

2009-2010 Resource Guide

Redwood County

Public Health Services

266 E. Bridge Street

Redwood Falls, MN 56283

(507) 637-4041

Fax (507) 637-4046

Email: public_health@co.redwood.mn.us

Website: www.co.redwood.mn.us

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HEALTH / MEDICAL

COMMUNITY HEALTH

Well Child Health Screenings, Maternal Child Health Program, WIC Program, Immunizations, Nutrition services, Water testing, Children with Special Needs Birth-6, and Referral services.

- **Redwood County Public Health Service**
266 East Bridge Street
Redwood Falls MN 56283
Phone 507-637-4041
Fax 507-637-4046
E-mail: public_health@co.redwood.mn.us
- **Renville County Public Health Service**
105 South 5th Street, Suite 119H
Olivia, MN 56277
Phone 320-523-2570
Fax 320-523-3749
E-mail: public_health@co.renville.mn.us

MEDICAL FACILITIES- REDWOOD COUNTY

- **Affiliated Community Medical Center - Redwood Falls**
1100 East Broadway
Redwood Falls MN 56283
Occupational Med., Outreach, Medical Records, Allergy, PT
Dr. Gross, Dr. Medrud, Dr. Olson, Janet Marti CNP
Dr. Cilek, Dr. Friese, Dr. Gronau, Dr. McCallum,
Dr. Nelson, Gina Klabunde FNP
Dr. Hagen Eye Clinic, Pharmacy, Reception
Lab, X-ray
Phone 507-637-2985
Fax 507-697-6646
Fax 507-697-6656
Fax 507-697-6679
Fax 507-697-6666
Fax 507-697-6615
- **Morgan Medical Clinic (Affiliated with Sleepy Eye Medical Clinic)**
96 East 3rd St, PO Box 135
Morgan MN 56266
Dr. K. Murthy, Dr. M. Ecker, Dr. J. Joyce, Dr. H. Dhaliwal
Phone 507-249-3115
Fax 507-249-3318
Mon pm, Tues am, Wed all day,
Thurs am, Fri am
- **Lamberton Medical Clinic (Affiliated with Springfield Medical Clinic)**
310 South Main, PO Box 398
Lamberton MN 56152
Dr. Schmitz, Dr. Holman, Dr. Schmit-Cline, Dr. Dhami
Phone 507-752-7375
Fax 507-752-7800
Mon 8am-Noon, Tues 1-5pm,
Wed 8am-Noon, Thurs 8am-Noon
- **Sanford Walnut Grove Clinic**
830th 8th St
Walnut Grove MN 56180
Phone 507-859-2157
Thurs 9am-Noon Dr. Fareed
Fri 9am-Noon Tom Schmadeke, PA
- **Indian Health - Lower Sioux Community Center**
39527 Res Hwy 1
Morton, MN 56270
Phone 507-697-6185
Fax 507-697-8617

MEDICAL FACILITIES- LOCAL COUNTIES

- **Affiliated Community Medical Center- Granite Falls**
295 10th Ave
Granite Falls, MN 56241
Phone 320-564-2511
Fax 320-313-4024

- **Affiliated Community Medical Center - Marshall**
Market Street Mall
1420 East College Drive
Marshall MN 56258
Bruce Street Clinic
300 South Bruce Street
Marshall MN 56258

Phone 507-532-9631 or 1-866-532-9631
Fax 507-532-1137
Family Practice, Urgent Care, Pediatrics

Phone 507-532-9631 or 1-866-532-9631
Fax 507-532-1976
OB/Gyn., Internal Medicine, Surgery, Orthopedics
- **Affiliated Community Medical Center - Willmar**
101 Willmar Avenue SW
Willmar MN 56201

Phone 320-231-5000 or 1-888-225-6580
Fax 320-231-5067
- **Family Practice Medical Center**
502 2nd Street SW
Willmar MN 56201

Phone 320-231-8888
Fax 320-231-8602
- **Migrant Health -Open June-Aug**
2510 Lincoln Ave West
Olivia MN 56277

Phone 320-523-1870 or 1-800-842-8693
- **New Ulm Medical Center**
1324 5th Street North
New Ulm MN 56073

Phone 507-233-1000 or 1-800-795-1211
Fax 507-233-1327
- **RC Hospital & Clinics**
600 East Park Ave
Olivia MN 56277

Phone 320-523-1460
Fax 320-523-1703

Dr. Buhr, Dr. Thompson, Dr. Ahlquist, Dr. Adili, Janelle Sunvold-Palmer CNP, Ruby Rhines CNP
- **Sleepy Eye Medical Center, PA**
400 4th Ave NW, PO Box 323
Sleepy Eye MN 56085

Phone 507-794-3691 or 1-877-794-3691
Fax 507-794-5950

Dr. M. Ecker, Dr. K. Murthy, Dr. j. Joyce, Dr. H. Dhaliwal, N.P. Sue Ahlness
- **Springfield Medical Center/Mayo Health System**
625 North Jackson, PO Box 146
Springfield MN 56087

Phone 507-723-6201 or 1-800-535-7101
Fax 507-723-6447

Dr. Holman, Dr. Schmit-Cline, Dr. Dhami, Dr. Roscoe, Dr. Davis, Julie Kircher, NFP
- **Sanford Tracy Medical Center**
249 5TH Street East
Tracy MN 56175

Phone 507-629-3520
Fax 507-212-4199

Dr. C. Pavlis (1st Mon), Dr. W. P. Apostol (2-3 days a week), Dr. Mishra (Tues pm), Dr. Fareed
Dr. Paul, Kelly Hoffman, FNP (Wed, Fri), Tom Schmadeke, PA, Dawn Vanruier, FNP (2 1/2 days a week)
- **Sanford Westbrook Medical Center**
920 Bell Ave, PO Box 158
Westbrook MN 56183

Phone 507-274-6121
Fax 507-274-5630
Mon-Fri

Dr. J. Cassel, Kelly Hoffman, FNP, Vivien Jutsen, FNP

- **Avera Worthington Specialty Clinics** Phone 507-372-2921 or 1-800-881-1473
508 10TH Street Fax 507-372-5789
Worthington MN 56187
Psychology, Internal Medicine, OB-Gyn, Family Practice, CNM, Pediatrics, Surgery

HOSPITALS-REDWOOD COUNTY

- **Redwood Area Hospital** Phone 507-637-4500
100 Fallwood Road Fax 507-697-6000
Redwood Falls MN 56283 ER Phone 507-637-4999

HOSPITALS-LOCAL COUNTIES

- **Avera Marshall Regional Medical Center** Phone 507-532-9661
300 South Bruce Street Call For Fax
Marshall MN 56258
- **New Ulm Medical Center** Phone 507-233-1000 or 1-800-795-1211
1324 Fifth Street North Fax 507-233-1232
New Ulm MN 56073
- **RC Hospital & Clinics** Phone 320-523-1261
611 East Fairview Fax 320-523-3490
Olivia MN 56277
- **Springfield Medical Center-Mayo Health System** Phone 507-723-6201
625 North Jackson, PO Box 110 Fax 507-723-6447
Springfield MN 56087
- **Sanford Tracy Medical Center** Phone 507-629-3200
251 5th Street East Fax 507-629-3202
Tracy MN 56175
- **Sleepy Eye Medical Center** Phone 507-794-3571
400 4th Ave NW
Sleepy Eye MN 56085

DENTISTS-REDWOOD COUNTY

- **Dental Center - Dr. Timothy S. Brown, DDS** Phone 507-637-3581
105 East Bridge Street (No new M.A. or Blue Plus patients)
Redwood Falls MN 56283 Fax 507-637-3580
- **Dr. Stephen Danielson** Phone 507-752-7327
209 South Main, Box 427 (No new patients of any kind)
Lamberton MN 56152 Fax 507-752-7328
- **Dr. Michael Flinn, DDS** Phone 507-637-5930
200 Firewood Drive (No new M.A. or Blue Plus patients)
Redwood Falls MN 56283 Fax 507-637-3226
- **Dr. Gregory B. Hammers, DDS** Phone 507-637-8396
513 East Bridge Street (No new M.A. or Blue Plus patients)
Redwood Falls MN 56283

- **Dr. Bruce Mathiason, DDS**
400 7th Street, PO Box 245
Walnut Grove MN 56180
- **UCare Dental Van-** call for appt and locations

Phone 507-859-2179
(No new patients of any kind)
Tues - Fri 9am-1pm and 2pm-5pm
Fax 507-859-2178
Phone 1-866-451-1555
www.ucare.org

DENTISTS-LOCAL COUNTIES

- **Curtis & Larson Dental Office - Dr. Gregory Curtis**
820 Hwy 4 South
Sleepy Eye MN 56085
- **Dental Health Center - Dr. Randall Johnson, DDS**
304 West Lyon, PO Box 448
Marshall MN 56258
- **Springfield Dental Clinic/Mayo Health System**
602 North Jackson Ave, PO Box 129
Springfield MN 56087
Practicing Dentist Dr. Adam R. Beers, DDS
- **Dr. J. Falk**
525 West 3RD Street
Willmar MN 56201
- **Dr. James R. Hughes/Dr. Dale Bays**
1029 19TH Avenue SW
Willmar MN 56201
- **Dr. Robert H. Rubey/Dr. Jason Pollard**
217 West Main Street
Sleepy Eye MN 56085
- **Pediatric & Adolescent Dentistry, LTD**
-212 Star Street
Mankato MN 56001
-26 North Broadway
New Ulm MN 56073
Dr. James Walton, Dr. Hartmann & Dr. Saul Ovalle (Spanish Speaking)
- **Dr. VanSurtsum -Oral Surgeon**
1101 South First Street
Willmar MN 56201
- **Olivia Family Dental Practice - Dr. Moore**
907 W Lincoln Ave
Olivia MN 56277

Phone 507-794-2180
(No new M.A. or Blue Plus, No UCare)

Phone 507-532-2233
(No new M.A., Blue Plus)
Fax 507-532-2234
Phone 507-723-7775
(No new M.A., Blue Plus or UCare)
Mon-Thurs. 8am-4:30pm Fri 8am-11:30am
Fax 507-723-7779
Phone 320-235-3440
(No new M.A. or Blue Plus, No UCare)

Phone 320-235-1803
-Oral and Facial Surgery

Phone 507-794-4361
(No new M.A., Blue Plus, UCare)
Fax 507-794-5195
(Yes M.A., UCare, Blue Plus)
Phone 507-387-4078
Fax 507-387-4055
Phone 507-354-8943
Fax 507-359-1468

Phone 320-235-7290
(Yes M.A., Blue Plus, UCare call for availability)
Fax 320-235-7291
Phone 320-523-1441
(No new M.A., Blue Plus, UCare)

- **Dr. Chris Lindquist, DDS**
107 Dupont NW Ave.
Renville MN 56284
Phone 320-329-8321
(No new M.A., Blue Plus, UCare)
- **Family & Cosmetic Gentle Dentistry—Hutchinson Mall**
1060 Hwy 15 South Suite #84
Hutchinson MN 55350
Phone 320-234-6677
(Yes M.A., Blue Plus, UCare)
- **Rice Regional Dental Clinic-Willmar**
Rice Memorial Hospital- West Wing, 3rd Floor
301 Becker Ave SW
Willmar MN 56201-3395
Phone 320-214-2620 or 1-877-214-2611
(Yes M.A., Blue Plus, UCare, Sliding Fee)
- **Klaassen Family Dentistry - Dr. J R Klaassen, DDS**
PO Box 130
1450 N Hwy 60 & 71
Windom MN 56101-0130
Phone 507-831-1020
(Yes M.A., Blue Plus, UCare)
- **Appletree Dental**
115 Drew Ave SE, Suite 202
Madelia MN 56062
Phone 507-642-8742
(Yes M.A., Blue Plus, UCare, PrimeWest,
South Country Health Alliance)
- **Open Door Health Care**
309 Holly Lane
Mankato, MN 56001
Phone 507-625-9330
(Yes M.A., Blue Plus, UCare)
- **Dr. G Jernberg/Dr. T Houver**
Navaho Office Building
99 Navaho Ave
Mankato MN 56001
Phone 507-645-7537
(Yes M.A., No Blue Plus, UCare)
- **The Smile Center (Open 7 days a week)**
13899 Hwy 13
Savage MN 55378
Phone 1-800-422-6904
(Yes M.A., Blue Plus, UCare)
- **Dr S A Patel, DDS**
-Cottonwood Dental Clinic
231 West Main Street
Cottonwood MN 56229
-1025 10th Ave.
Clarkfield MN 56223
Phone 507-423-5411
(Yes M.A., Blue Plus, UCare call for availability)
- **Phone 320-669-7564**
(Yes M.A., Blue Plus, UCare)

OPTOMETRISTS

- **ACMC Eye Department -Dr. S. Hagen, Dr. G. Macik**
1100 East Broadway
Redwood Falls MN 56283
Phone 507-697-6675
Fax 507-697-6636
- **PBR Optometrists-Dr. R. Pabst, Dr. Peterson**
500 East Bridge Street, Box 479
Redwood Falls MN 56283
Phone 507-637-5715
Fax 507-637-5715

- **PBR Optometrists**-Dr. S. Peterson
505 State Street
Tracy MN 56175
- **PBR Optometrists**- Dr. Steven Peterson
602 North Jackson
Springfield MN 56087
- **Lifetime Eye Care Center** -Dr. James Hutchins
105 West Main
Sleepy Eye MN 56085

Phone 507-629-3230
Fax 507-629-3230
Mon-Thurs (9am-5pm) & Fri (8am-3pm)
Phone 507-723-5115
Fax 507-723-6480

Phone 507-794-2126
or 1-888-274-0193
Fax 507-794-5070

AUDIOLOGISTS

- **Affiliated Community Medical Center-Redwood Falls**
1100 East Broadway
Redwood Falls MN 56283
- **Affiliated Community Medical Center-Willmar**
101 Willmar Avenue SW
Willmar MN 56201
- **Audiology Center**
1801 19th Ave SW
Willmar MN 56201
- **Hearing & Speech Center**
300 South Bruce St
Marshall MN 56258
- **New Ulm Medical Center**
1324 North 5th Street, PO Box 577
New Ulm MN 56073
- **SW West Central Service Cooperatives**
Market Street Mall
1420 East College Drive
Marshall MN 56258
- **Mankato Clinic at Wickersham Health Campus**
1421 Premier Drive
Mankato MN 56001

Phone 507-637-2985
(Call First)
-Todd Stoeberl
Phone 320-231-5000 or 1-888-225-6580
Fax 320-214-5067
-Todd Stoeberl, Eric Christiansen
Phone 320-214-7256
Fax 320-214-7866
-Ruth Schaefer, Cynthia Bjur
Phone 507-532-2687
Fax 507-537-9190
-Linda Grong
Phone 507-233-1000 or 1-800-795-1211
Fax 507-233-1327
- Frank Pacovski -Thurs Only
Phone 507-537-2240
Fax 507-537-7327
-Ed Van Der Heiden, Sharyce Baartmen

Phone 1-800-657-6944
Fax 507-625-8210
-Tracy Altmann, Shirley Anderson

EAR, NOSE AND THROAT SPECIALISTS

- **Affiliated Community Medical Center - Redwood Falls**
1100 East Broadway
Redwood Falls MN 56283

Phone 507-637-2985
twice a month - Jennifer Pesola

- **Affiliated Community Medical Center - Marshall**
300 South Bruce Street
Marshall MN 56258
- **Affiliated Community Medical Center - Willmar**
101 Willmar Avenue SW
Willmar MN 56201
- **Mankato Clinic at Wickersham Health Campus**
1421 Premier Drive
Mankato MN 56001
- **Janning ENT Center**
1801 19th Ave SW
Willmar MN 56201
-Redwood Area Hospital
100 Fallwood Road
Redwood Falls MN 56283
-RC Hospital & Clinics
611 East Fairview Ave
Olivia MN 56277
- **New Ulm Medical Center**
1324 North 5th Street, PO Box 577
New Ulm MN 56073

Phone 507-532-9631
Fax 507-532-1996
-Dr. Rogotzke - Every 2nd & 4th Tues
-Dr. Mellema - Every 1st & 3rd Fri
Phone 320-231-5000 or 1-888-225-6580
Fax 320-231-5067
-Dr. Pesola, Dr. Mellema
Phone 1-800-657-6944
Fax 507-625-8210
-Dr. Michalski, Dr. Christiansen, Dr. Liu
Phone 320-231-3277
- Dr. Marty Janning

Phone 507-637-4500
Every other Fri 1pm-5pm

Phone 320-523-1261
Every other Fri 8am-Noon

Phone 507-233-1000 or 1-800-795-1211
Fax 507-233-1327
- Dr. Nissen

PEDIATRICIANS

- **Affiliated Community Medical Center- Marshall**
1420 East College Drive
Marshall MN 56258
- **Affiliated Community Medical Center-Willmar**
101 Willmar Avenue SW
Willmar MN 56201
- **Mankato Clinic**
1230 East Main Street, PO Box 8674
Mankato MN 56002
- **New Ulm Medical Center**
1324 North 5th Street, PO Box 577
New Ulm MN 56073
- **Avera Worthington Specialty Clinics**
508 10th Street
Worthington MN 56187

Phone 507-532-1109 or 1-866-532-9631
Fax 507-532-1196
-Dr. A. Mishra, Sara Kraft, CNP
Phone 320-231-5000 or 1-888-225-6580
Fax 320-231-5067
- Dr. Swanson, Dr. Hodapp, Dr. M. Schroeder,
Dr. Bateman, Dr. J. Vogel
Phone 507-389-8529 or 1-800-657-6944
Fax 507-388-3401

Phone 507-233-1000 or 1-800-795-1211
Fax 507-233-1327
- Dr. Bunce, Dr. Ricker
Phone 507-372-2921 or 1-800-881-1473
Fax 507-372-5789
-Dr. Barden, Dr. Ludes, Dr. Rigby

PODIATRISTS

- **Affiliated Community Medical Center**
300 South Bruce St
Marshall MN 56258
Phone 507-532-9631 or 1-866-532-9631
Fax 507-532-1996
- Dr. Johnston every Wed
- **Dr. Hoffman & Associate PA**
1205 Ryans Road, PO Box 848
Worthington MN 56187
Phone 507-372-2986
Fax 507-372-5457
- Dr. Scott Hoffman
- **Dr. DeBrule**
301 North 3rd
Marshall MN 56258
Phone 507-532-4676
- **Mankato Clinic at Wickersham Health Campus**
1421 Premier Drive
Mankato MN 56001
Phone 1-800-657-6944
- Dr. James Nack, Dr. Lynn Gustafson

LIFELINES

- **Redwood Area Hospital Auxiliary**
100 Fallwood Road
Redwood Falls MN 56283
Phone 507-637-4579
Covers Redwood County
- **Renville-Sibley Cooperative Power Assoc. - Linae**
103 Oak St, PO Box 68
Danube MN 56230
Phone 1-800-826-2593
Covers Redwood Falls & Wabasso only
- **Medical Alarm - Connect America**
Corporate Headquarters
2193 W Chester Pike
Broomall PA 19008
Phone 1-800-906-0872
Fax 610-353-1350
www.ConnectAmerica.com or
www.MecialAlarm.com

NURSING HOMES/ASSISTED LIVING

- **Gil-Mor Manor**
96 3rd Street East
Morgan MN 56266
Phone 507-249-3143
Fax 507-249-2287
- **Good Samaritan Society Sunwood**
200 South Dekalb St
Redwood Falls MN 56283
Phone 507-637-5711
Fax 507-637-2132
- **Parkview Home**
102 CSAH #9
Belview MN 56214
Phone 507-938-4151
Fax 507-938-4110
- **Valley View Manor**
200 East 9th St
Lamberton MN 56152
Phone 507-752-7346
Fax 507-752-7348

- **Golden Living Center** Phone 507-342-5166
660 Maple St Fax 507-342-5136
Wabasso MN 56293
- **Wood Dale Nursing Home** Phone 507-637-3587
600 Sunrise Blvd Fax 507-637-2546
Redwood Falls MN 56283
- **Country View Senior Living Community** Phone 507-859-2133
810 8th St Fax 507-859-2143
Walnut Grove MN 56180
- **Garnette Gardens** Phone 507-644-8500
511 South Dekalb St Fax 507-644-2375
Redwood Falls MN 56283
- **Good Samaritan Society of Redwood Falls Johnson Park Place - Jeanne Wepplo**
1011 East Elm St Phone 507-627-8121
Redwood Falls MN 56283 Fax 507-627-8382
- **Lakeside Manor** Phone 507-637-2221
300 South Minnesota St
Redwood Falls MN 56283
- **Parkwood Apartments - Paula Pohlen** Phone 507-938-3020
505 South 2nd St Fax 507-938-4110
Belview MN 56214

MEDICAL SUPPLIES

- **Rice Home Medical** Phone 507-644-5500 or 1-877-637-3561
1303 East Bridge St Fax 507-644-2828
Redwood Falls MN 56283
- **Sward Kemp Snyder Drug** Phone 507-637-2911
207 South Washington Fax 507-637-5869
Redwood Falls MN 56283
- **Mankato Area Children in Need**—Resources are available for financial assistance. Families with special needs children in Southern Minnesota in need of adaptive equipment not covered by insurance.
309 Holly Lane, PO Box 1266 - Nancy Dobson Phone 507-388-5437
Mankato MN 56002

FOOD/NUTRITION

- **WIC (Women, Infants, Children)** - Nutrition education and food vouchers for pregnant women and children birth-5 yrs. Call for income eligibility guidelines.
Redwood County Public Health Redwood Falls, MN 507-637-4041
Renville County Public Health Olivia, MN 320-523-3762 or 320-523-2570
Lyon County Public Health Marshall, MN 507-537-7055 or 507-537-6713
- **Food Shelf** - Emergency food assistance program

Cities Available

- Redwood Falls -Tues & Thurs 10am-Noon
PO Box 352
Redwood Falls MN 56283
- Wabasso -Thurs 9:30am-11:30am
(If an emergency, call Armin Dallmann 507-342-5367)
- Tracy - Every Mon 9:30am-Noon
Phone 507-629-4792 Harold Deal or
507-629-4576 United Methodist Church
- Sleepy Eye - Mon 4pm-6pm
Phone 507-794-7130
(Sleepy Eye, Springfield, Comfrey residents only)
- Morgan - Mon, Wed & Thurs 9am-5pm
Phone 507-249-3822 Mary Ann Larsen
(call before visit)
- Marshall - Mon, Wed & Fri Noon-5pm
Phone 507-532-3902

Pick-up Sites

- (Basement of old Armory)
231 East 2nd Street
Redwood Falls MN 56283
Phone 507-627-3653
- St Matthews Church
212 County Highway 6
Wabasso MN 56293
- Downtown in old ambulance bldg.
231 2nd Street
Tracy MN 56175
- (Basement of police station)
2nd Avenue NW
Sleepy Eye MN 56085
- 206 Fergus Ave
Morgan MN 56266
- 105 East Main
Marshall MN 56258

SENIOR DINING CENTERS / HOME DELIVERED MEALS

- | * Senior Dining | ** Home Delivered Meals | *** Both |
|--|-------------------------|--|
| * Vesta Café
139 Broadway
Vesta, MN 56292 | | Phone 507-762-3600 |
| ** Parkview Home-in town only
Belview, MN 56214 | | Phone 507-938-4151
Fax 507-938-4110 |
| ** Gil-Mor Manor
Morgan, MN 56266 | | Phone 507-249-3143
Fax 507-249-2310 |
| ** Valley View Manor
Lamberton, MN 56152 | | Phone 507-752-7346
Fax 507-752-7348 |
| *** Senior Center-Redwood Falls
201 McPhail
Redwood Falls, MN 56283 | | Phone 507-644-6464 |
| *** Senior Center-Wabasso
1429 Front Street, PO Box 60
Wabasso, MN 56293 | | Phone 507-342-5337 |
| *** Country View Senior Living
810 8th Street
Walnut Grove, MN 56180 | | Phone 507-859-2133 |

FOOD SUPPORT PROGRAM

- **Redwood County Human Services**
302 East 3RD, PO Box 510
Redwood Falls MN 56283
Phone 507-637-4050
Must be financially eligible.

NUTRITION HEALTH SERVICES & EDUCATION

- **MAC (Mother and Children)** - Income eligibility guidelines: For children until age 6 yrs., women who have given birth in past year, pregnant or breast feeding women, or infants not served by WIC. Cannot be on both WIC and MAC for the same child at the same time. Provides supplemental foods.
Waiting list for new participants. Phone 1-800-365-0270
- **NAPS (Nutrition Assistance Program For Seniors)** Men and women over 60 years of age. Qualifying income guidelines. Provides: Nutritious balanced monthly food package- (Canned fruits, vegetables, juices, dry and canned milk, American cheese, canned meat, peanut butter, dry beans, cereal, rice, and instant potatoes or pasta). Waiting list for new participants. Greater Minnesota call -1-800-365-0270
St. Stephan's Lutheran Church (Pick up site for MAC & NAPS)- 2nd Tues 10am-Noon
1301 S 4th Street
Marshall MN 56258
- **Nutrition Health Services** - Nutritional counseling available to anyone.
Redwood County Public Health Phone 507-637-4041
266 East Bridge Street
Redwood Falls MN 56283
- **Diabetes Education** - Nutrition counseling for the diabetic including gestational diabetes.
Redwood Area Hospital Phone 507-637-4517
- **University of Minnesota Extension** - Information available on many nutritional related topics
Redwood Falls Courthouse Phone 507-637-4025
- **We Care** - help with food, clothing, etc. If no transportation, things may be delivered - Mary Larson
Phone 507-249-3822

FOODBORNE ILLNESS

- **Redwood/Renville Community Health Services-Mary Woodford**
Renville County Public Health Phone 1-320-523-2570
105 South 5th St., suite 119H Fax 1-320-523-3749
Olivia MN 56277
If Mary Woodford is not available please call the MDH Foodborne Illness Hotline.
- **MDH Foodborne Illness Hotline** Phone 1-877-FOODILL

HOUSING

- **MHFA (Minnesota Housing Finance Agency)** - Can provide some funds to make your home more livable and energy efficient, also provides homebuyers education. Phone 1-800-657-3769 or 651-297-2361 TTY
www.mhfa.state.mn.us

- **Redwood County Human Services** Phone 507-637-4050
302 East 3RD, PO Box 510
Redwood Falls MN 56283
Call for current assistance programs
 - *General Assistance with Housing*-Can help assist with eviction and shut-off notices and has listing of housing resources.
 - *Emergency Food & Shelter*-Provides emergency assistance to people in need of food & shelter. Could include rent assistance for one month.
- **Energy Assistance Program (EAP)** - provides home heating assistance, crisis prevention, energy-related repairs, energy conservation, emergency assistance and referrals to other programs and services. Household eligibility and assistance amounts are based on both income and actual home heating costs. This program can also assist homeowners with setting up supplier payment plans.
Western Community Action Phone 1-800-658-2448
400 West Main #201
Marshall MN 56258
- **Section 8 Housing** - Worthington MN Phone 507-376-9123 or 507-376-3655

CLOTHING

- **Clothing Centers** - Emergency clothing and household items assistance programs.
 - **Redwood Falls** Phone 507-641-3329
County Museum basement
Highway 19 to West end of town
Thurs 9am-5pm
 - **Western Community Action Thrift Store in Redwood Falls** Phone 507-637-8231
231 East 2nd Street
Redwood Falls MN 56283
Tues & Thurs 9am-4pm, Sat 10am-3pm
 - **2nd Time Around Thrift Store in Redwood Falls** Phone 320-226-2966
113 East 2nd Street
Redwood Falls MN 56283
Mon, Tues, Wed, & Fri 9am-3:30pm
Thurs 9am-4:30pm
 - **Wanda** - Groundswell Building Phone 507-342-5797
Old St. Mathias School
PO Box 338
Wanda MN 56294
Mon, Tues Wed, & Fri 9am-3:30pm
Thurs 9am-4:30pm
Closed during winter
 - **Avera Marshall Auxiliary Thrift Store** Phone 507-337-2910
1000 East Southview Drive
Marshall MN 56258
Mon-Fri 9am-4:30pm, Sat 9am-Noon
 - **Marshall Goodwill** Phone 507-929-0276
1200 East Main
Marshall MN 56258
Mon-Sat 9am-9pm, Sun 10am-6pm
- **We Care** - Help with food, clothing, etc. If no transportation, things may be delivered. - Mary Larson
Phone 507-249-3822

FINANCIAL PROGRAMS

- **Redwood County Human Services** Phone 507-637-4050
 302 East 3rd, PO Box 510
 Redwood Falls MN 56283
The following programs are available through Redwood County Human Services:
This may not be a complete listing:
 - **Community Alternatives Program** - Contact Richard Aakre
 - **Diversionary Work Program** - Provides financial assistance for families with children.
 - **Gilfillan Fund** - Provides one-time financial help for medical. Applications available thru Human Services.
 - **Medical Assistance (MA)** - Financial Assistance for medical costs. Income guidelines. Blue Plus & UCare
 - **Medical Assistance for Pregnant Women (MAPW)** - Financial assistance for medical costs during pregnancy. For applications, contact: or call 1-800-657-3672
 - **Minnesota Care (MNCare)** - State of Minnesota Health Plan. Low cost monthly premiums.
 - **Minnesota Families Investment Program (MFIP)** - Financial assistance for cost of living for dependent children.

- **Minnesota Care Health Care Coverage Information Line** Phone 1-800-657-3672
- **Minnesota Children with Special Health Needs (MCSHN)** - Offers services to children with special health needs and their families. **MCSHN (local)** - For clinics and educational services.

85 East 7 th Place, PO Box 64882	1400 East Lyon Street
St. Paul MN 55164-0882	Marshall MN 56258
1-800-728-5420	507-537-7158

- **Social Security Administration** - Disability income for adults and children. Mon-Fri 9am-4pm

507 Jewett Street	Phone 1-800-772-1213
Marshall MN 56258	www.ssa.gov

- **Western Community Action** - Provides many programs to aid with financial needs.

400 West Main Suite 201	Phone 1-800-658-2448
Marshall MN 56258	

TRANSPORTATION

- **Blue Ride** - For qualified Blue Plus members Phone 1-866-340-8648
Mon- Fri 8am-Noon, 1:30-4:30pm
- **Dan's Handivan Service** Phone 507-697-6203
- **Epseland Van Service** Phone 1-800-448-7433
- **Heartland Express** - Brown Co. and surrounding area Phone 1-800-707-2717
- **Health Ride** - For qualified UCare members Phone 1-800-864-2157
- **Medi-Van** Phone 1-800-422-0976
- **People's Express** Phone 1-800-450-0123
- **Redwood County Human Services** -For qualified MA recipients Phone 507-637-4050
- **Western Community Action/Community Transit** Phone 1-800-658-2448
 Public Transportation for children and adults, call 24 hrs in advance if possible to book a ride.

PREGNANCY/BREASTFEEDING

PRENATAL CLASSES

- **Prenatal Classes** - Provides education on nutritional need, development of baby, preparation for actual birth, birthing techniques, and information concerning the stages of labor and delivery.
 - **Redwood Area Hospital** Phone 507-637-4500 or 507-637-4627
Jan, April, July, Oct
 - **Springfield Medical Center - Maria & Christie** Phone 507-723-6201
Three sessions Jan, April & Sept or one on one classes available if other dates do not work.
Also Refresher Class, Breastfeeding, and Sibling Classes.
 - **Sleepy Eye Medical Center- Pattie Pelzel**
Call to see when classes are held. Phone 507-794-3571
 - **New Ulm Medical Center - Jan Carlson** Phone 507-233-1333
 - Baby And Me- This class helps prepare 3 to 7 year old children for the arrival of a new sibling. Generally every other month. Free of charge.
 - Childbirth Preparation Class - 6 wks. This series is designed to prepare the expectant mother and her labor companion for the birth of the baby. Free of charge.
 - Breast/Bottle Feeding Class - This class is for expectant mothers who have questions regarding breastfeeding and/or bottle-feeding, and who are not already enrolled in the Childbirth Preparation Class. Free of charge.
 - Childbirth Refresher Express - 1 session. Held every other month. This class is designed for those parents who attended the Childbirth Preparation Class with an earlier pregnancy and are seeking a condensed refresher course. Free of charge.
 - **Avera Marshall Regional Medical Center** Phone 507-537-9238 or 507-537-9087
New Beginnings Class, Labor and Delivery, and Newborn Baby Care. Also Refresher Class, Breastfeeding, and Pediatric Basic Life Support. Call to see when classes are held.
www.averamarshall.org
- **The Doula Connection** - Lynne Larsen Phone 507-641-3636
32288 Knox Avenue
Redwood Falls MN 56283
- **Maternal & Child Health Program (MCH)** - High-risk pregnancy counseling and education. Parenting education for mother & infant birth - 12 months
Redwood County Public Health Phone 507-637-4041
Redwood Falls MN 56283
- **La Leche League International** - Offers help to any woman who wishes to breastfeed her baby. Monthly meetings, telephone help and resources available on breastfeeding. 9am-5pm (CT) Mon - Fri
1400 North Meacham Road Phone 1-800-LaLeche or 1-847-519-7730
Schaumburg IL 60173

LACTATION CONSULTANTS

- **Jan Maxfield, R.N, Lactation Consultant** - Inpatient, Outpatient, Phone counseling
Rice Memorial Hospital, Willmar (Voice Mail) Phone 320-231-4807

INFANT/CHILD CARE

- **Redwood County Human Services** Phone 507-637-4050
Licensed Day Care - Gail Bielen- Issues licenses and supervision of licensed day cares.
Foster Care - Gail Bielen
 302 East 3rd, PO Box 510
 Redwood Falls MN 56283
- **Local School Community Education** - Has babysitting lists Wabasso - 507-342-7403
Redwood Falls - 507-644-3511
Morgan - 507-249-5990
- **Child Care Resource and Referral** - Child care openings in your area. Professional assistance in evaluating your child care needs. Information on child care options.
 - **Southwestern MN Opportunity Council, Inc. (SMOC)** Phone 1-800-658-2444
 1106 3rd Ave, PO Box 787 or 507-376-4195
 Worthington MN 56187
 - **Redwood County Human Services** Phone 507-637-4050
 Redwood Falls, MN 56283
- **School-Age Child Care Program (SACC)** Phone 507-644-7171 or 507-644-2627
 Reede Gray Elementary School - Redwood Falls
- **Immunizations** - Recommended immunizations available at low fee.
Redwood County Public Health Phone 507-637-4041
 266 East Bridge Street
 Redwood Falls MN 56283 **Or Any medical clinic of your choice**
- **General Infant and Child Care Info.** - Can provide information on a variety of topics including but not limited to mental health needs, infant and child care, discipline, safety, toilet training, nutrition, car seat education, etc. Home visits offered by R.N.
 - **Redwood County Public Health** Phone 507-637-4041
 - **Redwood Area Hospital** Phone 507-637-4500

CAR SEAT INSTALLATION/EDUCATION

- **Infant Car Seat Information**
 - For car seat installation and education or to acquire a UCare car seat contact
Redwood County Public Health for an appointment. Phone 507-637-4041
 - Newborn car seat installation and education while mom and baby are in the hospital-contact
Redwood Area Hospital Phone 507-637-4500

PARENTING/EDUCATION

- **Early Childhood Family Education (ECFE)** - Weekly classes for parents and children together. Contact your local school district.

Lamberton - Bonnie Nielsen	Phone 507-752-7361
Morgan - Sarah Sullivan	Phone 507-249-5990
Wabasso - Dawn Guetter	Phone 507-342-5114
WG/Westbrook - Karrie Anderson	Phone 507-274-5450
Redwood Falls - Teri Smith	Phone 507-644-8939
Milroy	Phone 507-336-2563
- **Early Intervention Program** - Provides services for children from birth to six years with special needs. Facilitates: OT, PT, speech, hearing consultations, etc.
Contact your **local school district listed above** or **Redwood County Public Health** 507-637-4041
- **Head Start** - Preschool program for families who meet eligibility requirements ages 3-5 years. Home based programs for 3-5 yr. olds. Classroom program in Redwood Falls for 4-5 yr. olds.

Western Community Action	Phone 1-800-658-2448 or 507-537-1416
Marshall MN 56258	
- **Preschool Story Time at Libraries/Schools-**

Morgan - call for days & times	Phone 507-249-3153
Redwood Falls - Tues 10:30am	Phone 507-627-8650
Wabasso - Wed 10:30-11:15am	Phone 507-342-5279
- **Incredible Years Parenting Class**
Redwood County Public Health Phone 507-637-4041

PRESCHOOL PROGRAMS

- **St. John's Lutheran Pre-Kindergarten** - St. John's Church Phone 507-762-3322 (Pastor's number)
Vesta MN 56292 Phone 507-762-3214 (church number)
- **St. John's Pre-Kindergarten** - Jody Schultz Phone 507-637-3502
119 West Broadway Various options available— call for details
Redwood Falls MN 56283
- **Walnut Grove Preschool** - Kathy Filter Phone 507-859-2141
Walnut Grove Public School
- **Wee World Preschool** - Virginia Hansen Phone 507-629-4802
Tracy MN 56175
- **Little Tigers Preschool** - Gayle Gomarko Phone 507-723-6771
Springfield MN 56087
- **Joyful Hearts Preschool**—Pam Arentson Phone 507-627-2236
Redwood Falls MN 56283
- **School Readiness** - 4 yr olds -Tues & Thurs am & pm sessions / **Cottontail Time** - 3 yr olds - Mon am
Wabasso Public School - Dawn Guetter Phone 507-342-5114

- **Discovery Time Preschool (3 yr olds) & School Readiness (4 yr olds)**
Reede Gray Elementary School - Redwood Falls Phone 507-644-8939
- **Discovery Gardens & Learning Readiness - 3 1/2 - 5 yr old by Sept 1st Tues/Thurs & Mon/Wed**
Lamberton -Joan Blomgren and Kathy Wacker Phone 507-752-7361 or
Bonnie Nielsen - nielsen@rrcnet.org Phone 507-752-7836
- **Learning Readiness - Morgan** Phone 507-249-5990
- **Preschool & School Readiness - Milroy Public School** Phone 507-336-2563
3 yr olds—Tues & Thurs 8-11am, 4 yr olds—Mon, Wed & Fri 8am-3pm (all day class)
- **Early Childhood Special Education (Birth to 6 years)**
Contact your local school district or Redwood County Public Health Phone 507-637-4041
- **Family Health Services - Provide information on parenting. Home visits for parenting education.**
Redwood County Public Health Phone 507-637-4041

COUNSELING/SUPPORT GROUPS/ADVOCACY SERVICES

(Support groups at times change their location and meeting times. It is a good idea to call for the most current information).

- **United Way Two One One - 24 hour information & referral** Phone 1-800-543-7709 or 211
www.unitedway.org or www.211.org
- **Renville/Redwood Chapter of the American Red Cross** Phone 320-523-1342
2510 West Lincoln Fax 320-523-1020
Olivia, MN 56277
- **Redwood Co. Salvation Army-Redwood Co. Human Services** Phone 507-637-4050

MENTAL HEALTH

- **Cindy Wittwer, RN, CS, MS, NCC- "Insight" for women who suffer from depression or low self-esteem.**
Phone 507-644-3838
- **Children's Mental Health - Redwood County Human Services** Phone 507-637-4050
- **MN Association for Children's Mental Health** Phone 1-651-644-7333 or 1-800-528-4511
165 Western Avenue Suite 2 Fax 651-644-7391
St. Paul MN 55102 www.macmh.org
- **Psychological Services, LLC-Dr. Angela Peterson**
-702 South Ramsey Phone 507-627-1750
Redwood Falls MN 56283
-214 West College Drive Phone 507-627-1750
Marshall MN 56258

- **Western Mental Health Center**

Answered 24 hours, M.A. accepted

Phone 1-800-658-2429

These are a few of the programs they offer:

- **Anger Management Program for Adults**
- **School Based Mental Health Program**
- **Outpatient Mental Health Therapy for Children and Adults**
- **Psychiatric Services**
- **Community Support Programs for Children and Adults**
- **Crisis Line**

Phone 1-800-658-2429

Office 1212 East College Drive
Marshall MN 56258

Phone 507-532-3236

Office 205 S Mill Street
Redwood Falls MN 56283

Phone 507-637-3340

- **Lutheran Social Services**

1601 East Hwy 12, Suite 6
Willmar MN 56201

Phone 320-235-5411

- **Crisis Line (Western Mental Health Center)**

Phone 1-800-658-2429

Serving Redwood, Lyon, Lincoln, Murray & Yellow Medicine Counties Phone 507-532-3236

- **Suicide Hotline (National)**

Phone 1-800-SUICIDE (784-2433)
or 1-800-273-TALK (8255)

ADDICTION

- **Minnesota Problem Gambling Helpline**

Phone 1-800-437-3641

- **Gamblers Anonymous Support - Mary J. Sun 7pm**

Phone 507-640-0873

1006 South Ramsey—Alano Club
Redwood Falls MN 56283

- **Project Turnabout**

www.projectturnabout.com

-**Alcohol & Drug Treatment-In-patient** - Project Turnabout

660 18th Street, PO Box 116
Granite Falls MN 56241

Phone 1-800-862-1453

Outpatient - Project Turnabout, Redwood Falls MN

Phone 507-637-8783

Half Way House, Marshall MN

Phone 507-532-3008

-**Vanguard Compulsive Gambling Program**

Phone 320-564-4911 or 1-800-862-1453

660 18th Street, PO Box 116
Granite Falls MN 56241

- **Narcotics Anonymous- www.na.org**

Phone 1-877-767-7676

- **Narcotics Anonymous**

- Hope Haven Group, Gilwood Haven—Sun 4pm and Wed 8pm

219 S Mill Street

Redwood Falls MN 56283

- 1006 South Ramsey St—Alano Club Wed 8pm, Sun 4pm

Redwood Falls MN 56283

- **Alcoholics Anonymous & AI-ANON, Narcotics Anonymous**—Dick 507-430-2511 or Nan 507-430-2510
1006 South Ramsey Street—Alano Club
Redwood Falls MN 56283
 - **Alcoholics Anonymous** - Tues 8pm, Fri 8pm, Sun 5pm
 - **AI-ANON** - Tues & Fri 8pm
 - **Narcotics Anonymous** - Wed 8pm & Sun 4pm
- **AA** above Snyder Drug in Redwood Falls - Tom Phone 507-430-1462
Sat 7:30pm
- **AA** Wabasso Health Care Center- Wed 7pm
660 Maple St
- **Lower Sioux Treatment Center** - Thurs Noon Phone 507-697-6288
- **AA** Springfield, St Raphael Catholic Church- Tues 8pm Phone 507-723-5663
112 West Van Dusen St
Springfield MN 56087

DOMESTIC VIOLENCE & CHILD ABUSE

- **Battered Women's Crisis Line** Phone 1-800-799-SAFE (7233)
- **Domestic Abuse Program** - Project Turnabout-Marshall Phone 507-532-3008
- **New Horizon Crisis Center** - General Crime Victims Program, Sexual Assault Program, Abused Children's Program, Supervised Visitation Program, Crisis Nursery Program, Education & Outreach Program.
 - Armory Square Mall Basement 24 hour Crisis Line 507-532-5764
231 E 2nd Street Phone 507-637-5570
Redwood Falls MN 56283 crisis@newulmtel.net
 - 109 South 5th Street Suite 40 24 hour Crisis Line 507-532-5764
Marshall MN 56258 nhcc@IW.net
- **Shelter House** Crisis Phone 1-866-223-1111
804 Willmar Ave SE Phone 320-235-0962 or 1-800-792-4210
Willmar MN 56201 1-866-223-1111 for nearest shelter
www.willmarshelter.com
- **Rape, Abuse and Incest National Network (RAINN)** Phone 1-800-656-HOPE (4673)
www.rainn.org
- **Sexual Violence Center** Phone 612-871-5111
www.sexualviolencecenter.org
- **SMSU Outreach** - nhcc@southwest/msus/edu- Room ST 152 Phone 507-537-6817

- **Multiple Sclerosis Support Group - Kathy**
Parkview Home
102 CSAH 9
Belview MN 56214
Phone 507-641-2555
3rd Thurs. 7 pm - no winter meetings
www.nationalmssociety.org
- **Home Care Ombudsman**
Office of Ombudsman for Older Minnesotans
PO Box 64971
St Paul MN 55164-0971
Phone 1-651-431-2555 or 1-800-657-3591
Fax 1-651-431-7452
www.ombudmhr.state.mn.us
www.mnaging.org
- **Minnesota Hospice Organization**
Phone 1-651-659-0423 or 1-800-214-9597
www.hospicemn.org
- **Senior Linkage Line**
Phone 1-800-333-2433
- **MN River Area Agency on Aging**
Phone 1-800-333-2433
- **Services for the Blind**
Phone 1-800-366-4813
- **Disability Linkage Line**
Phone 1-866-333-2466

LEARNING DISABILITIES

- **The ARC of MN** - Advocacy and support for people with developmental disabilities and their families
800 Transfer Road Suite 7A
St. Paul MN 55114
Phone 1-651-523-0823 or 1-800-582-5256
Fax 1-651-523-0829
www.arcminnesota.com
- **CHADD of the Twin Cities**
- Monthly meetings (please call for dates and time). Children and Adults with Attention Deficit Disorders.
Dunwoody Technical College (enter West doors & you can park in guest lot)
818 Dunwoody Blvd
Minneapolis MN 55403
Phone 1-952-922-5761 or 1-800-233-4050
www.chadd.org
- **Learning Disabilities Association of MN**
5354 Parkdale Drive, Suite 200
St Louis Park MN 55416
Phone 1-952-922-8374
www.ldaminnesota.org
- **PACER Center, Inc.** - Supports parents of students with disabilities and the student's education.
8161 Normandale Boulevard
Minneapolis MN 55437-1044
Phone 1-952-838-9000 or 1-800-537-2237
TTY 1-952-838-0190
Fax 1-952-838-0199
www.pacer.org

OTHER RESOURCE INFORMATION

ADOPTION INFORMATION

- **Redwood County Human Services**
Phone 507-637-4050
- **Lutheran Social Services - Kim Hunt**
22 Wilson Ave. NE Suite 110, PO Box 6069
St Cloud MN 56302-6069
Phone 320-251-7700
- **Lutheran Social Services of Minnesota**
Phone 1-888-205-3769
Fax 1-612-879-5234

- **Catholic Charities** - Amanda Paulson-Blom
1234 Oxford Street, PO Box 802
Worthington MN 56187
- **Children's Home Society & Family Services**

Phone 507-376-9757 or 1-800-227-3002
Fax 507-376-9758
www.ccwinona.org
Phone 1-651-646-6363 or 1-800-952-9302
www.childrenshomeadopt.org

ADOPTION SUPPORT GROUP

- **Minnesota Adoption Support and Preservation (MN ASAP)**
Parent Liaison for SW Region - Deb Wallace

Phone 1-877-966-2727
Phone 1-866-662-9547
www.mnasap.org

LEGAL SERVICES

- **SW MN Legal Services** - Mon-Fri 8:30am-Noon & 1pm-5pm
421 10TH Street
Worthington MN 56187
- **Legal Advocacy for Persons with Developmental Disabilities**
430 First Avenue North Suite 300
Minneapolis MN 55401-1780
- **Western Minnesota Legal Services, Renville Co.**
302 SW 5th, Suite 202, PO Box 1866
Willmar, MN 56201

Phone 507-372-7368 or 1-800-233-0023
New client or new legal problem
Mon - Fri 9am-Noon & 1pm-3:30pm
1-888-575-2954
Fax 507-372-2574
Phone 1-800-292-4150
Phone 1-888-360-3666

EDUCATION

- **GED Information**
 - **Redwood Area High School** - Denny Stoterau
ESL = English as a second language
- **GED/Adult Basic Education Classes offered at:**
 - **Redwood Area High School**
 - **Redwood County Human Services**
 - **Lower Sioux Community**
 - **Marshall** - Pat Thomas
ESL - Marshall - call for days/times
 - **Springfield** - Springfield High School
- **Belview Learning Center** - Susie Terhaar
Day Treatment Facility—taken by referral only
- **First Aid Safety Classes and CPR**
 - Shelly Pauling - Redwood Area Hospital
- **First Aid/CPR/AED—Redwood/Renville American Red Cross**

Phone 507-644-3531
Phone 507-644-3531
Phone 507-637-4050
Karen Meece 507-430-2909
Phone 507-537-7046
Phone 507-723-4288
Phone 507-938-4111
Phone 507-637-4500
Phone 320-523-1342

POISON CONTROL

- **Poison Control Center** www.mnpoison.org Phone 1-800-222-1222

SMOKING CESSATION

- **Redwood Area Hospital-Stop smoking group** Phone 507-637-4500
- **Quit Plan Helpline-Tobacco Products** Phone 1-888-354-PLAN (7526)
www.quitplan.com 1-877-777-6534 TTY

TRANSLATION

- **Itasca Corporation** Phone 1-651-457-7400
1545 Livingston Ave, Suite 103 Fax 1-651-457-7700
West St Paul MN 55118 www.itasca.biz

UNEMPLOYMENT

- **MN Workforce Center** Phone 507-537-6236
607 West Main 3rd Floor Fax 507-537-6362
Marshall MN 56258 www.mnwfc.org
- **MN Unemployment Information Line** Phone 1-877-504-5050
- **DEED=Department of Employment & Economic Development** Phone 1-800-657-3858
www.deed.state.mn.us

WEIGHT LOSS

- **Redwood Falls Hospital - Dorie Oja** Phone 507-637-4518
- **TOPS Club - Weight loss and nutrition information.** Fri morning 10am weigh-in, 10:30 meeting
Presbyterian Church Judith Curtis
235 E 4th Phone 507-637-8981
Redwood Falls MN 56283
- **Redwood County Public Health - General information and counseling on weight loss.** Phone 507-637-4041
- **Avera Marshall Regional Medical Center/Wellness Center-Carol Biren**
One-on-one programs Phone 507-537-9092

VOLUNTEER SERVICES

- **Redwood County RSVP - Karen Christensen, Volunteer Coordinator.** Matches volunteers with volunteer opportunities at schools, healthcare facilities, non-profit and governmental agencies.
Phone 507-627-1016
- **Faith in Action - Helps seniors stay in their own home as long as possible assisting them in staying safe and living independently.** Services provided include shopping, running errands, in-home respite care, good morning telephone reassurance program, weekly visitor, writing letters, and information and referral.
1011 East Elm #221-(Johnson Park Place) Phone 507-627-1016
Redwood Falls, MN 56283 volunteer@newulmtel.net

- **American Cancer Society Navigator** - If you or someone you know has cancer call and ask for the Navigator serving your community. Phone 1-800-ACS-2345

VETERANS SERVICES

- **Redwood County Veterans Services** Phone 507-637-4034
Redwood County Courthouse-Basement Fax 507-637-4035
250 South Jefferson, PO Box 130
Redwood Falls MN 56283