

WABASHA COUNTY: 651-565-3351

Provides a wide range of services. These include educating people through public health efforts, providing safety & protection to the most vulnerable children and adults, providing care for addictions and mental health, and enabling people in Wabasha County to live independently.

OMBUDSMAN: 651-431-2555

Information and advocacy regarding health care, nursing homes, home care and assisted living.

SENIOR LINKAGE LINE: 800-333-2433

Information about Medicare, Prescription Drug Plans, Long-Term Care Options Counseling, Senior Housing & Referrals.

MINNESOTA ADULT ABUSE REPORTING CENTER (MAARC): 844-880-1574

Statewide common entry point available 24/7 for reporting suspected maltreatment of vulnerable adults.

THREE RIVERS COMMUNITY

ACTION: 800-277-8418

Advocates are available for 1:1 visits to help identify needs, provide information and referral to community, state, and federal services. Provide education and support to caregivers to enhance their well-being.

CONTACT YOUR ADVOCATE TODAY!

Carla Pearson, LSW

Senior Program Coordinator
800-277-8418, ext. 328

CPEARSON@THREERIVERSCAP.ORG

Rice /Western Goodhue Counties

Randi Callahan, LSW

Family Advocacy Services Specialist
800-277-8418, ext. 112

RCALLAHAN@THREERIVERSCAP.ORG

Wabasha/Eastern Goodhue Counties



1414 North Star Drive
Zumbrota, MN 55992
800-277-8418

www.threeriverscap.org

Senior Services in Wabasha County



ADULT DAY SERVICES

St. Elizabeth's Health Center: 651-565-4581

FOOD

Lake City Food Shelf: 651-345-5888

Mazeppa Food Shelf: 507-843-3800

Plainview-Elgin Food Shelf: 507-876-0112

Wabasha Food Shelf: 651-565-4531
651-565-5667

Lake City Meals on Wheels: 651-345-3321
ext. 507

Plainview-Elgin MOW: 507-534-3191

Three Rivers CAP: 507-732-7391
Home Delivered Meals serves
Mazeppa & Wabasha

Minnesota Food Helpline: 1-888-711-1151

NAPS: 877-500-8699

LEGAL

Southern MN Legal Services: 888-575-2954

HOME HEALTH CARE / HOMEMAKING / COMPANIONSHIP

ACCRA: 651-388-1010

Home Instead: 888-285-1733

Prairie River: 800-711-0509

St. Elizabeth's Health Care: 651-565-5577

Visiting Angels: 651-212-6601

HOSPICE

Heartland: 507-292-1170

Mayo Red Wing: 651-385-3410

Mayo Wabasha: 800-506-5519

St. Croix: 507-281-5700

Seasons: 507-285-1930

MEDICAL ALERT

Fairview Lifeline: 866- 827-5039

Mayo Clinic Lifeline: 507-255-6908

Personal Emergency Response: 888-303-9354

Phillips Lifeline: 855-655-4400 ext. 55081

Wabasha Lifeline: 651-565-4531

TRANSPORTATION

Faith in Action: 507-534-1244

Volunteer transportation to medical
appointments, errands & shopping

Handivan: 507-281-3600

Hiawathaland Transit: 866-623-7505

R&S Transport: 800-656-5080

Medical Rides to VA: 651-565-3864

Yellow Cab of Winona: 507-452-3331

SENIOR DINING

SEMCCAC:

Lake City: 651-345-5977

Plainview: 507-534-3802

Wabasha: 507-459-5766

SENIOR SERVICES

Elder Network: 651-565-7237

TRCA Senior Advocates: 507-732-7391

Senior Linkage Line: 800-333-2433