

Winona County Senior Services

Adult Day Services	Benedictine- St. Anne's	507-457-3810
Adult Foster Care (AFC) Licensure	County (AFC)	507-457-6200
Advocacy, Information & Assistance	Winona Co. Senior Advocate	507-454-7369
Caregiver Support	Alz Assn. National	800-272-3900
	Alz. Assn. Regional	507-289-3950
	Elder Network	507-452-0580
	Senior Advocate	507-454-7369
Chore Service	Elder Network	507-452-0580
County Social Services	Winona	507-457-6200
Hospice	Gundersen	608-775-8435
	Heartland	507-292-1170
	Mayo La Crosse	608-392-9790
	Moments	507-888-9700
	Seasons	507-285-1930
	St. Croix	507-281-5700
	Winona	507-457-4468
Information, Referral & Assistance Health Insurance Counseling	Senior LinkAge Line®	800-333-2433
Legal Assistance	SMRLS Hotline	888-575-2954
Licensed Professional Home Care Agencies	Adara*	800-711-0509
		507-252-9844
*=Medicare Certified	Global Home Health	507-452-1696
	Good Sam Home Care-Preston	507-765-2700
Note: Some agencies may not serve the entire county	Gundersen Lutheran	800-776-4456
	Home Instead Senior Care	888-285-1733
	Interim Health Care*	507-200-1111
	International*	888-304-6230
	Options Plus	507-474-1509
	Recover Health*	507-494-8600
	Robland*	507-252-4619
Long-Term Care Consultation (MN Choices)	Winona County	507-457-6400 ext.4
Long-Term Care Ombudsman	Statewide system	800-657-3591
Meals on Wheels	Rollingstone	507-689-4189

Winona County Senior Services

	St. Charles/Lewiston	507-932-4072
	Stockton/MN City/Utica	507-864-8230
	Winona-Volunteer Services	507-452-5591
Medicare	www.medicare.gov	800-633-4227
Mental Health Counseling	Hiawatha Valley	507-454-4341
Senior Center (staffed)	Friendship Center Winona	507-454-5212
Senior Dining	Rollingstone	507-689-4189
	St. Charles	507-932-4072
	Winona: Valley View, Winhaven	507-429-4211
Senior Housing, Long term Care Options, Verification Code	Senior LinkAge Line® www.minnesotahelp.info	800-333-2433
Social Security www.ssa.gov	www.ssa.gov Winona Office	800-772-1213 877-600-2853
Telephone Reassurance/	Catholic Charities Age Well (reassurance)	507-454-2270
Personal Emergency Response System	Good Samaritan Home Care	888-381-3205
	Rochester Lifeline	507-255-6908
	Heartland Security	888-264-6380
	Tech-Cara	507-452-1021
	TeleCare - (reassurance)	507-457-4342
Transportation	Access Medical (to La Crosse)	800-658-9054
	Economy Cab	507-454-7433
	Handivan	507-281-3600
	Rolling Hills/SEMCAC	800-528-7622
	Winona Transit (city)	507-454-6666
Volunteer Based Programs	Common Good RSVP	507-454-2270
	Senior Companion	507-512-1036
	Elder Network	507-452-0580
Veterans Service Office	Winona County	507-457-6455