Pope County Senior Resource Directory

➢ AGING INFORMATION AND ASSISTANCE

Pope County Senior Citizens Coordinator  (320) 634-7837
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.
www.co.pope.mn.us/senior_citizens.html

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.

Disability Linkage Line  1-866-333-2466

Office of Ombudsman for Older Minnesotans  1-800-627-3529
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.

West Central Area Agency on Aging  1-218-739-4617
Regional information, assistance, and funding located in Fergus Falls.
www.dancingskyaaa.org

ASSISTANCE PLANS

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

Home Weatherization Program  1-800-492-4805
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
www.wcmca.org
Telephone Assistance Plan (TAP)  320-634-7837
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

Disability Linkage Line  1-866-333-2466
Information and referral service for people of all ages with disabilities.
www.semcil.org/dll.html

Blind/Visually Impaired

MN State Services for the Blind  (320) 255-2699 or 1-800-366-5420
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.positivelyminnesota.com/JobSeekers/Blind_or_Visually_Impaired

Deaf/Hard of Hearing

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

Deaf and Hard of Hearing Services  800-456-3690 or 866-488-3909 TTY
Provides information, resources and empowerment opportunities to assist deaf, deafblind and hard of hearing Minnesotans and their families to effectively access services in their communities.

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.starkeyhearingfoundation.org/
Equipment/Home Supplies

**Rice Home Medical** (320) 762-6036
For those seeking to buy or rent hospital beds, oxygen, walkers, crutches, wheelchairs, grab bars, elevated toilet seats, lift chairs, etc.

- **EDUCATIONAL RESOURCES**

  **Minnewaska Area Community Ed.** (320) 239-1305 Adult Education Classes.

  **55/Alive Smart Driver Classes 320-239-1305**
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 classes. You need to renew this class every three years to keep receiving the 10% discount. The Refresher Course is only 4 hours. There are no tests. You must call to register. Classes are held at the Glenwood Chamber Office (next to Subway).

  **Glacial Ridge Health Systems** (320)634-4521
CPR, Basic Life Support, Heart Saver, Day Care, First Aid, www.glacialridge.org

  **Glenwood Public Library** 320-634-3375
108 SE 1st Ave
www.viking.lib.mn.us/libraries/glenwood.html

- **EMERGENCY CARE**

  **Glacial Ridge Health Systems Emergency Services and Training**
Emergency Phone: 911 – Glenwood, MN 56334
Services Offered: Basic life support, ambulance service. Transfer to both local and metropolitan areas. www.glacialridge.org

- **EMERGENCY RESOURCES/ABUSE**

  **Listening Ear Crisis Center** (320) 763-6638 listear@rea-alp.com
Pope County Senior Resource Directory

Pope County Sheriff’s Office (320) 634-5411

Someplace Safe (320) 634-3483

Victim’s Advocate Shelter Hotline 1-800-974-3359

Minnesota Adult Abuse Reporting Center (Toll Free) 844-880-1574
Minnesota has a new central system for reporting Vulnerable Adults.
State-wide common entry point available 24/7
Website access for mandated reporters mn.gov/dhs/reportadultabuse/
Effective July 1st 2015.

➤ EMPLOYMENT RESOURCES

Experience Works – Senior Workforce Solutions 320-634-4232
A national, charitable, community-based organization that helps older adults get the training they need to find good jobs in their communities.
www.experienceworks.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

➤ FAMILY SERVICES

Pope County Family Services (320) 634-7755
Located at the Public Health and Human Service Building in Glenwood.

Medical Assistance (320) 634-7755
Horizon Public Health  (320) 634-7822

Long Term Care Consultation:  Promotes and Supports Independent Community Living. If you need help to stay or return to your home and do not know where to start, you may receive information about services by calling the Senior Linkage Line at (320) 333-2433 or by calling Horizon Public Health at (320) 634-7822 to get more information on local resources and service options. A referral can be made for a Long Term Care Consultant to visit you in your home or nursing home and help you and/or your family identify services you might need, help plan for those services, if you are eligible. The visit is free and available to all income levels.

➢ FRAUD

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


The National Fraud Information Center  1-800-876-7060  www.fraud.org

Pope County Senior Coordinator  (320) 634-7837  
www.co.pope.mn.us/senior_citizens.html

HEALTH CARE DIRECTIVES

Advanced Directives (Living Will)  (320) 634-7837  
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 24/7 Help Line (800)272-3900  alz.org/mnnd

Alzheimer’s Care Unit  (320) 634-5131
Glenwood Village Care Center: Rainbow Center  www.grvillage.org

Alzheimer’s and Cargiver Support Group (NEW) starts in March 2016.
Meets the 3rd Thursday of the month from 2:00-3:30pm at the Public Health and Human Service Building in Glenwood. Contact Dodie Johnsrud at 634-7837

Alexandria Social Security 1-888-224-8869

Medicare Hotline  1-800 MEDICARE or 1-800-633-4227  www.medicare.gov .

Minnesota Cancer Resources  www.mncancerresources.org

Parkinson Support Group  320-762-2196
Meets 3:00-5:00pm the 4th Wed. of each month at Nelson Gables in Alexandria.

Problem Gamblers  1-800-333-HOPE

HOME HEALTH CARE/HOSPICE

Minnewaska Home Care  (320) 239-7259

Glacial Ridge Home Care/Hospice  (320) 634-2221

Knute Nelson Home Care  320-759-1270

*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
HOSPITAL

Glacial Ridge Hospital  (320) 634-4521
10 – 4th Ave. SE, Glenwood, MN 56334  www.glacialridge.info

➢ INSURANCE COUNSELING

Medicare & Part D Insurance Counseling  (320)634-7837  Contact Dodie Johnsrud. Assistance with evaluating which Part D plans will work best for you.

Free Tax Help  (320) 634-7837 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

➢ MEDICAL ALERT SYSTEMS

Central MN Alarms  1-800-450-7720 Medical Alert Systems or contact Dodie Johnsrud at (320) 634-7837

Knute Nelson  HomeConnect Medical Alert System 320-759-1273

➢ MEDICAL CLINICS

Glenwood Medical Center  (320)634-5157  www.glacialridge.org

Starbuck Clinic  (320)239-3939  www.starbuckclinic.familydoctors.net

➢ VETERAN’S RESOURCES

Pope County Veteran’s Service (320) 634-7846
Pope County Senior Resource Directory

➢ NUTRITION RESOURCES

Pope County Hearts and Hands Food Shelf
206 6th St NW-Glenwood  320-634-3547 Open from 2:30-4:30pm on Monday and and from 4:30pm-6:30pm on Tuesdays. Visits limited to once per month, although exceptions can be made for a specific emergency or situation. Must be a Pope County Resident. *Please call to confirm the hours have not changed.

Nutrition Assistance Program for Seniors (NAPS)  (320) 634-7837
Commodity supplemental food program available to persons 60 years and up who meet income eligibility requirements.

Home Delivered Meals
Contact your local Senior Nutrition Site for hot home delivered meals. Or call 634-7837

➢ NUTRITION SITES

Glenwood Senior Nutrition Site  (320) 634-4004
Daily meals, Home delivered meals, fellowship and fun.

Lowry Senior Nutrition Site  (320) 283-5462 The Hatchery

Starbuck Senior Nutrition Site  (320) 239-4004 Franny’s

Villard Senior Meals  (320) 554-7511 The Office Bar & Cafe

➢ SENIOR COMPANION PROGRAM

Senior Companion Program  (320) 634-7837 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.
SENIOR HOUSING WITH SERVICES

For a complete housing guide call the Pope County Senior Coordinator at 634-7837 or check the web site at: www.co.pope.mn.us/senior_citizens.html

Assisted Living
Glenwood Estates (320)634-0022
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
300 – 8th 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.

Starbuck
Holly Ridge Manor (320) 239-4775
500 Holly Ridge Drive, Starbuck, MN 56381
Housing with Services and Assisted Living Plus. Secure environment, three meals daily, on-site nursing, 24-hour supervision, weekly housekeeping, outdoor patios

Adult Foster Care

Starbuck
A Touch of Country (320) 239-3929
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.
Pope County Senior Resource Directory

Retirement Homes and Care Centers

**Glenwood**
**Glenwood Village Care Center**  (320) 634-5131
719 – 2nd 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 locked Alzheimer unit available. Cost is based on level of care.
www.GRVillage.org

**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.mchs-healthcare.org/

➢ 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 brings you home. Ask about the discount on Senior Citizen medical appointment trips. www.rainbowriderbus.com

**Executive Express**  1-888-522-9899
Shuttle services that transport to the Cities Airport. Starbuck pick-up is at Petro Plus. Glenwood pick-up is the Grand Stay Hotel.
TRIAD (The Right Information and Direction) (320) 634-7837
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 Tim Riley for more information or to become a part of the group. Pope County Triad
Popecountytriad@gmail.com Like us on Facebook (Search) Pope County Triad

➢ 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. 634-4004

Let’s Go Fishing with Senior’s (Pope County Chapter) 320-424-1777 (local call)
Seeking volunteers. www.lgfws.com

Rainbow Rider Volunteer Driver Program (320) 634-7837
As a Volunteer Driver you would provide safe, reliable transportation to citizens who lack a reliable means of transportation to and from medical appointments.

Senior Companion Program (320) 634-7837
The Senior Companion program is a volunteer program administered by Lutheran Social Service and Pope County Senior Coordinator’s Office. The Companion provides the kind of help friends provide for friends. For more information in getting a companion or to become a volunteer please give us a call.

➢ VOLUNTEER OPPORTUNITIES

Many area organizations and facilities are looking for volunteers. Please consider helping out and give back to your community!

Tax Help (320) 634-7837
Tax Volunteers needed.
Habitat for Humanity (320)634-0355
Lots of volunteers are used to participate in home building.

Hearts and Hands Food Shelf-Clothes Closet 634-3547

Master Gardeners (Pope and Douglas County) 320-762-3890
Volunteers work in Pope County.

Pope County Museum 634-3293

Glenwood Senior Center 320-634-4004
Volunteers are needed to set tables, serve food, make up home delivered meal food bags, or answer the phone.

Up dated January 2016