

HOUSTON COUNTY SERVICE OPTIONS AND RESOURCE LISTING

**This list may not represent all the resources available in Houston County.
Please contact Houston County Public Health at 507-725-5810 or Houston County Human Services at
507-725-5811 with any additions/corrections/changes to this listing. Thank You.**



Houston County Human Services		
304 S. Marshall St., Rm. 104, Caledonia, MN	Phone: 507-725-5811	Fax: 507-725-3990
Office Hours: Monday – Thurs; 8am – 4:30pm 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		
Houston County Public Health		
611 Vista Drive, Ste 1, Caledonia, MN	Phone: 507-725-5810	Fax: 507-725-2150
Office Hours: Monday – Thurs; 8am – 4:30pm 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
	Monday – Thursday 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
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 Number
Caledonia	11:30m	M-F	Elsie's - 226 E. Main St.	507-703-0935
Eitzen	11:30am	Wed. only	Community Building - 207 E. Main St.	507-495-3533
La Crescent	10:30am - 1:30pm	M-F	Community Center – 336 S. 1 st St.	507-895-6585
Spring Grove	11:30am	M-F	American Legion – 104 W. Main St.	507-498-3385
Rushford	11:30am	M-F	Tenborg Building, 113 E. Jesse St.	507-864-2786
Mabel	11:30am	M-F	Fire Hall, 109 N. Elm St.	507-493-5950
Preston	11:45am	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.	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
RESPIRE 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 10:00am	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	111 Market St. Suite 2, Winona, MN	507-454-2270
	Hours: Monday – Friday 8:30am – 5:00 pm	

Catholic Charities of La Crosse	3710 East Ave S., La Crosse, WI	608-782-0710 OR 888-212-4357
	Hours: Monday – Thursday 9:00 am – 4:00 pm; Friday by appointment 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 Express Care Clinic	Hours: M-F 8am-1pm & 1:30pm - 6:30pm; Saturday 8am-1pm & 1:30pm – 4:30pm Sunday 9am-1pm; 1:30pm – 3:30pm	608-775-5858 2500 State Road, La Crosse
Gundersen Lutheran Urgent Care Onalaska	3111 Gundersen Drive, Onalaska Sun-Sat: 7am – 10pm	608-775-8100
Gundersen Lutheran Emergency and Urgent Care	1900 South Ave., La Crosse	608-782-7300
Caledonia Convenient Care	405 S. Hwy 44/76, Caledonia (Smooth Toe Building) Mon: 11a – 7:30p; Tues – Fri: 8:30 – 5:30p; Wed: By URGENT appt only; Sat: 8am – 11am; Closed Sunday	507-222-3412 or book on-line: https://sites.google.com/caledoniare.net/caledonia-convenient-care/home
Mayo Health System Emergency and Urgent Care	700 West Ave. S., La Crosse	608-392-7000 or 800-362-5454 608-392-5000; Fax: 608-392-4170
St. Clare’s Health Mission	916 Ferry Street La Crosse, WI 54601	Phone: 608-519-4623 Fax: 608-519-4612
To Apply for Healthcare/Questions		
MN Sure	855-366-7873	www.MNsure.org
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	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
Blue Plus participants – Blue Ride		866-340-8648
Handivan <i>Can bill MA</i>	1836 3 rd Ave SE, Rochester, MN 55904 Email to schedule rides over 60 miles: crystalp@handivanrides.com	844-268-4539 OR 507-281-3600;
Hannibal Transportation <i>Can bill MA</i>	office@hannibaltransportation.com	507-202-4043; www.hannibaltransportation.com
Medica Provide a Ride	Call Medica member services 888-347-3630	For emergencies/urgent care visits call 866-715-0915
MJ Transportation Bills straight MA, UCare & BCBS	(Located in MN City, but will drive to La Crescent, Caledonia, Hokah, Houston, Rushford, etc.)	507-313-9760 Hours: Mon – Sat; 4am – 7 pm
MyNorthernBest <i>Can bill MA</i>	1126 E. Broadway, STE 12, Winona, MN; email: info@mynortherbest.com	507-858-7929; Hours 7 am – 5 pm M-Sat by appt
Neighbors in Actions	La Crescent Area Only	507-895-8123
RemJoy <i>Can bill MA</i>	Rochester, MN 55904	507-206-6650; www.remjoy.com
Rolling Hills Public Transit <i>Can bill MA</i>	Houston County	800-528-7622; www.rhtbus.com
SEMCAC Volunteer Driver Program	Caravan Medical & vaccination appts	800-528-7622, Option 3 Care a van; w/c accessible - contact insurance
Valley Transport <i>Can bill MA</i>	Winona – email valleytransport507@gmail.com (Justin)	507-703-3900 Cannot transport wheelchairs
How to Schedule a Ride:		
Who you contact to book your ride depends on location, county, and health insurance plan. www.dhs.state.mn.us Statewide or Fee-for-Service: If you have straight MA, contact the MN Non-Emergency Transportation Program (MNET) 866-467-1724 or online via MTM Link: mtm-inc.net/minnesota		

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	Focuses on supporting and empowering seniors, as well as caregivers	507-864-8225
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
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 Contact	AA.org; Al-anon.org	
	Annie Lewis Annie.lewis479@gmail.com	
	La Crosse Area Intergroup:	608-621-2161
	MN Treatment Hotline	888-453-0075

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	Office hours Tues-Fri 8:30a-2:30p
	(Clothing available for students' preschool – high school); Smaller children's clothing available during open church office hours.	
Twice is Nice – Woodland Industries	521 Old Hwy Dr., Caledonia, MN 507-725-2092	M-F 9:00am – 4:30pm
	Clothing, shoes, household, books	
Women's Clothes Closet Our Saviors Lutheran Church	612 Division St., La Crosse, WI	Monday 8am – 12pm, Tues. 2pm – 7pm, Sat. 11am – 4pm
	Free clothing for women	

LEGAL ASSISTANCE		
Southern MN Regional Legal Services	Winona Office 507-454-6660	
	Case Intake and Hotline (New Clients) 1-877-696-6529 @ Caledonia Food Shelf 2x/mo – 1 st & 3 rd Tues from 2 – 6pm	
MN Elder Justice Center http://www.Elderjusticemn.org/	651-440-9312 (Help Line)	
	Provides support, info and resources to older and vulnerable adults and their loved ones around issues of abuse, neglect and financial exploitation.	
LawHelpMN Guide https://www.lawhelpmn.org/	1-877-696-6529	
	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)	1-800-292-4150
	Handles some legal issues statewide, including IRS problems and certain legal issues directly related to someone's disability	
ReachJusticeMinnesota http://www.reachjustice.org	720-277-9755 reachjustice@goa2jtech.com	
	Series of initiatives that leverage technology and emergency staffing to help protect MN basic and human rights in the face of unprecedented emergency & disaster.	
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/	612-752-6677 Mon – Thurs 10a – 1p to speak to a non-lawyer employee	
	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.	

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. Sherriﬀ’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.		