

# HOUSTON COUNTY PUBLIC HEALTH & 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**



<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
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		

<b>Semcac (Caledonia)</b>	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	
<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>		
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	

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

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

### FOOD SHELVES

<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, option 3
Hours: Tuesday 9:00 am – 4:00 pm, Thursday 9:00 am – 4:00 pm (closed 12-1), Wednesday by appointment		
<b>Hokah Area Food Shelf</b>	57 Main St., Hokah (Lower Level)	608-394-0457
Hours: 2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays 5:30-6:30 pm, 2nd Saturday of month 8:30am – 11am		
<b>Spring Grove Food Shelf</b>	Trinity Lutheran Church, 203 East Main St., SG	507-498-5291
Free pantry is open 24/7, use Southwest entrance		
<b>SEMCAC Rushford Food Shelf</b>	113 E Jessie St., Rushford, MN	507-864-8224
<b>Nutrition Assistance Program for Seniors</b>	(NAPS)	877-500-8699

### HOMECARE, 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 <sup>th</sup> 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 <sup>th</sup> Ave NW, Suite 210, Rochester	507-200-1111
Global Home Healthcare	PCA ONLY – Home care agency, 50 W. 3 <sup>rd</sup> 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
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**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**

<b>Red Cross</b>	2927 Losey Blvd S., La Crosse, WI	877-618-6628
<b>Salvation Army – La Crosse Thrift Store</b>	728 Copeland Ave., La Crosse, WI	608-784-1421
	Clothing and some household	
<b>Salvation Army Community Center and Emergency Shelter</b>	223 North 8 <sup>th</sup> Street, La Crosse, WI	608-782-6126
<b>Salvation Army – Rochester Worship and Service Center</b>	20 NE 1 <sup>st</sup> Ave., Rochester	507-288-3663
<b>Bluff Country Family Resources</b>	114 Main Street, Hokah, MN	507-894-2676
<b>24-hour crisis line 1-866-367-4297</b>		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.

<b>Catholic Charities of Winona</b> Hours: Monday thru Friday 8:30 am – 5:00 pm	111 Market St. Suite 2, Winona, MN	507-454-2270
<b>Catholic Charities of La Crosse</b> 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.

<b>HEALTH CARE</b>		
<b>Gundersen Spring Grove Clinic</b>	123 5 <sup>th</sup> Ave SE - M-F: 7:30am – 4:30pm	507-498-3302
<b>Gundersen Houston, MN</b>	511 E. Maple Street – M-F: 7:45am – 4:30pm	507-896-6000
<b>Gundersen La Crescent Clinic</b>	226 N. 2 <sup>nd</sup> St – M-F: 7:15am – 4:30pm	507-895-6610
<b>Gundersen Health System Express Care Clinic</b>	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
<b>Gundersen Lutheran Urgent Care Onalaska</b>	3111 Gundersen Drive, Onalaska	608-775-8100
	Sun-Sat: 7am – 10pm	608-775-8100
<b>Gundersen Lutheran Emergency and Urgent Care</b>	1900 South Ave., La Crosse	608-782-7300
<b>Caledonia Convenient Care</b> 405 S. Hwy 44/76, Caledonia (Smooth Toe Building)	Mon: 11a – 7:30p; Tues, Thurs & Fri: 8:30 – 5:30p; Wed: By URGENT appt only; Sat: 8am – 11am; Closed Sunday	507-222-3412 or book on-line: <a href="https://sites.google.com/caledoniacare.net/caledonia-convenient-care/home">https://sites.google.com/caledoniacare.net/caledonia-convenient-care/home</a>
<b>Mayo Health System Emergency and Urgent Care</b>	700 West Ave. S., La Crosse	608-392-7000 or 800-362-5454 608-392-5000; Fax: 608-392-4170
<b>St. Clare's Health Mission</b>	916 Ferry Street La Crosse, WI 54601	Phone: 608-519-4623 Fax: 608-519-4612
<b>To Apply for Healthcare/Questions</b>		
<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>		866-599-2490
<b>Delta Dental of Minnesota</b>		800-459-8574
<b>ASSISTED LIVING APARTMENTS</b>		
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

<b>HOUSING/SENIOR HOUSING</b>		
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>		
La Crescent Health Services	101 S. Hill Street, La Crescent	507-895-4445
Tweeten Lutheran Health Care Center	5 <sup>th</sup> 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
<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 for SE MN		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="http://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
Medscope (www.medscope.org)	<a href="mailto:newprivatepay@medicalguardian.com">newprivatepay@medicalguardian.com</a> ; \$30/m; no install., no contract	800-645-2060, ext. 727 (GPS option)
QMedic	\$30/mo	877-241-2244
Alert Response ( <a href="http://www.alertresponse.com">www.alertresponse.com</a> )	\$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
<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
RemJoy	Rochester	507-206-6650
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	<a href="mailto:dispatch@duenorthsts.com">dispatch@duenorthsts.com</a> ; <a href="https://www.duenorthsts.com/">https://www.duenorthsts.com/</a>	608-394-4900; 2710 Commerce St., La Crosse, WI
SEMCAAC Volunteer Driver Program	Careavan Medical & vaccination appts	800-528-7622, Option 3 Care a van; w/c accessible - <b>contact insurance</b>
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)	<b>Bills straight MA, UCare &amp; BC/BS</b>	507-313-9760

<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, 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		
<b>Neighbors in Action</b>	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.		
<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="https://mn.gov/aging-pathways">https://mn.gov/aging-pathways</a>	<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>Minnesota Aging Pathways</b>	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		
<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>	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.		
<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

INFORMATION & REFERRAL continued:		
<b>Winona Social Security Office - Choate Bldg</b>	53 E 3 <sup>rd</sup> St Suite 307 Winona, MN 55987	877-600-2853
<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>	Rochester District Office 3425 40th Ave NW, Suite 115 Rochester, MN 55901	507-206-2700 Email: <a href="mailto:Health.foodlodging@state.mn.us">Health.foodlodging@state.mn.us</a>
<b>Assistance with internet access &amp;/or technology</b>	Referral purposes only	<a href="https://www.affordableconnectivity.gov/">https://www.affordableconnectivity.gov/</a>
<b>AA Meeting Contact</b>	Annie Lewis <a href="mailto:Annie.lewis479@gmail.com">Annie.lewis479@gmail.com</a>	<b>612-695-7243</b> AA.org; Al-anon.org
<b>MN Treatment Hotline</b>	888-453-0075	La Crosse Area Intergroup: 608-621-2161

CLOTHING		
<b>Bluff Country Family Resources, Inc. Care &amp; Share Corner</b>	114 Main Street, Hokah, MN	507-894-2676 Open M-F 8am – 5pm
<b>La Crescent Methodist Church</b>	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
<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

LEGAL ASSISTANCE		
<b>Southern MN Regional Legal Svcs</b>	Case Intake and Hotline (New Clients) 1-877-696-6529 @ Caledonia Food Shelf 2x/mo – 1 <sup>st</sup> & 3 <sup>rd</sup> Tues from 2 – 6pm	Winona Office 507-454-6660
MN Elder Justice Center <a href="http://www.Elderjusticemn.org/">http://www.Elderjusticemn.org/</a> <a href="https://www.lawhelpmn.org/">https://www.lawhelpmn.org/</a>	Provides support, info and resources to older and vulnerable adults and their loved ones around issues of abuse, neglect and	651-440-9312 (Help Line) financial exploitation.
	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 <a href="http://www.reachjustice.org">http://www.reachjustice.org</a>	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 <a href="mailto:reachjustice@goa2jtech.com">reachjustice@goa2jtech.com</a>
MNLegalAdvice <a href="http://www.mnlegaladvice.org/">http://www.mnlegaladvice.org/</a>	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 <a href="http://www.vlnmn.org/">http://www.vlnmn.org/</a>	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 speak to a non-lawyer employee

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

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 04/01/2026; Form saved in N: Shared, Forms & Lists: Service Options and Resource Listing