



**Crow Wing County  
Senior Health Care & Care Giving  
Resource Directory  
September 2009**



\* \* \* \* \*

**Developed by the  
*Brainerd for a Lifetime  
Health Care & Care Giving  
Committee***

\* \* \* \* \*

**Printing funded by:** *Brainerd Lakes Health (SJMC & BMC)*  
*David Allan Pundt*  
*Carole Paulson Associates*  
*Crosby Eye Clinic*  
*Excelsior Place*  
*Good Neighbor Home Health Care*  
*Good Samaritan Society*  
*Home Instead Senior Care*  
*Lakes Area Senior Activity Center*  
*Lucy Nesheim*  
*Otto Bremer Foundation*  
*Representative John Ward*  
*UCare*

This directory can also be found at [www.brainerd.com/lifetime](http://www.brainerd.com/lifetime)  
It will be updated on a periodic basis.

## TABLE OF CONTENTS

<b>ADULT DAY SERVICES .....</b>	<b>2</b>
<b>ASSISTIVE TECHNOLOGY &amp; LIFE LINE INFORMATION.....</b>	<b>3</b>
<b>CAREGIVER RESOURCES .....</b>	<b>4</b>
<b>FINANCIAL HELP .....</b>	<b>9</b>
<b>FOOD ASSISTANCE &amp; NUTRITION SERVICES .....</b>	<b>12</b>
<b>HEALTH CARE .....</b>	<b>13</b>
<b>HELP WITH CARE &amp; CHORES IN YOUR HOME .....</b>	<b>17</b>
<b>HOUSING RESOURCES FOR SENIORS .....</b>	<b>20</b>
<b>JOBS .....</b>	<b>26</b>
<b>LONG TERM CARE .....</b>	<b>27</b>
<b>LONG TERM CARE OMBUDSMAN .....</b>	<b>29</b>
<b>MEDICAL SUPPLIES .....</b>	<b>30</b>
<b>PRESCRIPTION DRUG HELP.....</b>	<b>32</b>
<b>VOLUNTEERING.....</b>	<b>35</b>
<b>1-800 NUMBERS &amp; WEB SITES For Additional State &amp; National Resources.....</b>	<b>36</b>

## ADULT DAY SERVICES

*A planned program of socialization, nutrition and therapeutic activities provided in a supervised setting for persons who are not capable of full-time independent living. Usually open 5 days / week, but may be attended less than full-time.*

- **Breath of Life Adult Day Services** 1-218-822-3296  
200 Buffalo Hills Lane E  
Brainerd, MN 56401  
[Breathoflifeads.org](http://Breathoflifeads.org)
- **Senior Class Care Adult Day Services** 1-218-568-5605  
30849 First Street  
Pequot Lakes, MN 56472  
[www.seniorclassservices.com](http://www.seniorclassservices.com)
- **Treasured Time Adult Day Center** 1-218-546-5071  
Hwy 6 E.  
Crosby, MN 56441  
[www.treasuredtime.embarqspace.com](http://www.treasuredtime.embarqspace.com)

# ASSISTIVE TECHNOLOGY & LIFE LINE INFORMATION

## Resources & Programs to aid with assistive technology

### *Technology to assist with activities of daily living*

- **Central for Independent Living of Northeastern MN** 1-218-829-9567  
[www.assistivetechmn.net](http://www.assistivetechmn.net) or (Aitkin) 1-218-927-3748

### *Technology to assist with recreational activities*

- **Fishing Has No Boundaries, Inc.** 1-715-634-3185  
<http://www.fhnbinc.org>

### *Technology to assist with visually impaired*

- **Minnesota State Services for the Blind (MNSSB)** 1-218-825-2042  
[www.mnssb.org](http://www.mnssb.org)

### *Low vision, blindness, reading and mobility impairment adaptive technologies*

- **Adaptive Technology Resources (ATR)** 1-612-293-4501  
[www.adaptivetr.com](http://www.adaptivetr.com) ext. 112

### *Life Line Emergency Response*

- **Cuyuna Regional Medical Center** 1-800-698-2311  
or 1-218-546-7000
- **Home Instead Senior Care** 1-218-824-0077
- **PAL Medical Systems** 1-800-852-6575

## CAREGIVER RESOURCES

### Resources and programs to aid those who are caring for friends or family members

- **Google Info Line** 1-800-466-4411

### *Counseling and Coaching— agencies that provide individualized education, support, and mentoring for a caregiver*

- **Lutheran Social Service Caregiver Support & Respite Program** 1-218-692-1964  
[www.lssmn.org](http://www.lssmn.org) or 1-800-488-4146

### *Respite Care or Companion Care - safe, non-medical, in-home care and companionship for the care receiver to allow the caregiver to be away from the home*

- **Barnabas Home Health Care** 1-218-829-0901  
[www.barnabashealth.com](http://www.barnabashealth.com) or 1-800-434-7225
- **Good Neighbor Home Health Care** 1-218-829-9238  
[www.gnhomecare.com](http://www.gnhomecare.com) or 1-888-221-5785
- **Good Samaritan Society Home Care & Hospice** 1-218-963-9452
- **Home Instead Senior Care** [www.homeinstead.com](http://www.homeinstead.com) 1-218-824-0077
- **Lakes Area Interfaith Caregivers** 1-877-245-7454
- **Lutheran Social Service Caregiver Support & Respite Program** [www.lssmn.org](http://www.lssmn.org) 1-218-692-1964 or 1-800-488-4146
- **Senior Class Home Health Care & Concierge Services** 1-218-568-5605  
[asandelin@tds.net](mailto:asandelin@tds.net)

### *Support /Discussion Groups for Caregivers - opportunities to meet with other caregivers on a regular basis to receive support, encouragement, information, and referral to resources*

(For anyone who provides care for a loved one so they can remain home or in a safe setting.)

- **Breath of Life Adult Day Service** 1-218-822-3296  
(Available for the family caregivers of Breath of Life day service participants)
- **Good Neighbor Home Health Care** 1-218-829-9238  
Area Caregiver Support Group or 1-888-221-5785  
[www.gnhomecare.com](http://www.gnhomecare.com)
- **Good Samaritan Society – Bethany** 1-218-829-1407  
[www.good-sam.com](http://www.good-sam.com)
- **Lutheran Social Service Caregiver Support & Respite Program** 1-218-692-1964  
[www.lssmn.org](http://www.lssmn.org) or 1-800-488-4146

*Support/Discussion Groups for Caregivers (continued)*

- **Tender Care Nursing, Inc.** 1-218-820-0241  
[www.tendercarenursing.health.officelive.com](http://www.tendercarenursing.health.officelive.com)

*Caregiver Groups for Specific Health Conditions (call for date & location of scheduled meetings)*

- **Alzheimer's Disease**  
Good Samaritan Society – Bethany; Brainerd 1-218-829-1407  
[www.good-sam.com](http://www.good-sam.com)
- **Cancer**  
St Joseph Medical Center; Brainerd 1-218-829-2861  
[www.brainerdlakeshealth.org](http://www.brainerdlakeshealth.org)
- **Chronic Illness Support**  
St. Alice Catholic Church; Pequot Lakes 1-218-568-4760  
[www.lakecountryparishes.4LPI.com](http://www.lakecountryparishes.4LPI.com)
- **Diabetes Education**
  - Cuyuna Regional Medical Center; Crosby 1-218-546-4302  
[www.cuyunamed.org](http://www.cuyunamed.org)
  - Central Lakes College; Brainerd 1-218-828-1981  
Facilitator: Mary Paine
  - St Joseph Medical Center; Brainerd 1-218-828-7623  
Contacts: Michelle Pelkey 1-218-828-7412  
or Teri Veith  
<http://brainerdlakeshealth.com/>
- **Fibromyalgia**  
Brainerd Public Library 1-218-829-5963
- **Grief: Bereavement Group**
  - Immaculate Heart Church Parish Center; Crosslake 1-218-692-3731
  - Grief Support Department- St Joseph Medical Ctr 1-218-828-7525  
Brainerd [www.brainerdlakeshealth.org](http://www.brainerdlakeshealth.org)
- **HIV-AIDS** [www.mhpmc.org](http://www.mhpmc.org) 1-877-871-4636
- **Lyme Disease**  
Brainerd Public Library [www.lymefighters.org](http://www.lymefighters.org)
- **Mental Illness** – NAMI (National Alliance for the Mentally Ill) 1-218-829-2573  
606 Front St., Brainerd  
[www.nami.org](http://www.nami.org)
- **Myasthenia Gravis**  
Park United Methodist Church; Brainerd 1-218-562-4594  
[www.myastheniagravis.org](http://www.myastheniagravis.org)
- **Parkinson's Disease:** Excelsior Place Assisted Living 1-218-828-4770  
Baxter



*Other Sources of Help for Caregivers (See Table of Contents for additional sources of help)*

- **American Cancer Society** [www.cancer.org](http://www.cancer.org) 1-800-227-2345
- **CancerCare** (financial assistance) [www.cancer.org](http://www.cancer.org) 1-800-813-4673
- **Care Share** – internet forum for caregivers  
<http://forums.delphiforums.com/careshare>
- **Disability LinkAge Line** [www.minnesotahelp.info](http://www.minnesotahelp.info) 1-866-333-2466
- **Family Caregiver Alliance** - information and advice 1-800-445-8106
- **Living Well With Chronic Conditions** - Support Group 1-218-855-6639  
Good Samaritan Society – Woodland
- **Matter of Balance** - Support Group 1-218-855-6639  
(Practical strategies to reduce fear of falling and increase activity levels)  
Good Samaritan Society – Woodland
- **Minnesota Stroke Association** 1-763-553-0088  
[www.strokemn.org](http://www.strokemn.org) or 1-888-288-7338
- **Senior LinkAge Line** [www.cmcoa.org](http://www.cmcoa.org) 1-800-333-2433
- **Veterans LinkAge Line** 1-888-546-5838  
[www.minnesotahelp.info](http://www.minnesotahelp.info)

## DEATH & DYING

### *Funeral Homes in Crow Wing County*

- **Brenny Funeral Chapel** 1-218-828-5051  
7348 Excelsior Rd or 1-800-824-5051  
Baxter, MN 56425  
[www.brenny.com](http://www.brenny.com)
- **Brenny Funeral Chapel** 1-218-828-5051  
Corner of CR 3 and Hwy 36 or 1-800-824-5051  
Crosslake, MN 56432  
[www.brenny.com](http://www.brenny.com)
- **Brenny Funeral Chapel** 1-218-828-5051  
Two blocks N of stoplight on Hwy 371 or 1-800-824-5051  
Pequot Lakes, MN 56472  
[www.brenny.com](http://www.brenny.com)
- **Halvorson-Johnson Funeral Home** 1-218-829-3581  
703 Oak St  
Brainerd, MN 56401
- **Kline Funeral Home** 1-218-587-2067  
3042 State 371 SW  
Pine River, MN 56474  
[www.klinefuneralhome.com](http://www.klinefuneralhome.com)
- **Koop Funeral Home** 1-218-546-5531  
32 Main St.  
Crosby, MN 56441
- **Nelson Doran Funeral Home** 1-218-829-4755  
202 8<sup>th</sup> Ave. NE  
Brainerd, MN 56401  
[www.nelson-doran.com](http://www.nelson-doran.com)

### *Grief Services*

- **Coping With Grief** 1-218-828-7525  
St. Joseph's Medical Center  
Brainerd, MN 56401  
<http://www.brainerdlakeshealth.org>
- **Growth Through Grief** 1-218-829-9552  
First Lutheran Church  
424 S 8<sup>th</sup> St.  
Brainerd, MN 56401  
[www.flcbrainerd.com](http://www.flcbrainerd.com)

*Grief Services (continued)*

- **Lakes Area Bereavement Support Group** 1-218-692-3246  
Immaculate Heart Church  
Crosslake, MN 56432  
[www.ihccrosslake.org](http://www.ihccrosslake.org)
- **Loss & Change – Support Group** 1-218-963-9452  
Good Samaritan Society Home Care & Hospice

<i>Hospice Services</i>
-------------------------

- **Good Samaritan Home Care and Hospice** 1-877-828-7016  
25372 Smiley Rd.  
Nisswa, MN 56468  
[www.good-sam.com](http://www.good-sam.com)
- **Heartland Home Health and Hospice** 1-218- 829-1252  
609 Oak St  
Brainerd, MN 56401  
[www.hcr-manorcare.com](http://www.hcr-manorcare.com)
- **Home Health Partnership** 1-218-546-2311  
Cuyuna Regional Medical Center, Hospice  
230 E Main St  
Crosby, MN 56441  
[www.cuyunamed.org](http://www.cuyunamed.org)

# FINANCIAL HELP

## Resources and programs to aid with financial difficulty

### *Dental Bills*

- **Crow Wing County Community Services** 1-218-824-1140  
[www.co.crow-wing.mn.us](http://www.co.crow-wing.mn.us)
- **MN Donated Dental Services** 1-866-242-6290  
[www.nfdh.org/DDS.html](http://www.nfdh.org/DDS.html)

### *Emergencies*

- **Crow Wing County Community Services** 1-218-824-1140  
[www.co.crow-wing.mn.us](http://www.co.crow-wing.mn.us)
- **Crow Wing County Veterans Service** 1-218-824-1058  
<http://www.minnesotaveteran.org/>  
or  
[www.mdva.state.mn.us](http://www.mdva.state.mn.us)
- **Salvation Army** [www.salvationarmy.com](http://www.salvationarmy.com) 1-218-829-1210
- **Veterans LinkAge Line** 1-888-546-5838  
<http://www.minnesotaveteran.org/>

### *Energy, fuel & other utilities*

- **Contact personal utility provider**
- **Energy Assistance Hot Line** 1-866-674-6327
- **Lutheran Social Service** [www.lssmn.org](http://www.lssmn.org) 1-218-829-5000
- **MN Lifeline & Telephone Assistance Plan (TAP)** 1-651-296-0406
- **Salvation Army** [www.salvationarmy.com](http://www.salvationarmy.com) 1-218-829-1120
- **Tri-County Community Action Program, Inc. (TCC)** 1-218-829-2410  
[www.tccaction.com](http://www.tccaction.com)

### *Financial Counseling*

- **Lutheran Social Service** [www.lssmn.org](http://www.lssmn.org) 1-888-577-2227
- **Additional Financial Help for Seniors - Crow Wing County Community Services;**  
**MN Food Assistance Program** [www.co.crow-wing.mn.us](http://www.co.crow-wing.mn.us) 1-218-824-1140  
**Crow Wing County Community Srvc's; General Assistance** 1-218-824-1140  
[www.co.crow-wing.mn.us](http://www.co.crow-wing.mn.us)  
**Crow Wing County Community Srvc's; Medical Assistance** 1-218-824-1239  
[www.co.crow-wing.mn.us](http://www.co.crow-wing.mn.us)

*Additional Financial Help for Seniors (continued)*

<b>Crow Wing County Community Services;</b>	1-218-824-1140
<b>MN Supplemental Aid</b> <a href="http://www.co.crow-wing.mn.us">www.co.crow-wing.mn.us</a>	
<b>Group Residential Housing</b> <a href="http://www.co.crow-wing.mn.us">www.co.crow-wing.mn.us</a>	1-218-824-1250
<b>Alternative Care and Elderly Waiver Services</b>	1-218-824-1140
<a href="http://www.co.crow-wing.mn.us">www.co.crow-wing.mn.us</a>	

*Food*

➤ <b>Lutheran Social Service Senior Nutrition Program</b>	1-218-824-6026
<a href="http://www.lssmn.org">www.lssmn.org</a>	
➤ <b>Nutrition Assistance Program for Seniors (NAPS)</b>	1-800-365-0270
<a href="http://www.secondharvest.org">www.secondharvest.org</a>	
➤ <b>Salvation Army Food Shelf</b> <a href="http://www.salvationarmy.com">www.salvationarmy.com</a>	1-218-829-1120
➤ <b>Soup Kitchen</b> <a href="http://www.soupkitchen.com">www.soupkitchen.com</a>	1-218-829-4203

*Help Paying for Health Care*

➤ <b>Crow Wing County Community Services</b>	1-218-824-1140
<a href="http://www.co.crow-wing.mn.us">www.co.crow-wing.mn.us</a>	
➤ <b>St. Joseph's Medical Center</b> <a href="http://www.brainerdlakeshealth.org">www.brainerdlakeshealth.org</a>	1-218-828-7300

*Help to pay for new / reconditioned heating system*

➤ <b>Tri-County Community Action Program, Inc. (TCC)</b>	1-218-829-2410
<a href="http://www.tccaction.com">www.tccaction.com</a>	

*Home Modifications & Ramps*

➤ <b>Centers for Independent Living</b>	1-218-829-9567
➤ <b>Lakes Area Interfaith Care Givers</b>	1-877-245-7454
➤ <b>Senior LinkAge Line</b>	1-800-333-2433
➤ <b>Tri-County Community Action Program, Inc. (TCC)</b>	1-218-829-2410
<a href="http://www.tccaction.com">www.tccaction.com</a>	

*Prescriptions (See Table of Contents for Prescription Drug Help page number)*

*Rent (may assist with one month's bill based on available funds)*

➤ <b>Salvation Army</b> <a href="http://www.salvationarmy.com">www.salvationarmy.com</a>	1-218-829-1120
--	----------------

*Transportation (may include gas voucher, bus ticket)*

➤ <b>Alzheimer Family Relief Fund</b> <a href="http://www.alz.org">www.alz.org</a>	1-800-272-3900
➤ <b>Salvation Army</b> <a href="http://www.salvationarmy.com">www.salvationarmy.com</a>	1-218-829-1210

*Veterans Services – If you are a veteran, widow of a veteran, child of a deceased or disabled veteran, or parent who lost a son or daughter in military service*

- **Veterans Linkage Line** 1-888-546-5838  
<http://www.minnesotaveteran.org/>
- **US Department of Veterans Affairs** 1-218-855-1115  
**Brainerd Community-based Outpatient Clinic**  
722 NW 7<sup>th</sup> Street  
Brainerd, MN 56401  
[www.stcloud.va.gov](http://www.stcloud.va.gov)
- **Veterans Service Office for Crow Wing County** 1-218-824-1061  
204 Laurel Street, Suite 14  
Brainerd, MN 56401  
[www.co.crow-wing.mn.us](http://www.co.crow-wing.mn.us)

# FOOD ASSISTANCE & NUTRITION SERVICES

## Resources and programs to aid with food assistance & nutrition

*Senior Nutrition & Meals on Wheels Programs (congregate sites, Diners Club, delivered meals)*

- **Lutheran Social Service Senior Nutrition Program;** Brainerd 1-218-824-6026  
[www.lssmn.org](http://www.lssmn.org) or 1-800-488-4146
- **Mississippi Terrace Senior Nutrition Site;** Brainerd 1-218-824-5052
- **Nutrition Services, Inc.;** Crosby 1-218-546-5855
- **Oakcrest II Senior Dining;** Brainerd 1-218-824-6026
- **Senior Dining;** Pequot Lakes 1-218-568-4909

## *Food Assistance Programs*

- **Angel Food** (through First Lutheran Church of Brainerd) 1-218-829-9552
- **Crow Wing County Community Services;**
- **MN Food Assistance Program** [www.co.crow-wing.mn.us](http://www.co.crow-wing.mn.us) 1-218-824-1140
- **Fare For All** 1-800-582-4291  
*(Communal program to help save money on groceries)*
- **Mom's Meals** 1-866-204-6111  
or (Private Pay - call) 1-866-971-6667
- **Nutrition Assistance Program for Seniors; (NAPS)** 1-800-365-0270

## *Nutrition Education*

- **Nutrition Counseling Services at Brainerd Medical Clinic** 1-218-828-2880  
[www.brainerdlakeshealth.org](http://www.brainerdlakeshealth.org)

# HEALTH CARE

## Facilities for diagnosis and treatment of health issues

### 24- Hour Emergency Departments – CALL 911

- **St. Joseph's Medical Center;** Brainerd, 1-218-829-2861  
<http://www.brainerdlakeshealth.org/>

### Chiropractors

- **Back to Basics Chiropractic;** Baxter 1-218-829-8414  
[www.backtobasicsmn.com](http://www.backtobasicsmn.com)
- **Baxter Chiropractic;** Baxter 1-218-454-0990  
[www.baxterchiro.net](http://www.baxterchiro.net)
- **Cuyuna Family Chiropractic;** Crosby 1-218-546-7333  
[www.cleanlivingchiro.com](http://www.cleanlivingchiro.com)
- **Family Chiropractic Clinic;** Baxter 1-218-829-2665  
[www.familychiroclinicmn.com](http://www.familychiroclinicmn.com)
- **Fuller Chiropractic of Ironton** 1-218-546-5188  
[www.fullerchiro.com](http://www.fullerchiro.com)
- **Hedlund Chiropractic PA;** Brainerd 1-218-824-3737  
[www.hedlundchiro.com](http://www.hedlundchiro.com)
- **Lakes Chiropractic;** Brainerd 1-218-828-4418  
[www.lakeschiro.com](http://www.lakeschiro.com)
- **Northern Family Chiropractic;** Brainerd 1-218-822-3855
- **Northwoods Chiropractic PA** 1-218-692-1616
- **Pequot Lakes Chiropractic;** Pequot Lakes 1-218-568-7767
- **Redebough Chiropractic PA;** Nisswa 1-218-963-2944
- **Renneke Chiropractic & Physical Therapy** 1-218-829-5380
- **Select Life Chiropractic;** Brainerd 1-218-829-8200  
[www.brainerdchiropractor.com](http://www.brainerdchiropractor.com)
- **Wellness One of Crosslake** [www.wellnessone.net](http://www.wellnessone.net) 1-218-692-3700
- **Wellness One of Nisswa** [www.wellnessone.net](http://www.wellnessone.net) 1-218-963-3311

### Eye Clinics/Optometrists

- **Associates in Eyecare;** Baxter & Nisswa 1-218-829-1789
- **Brainerd Eyecare Center;** Brainerd 1-218-829-0946  
[www.brainardeyecare.com](http://www.brainardeyecare.com)



### *Eye Clinics/Optometrists (continued)*

- **Crosby Eye Clinic** 1-218-546-5108  
One Third Avenue NE  
Crosby, MN 56441  
[www.crosbyeyeclinic.com](http://www.crosbyeyeclinic.com)
- **Crosby Eye Clinic** 1-218-825-1976  
7636 Design Road or 1-866-645-2745  
Baxter, MN  
[www.crosbyeyeclinic.com](http://www.crosbyeyeclinic.com)
- **Crosslake Eye Care Center**; Crosslake 1-218-692-4700
- **Great Northern Opticians**; Brainerd 1-218-829-1335
- **Lakes Area Eyecare**; Baxter 1-218-829-2929
- **Midwest Family Eye Center**; Baxter 1-218-828-9545  
[www.midwest-familyeyecenter.com](http://www.midwest-familyeyecenter.com)
- **Northern Eye Center**; Brainerd 1-218-829-2020
- **Pearle Vision**; Baxter [www.pearlevision.com](http://www.pearlevision.com) 1-218-828-4024
- **Pequot Eye Center**; Pequot Lakes 1-218-568-5555

### *Hospitals & Surgery Centers*

- **Brainerd Lakes Surgery Center**; Baxter 1-218-822-2400
- **Cuyuna Regional Medical Center**; Crosby 1-218-546-7000  
[www.cuyunamed.org](http://www.cuyunamed.org)
- **St. Joseph's Medical Center**; Brainerd 1-218-829-2861  
[www.brainerdlakeshealth.org](http://www.brainerdlakeshealth.org)

### *Medical Clinics & Imaging Services*

- **Brainerd Medical Clinic**; Brainerd, 1-218-828-7100  
[www.brainerdlakeshealth.org](http://www.brainerdlakeshealth.org)
- **Central Lakes Medical Clinic PA**; Crosby 1-218-546-7462  
[www.centrallakesclinic.com](http://www.centrallakesclinic.com)
- **Dermatology Professionals**; Brainerd 1-218-454-7546
- **Diagnostic Imaging Specialists PA**; Brainerd 1-218-829-0474
- **Institute for Low Back and Neck Care**; Brainerd 1-800-669-2513  
[www.ilbnc.com](http://www.ilbnc.com) x 684
- **Lakes Area Urology**; Brainerd [www.lakesareaurology.com](http://www.lakesareaurology.com) 1-218-828-1418
- **Lakes Imaging Center**; Brainerd 1-218-822-6736  
[www.lakesimagingcenter.com](http://www.lakesimagingcenter.com)
- **Northern Orthopedics**; Brainerd 1-218-829-7812  
[www.northernorthopedics.com](http://www.northernorthopedics.com)
- **St. Joseph's Medical Center** – Brainerd Medical Clinic 1-218-828-2880  
[www.brainerdlakeshealth.org](http://www.brainerdlakeshealth.org)

*Medical Clinics & Imaging Services (continued)*

- **St. Joseph's Medical Center** – Crosslake Clinic 1-218-692-1010  
[www.brainerdlakeshealth.org](http://www.brainerdlakeshealth.org)
- **St. Joseph's Medical Center** – Pequot Lakes Clinic 1-218-568-4416  
[www.brainerdlakeshealth.org](http://www.brainerdlakeshealth.org)
- **US Dept of Veterans Affairs** 1-218-855-1115  
Brainerd Community-based Outpatient Clinic  
[www.stcloud.va.gov](http://www.stcloud.va.gov)

*Mental Health Services*

- **Northern Pines Mental Health Center**; Brainerd 1-218-829-3235  
[www.npmh.org](http://www.npmh.org)
- **Northern Psychiatric Associates**; Baxter 1-218-454-0090
- **Nystrom & Associates LTD**; Baxter 1-218-829-9307  
[www.nystromcounseling.com](http://www.nystromcounseling.com)
- **Our Place**; Brainerd 1-218-828-4877  
[www.npmh.org](http://www.npmh.org)
- **St. Joseph's Medical Center-Brainerd Medical Clinic**; 1-218-828-2880  
Brainerd [www.brainerdlakeshealth.org](http://www.brainerdlakeshealth.org)
- **St. Joseph's Medical Center–Lakeland Psychiatry**; Brainerd 1-218-828-7394  
[www.brainerdlakeshealth.org](http://www.brainerdlakeshealth.org)
- **St. Joseph's Medical Center–Focus Unit Inpatient**; Brainerd 1-218-828-7374  
[www.brainerdlakeshealth.org](http://www.brainerdlakeshealth.org)
- **The Insight Project** 1-218-839-3095
- **True Balance PLLC**; Brainerd [www.truebalancefarm.com](http://www.truebalancefarm.com) 1-218-831-1871

*Physical Therapy/Rehabilitation Services*

- **Big Stone Therapies Inc.**; Baxter [www.rocksolidrehab.com](http://www.rocksolidrehab.com) 1-218-454-7012
- **Good Samaritan Society- Bethany Therapy Center**; Brainerd 1-218-825-0913  
[www.good-sam.com](http://www.good-sam.com)
- **InMotion Physical Therapy**; Baxter & Brainerd 1-218-454-0088  
[www.inmotionmn.com](http://www.inmotionmn.com)
- **Physical Therapy Services of Pequot Lakes** 1-218-568-5666
- **Rainbow of Health Physical Therapy**; Brainerd 1-218-829-4231  
[www.rainbowofhealth.intuitwebsites.com](http://www.rainbowofhealth.intuitwebsites.com)
- **Renneke Chiropractic & Physical Therapy**; Brainerd 1-218-829-5380
- **St. Joseph's Medical Center Rehabilitation Services**; 1-218-828-7375  
Brainerd [www.brainerdlakeshealth.org](http://www.brainerdlakeshealth.org)
- **Select Therapy**; Baxter & Crosslake 1-218-824-5027

### *Sleep Centers*

- **Brainerd Lakes Sleep Health Center at BMC; Brainerd** 1-218-855-5471  
[www.brainerdlakeshealth.org](http://www.brainerdlakeshealth.org)
- **Sleep Center of Central Minnesota; Brainerd** 1-218-454-0225  
[www.baxtersleepclinic.com](http://www.baxtersleepclinic.com)

### *Support for People with Medical Conditions*

- **American Cancer Society** [www.cancer.org](http://www.cancer.org) 1-800-ACS-2345
- **Brainerd Lakes Komen for a Cure** [www.brainerdclinic.com](http://www.brainerdclinic.com) 1-651-303-0681
- **Grief Support, St. Joseph's Medical Center** 1-218-829-2861  
[www.brainerdlakeshealth.org](http://www.brainerdlakeshealth.org)

### *Urgent Care (not life threatening, but needing same day treatment)*

- **Convenient Care Clinic – Cub Foods, Baxter** 1-218-454-5802  
No appointment needed; open Monday, Friday, Saturday, and Sunday  
[www.brainerdlakeshealth.org](http://www.brainerdlakeshealth.org)
- **St. Joseph's Medical Center-Brainerd Medical Clinic;** 1-218-828-2880  
Brainerd [www.brainerdlakeshealth.org](http://www.brainerdlakeshealth.org)

# HELP WITH CARE & CHORES IN YOUR HOME

## Resources for support in your home

*Agencies that provide assessment, coordination of resources, information / referral and/or advocacy*

- **Crow Wing County Community Services** 1-218-824-1140  
[www.co.crow-wing.mn.us](http://www.co.crow-wing.mn.us)
- **Horizon Health** [www.horizonhealthservices.com](http://www.horizonhealthservices.com) 1-800-224-6451
- **Matrix AdvoCare Network** [www.matrixadvocare.com](http://www.matrixadvocare.com) 1-800-560-0961
- **Minnesota Board on Aging** 1-651-431-2500  
[www.mnaging.org](http://www.mnaging.org) or [www.minnesotahelp.info](http://www.minnesotahelp.info) or 1-800-882-6262
- **Office of Long Term Care Ombudsman** 1-800-657-3591
- **Women's Shelter** [www.womenscenteronline.org](http://www.womenscenteronline.org) 1-218-828-1216

*Medical and Nursing Help – Resources for those who need assistance (requiring skilled care) in their home, which could include medication management, home health aide, home safety, education, or a variety of therapies (respiratory, speech, occupational, physical)*

### **Home Health Care Agencies**

- **Barnabas Home Health Care** [www.barnabashealth.com](http://www.barnabashealth.com) 1-218-829-0901  
or 1-800-434-7225
- **Good Neighbor Home Health Care** 1-218-829-9238  
[www.gnhomecare.com](http://www.gnhomecare.com)
- **Good Samaritan Society Home Care/Hospice** 1-218-963-9452  
[www.good-sam.com](http://www.good-sam.com)
- **Heartland Home Health Care and Hospice** 1-218-829-1252  
[www.her-manorcare.com](http://www.her-manorcare.com)
- **Home Health Partnership** [www.cuyunamed.org](http://www.cuyunamed.org) 1-800-698-2311
- **Horizon Health (South end of Crow Wing County)** 1-800-224-6451  
[www.horizonhealthservices.com](http://www.horizonhealthservices.com)
- **Senior Class Home Health Care & Concierge Services** 1-218-568-5605  
[asandelin@tds.net](mailto:asandelin@tds.net)
- **Tender Care Nursing, Inc.** 1-218-820-0241  
[www.tendercarenursing.health.officelive.com](http://www.tendercarenursing.health.officelive.com)

*Non-Medical Support at Home – Services provided to assist with tasks in order to be able to continue to live at home safely*

*(Please see Home Health Care Agencies, also, as some provide non-medical care or PCA services)*

*Personal Cares such as bathing, grooming, dressing*

- **Barnabas Home Health Care** [www.barnabashealth.com](http://www.barnabashealth.com) 1-218-829-0901  
or 1-800-434-7569
- **Good Neighbor Home Health Care** [www.gnhomework.com](http://www.gnhomework.com) 1-218-829-9238
- **Good Samaritan Society Home Care & Hospice** 1-218-963-9452  
[www.good-sam.com](http://www.good-sam.com)
- **Home Health Partnership** 1-800-698-2311
- **Home Instead Senior Care** [www.homeinstead.com](http://www.homeinstead.com) 1-218-824-0077
- **Senior Class Home Health Care & Concierge Services** 1-218-568-5605  
[asandelin@tds.net](mailto:asandelin@tds.net)

*Non-Medical Care such as housekeeping, laundry, meal preparation*

- **Good Neighbor Home Health Care** [www.gnhomework.com](http://www.gnhomework.com) 1-218-829-9238
- **Home Instead Senior Care** [www.homeinstead.com](http://www.homeinstead.com) 1-218-824-0077

*Companionship/Visiting*

- **Good Neighbor Home Health Care** [www.gnhomework.com](http://www.gnhomework.com) 1-218-829-9238
- **Home Instead Senior Care** [www.homeinstead.com](http://www.homeinstead.com) 1-218-824-0077
- **Lutheran Social Service Respite Program** [www.lssmn.org](http://www.lssmn.org) 1-218-692-1964
- **Lutheran Social Service Senior Companion** [www.lssmn.org](http://www.lssmn.org) 1-218-839-6650

*Personal Care Attendants*

- **Access Home Care** 1-218-562-4661
- **Extended Family Home Care** 1-218-825-0512
- **Grattan Healthcare, Inc** [www.grattanhealthcare.com](http://www.grattanhealthcare.com) 1-218-820-1326  
or 1-800-470-1326
- **Heart Land PCA** 1-218-825-0512
- **MN Home Care** [www.mnhomecare.net](http://www.mnhomecare.net) 1-218-963-8899
- **Senior Class Home Health Care & Concierge Services** 1-218-568-5605  
[asandelin@tds.net](mailto:asandelin@tds.net)

*Errands & Transportation*

*Shopping, errands, transportation to appointments*

- **Good Neighbor Home Health Care** [www.gnhomework.com](http://www.gnhomework.com) 1-218-829-9238
- **Home Instead Senior Care** [www.homeinstead.com](http://www.homeinstead.com) 1-218-824-0077
- **Lakes Area Interfaith Caregivers** (no web site available) 1-218-820-7454

*General Transportation - Local*

- **Bay Lake Lions** 1-218-678-9090
- **Crow Wing Transit** (Dial-A-Ride) 1-218-825-7433  
<http://www.ci.brainerd.mn.us/Departments/Transit%20Department.htm>

## *General Transportation - Local (continued)*

➤ **Medi-Van** 1-800-422-0976

### *General Transportation- Out of Area*

➤ **Lakes Express** [www.lakesexpress.com](http://www.lakesexpress.com) 1-218-855-6973

➤ **People's Express** [www.peoplesexpressmn.com](http://www.peoplesexpressmn.com) 1-218-631-2909

or 1-800-450-0123

### *Deliveries – Food*

➤ **Meals on Wheels** (listed under [www.lssmn.org](http://www.lssmn.org)) 1-800-488-4146

➤ **Schaefer's Foods** – Nisswa [www.schaeferfoods.com](http://www.schaeferfoods.com) 1-218-963-2265

### *Deliveries – Prescriptions (Call pharmacies for delivery details)*

➤ **Brainerd Medical Clinic Pharmacy** [www.brainerdclinic.com](http://www.brainerdclinic.com) 1-218-829-7455

➤ **GuidePoint Pharmacy** [www.guidepointpharmacy.com](http://www.guidepointpharmacy.com) 1-218-829-0347

➤ **Service Drug** 1-218-829-3664

➤ **Nisswa Pharmacy** 1-218-963-7525

➤ **Range Drug** - Crosby 1-218-546-5144

➤ **Lakes Area Pharmacy** - Pine River 1-218-587-3222

➤ **Thrifty White Drug** [www.thriftywhite.com](http://www.thriftywhite.com) 1-218-829-3529

### *Deliveries – Medical Supplies*

➤ **Brainerd Medical Supply** [www.brainerdmedicalsupply.net](http://www.brainerdmedicalsupply.net) 1-218-829-2100

➤ **North Central Medical Supply** 1-218-825-7331

[www.northcentralmedicalsupply.com](http://www.northcentralmedicalsupply.com)

➤ **Specialty Home Medical** 1-218-828-4710

[www.northcentralmedicalsupply.com](http://www.northcentralmedicalsupply.com) or 1-888-577-7331

## **Moving Help**

### *Packing & Organizing*

➤ **Good Neighbor Home Health Care** [www.gnhomecare.com](http://www.gnhomecare.com) 1-218-829-9238

➤ **Home Instead Senior Care** [www.homeinstead.com](http://www.homeinstead.com) 1-218-824-0077

➤ **National Association of Senior Move Managers** 1-218-589-7575

<http://www.nasmm.org>

### *Equipment/Storage*

(See yellow pages for storage options)

## **Home Maintenance & Repairs**

### *Minor Repairs & Modifications*

➤ **Lakes Area Interfaith Caregivers** 1-218-820-7454

### *Yard Work (mowing, weeding, garden care)*

*Serving Our Seniors (home maintenance & repair)* 1-218-829-8835

### *Shoveling*

(See yellow pages or local classified ads)

## HOUSING RESOURCES FOR SENIORS

*Independent senior living apartments (living environment for seniors who are able to maintain their home, grocery shop, schedule appointments and manage their health needs)*

- **Arbor Glen Senior Apartments-Baxter** 1-218-829-8751
- **Autumn Glenn - Baxter** 1-218-829-8751
- **Good Samaritan Society** 1-218-829-4366  
**Bethany Senior Living Apartments**  
[www.good-sam.com](http://www.good-sam.com)
- **Good Samaritan Society** 1-218-829-1429  
**Woodland Senior Living Apartments**  
[www.good-sam.com](http://www.good-sam.com)
- **Heartwood Senior Apartments** 1-218-545-5824  
[www.heartwoodliving.org](http://www.heartwoodliving.org)
- **Ironton Terrace Apartment** 1-218-546-6886  
 500 8<sup>th</sup> Avenue  
 Ironton, MN 56455
- **Woodland Good Samaritan Apartments** 1-218-829-9433  
 300 Buffalo Hills  
 Brainerd, MN 56401  
[www.good-sam.com](http://www.good-sam.com)

*Low income/subsidized housing (apartments available to seniors who have limited monthly income. Contact your local social service or HRA office for income guidelines)*

- **Dellwood & Edgewood Apartments / HRA of Crosby** 1-218-546-5088  
 300 3<sup>rd</sup> Avenue NE  
 Crosby, MN 56441
- **Excelsior Court - Baxter** 1-218-824-8403
- **Housing & Redevelopment Authority - Brainerd** 1-218-828-3705
- **Oakcrest II Apartment** 1-218-824-8403  
 2106 Spruce Drive  
 Brainerd, MN 56401

*Low income/subsidized housing (continued)*

- **Oakcrest Manor** 1-218-828-3183  
2106 Spruce Drive  
Brainerd, MN 56401
- **Sibley Terrace & Parkview Apartments** 1-218-568-4555  
PO Box 243  
Pequot Lakes, MN 56472  
[www.pequotlakes.govoffice.com](http://www.pequotlakes.govoffice.com)

*Assisted Living (a philosophy of service in a home-like environment that focuses on maximizing each resident's independence and dignity. Assisted Living is defined as a combining of housing, personalized supportive services and health care designed to meet the individual needs of persons who require the availability of 24-hour staff when necessary. In most Assisted Living communities, seniors have their own apartment)*

- **Almost Home** 1-218-822-3067  
710 SE 28<sup>th</sup> Street  
Brainerd, MN 56401
- **Almond House** 1-218-825-9255  
802 28<sup>th</sup> Street SE  
Brainerd, MN 56401
- **Birchwood Samaritan House (Medical)** 1-218-855-6630  
2509 Greenwood  
Brainerd, MN 55401  
[www.good-sam.com](http://www.good-sam.com)
- **Carefree Living of Brainerd** 1-218-829-8622  
2723 Oak Street  
Brainerd, MN 56401  
[www.carefreeliving.com](http://www.carefreeliving.com)
- **Central Minnesota Senior Care, Inc.**  
1008 South 10<sup>th</sup> Street  
Brainerd, MN 56401
- **Dellwood & Edgewood Apartments / HRA of Crosby** 1-218-546-5088  
300 3<sup>rd</sup> Avenue NE  
Crosby, MN 56441
- **Diamond Willow Assisted Living** 1-218-824-1400  
14396 Grand Oaks Drive  
Baxter, MN 56425



*Assisted Living (Continued)*

- **Edgewood Vista Senior Living** 1-218-545-5824  
14890 Beaver Dam Road  
Brainerd, MN 56401  
[www.edgewoodvista.com](http://www.edgewoodvista.com)
- **Elmwood Samaritan House (Memory)** 1-218-855-6638  
2517 Greenwood Street  
Brainerd, Minnesota 56401  
[www.good-sam.com](http://www.good-sam.com)
- **Excelsior Place Assisted Living** 1-218-828-4770  
14211 Firewood Drive  
Baxter, MN 56425  
[www.wtohddevelopment.com](http://www.wtohddevelopment.com)
- **Golden Horizons** 1-218-692-6650  
13631 East Shore Road  
Crosslake, MN 56442  
[www.goldenhorizons.org](http://www.goldenhorizons.org)
- **Good Samaritan Society** 1-218-829-4366  
Bethany Senior Living Apartments  
[www.good-sam.com](http://www.good-sam.com)
- **Harmony House** 1-218-828-4142  
218 SW 9<sup>th</sup> Street  
Brainerd, MN 56401  
[www.horizonhealthservices.com](http://www.horizonhealthservices.com)
- **Heartwood Assisted Living** 1-218-545-5824  
500 Heartwood Drive  
Crosby, MN 56441  
[www.heartwoodliving.org](http://www.heartwoodliving.org)
- **Heritage House of Pequot Lakes** 1-218-568-4673  
5384 Country Care Lane  
Pequot Lakes, MN 56472  
[www.heritagehouseofmn.com](http://www.heritagehouseofmn.com)
- **Lakes Country Assisted Living** 1-218-829-4366  
1953 South 7<sup>th</sup> Street  
Brainerd, MN 56401  
[www.good-sam.com](http://www.good-sam.com)

*Assisted Living (Continued)*

- **Lakewood Pines Senior Housing** - Staples 1-218-894-4460  
[www.lakewoodhealthsystem.com](http://www.lakewoodhealthsystem.com)
- **North Star Apartments** 1-218-828-3705  
324 E. River Road  
Brainerd, MN 56401
- **Oakwood Samaritan House** (Memory) 1-218-855-6637  
2501 Greenwood Street  
Brainerd, Minnesota 56401  
[www.good-sam.com](http://www.good-sam.com)
- **Woodland Good Samaritan Village** 1-218-855-6619  
200 Buffalo Hills Lane  
Brainerd, Minnesota 56401  
[www.good-sam.com](http://www.good-sam.com)

*Dementia & Alzheimer's Care (can also be referred to as Assisted Living. However, this type of living environment is specifically for seniors who are experiencing different levels of memory loss. Many seniors with memory loss require assistance with medications, personal cares, meals and specialized activities. Several memory care facilities provide a secure environment to keep the seniors safe.)*

- **Almond House - Brainerd** 1-218-825-9255  
802 28<sup>th</sup> Street SE  
Brainerd, MN 56401
- **Carefree Living of Brainerd** 1-218-829-8622  
2723 Oak Street  
Brainerd, MN 56401  
[www.carefreeliving.com](http://www.carefreeliving.com)
- **Central Minnesota Senior Care** 1-320-231-2738  
1008 South 10<sup>th</sup> Street  
Brainerd, MN 56401
- **Diamond Willow Asst. Living** 1-218-825-7034  
14396 Grand Oaks Drive  
Baxter, MN 56425  
[www.diamondwillowassistedliving.com](http://www.diamondwillowassistedliving.com)
- **Edgewood Vista Senior Living** 1-218-828-3691  
14890 Beaver Dam Road  
Brainerd, MN 56401  
[www.edgewoodvista.com](http://www.edgewoodvista.com)
- **Elmwood Samaritan House (Memory)** 1-218-855-6638  
2517 Greenwood Street  
Brainerd, Minnesota 56401  
[www.good-sam.com](http://www.good-sam.com)
- **Golden Horizons - Crosslake** 1-218-692-6650  
13631 East Shore Road  
Crosslake, MN 56442  
[www.goldenhorizons.org](http://www.goldenhorizons.org)
- **Good Samaritan Society - Bethany** 1-218-829-1407  
[www.good-sam.com](http://www.good-sam.com)
- **Hallett Cottages** 1-218-546-6265  
350 4<sup>th</sup> Street NE  
Crosby, MN 56441

*Dementia & Alzheimer's Care (continued)*

- **Harmony House of Brainerd** 1-218-828-4142  
218 SW 9<sup>th</sup> Street  
Brainerd, MN 56401  
[www.horizonhealthservices.com](http://www.horizonhealthservices.com)
- **Heartwood Assisted Living** 1-218-545-5824  
500 Heartwood Drive  
Crosby, MN 56441  
[www.heartwoodliving.org](http://www.heartwoodliving.org)
- **Heritage House of Pequot Lakes** 1-218-568-4673  
5384 Country Care Lane  
Pequot Lakes, MN 56472  
[www.heritagehouseofmn.com](http://www.heritagehouseofmn.com)
- **Oakwood Samaritan House (Memory)** 1-218-855-6637  
2501 Greenwood Street  
Brainerd, Minnesota 56401  
[www.good-sam.com](http://www.good-sam.com)

# JOBS

## Resources and Programs to Aid Individuals Seeking Employment

### *Employment Resources*

- **Experience Works** - A non-profit training agency for low-income people 55 and older. Experience Works pays the wages while the person learns a new skill and gets valuable work experience. [www.experienceworks.org](http://www.experienceworks.org)  
Crow Wing County 1-218-822-3060
  
- **Minnesota Work Force Center** - A governmental agency that can assist everyone seeking employment or related services. [www.rmcep.com](http://www.rmcep.com)  
Crow Wing County 1-218-828-2450  
or 1-800-664-3595

## LONG TERM CARE

### Special Care Facilities for the Elderly

*Nursing Homes - A nursing home is an establishment or part of an establishment that provides nursing care to five or more persons. Nursing homes are staffed 24 hours per day by skilled nursing staff. This level of care often requires the daily involvement of skilled nursing or rehabilitation staff.*

- **Bethany Good Samaritan Village** 1-218-829-1407  
804 Wright Street  
Brainerd, MN 56401  
[www.good-sam.com](http://www.good-sam.com)
- **Cuyuna Regional Care Center** 1-218-546-7000  
306 E Main Street  
Crosby, MN 56441  
[www.cuyunamed.org](http://www.cuyunamed.org)
- **Good Samaritan Society - Bethany** 1-218-829-1407  
804 Wright Street  
Brainerd, Minnesota 56401  
[www.good-sam.com](http://www.good-sam.com)
- **Good Samaritan Society – Whispering Pines** 1-218-587-4423  
518 Jefferson Avenue  
Pine River, MN 56474  
[www.good-sam.com](http://www.good-sam.com)
- **Good Samaritan Village - Woodland** 1-218-829-1429  
100 Buffalo Hills Lane  
Brainerd, MN 56401  
[www.good-sam.com](http://www.good-sam.com)

### Licensed Home Health Services

- **Barnabas Home Health Care** 1-218-829-0901  
223 Washington Street or 1-800-434-7225  
Brainerd, MN 56401  
[www.barnabshealth.com](http://www.barnabshealth.com)
- **Good Neighbor Home Health Care, Inc.** 1-218-829-9238  
14387 Edgewood Drive or 1-888-221-5785  
Baxter, Minnesota 56425

*Licensed Home Health Services (continued)*

- **Good Samaritan Society – Home Care & Hospice** 1-877-828-7016  
25372 Smiley Road or 1-218-963-9452  
Nisswa Square, Nisswa 56468
- **Home Health Partnership** 1-218-546-2311  
320 Main Street or 1-800-698-2311  
Crosby, MN 56441

## LONG TERM CARE OMBUDSMAN

*The Office of Ombudsman for Long Term Care responds to senior complaints about government, health care, and social service providers. The Ombudsman investigates concerns relating to the rights, services and benefits of senior consumers whether the senior is living at home, in an assisted living, nursing home or another setting.*

➤ **Crow Wing County**  
[www.mnaging.org](http://www.mnaging.org)

1-218-825-2005  
or 1-651-296-0382  
or 1-800-657-3591



# MEDICAL SUPPLIES

- |  |                                     |
|--|-------------------------------------|
|  |                                     |
| ➤ <b>Aitkin Medical Supply</b> (serving NE Crow Wing County)   | 1-218-927-3113<br>or 1-800-488-9127 |
| ➤ <b>Brainerd Medical Supply</b><br><a href="http://www.brainerdmedicalsupply.net">www.brainerdmedicalsupply.net</a> | 1-218-829-2100                      |
| ➤ <b>North Central Medical Supply</b>  | 1-218-825-7331                      |
| ➤ <b>Specialty Home Medical</b>  | 1-218-828-4710<br>or 1-800-450-4710 |

# MEDICARE & OTHER BENEFITS

## *Health Insurance Counseling*

- **Disability LinkAge Line** [www.semcil.org/DLL](http://www.semcil.org/DLL) 1-866-333-2466
- **Senior Federation Information Center** [www.mnseniors.org](http://www.mnseniors.org) 1-866-783-5045
- **Senior LinkAge Line** [www.CMCOA.org](http://www.CMCOA.org) 1-800-333-2433

## *Long-term Care Insurance*

- **Senior LinkAge Line** [www.CMCOA.org](http://www.CMCOA.org) 1-800-333-2433

## *Medical Assistance*

- **Crow Wing County Community Services** 1-218-824-1240

## *Medicare*

- **Medicare Help Line** 1-800-633-4227

## *Other Insurance and Coverage*

- **Crow Wing County Community Services** 1-218-824-1240

## *Pension Rights*

- **AARP** [www.aarp.org](http://www.aarp.org) 1-800-772-1213

## *Prescription Drug Financial Help*

- **Social Security** (To apply for extra help with Part D) 1-800-772-1213  
[www.socialsecurity.gov](http://www.socialsecurity.gov)

## *Retirement Benefits*

- **Railroad Retirement Board** [www.rrb.gov](http://www.rrb.gov) 1-877-772-5772

# PRESCRIPTION DRUG HELP

## Assistance to lower prescription costs and to promote healthy living using prescription medications

(Please see yellow pages for local Pharmacy Resources under Medical Category)

### *Falls Prevention*

- **Senior LinkAge Line** 1-800-333-2433

### *General Help with Prescriptions Costs & Medicare Part D Plans*

- **Senior LinkAge Line – RX Connect** 1-800-333-2433
- **Disability LinkAge Line** 1-866-333-2466
- **Veterans LinkAge Line** 1-888-546-5838
- **Senior Rx Care / Senior Federation** 1-866-783-5045
- **Social Security** (extra help with Part D)

### *Prescription Drug Discount Cards*

- **Crow Wing County** [www.co.crow-wing.mn.us](http://www.co.crow-wing.mn.us) 1-218-824-1250
- **Senior LinkAge Line** 1-800-333-2433

### *Prescription Drug Patient Assistance Programs*

- **Senior LinkAge Line / Rx Connect** 1-800-333-2433

## SENIOR CENTERS/CLUBS & COMMUNITY PROGRAMS FOR SENIORS

*Senior Centers/Clubs - Provide varied activities, trips, education, recreation & opportunities to meet others.*

- **Crosby-Ironton Senior Club, Crosby** 1-218-546-5010
- **Deerwood-Bay Lake Senior Club** 1-218-546-6884
- **Garrison Senior Club** 1-320-692-0228
- **Lakes Area Senior Activity Center; Brainerd** 1-218-829-9345

### *Community Programs*

- **Lutheran Social Service; Foster Grandparent & Senior Companion Program** [www.lssmn.org](http://www.lssmn.org) 1-218-839-6650
- **TeleCare; Lakes Area Senior Activity Center; Brainerd** 1-218-829-9345
- **Vocational Rehab; Minnesota State Services for the Blind** 1-218-828-2490

## TRANSPORTATION

*The transportation alternatives listed may vary depending on locality, and may range from specialized services to volunteer drivers. Some services listed are available for only specific purposes, such as medical appointments, and may be available to certain client groups only.*

- **Alzheimer Family Relief Fund** 1-800-272-3900
- **Brainerd Area Taxi** 1-218-828-1111  
[www.brainerd.com/taxi/index.html](http://www.brainerd.com/taxi/index.html)
- **Crow Wing County Community Services** 1-218-824-1140  
[www.co.crow-wing.mn.us/community\\_services](http://www.co.crow-wing.mn.us/community_services)
- **Crow Wing County Transit/Dial a Ride** 1-218-825-7433  
[www.brainerd.com/bus](http://www.brainerd.com/bus) or 1-866-925-7433
- **Lakes Area Interfaith Caregivers** 1-218-820-7454  
[www.interfaithcaregivers.com](http://www.interfaithcaregivers.com)
- **Lakes Express** 1-218-855-6973  
[www.lake-express.com](http://www.lake-express.com) or 1-866-955-6973
- **LSS-Foster Grandparent & Senior Companion Program** 1-877-612-6243  
[www.mnseniorcorps.org](http://www.mnseniorcorps.org) & [www.lssmn.org/olderadult](http://www.lssmn.org/olderadult)
- **Medi-Van** 1-218-828-1860  
[www.medivaninc.com](http://www.medivaninc.com)
- **North Ambulance** 1-218-829-8767  
[www.northmemorial.com/ems](http://www.northmemorial.com/ems)
- **Road to Recovery** (volunteer drivers take cancer patients to medical appointments) 1-800-227-2345  
[www.cancer.org/docroot/ESN/content/ESN\\_3\\_1x\\_Road\\_to\\_Recovery.asp](http://www.cancer.org/docroot/ESN/content/ESN_3_1x_Road_to_Recovery.asp)
- **Salvation Army – Brainerd (Vouchers)** 1-218-829-1120  
[www.usc.salvationarmy.org/usc/www\\_usc\\_brainerd.nsf](http://www.usc.salvationarmy.org/usc/www_usc_brainerd.nsf)

# VOLUNTEERING

**Resources and programs to aid individuals seeking to serve those in need by volunteering**

## *Volunteering*

- **RSVP Volunteer Services** – Empowers volunteers of all ages in service to others by placing individuals in volunteer sites, such as schools, libraries, dining sites or service agencies, to do meaningful volunteer activities.

[www.co.crow-wing.mn.us/social\\_services/volunteers\\_rsvp](http://www.co.crow-wing.mn.us/social_services/volunteers_rsvp)

Crow Wing County

1-218-824-1345

## 1-800 NUMBERS & WEB SITES

### For Additional State & National Resources

<b>Name</b>	<b>Telephone #</b>	<b>Web Site Address</b>
AARP, American Association of Retired Persons	1-888-2277	<a href="http://www.aarp.org">www.aarp.org</a>
Administration on Aging		<a href="http://www.aoa.gov">www.aoa.gov</a>
Alzheimer's Association	1-800-272-3900	<a href="http://www.alz.org">www.alz.org</a>
Alzheimer's Education & Referral	1-800-438-4380	<a href="http://www.alzheimers.org">www.alzheimers.org</a>
American Association of Homes & Service for the Aging		<a href="http://www.aahsa.org">www.aahsa.org</a>
American Cancer Society	1-800-227-2345	<a href="http://www.cancer.org">www.cancer.org</a>
American Council on Alcoholism	1-800-527-5344	<a href="http://www.aca-usa.org">www.aca-usa.org</a>
American Diabetes Association	1-800-342-2383	<a href="http://www.diabeties.org">www.diabeties.org</a>
American Dietetic Association	1-800-366-1655	<a href="http://www.eatright.org">www.eatright.org</a>
American Heart Association	1-800-242-8721	<a href="http://www.americanheart.org">www.americanheart.org</a>
American Parkinson's Disease Association	1-888-223-2732	<a href="http://www.apdaparkinson.org">www.apdaparkinson.org</a>
American Pharmacist's Association	1-800-237-2742	<a href="http://www.aphanet.org">www.aphanet.org</a>
American Society on Aging	1-800-537-9728	<a href="http://www.asaging.org">www.asaging.org</a>
American Stroke Association	1-888-478-7653	<a href="http://www.strokeassociation.org">www.strokeassociation.org</a>
Arthritis Foundation	1-800-568-4045	
Assisted Living Federation		<a href="http://www.alfa.org">www.alfa.org</a>
Benefits Checkup-Search for Benefits		<a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a>
Better Hearing Helpline	1-800-327-9355	<a href="http://www.betterhearing.org">www.betterhearing.org</a>
Blind Incorporated	1-800-597-9558	<a href="http://www.nfb.org">www.nfb.org</a>
Block Nurse Programs		<a href="http://www.elderberry.org">www.elderberry.org</a>
Cancer Information Service	1-800-422-6237	<a href="http://www.cancer.gov">www.cancer.gov</a>
Care Guide		<a href="http://www.careguide.com">www.careguide.com</a>
Care Providers of Minnesota	1-800-462-0024	<a href="http://www.careproviders.org">www.careproviders.org</a>
Caregiver Network		<a href="http://www.caregiver.on.ca">www.caregiver.on.ca</a>
Caregiver Survival Resources	1-800-829-2734	<a href="http://www.caregiver911.com">www.caregiver911.com</a>
Central MN Council on Aging	1-320-253-9349	<a href="http://www.cmcoa.org">www.cmcoa.org</a>
Children of Aging Parents	1-800-227-7294	<a href="http://www.caps4caregivers.org">www.caps4caregivers.org</a>
Deaf and Hard of Hearing Services	1-800-456-3690	<a href="mailto:www.dhhs.stcloud@state.mn.us">www.dhhs.stcloud@state.mn.us</a>
Department of Veterans Affairs	1-800-827-1000	<a href="http://www.va.gov">www.va.gov</a>
Disability LinkAge Line	1-866-333-2466	<a href="http://www.semciil.org/DLL">www.semciil.org/DLL</a>

<b>Name</b>	<b>Telephone #</b>	<b>Web Site Address</b>
Elder Care Locator	1-800-677-1116	<a href="http://www.eldercare.gov">www.eldercare.gov</a>
Elderhostel	1-800-454-5768	<a href="http://www.elderhostel.org">www.elderhostel.org</a>
Elder Law		<a href="http://www.elderlawanswers.com">www.elderlawanswers.com</a>
Elderweb		<a href="http://www.elderweb.com">www.elderweb.com</a>
Families USA Foundations		<a href="http://www.familiesusa.org">www.familiesusa.org</a>
Family Caregiver Alliance		<a href="http://www.caregiver.org">www.caregiver.org</a>
Federal Benefits		<a href="http://www.govbenefits.gov">www.govbenefits.gov</a>
First Call For Help	2-1-1	<a href="http://www.firstcallnet.org">www.firstcallnet.org</a>
Glaucoma Research Foundation	1-800-826-6693	<a href="http://www.glaucomafoundation.org">www.glaucomafoundation.org</a>
Guardian/Conservatorship		<a href="http://www.minnesotaguardianship.org">www.minnesotaguardianship.org</a>
Healthfinder		<a href="http://www.healthfinder.gov">www.healthfinder.gov</a>
Health Insurance Association		<a href="http://www.ahip.org">www.ahip.org</a>
Huntington's Disease Society	1-800-345-4372	
Independent Lifestyles	1-888-529-0743	
Information on 1-800 Numbers	1-800-555-1212	
IRS Tax Information	1-800-829-1040	<a href="http://www.irs.gov">www.irs.gov</a>
Law Help		<a href="http://www.lawhelpmn.org">www.lawhelpmn.org</a>
Legal Forms		<a href="http://www.legalscribe.com">www.legalscribe.com</a>
Library Services for the Blind	1-800-424-8567	
Lighthouse International		<a href="http://www.lighthouse.org">www.lighthouse.org</a>
LSS Caregiver Support & Respite Program		<a href="http://www.caregiversupportandrespite.org">www.caregiversupportandrespite.org</a>
Lung Line Service	1-800-222-5864	<a href="http://www.nationaljewish.org">www.nationaljewish.org</a>
Lutheran Social Service		<a href="http://www.lssmn.org">www.lssmn.org</a>
Medicare		<a href="http://www.medicare.gov">www.medicare.gov</a>
Medicare Part B	1-800-633-4227	
Medicare Rights Center	1-800-333-4114	<a href="http://www.medicarerights.org">www.medicarerights.org</a>
Minnesota Board on Aging	1-800-882-6262	<a href="http://www.mnaging.org">www.mnaging.org</a> & <a href="http://www.minnesotahelp.info">www.minnesotahelp.info</a>
Minnesota Care	1-800-657-3672	
Minnesota Dept. of Commerce	1-800-657-3602	
Minnesota Dept. of Human Srvcs Aging & Adult Srvcs.	1-651-431-2500	<a href="http://www.dhs.state.mn.us">www.dhs.state.mn.us</a>
Minnesota Kinship Caregivers Association	1-651-917-4640	<a href="http://www.mkca.org">www.mkca.org</a>
MN Do Not Call List	1-800-921-4110	
MN Home Care Association		<a href="http://www.mnhomecare.org">www.mnhomecare.org</a>
MN Hospice	1-800-214-9597	<a href="http://www.mnhospice.org">www.mnhospice.org</a>
MN Senior Federation	1-877-645-0261	<a href="http://www.mnseniors.org">www.mnseniors.org</a>



<b>Name</b>	<b>Telephone #</b>	<b>Web Site Address</b>
MN Services for the Blind	1-800-657-3779	<a href="http://www.mnssb.org">www.mnssb.org</a>
Moms Meals	1-866-204-6111	
National Association for Incontinence	1-800-252-3337	<a href="http://www.nafc.org">www.nafc.org</a>
National Association of Senior Move Managers	1-218-589-7575	<a href="http://www.nasmm.org">www.nasmm.org</a>
National Family Caregivers Association	1-800-896-3650	<a href="http://www.nfcacares.org">www.nfcacares.org</a>
National Health Information Center	1-800-336-4797	<a href="http://www.health.gov/nhic">www.health.gov/nhic</a>
National Multiple Sclerosis Society	1-800-344-4867	<a href="http://www.nmss.org">www.nmss.org</a>
National Osteoporosis Foundation	1-800-231-4222	<a href="http://www.nof.org">www.nof.org</a>
National Parkinson's Foundation	1-800-327-4545	<a href="http://www.parkinson.org">www.parkinson.org</a>
National Stroke Association	1-800-787-6537	<a href="http://www.stroke.org">www.stroke.org</a>
Needy Meds	1-215-624-9609	<a href="http://www.needymeds.com">www.needymeds.com</a>
Organ Donation (The Living Bank)	1-800-528-2971	<a href="http://www.livingbank.org">www.livingbank.org</a>
Pharmaceutical Patient Assistance Program	Call 1-800-333-2433 for help	<a href="http://www.rxassist.org">www.rxassist.org</a>
Report Unsafe Driving		<a href="http://www.dps.state.mn.us/patrol/unsafe/report.htm">www.dps.state.mn.us/patrol/unsafe/report.htm</a>
Self Help for Hard of Hearing People		<a href="http://www.shhh.org">www.shhh.org</a>
Senior Housing, Inc.		<a href="http://www.seniorhousingdirectory.com">www.seniorhousingdirectory.com</a>
Senior LinkAge	1-800-333-2433	<a href="http://www.cmcoa.org">www.cmcoa.org</a>
Social Security Administration	1-800-772-1213	<a href="http://www.ssa.gov">www.ssa.gov</a>
Suicide Hotline	1-800-784-2433	
Telephone Equipment Distribution Program	1-800-657-3663	<a href="http://www.dhs.state.mn.us/ecs/ted">www.dhs.state.mn.us/ecs/ted</a>
United Way of Crow Wing & Southern Cass County	1-218-829-2619	<a href="http://www.unitedwayhelps.org">www.unitedwayhelps.org</a>
Veterans Administration		<a href="http://www.va.gov">www.va.gov</a>
Vision Connection	1-800-829-0500	

***Disclaimer September 2009: The resources listed in this directory are not all inclusive. Because of the limited space and size of the directory, only organizations/agencies actually located in Crow Wing County have been included. The committee recognizes, however, that there are many other agencies outside of the county which serve county residents. Corrections and additions to the directory are encouraged and can be sent to DeAnn at [lakesareaseniorcenter@yahoo.com](mailto:lakesareaseniorcenter@yahoo.com).***



