

# **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**



<b>Houston County Public Hlth &amp; Human Svcs</b>	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: 507-556-3012
Long Term Care Consultation, MN Choice Assessment, Family Health, Developmental Disability, Senior Resources, Car Seat programs, Immunizations, WIC, C&TC, Follow Along Program		

<b>SEMCAC (Caledonia)</b>	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	
<b>SEMCAC (Rushford)</b>	204 S. Elm St.	507-864-7741	Monday – Friday 8:00-4:30
Energy & Weatherizing Assistance		800-944-3281 or 507-864-7515	

<b>SENIOR DINING SITES</b>				
City	Time	Days	Where	Phone#
Caledonia	11:30	M-F	Elsie's - 226 E. Main St.	507-703-0935
Eitzen	11:30	Wed. only	Community Building - 207 E. Main St.	507-495-3533
La Crescent	10:30a to 1:30p	M-F	Community Center – 336 S. 1 <sup>st</sup> 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

<b>HOME DELIVERED MEALS</b>		
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	507-498-4046	
For additional Senior Services Information call 507-864-8231		
La Crescent Health Services	507-895-4009	
SEMCAC 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	

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

<b>Head Start (SEMCAC) – Call 507-725-3677</b>	
Caledonia	138 East Main Street
La Crescent	703 S. 11 <sup>th</sup> Street

<b>FOOD SHELVES</b>		
<b>Houston Community Food Shelf</b>	118 S Lincoln St., Houston	507-896-3602
Hours: Thursday 3:00 pm – 5:30 pm or call for emergency (507-951-8649)		
<b>La Crescent Food Shelf</b>	436 South 6 <sup>th</sup> St., La Crescent	507-895-1115
Hours: Wed. 1:00-5:00 pm, Thurs. 2:00-6:00pm and 2 <sup>nd</sup> Saturday of each month 9:00 am - noon		
<b>SEMCAC Caledonia Food Shelf</b>	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		
<b>Hokah Area Food Shelf</b>	57 Main St., Hokah (Lower Level)	608-799-1065
Hours: Mondays and Thursdays 4:30-5:30 pm, 1 <sup>st</sup> Saturday of month 9:00 am - noon		
<b>Spring Grove Food Shelf</b>	203 East Main St.	507-498-5291
Small emergency food shelf. Will need to call to setup a visit.		
<b>WAFER Food Pantry</b>	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		
<b>SEMCAC Rushford Food Shelf</b>	113 E Jessie St., Rushford, MN	507-864-8224
<b>Nutrition Assistance Program for Seniors</b>		877-500-8699

<b>HEMOCARE, HOSPICE</b>		
<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	855-447-4762
Adara Home Health	Buffalo, MN	888-525-7742
Recover Health	Winona	507-494-8600
Recover Health	La Crosse	608-406-3140
<b>HOMEMAKING and SUPPORTIVE SERVICES</b>		
Global Health Care	Home health care company	507-452-1696
International Quality Homecare La Crescent		855-447-4762
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
Small Town Home Care, LLC	118 S. Main St, Mabel, MN	507-493-5550
**Working on waivers and with insurances	**Working hours: Mon – Fri 8a-5p	Or 507-459-4110
<i>Personal Care Assistant (PCA) Homecare Services</i>		
Global Home Health Care	Winona	507-452-1696
International Quality PCA Services	La Crescent	855-447-4762
SEMCIL		888-460-1815

Options Plus Home Care LLC		507-474-1509
Interim Healthcare	2659 Superior Drive NW, Suite 200 Rochester, MN 55901	507-200-1111
<b>Adult Day Programming</b>		
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
<b>Adult Foster Care</b>		
Houston County Human Services		507-725-5811
<b>Respite Care Options</b>		
Home Instead		608-782-4000
Coulee Region Adult Day Center	Onalaska, WI	608-519-2306
<b>SUPPORT GROUPS</b>		
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
<b>COMPANION SERVICES</b>		
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 <sup>th</sup> Street, La Crosse, WI	608-782-6126
Salvation Army – Rochester Worship and Service Center	20 NE 1 <sup>st</sup> 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		
<b>Gundersen Health System Express Care</b>	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
<b>St. Clare's Health Mission</b>	916 Ferry Street	Phone: 608-519-4623
	La Crosse, WI 54601	Fax: 608-519-4612
<i>To Apply for Healthcare/Questions</i>		
<b>MN Sure</b>	<a href="http://www.MNsure.org">www.MNsure.org</a>	855-366-7873
<b>MN Care</b>		800-657-3672
<b>Medica</b>		800-373-8335
<b>UCare</b>	Medicare	877-523-1518
	Individual & Family Plans	877-903-0070
<b>UCare Dental Connection</b>		855-648-1415
<b>Delta Dental of Minnesota</b>		800-459-8574
LEGAL ASSISTANCE		
<b>Legal Aid</b>	Free legal advice for seniors or low-income people	
<b>Southern MN Regional Legal Svcs</b>	Case Intake and Hotline (New Clients)	888-575-2954
	Winona Office 66 East 3 <sup>rd</sup> St., Winona, MN 55987	507-454-6660
<a href="https://www.lawhelpmn.org">https://www.lawhelpmn.org</a>	Resources for youth, homeless, veterans, unemployment, transportation, waived services	
Mid-MN Legal Aid & MN Disability Law (Intake: M-Th 9:30 – 11:30am & 1:30 – 3:30pm; F 9:30 – 11:30am)	Handles some legal issues statewide, including IRS problems and certain legal issues directly related to someone's disability	1-800-292-4150
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 <sup>th</sup> St., Brownsville, MN 55919	507-482-6732
Crestview	308 N 2 <sup>nd</sup> 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 <sup>th</sup> 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
<b>NURSING HOMES &amp; RELATED SERVICES</b>		
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
<b>MENTAL HEALTH SERVICES</b>		
Hiawatha Valley Mental Health	221 S. Kingston St., Caledonia, MN 55921	Phone: 507-725-2022 Fax: 507-725-3474
Crisis Response		844-274-7472
Mental Health Crisis Line		<b>988 (Dial or text 24/7)</b>
National Suicide Prevention Lifeline		1-800-273-TALK (8255)
<b>Veterans Crisis Line</b>	<a href="https://www.veteranscrisisline.net/Chat">VeteransCrisisLine.net/Chat</a>	988 and press 1 or text 838255
<b>MONITORING SYSTEMS (Client Worn Transmitter Systems)</b>		
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	<a href="http://www.medscope.org">www.medscope.org</a>	800-645-2060, ext. 727
QMedic		877-241-2244
<b>TRANSPORTATION</b>		
Apple Express	La Crescent	608-789-7350
Neighbors in Actions	La Crescent Area Only	507-895-8123
Rolling Hills Public Transit	Houston County (people with disabilities)	800-528-7622
TaskTakers	Spring Grove	507-498-8275
PRN Transportation Service	1867 18 <sup>th</sup> St NW, Rochester, MN 55901	507-271-1410
RemJoy	Rochester	507-206-6650
Economy	Winona – DOES NOT BILL MA	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
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
MJ Transportation (MN City, but will drive to La Crescent, Caledonia, Hokah, Houston, Rushford, etc.)	Bills straight MA, UCare & BC/BS	507-313-9760
Vantastic (Lake City, but will drive to La Crescent, Caledonia, Hokah, Houston, etc.)	Bills straight MA, UCare & BC/BS	507-272-4901
<b>INFORMATION &amp; REFERRAL</b>		
<b>First Call for Help/Great Rivers 211</b>	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		
<b>Neighbors in Action</b>	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		
<b>Semcac Caregiver Advocate</b>		507-864-8225
Focuses on supporting and empowering seniors, as well as caregivers		
<b>Minnesota Board on Aging</b>		<a href="http://www.minnesotahelp.info">www.minnesotahelp.info</a>
<b>Social Security Administration</b>		800-772-1213
<b>Telephone Distribution Program, State of MN</b>	Provides telephones for people who need adaptive equipment to use the phone	800-657-3663
<b>Low Income Telephone Assistance</b>	See page 33 of ACE phonebook	1811 or 888-404-4940
<b>Veteran's Linkage Line</b>	Support for MN Veteran's and families	888-546-5838
<b>Local Veteran Services</b>	Rob Thoen	507-725-5805
<b>TaskTakers</b>		507-498-8275
Nonprofit in Spring Grove that seeks to connect volunteers with community members in need of assistance.		
<b>Senior Linkage Line</b>	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		
<b>United Way</b>		651-291-0211 or 800-543-7709
Basic needs, criminal justice and legal, education, healthcare, income support, mental health, public safety		
<b>Disability Hub MN</b>	<a href="https://disabilityhubmn.org">https://disabilityhubmn.org</a>	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.		
<b>S.S.D. Advocates</b>	Social security help	800-544-9925
<b>Disability Professionals LLC</b>	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.		
<b>Rental Assistance – Section 8 SEMMCHRA</b>	134 East 2 <sup>nd</sup> St., Wabasha, MN	Call 651-565-2638 Or Fax 651-565-3836

<b>Outreach Services of Minnesota</b>	4294 Dahlberg Dr. Minneapolis, MN 55401	612-332-6773 Or 800-544-9925
Help Uninsured or Under Insured individuals		
<b>Workforce Development</b>	110 E Grove St., Caledonia, MN	800-657-4629 or 507-724-5231
<b>Landlord issues</b>	<a href="http://www.ag.state.mn.us">www.ag.state.mn.us</a>	800-657-3787
<b>Credit Counseling</b> Consumer Credit Counseling Svc	505 King Street Suite 212 La Crosse, WI 54601	608-784-8380
<b>Winona Social Security Office - Choate Bldg</b>	53 E 3 <sup>rd</sup> St Suite 307 Winona, MN 55987	877-600-2853
<b>AA Meeting Directory</b>		507-452-2348
<b>Wings for Widows</b>	4244 Browndale Ave Minneapolis, MN 55416	612-466-2716 or 877-579-2790 <a href="http://www.wingsforwidows.us">www.wingsforwidows.us</a>
Provides financial and legal counseling to widows in the first 12 months following the death of their spouse		
<b>Health Inspector - Houston County</b>	Sam Boysen	507-206-2719
<b>Assistance with internet access &amp;/or technology</b>	Referral purposes only	<a href="https://www.affordableconnectivity.gov/">https://www.affordableconnectivity.gov/</a>

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