

# Brown County Area

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# Senior Services Directory

United Way of the  
Brown County Area

United  
Way



This Resource Directory represents the first effort of collecting and organizing the many services provided by agencies throughout the county. Every effort was made to locate as many as possible. If something has been omitted please contact United Way of the Brown County Area. Our next effort will be placing the directory on strategic websites, with the United Way serving as the primary host; to organize presentations at informational forums; and to have directories available at key locations.

Some of the area's key providers referenced in this directory are listed below.

Oak Hills Living Center  
New Ulm Medical Center and Allina Hospital  
Brown County Human Services  
CAST and CASTLE  
New Ulm EDA (New Ulm's housing authority)  
United Way of the Brown County Area

This publication is a project of the Senior Needs Collaborator Committee (Allina, Brown County Human Services, CAST, New Ulm EDA, Oak Hills and United Way)

For additional copies of this publication please contact:  
**United Way of the Brown County Area, Inc.**  
PO Box 476, New Ulm, MN 56073  
phone: 507-354-6512  
website: [unitedwaybrowncountyarea.org](http://unitedwaybrowncountyarea.org)

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# Adult Day Services

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## **Volunteers of America**

*Daytime social activities and respite care program (Mon-Fri)*

**Bright Days at Sleepy Eye Adult Day Services**, 313 4th Ave SE, Sleepy Eye

Phone: 507-794-5600

website: [brightdaysatsleepyeye.org](http://brightdaysatsleepyeye.org)

## **MRCI EASE Program**

Day Service Support– EASE

phone: 507-386-5600

website: [mymrci.org](http://mymrci.org)

# Advance Care Planning

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## **New Ulm Medical Center**, Social Worker

*Can complete online then make appointment with social worker to review.*

1324 5th Street North, New Ulm, MN 56073

phone: 507-217-5078, Appt: 507-217-5011

website: [newulmmedicalcenter.com](http://newulmmedicalcenter.com)

# Affordable Housing

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## **Broadway Haus Apartments** (40 subsidized units)

300 North Broadway Street, New Ulm, MN 56073

phone: 507-359-8227

## **Cottonwood Ridge Apartments on St. John's Campus**

*24 units Income based for 62+*

712 East Cottonwood Street, Springfield, MN 56087

phone: 507-723-4500

## **Halter Common Apartments** (multi-family)

1915 North Spring Street, New Ulm, MN 56073

Phone: 800-676-6505

website: [lifestyleinc.net](http://lifestyleinc.net)

**New Ulm EDA Housing** phone: 507-359-8227

**Sleepy Eye EDA** phone: 507-794-5636

# Affordable Housing

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## **Emerson Union** (income based)

15 N. State Street, New Ulm, MN 56073

Phone: 507-359-3480

website: lloydmanagementinc.com

## **Hanska Haus** (elderly& multi-family)

*Must be 62+ or disabled to qualify*

102 1st Street W, Hanska, MN 56041

Phone: 507-451-8524

## **Linderhof Park Apartments** (subsidized)

1100 16th Street North, New Ulm, MN 56073

Phone: 507-354-5964

website: rentwitholiver.com

## **Riverview Estates Townhomes** (low income)

2412-2418 North Broadway, New Ulm, MN 56073

Phone: 507-359-2694 or 320-212-8524

website: riverviewapartmentliving.com

## **Ross Park Apartments** (subsidized)

313 4th Avenue SE, Sleepy Eye, MN 56085

phone: 507-794-5101

## **Security Management -Downtown Estates, River Bluffs-Springfield**

phone: 507-327-2172

## **Skyline Terrace**

2107 Highland Ave , New Ulm, MN 56073

Phone: 507-354-0312

Website: lloydmanagementinc.com

## **St. Michael's Apartments**

*Income based for 62+ and adults with disabilities*

500 North State Street, New Ulm

phone: 507-354-4017

## **Sunset Apartments** (subsidized)

1610 Sunset Avenue, New Ulm, MN 56073

phone: 507-354-6617

## Affordable Housing

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### **Sunrise Manor** (subsidized)

500 Remmele Street SW, Sleepy Eye, MN 56085

Phone: 507-794-9631

website: [properties.commonbond.org](http://properties.commonbond.org)

### **Cedar Manor Apartments - Life Style Inc.** (16 subsidized units)

10 West Maple Street SW Springfield, MN 56087

phone: 800-676-6505

website: [lifestyleinc.net/cedarmanor.asp](http://lifestyleinc.net/cedarmanor.asp)

## Assisted Living/Customized Living Services

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### **Ridgeway on 23rd**

720 23rd North, New Ulm, MN 56073

phone: 507-354-7000

website: [ridgewaynewulm.org](http://ridgewaynewulm.org)

### **Ridgeway on German**

715 South German Street, New Ulm, MN 56073

phone: 507-354-7400

website: [ridgewaynewulm.org](http://ridgewaynewulm.org)

### **Orchard Hills Catered Living**

1223 Karl Drive, New Ulm, MN 56073

phone: 507-354-2159

website: [wtohddevelopment.com](http://wtohddevelopment.com)

### **Oak Hills Assisted Living Center**

1314 8th North Street, New Ulm, MN 56073

phone: 507-359-3100

website: [oakhillsnewulm.com](http://oakhillsnewulm.com)

### **Oakview Apartments** (16 subsidized units)

*at Oak Hills Living Center*

1316 8th North Street, New Ulm, MN 56073

Phone: 507-233-0818

website: [oakhillsnewulm.com](http://oakhillsnewulm.com)

## Assisted Living/Customized Living Services

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### **Countryside Retirement Community**

1100 First Avenue South , Sleepy Eye, MN 56085  
phone: 507-794-3200

### **Sleepy Eye Area Home Health at Ross Park**

Office - 1100 1st. Ave. South, Sleepy Eye, 56085  
phone: 507-794-3594

### **The Maples at St. John**

301 South County Road 5, Springfield, MN 56087  
phone: 507-723-3250  
website: sjlhome.com

### **Woodstone Senior Living Community**

2020 Meyer Drive, New Ulm, MN 56073  
phone: 507-359-3355  
website: woodstoneseniorliving.com/new-ulm

## Downsizing/Relocation Services

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### **Southern Minnesota Moving Company**

phone: 507-276-5821

## Education Opportunities

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### **AARP Smart Driver Safety Course**

This once a month 4 hour refresher course is usually every fourth Wednesday morning. Call for more information.  
phone: 507-354-3212

### **CASTLE Lifelong Learning**

New Ulm Community Center - 600 North German Street, New Ulm, MN  
phone: 507-354-3212  
website: newulmseniors.org

### **Community Education**

New Ulm 507-233-8307  
Sleepy Eye 507-794-7873  
Springfield 507-723-4284

# Education Opportunities

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## Libraries

New Ulm 507-359-8331  
Sleepy Eye 507-794-7655  
Springfield 507-723-3510  
Hanska 507-439-6248  
Comfrey 507-877-6600

## The Grand Center for Arts

210 North Minnesota Street, New Ulm, MN 56073  
phone: 507-359-9222  
website: [thegrandnewulm.com](http://thegrandnewulm.com)

## Financial Resources *(assistance in enrolling)*

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### Brown County Human Services

MA (Medical Assistance), SNAP/Food Support, Emergency Assistance  
1117 Center Street, New Ulm, MN 56073  
phone: 507-359-6500 or 1-800-450-8246  
website: [co.brown.mn.us](http://co.brown.mn.us)

### CLUES

MNSure enrollment for Hispanic individuals  
email: [info@clues.org](mailto:info@clues.org)  
phone: 952-378-7989 website: [clues.org](http://clues.org)

### LSS Financial Counseling

Financial counseling services include Budget Counseling, Credit Report Reviews, Debt Management Plans, Student Loan Repayment Counseling, Housing and Reverse Mortgage Counseling.  
phone: 888-577-2227 for a free appointment  
website: [LSSFinancialCounseling.org](http://LSSFinancialCounseling.org)

### Minnesota Valley Action Council

Energy Assistance, Senior Employment Program,  
SNAP (Supplemental Nutrition Assistance Program) outreach specialist  
1618 S. Broadway, New Ulm, MN 56073 (Workforce Center)  
phone: 507-354-3138 or 1-800-767-7139  
website: [mnavac.org](http://mnavac.org)



## **Financial Resources** *(assistance in enrolling)*

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### **Senior Linkage Line**

Health Insurance/ Medicare Counseling  
phone: 800-333-2433  
website: [mn.gov/senior-linkage-line](http://mn.gov/senior-linkage-line)

### **New Ulm Medical Center**

*Certified MNSure Application Counselor*  
1324 5th Street North, New Ulm, MN 56073  
phone: 507-217-5000  
website: [newulmmedicalcenter.com](http://newulmmedicalcenter.com)

## **Fitness**

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### **Anytime Fitness**

512 1st South Street, New Ulm, MN 56073  
phone: 507-354-0700 website: [anytimefitness.com](http://anytimefitness.com)

### **Anytime Fitness**

128 Main Street East, Ste. B, Sleepy Eye, MN 56085  
phone: 507-794-2424 website: [anytimefitness.com](http://anytimefitness.com)

### **Anytime Fitness of Springfield**

220 East Maple Street, Springfield, MN 56087  
phone: 507-723-8199 website: [anytimefitness.com](http://anytimefitness.com)

### **New Ulm Recreation Center**

122 South Garden Street, New Ulm, MN 56073  
phone: 507-359-8347 website: [ci.new-ulm.mn.us](http://ci.new-ulm.mn.us)

### **Snap Fitness**

319 North Front Street, New Ulm, MN 56073  
phone: 507-359-8888 website: [snapfitness.com](http://snapfitness.com)

### **Healthways SilverSneakers® Fitness Program**

Designed especially for older adults who want to improve their strength, flexibility and endurance. Involvement in the program encourages members to make healthy choices and commit to making physical activity a part of their lives. For more information contact one of the participating locations listed in this publication.

# Home Health Agencies: Nursing Staff, Home Health Aids, Homemakers/Chore Services

*\* Medicare Certified Agencies*

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## **Aging Services for Communities** (*homemaker only*)

phone: 507-364-5663

website: [aging-services.org](http://aging-services.org)

## **\*Allina Home Care and Hospice New Ulm Medical Center**

phone: 507-217-5555

website: [newulmmedicalcenter.com](http://newulmmedicalcenter.com)

## **Carris Health—Redwood Falls**

Redwood Pavillion, 1110 E Bright Street, Redwood Falls, MN 56283

Phone: 507-637-4579

## **Divine Home Care**

321 East Chestnut, Redwood Falls, MN 56283

phone: 507-637-2600

Website: [divinehomecare.com/redwoodfalls.office](http://divinehomecare.com/redwoodfalls.office)

## **Golden Home Care Plus, Inc.-New Ulm**

phone: 507-359-2756

website: [ghcpinc.com](http://ghcpinc.com)

## **\*Good Samaritan Society - St. Peter** (*serves only New Ulm in Brown County*)

phone: 866-931-0949

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

## **International Quality Home Care**

1750 Commerce Drive, North Mankato, MN 56001

phone: 877-461-4742

Website: [internationalquality.com](http://internationalquality.com)

## **Leading Choice Home Helpers** (private pay)

657 3rd Ave NW, Sleepy Eye, MN 56085

phone: 507-766-5150 or 507-227-1497

## **LSS Respite Services** (In Home)

phone: 800-488-4146

website: [caregiversupportandrespite.org](http://caregiversupportandrespite.org)

# Home Health Agencies: Nursing Staff, Home Health Aids, Homemakers/Chore Services

*\* Medicare Certified Agencies*

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## **LDR Home Care**

313 4th Street, Courtland, MN 56021  
phone: 507-359-3510  
website: ldrhomecare.com

## **MBW Company Home Care Services (No elderly waivers)**

1200 South Broadway, New Ulm, MN 56073  
phone: 507-354-3808  
website: mbwcompany.com

## **MN Comfort Care, LLC.**

119 Main Street East, Sleepy Eye, MN 56085  
phone: 507-227-2798  
Website: MNComfortCare.com

## **MBW Company Home Care & Support Services (private pay)**

phone: 507-233-3030

## **Prairie Senior Cottages of New Ulm Respite Care**

1304 Birchwood Drive, New Ulm, MN 56073  
phone: 507-359-3520  
website: prairieseniorcottages.com

## **Sleepy Eye Area Home Health (only at Countryside and Ross Park)**

1100 1st Avenue South, Sleepy Eye, MN 56085  
phone: 507-794-3594

## **Visiting Angels (private pay)**

15 S. Minnesota Street, New Ulm, MN 56073  
phone: 877-618-4748 or 507-388-6610  
website: visitingangels.com/mankato

# Hospice Care

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## **Allina Home Care and Hospice New Ulm Medical Center**

phone: 507-217-5555

website: [newulmmedicalcenter.com](http://newulmmedicalcenter.com)

## **Compassionate Care Hospice-Worthington**

phone: 877-372-7003

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

## **Redwood Falls Hospice Care**

phone: 507-637-4500

website: [redwoodareahospital.org](http://redwoodareahospital.org)

## **Divine Hospice Care**

321 East Chestnut Street, Redwood Falls, MN 56283

phone: 507-637-2600

Website: [divinehomecare.com/redwoodfalls.office](http://divinehomecare.com/redwoodfalls.office)

## **St. Croix Hospice-Mankato**

phone: 507-779-7227

website: [stcroixhospice.com](http://stcroixhospice.com)

# Information & Reporting Services

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## **Brown County Human Services**

1117 Center Street, New Ulm, MN 56073

phone: 507-359-6500 or 1-800-450-8246

website: [co.brown.mn.us](http://co.brown.mn.us)

## **Minnesota Adult Abuse Reporting Center**

State-wide common entry point available 24/7

phone: 844-880-1574

website: [mn.gov/dhs/reportadultabuse](http://mn.gov/dhs/reportadultabuse)

## **MinnesotaHelp.info**

Online information links for seniors

website: [MinnesotaHelp.info](http://MinnesotaHelp.info)

# Information & Reporting Services

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## **Senior Linkage Line 1-800-333-2433**

FREE information and referral service for your connection to senior services near you.

## **United Way of the Brown County Area, Inc.**

301 20th Street South, New Ulm, MN 56073  
phone 507-354-6512  
website: [unitedwaybrowncountyarea.org](http://unitedwaybrowncountyarea.org)

# In-Home Services

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## **Kut-n-Kruse (toe nail trimming in the comfort of your own home)**

LuAnn Kruse  
phone: 507-828-3613

# Meals/Food Assistance/Grocery Delivery

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## **Area Food Shelves**

New Ulm: 507-354-7668  
Sleepy Eye: 507-794-7130  
Springfield: 507-723-3663  
Morgan: 507-249-3822

## **Nutrition Assistance for Seniors (NAPS)**

Monthly commodity boxes  
phone: 800-365-0270

## **Lutheran Social Services - Nutrition Services (Meals on Wheels) (home-delivered and on-site dining)**

New Ulm 507-359-2243 or 866-985-8515  
Comfrey 507-877-2209 (home-delivery only)  
Springfield 507-723-3444  
Sleepy Eye 507-794-7296  
website: [lssmn.org/nutrition](http://lssmn.org/nutrition)

## **Second Harvest Heartland**

SNAP outreach specialist  
phone: 507-514-3535

# Meals/Food Assistance/Grocery Delivery

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## **SNAP-Supplemental Nutrition Assistance Program**

Brown County Human Services (SNAP application assistance)

1117 Center Street, New Ulm, MN 56073

phone: 507-359-6500 or 1-800-450-8246

website: [co.brown.mn.us](http://co.brown.mn.us)

website: [feedingamerica.org/SNAP](http://feedingamerica.org/SNAP)

## **Gutes Essen Deli & Catering (freezer meals)**

Oak Hills Living Center, 1314 8th Street North, New Ulm, MN 56073

Phone: 507-233-0814

Website: [gutesessendeliandcatering.com](http://gutesessendeliandcatering.com)

## **Homestyle Direct Meals**

866-735-0921

website: [homestyledirect.com](http://homestyledirect.com)

## **Mom's Meals (home-delivered meals)**

phone: 877-508-6667

website: [momsmeals.com](http://momsmeals.com)

**Sister's Home Style Entrees:** Home-delivered frozen meals

Phone: 515-332-1928

Website: [www.sistersentrees.com](http://www.sistersentrees.com)

## **Grocery Delivery**

*The following grocery stores offer in-town delivery with a charge.*

*Call store for details.*

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### **Cash Wise**

Deliveries on Wednesdays

1220 Westridge Road, New Ulm, MN 56073

phone: 507-354-2717

website: [cashwise.com](http://cashwise.com)

### **Hy Vee Food Stores**

2015 South Broadway, New Ulm, MN 56073

phone: 507-354-8255

website: [hy-vee.com](http://hy-vee.com)

## **Grocery Delivery**

*The following grocery stores offer in-town delivery with a charge.  
Call store for details.*

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### **Jim's Market**

101 West Central Street, Springfield, MN 56087

phone: 507-723-4175

website: [www.jims-market.com](http://www.jims-market.com)

### **Schutz Family Foods**

Deliveries on Thursdays to assisted living facilities

900 Main Street East, Sleepy Eye, MN 56085

phone: 507-794-5211

website: [schutzfamilyfoods.com](http://schutzfamilyfoods.com)

## **Medical Equipment & Supply Providers**

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### **ActivStyle-Minneapolis**

phone: 612-520-9333 or 800-651-6223

website: [activstyle.com](http://activstyle.com)

### **Adapt Health Minnesota**

Monday-Friday 8am-5pm by appointment only

1601 South Broadway, New Ulm, MN 56073

phone: 507-217-5585, CPAP Supplies: 877-224-1067

website: [adapthealth.com/Minnesota/new-ulm](http://adapthealth.com/Minnesota/new-ulm)

### **Corner Home Medical**

125 North Minnesota Street, New Ulm, MN 56073

phone: 507-228-8100

### **Carris Health-Redwood Falls**

1 Caringway, Redwood Falls, MN 56283

phone: 507-637-2985

website: [carrishealth.com](http://carrishealth.com)

### **SMILES Assistive Technology and Ramps**

Phone: 507-345-7139

Email: [hrosten@smilescil.org](mailto:hrosten@smilescil.org)

# Medical Equipment & Supply Providers

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## **DAV Chapter 15**

Pre-owned, no cost equipment, Open Wed 9am-12pm  
1522 South Valley Street, New Ulm, MN 56073  
Phone: 507-276-2338

## **Handi Medical**

1400 Madison Avenue, Suite 618, Mankato, MN 56001  
Phone: 507-779-7560

## **The Ecumen Store**

600 South Riverfront Drive, Mankato, MN 56001  
Phone: 507-385-8582 or 844-385-8582  
Website: [ecumenstore.org](http://ecumenstore.org)

# Memory Care/Alzheimer's Facility

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## **Prairie Senior Cottages**

1304 Birchwood Drive, New Ulm, MN 56073  
phone: 507-359-3420  
website: [prairieseniorcottages.com](http://prairieseniorcottages.com)

## **Reflections at Ridgeway on German**

715 South German Street, New Ulm, MN 56073  
phone: 507-354-7400  
website: [ridgewaynewulm.org](http://ridgewaynewulm.org)

## **Reflections at Ridgeway on 23rd**

720 23rd Street North, New Ulm, MN 56073  
phone: 507-354-7000  
website: [ridgewaynewulm.org](http://ridgewaynewulm.org)

## **Sleepy Eye Care Center Nursing Facility**

1105 3rd Avenue SW, Sleepy Eye, MN 56085  
phone: 507-794-7995

## **St. John Lutheran Home Nursing Facility**

201 South County Road 5, Springfield, MN 56087  
phone: 507-723-3200  
website: [www.sjlhome.com](http://www.sjlhome.com)



# Memory Care/Alzheimer's Facility

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## **Woodstone Senior Living Community**

2020 Meyer Drive, New Ulm, MN 56073

phone: 507-359-3355

website: woodstoneseniorliving.com

## **Mental Health**

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### **Catholic Charities Diocese of New Ulm**

1421 6th Street North, New Ulm, MN 56073

Phone: 866-670-5163

website: www.dnu.org

### **South Central Crisis Center**

Mankato, MN-Serving 10 county region

**24/7 Crisis Line** 1-877-399-3040

### **Eunoia Family Resource Center**

1226 South Broadway, New Ulm, MN 56073

Phone: 507-359-2080

website: wellminded.org

### **Hoffmann Counseling Services**

1227 South Broadway, New Ulm, MN 56073

(507) 354-2444

website: www.spccmhc.org

### **New Ulm Medical Center**

1324 5th Street North, New Ulm, MN 56073

phone: 507-217-5168

website: newulmmedicalcenter.com

### **Sioux Trails Mental Health Center**

1407 South State Street, New Ulm, MN 56073

phone: 507-354-3181

website: siouxtrails.org

***Plus other private providers***

## Nursing Homes

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### **Sleepy Eye Care Center**

1105 3rd Ave SW, Sleepy Eye, MN 56085  
phone: 507-794-7995

### **St. John Lutheran Home**

201 South County Road 5, Springfield, MN 56087  
phone: 507-723-3200 website: sjlhome.com

### **Divine Providence**

700 3rd Avenue NW, Sleepy Eye, MN 56085  
phone: 507-794-3011  
website: divineprovidencehome.org

### **Oak Hills Living Center**

1314 8th Street North, New Ulm, MN 56073  
phone: 507-359-2026 website: oakhillsnewulm.com

## Personal Care Attendants (PCA Services)

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### **Golden Home Care Plus, Inc.**

6 North Minnesota Street, New Ulm, MN 56073  
phone: 507-359-2756  
website: ghcpinc.com

## Pharmacies/Prescription Delivery

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### **Allina Health New Ulm Pharmacy**

Free mailing of prescriptions, drive-thru available, no delivery  
1324 Fifth North Street, New Ulm, MN 56073  
phone: 507-217-5808  
website: newulmmedicalcenter.com

### **Cash Wise**

Free in-town delivery 7 days a week and free mailing out-of-town  
1220 Westridge Road, New Ulm, MN 56073  
phone: 507-354-2511  
website: cashwise.com

# Pharmacies/Prescription Delivery

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## Hy Vee Food Stores

Free in-town delivery Mon-Fri and free mailing out-of-town,  
drive-thru available

2015 South Broadway, New Ulm, MN 56073

phone: 507-354-9833

website: hy-vee.com

## Randy's Family Drug and Gift

Free in-town delivery Mon-Fri evenings

121 First Avenue South, Sleepy Eye, MN 56085

phone: 507-794-3631 after hours call 507-794-3436

## Thrifty White Drug

Free in-town delivery Mon-Sat, free mailing out-of-town

18 South Marshall Avenue, Springfield, MN 56087

phone: 507-723-4313

## Walgreens

Free mailing of prescriptions, drive-thru available, no delivery

608 North Broadway, New Ulm, MN 56073

phone: 507-359-8793

website: walgreens.com

## Walmart

Free mailing of prescriptions only

1720 Westridge Road, New Ulm, MN 56073

phone: 507-354-0900

website: walmart.com

# Senior Centers

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## New Ulm Senior Center

600 North German Street, New Ulm, MN

CAST 507-354-3212

## LSS Congregate Dining 507-359-2243

*Open to anyone age 60+*

New Ulm Senior Center, 600 N. German Street, New Ulm, MN 56073

website: newulmseniors.org

## Senior Centers

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### **Sleepy Eye Senior Center**

115 2nd Avenue NE, Sleepy Eye, MN 56085

phone: 507-794-5039

### **LSS Congregate Dining**

*Open to anyone age 60+*

Ross Park Apartments, 313 4th Ave SE, Sleepy Eye, MN 56085

phone: 507-794-7296

### **Springfield Senior Center-Springfield Community Building**

33 South Cass Avenue, Springfield, MN 56087

phone: 507-723-3517

## Senior Housing

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### **Highland Regency House**

*Market rate luxury apartments for 55+*

1520 Sunset Avenue, New Ulm, MN 56073

phone: 507-359-2280

website: [highlandregencyhouse.com](http://highlandregencyhouse.com)

### **Realife Cooperative of New Ulm**

1224 5th North, New Ulm, MN 56073

phone: 507-354-8080

### **Lake Villa Maria Apartments**

*Market rate independent senior living*

702 3rd Avenue NW, Sleepy Eye, MN 56085

phone: 507-794-5333

website: [divineprovidencehome.org](http://divineprovidencehome.org)

### **Riverview Homestead Cooperative of Springfield**

*Independent senior living age 55+*

401 South County Road 5, Springfield, MN 56087

phone: 507-723-5111

# Senior Needs Assessment/Rehabilitation Services

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## **Aegis Therapies**

1314 8th North Street, New Ulm, MN 56073

phone: 507-354-4142

website: aegistherapies.com

## **Brown County Human Services**

MNChoices Assessment (free health and needs assessment)

1117 Center Street, New Ulm, MN 56073

phone: 507-359-6500 or 1-800 450-8246

website: co.brown.mn.us

## **Courage Kenny Rehabilitation Institute, New Ulm Medical Center**

Driver Safety Assessment, Cognitive Assessment, Balance Assessment,

Home Safety Assessment, Older Adult Exercise , Parkinson Program

For information about the services listed above call 507-217-5173

website: newulmmedicalcenter.com

## **New Ulm Medical Center**

1324 5th Street North, New Ulm, MN 56073

Cardiac Rehabilitation 507-217-5395

Pulmonary Rehabilitation 507-5956

Medication Therapy Management 507-217-5170

website: newulmmedicalcenter.com

## **Support Groups**

*\*Times and locations subject to change. Call to confirm.*

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### **Bereavement Group - Allina Hospice, New Ulm Medical Center**

phone: 507-217-5565 website: newulmmedicalcenter.com

### **Better Breathers Group-New Ulm Medical Center**

Meets on the third Thursday of even numbered months

from 2:00 to 3:30 p.m. 3rd floor auditorium, 1324 5th Street North

phone: 507-217-5128

website: newulmmedicalcenter.com

### **Emotions Anonymous**

Meets Mondays 7:00 pm

100 North Washington Street (River Valley Church Basement)

# Support Groups

*\*Times and locations subject to change. Call to confirm.*

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## **Caregiver Discussion Group**

Held the second Wednesday each month at 10:00 a.m.

New Ulm Community Center, 600 North German Street

Sponsored by Lutheran Social Service of Minnesota

Phone: 866-974-0283 website: [caregiversupportandrespite.org](http://caregiversupportandrespite.org)

## **Caregiver Support Group**

Held the second Tuesday each month at 10:00 a.m and 6:00 p.m.

Sleepy Eye Medical Center, 400 4th Avenue, Sleepy Eye, MN

phone: 507-794-8455

website: <https://semedicalcenter.org/event/caregiver-support-group-2>

## **Compassionate Friends**

1117 Center Street, New Ulm, MN 56073

phone: 507-359-2737 or 507-359-5255

website: [compassionatefriends.org](http://compassionatefriends.org)

## **Stroke Support Group**

Second Tuesday of each month 10-11 am

New Ulm Medical Center board room

phone: 507-217-5173 ask for Wendy or Liza

## **National Alliance on Mental Illness (NAMI) Support Group**

First and third Thursday of the month, 6:30pm-7:30pm

Brown County Community Services Building, New Ulm Room

1117 Center Street, New Ulm

No registration necessary

## **Persistent Pain Support Group**

First Monday of each month 1:00-3:30 pm

And third Monday of each month 6-7:30 pm

New Ulm Medical Center Board Room

website: [allinahealth.org/newulm](http://allinahealth.org/newulm)

## **Parkinson's Support Group**

Second Monday of each month 1:30-2:30 pm

Oak Hills Living Center in the Hillside Haven meeting room

phone: 507-227-1497 or email [lindapsc@outlook.com](mailto:lindapsc@outlook.com)

# Telephone Medical Alert System

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## **Adapt Health Minnesota**

*8am—5pm by appointment only*

1601 South Broadway, New Ulm, MN 56073

phone: 507-217-5585

website: [adapthelath.com/Minnesota/new-ulm](http://adapthelath.com/Minnesota/new-ulm)

## **Dose Health**

phone: 844-300-6212

email: [info@dosemedical.com](mailto:info@dosemedical.com)

**Good Samaritan Society** 221 Park Row Street, St. Peter, MN 56082

phone: 507-931-0949 website: [good-sam.com](http://good-sam.com)

## **Heartland Security**

213 8th Avenue NW, Melrose, MN 56352

phone: 888-264-6380

website: [heartlandss.com](http://heartlandss.com)

**PAL Medical** - phone: 800-852-6575

## **QMedic**

Phone: 877-241-2244

Website: [qmedichealth.com](http://qmedichealth.com)

## **Nuvera (CareCall)**

Phone: 844-354-4111

website: [nuvera.net/care-call](http://nuvera.net/care-call)

# Transportation

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## **Brown County Heartland Express**

phone: 507-359-2717 or 1-800-707-2717

website: [co.brown.mn.us/heartland-expresstransit](http://co.brown.mn.us/heartland-expresstransit)

## **Ready to Ride Transportation**

*Non-emergency medical transportation*

217 Maxfield Street, Mankato, MN 56001

Phone: 507-779-7482

Website: [rtrmn.com](http://rtrmn.com)

## Transportation

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### **Red's Rides Cab and Shuttle Service**

Hours: 5am-2am 7 days/week

300 North Jefferson Street, New Ulm, MN 56073

phone: (507) 508-6680 or (507) 359-7433

### **Superior Mobility**

Non-emergency medical transportation

21 North Cass Avenue, Springfield, MN 56087

Telephone: 507-920-7864 website: [superiortm.com](http://superiortm.com)

### **True Transit**

phone: 800-560-1575

website: [truetransit.org](http://truetransit.org)

## Visiting Services

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### **LSS Senior Companion Program**

phone: 507-530-2295 website: [lssmn.org/seniorcorps/](http://lssmn.org/seniorcorps/)

### **SMILES - Disabled/Senior Companion Program**

1618 S. Broadway, New Ulm, MN 56073

phone: 888-676-6498 website: [smilescil.org](http://smilescil.org)

## Volunteering

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### **RSVP Retired Senior Volunteer Program**

Volunteer opportunities for seniors

website: <http://www.mnseniorcorps.org/volunteering/how/rsvp.aspx>

phone: 507-387-5586

### **Americorps Seniors (age 55+)**

Phone: 800-942-2677

Website: [americorps.gov/serve/amicorps-seniors](http://americorps.gov/serve/amicorps-seniors)

### **United Way of the Brown County Area**

phone: 507-354-6512

website: [unitedwaybrowncountyarea.org/volunteer-webform](http://unitedwaybrowncountyarea.org/volunteer-webform)



# United Way In-House Programs

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## **Free Tax Preparation Program**

(507) 276-3186

There are many barriers for the elderly, working poor, and young students in getting their taxes done each year. Time, access or understanding of how the tax system works, and most of all the lack of funds to pay someone to do their taxes are just a few of the barriers facing Brown County residents. Whatever the barrier, United Way of the Brown County Area's FREE Tax Preparation Program is here to help.

Each year, community members volunteer to become IRS Certified Tax Preparers and/or Client Facilitators to help local area citizens. This service is by appointment only. Please call 507-276-3186 to schedule your tax appointment today.

## **Brown County Day of Caring**

(507) 354-6512

The Day of Caring is an annual celebration of community volunteers giving "One Day to Help One Another". Local volunteers are matched with projects to provide "helping hands" for services that people, for different reasons, cannot do themselves. Some non-professional service projects include raking leaves, washing windows, other yard work, small painting projects and more. If you could use an extra hand with an outside project, please contact the United Way office at (507)354-6512.

## **Program Partners\***

### ***Basic Needs / Emergency Services***

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#### **American Red Cross (612)871-7676**

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

Armed forces emergency services, disaster services, bloodmobiles, health & safety services, CPR, first aid.

#### **LSS Financial Counseling (507) 625-8021**

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

Provides financial counseling & education on budgeting, credit, student loan repayment, housing counseling, Debt Management Plans, and more. Services are available for all Brown County residents. Active duty military, family members, and Veterans are welcome.

#### **The Salvation Army 1-800-456-4483**

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

Provides crisis and emergency assistance to individuals and families at their greatest point of need.

### ***Enriching Lives of Seniors***

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#### **Community and Seniors Together (CAST)/ CASTLE Lifelong Learning**

(507) 354-3212

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

Provides Lifelong Learning Program (CASTLE), Medicare, technology instruction, fitness programs and socialization opportunities.

#### **Lutheran Social Services - Senior Nutrition (507) 359-2243**

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

Provides nutritious meals and much needed social contact for individuals age 60 and over.

#### **Lutheran Social Services - Respite Care (800) 488-4146**

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

Helping caregivers provide quality care for their loved ones, while maintaining a healthy, balanced lifestyle.

*\*For a complete list of all of our Program Partners in the Brown County Area, visit our website [www.unitedwaybrowncountyarea.org](http://www.unitedwaybrowncountyarea.org)*

## **FAQ's (Frequently Asked Questions):**

Organizations which can provide answers to frequently asked questions like the examples below can be found in this resource guide.

**Q. How do I know if it is time to consider transitioning my parent or other person for whom I am responsible from their home or apartment to assisted living or a nursing home?**

A. See page 18, Senior Assessment /Rehabilitation Services.

**Q. At what point should one consider signing up or placing a name on a "wait list" for assisted living or a nursing home? And how much do they cost?**

A. Call one of the nursing homes listed on page 15.

**Q. If a senior's financial means are limited, are there other resources one can consider?**

A. See Financial Resources on pages 5 and 6.

**Q. My parent has Alzheimer's and it has regressed to the point where it is unsafe for him/her to live at home. What memory care options exist?**

A. See pages 13 and 14, Memory Care/Alzheimer's Facility.

**Q. What kinds of in-home services exist and what do they cost?**

A. See pages 7 and 8, Home Health Agencies

**Q. My situation requires me to move immediately into rental housing. How can I find what is available? If I need help with security deposit, who can I contact? Are there subsidized rentals available?**

A. See pages 1 through 3, Affordable Housing

**Q. I can no longer drive my car to get around. Besides calling a taxi-cab, what alternatives are there?**

A. See pages 20 and 21, Transportation

**Q. I have noticed that since one of my parents died, the other has become quite depressed, lonely, and not socializing like they used to. What resources exist that might help my parent cope?**

A. See page 14, Mental Health



# OAK HILLS

## LIVING CENTER

**Skilled Nursing Home for Long Term Residents,  
Short Term Rehab, Private Pay Assisted Living,  
and HUD Housing**

*Visit our website or call:*

**OakHillsnewulm.com / 507-233-0800**

**Catering Services available on site by *Gutes Essen*  
for meetings, weddings, and large groups**