

## ➤ **AGING INFORMATION AND ASSISTANCE**

**Pope County Senior Citizens Coordinator** (320) 634-5725

**Dodie Johnsrud, 211 E. Minnesota Ave. Suite 100, Glenwood, MN 56334.**

Pope County Senior Citizen's Advocate, county wide information and referral, client assistance, forms assistance, volunteer opportunities, education programs, congregate dining and home delivered meals.

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

State wide information and referral for questions regarding aging and services. Your connections to the services near you.

**Minnesota Board on Aging** 1-800-882-6262

Statewide information, referral, and funding. [www.mnaging.org](http://www.mnaging.org)

**Office of Ombudsman for Older Minnesotans** 1-800-657-3591

Area Representative: Darlene Weber 218-573-2214

Provides assistance for consumers to enhance the quality of care and quality of life of older individuals receiving health care services at home, in the hospital, nursing home or other community settings such as assisted living, homes plus, board and lodging and adult day care. [www.ombudmhmr.state.mn.us/contactombuds.htm#older](http://www.ombudmhmr.state.mn.us/contactombuds.htm#older)

## ➤ **A.A.R.P.**

**55/Alive Defensive Driving Class** (320) 634-5725

A.A.R.P. and the Pope County Senior Coordinator have teamed up to offer Seniors of Pope County the opportunity to brush up on the driving laws. By taking this course your insurance company is mandated to give you a 10% discount on your premiums. If you have never taken this course you will need to attend the Beginner Course. This is an 8-hour course split into 2 four-hour days. If you have already taken the Beginner Course you need to renew this course every 3 years to keep receiving the 10% discount. The Refresher Course is only 4 hours. There are never any tests. You must call to register.

## ➤ **ASSISTANCE PLANS**

**Energy Assistance** This program helps low-income families and seniors to meet their home energy needs. Call West Central MN Communities Action, Inc. for an application 1-800-492-4805 [www.wcmca.org](http://www.wcmca.org)

**Home Weatherization Program** This is a one-time weatherization grant available to help income eligible households to reduce home heating costs through: Insulation, Caulking, Weather-stripping. This program is open to renters as well as homeowners. For an application call **1-800-492-4805** [www.wcmca.org](http://www.wcmca.org)

**Medical Assistance** (320) 634-5750 Call for an application.

**Telephone Assistance Plan (TAP)** This is a state program that offers a discount on local phone service for low-income seniors and low-income disabled people. For more information call your local telephone office.

## ➤ **DISABILITY**

**MN State Council on Disability** 1-800-945-8913 or Brian Wagner (320) 762-0580  
A referral source for all disabilities. Advises the legislature on issues involving disabilities. [www.disability.state.mn.us](http://www.disability.state.mn.us)

**Disability Linkage Line** 1-866-333-2466  
Information and referral service for people of all ages with disabilities.  
[www.semciil.org/dll.html](http://www.semciil.org/dll.html)

## **Blind/Visually Impaired**

**American Council of the Blind** 1-800-424-8666 [www.acb.org](http://www.acb.org)

**MN State Services for the Blind** (320) 255-2699 or 1-800-366-5420

Contact Person: Margee W. Pfannenstern

Rehabilitation services and communication services available to anyone of any age in Minnesota who has a vision loss that creates a barrier to their vocation or personal independence. Radio talking books, tape and Braille transcriptions, dial-in-newspaper. Braille instruction, low vision services, independent living skills, career exploration, job placement and more. [www.mnssb.org/index.html](http://www.mnssb.org/index.html)

**National Library Service for Blind and Physically Handicapped** 1-800-722-0550

Books, magazines, newspapers are in large print, Braille, and disc/cassette recorded. This is part of the Library of Congress. [www.loc.gov/nls](http://www.loc.gov/nls)

## **Deaf/Hard of Hearing**

**National Hearing Aide Society Hot/Help-line** 1-800-521-5247

**Regional Hearing Service Center** 218-739-7589 or 218-739-7591 TTY

Provides free assistance. Services include: Information, referral, training, resource library, interpreter referral and equipment distribution program. TTYs, phone, amplifiers and other special telephone equipment at no charge to those who qualify.

**Starkey Hearing Foundation 866-354-3254**

4248 Park Glen Road, Minneapolis, MN 55416

Provides free hearing aides to individuals who cannot afford them. Offer scholarships and educational materials. [www.starkylabs.co.uk/html/foundtn2](http://www.starkylabs.co.uk/html/foundtn2)

## **Equipment/Home Supplies**

For those seeking to buy or rent hospital beds, oxygen, walkers, crutches, wheelchairs, osmotic products, grab bars, elevated toilet seats, walker replacement tips, lift chairs, etc.

**Home Medical of West Central MN (320) 634-3060**

**West Central Minnesota Community Action 1-800-492-4805 [www.wcmca.org](http://www.wcmca.org)**

## **➤ EDUCATIONAL RESOURCES**

**Minnewaska Area Community Ed. (320) 634-3559** Adult Education Classes  
[www.minnewaska.k12.mn.us](http://www.minnewaska.k12.mn.us)

**Glacial Ridge Health Systems (320)634-4521**

CPR, Basic Life Support, Heart Saver, Day Care, 1<sup>st</sup> Aid, 1<sup>st</sup> Responders

**The Nutrition Education Program (320) 634-5735** Pope County Extension  
Pope County Courthouse, 130 E. Minnesota Ave, Glenwood, MN 56334

## **➤ EMERGENCY CARE**

**Glenwood, Starbuck & Brooten**

**Glacial Ridge Health Systems Emergency Services and Training**

Emergency Phone: 911 – Glenwood, MN 56334

Coordinator: Greg Meyers (320) 634-2264

Services Offered: Basic life support, ambulance service. Transfer to both local and metropolitan areas. [www.glacialridge.org](http://www.glacialridge.org)

## **➤ EMERGENCY RESOURCES/ABUSE**

**Listening Ear Crisis Center (320) 763-6638 [listenear@rea-alp.com](mailto:listenear@rea-alp.com)**

24-hour telephone hotline and assistance to seniors who have been victims of crime.

**Pope County Sheriff's Office (320) 634-5411**

**Someplace Safe (320) 634-3483**

113 First St. SW, Glenwood, MN 56334 [www.someplacesafe.info](http://www.someplacesafe.info)

**Victim's Advocate Shelter Hotline 1-800-974-3359**

## ➤ **EMPLOYMENT RESOURCES**

**Experience Works – Senior Workforce Solutions 1-800-450 JOBS**

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

**Job Opportunities for the Blind 1-800-635-7518**

**Manpower (320) 763-9899, 1103 Broadway St., Alexandria, MN 56308**

**Minnesota Workforce Center (320) 762-7800 [www.mnwfc.org](http://www.mnwfc.org)**

**The Work Connection (320) 762-2001 [www.theworkconnection.org](http://www.theworkconnection.org)**

## ➤ ENTERTAINMENT

**Let's Go Fishing with Seniors (Pope County Chapter)** (320)424-1777 (local call)

Let's Go Fishing with Seniors is devoted to its mission of enriching the lives of individuals 55+ through fishing and boating excursions that build relationships and create memories. Pontoon, equipment, and experienced fishing guide all provided for free. For outings and information call the number listed above. [www.lgfws.com](http://www.lgfws.com)

## ➤ FAMILY SERVICES

**Pope County Family Services** (320) 634-5750

**Medical Assistance** (320) 634-5750 Call for an application.

## ➤ FRAUD

**Charities Review Council** 1-800-733-4483 or (651) 224-7030 [www.crcmn.org](http://www.crcmn.org)

**The Better Business Bureau** 1-800-955-5100 [www.mnd.bbb.org](http://www.mnd.bbb.org)

**The National Fraud Information Center** 1-800-876-7060 [www.fraud.org](http://www.fraud.org)

**Pope County Senior Coordinator** (320) 634-5725

## ➤ HEALTH CARE DIRECTIVES

**Advanced Directives (Living Will)** (320) 634-5725 Contact Dodie Johnsrud.

Assist your family in some of the hard decisions by updating or starting your Advanced Directive. Putting your healthcare wishes in writing is the best way to help make sure your wishes will be known and followed by family, friends, health care providers, and others.

## ➤ HEALTH RESOURCES

**Alzheimer's Association** 1-800-232-0851 [www.alzmdak.org](http://www.alzmdak.org)

**Alzheimer's Care Unit** (320) 634-5131

Glenwood Village Care Center: Rainbow Center [www.grvillage.org](http://www.grvillage.org)

**Alzheimer's Support Group** (320) 634-5765 Glenwood Village Care Center Meets the 3<sup>rd</sup> Monday of each month in the community room at Parkview Court. Family members and friends of those with dementia are invited.

**Cancer Information Service** 1-800-422-6237

**I Can Cope** (320) 634-4521 Contact Person: Doris Weispfenning  
Informational and Educational classes for cancer patients and others with long term illness.

**Elder Network** (320) 763-9084

A peer volunteer counseling service for elders by elders. A free in-home supportive service for individuals needing emotional support due to life changes, loneliness, grieving, and other losses.

**Glenwood AA Chapter**

The women's AA group meet at 4:30pm on Mondays at the Glenwood Lutheran Church. Mixed meetings will be on Tuesdays at 7pm at the United Methodist Church during the winter months.

**Hospice Helpline** 1-800-658-8898

**Medicare Hotline** 1-800 MEDICARE or 1-800-633-4227 [www.medicare.gov](http://www.medicare.gov)

**Minnesota Cancer Resources** [www.mncancerresources.org](http://www.mncancerresources.org)

**Minnesota Compulsive Gambling Hotline** 1-800-437-6341

**Parkinson Support Group** (320) 239-2786 Contact Person: Mary Freeman  
Meets the 3<sup>rd</sup> Monday of the Month at 2pm at the Pope County Health and Human Services Building.

**Problem Gamblers** 1-800-333-HOPE or call Dolores Kuhlman at (320) 634-5027 for more information.

\*Douglas County is a resource for many other support groups. Call (320) 634-5725 for more information on Douglas County.

➤ **HOME HEALTH SERVICES/HOSPICE**

**Minnewaska Home Care** (320) 239-7259

**Glacial Ridge Home Care** (320) 634-4521

**Pope County Hospice** (320) 634-4521

The goal of hospice is to improve the quality of the patient's last days and weeks of life by offering comfort and dignity.

\*Hospice and Homecare are licensed and Medicare and Medicaid certified.

➤ **HOME IMPROVEMENT**

**West Central Community Action Program 1-800-492-4805**

Financial help to improve or maintain independent living environment with grab bars, bathroom fixtures, weatherization, and ramps. [www.wcmca.org](http://www.wcmca.org)

➤ **HOSPITAL**

**Glacial Ridge Hospital (320) 634-4521**

10 – 4<sup>th</sup> Ave. SE, Glenwood, MN 56334 [www.glacialridge.info](http://www.glacialridge.info)

➤ **INSURANCE COUNCELING**

**Medicare Part D Insurance Counseling (320)634-5725** Contact Dodie Johnsrud Assistance with evaluating which Part D plans will work best for you.

**Free Tax Help (320) 634-5725** We will connect you to trained volunteers.

➤ **LEGAL RESOURCES**

**Legal Services of Northwest Minnesota 1-800-450-2552 or 1-320-762-0663**

**Attorney General's Office 1-800-657-3787** [www.ag.state.mn.us](http://www.ag.state.mn.us)

➤ **MEDICAL ALERT SYSTEMS**

**Central MN Alarms 1-800-450-7720** Medic Alert Systems or contact Dodie Johnsrud at (320) 634-5725

➤ **MEDICAL CLINICS**

**Glenwood Medical Center (320)634-5157** [www.glacialridge.org](http://www.glacialridge.org)

**Starbuck Clinic (320)239-3939** [www.starbuckclinic.familydoctors.net](http://www.starbuckclinic.familydoctors.net)

➤ **MISCELLANEOUS RESOURCES**

**Pope County Family Collaborative (320) 634-3909**

**Veteran's Service Office** Pope County Veteran's Service (320) 634-5710

➤ **NUTRITION RESOURCES**

**Pope County Hearts and Hands Food Shelf (320) 634-3909**

**Nutrition Assistance Program for Seniors (NAPS) (320) 762-3876**

Commodity supplemental food program available to persons 60 years and up who meet income eligibility requirements. Local contact: (320) 634-5725

**Home Delivered Meals**

Contact your local **Senior Nutrition Site** for hot home delivered meals.

➤ **NUTRITION SITES**

**Cyrus Senior Nutrition Site** (320) 795-2900 At the Cozy Café.

**Glenwood Senior Nutrition Site** (320) 634-4004

Daily meals, Home delivered meals, fellowship and fun.

**Lowry Senior Nutrition Site** (320) 283-5462 At the Hatchery

**Starbuck Senior Nutrition Site** (320) 239-3700

Daily meals & home delivered meals at T. Vincent Café.

**Villard Senior Meals** (320) 554-7511 at the Office Bar

➤ **RSVP PROGRAM**

**Retired Senior Volunteer Program** (320) 634-5725 Contact Dodie Johnsrud

This program offers people over the age of 55 meaningful and appropriate volunteer opportunities throughout Pope County. Some of the things the Volunteers do are taking people to medical appointments, delivering meals to homebound seniors, teaching adults to read and working at food shelves and clothing banks.

➤ **SENIOR COMPANION PROGRAM**

**Senior Companion Program** (320) 634-5725 Contact Dodie Johnsrud

Lutheran Social Services and the Pope County Senior Coordinator have teamed up to bring this wonderful program to Pope County. The Senior Companion Program offers opportunities for those 60+ to provide assistance and friendship to others who may be living alone and having difficulty with daily living tasks. By taking care of simple chores, providing transportation to necessary appointments and offering contact to the outside world, Senior Companions make available those services needed to assist others to live independently.

➤ **SOCIAL SECURITY**

**Social Security Administration** (320)762-2454 or 1-800-772-1213

1103 Broadway, Alexandria, MN 56308

## ➤ TRANSPORTATION

### **Rainbow Rider Public Transit System 1-800-450-7770**

This is your Tri-County Transit System. Regular stops in some cities. Ask about the punch cards. Rainbow Rider also has Volunteer Driver's who will pick you up for your doctor appointments and bring you home. Ask about the discount on Senior Citizen medical appointment trips. [www.rainbowriderbus.com](http://www.rainbowriderbus.com)

### **Executive Express 1-888-522-9899**

Shuttle services that transport to the Cities Airport. Pick up at Food N' Fuel in Glenwood. Two pick-ups Monday through Friday and one pick-up on the weekends.

## ➤ TRIAD

### **TRIAD (The Right Information and Direction) (320)634-5725**

TRIAD is made up of Senior Citizens from Pope County and local Police and Sheriff's office personnel working together to help seniors with issues specific to the senior population in our county. Contact Dodie Johnsrud or Sheriff Tom Larson for more information or to become a part of the group.

## ➤ VOLUNTEER OPPORTUNITIES

Be a part of a program that reaches out to help your neighbors.

### **Home Delivered Meal Drivers**

Call your local nutrition site listed in this directory. By becoming a Home Delivered Meal Driver, you are reaching out to those in our community who are homebound and unable to attend meals at the nutrition sites.

### **Let's Go Fishing with Senior's (Pope County Chapter) 320-424-1777 (local call)**

Seeking volunteers. [www.lgfws.com](http://www.lgfws.com)

### **Rainbow Rider Volunteer Driver Program (320) 634-5725**

As a Volunteer Driver you would provide safe, reliable transportation to citizens who lack a reliable means of transportation to and from medical appointments.

### **RSVP (Retired Senior Volunteer Program) (320) 634-5725**

Volunteer opportunities for people over the age of 55. Some things the volunteers do is take people to medical appointments, deliver meals to homebound seniors, teach adults to read and work at the food shelves and clothing banks.

### **Senior Companion Program (320) 634-5725**

Lutheran Social Services and the Pope County Senior Coordinator have teamed up to bring this wonderful program to Pope County. Take an adventure through the Senior Companion Program and meet new people, learn new things, help others, set your own schedule, and feel the satisfaction of being involved!

**Tax Help (320)634-5725**

Tax Volunteers needed for 2008. Training available.

➤ **SENIOR HOUSING WITH SERVICES**

For a complete housing guide call the Pope County Senior Coordinator at 634-5725

**Assisted Living**

**Glenwood**

**Glenwood Estates (320) 634-0022** Contact Person: Roxanne Repp  
500 North Franklin St., Glenwood, MN 56334 (next to the Post Office).

Glenwood Estates is Glenwood's Premier Apartments for Seniors providing active seniors a secure and warm neighborhood community without the burdens of home ownership. One and two bedroom apartments, garages available, snowbird discounts, paid utilities, housekeeping/laundry service, 24-hour home care services, meals & activities.

**Parkview Court (320)634-5802** Contact Person: Helen Stafsholt  
300 – 8<sup>th</sup> Ave. SE., Glenwood, MN 56334

Apartments with services offered. Our residents enjoy the freedom and privacy of their own apartment on a month-to-month rental basis with the ability to purchase additional services as necessary. Transportation to local medical facilities is available as well as senior transportation to our local area businesses. Parkview Court is located at the edge of town in a lovely, quiet setting. Retirement living at its best.

**Starbuck**

**Holly Ridge Manor (320) 239-4775** Contact Person: Marcy Alexander  
500 Holly Ridge Drive, Starbuck, MN 56381

Housing with Services and Assisted Living Plus. Secure environment, three meals daily, on-sight nursing, 24-hour supervision, weekly housekeeping, outdoor patios

## **Adult Foster Care**

### **Glenwood**

**Country Living Home Care** (320) 634-5078 Contact Person: Kari Armstrong  
18406 Co. Rd. 22, Glenwood, MN 56334

Adult Foster Care that provides up to 24-hour supervision, companionship, all meals/snacks, medication management, housekeeping/laundry, & activities.

### **Sedan**

**Miller's Homes Plus** (320) 268-3235 Contact Person: Shirley Miller

Located on Grove Lake 4 miles NE of Sedan.

Assisted Living and Adult Foster Care. Private rooms, prepared meals and snacks, home setting, 24 Hr. available supervision, long or short term care, respite, reasonable rates. Our goal is to let people do as much as they can for as long as they can, receiving help as needed from others close at hand in a home setting.

Approximate Cost is \$1500.00 - \$2500.00

### **Starbuck**

**A Touch of Country** (320) 239-3929 Contact Person: Carol

300 John St, Starbuck, MN 56381

We invite you to visit the cozy, country-style living of A Touch of Country. Round the clock staff, bathing, medication assistance and other cares. Home cooked meals, snacks, activities and companionship encourage fun, laughter and worry-free living.

## **Caregiver Support & Respite Care**

Respite Services offer you time away from providing care to get some rest or simply have a break. Respite care is flexible. It can be provided by a neighbor or volunteer coming to your home, or out-of-home services that last a few hours to a few weeks.

**Respite and Caregiver Support:** (320)392-2776 or 1-800-488-4146

Contact Julia Conroy, Coordinator for Lutheran Social Services of Glenwood, MN.

**Glenwood Retirement Village /Parkview Court** (320) 634-5131

300 – 8<sup>th</sup> Avenue SE, Glenwood, MN 56334

A furnished apartment is available at Parkview Court Assisted Living for periods ranging from 1 to 14 days. 24-hour staffing, three meals per day and basic home care are provided. Please contact Brenda Sacks at (320) 634-5770 for availability.

**Lakeview Good Samaritan Center** (320) 634-4552

Lakeview GSC offers a Christian atmosphere, sharing God's love in word and deed. We are Medicaid, Medicare, and private insurance approved. Complete nursing services are available as well as speech, physical and occupational therapies. Professional staff provides special dietary needs, activities and spiritual guidance. It's nice to feel reassured your loved one will be well taken care of. Respite services are available on request.

## **Retirement Homes and Care Centers**

### **Glenwood**

#### **Glenwood Village Care Center (320) 634-5131**

719 – 2<sup>nd</sup> St. SE, Glenwood, MN 56334

Glenwood Village Care Center is an all-inclusive facility that provides short and long term skilled nursing care to residents 24 hours a day. Services include: nursing care, dietary service, Therapeutic Recreation, Chaplaincy and Behavioral/Emotional care. We also offer physical, occupational and speech therapy. There is a barber/beauty shop on the premises for the convenience and ease of the residents. Locked Alzheimer Unit available. Cost is based on level of care.

[www.GRVillage.org](http://www.GRVillage.org). or call Brenda Sacks at (320) 634-5770

#### **Lakeview Good Samaritan Center (320) 634-4552**

Lakeview GSC offers single or double occupancy rooms in a Christian atmosphere, sharing God's love in word and deed. We are Medicaid, Medicare, and private insurance approved. Complete nursing services are available as well as speech, physical and occupational therapies. Professional staff provides special dietary needs, activities and spiritual guidance. It's nice to feel reassured your loved one will be well taken care of.

### **Starbuck**

#### **Minnewaska Lutheran Home (320) 239-2217**

605 Main St., Starbuck, MN 56381

The Minnewaska Lutheran Home has a rich heritage based on quality care for their residents. The nursing home has the ability to care for up to 70 residents. The mission of the Minnewaska Lutheran Home is to help people live to their highest potential as individuals seeking independence, good health and professional fulfillment. [www.minnewaskalutheranhome.org](http://www.minnewaskalutheranhome.org)

- ❖ Prices subject to change
- ❖ Resource Directory provided by Pope County Senior Citizen Coordinator  
Dodie Johnsrud  
211 E. Minnesota Ave.

Glenwood, MN 56334  
(320) 634-5725

❖ Updated 2/07