

STEELE COUNTY COMMUNITY RESOURCE LIST

Recently updated on: 5/27/2011

Notice: this list is intended for informational purposes only and is not all-inclusive. All persons, agencies, vendors and businesses listed are presented as resources for the Steele County area and are not being promoted, endorsed or condoned by Steele County or any of its personnel.

*Denotes that the vendor has a county contract where applicable

CAREGIVER SUPPORT (See also SUPPORT GROUPS)

Caregiver Education Programs

- Usual Care
- Live Well at Home Program
- Family Memory Care Program

ISJ-Waseca Medical Center-Mayo Health System

Phone: 1-507-781-8171

Contact: Kristin Sjolie, Caregiver Educator

E-mail: sjolie.kristin@mayo.edu

Lotsa Helping Hands

Create a free, private, web-based community to organize volunteers during times of need.

Website: <http://lotsahelpinghands.com>

E-mail: info@lotsahelpinghands.com

CHORE SERVICES

Straight River Enterprises*

405 First Avenue SE

Medford MN, 55049

Phone: 1-507-444-2427

Contact: Gail Anderson – Executive Director

Cascade Care Services, Inc.*

2311 44th Avenue SE

Owatonna MN, 55060

Phone: 1-507-456-4093

Contact: Rita Dornquast, Director/Owner

CUSTOMIZED LIVING FACILITIES

Brookdale Senior Living (Formerly Known As Alterra Clare Bridge Cottage):

Care Type: Memory Care

364 Cedardale Drive SE

Owatonna, MN 55060

Phone: 1-507-446-8600

Contact: Sandy Archer, Executive Director

Brookdale Senior Living (Formerly Known As Alterra Sterling House):

Care Type: Customized Living Services

334 Cedardale Drive SE

Owatonna, MN 55060

Phone: 1-507-451-6914

Contact: Sandy Archer, Executive Director

The Brooks on St. Paul*

Care Type: Customized Living Services

2480 St. Paul Road

Owatonna, MN 55060

Phone: 1-507-446-0611

Contact: Susan Doty, Executive Director

Countryside – A Catered Senior Living Community*

Care Type: Customized Living Services & Independent Living Apartments

650 El Dorado Street

Owatonna, MN 55060

Phone: 1-507-446-8334

Contact: Jennifer Redman, Executive Director

Heather Haus

Care Type: Customized Living Services & Independent Living Apartments

223 4th Street NW

Bloomington Prairie, MN 55917

Phone: 1-507-583-7399

Contact: Pamela Waters

Park Place*

Care Type: Customized Living Services & Independent Living Apartments

125 Park Street

Owatonna, MN 55060

Phone: 1-507-451-0808

Contact: Lois Monson, Executive Director

Traditions of Owatonna I*

Care Type: Memory Care & Customized Living Services

195 24th Place NW

Owatonna, MN 55060

Phone: 1-507-455-0700

Contact: Mary Spitzack, Executive Director

Traditions of Owatonna II*

Care Type: Memory Care

150 24th Street NE

Owatonna, MN 55060

Phone: 1-507-451-0433

Contact: Mary Spitzack, Executive Director

Valleyview of Owatonna, LLC
Care Type: Memory Care & Customized Living Services
1212 Frontage Road
North I-35
Owatonna, MN 55060
Toll free: 1-877-367-7374
Phone: 1-507-451-0722
Contact: Jean Purrier

Whispering Oak Assisted Living Community*
Care Type: Customized Living Services & Independent Living Apartments
903 Calverly Court
P.O. Box 85
Ellendale, MN 56026
Phone: 1-507-684-3026
Contact: Maryann Schlaak, Executive Director

EMERGENCY/HOSPITALS/SHELTERS

911

Crisis Resource Center
125 West Front St.
Owatonna, MN 55060
Phone: 1-507-451-1202 or
Toll free: 1-800-451-1202

Gold Cross Ambulance
1005 South Cedar Ave
Owatonna, MN 55060
Phone: 1-507-451-6403
Fax: 1-507-451-8100

Lily Sparrow
Refuge and Shelter for Homeless Women and Families
345 E Broadway St
Owatonna MN 55060
Phone: 1-507-455-2023 (contact the Salvation Army)
Contact: Carla

Hospitality House of Owatonna: emergency men's shelter
515 State Ave
Owatonna MN 55060
Phone: 1-507-444-4042

Owatonna Clinic
26th Street Clinic
2200 26th Street NW
Owatonna MN, 55060
Phone: 1-507-451-1120 or Toll Free: 1-800-628-2538 (or 911)

Owatonna Clinic - Urgent Care
2200 26th Street NW
Phone: 1-507-451-0686
Regular Appts-1-507-451-0684 (or 911)

Owatonna Hospital
2250 26th Street NW
Owatonna, MN 55060
Phone: 1-507-451-3850

Austin Medical Center
Phone: 1-507-433-7351

Blooming Prairie Clinic
Phone: 1-507-583-7225

Safe Return (for wandering & medical emergencies)
Phone: 1-888-572-8566

FINANCIAL ASSISTANCE

Social Security Administration
404 2nd Street NW
Austin, MN 55912
Phone: 1-507-433-1838 Ext. 0
Toll free: 1- 800-772-1213

Website: www.ssa.gov

Steele County Human Services
630 Florence Avenue
P.O. Box 890
Owatonna MN 55060
Phone: 1-507-444-7500
Toll Free from Blooming Prairie – 1-507-583-2283 -- Toll Free from Ellendale – 1-507-684-2211

USDA Rural Development Service Center Office-housing loans and grants
1810 30th ST NW
Faribault, MN 55021
Phone: 507-332-7418
Contact: Charles Phillips, Rural Development Specialist Website: www.usda.gov

FOOD PROGRAMS & DINING SITES

Angel Food Ministries-discount grocery program (pick up is usually the 3rd Saturday of every month at
Christ Community Covenant Church)
540 18th St SE
Owatonna, MN 55060
Phone: 1-507-451-1032
Contact: Cathi Carlson at 1-507-446-8487

Website: www.angelfoodministries.com

Community Food Distribution-discount grocery program (pick up is usually the 1st Saturday of every month at Christian Family Church and World Outreach Center)

2300 Heritage Place NW

Owatonna, MN 55060

Contact: Tim Disher: 1-507-573-2135; Anissa Disher: 1-507-213-4905 Rose Schmitz: 1-507-273-1783

Fare For All-discount grocery program

Seniors can contact Healthy Seniors of Steele County for assistance with pick up of groceries.

Contact for Health Seniors of Steele County: 507-774-7648

Website: www.emergencyfoodshelf.org

Meals of Hope-Sundays starting at 5pm, no charge

Transportation/pick-up available to the meal is provided at Cedar Place (high rise), Ivanhoe, and Maple Trails on the church bus. Call for pick-up times and details.

Phone: 1-507-451-2100 or 1-507-475-1317

Mom's Meals* (arrive through the mail)

Orders can be placed Monday-Friday 8am-5pm

Gluten-free meals are available to waiver customers if there is a medical need

Toll-free phone: 1-866-204-6111 (waiver) or 1-866-971-6667 (Private Pay)

Fax: 1-515-382-3789

Contact: Susan Bullert

E-mail: info@momsmeals.com

Website: www.momsmeals.com

NAPS: Nutrition Assistance Program for Seniors (income/asset based)

(pick up is usually the 2nd Tuesday of every month from 4pm-7pm at Trinity Lutheran Church in Owatonna)

Toll-free phone: 1-877-500-8699, ext. 104

Contact: Jessica Miller

Food Shelves:

- Ellendale Area Food Shelf
Ellendale United Methodist Church-Thursdays 5pm-7pm or by appointment
Phone: 1-507-684-2731
- Steele County Food Shelf (income/asset based)
Hours: Monday & Wednesday: 9am-5:30pm; Tuesday, Thursday & Friday: 9am-3:30pm;
Saturday: 8am-11:30am
155 Oakdale St
Owatonna, MN 55060
Phone: 1-507-455-2991
E-mail: foodshelf@steelecountyfoodshelf.org Website: www.steelecountyfoodshelf.org

SEMCAC Meals on Wheels/SEMCAC Owatonna Mobile Meal Program*

- Blooming Prairie: LuAnn Fairbairn at 1-507-583-7369
- Ellendale: 1-507-684-3311
- Owatonna: Deb McNeill at 1-507-455-3195 or Karen Hoflock at 1-507-331-6651

Senior Dining Sites:

- Cedar Place Apartments
2211 Hartle Ave
Owatonna, MN 55060
Phone: 1-507-455-1693
- Ellendale Community Center
Phone: 1-507-684-2731
- Ivanhoe Apartments
220 18th St SW
Owatonna, MN 55060
Phone: 1-507-455-0902
- Senior Place
500 Dunnell Drive
Owatonna, MN 55060
Phone: 1-507-444-4280

HEALTH SERVICES/HOME CARE/HOSPICE
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Albert Lea Medical Center – Home Health/Hospice
404 Fountain Street
Albert Lea, MN 56007
Phone: 1-507-377-6393

Austin Medical Center Hospice
Phone: 1-507-434-1416.
TDD phone number: 1-507-437-7754
Toll free: 1-888-609-4065, ext. 1416

Albert Lea Medical Center – REHAB/Health Reach
1705 Broadway Avenue SE
Albert Lea MN 56007
Phone: 1-507-377-5900

All Generations Home Care, Inc.*
135 W Main St, Suite G
Owatonna, MN 55060
Phone: 1-507-214-8007
Fax: 1-507-214-8010
Contact: Lori Mortenson - Owner

All Home Health, Inc.
8100 26th Avenue South, Suite 165
Bloomington MN 55425
Phone: 1-952-814-7400

Alliance Health Care*
1400 Madison Avenue #212
Mankato MN 56001
Mankato Office:
Phone: 1-507-386-1666
Toll free: 1-800-484-5897
Rochester Office: Phone: 1-507-252-9737

Fax: 1-507-285-4950

Becklund Home Health Care
St. Peter, MN
Phone: 1-507-931-9755

Cascade Care Services*
2311 44th Avenue SE
Owatonna, MN 55060
Phone: 1-507-456-4093
Contact: Rita Dornquast, Director/Owner

Daryeel Home Care*
135 West Main Street
Owatonna, MN 55060
Phone: 1-507-214-2907
Fax: 1-507-214-2908
Contact: Ahmed Abdulle, Owner

e-mail: daryeelhomecare@gamil.com

District One Hospital-Hospice program
200 State Avenue
Faribault, MN 55021
Phone: 1-507-334-6451
Toll Free: 1-866-773-2022

e-mail: hospice@districtonehospital.com

Divine Healthcare
856 University Avenue West
St. Paul, MN 55104
Phone: 1-651-665-9795
Website: <http://www.divinecorporation.com>

Heartland Hospice
3143 Superior Drive NW, #A
Rochester, MN 55902
Phone: 1-877-292-1170

Home Instead Senior Care
1530 Greenview Drive SW
Rochester MN 55902
Phone: 1-507-285-1700

Home Watch
Phone: 1-507-388-5589

International Quality Home Care*

606 Hoffman Drive
Owatonna, MN 55060
Phone: 1-507-451-6262

Just the Nurse

Owatonna, MN 55060
Phone: 1-507-456-2146

Contact: Margie Gardner, RN

Owatonna Hospice and Homestead Hospice House (next to Owatonna Clinic)

2350 26th Street NW
Owatonna MN 55060
Phone: 1-507-446-0936

Prairie River Home Care*

Mankato, MN 56001
Phone: 1-507-345-8591 or
Toll free: 1-800-598-5546

Private Duty Home Health Aide

Owatonna, MN 55060
Phone: 507-451-3410
Contact: Julie Summy
E-mail: luellashouseofcare@yahoo.com

RecoverHealth

2222 East Frontage Rd, Suite 210
Rochester, MN 55901-7724
Phone: 1-507-282-2246

SEMCIL*

2720 North Broadway
Rochester MN 55906
Phone: 1-507-285-3910 or 1-507-285-1815
Toll free: 1-888-460-1815

Steele County Public Health*

635 Florence Avenue
Owatonna MN 55060
Phone: 1-507-444-7650 from Owatonna
or 1-507-583-2283 from Blooming Prairie or 1-507-684-2211 from Ellendale

Spectrum Home Care: Rochester

1831 24th St. NW
Rochester, MN 55901
Phone: 1-507-282-8052
Contact: Vicki Thorton

Visiting Angels
577 State Ave
Owatonna, MN
Phone: 1-507-451-1124
Toll Free: 1-855-451-1124
Contact: Shelley Hauschild or Craig Wahl
Provides: private pay home care; respite care; companion care
Website: visitingangels.com

Waseca Area Hospice
Phone: 1-507-835-8983

HOUSING WITH SERVICES (See also Customized Living Facilities)

Mineral Springs Board and Lodge*
800 Mineral Springs Road
Owatonna MN 55060
Phone: 1-507- 451-4792 Board & Lodge
Contact: Tim Schiltz, Owner

Westside Board & Lodge*
3003 Highway 14 West
Owatonna, MN 55060
Phone: 507-451-0832
Contact: Janice Larson, Owner Board & Lodge

INDEPENDENT SENIOR HOUSING

Cedardale Place Apartments (Senior High Rise)
2211 Hartle Avenue
Owatonna, MN 55060
Phone: 1-507-455-1693

Ivanhoe Apartments
220 18th Street SW
Owatonna, MN 55060
Phone: 1-507- 455-0902

Kay Knutson Apartments
905 El Dorado Street SE
Owatonna, MN 55060
Phone: 1-800-466-7722
TTY/TDD: 1-800-627-3529

www.accessiblespace.org

Lifestyles, Inc.
311 Cedar Avenue North
Owatonna, MN 55060
Phone: 1-507-451-8524

Maple Trails Apartments
165 24th Place NW
Owatonna MN 55060
Phone: 1-800-466-7722, Ext. 284

Morehouse Place (Cooperative)
353 Lemond Road
Owatonna MN 55060
Phone: 1-507-451-2223

Owatonna Housing and Redevelopment Authority
540 West Hills Circle
Owatonna MN 55060
Phone: 1-507-444-4346

Park Place Apartments
125 Park Street
Owatonna MN 55060
Phone: 1-507-451-0808

Real Life Cooperative of Owatonna
235 22nd Street SE
Owatonna MN 55060
Phone: 1-507-444-3735

LEGAL & ADVOCACY SERVICES

Disability Specialist, Inc.
Phone: 1-218-666-2676
Toll free: 1-800-642-6393
Fax: 218-666-3136
e-mail: Disabil@northlc.com

Website: www.DisabilitySpecialist.net

Ombudsman for Long Term Care
P.O. Box 64971
St. Paul, MN 55164-0971
Phone: 651-431-2555
Toll Free to St. Paul Office: 800-657-3591

SEMCAC – Senior/Caregiver Advocate
500 Dunnell Drive
Owatonna MN 55060
Phone: 1-507-446-0177
TDD: 1-800-627-2433
Contact/Advocate: Melissa Almer
Senior Citizens Legal Services Representative
2nd Wednesday of Every Month, 8:30 a.m. to 12:00 p.m.

Senior Place
500 Dunnell Drive
Owatonna, MN 55060
Phone: 1-507-444-2469 for appointment

Southern Minnesota Regional Legal Services
Albert Lea, MN 55060
Phone: 1-888-575-2954 or 1-800-223-0280

MEDICAL EQUIPMENT/SUPPLIES

ActivStyle
3100 Pacific St N
Minneapolis, MN 55411
Toll free: 1-800-651-6223

Allina Home Medical Equipment and Lifeline
Phone: 1-507-451-7469

American Legion (Owatonna)
Phone: 1-507-451-6080
Lends out equipment only

Area Pharmacies (See Local Yellow Pages in Telephone Book.)

Blooming Prairie Serviceman's Club
Phone: 1-507-583-7884
Lends equipment only-Becky

Ellendale Lions Club
Phone: 1-507-684-2472
Lends equipment only
Contact Person: Andy Lerberg

Freedom Medical Equipment & Supply
PO Box 1502
St. Cloud MN 56302
Phone: 1-866-882-0664

Hearing Impaired Equipment Loan
Telephone Equipment Distribution
Phone: 1-800-311-1148 or 1-800-657-3663 or TTY 1-800-657-3513

Heartland Security (Lifeline provider)
Phone: 1-888-264-6380
Contact: Andrea Bussman

HDIS (Home Delivery Incontinent Supplies)
Toll Free Phone: 1-800-269-4663

Key Medical
5910 Rice Creek Parkway, Suite 100
Shoreview, MN 55126
Phone: 1-651-792-3860
Toll Free Phone: 1-877-309-4271
Fax: 1-651-792-3867

Lincare Inc.
Phone: 1-507-529-8140

Low Vision Store
821 3rd Ave SE, Suite 75
Rochester MN 55904
Phone: 1-507-282-7512

Mayo Clinic Store
Toll Free Phone: 1-888-303-9354

Med City Mobility
Phone: 1-866-334-2602 (toll free)
1-507-334-2602 (Faribault)
1-507-433-9000 (Austin)
1-507-252-0555 (Rochester)

Metro Medical
1408 North Riverfront Dr
Mankato, MN 56001
Phone: 1-507-388-1801

Omega Medical Supply
Rochester, MN
LLC 1-877-252-8413
Phone: 1-507-252-8413

Praxair HealthCare Services
23 W Center St
Rochester MN 55902-3031
Phone: 1-507-529-7676

State Services for the Blind
Regional Office in Rochester
Phone: 1-507-285-7582

VoiceCare (Personal Emergency Response System)
Offered by CountrySide Senior Living and The Brooks on St. Paul
Phone: 1-507-446-8334 ext. 1 for Jennifer Redman at CountrySide or 1-507-446-0611 for Sue Doty at The Brooks

MEDICARE/INSURANCE QUESTIONS

Disability Linkage Line
Phone/Toll free: 1-866-333-2466

Health care coverage options and the new laws:
[Http://healthcare.gov](http://healthcare.gov)

Options for the uninsured/underinsured to obtain medications or medical services: <http://www.needymeds.org>

Medicare
Toll free: 1-800-382-2000 OR 1-800-392-0343

Medicare Part D-Senior Linkage Line
Toll free: 1-800-333-2433

Go to <http://www.medicare.gov>.

In the upper right hand corner, there is a search bar that says, “Search Medicare.Gov.” Type in “drug plan finder” and click on “go.”

The sixth link down will say “Prescription Drug Coverage.” Click on that link.

In the middle, the fifth option down is “Medicare Prescription Drug Plan Finder.” Click on that link.

At the bottom of this page are options with orange arrows. Click the top orange arrow that corresponds with “Find a Medicare Prescription Drug Plan.”

Enter the individual’s personal information, including their name, birth date, Medicare number, Medicare start date, and zip code. Then click search plans.

If the individual is already on a Part D Drug Plan, it will then pop up. If the individual does not have a Part D Drug Plan, you may choose to go on and find one.

MEMORY CARE RESOURCES

Alzheimer’s Association of Minnesota-North Dakota
Toll free: 1-877-474-8259 Website: <http://www.alz.org>

The Alzheimer’s Store
3197 Trout Place Rd
Cumming, GA 30041
Toll free: 1-800-752-3238 Website: <http://www.alzstore.com>

Lewy Body Dementia Association, Inc.
P.O. Box 451529
Atlanta, GA 31145-9429
Phone/Lewy Body Caregivers’ Helpline: 1-800-539-9767
E-mail: lbda@lbda.org

Medic Alert and Safe Return Program
Phone: 1-888-572-8566 Website: <http://www.medicalert.org/safereturn>

MENTAL HEALTH SERVICES

Associates in Psychiatry and Psychology
209 Main Street East
Owatonna, MN 55060
Phone: 1-507-455-0992

Catholic Charities
577 State Avenue
Owatonna MN 55060
Phone: 1-507-455-2008

Commonality Youth and Family Development
560 Dunnell Drive
Owatonna MN 55060
Phone: 1-507-214-1840

Fernbrook Family Center
115 Landmark Drive, Suite 1
Owatonna MN 55060
Phone: 1-507-446-0431

Lutheran Social Services
609 Lincoln Avenue
Owatonna MN 55060
Phone: 1-507-451-7811

Mental Health Professionals, Inc.
1880 Austin Road, Suite 2
Owatonna MN 55060
Phone: 1-507-444-8123

The Mill Street House
Otteson Associates, Inc.
209 East Mill Street
Owatonna MN 55060
Phone: 1-507-446-0002; Fax: 1-507-451-8003

South Central Human Relations Center
610 Florence Avenue
Owatonna MN 55060
Phone: 1-507- 451-2630 or 1-800-722-0590
24-hr emergency line 1-507-455-8100

MISCELLANEOUS

Clothesline (income & asset based)

155 Oakdale Street

Owatonna MN 55060

Phone: 1-507-455-2550

Office Hours: M, T, W : 8 a.m. to 5 p.m. & Th. 8 a.m. to 1 p.m.

Shopping Hours: M, T, W: 12 p.m. to 5 p.m. & Th. 8 a.m. to 1 p.m.

Donations accepted: M/T 8 a.m. to 5 p.m.

Driving Evaluations – Department Of Public Safety

Phone: 1-651-296-3790 OR 1-651-284-2000

Website: www.mndriveinfo.org

Enter driver's license w/o dashes to check driving status.

SEMCAC: Energy Assistance, Weatherization, Home Improvement Loans, Reassurance Calls: For Reassurance Calls, contact Melissa

Phone: 1-507-451-7134

Experience Works

Senior Workforce Solutions

Phone: 1-507-446-1497

Healthy Seniors of Steele County-volunteer programs and falls prevention

2250 26th St NW

Owatonna MN, 55060

Phone: 1-507-774-7648

Contact: Edna Ringhofer– Executive Director

Senior Place: Foot Care Clinic, Tax Preparation, Recreation

Phone: 1-507-444-4280

Salvation Army: Thrift Store, Eviction Counseling

1810 Cedar Avenue South

Owatonna MN 55060

Phone: 1-507-455-2023

Southeastern Minnesota Area Agency on Aging

421 SW First Avenue RM 201

Rochester, MN 55902

Phone: 1-507-288-6944

Contact: Connie Bagley

E-mail: connie@semaarochestermn.org

Medication Awareness Services for Seniors

20 minute consultations with a Pharmacist

Phone: 1-507-774-7648

On Call Neighbor - Grace Steele

Phone: 1-507-446-0007 or 1-507-456-6755

Nurse In (blood pressure checks etc.)
Cedar Street Lobby Entrance of the Owatonna Hospital
Wednesdays 9:00 a.m. to 11:00 a.m.

NURSING HOMES (In Steele County)

Cedarview Care Center
1409 South Cedar Ave
Owatonna, MN 55060
Phone: 1-507- 444-4200
Fax: 1-507-444-4232 or 1-507-446-4944 (business office)

Owatonna Care Center
201 SW 18th Street
Owatonna, MN
Phone: 1-507-451-6800

Prairie Manor Care Center
220 Third Street NW
Blooming Prairie, MN 55917
Phone: 1-507-583-4434

PARISH NURSES

Associated Church
Phone: 1-507-451-1546

Good Shepherd Lutheran Church
Phone: 1-507-451-4125

Our Saviors Lutheran
Phone: 1-507-451- 4853

Redeemer Lutheran
Phone: 1-507-451-2720

Trinity Lutheran
Phone: 1-507-451-4520

Sacred Heart Catholic Church
Phone: 1-507-451-1588

St. Joseph's Catholic Church
Phone: 1-507-451-4845

United Methodist
Phone: 1-507-451-4734

RESPIRE

Brookdale Senior Living: 1-507-451-6914 & 1-507-446-8600 (subject to availability)
Contact: Sandy Archer, Executive Director

The Brooks on St. Paul*
Owatonna MN 55060
Phone: 1-507-446-5855 (subject to availability)
Contact: Susan Doty, Director

Healthy Seniors
2200 26th St NW
Owatonna MN 55060
Phone: 1-507-774-7648
Contact: Edna Ringhofer– Executive Director

Traditions of Owatonna I*
Customized Living Services
195 24th Place NW
Owatonna, MN 55060
Phone: 1-507-455-0700
Contact: Mary Spitzack, Executive Director

SENIOR LINKAGE LINE AND ELDER CARE LOCATOR

Phone: 1-800-333-2433 OR 1-800-677-1116 OR dial 211
Website: <http://www.mnaging.org> or <http://www.minnesotahelp.info/>

SOCIAL SERVICES/GUARDIANSHIPS/CONSERVATORSHIPS

Alternative Resolutions (Robin Christenson & Diane Padilla)*
P.O. Box 887
Owatonna, MN 55060
Phone: 1-507-214-1700

Catholic Charities
Phone: 1-507-454-2270

Elder Care Services
Phone: 1-507-243-3603

Independent Management Services*
Contact: Stephen Thorson
110 1st Avenue SE
Austin MN 55912
Phone: 1-507-437-6389

Julie Nelson*
Phone: 1-507-475-2141

Lutheran Social Services
710 S 2nd St
Mankato MN 56001
Phone: 1-507-625-6693 or 1-507-625-7660 Website: www.lssmn.org

Social Security Administration
404 2nd Street NW
Austin, MN 55912
Phone: 1-507-433-1838 Ext. 0
Toll free: 1-800-772-1213 Website: www.ssa.gov

Steele County Human Services
630 Florence Avenue
P.O. Box 890
Owatonna MN 55060
Phone: 1-507-444-7500
Fax: 1-507-451-5947

SUPPORT GROUPS

Alanon Newcomers Meeting
605 Florence Avenue
Owatonna, MN 55060
Contact: Theresa
Phone: 1-507-455-3677
Toll free phone: 1-888-425-2668

Alcoholic Anonymous Newcomers Meeting
605 Florence Avenue
Owatonna, MN 55060
Phone: 1-507-451-8610
Sunday 7:00 p.m.

Alzheimer's Support Group: 1-800-272-3900
Albert Lea: 1-507-373-0683 or 1-507-373-8226
Phone: Austin: 1-507-433-1808 or 1-507-433-3462
Phone: Rochester: 1-507-284-8966 Website: <http://www.alz.org>

Diabetes Support Group:
Owatonna Clinic: 26th Street Clinic location
2200 26th St NW
Owatonna, MN 55060
Phone: 1-507-455-4496
Time: Monday 6:00 p.m.
Call for specific dates for group meetings

Family Caregiver Support Group
Faribault Senior Center
19 Division Street West
Faribault, MN 55021
Phone: 1-507-332-7357
2nd Tuesday of every month 6:00 p.m. to 7:00 p.m.

Gluten-Free Support Group
Contact: Eleanor Simon (for location)
Phone: 507-451-5752
3rd Thursday of every month 1:30 pm

Insightful Hearts (Caregiver Support Group)
Traditions I
195 24th Place NW
Owatonna, MN 55060
Phone: 507-455-0700
2nd Tuesday of every month @ 6:30 p.m.

Minnesota MS Support Group
Phone: 1-800-582-5296

Website: www.nationalmssociety.org

Narcotics Anonymous
Alano Building, 605 Florence Avenue, Owatonna, MN 55060
7:00 p.m. (Monday)
St. Paul's Lutheran Church 8:00 p.m. (Wednesday)
Our Savior's Lutheran Church 7:00 p.m. (Friday)
8:00 p.m. (Saturday)
NA Helpline 1-612-822-7965

Owatonna Arthritis/Fibromyalgia Support Group
Phone: 1-800-333-1380
3rd Monday of Every Month at the Brooks (Sept. – May)
2480 St. Paul Road
Owatonna, MN 55060
Phone: 1-507-446-0611

Parkinson's Support Group-meets quarterly
Phone: 1-507-774-7648

TRANSPORTATION

American Cancer Society- Only transports patients to appointments for treatment or physician appointments –
No Charge
Phone: 1-800-227-2345

Ellendale Volunteer Transportation
Phone: 1-507-684-2321

Blooming Prairie Volunteer Transportation
Phone: 507-583-7369 (SEMCAC for info.)

R & S Transport
Specialized Medical Transportation Services
Phone: 1-800-656-5080

SCAT Bus (Steele County Area Transit)
Phone: 1-507-451-7777 or 1-800-597-SCAT or 1-800-597-7228

SEMCAC's Volunteer Driver Program:
Phone: 1-866-238-9389 or 1-507-451-7134

Taxi First Choice
122 W Mill Street
Owatonna, MN 55060
Phone: 1-507-444-0020
Toll free: 1-866-444-9696

Website: www.youarriveontime.com

Tonna Taxi
Phone: 1-507-451-4215

VETERANS SERVICES

Steele County Veteran's Affairs
630 Florence Ave
P.O. Box 890
Owatonna MN, 55060
Phone: 1-507-444-7640
Contact: Rene Gilormini

Minneapolis VA Medical Center
One Veteran's Drive #111
Minneapolis, MN 55417
Phone: 1-612-725-2000
Toll free: 1-866-414-5058

Veterans Linkage Line
Toll free: 1-888-546-5838

Website: <http://www.minnesotaveteran.org>