

Douglas County Resources

(www.co.douglas.mn.us/sr.htm)

Information and Assistance

Senior Services, Mary Krueger at 320-762-3047. Want to stay home and don't know what services are available? Free home visits. County and state-wide information and referral, including speaker's bureau, client assistance, housing resources, senior resources, senior clubs and senior activities. Specialists provide one to one assistance and in-depth long-term care options counseling including information and assistance that focuses on getting the right information on the proper services available. Information on Advance Directives, senior legal rights, probate/planning guides, identity theft, cybersafety, long term care insurance, understanding memory loss, Alzheimer's Disease and support groups.

Health insurance counseling, Deb Shea at 320-762-2974. One to one assistance with all Medicare and Health insurance issues.

Long Term Care Consultation, Call 320-763-6018 Horizon Public Health and ask for the **Intake Nurse** to get information on local resources and service options. A referral can be made for a Certified Assessor 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, and help access programs that help pay for services if you are eligible. *This visit is free and available to all income levels.*

Minnesota Board on Aging, 1-800-882-6262 Statewide information, referral and funding.

National Elder Care Locator, 1-800-677-1116 Nationwide public service of the US Administration of Aging that connect callers to their closest Area Agency on Aging to find out services available in their area.

Disability Linkage Line, 1-866-333-2466. Provides statewide information and referral for questions regarding services and disabilities.

Office of Ombudsman for Older Minnesotans, 1-800-657-3591. An ombudsman is an independent consumer advocate who handles complaints concerning health, safety, welfare and rights of long-term care consumers. She provides assistance for consumers to help 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 setting such as assisted living, home plus, and adult day care

Senior Linkage Line, 1-800-333-2433 or in Douglas County call Mary at 320-762-3047 or Deb at 320-762-2974; specialists provide one to one assistance with all Medicare and health insurance issues (help understanding the Medicare prescription drug benefit, finding a Medicare supplement, etc.). Help is available over the phone or in person. The Senior Linkage Line is a free service. Their website is www.MinnesotaHelp.info; it provides statewide information and referral for questions regarding aging and services. It is your connection to the services near you.

Land of the Dancing Sky Area Agency on Aging, 1-218-739-4617. 1-800-333-2433, 313 South Mill St., P O Box 726, Fergus Falls, MN, 56537. email: mtwcaa@prtcl.com. Fax: 218-739-4618. A source of information about options in services and programs available to elderly Americans. Training for seniors, professions and service providers.

Veterans Administration Linkage Line (LinkVet), 1-888-546-5838. Statewide information line for Minnesota veterans regarding services and benefits. Provides information and referral to local county service agencies. Douglas County Veterans Service Office 320-762-3883.

An Equal Opportunity/Affirmative Action Employer

ABUSE
Also see Fraud

SomePlace Safe, 320-762-1995, Alexandria, MN 56308, Crisis Line 24 hours/day 1-800-974-3359. Providing advocacy services for general crime, sexual assault and domestic violence victims.

Vulnerable Adult, 320-762-8151 Investigate or report issues concerning elders who are vulnerable to neglect, self neglect, physical abuse or financial abuse.

ALZHEIMER'S and OTHER DEMENTIA

Alzheimer's Association - Minnesota/Dakotas Chapter, 1-800-272-3900 24-hour help line for support, education, research information and advocacy. Our local care consultant is Jess Steinbrenner at 218-998-3603.

Alzheimer's Caregiver support group meets the 4th Thursday of each month at 1:30 p.m. Contact Mary Krueger at 320-762-3047 for more details.

BLIND / VISUALLY IMPAIRED

MN State Services for the Blind, Margee Pfannenstien, 1-800-652-9000
Rehabilitations services and communication services available to anyone of any age in Minnesota who has a vision loss that creates a barrier to their vocational 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.

National Library Service for the 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.

VIPs (Visually Impaired Persons), Bev Nelson, 320-763-3828 Meets 3rd Tuesday per month at the Alexandria Senior Center.

CAREGIVER SUPPORT AND RESPITE

Adult Day Services

- **Ecumen Bethany Community Adult Day Services**, 1020 Lark Street, Alexandria. 320-763-2181. Daytime program that includes a variety of recreational, social and therapeutic services in a safe, comfortable setting. Day services provides the opportunity for caregivers to have a break in their day, go to appointments or spend time with friends. Optional care services are available. Contact Day Services Coordinator at 320-763-2181.
- **Sharon's Senior Services**, 2307 E Golf Course Rd, Alexandria. 320-763-4950. Adult Day Services with extended hours provided in a seasoned foster care home, available 7 days a week with flexible hours. Fully handicapped accessible. Available services include help with personal cares (bathing, hair care, grooming) and toileting, meals medication administration, activities and the opportunity to socialize with others. This provides a caregiver the opportunity to work or just take a break, as well as providing mental stimulation for the care receiver and a chance to visit with others. Contact Sharon for more information and rates.

Alternative Senior Care, Inc., 320-763-7627 www.alternativeseniorcare.net Services are available from a couple of hours to 24/7. Our services include skilled nursing visits and medication management, help with bathing, incontinence care, meal planning/preparation, incidental transportation, light housekeeping and laundry.

Alzheimer's Caregiver Support Group – meets the 4th Thursday of every month at Douglas County Public Works, 526 Willow Drive, Alexandria MN 56308. 1:30 p.m. for more information contact Mary at 320-762-3047.

Accurate Home Care - 866-214-3800 provides medical and non-medical home care services including personal care assistants, homemaking, in home respite and extended hour nursing or private duty nursing. Services can range from a few hours a day to 24/7 care in the comfort of ones home. Services all ages, abilities, and disabilities through Medical Assistance, Waiver programs, private pay, and private insurance options. Call or visit the website at www accuratohomecare.com to learn more.

Caregivers Support Group, Contact Mary at (320) 762-3047 - County wide support group that meets at 2:00 p.m. – 4:00 p.m. the 2nd Tuesday of each month at First Lutheran Church in Alexandria. 822 Douglas St., Alexandria MN 56308.

Ecumen Bethany Community, 320-762-1567, 1020 Lark St., Alexandria. Offers short-term living arrangements (up to 14 days) with skilled care, activities, socialization, and therapy services to support care givers and their loved ones. Specially decorated **Respite Room is available by reservation.**

Edgewood Vista, 1902 7th Ave E, Alexandria, 320-759-2121 - **Respite room available; please call for information.** Amenities: nutritious home cooked meals, unlimited snacks, activity programs, worship services, beauty salon/barber shop, personal laundry and linen service, housekeeping, four season sun room, and a large family room with a fireplace and entertainment center.

Elder Network, 320-763-9084 An in-home supportive service of specially trained mentors and advocates who provide encouragement for positive change, personal growth and adjusting to major life changes which may occur as one ages. The primary focus of this program is for adults age 55 and older to assist their peers through weekly home visits.

Friendly Faces, LLC, call **Shari** @ 320-760-4079 or email friendlyfacesllc@gmail.com. Provides respite for a caregiver. From 2 to 4 hours per day, one or more days a week, as needed. *Rate includes local travel.* Visit www.friendlyfacesllc.com or *call for more information.* Also provides Transition Services. Let Friendly Faces pick you up and drive you home, pick up your mail, go get some groceries, pick up prescriptions, even make a light meal and help you settle back in at home - up to 4 hours of assistance. Call for more information or if you are outside of the Alexandria area of service. *\$75 for up to 4 hours.*

Grand Arbor by Knute Nelson, 4403 Pioneer Rd SE, Alexandria. 320-763-1600. Respite room available. Three meals/day, weekly housekeeping, laundry rooms, scheduled events and activities, wellness center with warm water pool. Included in the rate are care options such as medication management, escorts to meals and activities, and personal assistance with dressing, grooming and showering/bathing.

Home Instead Senior Care, 320-762-1940 or 866-521-8093 –We provider a wide range of non-medical services for seniors. From drop-in services (1-2 hours) up to 24hr, seven days/week, including holidays. Services include but are not limited to; companionship, homemaking, personal cares and transportation. We have an in-depth training program for our CAREGivers which includes Alzheimer's and related Dementia's, senior safety, activities, mobility and continence care. All caregivers are licensed, bonded and have completed full criminal background and reference screening. Private pay, elderly waiver, long-term care insurance accepted. Additional contact information: www.homeinstead.com.

Home Instead Senior Care also offers the **Returning Home Program.** *\$75 for 4 hours of service.* Will drive a patient home from hospital or nursing home, prepare the home for the patient, pick up prescriptions, grocery shop and prepare meals and then spend time with the client at home. No set up fees. First 10 miles of driving included. Client must be able to transfer in and out of the vehicle with assistance.

Kinship Caregivers, 1-800-658-2448 - Susan Bruss, Western Communities Action, 400 West Main St, Suite 201, Marshall, MN 56258 Information and support for grandparents raising grandchildren, and others raising children of relatives.

Nelson Gables, 1220 Nokomis St, Alexandria, 320-762-4310 **Respite room available**. Three meals per day, restaurant-style dining, weekly housekeeping, laundry rooms, scheduled events and activities, wellness programming, beauty/barber shop, meeting room and events room, lounge. Home Care services are available. Contact Linda Namur at lnamur@kutenelson.org or call 320-762-4310 for rates and more information.

The Gathering - 320-763-9084. Group respite. A safe and enjoyable place for care receivers. Provides respite for caregivers and socialization for care receiver. Meets on the 2nd and 4th Tuesdays of the month from 12:00 p.m. to 4:00 p.m. at Nelson Gables. Fee includes noon meal. \$21.00

CHORE SERVICES

Snow shoveling, lawn mowing, raking, heavy house cleaning, minor house repair, windows washing, changing windows and screen, etc.

Riley Miller, (320) 304-1408. rileymillerconst@live.com Call for quotes and rates.

Gayle & Angie Chamberlin: 320-846-9988. Will help with grocery shopping, errands, light housework, seasonal maintenance, snow removal, yard work, mowing, small home repairs. Initial consultation is free.

COMPANIONSHIP / SOCIALIZATION

Alternative Senior Care, 320-763-7627. www.alternativeseniorcare.net. We match clients and caregiver from a personality perspective and guarantee satisfaction. Provide companionship and socialization.

Elder Network, 320-763-9084. An *in-home* supportive service of specially trained mentors and advocates who provide encouragement for positive change, personal growth and adjusting to major life changes which may occur as one ages. They offer support to older adults facing difficulties such as: family estrangement, anxiety, loneliness, depression, addiction, grief, or recent diagnosis of a medical condition (cancer, dementia, macular degeneration). *The primary focus of this program is for adults age 55 and older to assist their peers through weekly home visits.*

Friendly Faces, LLC, call **Shari** @ 320-760-4079. Accompany seniors to doctor/medical appointments, shopping, or run errands; take to local events or to visit friends or family for social/mental stimulation; check on you or a family member for safety and family reassurance; or just to visit and be a "friendly face". We come to you – wherever you live (nursing home, own home, assisted living, etc.) Provides respite for a caregiver. From 2 to 4 hours per day, one or more days a week, as needed. *Rate includes local travel.* Visit www.friendlyfacesllc.com.

Senior Companion Program, 320-762-2974. Seniors helping homebound elderly who don't drive remain independent by assisting with errands, appointments and transportation as well as provide socialization; also provides respite to primary caregivers.

Senior Clubs in Douglas County, 320-762-2974 Eight communities have senior clubs for fellowship and fun with others. Call for more information and locations.

CRIME

SomePlace Safe, 320-762-1995, 24 hour telephone hotline as well as assistance to seniors who have been victims of crime.

Douglas County Sheriff's Office, 320-762-8151 For emergencies, dial 911.

DISABILITY

Alexandria Area Disability Awareness Council, 320-763-6678, Alexandria City Hall, Meets once a month with direct access to city council and mayor. Meetings open to public.

Rehabilitation Services, 320-762-7809. 303 22nd Ave W, Suite 107, Alexandria MN 56308. Counseling and services to assist disabled adults in returning to or obtaining employment.

MN State Council on Disability, 1-800-945-8913 or locally call Brian Wagner 320-762-0580 A referral source for all disabilities. Advises the legislature on issues involving disabilities.

Disability Linkage Line - 1-866-333-2466. Information and referral service for people of all ages with disabilities.

DEAF/HARD OF HEARING

CaptionCall, 877-577-2227. CaptionCall is similar to captioned television, using technology to send the spoken voice to the CaptionCall service which converts spoken words to text, displaying written, nearly instant captions. All you need to get started is: a high-speed internet connection, a standard phone connection, and an ordinary home electrical outlet. Free delivery, free installation and free captioning service.

Deaf and Hard of Hearing Services, 1-800-456-7589. TTY 1-866-488-3829. 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. Website: www.dhhsd.org.

Starkey Hearing Foundation, 1-800-769-2799. 4248 Park Glen Road, Minneapolis, MN 55416 Provides free hearing aids to individuals who cannot afford them. Offers scholarships and educational materials.

Telephone Equipment Distribution (TED) Program, 1-800-657-3663 or 1-800-657-3513 TTY Provides telephone equipment to people who are deaf, hard of hearing, blind or have a speech or mobility impairment and need adaptive equipment in order to use the phone. The equipment is loaned out at no cost as a long-term loan. Available equipment includes TTY's, Captel phones, VCO phones, light flashing ring signalers, amplified telephones, load ringers, hands free speakerphones and more.

EMPLOYMENT

Experience Works - Senior Workforce Solutions, 320-763-6883- A national, non-profit organization that assists mature workers in finding employment and obtaining no-cost or low-cost skills training. Job counselors will help interested persons identify their interests, abilities and skills, and then match them up with available training or jobs in their community. A representative will arrange an interview at a convenient location to discuss the applicant's training and job needs.

Minnesota Workforce Center, 320-762-7800 - Counselors on hand to assist in your job search.

ENERGY ASSISTANCE

West Central Minnesota Communities Action at 218-685-4486 or 1-800-492-4805. Assists income eligible renters and homeowners meet their home energy needs. Eligible households receive financial help to pay energy costs. Assistance is paid directly to the primary energy vendors.

EQUIPMENT / HOME SUPPLIES

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

American Legion Post 87, Earl Gease, 320-763-6928

Loans out medical equipment such as wheelchairs, walkers, crutches, etc. to veterans or their dependents free of charge.

Assistive Technology Network of West Central MN, 218-736-4982

Provides consultations, fittings, repairs, modifications or adaptations for wheelchairs, walkers, braces, prosthetics, and communication devices. Assessments are provided free of charge.

Rice Home Medical, 320-762-6036 Alexandria or 1-800-642-5443. www.ricehomemedical.com

Trumm Home Medical Specialties, 320-763-2575. Alexandria.

VFW – Contact Roger Zweig 320-763-5813.

West Central Minnesota Community Action, 1-800-492-4805

FINANCIAL ASSISTANCE

American Red Cross, 320-763-3800 Douglas County, 700 Cedar St, Suite 110, Alexandria, MN 56308

Douglas County Food Shelf, call 320-762-8411 for an appointment. Appointments taken on day of food shelf visit, call early.

Douglas County Social Services, 320-762-2302 Medical Assistance, Senior Drug Program, emergency assistance. Website: www.co.douglas.mn.cs/social_services.htm Fax: 320-762-3833

Health Insurance Counseling, 320-762-2974. Deb Shea. Free assistance with understanding, interpreting, and sorting out Medicare papers, insurance billings, supplemental insurance, etc.

Klothes Kloset, 320-763-9888, 660 Northside Drive, Alexandria. Used clothing, furniture, housewares, books, etc. at minimal cost. Open 9 - 5, Monday - Friday.

Pension Rights Project, 1-800-365-8765 A project of the MN Sr Federation which will research and recover pensions lost due to mergers, sales of companies, etc. Also offer pension counseling/choices, rights, education.

Salvation Army, 320-763-6638 or 1-800-854-9001, 320-304-4233. Emergency food or shelter. Financial assistance for transitional housing needs.

Tax Assistance, MN Help Line 1-800-652-9094. IRS Help Line 1-800-829-1040. Locally call Alexandria Senior Center, 1-320-762-2087 for help for seniors in filling out tax forms.

Veterans Service Office, 320-762-3883 Financial Assistance for qualifying veterans for education, durable medical equipment, medications, transportation, funeral expenses, nursing home/assisted living expenses, as well as compensation & pension benefits.

West Central Community Action Program, 320-762-3861 or 1-800-492-4805
Fuel assistance, home weatherization, grab bars, etc. for home.

FRAUD

Douglas County TRIAD Committee, 320-762-3047 or Law Enforcement 320-762-8151. Composed of volunteer seniors, professionals, and law enforcement to educate and warn senior citizens. about financial abuse done by caregivers, business people, telephone marketing, and postal mailings, etc.

GROCERY DELIVERY SERVICE

Elden's Food Fair, 320-763-3446. Call in the morning Monday through Friday to place an order or email Elden's at eldens@rea-alp.com to order. Delivery in the afternoon. \$15 shopping/delivery charge. Pay by credit card, check, cash or EBT.

Cub Foods 320-762-1158. Order on-line only. Delivery between 11-12 noon and 4-6 pm, depending on time of order. \$5 shopping charge + \$6 in-town delivery charge (additional charge for out-of-Alexandria delivery).

HEALTH INSURANCE COUNSELING

Deb Shea, (320) 762-2974 . Free assistance with understanding, interpreting, and sorting out Medicare papers, insurance billings, supplemental insurance and prescription drug help, including Medicare Part D, prescription drug cards and free prescriptions through drug companies.

HEALTH SERVICES

Home Health Services. In-home care for persons needing assistance for medical problems and daily living activities such as bathing, grooming, dressing, or medication administration/reminders. Staff who provide care may include nurses, therapists, homemakers, personal care assistants (PCA), and/or home care aides or home health aides.

Knute Nelson Home Care, 759-1273
Minnewaska Home Care, 320-239-7259
Recover Health, Inc, 320-846-0002
Sauk Centre Home Care, 320-352-2221
New Dimensions Home Care, 218-739-5856
Glacial Ridge Home Care, 320-634-2221,

Accurate Home Care - 866-214-3800 provides medical and non-medical home care services including personal care assistants, homemaking, in home respite and extended hour nursing or private duty nursing. Services can range from a few hours a day to 24/7 care in the comfort of ones home. Services all ages, abilities, and disabilities through Medical Assistance, Waiver programs, private pay, and private insurance options. Call or visit the website at www.accuratehomecare.com to learn more.

Alternative Senior Care: 320-763-7627 www.alternativeseniorcare.net Services include skilled nursing visits, medication management, bathing, incontinence care, meal planning/preparation, incidental transportation, light housekeeping and laundry. Services are available for a couple of hours to 24/7.

Choices Home Care – (320) 766-3306. Provides help with housekeeping chores like cooking, cleaning, shopping etc. and personal assistance with bathing, dressing, doctor visits, and eating. Call Heidi Anderson for more information.

Home Instead Senior Care, 320-762-1940 or 866-521-8093 – We provider a wide range of non-medical services for seniors. From drop-in services (1-2 hours) up to 24hr, seven days/week, including holidays. Services include but are not limited to; companionship, homemaking, personal cares and transportation. All caregivers are licensed, bonded and have completed full criminal background and reference screening. Private pay, elderly waiver, long-term care insurance accepted. Additional contact information: www.homeinstead.com See also the **Returning Home Program** under Caregiver Support and Respite.

Foot Care Services

Pampered Feet Foot Care - Caryn Rosengren, RN 320-834-2672. Basic foot care including: nail trimming, foot soaks, buffing corns and calluses.

Personal Care Assistants –Call Horizon Public Health for a list of PCA Providers 320-763-6018

HOMEMAKING/HOUSEKEEPING SERVICES/MOVING SERVICES

Assistance with light housekeeping, such as laundry, changing bed linens, vacuuming, and cleaning the bathroom, kitchen, etc.

Accurate Home Care - 866-214-3800 provides medical and non-medical home care services including personal care assistants, homemaking, in home respite and extended hour nursing or private duty nursing. Services can range from a few hours a day to 24/7 care in the comfort of ones home. Services all ages, abilities, and disabilities through Medical Assistance, Waiver programs, private pay, and private insurance options. Call or visit the website at www.accuratehomecare.com to learn more.

Alternative Senior Care, Inc 320-763-7627 www.alternativeseniorcare.net In addition to companionship and socialization, other services include skilled nursing visits, medication management, bathing, incontinence care, meal planning/preparation, incidental transportation, housekeeping and laundry. Services are available from a couple of hours here and there to 24/7.

Donna Meissner, (320) 834-4889 or Cell (320) 760-7753. (individual – contracted with DCPH)

Eldest Daughter – Professionally managed moves for seniors. Dalton MN 218-589-7575 or 218-731-3060. terri@eldestdaughter.com Web site: www.eldestdaughter.com Specializes in assisting older adults and their families with the emotional and physical aspects of relocation.

MN Workforce Center, (320) 762-7800 - listing of people willing to work for pay.

Smooth Move - Becky Strand, (320) 304-0400 - Move management and settling-in service. 5601 Co Rd 21 SW, Alexandria, MN 56308.

Smooth Transitions – (815) 238-4627 or (218)826-6754. Moving for seniors. Household downsizing and estate dispersal. Can help decide what to pack, sorting, packing, unpacking, setting up the new home, arranging for a household sale, cleaning the house, donating leftovers.

HOME IMPROVEMENT

Douglas County HRA, 320-762-3849 Info & Referral, periodic grant available for home improvement.

West Central Community Action Program, 1-800-492-4805 In home frail elderly independent living support project: provides modifications to homes to improve the living environment of elderly individuals (age 60 and above). Offers grants of \$150 per eligible individuals.

HOSPICE

Hospice of Douglas County, 320-763-6018. Medicare certified. Special kind of care for terminally ill people and their families that treats physical, emotional and spiritual needs. You get a team of nurses, social worker, MD, pharmacist, chaplin, music therapy, massage therapy, volunteers, etc. Palliative Care also available. Staff is available 24 hours/day 7 days/week. **Call for info.**

Knute Nelson Hospice, 320-759-1270. Medicare certified. Hospice care provided by a caring teams of RN's, home health aides, social workers, chaplains, therapists and hospice volunteers. Staff available 24 hours a day/7 days a week. Call for more information.

HOUSEHOLD ITEMS

The Caring and Sharing Room. 320-760-8084. **Accepts donations** of gently used household items. Must be like new – no torn, dirty items. Sofas, loveseats, chairs, kitchen sets, mattresses/sets, bed frames, dressers, mirrors, end tables, coffee tables, lamps, sheets, bed blankets, comforters, mattress pads, pillows, dishes, glasses, pots/pans, flatware, kitchen utensils, dish towels, bakeware, etc. Donations are tax deductible. Please call to find out what is needed and/or being accepted. Volunteer drivers available.

Goodwill Thrift Store :Long-standing nonprofit chain with a range of pre-owned clothing, furniture, housewares & more. 219 3rd Ave E, Alexandria, MN 56308. Phone:(320) 759-2431 Hours: 9:00 am – 9:00 pm

LEGAL

Disability Law Center, 1-800-292-4150 or 612-332-4668 TDD Provides legal services for the disabled regarding employment, education and housing. Free, no income guidelines.

Legal Services of Northwest Minnesota, 320-762-0663 or 1-800-450-2552 Provides legal services to the elderly. www.lsnmlaw.org. email: legalaid@lsnmlaw.org. Legal Services of Northwest MN is a private, non-profit corporation which provides civil legal services without charge to low-income people and senior citizens. When you apply, you will be asked for information on income and assets of your household. Most applications will take less than 5 minutes.

MEDICATION MANAGEMENT DEVICES

MedSmart from Knute Nelson Home Care, 320-759-1273. Rental and monitoring is \$39.99/month + free installation. MedSmart sends an email, text and voice messages to keep caregivers in touch and informed; sends timely missed dose alerts, alerts when the tray is low and needs refill and tracks overall compliance.

Med-E-Lert non-monitored medication dispenser: order on-line directly from Med-e-lerter at web site: <http://www.medelert.net/> or check it out on Amazon.com.

MedSmart from Alternative Senior Care. 866-352-3350. Rental and monitoring is \$39.99/month + free installation. MedSmart sends an email, text and voice messages to keep caregivers in touch and informed; sends timely missed dose alerts, alerts when the tray is low and needs refill and tracks overall compliance.

MENTAL HEALTH

Bridgeway Care Unit, 218-736-8208 Lake Region Healthcare Corporation, Older adult psychiatric evaluation and hospitalization.

Lakeland Mental Health Unit, 1500 Irving St, Alexandria MN. 320-762-2400 or 1-800-450-4500 Offers a wide range of mental health services for individuals, families, couples and children. Provides psychological and psychiatric services.

Vikingland Community Support Program (CSP), 320-763-6261 Support system for the mentally ill who are re-entering the community.

MODIFICATIONS for the HOME

Contractors who specialize in accessible remodeling to help you or a family member stay in your home by modifying it to meet your needs (ex. small or large ramp, widening doorways for wheelchairs, installing ceiling lift devices, installing stair lift mechanisms, etc.)

Accessible Homes, Office # 651-450-5629 or Cell # 612-978-1054. Andrew and Carisa Rasmussen, owners. Visit website at: www.AccessibleHomesLLC.net

Lifetime Homes, Inc., 320-219-5692. Call Rod Borden for more information.

Rice Home Medical 115 18th Ave W., Alexandria, 320-762-6036. www.ricehomemedical.com

Surface Specialists Mid-Minnesota, Call Mark at 320-398-2015 or email Mid-Mn@surfacespecialists.com. Offers bathtub refinishing and repair. Converts a regular bathtub into a walk-in tub with a cut-out or door system. Save the cut-out and the tub can be converted back into a regular bathtub. Price varies if tub is fiberglass or cast iron/porcelain. Call for price quote – price includes travel, materials, and labor (ranges from \$735 up to \$835)

NUTRITION

Congregate Senior Dining, nutritionally balanced meal in a setting surrounded by friends for age 60 and above. Suggested donation of \$4.00, or by ability to pay.

Alexandria Senior Center 320-762-4280

Osakis Senior Center, 320-859-2325

Kensington Senior Center, 320-965-2440

Brandon, Grandma Patty's Café, 107 Central Ave N Brandon, MN 56315 Call 320-524-2453

Douglas County University of Minnesota Extension Service, 320-762-3890 Offers nutrition counseling and teaching free of charge to individuals and to groups. They are also available to assist in budget shopping and food preservation. They will take individuals shopping to learn, or relearn, how to use a grocery store, take the food home, store it, and prepare it.

Douglas County Food Shelf, 1405 Lake St, Alexandria MN 56308. Call 320-762-8411 for hours.

Home Delivered Meals, Alexandria 320-762-4280 or 1-877-677-3319 Nutrition Services, Inc. Nutritionally balanced hot meal delivered to the home throughout Douglas County.

Homestyle Direct, Kimberly, Idaho 866-735-0921. Family-owned and operated since 1997. Meals are prepared with fresh ingredients, then immediately fast frozen. These ready-to-eat meals are shipped frozen directly to the consumer via UPS. Private rate is \$5.95 per meal + shipping/handling. To request a menu, get more information, or place an order, call the number listed above or to order online 24/7, go to www.homestyledirect.com. Menu's are updated seasonally.

Mom's Meals – Fresh Meals delivered to your door. Choose from over 45 meals that nutritionally balanced. Each meal is made from scratch, vacuum-packed, and delivered to your door by UPS or FedEx in an insulated container---ready to heat and eat. Call 866-204-6111, go on-line at <http://www.momsmeals.com/> or email orders@momsmeals.com .

Nutrition Assistance Programs for Seniors (NAPS), 320-762-2974, Receive a free box of food each month for those who qualify. Income guidelines are generous.

Silver Plate Meals, call Tom Knutson, 320-760-4111. Meals are catered out of the Alexandria VFW and delivered fresh. Contracted with DHS and Primewest. Private pay rates are available. More info. coming.

PARISH HEALTH NURSES

Visiting nurse hired by church congregations to visit those with physical and spiritual needs.

First Lutheran Church, Alexandria, Val Trumm 320-762-2196

St. Mary's Catholic Church, Alexandria, Kathy Fischer, 320-762-2320

RECREATION PROGRAMS

Let' Go Fishing with Seniors, Alexandria Area Chapter. Free fishing or boating excursions for senior citizens. Scheduled almost daily from June through September. Bring your friends, neighbors or community group. Call 320-762-3047 for more information or to schedule your outing.

SOCIAL SECURITY

Social Security Administration, Alexandria, MN, 56308. (320) 762-2454 or 1-800-772-1213. website: www.socialsecurity.gov. Fax: 320-762-2726. Social Security (retirement, survivors and disability benefits), medicare enrollment, supplemental security incomes and social security cards.

SPEAKERS BUREAU

Douglas County Senior Services, 320-762-3047. Topics: Issues & concerns of aging, Medicare, Health Insurance, Advanced Directives, Activities, Aging Sensitivity, Identity Theft, Top Frauds, Long Term Care Insurance etc.

Douglas County University of Minnesota Extension Service, 320-762-3890. Topics: Yard and Garden care.

Legal Services of NW Minnesota, 320-762-0663 Topics: Legal issues concerning seniors, Power of Attorney, Advanced Directives, etc.

SUPPORT GROUPS

Alzheimer's Caregiver Support Group – Meets the 4th Thursday of every month at Douglas County Public Works, 526 Willow Drive, Alexandria at 1:30 p.m. Contact Mary Krueger at 320-762-3047 for more information.

Cardiac Support Group, Jennifer Rentz, DCH, 320-762-6005. Meets 3rd Wednesday, January, April, July, and October at 4:00 p.m. At the DCH Education Room.

Caregiver Support Group, Contact Mary at 320-762-3047. Meets the 2nd Tuesday of each month from 2-4 p.m. at First Lutheran Church.

Compassionate Friends Support Group 3rd Tuesday of each month from 6:30 – 8:30 p.m. Glenwood State Bank, Alexandria Janet Getz 320-219-0687.

Diabetic Support Group, 320-763-5123 extension 1035. Alexandria Clinic

Fibromyalgia and Chronic Fatigue Support Group, 320-219-0830
Meets 4th Thursday of the month, 7:00-8:30 pm, Douglas County Hospital Education Room

Grief Support Groups, Carole Magnuson, 320-834-3101 or Anderson Funeral Home, 320-763-5900. Call for periodic classes and times for various support groups.

Grieving Parents of All Ages Support Group, Meets at the Alexandria Clinic Sunrise Conference Center the 4th Monday of each month at 6:30 p.m. Call Kathy Fischer 320-763-5781.

Lyme Disease Support Group DCH Lobby Meeting Room 4th Monday of each month at 7 p.m. Amy Goodwin 320-859-5438

Mesothelioma on line support group is held monthly. Help with finding local doctors and medical treatment. Contact Jasmine at jmccarthy@mesotheliomaprognosis.com [Mesothelioma Prognosis Network](#)

Parkinson's Support Group, Val Trumm Meets 4th Wednesday each month 3:00 - 5:00 p.m. at Nelson Gables. 320/762-2196

Rural Aids Action Network (RAAN), 320-763-6018. Connie Fields.

Survivors of Domestic Violence, Someplace Safe 320-762-1995

Vikingland Community Support Program, 320-763-6261 A support group and center in downtown Alexandria for the mentally ill re-entering the community.

VIPs (Visually Impaired Persons), 320-763-3828. Bev Nelson
Meets 3rd Tuesday of the month at 1:00 p.m. at the Alexandria Senior Center.

Young Onset Parkinson's Group Nelson Gables meeting Room, 4th Weds of each month at 5:30 p.m.
Kayla.roske@knutenelson.org.

TECHNOLOGY SUPPORT

GrandCare, provided by Knute Nelson Home Care. An all-in-one touch screen 13 inch computer with built-in web camera and microphone. Easy to use touch screen for: Skype, email and text messages, messages with voice, brain exercises, games such as Trivia, solitaire, etc., health monitoring, send pictures and letters, caller ID to monitor calls, set up reminder prompts, motion sensors, plus more. Customized to meet loved ones needs. Needs internet access. \$129/mo. For more information, call 320-759-1273.

TELEPHONE REASSURANCE

Care Call +Plus, 888-264-6380 From Heartland Security. A 24-hour per day monitored emergency response phone system for medical emergencies. Works with a landline phone in your home. Neck or wrist pendants are available.

Ecumen Bethany Voice Care, 320-763-2192 A home emergency call system connected to your phone. Voice care offers 24 hr peace of mind knowing someone is always there to answer a call in an emergency. Local installation and technical support. Choose from a neck or wrist pendant; an activator pendant for the bathroom is also included. Calls go directly to a call center where you talk to a real person. Monthly fees range from \$29-\$34/month + installation fee. Call Randee for more information.

Guardian Alert 911, available at Rice Home Medical (320-762-6036) or on-line. Calls 911 at the push of a button - you talk directly to the 911 operator within seconds. The unit is used with a land line phone and acts as a speaker phone, is battery operated, and is about the size of a cell phone. If you are unable to talk, the operator knows your address and phone number and will send help. There are no monthly fees, and can be taken with you and used any where there is a land line phone. Average cost is from \$150-\$199.

Knute Nelson Home Connect, 320-759-1273. Available from Knute Nelson Home Care. Home Connect offers a personal emergency response call pendant for use in your home. The response for the call pendant is a live voice-to-voice communication from the call center. The tech at the call center is able to notify a family caregiver or call for emergency assistance as soon as the device is activated. Rental and monitoring is \$29/month + free installation. Home Connect also has a **medication dispenser** that alerts when it is time to take medications and is able to notify a caregiver if medications are not accessed at the correct time (see Medication Management section).

Link to Life, a personal emergency response system (PERS) from St. Cloud Hospital. Call 1-800-835-6652, ext. 55700. Several different options: 1. **PERS**: emergency alert button, wrist or neck pendant. For use with land line phone; also available is a *wireless unit that will work with cell phones*. Can program for daily "check-in" to make sure that all is well and for "personal reminders", up to 8 reminders a day that play at preset times. 2. **Fall Detector**: works as a standard emergency alert button and as a fall detector. 3. **Medication Dispenser**: dispenser that distributes medication(s) up to four times a day from a locked container at preset times with an audible tone and flashing light reminder signals. The Care Center is alerted if doses are missed who will then notify the caregiver.

5Star Urgent Response, a **personal emergency response system with GPS**. Simply press the button anytime you need help and you're connected to The 5Star Certified Response Agents – or press and hold to connect to 9-1-1 directly. Conveniently attaches to your keychain, purse, etc. Reliable nationwide coverage. Two-way cellular; *no need for a land-line phone*. As with all mobile devices, you will not have access to 911 operators when cellular service is not available. It has enhanced location ***tracking with GPS*** so you can take it with you anywhere. FREE LiveNurse service included with The 5Star and there is no contract nor installation fee. In Douglas County, you can buy them in the Pharmacy Department at **Walmart**; they are also sold at **Best Buy, Shopko, Sams' Club and on-line**. You purchase the system (around \$50); then there is a monthly monitoring fee (around \$16-\$18). For more information or to order on-line: http://www.greatcall.com/FiveStar_urgent_response/FiveStar_responder/

Recover Health – Philips Lifeline Emergency Response. Standard units that require a landline, wireless units and even mobile units. Made in the USA and serviced locally. Professionally installed. When you press the button a trained Lifeline representative will answer and will contact emergency help and your choice of responder(s) if needed. Costs range from \$40-\$58/month depending on the unit. There is no additional fee for getting another standard button for a spouse. Call for a free in home consultation. 320-846-0002.

Voice Care Medical Alert System through Alternative Senior Care. A home emergency call system connected to your phone. Voice care offers 24 hr peace of mind knowing someone is always there to answer a call in an emergency. Local installation and technical support. Choose from a neck or wrist pendant; an activator pendant for the bathroom is also included. Calls go directly to a call center where you talk to a real person. Monthly fees range from \$29.99/month. Call 866-352-3350.

THERAPEUTIC RECREATION

Club Galeon Wellness Center, 320-859-2142. 410 West Main Street, Osakis. Offers a state of the art Wellness Program including experienced and knowledgeable staff. We are a 50+ year old facility offering over 20 group exercise classes in our warm water pool, strength center and on different parts of our campus. Call for more information.

Ecumen Bethany Community Senior Fitness Center, Open to the public ages 55 and over offering senior-friendly exercise equipment in a safe, welcoming environment. Call 320-762-1567, 1020 Lark Street
Lakes Area Recreation, 320-762-2868 Located at 219 6th Avenue East, Alexandria. Offers a variety of therapeutic recreation including cardio room, and gym; heated swimming pool at Discovery School.

Miracle Horse Riders, Inc. 218-943-5216 Horse Riding Center for the disabled. Any age, any disability, located near Milona.

Nelson Wellness Center, 320-762-4317. Located at 1220 Nokomis, Alexandria. Offers age-friendly signature programming and cardiovascular and strength training equipment. A fitness and wellness resource designed especially for seniors 55 or better that embraces active aging with the six dimensions of wellness: emotional, intellectual, physical, social, spiritual, and vocational.

Nelson Wellness Center at Grand Arbor, 320-759-4613. Located at 4403 Pioneer Rd SE, Alexandria. No enrollment fees, no contracts. Cardiovascular strength room with age-friendly equipment designed for older adults. Whirlpool and warm water pool with ramp entrance. Pool temperature and depths are specifically designed for programming and aquatic therapy.

Racquetball Plus, 320-762-0442. Exercise machines as well as offering aerobic exercise classes for seniors. Includes racquetball courts. Located at 112 6th Avenue East, Alexandria.

TRANSPORTATION

Alternative Senior Care, 1-866-352-3350. Assistance for errands, appointments and recreation; available 7 days/week. Hourly fee plus mileage (minimum of 1 hour). Call for current rates.

Abbott Northwestern Hospital Van Service, 1-800-258-1210. Call for rides to Abbot Northwestern Hospital.

Air transportation, Alexandria Municipal Airport, 320-762-2111. Small jet and airplane rental, and/or services with pilot.

Greyhound Bus Line, 1-800-231-2222. Discounted fares for people 65+.

Friendly Faces, LLC, call **Shari** @ 320-760-4079. Accompany seniors to doctor/medical appointments, shopping, or run errands; take to local events/support groups/movies or to visit friends or family. Local travel/mileage included in rate. Email: friendlyfacesllc@gmail.com.

Home Instead Senior Care, also offers the **Returning Home Program**. See information under Caregiver Support and Respite. Call 320-762-1940 or 866-521-8093.

Rainbow Rider Bus, 1-800-450-7770. PO Box 136, 401 Florence Ave, Lowry MN 56349. Website: www.rainbowriderbus.com. Rainbow Rider is your door-to-door public transit system available to all people in Douglas County. Extra care is given to children and senior citizens. Buses are handicapped accessible and have drivers who are professionals with training in defensive driving, CPR, First Aid and Passenger assistance. Reasonable fares with punch cards available.

Senior Companion Program, 320-762-2974. Helps homebound elderly remain independent by assisting clients with transportation, errands and provide respite to primary caregivers.

Specialized Transportation, Medi-Van, 1-800-422-0976 or **People's Express**, 1-800-450-0123. Specialized transportation for ambulatory, wheelchair and stretcher needs.

Veteran's Van, 320-763-3883. For medical appointments only, travels to St. Cloud and the Twin Cities on odd numbered days and to Fargo on even numbered days. Veterans have first priority. Small fee for non-Veterans.

Volunteer Driver Program, 1-800-450-7770. Automobile transportation for those unable to ride the Rainbow Rider bus or who need transportation out of the 4 county area. Fee based on destination.

Wheelchair Van Rental, Wheelchair Get-A-Way, 1-800-536-5518 or Wheelers, 1-800-456-371 Handicapped accessible vans for rent and used sales.

VOLUNTEER OPPORTUNITIES

Ecumen Bethany Community has an array of volunteer opportunities available to build relationships and friendships with residents choosing to live with us. To make a difference in the life of another, this is the place for you. Call 320-762-1567.

Galeon, 320-859-6280, Osakis. Has a wide variety of volunteer opportunities in all part of our campus.

United Way of Douglas and Pope Counties, 320-834-7800 Area wide clearing house for volunteer opportunities.

Let's Go Fishing with Seniors, Alexandria Area Chapter. Volunteers are needed to help take seniors out fishing or boating. We have our own pontoon. Senior outings are scheduled 4 days/week during the Spring, Summer and Fall months for approximately 3-4 hours. There is no cost to the seniors except for a fishing license (if applicable). Call 320-762-3047 for more information or if you are interested in volunteering.

Knute Nelson, 320-762-1162. A wide variety of opportunities for volunteering at Knute Nelson (skilled nursing facility) and Nelson Gables (assisted living apartments).

Senior Companion Program, 320-762-2974. Help seniors remain independent by assisting clients with transportation, errands and companionship. Volunteers can receive a tax-free stipend.

Douglas County does not endorse specific providers and takes no responsibility for the services or operations of any provider or organization listed.

5/18/15