 109 N. Elm St.	507-493-5950
Preston	11:45	M-F	B&B Olympic Bowl, 401 Kansas St.	507-765-3837

HOME DELIVERED MEALS		
Caledonia Care and Retirement (7 days a week)	507-725-3351	
Eitzen	507-864-8228	
Hokah	507-894-4231	
Houston	507-864-2786	
La Crescent	507-895-4440	
Spring Grove	507-498-3385	
For additional Senior Services Information call 507-864-8231		
La Crescent Health Services	507-895-4009	
SEMCCAC Meals on Wheels	507-864-8228	
Mom's Meals (can be delivered to rural homes)	866-204-6111	
HomeStyle Direct (can be delivered to rural homes)	866-735-0921	

ECFE (Early Childhood Family Education)	
Caledonia (507) 725-5205	Houston (507) 896-5323
La Crescent (507) 895-8731	Spring Grove (507) 498-3221

Head Start (SEMCCAC) – Call 507-725-3677	
Caledonia	138 East Main Street
La Crescent	703 S. 11 th Street

FOOD SHELVES		
Houston Food Basket	118 S Lincoln St., Houston	507-896-3602
Hours: Thursday 4:30 pm – 5:30 pm or call for emergency		
La Crescent Area Food Shelf	333 Main St., La Crescent	507-895-8123
Hours: Wednesdays 2:00-5:00 pm, 2 nd Saturday of each month 9:00 am - noon		
SEMCAC Caledonia Food Shelf	138 East Main St., Caledonia	507-725-3677
Hours: Tuesday 9:00 am – 6:00 pm, Thursday 9:00 am – 4:00 pm, Wednesday by appointment		
Hokah Area Food Shelf	57 Main St., Hokah	608-799-1065
Hours: 3 rd Friday 5:00-7:00 pm, 1 st & 3 rd Saturdays 9:00 am – noon, Mondays and Thursdays 5:00-5:30 pm (Kwik Trip donations while supplies last)		
Spring Grove Food Shelf	203 East Main St.	507-498-5291
Small emergency food shelf. Will need to call to setup a visit.		
WAFER Food Pantry	403 Causeway Blvd La Crosse, WI	608-782-6003
Available to La Crescent residents who meets income guidelines. MUST show piece of mail and ID in your name, showing La Crescent residency.		
Hours: Monday thru Friday 10:00 am – 12:45 pm and Monday, Tuesday, Thursday from 4:00 pm – 7:45 pm		
SEMCAC Rushford Food Shelf	113 E Jessie St., Rushford, MN	507-864-8224
Nutrition Assistance Program for Seniors		877-500-8699

CLOTHING		
La Crescent Methodist Church	520 N. Elm St., La Crescent, MN	507-895-2373
(Clothing available)		M-F 9:00am–3:00pm
Twice Is Nice – Woodland Industries	521 Old Hwy Dr., Caledonia, MN	507-725-2092
Clothing, shoes, household, books		M-F 9:00am – 4:30pm
Women’s Clothes Closet	612 Division St., La Crosse, WI	608-784-5745
Our Saviors Lutheran Church	Free clothing for women	Monday 8am – 12pm, Tues. 2pm – 7pm, Sat. 11am-4pm

HEMOCARE, HOSPICE		
<i>Home Care Medicare Certified</i>		
Good Samaritan Home Care	Preston	888-381-3205
Gundersen Health Hospice		608-775-8400
Mayo Health Systems Hospice		608-392-9790
Heartland Hospice	Rochester	507-292-1170
International Quality Home Care	La Crescent	888-304-6230
Adara Home Health	Buffalo, MN	888-525-7742
Recover Health	Winona	507-494-8600
Recover Health	La Crosse	608-406-3140
<i>Personal Care Assistant (PCA) Homecare Services</i>		
Global Home Health Care	Winona	507-452-1696
International Quality PCA Services	La Crescent	888-304-6230
SEMCIL		888-460-1815
Options Plus Home Care LLC		507-474-1509

<i>Adult Day Programming</i>		
All Seasons Program	Caledonia Care and Rehab	507-725-3351
Coulee Region Adult Day Center	Onalaska, WI	608-519-2306
Merit Center, Bethany St. Joseph	La Crosse, WI	608-788-2900
Tweeten Lutheran Healthcare	Spring Grove, MN	507-498-3211
Valley View	Houston, MN	507-896-3125
<i>Adult Foster Care</i>		
Houston County Human Services		507-725-5811
<i>Respite Care Options</i>		
Home Instead		608-782-4000
Coulee Region Adult Day Center	Onalaska, WI	608-519-2306
SUPPORT GROUPS		
Caledonia Care and Retirement		507-725-3351
Tweeten Lutheran Healthcare	Held on first Tuesday of each month at 10:00 am	507-498-3211 Sharon Auna, RN
Valley View Rehabilitation	Held on last Tuesday of the month at 5:00 pm	Contact: Activities 507-896-3125
SEMCAC Caregiver Advocate		507-864-7741
COMPANION SERVICES		
Neighbors in Action		507-895-8123
Lutheran Social Services		877-540-9443

EMERGENCY SERVICES		
Red Cross		1-800-837-6313
Salvation Army – La Crosse Thrift Store	728 Copeland Ave., La Crosse, WI	608-784-1421
	Clothing and some household	
Salvation Army Community Center and Emergency Shelter	223 North 8 th Street, La Crosse, WI	608-782-6126
Salvation Army – Rochester Thrift Store	201 Ninth St. SE, Rochester	507-281-1561
Salvation Army – Rochester Worship and Service Center	20 NE 1 st Ave., Rochester	507-288-3663
Bluff Country Family Resources	114 Main Street, Hokah, MN	507-894-2676
24 hour crisis line 1-866-367-4297		Hours: M-F 8:00 am – 5:00 pm
Help with domestic violence, sexual violence and housing. Clothing, furniture, household items, blankets, toiletries, cleaning products, non-perishable food.		
Catholic Charities of Winona Hours: Monday thru Friday 8:30 am – 5:00 pm	111 Market St. Suite 2, Winona, MN	507-454-2270
Catholic Charities of La Crosse Hours: Monday thru Thursday 9:00 am – 4:00 pm, Friday by appointment	3710 East Ave S., La Crosse, WI	608-782-0710 OR 888-212-4357
Staff available to help with Adoption, Community Homeless Facilities (La Crosse Warming Center), Disability Services, Disaster Relief, Immigration, Post Adoption, Pregnancy Support and St. Lawrence Community Services.		

HEALTH CARE		
Gundersen Health System Express Care	Hours: M-F 8:00am-6:30 pm, Saturday 8:00am-4:30pm, Sunday 9:00am-3:30pm	608-775-5858
	La Crosse ExpressCare Clinic	2500 State Road, La Crosse
	Onalaska ExpressCare Clinic	1260 Crossing Meadows Drive
St. Clare's Health Mission	916 Ferry Street	Phone: 608-519-4623
	La Crosse, WI 54601	Fax: 608-519-4612
<i>To Apply for Healthcare/Questions</i>		
MN Sure	www.MNSure.org	855-366-7873
MN Care		800-657-3672
Medica		800-373-8335
UCare	Medicare	877-523-1518
	Individual & Family Plans	877-903-0070
UCare Dental Connection		855-648-1415
Delta Dental of Minnesota		800-459-8574
LEGAL ASSISTANCE		
Legal Aid	Free legal advice for seniors or low-income people	800-372-8168
Southern MN Regional Legal Svcs		888-575-2954
	Winona Office 66 East 3 rd St., Winona, MN 55987	507-454-6660
https://www.lawhelpmn.org	Resources for youth, homeless, veterans, unemployment, transportation, waived services	
Case Intake and Hotline (New Clients)		888-575-2954
ASSISTED LIVING APARTMENTS		
Buckley	Caledonia, MN	507-725-3351
Claddagh Senior Living	Caledonia, MN	507-725-5200
Traditions of La Crescent	La Crescent, MN	507-895-6447
Traditions of Harmony	Harmony, MN	507-886-6515
SpringBrook Village	La Crescent, MN	507-551-2034
Spring Grove Assisted Living	Spring Grove, MN	507-498-4000
The Meadows of Mabel	Mabel, MN	507-493-5995
Bremmer Suites	Rushford, MN	800-627-3529
Heritage Court	Houston, MN	507-896-5135
HOUSING/SENIOR HOUSING		
Bluffview Apartments	104 N 7 th St., Brownsville, MN 55919	507-482-6732
Crestview	308 N 2 nd St., La Crescent, MN 55947	608-786-4101
Heritage Court	510 E Cedar St., Houston, MN 55943	507-896-3125
Loretta Heritage	312 S Decorah St, Caledonia, MN 55921	507-725-5113
Spring Grove Manor	129 Maple Dr, Spring Grove, MN 55974	507-498-5780
Tweeten Apartments	150 5 th Ave SE, Spring Grove, MN 55974	507-498-5600
Valley View Manor	200 S Erickson St, Houston, MN 55943	507-896-2431
Wiegrefe Senior Housing	620 Main St E, Eitzen, MN 52140	507-495-3004
Whispering Pines	306 S East St, Caledonia, MN 55921	507-725-2797

NURSING HOMES & RELATED SERVICES		
Caledonia Care & Retirement		507-725-3351
La Crescent Health Services		507-895-4445
Tweeten Lutheran Health Care Center	Also has a specialized dementia unit	507-498-3211
Valley View Nursing Home		507-896-3125
Good Shepherd Lutheran Services	Rushford	507-864-7714
Green Lea Senior Living	Mabel	507-493-5436
Long Term Care Ombudsman		800-657-3591
Mental Health & Developmental Disabilities		800-657-3506
MENTAL HEALTH SERVICES		
Hiawatha Valley Mental Health		507-725-2022
Crisis Response		844-274-7472
MONITORING SYSTEMS (Client Worn Transmitter Systems)		
AcenTek	Med Alert	888-404-4940
Heartland Security	First Call	888-264-6380
Mayo Health Systems Eldercare	Lifeline	608-392-6300
Spring Grove Communications	Medical Alert Systems	507-498-3456
Medscope	www.medscope.org	800-645-2060
QMedic		877-241-2244
HOMEMAKING and SUPPORTIVE SERVICES		
Global Health Care	Home health care company	507-452-1696
International Quality Homecare La Crescent		888-304-6230
Neighbors in Action	Provides assistance to older and disabled adults	507-895-8123
Options Plus Home Care LLC	Home care agency	507-474-1509
TaskTakers Spring Grove	PO Box 73, Spring Grove, MN	507-498-8275
Examples of tasks: transportation, handyman jobs, light cleaning, organizing, shopping, companion		
Good Samaritan Home Care	Preston	888-381-3205
TRANSPORTATION		
Apple Express	La Crescent	608-789-7350
Neighbors in Actions	La Crescent area	507-895-8123
	Caledonia area	507-725-8123
Rolling Hills Public Transit	Houston County (people with disabilities)	800-528-7622
TaskTakers	Spring Grove	507-498-8275
RemJoy	Rochester	507-206-6650
Economy	Winona	507-454-7433
Handivan	Rochester	507-281-3600
Sunflower	Rochester	507-398-9573
SEMCAC Volunteer Driver Program		800-528-7622
Lifts Transportation	Specialized transportation and car service	888-469-7433
<i>Medical Assistance Managed Care Participants</i>		
UCare participants – Health Ride		800-864-2157
Blue Plus participants – Blue Ride		866-340-8648
Medica Provide a Ride	Call Medica member services	888-347-3630
	For emergencies/urgent care visits call	866-715-0915

INFORMATION & REFERRAL		
First Call for Help/Great Rivers 211	24 hours a day, 7 days a week	800-362-8255
Alcohol/Drug treatment services, crisis services, basic needs, youth and family services, senior citizens and adults with disabilities, community resources		
Neighbors in Action	La Crescent/Hokah area	507-895-8123
	Caledonia area	507-895-8123
Provides assistance to older and disabled adults throughout Houston County. We help with tasks that are difficult for you to manage so that you can stay living in your own home longer		
Semcac Caregiver Advocate		507-864-8225
Focuses on supporting and empowering seniors, as well as caregivers		
Minnesota Board on Aging		www.minnesotahelp.info
Social Security Administration		800-772-1213
Telephone Distribution Program, State of MN	Provides telephones for people who need adaptive equipment to use the phone	800-657-3663
Low Income Telephone Assistance	See page 33 of ACE phonebook	1811 or 888-404-4940
Veteran's Linkage Line	Support for MN Veteran's and families	888-546-5838
Local Veteran Services	Rob Thoen	507-725-5805
TaskTakers		507-498-8275
Nonprofit in Spring Grove that seeks to connect volunteers with community members in need of assistance.		
Senior Linkage Line	Hours: M-F 8:00 am – 4:30 pm	800-333-2433
Helps with Medicare, Prescription drug costs, housing/nursing home, health care fraud and abuse		
United Way		651-291-0211 or 800-543-7709
Basic needs, criminal justice and legal, education, healthcare, income support, mental health, public safety		
Disability Hub MN	https://disabilityhubmn.org	866-333-2466
Disability Hub MN is a free statewide resource network that helps you solve problems, navigate the system and plan for your future.		
S.S.D. Advocates	Social security help	800-544-9925
Disability Professionals LLC	P.O. Box 3408, Mankato, MN Representative - Dennis Teachout	866-678-1832 Or 507-625-1832
Provides Social Security Representation for Disabled Adults and Children.		
Rental Assistance – Section 8 SEMMCHRA	134 East 2 nd St., Wabasha, MN	Call 651-565-2638 Or Fax 651-565-3836
Outreach Services of Minnesota	4294 Dahlberg Dr. Minneapolis, MN 55401	612-332-6773 Or 800-544-9925
Help Uninsured or Under Insured individuals		
Workforce Development	110 E Grove St., Caledonia, MN	800-657-4629 or 507-724-5231
Landlord issues	www.ag.state.mn.us	800-657-3787
Credit Counseling Consumer Credit Counseling Svc	505 King Street Suite 212 La Crosse, WI 54601	608-784-8380
Winona Social Security Office Choate Bldg	53 E 3 rd St Suite 307 Winona, MN 55987	877-600-2853
AA Meeting Directory		507-452-2348

Wings for Widows	4244 Browndale Ave Minneapolis, MN 55416	612-466-2716 or 877-579-2790 www.wingsforwidows.us
Provides financial and legal counseling to widows in the first 12 months following the death of their spouse		
Health Inspector - Houston County	Sam Boysen	507-206-2719