

# Brown County Area

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# Senior Services Directory

United Way of the  
Brown County Area, Inc.



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

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# Adult Day Services

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## **Volunteers of America**

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

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

New Ulm 507-359-3377 Oak Hills Living Center

Sleepy Eye 507-794-5600 Sleepy Eye Care Center

## **MRCI EASE Program**

MRCI Worksource Employment and Social Enrichment Program

phone: 507-354-0238

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

# Advance Care Planning

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## **New Ulm Medical Center**

1324 5th Street North, New Ulm, MN 56073

phone: 507-217-5011

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

# Affordable Housing

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## **Broadway Haus Apartments**

300 North Broadway Street, New Ulm, MN 56073

phone: 507-359-8227

## **Halter Common Apartments**

1915 North Spring Street, New Ulm, MN 56073

Phone: 800-676-6505

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

## **Highland Regency House**

1520 Sunset Avenue, New Ulm, MN 56073

phone: 507-359-2280

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

## **Linderhof Park Apartments**

1100 16th Street North, New Ulm, MN 56073

Phone: 507-354-5964

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

# Affordable Housing

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## **Oak Hills Assisted Living Center**

1314 8th Street North, New Ulm, MN 56073  
phone: 507-233-0816 website: oakhillsnewulm.com

## **Riverview Estates Townhomes**

2412 North Broadway, New Ulm, MN 56073  
Phone: 507-359-2694 website: riverviewapartmentliving.com

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

500 North State Street, New Ulm  
phone: 507-354-4017

## **Sunset Apartments**

1610 Sunset Avenue, New Ulm, MN 56073  
phone: 507-354-6617

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

## **Sunrise Manor**

500 Remmele Street SW, Sleepy Eye, MN 56085  
Phone: 507-794-9631 website: properties.commonbond.org

## **Ross Park Apartments**

313 4th Avenue SE, Sleepy Eye, MN 56085  
phone: 507-794-5101

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

## **Cedar Manor Apartments - Life Style Inc.**

10 West Maple Street SW Springfield, MN 56087  
phone: 800-676-6505 website: lifestyleinc.net/cedarmanor.asp

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

712 East Cottonwood Street, Springfield, MN 56087  
phone: 507-723-4500

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

phone: 507-345-1290 or 800-450-7723

**Comfrey Development Group, Inc.** phone: 507-877-6301

# 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: [wtohdevelopment.com](http://wtohdevelopment.com)

## **Oak Hills Assisted Living Center**

1314 8th North Street, New Ulm, MN 56073

phone: 507-359-3100

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

## **Woodstone Senior Living Community**

2020 Meyer Drive, New Ulm, MN 56073

phone: 507-359-3355

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

## **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](http://sjlhome.com)

## **Brickstone Manor Assisted Living**

105 Court Street South, Comfrey, MN 56019

phone: 507-877-4600

# Downsizing/Relocation Services

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## **Complete Relocation** *Sandy or Jolene*

phone: 320-583-6307

website: completerelocationllc.com

## **The Picker Uppers**

phone: 507-276-3084

website: thepickeruppers.com

# 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 507-723-4286

## **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

# 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)

## **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: [ConquerYourDebt.org](http://ConquerYourDebt.org)

## **Minnesota River Area Agency on Aging**

Health Insurance Counseling

phone: 507-387-1256 or 800-333-2433

website: [mnraaa.org](http://mnraaa.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: [mnvac.org](http://mnvac.org)

## **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)

## **CLUES**

MNSure enrollment for Hispanic individuals

email: [info@clues.org](mailto:info@clues.org)

phone: 952-378-7989 website: [clues.org](http://clues.org)



## Fitness

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### **Anytime Fitness**

512 1st South Street, New Ulm, MN 56073

phone: 507-354-0700 website: anytimefitness.com

### **Anytime Fitness**

128 Main Street East, Ste. B, Sleepy Eye, MN 56085

phone: 507-794-2424 website: anytimefitness.com

### **Anytime Fitness of Springfield**

220 East Maple Street, Springfield, MN 56087

phone: 507-723-8199 website: anytimefitness.com

### **New Ulm Recreation Center**

122 South Garden Street, New Ulm, MN 56073

phone: 507-359-8347 website: ci.new-ulm.mn.us

### **Snap Fitness**

1704 Westridge Road, New Ulm, MN 56073

phone: 507-359-8888 website: 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

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

phone: 507-217-5555 website: newulmmedicalcenter.com

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

phone: 507-359-2756 website: ghcpinc.com

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

*\* Medicare Certified Agencies*

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## **\*Brown County Public Health (no homemaker service)**

1117 Center Street, New Ulm, MN 56073

phone: 507-233-6820 or 888-359-2809

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

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

phone: 866-931-0949 website: [good-sam.com](http://good-sam.com)

## **Leading Choice Home Helpers**

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

## **LDR Home Care**

313 4th Street, Courtland, MN 56021

phone: 507-359-3510 website: [johnaiken.godaddysites.com](http://johnaiken.godaddysites.com)

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

phone: 800-488-4146 website: [caregiversupportandrespite.org](http://caregiversupportandrespite.org)

## **MBW Company Home Care Services-New Ulm**

1200 South Broadway, New Ulm, MN 56073

phone: 507-354-3808 website: [mbwcompany.com](http://mbwcompany.com)

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

phone: 507-233-3030

## **\*Oak Hills Living Center Home Care-New Ulm**

1314 8th Street North, New Ulm, MN 56073

phone: 507-233-0800 website: [oakhillsnewulm.com](http://oakhillsnewulm.com)

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

1304 Birchwood Drive, New Ulm, MN 56073

phone: 507-359-3520

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

## **St. John's Home Care Services-Springfield**

201 South County Road 5, Springfield, MN 56087

phone: 507-723-3243 website: [sjlhome.com](http://sjlhome.com)

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

*\* Medicare Certified Agencies*

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## **Quality Life Home Care LLC, Inc.-New Ulm**

phone: 507-327-3195 website: qlhhc.com

## **Sleepy Eye Area Home Health**

1100 1st Avenue South, Sleepy Eye, MN 56085

phone: 507-794-3594

## **Visiting Angels**

530 North Riverfront Drive, Mankato, MN 56001

phone: 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

## **Redwood Falls Hospice Care**

phone: 507-637-4500

website: redwoodareahospital.org

## **Compassionate Care Hospice-Worthington**

phone: 877-372-7003

website: cchnet.net

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

phone: 507-779-7227

website: 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

## Information & Reporting Services

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### **Disability Hub MN 1-866-333-2466**

FREE statewide information and referral resource for Minnesotans with disabilities and chronic illnesses.

### **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)

### **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.**

622 ½ Center Street, New Ulm, MN 56073  
phone 507-354-6512  
website: [unitedwaybrowncountyarea.org](http://unitedwaybrowncountyarea.org)

## Meals/Food Assistance/Grocery Delivery

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### **Homestyle Direct Meals**

866-735-0921

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

New Ulm 507-359-2243 or 866-985-8515  
Comfrey 507-877-2209  
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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## Area Food Shelves

New Ulm: 507-354-7668

Sleepy Eye: 507-794-7130

Springfield: 507-723-4120

Morgan: 507-249-3822

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

phone: 877-508-6667 website: momsmeals.com

## Nutrition Assistance for Seniors (NAPS)

Monthly commodity boxes

phone: 800-365-0270

## 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

website: feedingamerica.org/SNAP

# Grocery Delivery

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

## Cash Wise

Deliveries on Wednesdays

1220 Westridge Road, New Ulm, MN 56073

phone: 507-354-2717 website: cashwise.com

## Hy Vee Food Stores

2015 South Broadway, New Ulm, MN 56073

phone: 507-354-8255 website: hy-vee.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

## Jim's Market

Deliveries on Thursdays to assisted living facilities

101 West Central Street, Springfield, MN 56087

phone: 507-723-4175 website: www.jims-market.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)

## **Allina Home Oxygen & Medical Equipment**

1601 South Broadway, New Ulm, MN 56073

phone: 507-217-5585

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

## **Corner Home Medical**

phone: 507-228-8100

## **Rice Home Medical-Redwood Falls**

1020 East Bridge Street, Redwood Falls, MN 56283

phone: 507-637-2330

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

# 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/23rd.html](http://ridgewaynewulm.org/23rd.html)

## **Woodstone Senior Living Community**

2020 Meyer Drive, New Ulm, MN 56073

phone: 507-359-3355

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

## Memory Care/Alzheimer's Facility

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### **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)

### **Vista Ridge Suites Memory Care Unit**

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

### **Eunoia Family Resource Center**

1226 South Broadway, New Ulm, MN 56073  
Phone: 507-359-2080 website: [wellminded.org](http://wellminded.org)

### **New Ulm Medical Center**

1324 5th Street North, New Ulm, MN 56073  
phone: 507-217-5168 website: [newulmmedicalcenter.com](http://newulmmedicalcenter.com)

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

1407 South State Street, New Ulm, MN 56073  
phone: 507-354-3181 website: [siouxtrails.org](http://siouxtrails.org)

**South Central Crisis Center** Mankato, MN-Serving 10 county region  
**24/7 Crisis Line** 1-877-399-3040

*Plus other private providers*

## Nursing Homes

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### **Oak Hills Living Center**

1314 8th Street North, New Ulm, MN 56073  
phone: 507-359-2026 website: [oakhillsnewulm.com](http://oakhillsnewulm.com)

## Nursing Homes

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### **Divine Providence**

700 3rd Avenue NW, Sleepy Eye, MN 56085

phone: 507-794-3011 website: [divineprovidencehome.org](http://divineprovidencehome.org)

### **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](http://sjlhome.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](http://ghcpinc.com)

### **LDR Home Care**

313 4th Street, Courtland, MN 56021

phone: 507-359-3510 website: [johnaiken.godaddysites.com](http://johnaiken.godaddysites.com)

### **Quality Life Home Care LLC, Inc.**

phone: 507-327-3195 website: [qlhhc.com](http://qlhhc.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: [newulmmmedicalcenter.com](http://newulmmmedicalcenter.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](http://cashwise.com)

### **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](http://hy-vee.com)



## Pharmacies/Prescription Delivery

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### **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

### **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

## 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  
website: newulmseniors.org

### **Sleepy Eye Senior Center**

115 2nd Avenue NE, Sleepy Eye, MN 56085  
phone: 507-794-5039  
**LSS Congregate Dining**-Ross Park Apartments, 313 4th Ave SE  
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**

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**

702 3rd Avenue NW, Sleepy Eye, MN 56085

phone: 507-794-5333

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

# Senior Needs Assessment/Rehabilitation Services

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## **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](http://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](http://newulmmedicalcenter.com)

## **Divine Providence Community Home Rehabilitation Department**

700 3rd Avenue NW, Sleepy Eye, MN 56085

phone: 507-794-3011 website: [divineprovidencehome.org](http://divineprovidencehome.org)

## **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](http://newulmmedicalcenter.com)

# Senior Needs Assessment/Rehabilitation Services

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## **Oak Hills Rehabilitation Department**

1314 8th North Street, New Ulm, MN 56073

phone: 507-233-0800 website: [oakhillsnewulm.com/service/](http://oakhillsnewulm.com/service/)

## Support Groups

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### **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](http://newulmmedicalcenter.com)

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

phone: 507-217-5565 website: [newulmmedicalcenter.com](http://newulmmedicalcenter.com)

### **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)

### **Compassionate Friends**

1117 Center Street, New Ulm, MN 56073

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

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

### **Emotions Anonymous**

Meets Mondays 7:00 pm

100 North Washington Street (River Valley Church Basement)

phone: 507-276-0323

### **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

## Support Groups

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### **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)

### **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

### **Volunteers of America Caregiver Support Group**

First Thursday of each month, Ross Park Apartments,  
Adult Day Services Room from 1pm – 2pm  
313 4th Avenue SE, Sleepy Eye, MN 56085  
phone: 507-794-5600

## Telephone Medical Alert System

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### **Allina Home Oxygen & Medical Equipment**

1601 South Broadway, New Ulm, MN 56073  
phone: 507-233-5585  
website: [newulmmedicalcenter.com](http://newulmmedicalcenter.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

## Transportation

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### **J&J Shuttle Service**

phone: 507-276-8800

## 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)

### **New Ulm Taxi**

phone: 507-354-6319

### **Superior Mobility**

Non-emergency medical transportation

21 North Cass Avenue, Springfield, MN 56087

Telephone: 507-723-5018 website: [superiortm.com](http://superiortm.com)

## 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)

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

Volunteer opportunities for seniors

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

phone: 507-387-5586

## Volunteering

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### **Get Connected**

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

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

Volunteer opportunities for seniors

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

phone: 507-387-5586

## **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 pages 15 and 16, 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 12 and 13.

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

A. See Financial Resources on page 5.

**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 page 11 and 12, Memory Care/Alzheimer's Facility.

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

A. See pages 6 through 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 and 2, Affordable Housing

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

A. See page 18, 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 pages 12, Mental Health

## Need a safe, secure way to dispose of medications?



**Place your medications in the secure collection boxes at these locations:**

**New Ulm Police Department** - Open 24/7  
15 South Washington Street, New Ulm  
507-233-6700

**Sleepy Eye Police Department** - Open 24/7  
130 2nd Ave. NW, Sleepy Eye  
507-794-3711

For more information and disposal instructions visit  
[www.usacbrowncounty.org](http://www.usacbrowncounty.org)

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)