



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

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

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Lakes Area Senior Activity Center
Lucy Nesheim
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UCare

This directory can also be found at www.brainerd.com/lifetime
It will be updated on a periodic basis.

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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
- **Senior Class Care Adult Day Services** 1-218-568-5605
30849 First Street
Pequot Lakes, MN 56472
www.seniorclassservices.com
- **Treasured Time Adult Day Center** 1-218-546-5071
Hwy 6 E.
Crosby, MN 56441
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 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

Low vision, blindness, reading and mobility impairment adaptive technologies

- **Adaptive Technology Resources (ATR)** 1-612-293-4501
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 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 or 1-800-434-7225
- **Good Neighbor Home Health Care** 1-218-829-9238
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 1-218-824-0077
- **Lakes Area Interfaith Caregivers** 1-877-245-7454
- **Lutheran Social Service Caregiver Support & Respite Program** 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

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
- **Good Samaritan Society – Bethany** 1-218-829-1407
www.good-sam.com
- **Lutheran Social Service Caregiver Support & Respite Program** 1-218-692-1964
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

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
- **Cancer**
St Joseph Medical Center; Brainerd 1-218-829-2861
www.brainerdlakeshealth.org
- **Chronic Illness Support**
St. Alice Catholic Church; Pequot Lakes 1-218-568-4760
www.lakecountryparishes.4LPI.com
- **Diabetes Education**
 - Cuyuna Regional Medical Center; Crosby 1-218-546-4302
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
- **HIV-AIDS** www.mhpmc.org 1-877-871-4636
- **Lyme Disease**
Brainerd Public Library www.lymefighters.org
- **Mental Illness** – NAMI (National Alliance for the Mentally Ill) 1-218-829-2573
606 Front St., Brainerd
www.nami.org
- **Myasthenia Gravis**
Park United Methodist Church; Brainerd 1-218-562-4594
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 1-800-227-2345
- **CancerCare** (financial assistance) www.cancer.org 1-800-813-4673
- **Care Share** – internet forum for caregivers
<http://forums.delphiforums.com/careshare>
- **Disability LinkAge Line** 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 or 1-888-288-7338
- **Senior LinkAge Line** www.cmcoa.org 1-800-333-2433
- **Veterans LinkAge Line** 1-888-546-5838
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
- **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
- **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
- **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
- **Koop Funeral Home** 1-218-546-5531
32 Main St.
Crosby, MN 56441
- **Nelson Doran Funeral Home** 1-218-829-4755
202 8th Ave. NE
Brainerd, MN 56401
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 8th St.
Brainerd, MN 56401
www.flcbrainerd.com

Grief Services (continued)

- **Lakes Area Bereavement Support Group** 1-218-692-3246
Immaculate Heart Church
Crosslake, MN 56432
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
- **Heartland Home Health and Hospice** 1-218- 829-1252
609 Oak St
Brainerd, MN 56401
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

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
- **MN Donated Dental Services** 1-866-242-6290
www.nfdh.org/DDS.html

Emergencies

- **Crow Wing County Community Services** 1-218-824-1140
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
- **Salvation Army** 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 1-218-829-5000
- **MN Lifeline & Telephone Assistance Plan (TAP)** 1-651-296-0406
- **Salvation Army** www.salvationarmy.com 1-218-829-1120
- **Tri-County Community Action Program, Inc. (TCC)** 1-218-829-2410
www.tccaction.com

Financial Counseling

- **Lutheran Social Service** 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 1-218-824-1140
Crow Wing County Community Srvc; General Assistance 1-218-824-1140
www.co.crow-wing.mn.us
Crow Wing County Community Srvc; Medical Assistance 1-218-824-1239
www.co.crow-wing.mn.us

Additional Financial Help for Seniors (continued)

Crow Wing County Community Services;	1-218-824-1140
MN Supplemental Aid www.co.crow-wing.mn.us	
Group Residential Housing www.co.crow-wing.mn.us	1-218-824-1250
Alternative Care and Elderly Waiver Services	1-218-824-1140
www.co.crow-wing.mn.us	

Food

➤ Lutheran Social Service Senior Nutrition Program	1-218-824-6026
www.lssmn.org	
➤ Nutrition Assistance Program for Seniors (NAPS)	1-800-365-0270
www.secondharvest.org	
➤ Salvation Army Food Shelf www.salvationarmy.com	1-218-829-1120
➤ Soup Kitchen www.soupkitchen.com	1-218-829-4203

Help Paying for Health Care

➤ Crow Wing County Community Services	1-218-824-1140
www.co.crow-wing.mn.us	
➤ St. Joseph's Medical Center www.brainerdlakeshealth.org	1-218-828-7300

Help to pay for new / reconditioned heating system

➤ Tri-County Community Action Program, Inc. (TCC)	1-218-829-2410
www.tccaction.com	

Home Modifications & Ramps

➤ Centers for Independent Living	1-218-829-9567
➤ Lakes Area Interfaith Care Givers	1-877-245-7454
➤ Senior LinkAge Line	1-800-333-2433
➤ Tri-County Community Action Program, Inc. (TCC)	1-218-829-2410
www.tccaction.com	

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

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

➤ Salvation Army www.salvationarmy.com	1-218-829-1120
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Transportation (may include gas voucher, bus ticket)

➤ Alzheimer Family Relief Fund www.alz.org	1-800-272-3900
➤ Salvation Army www.salvationarmy.com	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 7th Street
Brainerd, MN 56401
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

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 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 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

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
- **Baxter Chiropractic;** Baxter 1-218-454-0990
www.baxterchiro.net
- **Cuyuna Family Chiropractic;** Crosby 1-218-546-7333
www.cleanlivingchiro.com
- **Family Chiropractic Clinic;** Baxter 1-218-829-2665
www.familychiroclinicmn.com
- **Fuller Chiropractic of Ironton** 1-218-546-5188
www.fullerchiro.com
- **Hedlund Chiropractic PA;** Brainerd 1-218-824-3737
www.hedlundchiro.com
- **Lakes Chiropractic;** Brainerd 1-218-828-4418
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
- **Wellness One of Crosslake** www.wellnessone.net 1-218-692-3700
- **Wellness One of Nisswa** 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

Eye Clinics/Optometrists (continued)

- **Crosby Eye Clinic** 1-218-546-5108
One Third Avenue NE
Crosby, MN 56441
www.crosbyeyeclinic.com
- **Crosby Eye Clinic** 1-218-825-1976
7636 Design Road or 1-866-645-2745
Baxter, MN
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
- **Northern Eye Center**; Brainerd 1-218-829-2020
- **Pearle Vision**; Baxter 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
- **St. Joseph's Medical Center**; Brainerd 1-218-829-2861
www.brainerdlakeshealth.org

Medical Clinics & Imaging Services

- **Brainerd Medical Clinic**; Brainerd, 1-218-828-7100
www.brainerdlakeshealth.org
- **Central Lakes Medical Clinic PA**; Crosby 1-218-546-7462
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 x 684
- **Lakes Area Urology**; Brainerd www.lakesareaurology.com 1-218-828-1418
- **Lakes Imaging Center**; Brainerd 1-218-822-6736
www.lakesimagingcenter.com
- **Northern Orthopedics**; Brainerd 1-218-829-7812
www.northernorthopedics.com
- **St. Joseph's Medical Center** – Brainerd Medical Clinic 1-218-828-2880
www.brainerdlakeshealth.org

Medical Clinics & Imaging Services (continued)

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

Mental Health Services

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

Physical Therapy/Rehabilitation Services

- **Big Stone Therapies Inc.**; Baxter www.rocksolidrehab.com 1-218-454-7012
- **Good Samaritan Society- Bethany Therapy Center**; Brainerd 1-218-825-0913
www.good-sam.com
- **InMotion Physical Therapy**; Baxter & Brainerd 1-218-454-0088
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
- **Renneke Chiropractic & Physical Therapy**; Brainerd 1-218-829-5380
- **St. Joseph's Medical Center Rehabilitation Services**; Brainerd 1-218-828-7375
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
- **Sleep Center of Central Minnesota; Brainerd** 1-218-454-0225
www.baxtersleepclinic.com

Support for People with Medical Conditions

- **American Cancer Society** www.cancer.org 1-800-ACS-2345
- **Brainerd Lakes Komen for a Cure** www.brainerdclinic.com 1-651-303-0681
- **Grief Support, St. Joseph's Medical Center** 1-218-829-2861
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
- **St. Joseph's Medical Center-Brainerd Medical Clinic;** 1-218-828-2880
Brainerd 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
- **Horizon Health** www.horizonhealthservices.com 1-800-224-6451
- **Matrix AdvoCare Network** www.matrixadvocare.com 1-800-560-0961
- **Minnesota Board on Aging** 1-651-431-2500
www.mnaging.org or www.minnesotahelp.info or 1-800-882-6262
- **Office of Long Term Care Ombudsman** 1-800-657-3591
- **Women's Shelter** 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 1-218-829-0901
or 1-800-434-7225
- **Good Neighbor Home Health Care** 1-218-829-9238
www.gnhomocare.com
- **Good Samaritan Society Home Care/Hospice** 1-218-963-9452
www.good-sam.com
- **Heartland Home Health Care and Hospice** 1-218-829-1252
www.her-manorcare.com
- **Home Health Partnership** www.cuyunamed.org 1-800-698-2311
- **Horizon Health (South end of Crow Wing County)** 1-800-224-6451
www.horizonhealthservices.com
- **Senior Class Home Health Care & Concierge Services** 1-218-568-5605
asandelin@tds.net
- **Tender Care Nursing, Inc.** 1-218-820-0241
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 1-218-829-0901
or 1-800-434-7569
- **Good Neighbor Home Health Care** www.gnhomocare.com 1-218-829-9238
- **Good Samaritan Society Home Care & Hospice** 1-218-963-9452
www.good-sam.com
- **Home Health Partnership** 1-800-698-2311
- **Home Instead Senior Care** www.homeinstead.com 1-218-824-0077
- **Senior Class Home Health Care & Concierge Services** 1-218-568-5605
asandelin@tds.net

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

- **Good Neighbor Home Health Care** www.gnhomocare.com 1-218-829-9238
- **Home Instead Senior Care** www.homeinstead.com 1-218-824-0077

Companionship/Visiting

- **Good Neighbor Home Health Care** www.gnhomocare.com 1-218-829-9238
- **Home Instead Senior Care** www.homeinstead.com 1-218-824-0077
- **Lutheran Social Service Respite Program** www.lssmn.org 1-218-692-1964
- **Lutheran Social Service Senior Companion** 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 1-218-820-1326
or 1-800-470-1326
- **Heart Land PCA** 1-218-825-0512
- **MN Home Care** www.mnhomecare.net 1-218-963-8899
- **Senior Class Home Health Care & Concierge Services** 1-218-568-5605
asandelin@tds.net

Errands & Transportation

Shopping, errands, transportation to appointments

- **Good Neighbor Home Health Care** www.gnhomocare.com 1-218-829-9238
- **Home Instead Senior Care** 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 1-218-855-6973

➤ **People's Express** www.peoplesexpressmn.com 1-218-631-2909

or 1-800-450-0123

Deliveries – Food

➤ **Meals on Wheels** (listed under www.lssmn.org) 1-800-488-4146

➤ **Schaefer's Foods** – Nisswa www.schaeferfoods.com 1-218-963-2265

Deliveries – Prescriptions (Call pharmacies for delivery details)

➤ **Brainerd Medical Clinic Pharmacy** www.brainerdclinic.com 1-218-829-7455

➤ **GuidePoint Pharmacy** 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 1-218-829-3529

Deliveries – Medical Supplies

➤ **Brainerd Medical Supply** www.brainerdmedicalsupply.net 1-218-829-2100

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

www.northcentralmedicalsupply.com

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

www.northcentralmedicalsupply.com or 1-888-577-7331

Moving Help

Packing & Organizing

➤ **Good Neighbor Home Health Care** www.gnhomecare.com 1-218-829-9238

➤ **Home Instead Senior Care** 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
- **Good Samaritan Society** 1-218-829-1429
Woodland Senior Living Apartments
www.good-sam.com
- **Heartwood Senior Apartments** 1-218-545-5824
www.heartwoodliving.org
- **Ironton Terrace Apartment** 1-218-546-6886
 500 8th Avenue
 Ironton, MN 56455
- **Woodland Good Samaritan Apartments** 1-218-829-9433
 300 Buffalo Hills
 Brainerd, MN 56401
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 3rd 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

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 28th Street
Brainerd, MN 56401
- **Almond House** 1-218-825-9255
802 28th Street SE
Brainerd, MN 56401
- **Birchwood Samaritan House (Medical)** 1-218-855-6630
2509 Greenwood
Brainerd, MN 55401
www.good-sam.com
- **Carefree Living of Brainerd** 1-218-829-8622
2723 Oak Street
Brainerd, MN 56401
www.carefreeliving.com
- **Central Minnesota Senior Care, Inc.**
1008 South 10th Street
Brainerd, MN 56401
- **Dellwood & Edgewood Apartments / HRA of Crosby** 1-218-546-5088
300 3rd 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
- **Elmwood Samaritan House (Memory)** 1-218-855-6638
2517 Greenwood Street
Brainerd, Minnesota 56401
www.good-sam.com
- **Excelsior Place Assisted Living** 1-218-828-4770
14211 Firewood Drive
Baxter, MN 56425
www.wtohddevelopment.com
- **Golden Horizons** 1-218-692-6650
13631 East Shore Road
Crosslake, MN 56442
www.goldenhorizons.org
- **Good Samaritan Society** 1-218-829-4366
Bethany Senior Living Apartments
www.good-sam.com
- **Harmony House** 1-218-828-4142
218 SW 9th Street
Brainerd, MN 56401
www.horizonhealthservices.com
- **Heartwood Assisted Living** 1-218-545-5824
500 Heartwood Drive
Crosby, MN 56441
www.heartwoodliving.org
- **Heritage House of Pequot Lakes** 1-218-568-4673
5384 Country Care Lane
Pequot Lakes, MN 56472
www.heritagehouseofmn.com
- **Lakes Country Assisted Living** 1-218-829-4366
1953 South 7th Street
Brainerd, MN 56401
www.good-sam.com

Assisted Living (Continued)

- **Lakewood Pines Senior Housing** - Staples 1-218-894-4460
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
- **Woodland Good Samaritan Village** 1-218-855-6619
200 Buffalo Hills Lane
Brainerd, Minnesota 56401
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 28th Street SE
Brainerd, MN 56401
- **Carefree Living of Brainerd** 1-218-829-8622
2723 Oak Street
Brainerd, MN 56401
www.carefreeliving.com
- **Central Minnesota Senior Care** 1-320-231-2738
1008 South 10th Street
Brainerd, MN 56401
- **Diamond Willow Asst. Living** 1-218-825-7034
14396 Grand Oaks Drive
Baxter, MN 56425
www.diamondwillowassistedliving.com
- **Edgewood Vista Senior Living** 1-218-828-3691
14890 Beaver Dam Road
Brainerd, MN 56401
www.edgewoodvista.com
- **Elmwood Samaritan House (Memory)** 1-218-855-6638
2517 Greenwood Street
Brainerd, Minnesota 56401
www.good-sam.com
- **Golden Horizons - Crosslake** 1-218-692-6650
13631 East Shore Road
Crosslake, MN 56442
www.goldenhorizons.org
- **Good Samaritan Society - Bethany** 1-218-829-1407
www.good-sam.com
- **Hallett Cottages** 1-218-546-6265
350 4th Street NE
Crosby, MN 56441

Dementia & Alzheimer's Care (continued)

- **Harmony House of Brainerd** 1-218-828-4142
218 SW 9th Street
Brainerd, MN 56401
www.horizonhealthservices.com
- **Heartwood Assisted Living** 1-218-545-5824
500 Heartwood Drive
Crosby, MN 56441
www.heartwoodliving.org
- **Heritage House of Pequot Lakes** 1-218-568-4673
5384 Country Care Lane
Pequot Lakes, MN 56472
www.heritagehouseofmn.com
- **Oakwood Samaritan House (Memory)** 1-218-855-6637
2501 Greenwood Street
Brainerd, Minnesota 56401
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
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
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
- **Cuyuna Regional Care Center** 1-218-546-7000
306 E Main Street
Crosby, MN 56441
www.cuyunamed.org
- **Good Samaritan Society - Bethany** 1-218-829-1407
804 Wright Street
Brainerd, Minnesota 56401
www.good-sam.com
- **Good Samaritan Society – Whispering Pines** 1-218-587-4423
518 Jefferson Avenue
Pine River, MN 56474
www.good-sam.com
- **Good Samaritan Village - Woodland** 1-218-829-1429
100 Buffalo Hills Lane
Brainerd, MN 56401
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
- **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

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

MEDICAL SUPPLIES

- | | |
|--|-------------------------------------|
| | |
| ➤ Aitkin Medical Supply (serving NE Crow Wing County) | 1-218-927-3113
or 1-800-488-9127 |
| ➤ Brainerd Medical Supply
www.brainerdmedicalsupply.net | 1-218-829-2100 |
| ➤ North Central Medical Supply | 1-218-825-7331 |
| ➤ Specialty Home Medical | 1-218-828-4710
or 1-800-450-4710 |

MEDICARE & OTHER BENEFITS

Health Insurance Counseling

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

Long-term Care Insurance

- **Senior LinkAge Line** 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 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

Retirement Benefits

- **Railroad Retirement Board** 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 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 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
- **Crow Wing County Community Services** 1-218-824-1140
www.co.crow-wing.mn.us/community_services
- **Crow Wing County Transit/Dial a Ride** 1-218-825-7433
www.brainerd.com/bus or 1-866-925-7433
- **Lakes Area Interfaith Caregivers** 1-218-820-7454
www.interfaithcaregivers.com
- **Lakes Express** 1-218-855-6973
www.lake-express.com or 1-866-955-6973
- **LSS-Foster Grandparent & Senior Companion Program** 1-877-612-6243
www.mnseniorcorps.org & www.lssmn.org/olderadult
- **Medi-Van** 1-218-828-1860
www.medivaninc.com
- **North Ambulance** 1-218-829-8767
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
- **Salvation Army – Brainerd (Vouchers)** 1-218-829-1120
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

Crow Wing County

1-218-824-1345

1-800 NUMBERS & WEB SITES

For Additional State & National Resources

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

Name	Telephone #	Web Site Address
Elder Care Locator	1-800-677-1116	www.eldercare.gov
Elderhostel	1-800-454-5768	www.elderhostel.org
Elder Law		www.elderlawanswers.com
Elderweb		www.elderweb.com
Families USA Foundations		www.familiesusa.org
Family Caregiver Alliance		www.caregiver.org
Federal Benefits		www.govbenefits.gov
First Call For Help	2-1-1	www.firstcallnet.org
Glaucoma Research Foundation	1-800-826-6693	www.glaucomafoundation.org
Guardian/Conservatorship		www.minnesotaguardianship.org
Healthfinder		www.healthfinder.gov
Health Insurance Association		www.ahip.org
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	www.irs.gov
Law Help		www.lawhelpmn.org
Legal Forms		www.legalscribe.com
Library Services for the Blind	1-800-424-8567	
Lighthouse International		www.lighthouse.org
LSS Caregiver Support & Respite Program		www.caregiversupportandrespite.org
Lung Line Service	1-800-222-5864	www.nationaljewish.org
Lutheran Social Service		www.lssmn.org
Medicare		www.medicare.gov
Medicare Part B	1-800-633-4227	
Medicare Rights Center	1-800-333-4114	www.medicarerights.org
Minnesota Board on Aging	1-800-882-6262	www.mnaging.org & www.minnesotahelp.info
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	www.dhs.state.mn.us
Minnesota Kinship Caregivers Association	1-651-917-4640	www.mkca.org
MN Do Not Call List	1-800-921-4110	
MN Home Care Association		www.mnhomecare.org
MN Hospice	1-800-214-9597	www.mnhospice.org
MN Senior Federation	1-877-645-0261	www.mnseniors.org

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

