

## Fillmore County Senior Services

<b>Adult Day Services</b>	Harmony	507-886-6544
	Ostrander Care & Rehab	507-657-2231
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<b>Adult Foster Care (AFC)</b>	County (AFC)	507-765-2175
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<b>Advocacy, Information &amp; Assistance</b>	Semcac Sr. & Caregiver Advocate	507-864-8225
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<b>Caregiver Support</b>	National Alz Assn	800-272-3900
	Regional Alz Assn	507-289-3950
	Semcac Sr & Caregiver Advocate	507-864-8225
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<b>Chore</b>	Age Well at Home	507-251-0520
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<b>County Social Services</b>	Preston	507-765-2175
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<b>Hospice</b>	Gundersen	608-775-8435
	Heartland	507-292-1170
	Mayo	507-284-4002
	Seasons	507-285-1930
	St. Croix	507-281-5700
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<b>Information, Referral &amp; Assistance and Health Insurance Counseling</b>	Senior LinkAge Line®	800-333-2433
	Semcac Sr. & Caregiver Advocate	507-864-8225
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<b>Legal Assistance</b>	SMRLS Hotline	888-575-2954
		507-454-6665
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<b>Home Health Care Agencies</b>	Adara*	800-711-0509
		507-252-9844
*=Medicare Certified	Global Home Health Winona*	507-452-1696
	Good Sam Preston*	507-765-2700
<b>NOTE:</b> Some agencies may	Home Instead	507-285-1700
	Possabilities	507-281-6116
	Recover Health Winona*	507-494-8600
	Robland HC*	507-252-4619
	Spring Valley*	507-346-7381
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<b>Licensed Non-Medical Home Care</b>	Age Well at Home	507-251-0520
	Home Instead Senior Care	507-285-1700
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<b>Long-Term Care Consultation (MN Choices)</b>	Fillmore County	507-765-3898
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<b>Long-Term Care Ombudsman</b>	Statewide system	800-657-3591
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## Fillmore County Senior Services

<b>Meals on Wheels</b>	Canton	507-864-8228
	Chatfield	507-867-4220
	Harmony	507-273-2046
	Lanesboro	507-864-8228
	Mabel	507-493-5950
	Ostrander	507-657-2231
	Preston	507-864-8228
	Rushford/Peterson	507-854-2786
	Spring Valley	507-346-7795
	Wykoff	507-352-4713
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<b>Medicare</b>	www.medicare.gov	800-633-4227
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<b>Mental Health</b>	Zumbro Valley Mental Health	507-289-2089
	Hiawatha Valley Mental Health	800-657-6777
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<b>Senior Dining</b>	Harmony	507-886-4612
	Lanesboro	507-864-8228
	Mabel	507-493-5950
	Preston	507-765-3837
	Rushford	507-864-2786
	Spring Valley	507-346-7795
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<b>Senior Housing</b>	Senior LinkAge Line®	800-333-2433
<b>Long-Term Care Options, Verification Code</b>	<a href="http://www.minnesotahelp.info">www.minnesotahelp.info</a>	
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<b>Social Security</b>	www.ssa.gov	800-772-1213
	Winona Office	877-600-2859
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<b>Telephone Reassurance/ Emergency Response</b>	Good Samaritan	888-381-3205
	Heartland Security	888-264-6380
	Lifeline Mabel/Canton/Harmony	507-493-5436
	Lifeline Rochester	507-255-6908
	Telecare	507-457-4316
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<b>Transportation</b>	Age Well at Home	507-251-0520
	Handivan	507-281-3600
	Redi Ride	507-282-5353
	Rolling Hills Transit	800-528-7622
	Semcac Volunteer Drivers	507-944-3874
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<b>Volunteer Programs</b>	Age Well at Home	507-251-0520
	Common Good RSVP	507-454-2270
	Senior Companion	507-512-1036
	United Way Vol. Center	507-535-5519
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<b>Veterans Service Office</b>	Fillmore County	507-765-4937