

# Goodhue County



## Resource Guide

**October 2023**

This is a condensed version of the People's  
Pamphlet from United Way

**Contents**

Addiction Support Programs..... 3  
    Alcoholics Anonymous ..... 3  
Adult Mental Health ..... 3  
Children’s Mental Health Services ..... 4  
    Community Support Services..... 4  
Children’s Services ..... 4  
Disabilities ..... 5  
    Home Modifications for Accessibility ..... 5  
SILS and Residential..... 6  
Education ..... 6  
Emergency ..... 7  
Non-Emergency Numbers..... 7  
Employment..... 8  
Financial..... 8  
Food ..... 9  
    Food Shelves..... 9  
    Meals on Wheels..... 9  
    Senior Dining Sites: (SEMCAC) ..... 10  
Health..... 10  
    Blind and Visually Impaired ..... 10  
    Deaf and Hard of Hearing..... 11  
Home Care Agencies/Resources ..... 11  
Hospice Care ..... 12  
Lifeline Services ..... 12  
Mayo Health Care System Facilities..... 13  
Olmsted Medical Center Facilities..... 13  
Northfield Hospital and Clinics ..... 13

Medical Supplies and Equipment ..... 14

Housing ..... 14

    Assisted Living Facilities..... 14

    Long Term Care Facilities..... 15

    Other Housing Options ..... 15

    Housing Stabilization Services ..... 16

Information & Referral ..... 16

Legal Assistance..... 16

Senior Services..... 17

Transportation ..... 17

Used Furniture & Clothing ..... 18

Veteran’s Services ..... 18

Victim Assistance..... 19

Helpful Websites ..... 19

## Addiction Support Programs

### Alcoholics Anonymous

United Lutheran	651-388-3583
Prairie Island	651-385-4185
Red Wing	651-388-2949
Al-Anon	651-388-9360
Chemical Health Initiative of Goodhue County	651-385-3307
Gamblers Anonymous	800-333-4673
Narcotics Anonymous	877-767-7676

## Adult Mental Health

Catholic Charities Counseling Services	651-388-9360 ext. 26
Covered Bridge Family Resources- Zumbrota	507-732-4136
Grief Support Program	651-267-5386
Hiawatha Valley Mental Health Center	651-327-2270
Mayo Clinic Health System	651-267-5000
Nystrom & Associates	651-977-5001
National Alliance for the Mentally Ill	888-626-4435
Possibilities Therapeutic Services	651-301-1369
Suicide Prevention	800-784-2433

## *Children's Mental Health Services*

A Plus - Behavioral Analyst Specialist	612-276-3300
Behavior Wizards	320-230-2708
Bill Clifton	(or Jon 218-839-9135) 651-385-9131
Children's Mental Health Crisis Response	844-274-7472

## *Community Support Services*

Fernbrook	651-212-7429
Fraser	612-331-9413
Hiawatha Valley	651-327-2270
Mayo Red Wing	651-267-5000
MN Autism	651-452-3499
MN Life Bridges	651-431-2017
Mount Olivet	952-401-4868
Ombudsperson	800-657-3591
PSOP - Make Social Service referral	651-385-3200
Secure Base Counseling Center (Northfield)	507-301-3412
St. David's Center	952-939-0396

## *Children's Services*

Families First of Minnesota	800-462-1660
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Children’s Safety Center	651-388-9360
Goodhue County Health & Human Services (Public Health Services)	651-385-3200
Kids Count - Abused Children’s Program	651-388-9360
Minnesota Child Care Assistance Program	651-385-3200
MN Autism Center in Red Wing	952-767-4200
Red Wing Youth Outreach	651-360-3202
Runaway Hotline	800-621-4000
ARC SE MN	888-732-8520

**Disabilities**

ProAct, Red Wing	651-388-7108
Minnesota Hand & Voices	651-265-2435
Toll Free	866-346-4543
TTY	651-265-2379
Opportunity Services	651-388-1854
Vocational Rehabilitation Services	651-385-6486
Disability Hub MN	866-333-2466
Minnesota Relay	7-1-1
RideAbility	507-356-8154
SEMCIL	651-388-0466

**Home Modifications for Accessibility**

Accessibility Design	952-925-0301
Livable Home Solutions	952-463-8779
SEMCIL	507-285-1815

**SILS and Residential**

Cardinal	507-281-1077
Howry	651-395-5101
Lutheran Social Services	651-388-8845
REM	651-388-7158
Riverview Services – Wanamingo	507-824-2091

**Education**

Colvill Family Center	651-385-8000
Community Education & Recreation	651-385-4565
Creekstone Montessori School	651-327-2468
Environmental Learning Center	651-388-7339
Goodhue Independent School District	651-923-4447
Head Start- Three Rivers	800-277-8418
Hispanic Outreach	651-301-2184
Kenyon Public Library	507-789-6821
Kenyon/Wanamingo School District	507-824-2211
Minnesota State College SE Technical- Red Wing	651-385-6300

Pine Island School District	507-356-4849
Red Cross – SE MN Office	507-287-2200
Red Wing Public Library	651-385-3673
Red Wing School District	651-385-4500
Sunshine Corner Preschool	651-388-4724
Tower View Alternative High School	651-388-8963
Under the Rainbow Child Care Center	651-388-6433
Van Horn Public Library-Pine Island	507-356-8558
Wabasha-Kellogg Early Learning Programs	651-565-3559
Zumbrota Public Library	507-732-5211
Zumbrota/Mazeppa School District	507-843-4080

### **Emergency**

Battered Women’s Hotline	800-369-5214
Goodhue County Mental Health Crisis Line	800-422-0670
Hope Coalition - Sexual Assault Crisis	800-519-6690
Poison Control	800-222-1222
Red Cross	651-388-9166
Salvation Army	651-388-9270

### **Non-Emergency Numbers**

Cannon Falls Police	507-263-2278
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Goodhue Police	651-923-4880
Kenyon Police	507-789-5214
Lake City	651-345-3344
Pine Island	651-507-4070
Prairie Island	651-267-4000
Red Wing	651-385-3155
Wanamingo	651-385-3155
Zumbrota	651-385-3155

### **Employment**

Express Personnel Services	651-388-6331
Minnesota Workforce Center	651-385-6402

### **Financial**

AARP Tax Aide	888-687-2277
Community Care Fund	651-388-9360 ext. 10
Goodhue County Health and Human Services (Income Maintenance)	651-385-3200
Lutheran Social Services- Credit Counseling	888-577-2227
Medicare	800-633-4227
Salvation Army	651-388-9270
Salvation Army Heat Share	800-296-0406
Social Security	507-289-1667

Three Rivers Community Action (weatherization & fuel assistance)	800-277-8418
Xcel Personal Accounts Representative	800-331-5262

**\*\*Cold Weather Rule- October 15 to April 15  
You must contact your utility provider to apply**

**Food**

**Food Shelves**

Cannon Falls Food Shelf	507-298-1500
Kenyon Food Shelf	507-789-5261
Lake City Food Shelf	651-345-5855
Mazeppa Food Shelf	507-843-3800
Pine Island Sharing Shelves	507-356-2999
Red Wing Food Shelf	651-388-9302
Zumbrota Area Emergency Food Shelf	507-732-7330
Goodhue County Health & Human Services	651-385-3200
HOPE Coalition	651-388-9360
Loaves & Fishes- Red Wing	651-388-3262
WIC-Women, Infants, Children	651-385-6120

**Meals on Wheels**

Homestyle Meals	866-735-0921
St. Crispin Meals on Wheels (Red Wing)	651-385-5429 or 5436
Lake City Medical Center (evening meal)	651-345-3321

Three Rivers Community Action, Inc. (Cannon Falls, Goodhue, Pine Island, Wanamingo & Zumbrota)	800-277-8418
Minnesota Food Helpline	888-711-1151
Mom's Meals	866-716-325
SEMCAC main office (Rushford)	507-864-8231
SEMCAC Jordan Towers	651-388-9875

**Senior Dining Sites: (SEMCAC)**

Cannon Falls	507-263-3956
Lake City	651-345-8991
Pine Island	507-356-8991
Red Wing (Jordan Towers)	651-388-7571
Main Office	800-944-3402
Wanamingo (10:00am - 1:00pm)	507-824-2995
Zumbrota	507-732-5086

**Health**

CARE Clinic - Red Wing	651-388-1022
First Choice Clinic – Red Wing	651-267-4357
Life Choice Pregnancy Resource Center -Cannon Falls	507-263-8000

**Blind and Visually Impaired**

SE MN Services for the Blind	800-366-2715
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## Deaf and Hard of Hearing

Telephone Equipment Distribution program	1-800-311-1148
Southern Minnesota Hearing Aid Bank program	1-800-311-1148
Goodhue County Health & Human Services	651-385-3200 or 800-950-2142

## Home Care Agencies/Resources

Accra (PCA only agency)	952-935-3515
Accord Home Health Services	612-455-1236
Adara Home Health (no longer does PCA)	507-252-9844
Bridges MN (ILS provider)	651-772-4957
Community Involvement Homecare Services	612-362-4404
Heartland Home Health Care	507-292-1170
Hiawatha Home Care	651-388-2223 or 800-837-8898
Interim HealthCare (Rochester)	507-200-1111
Intrepid Northfield	952-894-2663
Maids of MN (homemaker services only)	612-245-5992
Natural Choice Cleaning (homemaking services only)	507-259-3366
Northfield Homecare	507-646-1457
Omega Home Healthcare LLC	877-517-0644
Quality Care	507-258-4578
Recover Home Health Care	507-289-2411

Spectrum Homecare (Rochester)	507-282-8052
St. Elizabeth - Wabasha	651-565-5577

**\*\*All agencies above are Medicare certified home care agencies \*\***

Home Health Agency Hotline	800-369-7994
Home Instead Senior Care	1-888-285-1733
Lutheran Social Services	507-285-1700 or 651-388-8845
SEMCIL – PCA only	507-285-1815 or 651-388-0466

### *Hospice Care*

Faribault Area Hospice	507-332-4835
Heartland Home Health Care & Hospice	877-291-9498 or 507-292-1170
Mayo Health Care System Red Wing	888-845-3410 or 651-385-3410
Mayo Hospice Program	507-284-4002
MN Hospice Organization	866-290-4321
ProMedica Hospice	507-292-1170
Season’s Hospice of Rochester	507-285-1930
St. Croix Hospice	507-281-5700

### *Lifeline Services*

Accent Fairview Lifeline	952-885-6185
Guardian Medical Monitoring	888-349-2400
Kenyon Area: District One Hospital - Faribault	507-334-6451

Mayo Health Care System Cannon Falls	507-263-6000
Mayo Health Care System Red Wing	866-827-5039 or 800-242-1306 ext. 4518
Phillips Lifeline	800-368-2925 or 800-242-1306 ext. 4518 (MN 903 - program code)

### **Mayo Health Care System Clinics**

Cannon Falls	507-263-6000
Lake City	651-345-1100
Red Wing	651-267-5000
Same Day Clinic and Walk-ins (Red Wing)	651-267-5000
St. Mary's Hospital - Rochester	507-255-5123
Zumbrota	507-732-7314

### **Olmsted Medical Center Clinics**

Cannon Falls OMC	507-263-4900
Lake City OMC	651-345-2350
Pine Island OMC	507-356-4929

### **Northfield Hospital and Clinics**

Kenyon (formerly Mayo Kenyon Clinic)	507-623-0123
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## **Medical Supplies and Equipment**

180 Medical	877-688-2729
Alliance Medical Supply	651-895-8040
American Home Patient	507-281-4884
Corner Home Medical Equipment	651-267-2414
Lincare (home respiratory) SPS	651-388-0722
Med City Mobility	507-334-2602
Wheelchair Ramp Build – SEMCIL	507-285-1815
Minnesota Care	800-657-3672
MN Sure	855-366-7873
New Beginnings Family Services- Red Wing	651-267-4357
24-Hour Helpline	800-712-4357
WIC- Women, Infants, Children	651-385-6120

## **Housing**

### **Assisted Living Facilities**

Deer Crest (Red Wing)	651-267-5444
Elysian Senior Homes of Lake City	651-448-8333
Evergreen Place (Pine Island)	507-356-8585
Cannon Country Quality Senior Living (Cannon Falls)	507-320-3788

Loving Residence (Red Wing)	651-388-1650
Potter Ridge (Red Wing)	651-388-1546
Oakridge Assisted Living (Hastings)	651-438-0418
St. Crispin Living Community (formerly St. Brigid's- Red Wing)	651-388-1234
The Bridges of Zumbrota	507-732-8455
Cannon Rivers Senior Living Cannon Falls)	507-263-3600
Valentine's (Red Wing)	651-388-5556

**Long Term Care Facilities**

Bayview Nursing and Rehabilitation Center	651-388-4800
Lake City Medical Center	651-345-3321
Pine Haven Care Center (Pine Island)	507-356-8304
River Oaks Health Care Center (Lake City)	651-345-2713
St. Crispin (Red Wing)	651-385-3434 (24 hours call) 651-380-2109
Zumbrota Care Center	507-732-8400

**Other Housing Options**

Common Bond- Maple Hills Apartments	651-388-2821
Habitat for Humanity	651-388-9360 ext. 32
HOPE Coalition	651-388-9360 ext. 28
Lutheran Social Services	651-388-3498
Mentoring Professions-Housing Stabilizations Services	651-797-2438



Red Wing Housing Authority	651-388-7571
SEMCIL-home assessment	507-285-1815
SEMMCHRA	651-565-2638
Technology for Home	952-921-8334
Three Rivers Community Action	507-316-0610

**Housing Stabilization Services**

Arc of Minnesota	952-920-0855
Oaktree	651-797-2438
Brilliant Minds	651-800-6073
Kharis Health	952-807-3480

**Information & Referral**

2-1-1 Information & Referral	2-1-1 or 800-543-7709
Families First of Minnesota – Rochester	800-462-1660
Disability Hub MN	866-333-2466
Hispanic Outreach of Goodhue County	651-301-2184
Immigrant Law Center of Minnesota	651-641-1011
Senior Linkage Line	800-333-2433

**Legal Assistance**

Housing Equality Law Project	866-292-0080
MN Department of Human Rights	800-657-3704

Ombudsperson	800-657-3591
PFLAG	651-388-9610
Red Wing Human Rights Commission	651-385-3634
Southern MN Regional Legal Services	877-696-6529

**Senior Services**

Elder Network	507-285-5272
Faith in Action- Red Wing	651-327-2400
Foster Grandparent Program	888-205-3770
Grief Support	651-385-3412
Pier 55 Red Wing Area Seniors	651-327-2255
Pine Island Area Home Services	507-356-2999
Quality Career Services	651-385-3352
SEMCAC-Senior Dining	651-388-9875
St. Crispin Meals on Wheels	651-385-5429 or 651-385-5436
Senior LinkAge Line	800-333-2433
Seniors Helping Seniors	651-267-3599
Three Rivers Community Action	507-316-0610

**Transportation**

Action Volunteers (Lake City)	507-534-1244
American Cancer Society	651-388-3321

Corporate Car and Coach	651-388-8800
Dave’s Taxi	651-307-1708
Faith in Action	651-327-2400
Handi-Van	507-281-3600
Hiawathaland Transit	866-623-7505
Pine Island Area Home Services	507-356-2999
Plus Transportation (see Helpful Websites on back)	507-358-2959
Red Wing Mobility	651-388-9215
R & S Transport	800-656-5080
The Taxi Company (in Red Wing)	651-385-8294
Three Rivers Transportation	866-623-7505

**Used Furniture & Clothing**

Annadee’s Closet	651-388-7031
Connecting Connection	651-388-1900
Salvation Army	651-388-9270
Wise Penny Thrift Store	651-385-0565

**Veteran’s Services**

Veteran’s medical rides to a VA hospital	651-385-3256
Minneapolis VA Health Care System	612-725-2000
Rochester VA Medical Center	507-252-0885

## *Victim Assistance*

Battered Women Hotline	800-369-5214
Child Help National Abuse Helpline	800-422-4453
Goodhue County Health & Human Services	651-385-3200
Haven of Hope- Domestic Violence	651-385-8601
MN Domestic Violence Resource	612-565-4114
National Domestic Abuse Hotline	800-799-7233
SARA- Sexual Assault Resource Agency	800-519-6690

## *Helpful Websites*

[www.minnesotahelp.info](http://www.minnesotahelp.info)

[www.healthcare.gov](http://www.healthcare.gov)

[www.mn.bridgetobenefits.or](http://www.mn.bridgetobenefits.or)

[www.mhfa.state.mn.us](http://www.mhfa.state.mn.us)

[www.freephonemn.org](http://www.freephonemn.org)

[www.lawhelpmn.org](http://www.lawhelpmn.org)

[www.211.org](http://www.211.org)

<https://plustransportationllc.com>

<https://prepareandprosper.org/money-mentors/>