Directory of Services for
Nobles County

Senior Citizens

Here for you

Whether you're looking for a family physician, pediatrician, or walk-in acute care services after hours; whether you're needing OB/GYN, orthopedics, surgical services, and more, the team at Sanford Worthington is here for you. We offer comprehensive care that's close to home.

Sanford Worthington Clinic
1680 Diagonal Road
(507) 372-3800

Sanford Worthington Medical Center
1018 Sixth Avenue
(507) 372-2941

Sanford Worthington Acute Care Clinic
1018 Sixth Avenue
(507) 372-2941

Sanford Worthington OB/GYN Clinic
1018 Sixth Avenue
(507) 372-3800

Sanford Worthington Surgery Clinic
1018 Sixth Avenue
(507) 372-3800

Sanford Worthington Outreach Specialty Clinic
1018 Sixth Avenue
(507) 372-3800

Sanford Worthington Orthopedics & Sports Medicine
426 10th Street
(507) 372-3890

Sanford Health Cancer Center
1018 Sixth Avenue
(507) 343-6100

Sanford Home Medical Equipment
1151 Ryan's Road, Suite #100
(507) 376-9699

Sanford Hospice
1935 Woodland Court
(507) 372-7770 or (866) 655-1017

sanfordworthington.org

SANFORD
Worthington

018034-00199 11/15

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

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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

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, 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
  1-866-333-2466
- ***Eldercare Locator*** (National) (toll free)
  www.eldercare.gov
  1-800-677-1116
- ***Love in the Name of Christ, Love INC.*** (toll free)
  www.loveincwgtn.org
  1-507-727-7291
- ***Minnesota Ombudsman for Long Term Care*** (toll free)
  www.health.state.mn.us/divs/fpc/profinfo/hcwg/ombudsdir011108.doc
  1-800-657-3591
- ***MN Online Resources***
  www.minnesotahelp.info
- ***MN River Area Agency on Aging® Inc.–Slayton Office***
  (toll free)
  www.mnraaa.org
  1-800-333-2433
- ***Nobles County Community Health Service*** (local)
  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
  1-507-295-5213
- ***Senior LinkAge Line®*** (Statewide) (toll free)
  www.mnraaa.org
  1-800-333-2433
- ***Veterans LinkAge Line*** (Statewide) (toll free)
  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.mnltcpartnership.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.

EDUCATION - LISTING OF CLASSES & ACTIVIES

- ***Adrian Community Education***
www.isd511.net
1-507-483-2266

- ***Minnesota West Community & Technical College Worthington***
www.mnwest.edu
1-800-657-3966

- ***Round Lake/Brewster Community Education***
www.rlb.mntm.org
1-507-842-5951

- ***Sanford Worthington***
www.sanfordworthington.org
1-507-372-2941

- ***The Center for Active Living***
www.centerforactiveliving.com
1-507-376-6457

- ***Worthington Area YMCA***
www.ymcaworthington.org
1-507-376-6197

- ***Worthington Community Education***
www.isd518.net/commed
1-507-376-6105

RESOURCE EDUCATION

- ***A.C.E. of SW MN – Evidence Based Programs***
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
1-507-376-3300

- ***Nobles County Library, Adrian Branch***
www.plumcreeklibrary.org/adrian
1-507-483-2541

- ***Nobles County Library***
www.nclibrary.org
1-507-295-5340 or 1-800-954-7160

- ***University of Minnesota Extension, Nobles County***
www3.extension.umn.edu/county/nobles
1-507-295-5315

RESOURCES FOR FINANCIAL ASSISTANCE FOR SENIOR SERVICES

- ***Nobles County Family Services***
www.co.nobles.mn.us/Departments/Community Services/FamilyServices.aspx
1-507-295-5213

- ***Nobles County Veteran's Service Officer***
www.co.nobles.mn.us/departments/veteransservices.aspx
1-507-295-5292

- ***Senior LinkAge Line®***
www.mnraaa.org
1-800-333-2433

WORTHINGTON ATTORNEYS WHO WORK WITH SENIORS:

- Ahlquist & Wiltrout LLP.....1-507-372-2322
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- 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 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
1-507-376-8477

- ***Consumer Fraud*** (Local Law Enforcement Office)
www.ci.worthington.mn.us/public-safety
1-507-372-2136

- ***Elder Abuse – Senior LinkAge Line®***
www.mnraaa.org
1-800-333-2433

- ***Minnesota Ombudsman for Long Term Care***
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
1-507-295-5213

- ***Nobles County Sheriff***
www.co.nobles.mn.us/departments/sheriffsoffice.aspx
1-507-295-5400

- ***Southern MN Regional Legal Services***
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
  1-507-295-5213

HOME HEALTH CARE

- see section "Who Can Help Me At Home"

Hospice Care

- ***Compassionate Care Hospice***
  www.cchnet.net
  1-507-372-7003 or 1-877-372-7003
- ***Sanford Hospice***
  www.sanfordworthington.org
  1-507-372-7770 or 1-866-655-1017

HOSPITALS

- ***Sanford Worthington***
  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
  1-605-336-3230 or 1-866-687-7382

MENTAL HEALTH CONCERNS

- ***Catholic Charities***
  www.catholiccharitiesusa.org (National) www.ccwinona.org (Local)
  1-507-376-9757
- ***Prairie Rose Counseling Center***
  www.wgtn.net/gp/prairierose.htm
  1-507-376-4732
- ***Southwestern Mental Health Center, Worthington***
  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
  1-507-372-2921 or 1-800-881-1473
- ***Sanford Adrian Clinic***
  www.sanfordhealth.org/locations/community/adrian.mn
  1-507-483-2668
- ***Sanford Luverne Clinic***
  www.sanfordluverne.org
  1-507-283-4476
- ***Sanford Worthington Clinic***
  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
1-800-582-5152

- ***Bereavement Support Group***
1-507-836-8569

- ***Crisis Center - Southwest Crisis Center***
www.mrswcc.com
1-507-376-4311 or 1-800-376-4311

- ***Diabetes Support Group Avera Medical Group, Worthington***
www1.avera.org/amck/regionalfacilities/worthingtonspecialtyclinic
1-507-372-2921

- ***Grief Support Group***
www.sanfordworthington.org
1-507-372-7770 or 1-866-655-1017

- ***Grief in the Holidays***
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
1-507-376-4141 or 1-800-642-1525

- ***Memory Loss Caregiver Support Group - Crossroads Care Center***
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
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
1-507-483-2580

- ***Crossroads Care Center – Worthington***
Skilled nursing care, rehabilitation, memory care unit, & hospice
www.worthingtonnursinghomes.com
1-507-376-5312

CONSUMER GUIDE TO NURSING HOMES

- ***Senior LinkAge Line®***
www.mnraaa.org
1-800-333-2433

- ***Lakeside Prairie Rehab at South Shore***
Short-term rehabilitation
www.worthingtonnursinghomes.com
1-507-376-3175

- ***Medicare Nursing Home Compare***
Internet Guide to Nursing Homes Nationwide
www.medicare.gov

- ***MN Department of Human Services***
Comparison of Nursing Home Rates
www.nhdb.dhs.state.mn.us/agingnh/Search.asp

- ***Parkview Manor – Ellsworth***
Skilled nursing care, rehabilitation, home delivered meals
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
1-507-376-3175

RESPITE CARE - OUT OF HOME

- ***Adrian Country Living Cottages***
www.adriancountrylivingnursinghome.com
1-507-483-2511

- ***Sanford Worthington***
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
  1-507-483-2580
- ***Ecumen Meadows – Worthington***
  www.ecumenmeadows.org
  1-507-372-7838
- ***Golden Horizons – Worthington***
  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
  1-507-372-4551

ADULT FOSTER CARE

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

LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.™

Jessica Noble
1244 Oxford Street
Worthington, MN
Bus: 507-372-2141
www.jessnoble.com

State Farm™

THE FORD LAW OFFICE, L.L.C.
Estate Planning & Elder Law

HANNON T. FORD
507-831-4400

Put a little sunshine in your life!

Sunshine Apartments offers spacious and affordable 1 bedroom apartments for seniors (62+) or disabled/regardless of age.

- Secure building with on-site staff.
- Beautiful Community Room for resident use.
- Rental Assistance may be available for qualified residents.
- Section 8 Housing Choice Vouchers accepted

Sunshine Apartments
1620 Clary Street • Worthington, MN
507-372-4000 • TDD #1-800-627-3529
sunshineapartments1620@gmail.com
This institution is an equal opportunity provider.

ENRICH · ENGAGE · INSPIRE
DISTRICT 518 COMMUNITY EDUCATION
www.isd518.net/commed
(507) 376-6105

REFLECTIONS AT CROSSROADS

Memory Care

Yesterday is already a dream and Tomorrow is only a vision, But TODAY well lived makes every yesterday a dream of happiness and every tomorrow a vision of HOPE.

Offers you peace of mind, knowing your loved one is in an environment surrounded by staff who provide around-the-clock care and is supportive of your loved ones interests.

HANDS AND HEARTS WHO CARE

CROSSROADS Care Center

965 MCMILLAN STREET

965 McMillan Street
Worthington, MN 56187
507-376-5312

Lakeside Prairie Rehab at South Shore

A Short Term Transitional Care Unit designed to help people of all ages recovering from an injury or illness return home as quickly as possible!

Lakeside Prairie Rehab at South Shore is a Transitional Care Unit designed for patients whose goal is to return to their home in a short period of time. The average length of stay is 10 to 35 days during which the patient is provided with therapy services, usually twice a day, five days per week, Greater than 80% of patients discharged from the TCU return to their former level of living.

Patients will benefit from the skilled attention they will receive. Our clinical staff are specifically trained in individualized care management to maximize patient outcomes and ensure a smooth transition home.

Our highly skilled clinical staff will provide the following services, on site:

• *Physical Therapy* • *Occupational Therapy*
• *Hand Therapy* • *Speech Therapy* • *Stroke Rehabilitation*
• *Cognitive Therapy* • *Pain Management* • *Wound Care*
• *IV Therapy* • *Restorative Nursing*

Partners in Caring for over 20 years

SOUTH SHORE Care Center

Prairie REHAB & FITNESS

South Shore Care Center &
Lakeside Prairie Rehab at South Shore
1307 South Shore Drive, PO Box 69
Worthington, MN 56187

DREALAN KVILHAUG HOEFKER & CO., P.A.
Certified Public Accountants & Consultants

ELDERCARE SERVICES
ESTATE PLANNING
TAX PLANNING & PREPARATION

909 Fourth Avenue, Worthington, MN
507-376-4151
www.tdkcpa.net

Worthington
AREA FOUNDATION
An Affiliate of Southwest Initiative Foundation

Many people want to leave the world a better place. One way to accomplish this is to leave a legacy through a charitable bequest. Worthington Area Foundation offers a variety of giving options to meet your unique philanthropic goals.

www.wgtnareafoundation.org • Worthington, MN 56187
wgtnareafoundation@gmail.com

OTHER HOUSING OPTIONS

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

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.

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 facilitates 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.

TRANSPORTATION — GETTING THERE AND BACK

INDIVIDUAL RIDES

- ***Nobles County Heartland Express Prairieland Transit*** Reduced Fare
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
1-507-847-2632

PUBLIC TRANSIT

- ***Nobles County Heartland Express Prairieland Transit***
www.smoc.us
1-507-372-4444

- ***Medical Non-Emergency Transportation Medi Van, Worthington***
1-507-372-5787

- ***Peoples Express***
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
1-507-295-5264

DRIVER SAFETY

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

IF I HAVE QUESTIONS ABOUT MONEY

EMPLOYMENT

- ***Senior Employment Program (SMOC)***
www.smoc.us
1-504-376-4195 or 1-800-658-2444

- ***Southwest Minnesota Private Industry Council – Workforce Center***
www.swmnpic.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
1-800-333-2433

MONEY MANAGEMENT

- ***Better Business Bureau***
www.bbb.org
1-651-699-1111

- ***Consumer Credit Counseling Lutheran Social Services***
www.lssmn.org
1-888-577-2227

- ***Consumer Fraud Worthington Police Department***
www.ci.worthington.mn.us/public-safety
1-507-372-2136

- ***Lutheran Social Services Financial Counseling Services***
www.lssmn.org/debt
1-651-642-5990 or 1-800-582-5260

- ***Minnesota Extension Service – Nobles County***
www.extension.umn.edu/county/nobles
1-507-295-5313

- ***Nobles County Community Services***
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
1-507-372-7368 or 1-800-233-0023

- ***Drealan Kvilhaug Hoefker & Co PA***
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
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.

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
1-507-295-5262
- ***Assisted Living***
See section "Places to Live - Housing Options"
- ***Catholic Charities***
www.catholiccharitiesusa.org (National)
www.ccwinona.org (Local)
1-507-376-9757
- ***Center for Active Living***
www.centerforactiveliving.com
1-507-376-6457
- ***Churches***
see telephone book Yellow Pages under "Churches"
- ***Compassionate Care Hospice***
www.cchnet.net
1-877-372-7003 or 1-507-372-7003
- ***Foster Grandparents & Senior Companion Program***
www.lssmn.org/seniorcorps
1-507-337-0382
- ***Helping Hand Pregnancy Center***
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.loveincwgtn.org
1-507-727-7291
- ***Lutheran Social Services***
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
1-507-326-5017 or 1-507-295-5262
- ***Sanford Hospice***
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
1-800-333-2433

- ***SW MN Opportunity Council***
www.smoc.us
1-507-376-4195 or 1-800-658-2444

- ***Worthington Community Education***
www.isd518.net/commed
1-507-376-6105

- ***Worthington Hospital Auxiliary***
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 SHELVES

- ***Manna Food Pantry, Inc.***
Located at Westminster Presbyterian Church
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

FOOD STAMPS/FOOD SUPPORT

- ***Nobles County Community Service***
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
1-507-372-2921 or 1-800-881-1473

- ***Dietitian – Sanford Worthington***
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
1-507-295-5313

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

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
1-507-295-5262
- ***Senior Companion***
1-507-337-0382

EMERGENCY ALERT SYSTEMS

- ***Alert One***
www.alert-1.com
1-866-581-4540
- ***Life Aid – Sterling Drug Medical Alert***
www.sterlingdrug.com
- ***Lifeline***
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
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 Management.aspx
1-507-295-5212
- ***Poison Control Center***
www.aapcc.org
1-800-222-1222
- ***Salvation Army***
1-507-372-2136
- ***Southwest Crisis Center***
www.mnswcc.com
1-507-376-4311
- ***Southwest Women's Shelter, Women's Rural Advocacy Program, Marshall***
www.letswrap.com
1-800-639-2350
- ***Suicide Hotline***
www.suicide.org/hotlines/minnesota-suicide-hotlines.html
1-800-784-2433

FUEL ASSISTANCE, WEATHERIZATION

- ***Southwestern Minnesota Opportunity Council (SMOC)***
  www.smoc.us
  1-507-376-4195 or 1-800-658-2444

HOME HEALTH SERVICES

- ***Baywood Home Care***
  www.baywoodhomecare.com
  1-507-764-4133
- ***Caring and Compassionate Care***
  www.caringandcompassionate.com
  1-507-343-0077
- ***Habilitative Services***
  www.habsvinc.com
  1-507-662-5236
- ***Sanford Luverne Medical Center***
  www.sanfordluverne.org
  1-507-283-2321
- ***Sanford Worthington Medical Center***
  www.sanfordworthington.org
  1-507-372-2941
- ***Health Sense***
  www.healthsense.com
  1-800-576-1779

HOME HEALTH CARE SERVICES – PERSONAL CARE ATTENDANTS AND HOMEMAKERS

- ***Good Samaritan Community Care***
  www.good-sam.com
  1-800-870-3885
- ***Habilitative Services, Inc.***
  www.habsvinc.com
  1-507-662-5236
- ***International Quality Home Care***
  www.alphaiqh.com
  1-507-372-2929
- ***Prairie River Home Care***
  www.prhomecare.com/marshall-mn
  1-507-532-2264 or 1-800-659-8905
- ***Sanford Worthington Medical Center***
  www.sanfordworthington.org
  1-507-372-2941

HOSPICE

- ***Compassionate Care Hospice***
  www.cchnet.net
  1-507-372-7003 or 1-877-372-7003
- ***Sanford Hospice***
  www.sanfordworthington.org
  1-507-372-7770 or 1-866-655-1017
- ***Sunset Cottage***
  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
  1-800-333-2433
- ***Nobles County Community Services, Family Services***
  www.co.nobles.mn.us/Departments/Community Services/FamilyServices.aspx
  1-507-295-5213
- ***Meals*** - see section "Food – Getting It and Paying For It"

MEDICAL EQUIPMENT

- ***Disabled American Veterans***
  www.dav.org or www.davmn.org
  1-651-291-1212
- ***Rental – Veteran's Service Officer***
  www.co.nobles.mn.us/Departments/VeteransServices.aspx
  1-507-295-5292
- ***Sanford Home Medical***
  www.sanfordworthington.org
  1-507-376-9699
- ***Sterling Drug***
  www.sterlingdrug.com
  1-507-372-7533

PALLIATIVE CARE

- ***Compassionate Care Hospice***
  www.cchnet.net
  1-507-372-7003 or 1-877-372-7003
- ***Sanford Hospice***
  www.sanfordworthington.org
  1-507-372-7770 or 1-866-655-1017
- ***Sunset Cottage***
  www.sanfordworthington.org
  1-507-372-7770 or 1-866-655-1017

RESPITE CARE – RELIEF FOR PRIMARY CAREGIVERS – IN HOME

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

SERVICES FOR THE DISABLED

- ***Arc Southwest***
  www.arcmnsw.com
  1-507-345-4223 or 1-866-502-4082
- ***Southwestern Center for Independent Living***
  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
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
1-800-272-3900
- ***Nobles Cooperative Electric***
www.noblesce.coop
1-507-372-7331
- ***Veteran's Service Officer***
www.co.nobles.mn.us/departments/veteransservices.aspx
1-507-295-5292
- ***Disabled American Veterans***
www.dav.org or 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.

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

IMPORTANT NUMBERS TO REMEMBER

Worthington Regional
HEALTH CARE FOUNDATION, INC.
1121 3RD AVENUE · WORTHINGTON
507-372-2919 · WWW.WRHCF.COM

WORTHINGTON REGIONAL HEALTH CARE FOUNDATION PROMOTES, FACILITATES AND SUPPORTS THE HEALTH, WELLNESS AND EDUCATIONAL NEEDS OF RESIDENTS IN THE WORTHINGTON AREA.

IMPORTANT NUMBERS TO REMEMBER