

Directory of Services for  
Nobles County

# Senior Citizens





# TABLE OF CONTENTS

**CONTRIBUTIONS.....2**

**QUESTIONS.....3**

**EDUCATION.....6**

**LEGAL CONCERNS.....7**

**CARE ASSISTANCE.....9**

**TRANSITIONAL CARE.....10**

**HOUSING OPTIONS.....11**

**TRANSPORTATION.....18**

**MONEY QUESTIONS.....19**

**VOLUNTEERING.....21**

**FOOD.....23**

**HOME CARE.....25**

**FUNERAL PRE-PLANNING.....31**

**PLEASE NOTE THE INFORMATION IN THIS  
DIRECTORY IS THE MOST CURRENT  
INFORMATION AS OF NOVEMBER 2015.**

THIS PRINTING OF THE SENIOR DIRECTORY  
WAS MADE POSSIBLE BY GENEROUS  
CONTRIBUTIONS FROM THE FOLLOWING:

CONTRIBUTORS

*A.C.E. of SW MN, Nobles County*  
*Buffalo Ridge Apartments*  
*Center for Active Living*  
*Compassionate Care Hospice*  
*Crossroads Care Center*  
*Daily Globe*  
*Drealan, Kvilhaug, Hoefker & Co, PA*  
*DKH ElderCare*  
*Ecumen Meadows*  
*Hedeen Hughes and Wetering*  
*Love In the Name of Christ, Love INC*  
*MN River Area Agency on Aging*  
*MN West Community & Technical College*  
*Nobles County Community Services*  
*Nobles County Family Services*  
*Nobles County Public Health*  
*Sanford Hospice*  
*Sanford Worthington*  
*South Shore Care Center*  
*Worthington ISD 518 Community Education*  
*Worthington Area YMCA Worthington*

**THANK YOU**

# IF YOU HAVE ANY QUESTIONS

## WHERE DO I START?

There are many specialized services available to assist older adults to live independent and productive lives in their own homes and communities. If you are not aware of the services available to older adults and their families and want to learn about them, this guide will provide you with basic service information.

A call to the Senior LinkAge Line® at 1-800-333-2433 will provide you with additional and more specific information about services and the agencies and organizations that provide them. The Minnesota Board on Aging developed the website, [www.MinnesotaHelp.info](http://www.MinnesotaHelp.info), to provide individuals, their families and caregivers personalized assistance to find and access services.

## GENERAL INFORMATION FOR SENIOR SERVICES

- ***Disability LinkAge Line*** (Statewide) (toll free)  
[www.minnesotahelp.info](http://www.minnesotahelp.info)  
1-866-333-2466
- ***Eldercare Locator*** (National) (toll free)  
[www.eldercare.gov](http://www.eldercare.gov)  
1-800-677-1116
- ***Love in the Name of Christ, Love INC.*** (toll free)  
[www.loveincwgtm.org](http://www.loveincwgtm.org)  
1-507-727-7291
- ***Minnesota Ombudsman for Long Term Care*** (toll free)  
[www.health.state.mn.us/divs/fpc/profinfo/hcwg/ombudsdir011108.doc](http://www.health.state.mn.us/divs/fpc/profinfo/hcwg/ombudsdir011108.doc)  
1-800-657-3591
- ***MN Online Resources***  
[www.minnesotahelp.info](http://www.minnesotahelp.info)
- ***MN River Area Agency on Aging® Inc.–Slayton Office*** (toll free)  
[www.mnraaa.org](http://www.mnraaa.org)  
1-800-333-2433
- ***Nobles County Community Health Service*** (local)  
[www.co.nobles.mn.us/departments/communityservices/communityhealthservices.aspx](http://www.co.nobles.mn.us/departments/communityservices/communityhealthservices.aspx)  
1-507-295-5360
- ***Nobles County Family Service Agency*** (local)  
[www.co.nobles.mn.us/Departments/CommunityServices/FamilyServices.aspx](http://www.co.nobles.mn.us/Departments/CommunityServices/FamilyServices.aspx)  
1-507-295-5213
- ***Senior LinkAge Line***® (Statewide) (toll free)  
[www.mnraaa.org](http://www.mnraaa.org)  
1-800-333-2433
- ***Veterans LinkAge Line*** (Statewide) (toll free)  
[www.minnesotaveteran.org](http://www.minnesotaveteran.org)  
1-888-546-5838

## HOW DO I PAY FOR SERVICES?

When purchasing services, a combination of the following funding sources can be explored:

- Long Term Care (LTC) Insurance
- Long Term Care (LTC) Partnership Insurance
- Private Pay

Information and assistance regarding funding sources can be obtained from:

- A.C.E. of SW Minnesota – Nobles County Caregiver Coach Services
- Senior LinkAge Line®
  - Insurance
  - Medicare
  - Medicaid

## **A.C.E. OF SW MN-COACHING SERVICES**

Call A.C.E. (Advocate, Connect, Educate) of SW MN at 507-295-5262, Nobles County Family Services at 507-295-5213 or Nobles County Community Services at 507-295-5360 for more information.

## **LONG - TERM CARE INSURANCE**

Provides benefits for prescribed long-term care, which can include nursing home, assisted living and/or home health care services. Most policies have a variety of features and do not restrict coverage to nursing homes. Consumers should look for a policy that is tailored to their needs and individual situations.

## **LONG TERM CARE OPTIONS COUNSELING**

Options counselors offer information and assistance to consumers and their family members about options that are available to meet their long term care needs. Consumers and family members receive assistance in setting goals, making choices and planning for in-home services in keeping with their own individual strengths, needs and resources.

## **LONG TERM CARE PARTNERSHIP**

The Minnesota Long Term Care Partnership is a public/ private arrangement between long-term care insurers and Minnesota’s Medical Assistance program. It enables Minnesota residents who purchase certain long-term care insurance policies to have more of their assets protected if they later need the State to help pay for their long-term care. Learn more at: [www.mnltpartnership.org](http://www.mnltpartnership.org).

## **MEDICAL ASSISTANCE (MA)/MEDICAID**

Medical Assistance (MA) is Minnesota’s Medicaid program. It is a federal program that helps low-income individuals pay for medical, in-home, hospital and/or nursing home costs. Individuals must meet income and asset limits to qualify.

## **MEDICARE**

A federal health insurance program for persons age 65 and over and persons with disabilities. Part A is hospital insurance, Part B is medical insurance (doctor and clinic visits) and Part D is prescription drug insurance. The premiums for Medicare are typically deducted from Social Security payments. Deductibles and co-payments are the enrollee’s responsibility. There are Medicare Savings Programs for those who meet certain income and asset limitations. Medicare Advantage Plans are also available in many areas of the country.

## **MEDICARE SAVINGS PROGRAMS**

The Qualified Medicare Beneficiary (QMB) program assists persons at or below the poverty level to pay the cost of Medicare premiums, deductibles and coinsurance. The Service Limited Medicare Beneficiary (SLMB) program assists persons whose incomes are slightly higher than the poverty level to pay the cost of their Medicare Part B premium, The Qualified Individual 1 (QI-1) program provides the same benefits as SLMB; however, the income standards are higher. Individuals must meet income and asset limits to qualify for any of these programs.

## **MEDICARE SUPPLEMENTAL INSURANCE**

Insurance available to people who are enrolled in Medicare. Supplemental policies are individually purchased from insurance companies on the open market as Basic, Extended Basic or SELECT plans or plans provided by employers for retirees sold through groups. Policies cover most or all of the co-payment and deductibles associated with Medicare. Some companies are now offering alpha policy options, which have varying degrees of coverage (F, K, L, M and N in Minnesota).

## **MEDICARE ADVANTAGE PLANS**

Medicare Advantage Plans are health plan options that are part of the Medicare Program. If you join one of these plans, you generally get all your Medicare-covered health care through that plan, which can also include prescription drug coverage. These plans may include extra benefits and have lower co-payments than in Original Medicare. However, you may have to see doctors that belong to the plan or go to certain hospitals to receive services.

## **MEDICARE COST PLANS**

Medicare Cost Plans are a type of Medicare health plan available in some areas. These plans may work in much the same way, and have some of the same rules, as Medicare Advantage Plans. In a Medicare Cost Plan, if you go to a non-network provider, the services are covered under Original Medicare. You would pay the Medicare Part A and Part B coinsurance and deductibles.

## **MNSURE™**

Minnesota's online marketplace where individuals, families and small businesses can shop, compare and choose health insurance coverage that meets their needs. MNsure™ is also a place you can go to qualify for financial help that can lower the cost of your monthly premium. Medicare eligible individuals should not enroll in a plan through MNsure™.

## **PRIVATE PAY**

Individuals purchase services with their own funds.

## **SUPPLEMENTAL SECURITY INCOME (SSI)**

A supplemental income source for persons over the age of 65, blind or disabled. Individuals eligible for SSI may also qualify for other programs such as Food Stamps and Medical Assistance.

## **WAIVERED SERVICES**

The Alternative Care and Elderly Waiver Program provide community services to persons who are at risk of nursing home placement and meet specific financial guidelines.

# BROADENING YOUR OUTLOOK - EDUCATION -

## EDUCATION - LISTING OF CLASSES & ACTIVITIES

- ***Adrian Community Education***

[www.isd511.net](http://www.isd511.net)  
1-507-483-2266

- ***Minnesota West Community & Technical College  
Worthington***

[www.mnwest.edu](http://www.mnwest.edu)  
1-800-657-3966

- ***Round Lake/Brewster Community Education***

[www.rlb.mntm.org](http://www.rlb.mntm.org)  
1-507-842-5951

- ***Sanford Worthington***

[www.sanfordworthington.org](http://www.sanfordworthington.org)  
1-507-372-2941

- ***The Center for Active Living***

[www.centerforactiveliving.com](http://www.centerforactiveliving.com)  
1-507-376-6457

- ***Worthington Area YMCA***

[www.ymcaworthington.org](http://www.ymcaworthington.org)  
1-507-376-6197

- ***Worthington Community Education***

[www.isd518.net/commed](http://www.isd518.net/commed)  
1-507-376-6105

## RESOURCE EDUCATION

- ***A.C.E. of SW MN – Evidence Based Programs***

[www.aceswmn.org](http://www.aceswmn.org)  
1-507-295-5262

- ***Nobles County Integration Collaborative***

\*Matter of Balance \* Living Well with Chronic Conditions  
\* Powerful Tools for Caregivers\*  
[www.isd518.net.ncic](http://www.isd518.net.ncic)  
1-507-376-3300

- ***Nobles County Library, Adrian Branch***

[www.plumcreeklibrary.org/adrian](http://www.plumcreeklibrary.org/adrian)  
1-507-483-2541

- ***Nobles County Library***

[www.nclibrary.org](http://www.nclibrary.org)  
1-507-295-5340 or 1-800-954-7160

- ***University of Minnesota Extension, Nobles County***

## RESOURCES FOR FINANCIAL ASSISTANCE FOR SENIOR SERVICES

- ***Nobles County Family Services***

[www.co.nobles.mn.us/Departments/CommunityServices/FamilyServices.aspx](http://www.co.nobles.mn.us/Departments/CommunityServices/FamilyServices.aspx)  
1-507-295-5213

- ***Nobles County Veteran's Service Officer***

[www.co.nobles.mn.us/departments/veteransservices.aspx](http://www.co.nobles.mn.us/departments/veteransservices.aspx)  
1-507-295-5292

- ***Senior LinkAge Line®***

[www.mnraaa.org](http://www.mnraaa.org)  
1-800-333-2433



## PLACES TO GO WITH YOUR LEGAL CONCERNS

### WORTHINGTON ATTORNEYS WHO WORK WITH SENIORS:

- Ahlquist & Wiltrout LLP.....1-507-372-2322
- Andrew Hagemann .....1-507-372-2974
- Harris Darling .....1-507-372-2974
- Bruce Kness.....1-507-376-4277
- Larry Lucht.....1-507-372-2220
- Mark Shepherd.....1-507-376-4166
- William Wetering .....1-507-376-3181
- Brian Daiker.....1-507-376-3181

### OTHER ATTORNEYS WHO WORK WITH SENIORS:

- Pat Costello, Costello Carlson &  
Butzon LLP .....1-507-847-4200
- Hannon Ford, Ford Law Office.....1-507-831-4400
- Pluto Legal, Tyler, MN.....1-866-457-3131
- Scott Miller, Miller Legal.....1-507-247-4700
- Southern Minnesota Regional Legal Services  
[www.smrls.org](http://www.smrls.org) .....1-888-575-2954  
or 1-507-372-7368

### WHAT HELPS ME PROTECT MY RIGHTS?

In Minnesota your rights are protected by the law. The following describe advocacy and legal means to assist you.

### INDIVIDUAL RIGHTS, PROTECTION FROM ABUSE, CONSUMER RIGHTS

- ***Crime Anonymous*** (Answering Machine)  
[www.ci.worthington.mn.us/crime-prevention](http://www.ci.worthington.mn.us/crime-prevention)  
1-507-376-8477
- ***Consumer Fraud*** (Local Law Enforcement Office)  
[www.ci.worthington.mn.us/public-safety](http://www.ci.worthington.mn.us/public-safety)  
1-507-372-2136
- ***Elder Abuse – Senior LinkAge Line®***  
[www.mnraaa.org](http://www.mnraaa.org)  
1-800-333-2433
- ***Minnesota Ombudsman for Long Term Care***  
[www.health.state.mn.us/divs/fpc/consumerinfo/ombudsdir.pdf](http://www.health.state.mn.us/divs/fpc/consumerinfo/ombudsdir.pdf)  
1-800-657-3591
- ***Nobles County Family Service Agency***  
(to report vulnerable adult)  
[www.co.nobles.mn.us/Departments/CommunityServices/  
FamilyServices.aspx](http://www.co.nobles.mn.us/Departments/CommunityServices/FamilyServices.aspx)  
1-507-295-5213
- ***Nobles County Sheriff***  
[www.co.nobles.mn.us/departments/sheriffsoffice.aspx](http://www.co.nobles.mn.us/departments/sheriffsoffice.aspx)  
1-507-295-5400
- ***Southern MN Regional Legal Services***  
[www.smrls.org](http://www.smrls.org)  
1-507-372-7368 or 1-888-575-2954

## **MINNESOTA HEALTH CARE DIRECTIVE**

A legal document that allows an adult to state his/her wishes for health care in the event of incapacity and the inability to make decisions. Sometimes known as a living will, the health care directive does not need to be prepared by a lawyer, only witnessed. A proxy can be named to make decisions on one's behalf. Copies of the completed document should be distributed to appropriate people and health care providers.

## **POWER OF ATTORNEY**

Written authorization for someone to handle property or financial matters for you.

## **OMBUDSMAN SERVICES**

The Office of Ombudsman for Long-term Care serves as an impartial third party who assists in resolving complaints about nursing homes, long term care residential facilities, home care agencies and hospitals. Issues can include safety, health care quality, patient rights, government benefits and other disputes or concerns.

## **VULNERABLE ADULT/ADULT PROTECTION SERVICES**

Minnesota law protects adults who are vulnerable to maltreatment. Vulnerable Adult/Adult Protection Services investigate alleged abuse, neglect, exploitation or abandonment. Suspected maltreatment should be reported to the common entry point, which is typically the county Department of Human Services.

## **LEGAL SERVICES**

Attorneys and paralegals are available to resolve legal matters by providing legal education, information and advice, making referrals and representing the client in legal proceedings. Legal services are free and targeted to low-income older persons. Some of the issues addressed by Legal Services include public benefits, unemployment, tenant/landlord problems, discrimination, veteran benefits, consumer protection, etc.

## **DURABLE POWER OF ATTORNEY**

A written authorization for someone to handle property or financial matters for you that continues beyond your incapacity.

## **CONSERVATORSHIP**

A court appointed conservator is responsible to ensure that the financial needs and property matters of a vulnerable adult, who would otherwise be in danger of receiving inadequate care and/or supervision, are being met.

## **GUARDIANSHIP**

A court appointed guardian is responsible to handle the health care matters of a vulnerable adult, who would otherwise be in danger of receiving inadequate or unwanted care.

# WHERE TO GO FOR HEALTH SERVICES

## FOR AN EMERGENCY DIAL 911

- **Community Health – Nobles Co. Community Health Services**

[www.co.nobles.mn.us](http://www.co.nobles.mn.us)

1-507-295-5213

## HOME HEALTH CARE

- see section “Who Can Help Me At Home”

## Hospice Care

- **Compassionate Care Hospice**

[www.cchnet.net](http://www.cchnet.net)

1-507-372-7003 or 1-877-372-7003

- **Sanford Hospice**

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

1-507-372-7770 or 1-866-655-1017

## HOSPITALS

- **Sanford Worthington**

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

1-507-372-2941

- **24 Hour Crisis Line - Southwestern Mental Health Center**

Worthington: 1-800-642-1525 or 1-507-376-4141

- **Veteran’s Administration Hospital Sioux Falls SD**

[www.siouxfalls.va.gov](http://www.siouxfalls.va.gov)

1-605-336-3230 or 1-866-687-7382

## MENTAL HEALTH CONCERNS

- **Catholic Charities**

[www.catholiccharitiesusa.org](http://www.catholiccharitiesusa.org) (National) [www.ccwinona.org](http://www.ccwinona.org) (Local)

1-507-376-9757

- **Prairie Rose Counseling Center**

[www.wgtn.net/gp/prairierose.htm](http://www.wgtn.net/gp/prairierose.htm)

1-507-376-4732

- **Southwestern Mental Health Center, Worthington**

[www.avera.org/clinics/southwestern-mental-health-center](http://www.avera.org/clinics/southwestern-mental-health-center)

1-507-376-4141 or 1-800-642-1525

## PHYSICIANS AND SURGEONS

- **Avera Medical Group Worthington**

[www.avera.org/clinics/worthington](http://www.avera.org/clinics/worthington)

1-507-372-2921 or 1-800-881-1473

- **Sanford Adrian Clinic**

[www.sanfordhealth.org/locations/community/adrian.mn](http://www.sanfordhealth.org/locations/community/adrian.mn)

1-507-483-2668

- **Sanford Luverne Clinic**

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

1-507-283-4476

- **Sanford Worthington Clinic**

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

1-507-372-3800

*For specialized services and other physicians,  
see Yellow Pages under “Physicians”*

## SUPPORT GROUPS

- ***American Cancer Society***

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

1-800-582-5152

- ***Bereavement Support Group***

1-507-836-8569

- ***Crisis Center - Southwest Crisis Center***

[www.mrsbcc.com](http://www.mrsbcc.com)

1-507-376-4311 or 1-800-376-4311

- ***Diabetes Support Group Avera Medical Group, Worthington***

[www1.avera.org/amck/regionalfacilities/worthingtonspecialtyclinic](http://www1.avera.org/amck/regionalfacilities/worthingtonspecialtyclinic)

1-507-372-2921

- ***Grief Support Group***

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

1-507-372-7770 or 1-866-655-1017

- ***Grief in the Holidays***

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

1-507-372-7770 or 1-866-655-1017

- ***Look Good Feel Better Program for Women***

1-800-582-5152

- ***Southwestern Mental Health Center, Worthington***

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

1-507-376-4141 or 1-800-642-1525

- ***Memory Loss Caregiver Support Group - Crossroads Care Center***

[www.worthingtonnursinghomes.com](http://www.worthingtonnursinghomes.com)

1-507-376-5312

- ***Multiple Sclerosis (MS) Support Group***

1-507-283-2069

- ***Weight Loss Surgery Support Group***

1-507-372-3329

## CAREGIVER SUPPORT GROUPS

Provide opportunities for those who care for a loved one to get together with others in a similar situation to share and learn.

## PARISH NURSING

Parish Nursing will vary from church to church depending on the needs of the parishioners, the resources available, and the nurse's area of expertise. Examples of services offered could be health counseling, health resource referral and health education. Check with your church home/family.

## TRANSITIONAL CARE

- ***Lakeside Prairie Rehab at South Shore***

[www.worthingtonnursinghomes.com](http://www.worthingtonnursinghomes.com)

1-507-376-3175

# PLACES TO LIVE - HOUSING OPTIONS

## WHAT KINDS OF HOUSING OPTIONS DO I HAVE?

When it comes time to look for alternative housing arrangements, there are a wide variety of options available. Consumers should be aware that the term “assisted living” is widely used and includes a variety of residential alternatives.

**Apartments - See Telephone Book Yellow Pages Section 8 Housing..... 1-507-376-3655**

**Housing Guide – Assistance with Alternatives 1-507-376-3655**

## NURSING HOMES & REHABILITATION CENTERS

- ***Adrian Country Living Nursing Home***

[www.adriancountrylivingnursinghome.com](http://www.adriancountrylivingnursinghome.com)

1-507-483-2580

- ***Crossroads Care Center – Worthington***

Skilled nursing care, rehabilitation, memory care unit, & hospice

[www.worthingtonnursinghomes.com](http://www.worthingtonnursinghomes.com)

1-507-376-5312

## CONSUMER GUIDE TO NURSING HOMES

- ***Senior LinkAge Line®***

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

1-800-333-2433

- ***Lakeside Prairie Rehab at South Shore***

Short-term rehabilitation

[www.worthingtonnursinghomes.com](http://www.worthingtonnursinghomes.com)

1-507-376-3175

- ***Medicare Nursing Home Compare***

Internet Guide to Nursing Homes Nationwide

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

- ***MN Department of Human Services***

Comparison of Nursing Home Rates

[www.nhdb.dhs.state.mn.us/agingnh/Search.asp](http://www.nhdb.dhs.state.mn.us/agingnh/Search.asp)

- ***Parkview Manor – Ellsworth***

Skilled nursing care, rehabilitation, home delivered meals

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

1-507-967-2482 or 1-507-967-2388

- ***South Shore Care Center – Worthington***

Skilled nursing care, rehabilitation, transitional care & hospice

[www.worthingtonnursinghomes.com](http://www.worthingtonnursinghomes.com)

1-507-376-3175

## RESPIRE CARE - OUT OF HOME

- ***Adrian Country Living Cottages***

[www.adriancountrylivingnursinghome.com](http://www.adriancountrylivingnursinghome.com)

1-507-483-2511

- ***Sanford Worthington***

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

1-507-372-2941

- ***South Shore Care Center – Worthington***

1-507-376-3175

## HOUSING WITH SERVICES/ASSISTED LIVING

- **Adrian Country Living**  
[www.adriancountrylivingnursinghome.com](http://www.adriancountrylivingnursinghome.com)  
1-507-483-2580
- **Ecumen Meadows – Worthington**  
[www.ecumenmeadows.org](http://www.ecumenmeadows.org)  
1-507-372-7838
- **Golden Horizons – Worthington**  
[www.goldenhorizons.org](http://www.goldenhorizons.org)  
1-507-376-3111
- **Halter Place – Round Lake**  
1-507-945-8983
- **Prairie House – Worthington**  
[www.wgtn.net/Community/Housing/senior.htm](http://www.wgtn.net/Community/Housing/senior.htm)  
1-507-372-4551

## ADULT FOSTER CARE

- **Nobles County Family Services**  
[www.co.nobles.mn.us/departments/familyservices.aspx](http://www.co.nobles.mn.us/departments/familyservices.aspx)  
1-507-295-5213

## SUBSIDIZED HOUSING

- **Atrium High Rise - Worthington**  
[www.wgtn.net/Community/Housing/senior.htm](http://www.wgtn.net/Community/Housing/senior.htm)  
1-507-376-3655
- **Buffalo Ridge Apartments – Worthington**  
[www.wgtn.net/Community/Housing/senior.htm](http://www.wgtn.net/Community/Housing/senior.htm)  
1-800-466-7722
- **Castlewood Apartments – Worthington**  
[www.wgtn.net/Community/Housing/apartments.htm](http://www.wgtn.net/Community/Housing/apartments.htm)  
or [www.vanbllc.com](http://www.vanbllc.com)  
1-507-360-0599
- **Halter Manor – Round Lake**  
[www.vanbllc.com](http://www.vanbllc.com)  
1-507-945-8983
- **Nobles Square Apartments – Worthington**  
[www.wgtn.net/Community/Housing/apartments.htm](http://www.wgtn.net/Community/Housing/apartments.htm)  
or [www.vanbllc.com](http://www.vanbllc.com)  
1-507-372-2667
- **Oakwood Apartments – Ellsworth**  
[www.vanbllc.com](http://www.vanbllc.com)  
1-507-483-2993
- **Okabena Estates**  
[www.lloydmanagementinc.com](http://www.lloydmanagementinc.com)
- **Okabena Towers**  
[www.wgtn.net/Community/Housing/senior.htm](http://www.wgtn.net/Community/Housing/senior.htm)  
1-507-372-7595
- **Sunshine Apartments – Worthington**  
[www.wgtn.net/Community/Housing/senior.htm](http://www.wgtn.net/Community/Housing/senior.htm)  
1-507-372-4000
- **Thomas Apartments – Rushmore**  
1-507-478-4371
- **Viking Apartments – Worthington**  
[www.lloydmanagementinc.com](http://www.lloydmanagementinc.com)  
1-507-360-0599
- **Willow Court Town Homes – Worthington**  
[www.lloydmanagementinc.com](http://www.lloydmanagementinc.com)  
1-507-360-0599
- **Worthington Housing & Redevelopment Authority**  
[www.wgtn.net/gp/hra.htm](http://www.wgtn.net/gp/hra.htm)  
1-507-376-3655

## **OTHER HOUSING OPTIONS**

- *Homestead Cooperative of Worthington*  
1-507-372-7760

## **RESPIRE CARE**

Provides short-term care to enable those caring for a loved one in their home to get a break for rest and relaxation, or time away to do errands. Respite Care may be provided in the home through a formal home care agency or an informal volunteer program, in a day care setting or via a short-term institutional placement.

## **ADULT FOSTER CARE**

Adult Foster Care is a home that provides sleeping accommodations and services for one to five adults and is licensed by the Minnesota Department of Human Services. The rooms may be private or shared and the dining areas, bathrooms and other spaces are shared family style. Adult foster care homes can offer a wide array of services.

## **ASSISTED LIVING**

In Minnesota, assisted living is a service concept not a specific type of housing. It usually refers to housing that has services available. Adult foster care, board and lodge, market rate and subsidized rentals may all offer services. Check with the property manager for details.

## **NURSING HOME**

Nursing homes are long-term care facilities that offer a full array of personal, dietary, therapeutic, social, spiritual, recreational and nursing services to residents.

## **SUBSIDIZED RENTAL**

Subsidized rental buildings serve low-income individuals. They are established by Housing and Urban Development (HUD) and vary with each county. They are owned by private or non-profit organizations and their construction and operations have been financed with federal and state resources. For more information visit: [www.hud.gov](http://www.hud.gov).

# TRANSPORTATION — GETTING THERE AND BACK

## INDIVIDUAL RIDES

- ***Nobles County Heartland Express  
Prairieland Transit*** Reduced Fare

[www.smoc.us](http://www.smoc.us)

1-507-376-4195 or 1-800-658-2444

- ***Worthington Taxi Service***

Full Fare

1-507-372-4300

- ***For options outside of Nobles County,  
Call Western Community Action Transit***

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

1-507-847-2632

## PUBLIC TRANSIT

- ***Nobles County Heartland Express  
Prairieland Transit***

[www.smoc.us](http://www.smoc.us)

1-507-372-4444

- ***Medical Non-Emergency Transportation  
Medi Van, Worthington***

1-507-372-5787

- ***Peoples Express***

[www.peoplesexpressmn.com](http://www.peoplesexpressmn.com)

1-800-450-0123

## HANDICAPPED PERMITS FOR PERSONAL VEHICLES

- ***Nobles County License Center/Worthington DMV***

[www.co.nobles.mn.us/departments/auditortreasurer.aspx](http://www.co.nobles.mn.us/departments/auditortreasurer.aspx)

1-507-295-5264

## DRIVER SAFETY

- ***55 Alive Defensive Driving Classes  
including CarFit***

[www.isd518.net/commed](http://www.isd518.net/commed)

1-507-376-6105

## TRANSPORTATION PROGRAMS

Provide van, bus or volunteer driver rides to various locations. Rides may be provided for medical appointments, personal business, shopping, visits to senior centers, congregate dining, etc.



## EMPLOYMENT

- **Senior Employment Program (SMOC)**

[www.smoc.us](http://www.smoc.us)

1-504-376-4195 or 1-800-658-2444

- **Southwest Minnesota Private Industry Council – Workforce Center**

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

1-507-376-3116

## FINANCIAL INSTITUTIONS

See telephone book Yellow Pages for listings under “Banks”, “Credit Unions”, or “Savings and Loans”

## INCOME TAX ASSISTANCE

- **Free Income Tax Help (February – April) A.C.E.**

1-507-295-5262

## INSURANCE QUESTIONS/CLAIMS

Local Hospitals, Medical Centers – see telephone book Yellow Pages under “Hospitals”

Local Insurance Agency – see telephone book Yellow Pages under “Insurance”

- **Senior LinkAge Line®**

[www.smoc.us](http://www.smoc.us)

1-800-333-2433

## MONEY MANAGEMENT

- **Better Business Bureau**

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

1-651-699-1111

- **Consumer Credit Counseling Lutheran Social Services**

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

1-888-577-2227

- **Consumer Fraud Worthington Police Department**

[www.ci.worthington.mn.us/public-safety](http://www.ci.worthington.mn.us/public-safety)

1-507-372-2136

- **Lutheran Social Services Financial Counseling Services**

[www.lssmn.org/debt](http://www.lssmn.org/debt)

1-651-642-5990 or 1-800-582-5260

- **Minnesota Extension Service – Nobles County**

[www.extension.umn.edu/county/nobles](http://www.extension.umn.edu/county/nobles)

1-507-295-5313

- **Nobles County Community Services**

[www.co.nobles.mn.us/departments/communityservices/communityhealthservices.aspx](http://www.co.nobles.mn.us/departments/communityservices/communityhealthservices.aspx)

1-507-295-5360

- **Southern MN Regional Legal Services,**

**also known as Legal Aid-Worthington**

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

1-507-372-7368 or 1-800-233-0023

- **Drealan Kvilhaug Hoefker & Co PA**

[www.tdkcpa.net](http://www.tdkcpa.net)

1-507-376-4151

## SOCIAL SECURITY

- **Fairmont Office**

<https://secure.ssa.gov/ICON/ic001.do#officeResults>  
1-877-405-0414

- **Marshall Office**

<https://secure.ssa.gov/ICON/main.jsp#officeResults>  
1-855-210-0122

- **TELEPHONE ASSISTANCE PROGRAM**

1-800-953-9335

- **VETERAN'S SERVICE OFFICER  
(NOBLES COUNTY)**

[www.co.nobles.mn.us/departments/veteransservices.aspx](http://www.co.nobles.mn.us/departments/veteransservices.aspx)  
1-507-295-5292

## SENIOR EMPLOYMENT PROGRAMS

Provide training, counseling and employment opportunities to older people with limited income and assets. Programs often provide job training and support with the goal of moving individuals into the regular job market. Check with the SW MN Opportunity Council or the Workforce Center.

## HEALTH INSURANCE COUNSELING

Assists older adults and their families in understanding their medical bills, Medicare, supplemental insurance policies and long-term care insurance. Trained counselors can assist with tracking and/or appealing claims, completing application forms for government programs and providing assistance comparing health insurance options. They can also assist with Medicare Part D plan research/enrollment and in identifying other programs that may help with prescription drug costs.

## PLACES TO VOLUNTEER

### HOW CAN I BE MORE INVOLVED IN MY COMMUNITY?

There are many exciting opportunities for you to become active in your community.

- ***A.C.E. of SW MN - Retired Senior Volunteer Program (RSVP)***

[www.aceswmn.org](http://www.aceswmn.org)  
1-507-295-5262

- ***Assisted Living***

See section “Places to Live - Housing Options”

- ***Catholic Charities***

[www.catholiccharitiesusa.org](http://www.catholiccharitiesusa.org) (National)  
[www.ccwinona.org](http://www.ccwinona.org) (Local)  
1-507-376-9757

- ***Center for Active Living***

[www.centerforactiveliving.com](http://www.centerforactiveliving.com)  
1-507-376-6457

- ***Churches***

see telephone book Yellow Pages under “Churches”

- ***Compassionate Care Hospice***

[www.cchnet.net](http://www.cchnet.net)  
1-877-372-7003 or 1-507-372-7003

- ***Foster Grandparents & Senior Companion Program***

[www.lssmn.org/seniorcorps](http://www.lssmn.org/seniorcorps)  
1-507-337-0382

- ***Helping Hand Pregnancy Center***

[www.helpinghandworthington.org](http://www.helpinghandworthington.org)  
1-507-372-2111 or 1-877-791-5475

- ***Local Organizations***

see section “Broadening Your Outlook – Education – Community Education

- ***Love in the Name of Christ, Love INC.***

[www.loveincwgtm.org](http://www.loveincwgtm.org)  
1-507-727-7291

- ***Lutheran Social Services***

[www.lssmn.org](http://www.lssmn.org)  
1-651-642-5990 or 1-800-582-5260

- ***Nursing Homes***

see section “Places to Live-Housing Options”

- ***Salvation Army***

[www.salvationarmyusa.org](http://www.salvationarmyusa.org)  
1-507-326-5017 or 1-507-295-5262

- ***Sanford Hospice***

[www.sanfordworthington.org](http://www.sanfordworthington.org)  
1-507-372-7770 or 1-866-655-1017

- ***Schools***

see telephone book Yellow Pages under “Schools”

- **Senior LinkAge Line®**

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

1-800-333-2433

- **SW MN Opportunity Council**

[www.smoc.us](http://www.smoc.us)

1-507-376-4195 or 1-800-658-2444

- **Worthington Community Education**

[www.isd518.net/commed](http://www.isd518.net/commed)

1-507-376-6105

- **Worthington Hospital Auxiliary**

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

1-507-372-3305

- **Worthington Senior Dining**

1-507-376-6457

## **RESPITE CARE**

Provides short-term care to enable those caring for a loved one in their home to get a break for rest and relaxation, or time away to do errands. Respite Care may be provided in the home through a formal home care agency or an informal volunteer program, in a day care setting or via a short-term institutional placement.

## **TRANSITIONAL CARE**

Provides short term care for patients requiring post-acute rehabilitation and medical services related to an acute illness or injury. Focuses on wellness and achieving independence prior to returning home.

## **EDUCATION**

Opportunities for older adults to enhance their knowledge are available throughout the region in a variety of settings.

## **SENIOR CENTERS/CLUBS**

Provide opportunities for older adults through a variety of recreational, educational and informational programming. Some senior centers also sponsor direct services such as congregate dining, volunteer programs, and tax assistance.

## **VOLUNTEER OPPORTUNITIES**

Many organizations offer opportunities for meaningful volunteer work. Programs may provide training, supervision and support to the volunteer who wants to lend a hand to others. Reimbursement for mileage, meals and other expenses may be provided.

# FOOD - GETTING IT & PAYING FOR IT

## FOOD SHELVES

- ***Manna Food Pantry, Inc.***

Located at Westminster Presbyterian Church

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

1-507-376-3138

- ***Worthington Christian Church – Food Pantry***

1-507-376-3418

For further information about dining options, contact Lutheran Social Services at 1-800-488-4146 or [www.lssmn.org/nutrition](http://www.lssmn.org/nutrition)

## FOOD STAMPS/FOOD SUPPORT

- ***Nobles County Community Service***

[www.co.nobles.mn.us/departments/communityservices/communityhealthservices.aspx](http://www.co.nobles.mn.us/departments/communityservices/communityhealthservices.aspx)

1-507-295-5360

- ***Grocery Delivery*** - contact your local grocery provider

## HOME DELIVERED MEALS

- ***Adrian Senior Citizens Center***

1-507-483-2588

- ***Brewster Senior Center***

1-507-842-5311

- ***Ellsworth – located at Parkview Manor***

1-507-967-2482

- ***Mobile Meals of Worthington***

1-507-372-3137 or 1-507-376-4769

- ***Wilmont Senior Center***

1-507-926-5152

- ***Worthington Senior Dining***

1-507-376-6457

- ***Nutrition Assistance Programs for Seniors (NAPS)***

1-800-365-0270

## NUTRITION EDUCATION

- ***Dietitian – Avera Medical Group Worthington***

[www.avera.org/clinics/worthington](http://www.avera.org/clinics/worthington)

1-507-372-2921 or 1-800-881-1473

- ***Dietitian – Sanford Worthington***

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

1-507-372-2941

- ***Dietitian – Hy-Vee of Worthington***

1-507-372-7354

- ***Minnesota Extension Service, Nobles County***

[www.extension.umn.edu/county/nobles](http://www.extension.umn.edu/county/nobles)

1-507-295-5313

- ***Nobles County Community Service, Community Health***

[www.co.nobles.mn.us/departments/communityservices/communityhealthservices.aspx](http://www.co.nobles.mn.us/departments/communityservices/communityhealthservices.aspx)

1-507-295-5213

## SENIOR DINING - MEALSITES

- *Adrian Senior Citizens Center*  
1-507-483-2588
- *Brewster Senior Center*  
1-507-842-5311
- *Worthington Senior Dining*  
1-507-376-6457

## FOOD SHELVES

Provide food and other grocery items to low income people or those in an emergency or crisis situation.

## FOOD SUPPORT PROGRAM

Provides assistance in the form of a debit card for purchasing food items in a grocery store. Persons must meet income and asset guidelines to be eligible for this program. Benefits can be used at Senior Dining Sites.

## GROCERY DELIVERY

Available to persons who have difficulty shopping for themselves. A delivery fee is usually charged. Check with local grocery store.

## HOME DELIVERED MEALS

Nutritionally balanced meals delivered to homebound older adults who are unable to regularly or adequately prepare their own meals. Special diets are often available.

## SENIOR DINING/CONGREGATE DINING

Nutritionally balanced meals are served to older adults in a group setting. Special diets are available. Social and volunteer opportunities, as well as informational and educational programs are often part of the senior dining program. Meals are usually subsidized with federal and state funds. Persons age 60 and over, and their spouse, donate toward the cost of the meal. Food Support benefits accepted. Gift certificates available.

**For further information about dining options, contact Lutheran Social Services at 1-800-582-5260 or [www.lssmn.org/nutrition](http://www.lssmn.org/nutrition)**

## WHO CAN HELP ME AT HOME

### WHAT SERVICES CAN HELP ME STAY IN MY HOME?

The choice to stay in your home or to seek new options is an important and personal decision. The following are services that allow older persons to remain in their homes for longer and more satisfying periods of time.

- **Clergy/Churches** - see telephone book yellow pages under “Clergy/Churches”

### COMPANIONSHIP

- **A.C.E. Telephone Reassurance**

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

1-507-295-5262

- **Senior Companion**

1-507-337-0382

### EMERGENCY ALERT SYSTEMS

- **Alert One**

[www.alert-1.com](http://www.alert-1.com)

1-866-581-4540

- **Life Aid – Sterling Drug Medical Alert**

[www.sterlingdrug.com](http://www.sterlingdrug.com)

- **Lifeline**

[www.lifelinesys.com](http://www.lifelinesys.com)

1-800-380-3111

- **Nobles Cooperative Electric Emergency Response System**

Nobles & Murray Counties and surrounding area

[www.noblesce.coop/products-services/emergency-response-phone-system](http://www.noblesce.coop/products-services/emergency-response-phone-system)

1-507-372-7331

- **Sterling Drug Medical Alert Monitoring (Nobles Co. Only)**

1-507-372-7533

### EMERGENCY ASSISTANCE

- **Nobles County Emergency Management Director**

[www.co.nobles.mn.us/Departments/Emergency](http://www.co.nobles.mn.us/Departments/Emergency)

[Management.aspx](http://www.co.nobles.mn.us/Departments/Emergency)

1-507-295-5212

- **Poison Control Center**

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

1-800-222-1222

- **Salvation Army**

1-507-372-2136

- **Southwest Crisis Center**

[www.mnswcc.com](http://www.mnswcc.com)

1-507-376-4311

- **Southwest Women’s Shelter, Women’s Rural Advocacy Program, Marshall**

[www.letswrap.com](http://www.letswrap.com)

1-800-639-2350

- **Suicide Hotline**

[www.suicide.org/hotlines/minnesota-suicide-hotlines.html](http://www.suicide.org/hotlines/minnesota-suicide-hotlines.html)

1-800-784-2433

## FUEL ASSISTANCE, WEATHERIZATION

- ***Southwestern Minnesota Opportunity Council (SMOC)***

[www.smoc.us](http://www.smoc.us)

1-507-376-4195 or 1-800-658-2444

## HOME HEALTH SERVICES

- ***Baywood Home Care***

[www.baywoodhomecare.com](http://www.baywoodhomecare.com)

1-507-764-4133

- ***Caring and Compassionate Care***

[www.caringandcompassionate.com](http://www.caringandcompassionate.com)

1-507-343-0077

- ***Habilitative Services***

[www.habsvinc.com](http://www.habsvinc.com)

1-507-662-5236

- ***Sanford Luverne Medical Center***

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

1-507-283-2321

- ***Sanford Worthington Medical Center***

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

1-507-372-2941

- ***Health Sense***

[www.healthsense.com](http://www.healthsense.com)

1-800-576-1779

## HOME HEALTH CARE SERVICES – PERSONAL CARE ATTENDANTS AND HOMEMAKERS

- ***Good Samaritan Community Care***

[www.good-sam.com](http://www.good-sam.com)

1-800-870-3885

- ***Habilitative Services, Inc.***

[www.habsvinc.com](http://www.habsvinc.com)

1-507-662-5236

- ***International Quality Home Care***

[www.alphaiqh.com](http://www.alphaiqh.com)

1-507-372-2929

- ***Prairie River Home Care***

[www.prhomecare.com/marshall-mn](http://www.prhomecare.com/marshall-mn)

1-507-532-2264 or 1-800-659-8905

- ***Sanford Worthington Medical Center***

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

1-507-372-2941

## HOSPICE

- ***Compassionate Care Hospice***

[www.cchnet.net](http://www.cchnet.net)

1-507-372-7003 or 1-877-372-7003

- ***Sanford Hospice***

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

1-507-372-7770 or 1-866-655-1017

- ***Sunset Cottage***

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

1-507-372-7770 or 1-866-655-1017



## LONG TERM CARE CONSULTATION – SCREENING

- ***Long-term Care Choices Navigator***

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

1-800-333-2433

- ***Nobles County Community Services, Family Services***

[www.co.nobles.mn.us/Departments/CommunityServices/FamilyServices.aspx](http://www.co.nobles.mn.us/Departments/CommunityServices/FamilyServices.aspx)

1-507-295-5213

- ***Meals*** - see section “Food – Getting It and Paying For It”

## MEDICAL EQUIPMENT

- ***Disabled American Veterans***

[www.dav.org](http://www.dav.org) or [www.davmn.org](http://www.davmn.org)

1-651-291-1212

- ***Rental – Veteran’s Service Officer***

[www.co.nobles.mn.us/Departments/VeteransServices.aspx](http://www.co.nobles.mn.us/Departments/VeteransServices.aspx)

1-507-295-5292

- ***Sanford Home Medical***

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

1-507-376-9699

- ***Sterling Drug***

[www.sterlingdrug.com](http://www.sterlingdrug.com)

1-507-372-7533

## PALLIATIVE CARE

- ***Compassionate Care Hospice***

[www.cchnet.net](http://www.cchnet.net)

1-507-372-7003 or 1-877-372-7003

- ***Sanford Hospice***

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

1-507-372-7770 or 1-866-655-1017

- ***Sunset Cottage***

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

1-507-372-7770 or 1-866-655-1017

## RESPIRE CARE – RELIEF FOR PRIMARY CAREGIVERS – IN HOME

- ***A.C.E. of SW MN, Nobles Co. Respite Care***

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

1-507-295-5262

## SERVICES FOR THE BLIND – MARSHALL OFFICE

1-507-537-7114 or 1-800-366-4813

## SERVICES FOR THE BLIND & VISUALLY IMPAIRED

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

## SERVICES FOR THE DISABLED

- ***Arc Southwest***

[www.arcmsnw.com](http://www.arcmsnw.com)

1-507-345-4223 or 1-866-502-4082

- ***Southwestern Center for Independent Living***

[www.swcil.com](http://www.swcil.com)

1-507-532-2221 or 1-800-422-1485

## SUPPORT GROUPS – see section “Where to Go for Health Service – Support Groups”

## TELEPHONE ASSISTANCE FOR HEARING IMPAIRED/ TELEPHONE EQUIPMENT DISTRIBUTION

- *MN Dept. of Human Services*

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

1-800-657-3663

- *MN Deaf Blind Association*

1-651-647-6564

## TELEPHONE PERSONAL SAFETY RESPONSE

- *Alzheimer's Association – Safe Return Program*

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

1-800-272-3900

- *Nobles Cooperative Electric*

[www.noblesce.coop](http://www.noblesce.coop)

1-507-372-7331

- *Veteran's Service Officer*

[www.co.nobles.mn.us/departments/veteransservices.aspx](http://www.co.nobles.mn.us/departments/veteransservices.aspx)

1-507-295-5292

- *Disabled American Veterans*

[www.dav.org](http://www.dav.org) or [www.davmn.org](http://www.davmn.org)

1-651-291-1212

## VISION

Assists older adults losing their eyesight remain independent and in their own homes. For more information contact MN State Services for the Blind: [www.mnssb.org](http://www.mnssb.org).

## CAREGIVER

Caregiver Consultant/Specialist -

Caregiver consultants provide professional services to help develop the caregiver role, extend the caregiving career and maintain the health and well-being of caregivers. Advocates on behalf of caregivers. Provides emotional reassurance to caregivers and assists them with accessing information, support and community services. Provides planning, support and training for caregivers.

## CAREGIVER EDUCATION

Workshops and training programs to help older adults and their families anticipate, plan for and provide care that may be needed, as our families grow older.

## EMERGENCY RESPONSE SYSTEM/ TELEPHONE REASSURANCE

An emergency response system assists older and disabled persons to call for help in an emergency by using a home alert unit. The unit transmits a signal that sets a response plan into action. Telephone reassurance provides regular phone contact to isolated homebound persons to ensure their well-being and to provide social support.

## EVIDENCE BASED PROGRAMS

**MATTER OF BALANCE:** 8 week workshop will help you reduce your fear and teach you to prevent falls.

**LIVING WELL WITH CHRONIC CONDITIONS:** 6 week workshop will empower you to live a productive, healthier life-no matter your challenge.

**POWERFUL TOOLS FOR CAREGIVERS:** 6 week workshop will help you learn skills to care for yourself while caring for others.

## ENERGY ASSISTANCE PROGRAM

Provides financial assistance to eligible persons to pay for fuel or heating bills. Eligibility is based on income, assets and family size.

## HOME HEALTH CARE

Consists of a variety of services that assist people to remain in their own homes. It may include home health aide (provides personal care such as bathing and grooming), personal care attendant, homemaker (provides home management services such as laundry, housekeeping or meal preparation), chore service (provides heavier housekeeping or home routine home maintenance such as mowing, snow removal, yard work, wall washing, changing storm windows, or minor repairs), respite care (provides short-term care to enable those caring for a loved one in their home to get a break or time away), or other at home services.

## HOMEMAKER SERVICES

Provide assistance with general household activities, which may include light housekeeping, laundry, meal planning and preparation, assistance with money management, performing essential errands and shopping.

## HOSPICE

Coordinates care and services to assist persons who are terminally ill and their loved ones. Hospice can be provided in one's home, a hospital or nursing home or a freestanding hospice center.

## LONG TERM CARE CONSULTATION

Local county agency staff can provide information about community services and matches those services to an individual's needs and preferences. A public health nurse and/or social worker conducts an assessment to determine a person's general health, ability to take care of routine daily activities, home environment, social needs and family support. Recommendations are made about service options that meet identified needs, how much they will cost and ways to pay for services.

## **LONG TERM CARE OPTIONS COUNSELING**

Options counselors offer information and assistance to consumers and their family members about options that are available to meet their long term care needs. Consumers and family members receive assistance in setting goals, making choices and planning for in-home services in keeping with their own individual strengths, needs and resources.

## **PALLIATIVE CARE**

Palliative care is the medical specialty focused on relief of the pain and other symptoms of serious illness. The goal is to prevent and ease suffering and to offer patients and their families the best possible quality of life. Palliative care is appropriate at any point in a serious or life-threatening illness. It is not dependent on prognosis. It can be provided at the same time as curative and life-prolonging treatment.

# UNDERSTANDING THE BENEFITS OF FUNERAL PRE - PLANNING

## WHO CAN HELP ME?

- **Adrian Funeral Home**  
[www.adrianfuneralhome.com](http://www.adrianfuneralhome.com)  
1-507-483-2700
- **Benson Funeral Home & Cremation Service**  
[www.bensonfh.com](http://www.bensonfh.com)  
1-507-376-4477
- **Department of Health & Human Services**  
[http://hcopub.dhs.state.mn.us/19\\_25\\_40.htm](http://hcopub.dhs.state.mn.us/19_25_40.htm)
- **Dingmann Funeral Home & Cremation Services**  
[www.dingmannandsons.com](http://www.dingmannandsons.com)  
1-507-372-4250
- **Nobles County Veteran's Service Officer**  
[www.co.nobles.mn.us/departments/veteransservices.aspx](http://www.co.nobles.mn.us/departments/veteransservices.aspx)
- **The Office of Attorney General**  
[www.ag.state.mn.us/consumer/handbooks/probate/default.asp](http://www.ag.state.mn.us/consumer/handbooks/probate/default.asp)
- **Senior LinkAge Line®**  
[www.mnraaa.org](http://www.mnraaa.org)  
1-800-333-2433
- **Social Security**  
[www.ssa.gov/ssi/spotlights/spot-burial-funds.htm](http://www.ssa.gov/ssi/spotlights/spot-burial-funds.htm)
- **Totzke Funeral Home**  
[www.totzkefuneralhome.com](http://www.totzkefuneralhome.com)  
1-507-425-2311

## BURIAL ACCOUNTS

A burial fund is money set aside to pay for burial expenses. For example, this money can be in a bank account, other financial instrument, or a pre-paid burial arrangement.

Some states allow an individual to pre-pay their burial contracting with a funeral home and paying in advance for their funeral.

## MINNESOTA HEALTH CARE DIRECTIVE

A legal document that allows an adult to state his/her wishes for health care in the event of incapacity and the inability to make decisions. Sometimes known as a living will, the health care directive does not need to be prepared by a lawyer, only witnessed. A proxy can be named to make decisions on one's behalf. Copies of the completed document should be distributed to appropriate people and health care providers.

## LONG TERM CARE CONSULTATION

Local county agency staff can provide information about community services and matches those services to an individual's needs and preferences. A public health nurse and/or social worker conducts an assessment to determine a person's general health, ability to take care of routine daily activities, home environment, social needs and family support. Recommendations are made about service options that meet identified needs, how much they will cost and ways to pay for services.





