

## Freeborn County Senior Services

<b>Adult Foster Care (AFC)</b>	County (AFC)	507-377-5488
<b>Advocacy, Information &amp; Assistance</b>	Freeborn Co. Sr. Advocate	507-377-7433
<b>Caregiver Support</b>	National Alz Assn.	800-272-3900
	Regional Alz. Assn.	507-289-3950
	Family Caregiver Network	507-377-7433
<b>Chore</b>	Aging Services	507-364-5663
	Seniors Helping Seniors	507-396-8080
	Senior Resources	507-377-7433
<b>County Social Services</b>	Albert Lea	507-377-5400
<b>Hospice</b>	Heartland	507-292-1170
	Ecumen	507-774-3221
	Mayo Albert Lea	507-377-6393
	Mayo Austin	507-434-1416
	Moments	507-888-9700
	St. Croix	507-281-5700
<b>Information, Referral &amp; Assistance and Health Insurance Counseling</b>	Senior LinkAge Line®	800-333-2433
<b>Legal Assistance</b>	SMRLS Hotline	888-575-2954 507-377-2831
<b>Licensed Professional</b>	Adara*	800-598-5546 507-252-9844
	Allied Home Health	507-668-4024
	Embrace	507-369-5701
<b>Home Health Care Agencies</b>	Good Samaritan Home Care*	888-381-3205
*Medicare Certified	Helping Hands	800-246-9212
	Home Instead	507-285-1700 888-285-1733
<b>NOTE:</b> Some agencies may not cover the entire county	International*	507-377-6393
	Possabilities	507-281-6116
	Adara*(Previously Prairie River)	800-598-5546
	Recover Health*	507-282-2246
	Regency Home Health Care*	507-434-4900
	St. John's Community Care*	507-373-8226
	Vsiting Angels	507-289-1147
<b>Licensed Non-Medical Home Care</b>	All Generations	507-214-8007
	Aging Services for Communities	507-364-5663
<b>Long-Term Care Consultation (MN Coices)</b>	Freeborn County	507-377 -5100

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<b>Long-Term Care Ombudsman</b>	Statewide system	800-657-3591
<b>Meals on Wheels</b>	Albert Lea	507-373-2384
	Alden	507-373-7759
	Emmons	507-373-7759
	Glenville	507-373-7759
<b>Meals on Wheels</b>	Semcac-Sr. Tower & rural	507-864-8228
<b>Medicare</b>	<a href="http://www.medicare.gov">www.medicare.gov</a>	800-633-4227
<b>Mental Health Counseling</b>	Albert Lea Behavioral Health	507-377-6406
	Mental Health Center	507-373-1491
<b>Senior Center (staffed)</b>	Albert Lea	507-373-0704
<b>Senior Dining</b>	Albert Lea Senior Tower	507-373-7759
	Alden	507-874-3781
<b>Senior Housing, Long-term Care Options, Verification Code</b>	Senior LinkAge Line® <a href="http://www.minnesotahelp.info">www.minnesotahelp.info</a>	800-333-2433
<b>Social Security</b>	<a href="http://www.ssa.gov">www.ssa.gov</a>	800-772-1213
	Austin Office	866-504-5010
<b>Telephone Reassurance/ Personal Emergency Response</b>	Albert Lea Fire Dept	507-377-4346
	Good Samaritan	888-381-3205
	Heartland Security	888-264-6380
<b>Transportation</b>	Albert Lea Taxi	507-383-3341
	Albert Lea Transit	507-379-1111
	Handivan	507-281-3600
	Senior Resources	507-377-7433
	SMART	855-762-7821
<b>Volunteer Programs</b>	Senior Resources	507-377-7433
	Senior Companion	507-512-1036
	United Way Volunteer Center	507-373-8670
<b>Veterans Service Office</b>	Freeborn County	507-377-5184