

GOODHUE COUNTY: 651-385-3200

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 Goodhue 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

Senior Services in Goodhue County



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

www.threeriverscap.org

ADULT DAY SERVICES

St. Bridgids: 651-388-1234

Kenyon Sunset Home: 507-789-7102

FOOD

Cannon Falls Food Shelf: 507-263-3042

All Seasons Food Shelf: 507-789-6162

Lake City Food Shelf: 651-345-5888

Pine Island Sharing Shelves: 507-356-2999

Red Wing Food Shelf: 651-388-9302

Zumbrota Food Shelf: 507-732-7330

Public Meal/Sunday Supper: 651-388-3262

Red Wing Meals on Wheels: 651-385-3434

Kenyon Meals on Wheels: 507-789-4663

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

Three Rivers CAP: 507-732-7391

Home Delivered Meals serves Cannon
Falls, Goodhue, Pine Island,
Wanamingo & Zumbrota

Minnesota Food Helpline: 1-888-711-1151

NAPS: 877-500-8699

HOME HEALTH CARE / HOMEMAKING / COMPANIONSHIP

ACCRA: 651-388-1010

Home Instead: 507-285-1700

Mayo Lake City/Red Wing: 651-385-3410

Prairie River: 800-711-0509

Visiting Angels: 800-365-4189

HOSPICE

Heartland: 507-292-1170

Mayo Red Wing: 651-385-3410

St. Croix: 507-281-5700

Seasons: 507-285-1930

LEGAL

Southern MN Legal Services: 888-575-2954

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

TRANSPORTATION

Ace Cab – Cannon Falls: 507-533-5678

Faith in Action: 651-327-2400

Volunteer transportation to medical
appointments, errands & shopping

Handivan: 507-281-3600

Hiawathaland Transit: 866-623-7505

Pine Island Home Services: 507-356-2999

R&S Transport: 800-656-5080

Red Wing Mobility: 651-388-9215

Shepherd Center: 507-263-2136

Taxi Company of Red Wing: 651-385-8294

Medical Rides to VA: 651-385-3256

SENIOR DINING

SEMCAC:

Cannon Falls: 507-263-3956

Kenyon: 507-864-8231

Lake City: 651-345-5977

Pine Island: 507-356-2228

Red Wing: 651-388-9875

Zumbrota: 507-732-5086

SENIOR SERVICES

TRCA Senior Advocates: 507-732-7391

Shepherd's Center: 507-263-2163

Red Wing Area Seniors: 651-267-3599

Faith in Action Red Wing: 651-385-3290

Senior Linkage Line: 800-333-2433

SNOW REMOVAL/LAWN CARE

Countryside Landscape: 507-732-4404

TAXES

AARP Sites: 651-327-2255

Red Wing Library
Pier 55

Stone House Apartments: 507-263-2136