

HOUSTON COUNTY PUBLIC HEALTH AND HUMAN SERVICES

SERVICE OPTIONS AND RESOURCE LISTING

**This list may not represent all the 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**



Houston County Public Hlth & Human Svcs	304 S. Marshall St., Rm. 104	Caledonia MN 55921
Office Hours 8 am – 4:30 pm	507-725-5811	Child support 507-725-5811
Medical Coverage, Cash Assistance, Supplemental Nutrition Assistance Program-SNAP- (food), limited Emergency Assistance, Child Care Assistance, Child Support, Disability Services and Social Services, Food Stamps, Minnesota Supplemental Assistance		
Fax: 507-725-3990	611 Vista Drive, Ste 1	Caledonia, MN 55921
	507-725-5810	Fax: 507-725-3990
Long Term Care Consultation, MN Choice Assessment, Family Health, Developmental Disability, Senior Resources, Car Seat programs, Immunizations, WIC, C&TC, Follow Along Program		

Semcac (Caledonia)	138 E. Main St.	507-725-3677	Hours Mon-Thurs 8:00-4:30
Food/Rental/Emergency Assistance available, call for information 800-944-3281			
Energy & Weatherizing Assistance		800-944-3281 or 507-864-7515	
Semcac (Rushford)	204 S. Elm St.	507-864-7741	Monday – Friday 8:00-4:30
Energy & Weatherizing Assistance		800-944-3281 or 507-864-7515	

SENIOR DINING SITES				
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 st 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

HOME DELIVERED MEALS		
Eitzen	507-864-2786	
Hokah	507-894-2786	
Houston	507-864-2786	
La Crescent Crestview	507-895-6585	
Spring Grove	507-498-3385	
Caledonia	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	

ECFE (Early Childhood Family Education)	
Caledonia (507) 725-5205, ext. 1197	Houston (507) 896-5323, option 7
La Crescent (507) 895-5140	Spring Grove (507) 498-3221, ext. 153

Head Start (Semcac) 507-725-3677, option 2	
La Crescent – Discovery Preschool, 504 S. Oak St., La Crescent, MN	507-273-6388
Spring Grove, 113 2 nd Ave NW, Spring Grove, MN	507-905-0303

FOOD SHELVES		
Houston Community Food Shelf	118 S Lincoln St., Houston	507-896-3602
Hours: Thursday 3:00 pm – 5:30 pm or call for emergency (507-951-8649)		
La Crescent Food Shelf	436 South 6 th St., La Crescent	507-895-1115
Hours: Wed. 1:00-5:00 pm, Thurs. 2:00-6:00pm and 2 nd Saturday of each month 9:00 am - noon		
SEMCAC Caledonia Food Shelf	138 East Main St., Caledonia	507-725-3677, option 3
Hours: Tuesday 9:00 am – 4:00 pm, Thursday 9:00 am – 4:00 pm (closed 12-1), Wednesday by appointment		
Hokah Area Food Shelf	57 Main St., Hokah (Lower Level)	608-394-0457
Hours: 2 nd & 4 th Thursdays 5:30-6:30 pm, 2nd Saturday of month 8:30am – 11am		
Spring Grove Food Shelf	Trinity Lutheran Church, 203 East Main St., SG	507-498-5291
Free pantry is open 24/7, use Southwest entrance		
SEMCAC Rushford Food Shelf	113 E Jessie St., Rushford, MN	507-864-8224
Nutrition Assistance Program for Seniors	(NAPS)	877-500-8699
HEMOCARE, HOSPICE – Medicare Certified		
Moments Hospice	La Crosse	877-Moments
Good Samaritan Home Care	Preston	888-381-3205
Gundersen Health Hospice	La Crosse	608-775-8400
Harmony Home Care	300 11 th Ave NW, Rochester, MN	507-218-0981
International Quality Home Care	1501 St. Andrew St., #C202, La Crosse, WI	800-345-0669; fax 833-315-1349
Adara Home Health	Buffalo, MN	888-525-7742
Aveanna	Winona / La Crosse	507-494-8600 / 608-406-3140
Recover Health	La Crosse	608-406-3140
HOMEMAKING and SUPPORTIVE SERVICES		
Neighbors in Action	Aids older adults and adults with disabilities	507-895-8123
International Quality Homecare	1501 St. Andrew St., #C202, La Crosse, WI	800-345-0669; fax 833-315-1349
Good Samaritan Society	200 St. Paul Street SW, Preston	507-765-2700
Small Town Home Care, LLC	118 S. Main St, Mabel, MN	507-493-5550 or 507-459-4110
Adara - Funded by all waivers, Medicare, MA, etc.	Based out of Rochester	507-252-9844 ask for intake line
Hallmark Homecare	Based out of La Crosse; Private pay	608-315-8530
SEMCIL	Referral Line – Homemaker & Respite	507-285-3922
Personal Care Assistant (PCA) Homecare Services		
Global Home Health Care	Winona	507-452-1696
International Quality PCA Services	La Crescent	855-447-4762
Interim Healthcare	2222 18 th Ave NW, Suite 210, Rochester	507-200-1111
Global Home Healthcare	PCA ONLY – Home care agency, 50 W. 3 rd Street, Winona	507-452-1696
Options Plus Home Care	PCA ONLY – Home care agency, 350 Sarnia Street, Winona	507-474-1509

Adult Day Programming		
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
Adult Foster Care		
Houston County Human Services	304 S. Marshall Street, Rm 104	507-725-5811

Respite Care Options

Home Instead Senior Care	1333 Gillette St., La Crosse, WI	608-782-4000
Coulee Region Adult Day Center	565 Braund Street, Onalaska, WI	608-519-2306

SUPPORT GROUPS

Tweeten Lutheran Healthcare	Held on the 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, 510 E. Cedar Street, Houston, MN	Contact: Activities 507-896-3125
Semcac Caregiver Advocate	Minnesota Aging Pathways: 1-800-333-2433	507-475-1987

COMPANION SERVICES

Neighbors in Action		507-895-8123
Lutheran Social Services		877-540-9443

EMERGENCY SERVICES

Red Cross	2927 Losey Blvd S., La Crosse, WI	877-618-6628
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 th Street, La Crosse, WI	608-782-6126
Salvation Army – Rochester Worship and Service Center	20 NE 1 st 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		
Gundersen Spring Grove Clinic	123 5 th Ave SE - M-F: 7:30am – 4:30pm	507-498-3302
Gundersen Houston, MN	511 E. Maple Street – M-F: 7:45am – 4:30pm	507-896-6000
Gundersen La Crescent Clinic	226 N. 2 nd St – M-F: 7:15am – 4:30pm	507-895-6610
Gundersen Health System ExpressCare Clinic	Hours: M-F 8:00am-1p & 1:30 - 6:30 pm, Saturday 8:00am-1pm & 1:30- 4:30pm, Sunday 9:00am-1pm; 1:30 – 3:30p	608-775-5858 2500 State Road, La Crosse
Gundersen Lutheran Urgent Care Onalaska	3111 Gundersen Drive, Onalaska	608-775-8100
	Sun-Sat: 7am – 10pm	608-775-8100
Gundersen Lutheran Emergency and Urgent Care	1900 South Ave., La Crosse	608-782-7300
Mayo Clinic Health System	701 N. Sprague Street, Caledonia M: 8a – 7pm; Tues – Thurs: 8a-5p; Fri: 8a-12p	1-800-535-9055 Or 608-392-5000
Mayo Health System Emergency and Urgent Care	700 West Ave. S., La Crosse	608-392-7000 or 800-362-5454
St. Clare's Health Mission	916 Ferry Street	Phone: 608-519-4623
	La Crosse, WI 54601	Fax: 608-519-4612
<i>To Apply for Healthcare/Questions</i>		
MN Sure	www.MNsure.org	855-366-7873
MN Care		800-657-3672
Medica		800-373-8335
UCare	Medicare	877-523-1518
	Individual & Family Plans	877-903-0070
UCare Dental Connection		866-599-2490
Delta Dental of Minnesota		800-459-8574
ASSISTED LIVING APARTMENTS		
Claddagh Senior Living	Caledonia, MN	507-725-5200
Harmony Place	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 th St., Brownsville, MN 55919	507-482-6732
Crestview	308 N 2 nd 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 th 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

NURSING HOMES & RELATED SERVICES		
La Crescent Health Services	101 S. Hill Street, La Crescent	507-895-4445
Tweeten Lutheran Health Care Center	5 th Avenue SE, Spring Grove Also has a specialized dementia unit	507-498-3211
Valley View Nursing Home	510 E. Cedar Street, Houston	507-896-3125
Good Shepherd Lutheran Services	800 N. Home Street, Rushford	507-864-7714
Green Lea Senior Living	115 N. Lyndale Street, Mabel	507-493-5436
Long Term Care Ombudsman		800-657-3591
Mental Health & Developmental Disabilities		800-657-3506
MENTAL HEALTH SERVICES		
Hiawatha Valley Mental Health	221 S. Kingston St., Caledonia, MN 55921	Phone: 507-725-2022; Fax: 507-725-3474
Crisis Response for SE MN		844-274-7472
Mental Health Crisis Line		988 (Dial or text 24/7)
National Suicide Prevention Lifeline		1-800-273-TALK (8255)
Veterans Crisis Line	VeteransCrisisLine.net/Chat	988 and press 1 or text 838255
MONITORING SYSTEMS (Client Worn Transmitter Systems)		
Heartland Security	First Call	888-264-6380
Medscope (www.medscope.org)	newprivatepay@medicalguardian.com ; \$30/m; no install., no contract	800-645-2060, ext. 727 (GPS option)
QMedic	\$30/mo	877-241-2244
Alert Response (www.alertresponse.com)	\$45 installation fee and \$45/mo for devices	800-289-6070/866-219-6273
Alert Tone		1-877-692-0896, option 1
Lively		1-800-650-5921
TRANSPORTATION		
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
PRN Transportation Service	1867 18th 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
Valley Transport	Winona - valleytransport507@gmail.com	507-703-3900
	Only can bill HCBS clients	Not w/c accessible currently
Due North Transportation, LLC	dispatch@duenorthsts.com ; https://www.duenorthsts.com/	608-394-4900; 2710 Commerce St., La Crosse, WI
SEMCAC Volunteer Driver Program	Careavan Medical & vaccination appts	800-528-7622, Option 3 Care a van; w/c accessible - contact insurance
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 Does not provide wheelchair transportation

INFORMATION & REFERRAL		
First Call for Help/Great Rivers 211	24 hours a day, 7 days a week	800-362-8255, or dial 2-1-1
Alcohol/Drug treatment services, crisis services, basic needs, youth and family services, senior citizens and adults with disabilities, community resources		
Neighbors in Action	La Crescent/Hokah area	507-895-8123
	Caledonia area	507-895-8123
Aids 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.		
Semcac Caregiver Advocate		507-864-8225
Focuses on supporting and empowering seniors, as well as caregivers		
Minnesota Board on Aging	https://mn.gov/aging-pathways	www.minnesotahelp.info
Social Security Administration		800-772-1213
Telephone Distribution Program, State of MN	Provides telephones for people who need adaptive equipment to use the phone	800-657-3663
Low Income Telephone Assistance	See page 33 of ACE phonebook	1811 or 888-404-4940
Veteran's Linkage Line	Support for MN Veteran's and families	888-546-5838
Local Veteran Services	Rob Thoen	507-725-5805
Minnesota Aging Pathways	Hours: M-F 8:00 am – 4:30 pm	800-333-2433 (Former name: Senior Linkage Line)
Helps with Medicare, Prescription drug costs, housing/nursing home, health care fraud and abuse		
United Way		651-291-0211 or 800-543-7709
Basic needs, criminal justice and legal, education, healthcare, income support, mental health, public safety		
Disability Hub MN	https://disabilityhubmn.org	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.		

S.S.D. Advocates	Social Security help	800-544-9925
Disability Professionals LLC	600 Reed St, #106, Mankato, MN Representative - Dennis Teachout	866-678-1832 or 507-625-1832
Provides Social Security Representation for Disabled Adults and Children.		
Rental Assistance – Section 8 SEMMCHRA	134 East 2 nd St., Wabasha, MN	Call 651-565-2638 Or Fax 651-565-3836
Outreach Services of Minnesota	4294 Dahlberg Dr. Minneapolis, MN 55401	612-332-6773 Or 800-544-9925
Help Uninsured or Under Insured individuals		
Workforce Development	110 E Grove St., Caledonia, MN	800-657-4629 or 507-724-5231
Landlord issues	www.ag.state.mn.us	800-657-3787
Credit Counseling Consumer Credit Counseling Svc	505 King Street Suite 212 La Crosse, WI 54601	608-784-8380

	INFORMATION & REFERRAL continued:	
Winona Social Security Office - Choate Bldg	53 E 3 rd St Suite 307 Winona, MN 55987	877-600-2853
Wings for Widows	4244 Browndale Ave Minneapolis, MN 55416	612-466-2716 or 877-579-2790 www.wingsforwidows.us
Provides financial and legal counseling to widows in the first 12 months following the death of their spouse		
Health Inspector - Houston County	Rochester District Office 3425 40th Ave NW, Suite 115 Rochester, MN 55901	507-206-2700 Email: Health.foodlodging@state.mn.us
Assistance with internet access &/or technology	Referral purposes only	https://www.affordableconnectivity.gov/
AA Meeting Directory		507-452-2348

CLOTHING		
Bluff Country Family Resources, Inc. Care & Share Corner	114 Main Street, Hokah, MN 507-894-2676	Open M-F 8am – 5pm
La Crescent Methodist Church	520 N. Elm St., La Crescent, MN	507-895-2373
(Clothing available for students' preschool – high school); Smaller children's clothing available during open church office hours.		Office hours Tues-Fri 8:30a-2:30p
Twice is Nice – Woodland Industries	521 Old Hwy Dr., Caledonia, MN	507-725-2092
Clothing, shoes, household, books		M-F 9:00am – 4:30pm
Women's Clothes Closet Our Saviors Lutheran Church	612 Division St., La Crosse, WI Free clothing for women	Monday 8am – 12pm, Tues. 2pm – 7pm, Sat. 11am – 4pm

LEGAL ASSISTANCE		
Southern MN Regional Legal Svcs	Case Intake and Hotline (New Clients) 1-877-696-6529 @ Caledonia Food Shelf 2x/mo – 1 st & 3 rd Tues from 2 – 6pm	Winona Office 507-454-6660
MN Elder Justice Center http://www.Elderjusticemn.org/ https://www.lawhelpmn.org/	Provides support, info and resources to older and vulnerable adults and their loved ones around issues of abuse, neglect and financial exploitation.	651-440-9312 (Help Line)
	Resources for youth, homeless, veterans, unemployment, transportation, waived services	1-877-696-6529
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
ReachJusticeMinnesota http://www.reachjustice.org	Series of initiatives that leverage technology and emergency staffing to help protect MN basic and human rights in the face of unprecedented emergency & disaster.	720-277-9755 reachjustice@goa2jitech.com
MNLegalAdvice http://www.mnlegaladvice.org/	Available to low-income household income families, MN residents, people 14-years old and older	Create an account and post your question on the site
Volunteer Lawyers Network http://www.vlnmn.org/	VLN gives free legal help to qualifying clients in some civil legal issues in MN, like bankruptcy, criminal expungement, debt collection, employment, family law such as divorce and custody cases, housing laws, immigration, etc.	612-752-6677 Mon – Thurs 10a – 1p to speak to a non-lawyer employee

MISCELLANEOUS		
NALOXONE ACCESS POINT (NAP)	611 Vista Drive, Suite 1, Caledonia, MN	507-725-5810
EXPIRED OR UNUSED MEDICATION DISPOSAL	HOUSTON COUNTY JUSTICE CENTER, 306 S. MARSHALL, CALEDONIA, MN	Houston Co. Sherri's Office: 507-725-3379

Needles, syringes, auto-injectors (EpiPens) and lancets must be transported in sealed, puncture-resistant containers. Container options include a standard red sharps container or a thick plastic laundry detergent bottle with screw on cap. All containers must be labeled with the word "SHARPS," and need to be duct-taped over the cap / opening of container to be thrown in the garbage.

If you have used medical equipment to donate, call Houston Legion.

Updated 09/17/2025; Form saved in N: Shared, Forms & Lists: Service Options and Resource Listing