

SERVICE OPTIONS

*A menu of services for individuals
seeking community-based supportive services to promote independent living in
their home & community.*



Public Health
Prevent. Promote. Protect.

Long Term Care Consultation

Houston County Public Health

1-507-725-5810

CAREGIVER ADVOCATE

Semcac Senior and Caregiver Advocate.....1-507-864-8225

COMPANION SERVICES

Neighbors in Action (La Crescent and Hokah area)..1-507-895-5155

(Caledonia area)..1-507-725-8123

Lutheran Social Services.....1-507-356-2107

rachel.wiebold@lssmn.org

The SC Program engages persons who are 55 years of age or older to assist others through caring and companionship and are part of a coordinated effort to assist people to remain independent for as long as possible.

ENERGY & WEATHERIZING ASSISTANCE

Semcac.....1-507-725-3677

Toll Free.....1-800-944-3281

FOOD & NUTRITION

Congregate Dining

Caledonia Elementary school.....	1-507-703-0935
Eitzen Community Center (Wednesday only).....	1-507-495-3533
La Crescent Community Center.....	1-507-895-6585
Spring Grove American Legion Hall.....	1-507-498-3385

Home Delivered Meals

Caledonia Care and Rehab (7 days a week).....	1-507-725-3351
Eitzen (call for information).....	1-507-864-8228
Hokah	1-507-894-4231
Houston	1-507-864-2786
La Crescent (Prince of Peace church).....	1-507-895-4440
Email: Mike Ryan mmm62061@gmail.com	
Mom's Meals --Can be delivered to rural homes.....	1-866-204-6111
Spring Grove	1-507-498-3385
Semcac Meals on Wheels.....	1-507-864-8228

(In La Crescent – Crestview only)

Food Shelves

(Both Semcac food shelves have emergency food)

- Semcac Caledonia Food Coop**1-507-725-3677
(Tues 9-6, Thurs 9am-4pm, Closed over noon, must have ID)
- Semcac Rushford Food Coop**.....1-507-864-8224
- La Crescent Food Shelf - Prince of Peace Lutheran Church**
.....1-507-895-4440
(M-F 9am-12pm & 1-3 pm, Houston County Residents only, must have ID)

HEMECARE, HOSPICE

Home Care-Medicare Certified

- Good Samaritan Home Care Preston**.....1-888-381-3205
- Gundersen Lutheran Hospice**.....1-608-775-8400
- Mayo Health Systems Home Care & Hospice**.....1-608-392-9790
- Heartland Hospice Rochester**.....1-507-292-1170
- International Quality Home Care La Crescent**.....1-888-304-6230
- Prairie River Home Care**.....1-888-525-7742
- Recover Health Winona**.....1-507-474-4005

Personal Care Assistant (PCA) Homecare Services

Global Home Health Care-Winona.....1-507-452-1696
International Quality PCA Services-La Crescent.....1-888-304-6230
SEMCIL.....1-888-460-1815
Options Plus Home Care LLC.....1-507-474-1509

Adult Day Programming

All Seasons Program, Caledonia.....1-507-725-3351
Coulee Region Adult Day Center, Onalaska, WI1-608-519-2306
Merit Center, Bethany St. Joseph, La Crosse, WI.....1-608-788-2900
Tweeten Lutheran Healthcare, Spring Grove.....1-507-498-3211
Valley View, Houston.....1-507-896-3125

Adult Foster Care

Contact Houston County Human Services.....1-507-725-5811

Respite Care Options

Home Instead.....1-608-782-4000
Coulee Region Adult Day Center, Onalaska, WI.....1-608-519-2306

HOMEMAKING and SUPPORTIVE SERVICES

- Global Health Care**.....1-507-452-1696
- International Quality Homecare La Crescent**.....1-888-304-6230
- Neighbors in Action La Crescent/Hokah area**.....1-507-895-5150
- Caledonia area**.....1-507-725-8123
- Options Plus Home Care LLC**.....1-507-474-1509
- TaskTakers Spring Grove**..... 1-507-498-8275

HOUSING

Senior Housing (many have subsidized rent)

- Bluffview Apartments**.....1-507-482-6732
104 N 7th St, Brownsville, MN 55919
- Crestview**.....1-608-786-4101
308 N 2nd St, La Crescent, MN 55947
- Heritage Court**.....1-507-896-3125
510 E Cedar St Houston, MN
- Loretto Heritage**.....1-507-725-5113
312 S Decorah St, Caledonia, MN 55921
- Spring Grove Manor**.....1-507-498-5780
129 Maple Dr, Spring Grove, MN 55974
- Tweeten Apartments**.....1-507-498-5600
150 5th Ave SE, Spring Grove, MN 55974

Valley View Manor.....1-507-896-2431
200 S Erickson St, Houston, MN 55943

Wiegrefe Senior Housing.....1-507-495-3004
620 Main St E, Eitzen, MN 52140

Whispering Pines.....1-507-725-2797
306 S East St, Caledonia, MN 55921

Assisted Living Apartments

Buckley, Caledonia, MN.....1-507-725-3351

Clara House, La Crescent, MN.....1-507-895-6447

Clara House, Harmony, MN.....1-507-886-6515

Spring Grove Assisted Living, Spring Grove, MN.....1-507-498-4000

The Meadows of Mabel, Mabel, MN.....1-507-493-5995

Bremmer Suites, Rushford, MN.....1-507-864-7714

Heritage Court, Houston, MN.....1-507-896-5135

INFORMATION & REFERRAL

First Call for Help/Great Rivers 211...24 hours a day, 7 days a week
.....1-800-362-8255

Houston County Human Services.....1-507-725-5811
Medical Assistance, Food Stamps, Minnesota Supplemental Assistance

Houston County Public Health.....1-507-725-5810
 Long Term Care Consultation/MN Choice Assessment

Minnesota Board on Aging.....www.minnesotahelp.info

Neighbors In Action (La Crescent/Hokah area).....1-507-895-5155
 (Caledonia area).....1-507-895-5155

Semcac Caregiver Advocate.....1-507-864-8225

Disability Linkage Line.....1-866-333-2466

Senior Linkage Line.....1-800-333-2433
 For Medicare information, Part D drug plans, insurance options

Social Security Administration.....1-800-772-1213

Telephone Distribution Program, State of MN.....1-800-657-3663

Low-Income Telephone Assistance (TAP) see page 33 of ACE
 phonebook or call.....1811 or (888)-404-4940

Veteran’s Linkage Line.....1-888-546-5838
 Local Veteran Services Rob Thoen..... 1-507-725-5805

TaskTakers..... 1-507-498-8275

LEGAL ASSISTANCE

South Minnesota Regional Legal Services.....1-507-292-0080
 Case Intake and Hotline (New Clients).....1-888-575-2954

MENTAL HEALTH SERVICES

Hiawatha Valley Mental Health.....1-507-725-2022

Community Support services, in home services, support services
and individual counseling . *Private Providers are listed in the telephone book.*

MONITORING SYSTEMS

Client Worn Transmitter Systems

Acentek, Med Alert.....1-888-404-4940

Heartland Security, First Call.....1-888-264-6380

Mayo Health Systems Eldercare, Lifeline.....1-608-392-6300

Spring Grove Communications, Medical Alert Systems.....
.....1-507-498-3456

Medscope,www.medscope.org, 1-800-645-2060

NURSING HOMES & RELATED SERVICES

Caledonia Care & Rehab.....1-507-725-3351

La Crescent Health Services.....1-507-895-4445

Tweeten Lutheran Health Care Center.....1-507-498-3211
Also has specialized dementia unit

Valley View Nursing Home.....1-507-896-3125

Good Shepherd Lutheran Services-Rushford.....1-507-864-7714

Green Lea Senior Living-Mabel.....1-507-493-5436

Long Term Care Ombudsman

St Paul Office.....1-800-657-3591 or 1-651-431-2555

SUPPORT GROUPS

The support groups in Houston County are for caregivers whose loved one has dementia. For other support groups, please call Great Rivers 211 for listings in La Crosse.

Caledonia Care and Rehab Contact: Amy Schroeder,
LSW.....1-507-725-3351

Tweeten Lutheran Healthcare-held on first Tuesday of each month, at 10:00 AM. Contact: Sharon Auna, RN.....1-507-498-3211

Valley View Rehabilitation-held on last Tuesday of the month, at 5PM. Contact: Activities.....1-507-896-3125

Semcac Caregiver Advocate.....1-507-864-7741

TRANSPORTATION

Apple Express, La Crescent.....1-608-789-7350

Neighbors in Action, La Crescent 1-507-895-5155
Caledonia Area.....1-507-725-8123

Semcac Dispatcher for Volunteer Drivers, Now Rolling Hills Public Transit-Kasson, MN.....1-800-528-7622

TaskTakers.....1-507-498-8275
Monday-Friday 8:00 a.m. to 4:30 p.m. or leave message

Medical Assistance Managed Care Participants

U Care participants-Health Ride.....1-800-864-2157

Blue Plus participants-Blue Ride.....1-866-340-8648