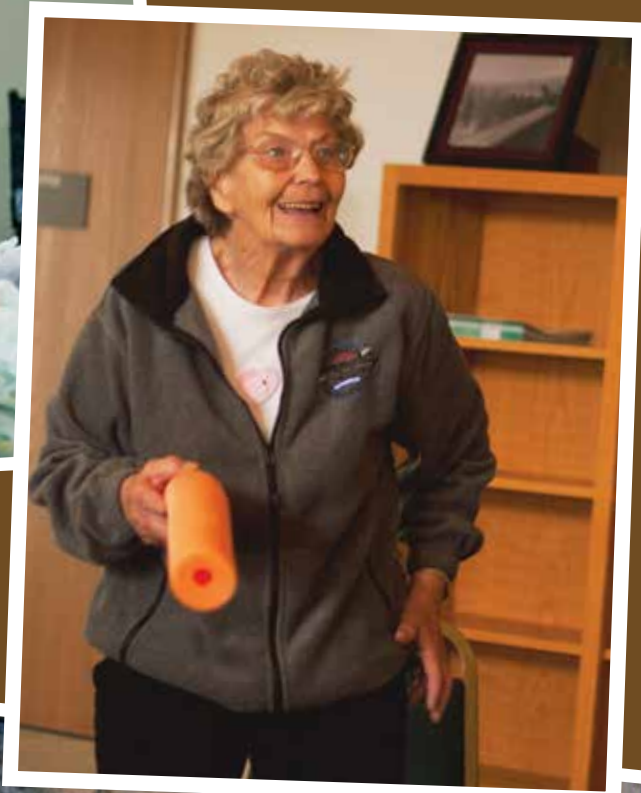


# 2014-15

## Carlton County

### Senior and Caregiver Guide



- Advocates
- Disability Services • Home Care
- Health Services • Housing
- Insurance • Legal • Medical Equipment
- Assisted Living • Nursing Homes
- Respite Care • Hospice
- Senior Centers • Transportation
- and more

The Senior  
**REPORTER**<sup>®</sup>

  
*Volunteer Services*  
OF CARLTON COUNTY, INC.

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Duluth Office

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Grand Rapids Office



# CARLTON COUNTY SENIOR & CAREGIVER SERVICES

2014-2015 EDITION



Information for this Guide  
was gathered by:

## **Volunteer Services of Carlton County, Inc.**

199 Chestnut Ave., Ste. 3  
P O Box 450

Carlton MN 55718

(218) 879-9238

(888) 419-1235

(218) 879-1196 FAX

E-mail: [info@vscci.com](mailto:info@vscci.com)



## The Senior **REPORTER**

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## Information at your fingertips

On these pages you will find well-organized information, with names and phone numbers at your fingertips. In the event you need more information, we recommend these resources:

- **Volunteer Services of Carlton County, Inc. (VSCCI):**

(218) 879-9238 or (888) 419-1235

- **Carlton County Public Health:** (218) 879-4511 or (888) 818-4511

- **Senior Linkage Line®:** (800) 333-2433

A One Stop Shop for Minnesota Seniors

This is a service of ARDC's Area Agency on Aging

- **The Senior Reporter®**

If we can't answer your question, we may know who can. (218) 624-4949

- **Carlton County Caregiver Consultant**

Do you provide care and assistance to a spouse or older family member who has memory loss or is facing health challenges? Then you are a "caregiver" and we offer a place to turn to for:

- Face-to-face, telephone or e-mail contacts for support, education and resources
- Consultations, assessments, guidance, and connections to home services.

Caregiver Support Program

Contact: Deb Lindamood, Caregiver Consultant

Volunteer Services of Carlton County, Inc. (VSCCI)

(218)879-9238 / (218)879-1196 FAX / (888)419-1235 Toll Free

[www.vscci.com](http://www.vscci.com)

[info@vscci.com](mailto:info@vscci.com)

This annual Guide is the result of a collaboration between Volunteer Services of Carlton County, Inc. and The Senior Reporter. Volunteer Services of Carlton County, Inc. gathered information for this Guide. The Guide was produced by The Senior Reporter. This guide is offered free to the public because of the invaluable support of the advertisers who are represented in this book. This Guide serves as a resource for the community and is not a recommendation for any product or provider.

- **On the cover**

**Top:** Don and Marilyn Criley from Sturgeon Lake are very active volunteers at the Sonshine Pantry in Moose Lake.

**Middle:** Mary Oja from Cromwell volunteers at numerous jobs. Here she is playing a game with clients at the DayBreak Respite Program.

**Bottom:** Mike and Vickie Palm from Cromwell are active volunteers who drive many clients to medical appointments.

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**SENIOR & CAREGIVER  
SERVICES IN  
CARLTON COUNTY  
2014-2015 EDITION**

Comments on the accuracy  
and completeness of this  
Guide to Senior & Caregiver  
Services in Carlton County 2014  
will be greatly appreciated.  
Just complete this form,  
cut it out and send it to:



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Duluth MN 55816  
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THANK YOU!

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**AGENCY / ORGANIZATION:** \_\_\_\_\_

**CORRECTIONS / DELETIONS / ADDITIONS:** \_\_\_\_\_

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## ADULT DAY SERVICES / ADVOCACY / CAREGIVER CONNECTIONS

### **ADULT DAY SERVICES**

#### **Benedictine Adult Day Services**

935 Kenwood Ave  
Duluth MN 55811  
(218) 723-6408  
www.bhcduluth.org

#### **Edgewood Vista**

4195 Westberg Road  
Hermantown MN 55811  
(218) 723-8905  
www.edgewoodvista.com

#### **Floodwood Adult Day Services**

601 Ash Street  
PO Box 347  
Floodwood MN 55736  
(218) 476-2230 Donna Tracy, Stacy Stevens  
www.fst2b.org

#### **MS Achievement Center for Individuals of Multiple Sclerosis Saturday Program**

Benedictine Health Center  
935 Kenwood Ave  
Duluth MN 55811  
(218) 723-6408  
www.bhcduluth.org

#### **Volunteer Services of Carlton County, Inc. (VSCCI) DayBreak In-Home and Group Respite**

199 Chestnut Avenue, Ste. 3  
P O Box 450  
Carlton MN 55718  
(218) 879-9238  
(218) 879-1196 FAX  
(888) 419-1235 Toll Free  
www.vsccl.com  
info@vsccl.com

Program is available to caregivers of older adults with physical disabilities and memory loss. It provides caregivers with much appreciated time off, with the assurance that loved ones will be cared for in a

safe, nurturing environment.

Group Respite: Held Thursdays from 11:00 - 3:00 at the Evergreen Knoll in Cloquet; Mondays from 11-3 at Bethesda Church in Carlton. Activities include social time, community speakers, crafts, games, sing-a-longs, gentle exercise and entertainment.

In-Home Respite: Trained volunteers spend time with your loved one. Volunteers are available days, evenings and weekends.

### **ADVOCACY**

#### **AARP**

Minnesota State Office  
30 E 7th St Suite 1200  
St Paul MN 55101  
(866) 554-5381  
www.aarp.org/mn  
aarpmn@aarp.org

#### **ARDC's Area Agency on Aging**

221 W First St  
Duluth MN 55802  
(218) 722-5545 / (800) 232-0707  
www.arrowheadaging.org  
www.MinnesotaHelp.info®

#### **Senior Linkage Line®**

(800) 333-2433  
A One Stop Shop for Minnesota Seniors

#### **Fond du Lac Elder Advocate**

1720 Big Lake Rd  
Cloquet MN 55720  
(218) 878-8053 Debra Topping  
debratopping@fdlrez.com

#### **Minnesota Citizens Federation - Northeast**

2110 W First St, #102  
Duluth MN 55806  
(218) 727-0207  
www.citizensfed.org  
admin@citizensfed.org

#### **Office of Ombudsman for Long Term Care**

PO Box 64971  
St. Paul MN 55164-0971  
(800) 657-3591  
(651) 431-2555  
www.mnaging.org

#### **Veterans of Foreign Wars**

124 Chestnut Avenue  
Carlton MN 55718  
(218) 384-3794

### **CAREGIVER CONNECTIONS PROGRAM OF CARLTON COUNTY**

Do you provide care and assistance to a spouse or older family member who has memory loss or is facing health challenges? Then you are a "caregiver" and we offer a place to turn to for:

- Face-to-face, telephone or email contacts for support and resources.
- Coordinations, assessments, guidance, and connections to home services.

#### **Caregiver Support Program Volunteer Services of Carlton County, Inc. (VSCCI)**

199 Chestnut Avenue, Ste. 3  
P O Box 450  
Carlton MN 55718  
(218) 879-9238  
(218) 879-1196 FAX  
(888) 419-1235 Toll Free  
www.vsccl.com  
info@vsccl.com  
Contact: Deb Lindamood,  
Caregiver Consultant

## CHORE SERVICES / EDUCATION: ADULT BASIC, COMMUNITY ED.

### **CHORE/HOME MAINTENANCE SERVICES**

#### **Called to Care**

##### **Bethany Lutheran Church**

(218) 644-3640  
Cromwell-Wright Area  
Oscar Elliason

#### **My Own Home**

##### **Volunteer Services of Carlton County, Inc. (VSCCI)**

199 Chestnut Avenue, Ste. 3  
P O Box 450  
Carlton MN 55718  
(218) 879-9238/(218) 879-1196 FAX  
(888) 419-1235 Toll Free

The My Own Home (MOH) is a membership-based program whose primary goal is to help seniors remain safely at home as long as possible. Trained, screened service providers will assist you with activities such as chore services, transportation, homemaking, home health, respite, and information and referral services. In addition, members have access to a Preferred Provider List in which area businesses offer discounts.

##### **Volunteer Services of Carlton County, Inc. (VSCCI)**

##### **Faith in Action —**

##### **Communities Called to Care**

199 Chestnut Avenue, Ste. 3  
P O Box 450  
Carlton MN 55718  
(218) 879-9238/(218) 879-1196 FAX  
(888) 419-1235 Toll Free  
www.vsccl.com  
info@vsccl.com

Services include: painting, home maintenance, odd jobs, gardening, lawn care and snow removal. A donation to the volunteer agency is requested for some services.

### **EDUCATION: ADULT BASIC EDUCATION**

##### **AEOA Adult Basic Education & One-on-One Tutoring**

715 Cloquet Ave, Suite 2  
Cloquet MN 55720  
(218) 879-5588  
(800) 662-5711, ext 400  
(800) 862-0175 TDD  
Angela Smith, Adult Literacy  
Coordinator  
Jody Greniger, ABE Instructor

### **EDUCATION: COMMUNITY EDUCATION**

##### **Barnum Community Education**

3675 Co Road 140  
Barnum MN 55707  
(218) 389-0108  
www.barnum.k12.mn.us  
kwickstrom@barnum.k12.mn.us

##### **Carlton Community Education**

PO Box 310  
Carlton MN 55718  
(218) 384-4464  
www.carlton.k12.mn.us  
Contact: Daisy Rose  
drose@carlton.k12.mn.us

##### **Cloquet Community Education**

509 Carlton Avenue  
Cloquet MN 55720  
(218) 879-1261  
Contact: Ruth Reeves  
www.cloquetcommunityed.com

##### **Cromwell - Wright Community Education**

5624 Hwy 210  
Cromwell MN 55726  
(218) 644-3737  
www.cromwellwright.k12.mn.us



*Volunteer Services*

OF CARLTON COUNTY, INC.

(218) 879-9238

- Transportation
- Respite
- Chore Services
- Volunteer Opportunities

*Volunteer Services is committed to utilizing  
volunteers of all ages to meet the needs of older adults  
and disabled individuals in our communities.*



## EDUCATION: COMMUNITY ED., LIBRARIES / OTHER EDUCATIONAL OPP.

### **Esko Community Education**

PO Box 10  
2 East Highway 61  
Esko MN 55733  
(218) 879-4038  
[www.esko.k12.mn.us](http://www.esko.k12.mn.us)  
[cwalther@esko.k12.mn.us](mailto:cwalther@esko.k12.mn.us)  
Contact: Christina Walther

### **Moose Lake Community Education**

413 Birch Avenue  
Moose Lake MN 55767  
(218) 485-4435 Ext. 1003  
[www.mooselake.k12.mn.us](http://www.mooselake.k12.mn.us)

### **Wrenshall Community Education**

207 Pioneer Drive  
Wrenshall MN 55797  
(218) 384-4274, ext 1410  
[www.wrenshall.k12.mn.us](http://www.wrenshall.k12.mn.us)  
Coordinator: Julie Jacobson  
[commedu@wrenshall.k12.mn.us](mailto:commedu@wrenshall.k12.mn.us)

### **EDUCATION: LIBRARIES**

#### **Arrowhead Library System Bookmobile/Mail-A-Book**

5528 Emerald Avenue  
Mountain Iron MN 55768-2069  
(218) 741-3840  
[www.arrowhead.lib.mn.us](http://www.arrowhead.lib.mn.us)  
[mailbook@arrowhead.lib.mn.us](mailto:mailbook@arrowhead.lib.mn.us)

#### **Carlton Public Library**

PO Box 309  
213 Chestnut Avenue  
Carlton MN 55718  
(218) 384-3322  
[www.cityofcarlton.com/library.php](http://www.cityofcarlton.com/library.php)  
[carltonareapubliclibrary@gmail.com](mailto:carltonareapubliclibrary@gmail.com)  
Jodie Johnson, Librarian

#### **Cloquet Public Library**

320 14th Street  
Cloquet MN 55720-2158  
(218) 879-1531  
[www.cloquet.lib.mn.us](http://www.cloquet.lib.mn.us)

#### **Moose Lake Public Library**

Moose Lake Civic Center  
313 Elm Avenue  
Moose Lake MN 55767  
(218) 485-4424  
[www.Moose-Lake.lib.mn.us](http://www.Moose-Lake.lib.mn.us)

### **OTHER EDUCATIONAL OPPORTUNITIES**

#### **AEOA Adult Basic Education & One-on-One Tutoring**

715 Cloquet Ave, Suite 2  
Cloquet MN 55720  
(218) 879-5588  
Angela Smith, Adult Literacy  
Coordinator  
Jody Greniger, ABE Instructor

#### **Carlton County Public Health & Human Services**

14 N 11th Street  
Cloquet MN 55720  
(218) 879-4511 Local  
(888) 818-4511 Toll Free  
[www.co.carlton.mn.us](http://www.co.carlton.mn.us)

#### **College for Seniors at Fond du Lac Tribal and Community College**

2101 14th St  
Cloquet MN 55720  
(218) 879-0775  
(800) 657-3712 Toll Free  
[www.fdlfcc.edu](http://www.fdlfcc.edu)  
email: [training@fdltcc.edu](mailto:training@fdltcc.edu)

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Duluth MN 55811  
(218) 723-5940 / (800) 447-5444  
smaki@css.edu  
www.css.edu/emeritus

**University For Seniors**  
**University of Minnesota-Duluth**  
515 Darland Admin. Building  
1049 University Drive  
Duluth MN 55812  
(218) 726-6176  
www.d.umn.edu/goto/seniors

**University of Minnesota**  
**Extension – Carlton County**  
P O Box 307  
317 Chestnut Avenue  
Carlton MN 55718  
(218) 384-3511

## **EMERGENCY PERSONAL RESPONSE UNITS**

**Alzheimer's Association Safe  
Return Program**  
(800) 272-3900  
www.alz.org/SafeReturn

**Essentia Health - Medical  
Equipment & Supplies - Medical  
Personal Response Program**  
• 4418 Haines Road, Suite 1200  
Duluth MN 55811  
(218) 786-5588 (Tom)  
(218) 722-3420 ext. 65588  
(800) 777-8390  
• 407 E 4th Street  
Duluth MN 55805  
(218) 786-4970  
www.mwmedical.com  
*Please see our ad on page 15.*

**MedicAlert**  
2323 Colorado Ave  
Turlock CA 95382  
(888) 633-4298  
www.medicalert.org/amb

**Mercy Hospital/Home Care  
LifeLine Program**  
710 S Kenwood Avenue  
Moose Lake MN 55767  
(218) 485-5506  
(800) 760-4808  
www.mercymooselake.org  
*Please see our ad on page 14.*

**PAL Medical Systems, Inc.**  
• 508 SE 10th St  
Grand Rapids MN 55744  
(218) 326-9299  
• 427 John Ave  
Superior WI 54880  
(715) 395-2810  
• Duluth  
(218) 722-0221  
(800) 852-6575 Toll Free  
palmedicalsystems.org  
pal2@uslink.net

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## **EMPLOYMENT OPPORTUNITIES**

**Central Minnesota Jobs &  
Training Services/The REAL deal**  
14 N 11th Street, Suite 140  
Cloquet MN 55720  
(218) 878-5000

**Northeast Minnesota Office  
of Job Training: A Minnesota  
Workforce Center Partner**  
14 N 11th Street, Suite 140  
Cloquet MN 55720  
(218) 878-5000  
Mon.-Fri., 8 a.m. – 4:30 p.m.

## **ENERGY ASSISTANCE**

**Fuel Assistance & Weatherization  
Lakes & Pines Community  
Action Council, Inc.**  
1700 Maple Avenue East  
Mora MN 55051-1227  
(320) 679-1800 or (800) 832-6082  
www.lakesandpines.org

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**Grand Rapids (218) 326-9299**  
**Duluth (218) 722-0221**  
**Superior (715) 395-2810**

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## FINANCE: ASSISTANCE & SERVICES, BANKS & CREDIT UNIONS

### **FINANCE: ASSISTANCE & SERVICES**

#### **Carlton County Public Health & Human Services**

14 N 11th Street  
Cloquet MN 55720  
(218) 879-4583 / (800) 642-9082  
Southern Carlton County  
Moose Lake Office  
316 Elm Ave  
Moose Lake MN 55767  
(218) 485-8520 Local  
(888) 485-8520 Toll Free

Programs are available to applicants who meet eligibility requirements for health care, food support and cash assistance.

#### **Lakes & Pines Community Action Council, Inc.**

1700 Maple Avenue East  
Mora MN 55051-1227  
(320) 679-1800 or (800) 832-6082  
www.lakesandpines.org

#### **Lutheran Social Service of MN Financial Counseling Services**

600 Ordean Building  
424 W Superior St.  
Duluth MN 55802  
(218) 529-2227 / (888) 577-2227  
www.lssmn.org/debt

#### **Salvation Army and Social Services & Thrift Store**

316 Carlton Ave  
Cloquet MN 55720  
(218) 879-1693 Social Services  
(218) 879-5447 Thrift Store

#### **ARDC's Area Agency on Aging**

221 W First St  
Duluth MN 55802  
(218) 722-5545 / (800) 232-0707  
www.arrowheadaging.org  
www.MinnesotaHelp.info®

#### **Senior Linkage Line®**

(800) 333-2433  
A One Stop Shop for Minnesota Seniors

#### **Social Security Administration**

130 W Superior Street #400  
Duluth MN 55802  
(855) 863-3560  
www.ssa.gov

### **FINANCE: BANKS & CREDIT UNIONS**

#### **Corner Stone State Bank**

1516 Cloquet Avenue  
Cloquet MN 55720  
(218) 879-6781  
www.cornerstonestatebank.com

#### **First National Bank of Moose Lake**

- 400 Elm Avenue, P O Box 429  
Moose Lake MN 55767  
(218) 485-4441
- 20 Hartman Drive  
Moose Lake MN 55767  
(218) 485-0565  
www.firstmooselake.com

Services offered to seniors with direct deposit of pension or social security are: free money orders, notary services, cashiers checks, and photocopies as well as a discount on a safe deposit box. We also mail monthly statements, with free check images upon request. Member FDIC.

#### **Frandsen Bank and Trust**

712 Highway 33 South  
Cloquet MN 55720  
(218) 879-6000  
www.frandsenbank.com

#### **Lake State Federal Credit Union**

301 Elm Avenue  
Moose Lake MN 55767  
(218) 485-4444  
www.lakestatefcu.com

#### **Members Cooperative Credit Union**

101 14th Street  
Cloquet MN 55720  
(218) 879-3304  
www.membersccu.org

#### **Northview Bank**

- 3697 County Road 140  
Barnum MN 55707  
(218) 389-6967
- 5584 Hwy 210  
Cromwell MN 55726  
(218) 644-3351
- 8132 County Hwy 61  
Willow River MN 55795  
(218) 372-3155  
www.northviewbank.com

#### **Northwoods Credit Union**

- Main Office:  
1702 Avenue B  
Cloquet MN 55720  
(218) 879-4181
- Branch Office:  
902 Stanley Avenue  
Cloquet MN 55720  
www.northwoodscu.org

#### **Republic Bank Esko**

3 Thomson Road  
Esko MN 55733  
(218) 879-7388  
www.bankrepublic.com

**US Bank**

715 Cloquet Ave  
Cloquet MN 55720  
(218) 878-7878  
www.usbank.com

**Wells Fargo Bank, NA**

- 1502 Hwy 33 S  
Cloquet MN  
(218) 879-4521
- 110 3rd Street  
Carlton MN  
(218) 384-4238  
www.wellsfargo.com

**FORMS COMPLETION**

**Volunteer Services of  
Carlton County, Inc. (VSCCI)  
Faith in Action -  
Communities Called to Care**

199 Chestnut Avenue, Ste. 3  
P O Box 450  
Carlton MN 55718  
(218) 879-9238  
(888) 419-1235 Toll Free  
www.vsccl.com  
info@vsccl.com

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- Heating Assistance
- Public Insurance Programs
- Prescription Assistance Programs

**FRAUD**

**ARDC's Area Agency on Aging**

221 West First Atreet  
Duluth MN 55802  
(218) 722-5545 / (800) 232-0707  
www.arrowheadaging.org  
www.MinnesotaHelp.info®  
**Senior LinkAge Line®**  
(800) 333-2433  
A One Stop Shop for Minnesota Seniors

**Carlton County TRIAD**

Carlton County Sheriff's Office  
P O Box 530  
Carlton MN 55718  
(218) 384-3236  
Kelly Lake, Sheriff

**Moose Lake TRIAD**

Moose Lake Police Department  
Moose Lake MN  
(218) 485-8404  
www.nationaltriad.org  
www.carltoncounty.com  
www.mnsheriffs.org  
Bryce Bogenholm, Police Chief

**FRIENDLY VISITING**

**Called to Care -  
Bethany Lutheran Church**  
(218) 644-3640  
Cromwell-Wright Area

**Senior Companion Program  
Lutheran Social Service**

315 Ridgewood Rd  
Duluth MN 55804  
(218) 724-0648  
www.lssmn.org/seniorcorps  
Local contact: Peg Kirsch Lee

**Volunteer Services of Carlton  
County, Inc. (VSCCI)  
Faith in Action - Communities  
Called to Care**

199 Chestnut Avenue, Ste. 3  
P O Box 450  
Carlton MN 55718  
(218) 879-9238 / (218) 879-1196 FAX  
(888) 419-1235 Toll Free  
www.vsccl.com  
info@vsccl.com

Seniors and volunteers socialize through activities such as home visits, going to lunch or other community outings.

**FUNERAL SERVICES**

**Atkins-Northland  
Funeral Home**

801 14th Street  
Cloquet MN 55720  
(218) 879-7184 / (888) 879-0951  
www.atkinsnorthlandfuneral-home.com

**Hamlin Hansen Kosloski  
Funeral Home**

609 Folz Blvd.  
P O Box 338  
Moose Lake MN 55767  
(218) 485-4429  
www.hhkfuneralhome.com

**Handevitd Funeral & Cremation  
Service**

900 Washington Avenue  
Cloquet MN 55720  
(218) 879-4636  
www.handevitdftfh.com

**Nelson Funeral Care**

1004 Cloquet Avenue  
Cloquet MN 55720  
(218) 879-3225  
www.nelsonfuneralcare.net

**GAMBLING ISSUES**

**Gambler's Anonymous**

Our Savior's Lutheran Church  
615 12th Street  
Cloquet MN 55720  
(218) 879-1535  
Every Monday at 7:00 pm  
Every Tuesday at 5:00 p.m.

**Gambler's Intervention Services**

26 East Michigan Street  
Duluth MN 55802  
(218) 723-8444



**Minnesota Compulsive Gambling Hotline**  
1-800-333-HOPE (4673)

## **GENERAL SERVICES**

**Area Clothing Depot**  
1271 Hwy 73 North - R-Tech Bldg.  
Cromwell MN 55726  
Mail: P O Box 63, Wright, MN  
Open 10 - 3 Tues., Thurs. & Sat.  
Contact person - Dardanelle Randa  
(218) 357-0912

**Carlton County Public Health & Human Services**  
14 N 11th Street  
Cloquet MN 55720  
(218) 879-4511 Local  
(888) 818-4511 Toll Free  
(218) 878-2845 FAX  
[www.co.carlton.mn.us](http://www.co.carlton.mn.us)

- General Health Information
- Senior Services
- Disability Services
- Adult Protection Services
- Adult Mental Health Case Mgmt.
- Nutrition Counseling
- Chemical Dependency Eval.
- Toes "R" Us Foot Care
- Immunization Clinics
- Blood Pressure Clinics
- Adult Foster Care
- Medical Assistance
- Food Support
- Cash Assistance
- Emergency Programs
- Family Social Services

**Southern Carlton County Moose Lake Office**  
316 Elm Ave  
Moose Lake MN 55767  
(218) 485-8520 Local  
(888) 485-8520 Toll Free

- Medical Assistance
- Food Support
- Cash Assistance
- Emergency Programs

## **Functional Daily Living Skills Assessment and Referral Program**

Superior Health Center  
• 1502 London Road  
Duluth MN  
(218) 727-8228  
• 211 S Boundary Avenue  
Proctor MN  
(218) 624-4819

## **St. Luke's Driver Education and Training Program**

1001 E First Street  
Duluth MN 55802  
(218) 249-5519  
[www.slhduluth.com](http://www.slhduluth.com)

## **Sonshine Community Services Sonshine Closet**

620 Folz Blvd  
Moose Lake MN 55767  
(218) 485-5758 Store  
(218) 485-4800 Office

## **HEALTH: CHEMICAL DEPENDENCY**

### **Alcoholics Anonymous and Al-Anon**

103 10th Street  
Cloquet MN 55720  
(218) 879-9884

### **Assessment and Information Carlton County Public Health & Human Services**

14 N 11th Street  
Cloquet MN 55720  
(218) 879-4511 Local  
(888) 818-4511 Toll Free  
(218) 878-2845 FAX  
[www.co.carlton.mn.us](http://www.co.carlton.mn.us)

### **Community Addictions Recovery Enterprise Carlton (Liberalis)**

810 Third Street, Suite 102

Carlton MN 55718  
(218) 384-4106

### **Fond du Lac Chemical Dependency Treatment**

Min No Aya Win  
Human Svcs Center  
927 Trettel Lane  
Cloquet MN 55720  
(218) 879-1227

### **The Haven of Cloquet**

1003 Cloquet Avenue, Ste 117  
Cloquet MN 55720  
(218) 879-5545  
[www.havenchemicalhealth.com](http://www.havenchemicalhealth.com)

### **Mash-ka-wisen Treatment Center**

1150 Mission Road  
PO Box 66  
Sawyer MN 55780  
(218) 879-6731  
[www.mashkawisen.com](http://www.mashkawisen.com)

### **Tagwii Recovery Center**

61 Marigold Lane  
Cloquet MN  
(218) 878-3875

## **HEALTH: CLINICS**

### **Cromwell Medical Clinic**

5565 Highway 210  
P O Box 116  
Cromwell MN 55726  
(218) 644-3811  
[info@cromwellmedicalclinic.com](mailto:info@cromwellmedicalclinic.com)  
[www.cromwellmedicalclinic.com](http://www.cromwellmedicalclinic.com)

### **Gateway Family**

Health Clinic Ltd.  
4570 Co. Hwy 61  
Moose Lake MN 55767  
(218) 485-4491  
[www.gatewayclinic.com](http://www.gatewayclinic.com)  
*Please see our ad on inside back cover.*

## HEALTH: CLINICS, FOOTCARE, INSURANCE, HEARING SERV., HOME CARE

### **Min No Aya Win Clinic**

Min No Aya Win  
Human Services Center  
927 Trettel Lane  
Cloquet MN 55720  
(218) 879-1227

### **Raiter Clinic**

417 Skyline Boulevard  
Cloquet MN 55720  
(218) 879-1271  
www.raiterclinic.com

## **HEALTH: FOOTCARE**

### **Fond du Lac Podiatry and Footcare Services**

Min No Aya Win  
Human Services Center  
927 Trettel Lane  
Cloquet MN 55720  
(218) 879-1227

### **Toes-R-Us**

### **Carlton County Public Health & Human Services**

14 N 11th Street  
Cloquet MN 55720  
(218) 878-2853  
(888) 818-4511 Toll Free

## **HEALTH: HEALTH INSURANCE**

### **Carlton County Veterans Services**

14 N 11th Street, Suite 120  
Cloquet MN 55720  
(218) 499-6838 Phone  
(218) 878-3294 FAX

### **Medicare**

Medicare Helpline:  
(800) 633-4227

**State Health Insurance &  
Assistance Program**  
**ARDC's Area Agency on Aging**  
221 W 1st Street

Duluth MN 55802  
www.MinnesotaHelp.info®  
www.arrowheadaging.org

### **Senior LinkAge Line®**

(800) 333-2433  
A One Stop Shop for Minnesota  
Seniors

## **HEALTH: HEARING SERVICES**

### **Deaf and Hard of Hearing Services**

11 E Superior Street, Suite 220  
Duluth MN 55802  
(218) 723-4962 Voice  
(888) 234-1322 Voice  
(218) 206-8452 VP  
1-866-488-3833 TTY Toll Free  
(218) 723-4969 FAX  
Email: dhhs.duluth@state.mn.us

### **HEAR NOW**

6700 Washington Ave S  
Eden Prairie MN 55344  
(866) 354-3254  
www.starkeyhearingfoundation.org  
info@starkeyfoundation.org

### **Minnesota Relay Service (MRS)**

1-800-627-3529 Voice, TTY, or dial  
711  
1-800-676-3777 Customer Service

### **Telephone Equipment Distribution (TED) Program**

11 E. Superior Street, Suite 220  
Duluth MN 55802  
(800) 657-3663 VOICE  
(888) 206-6555 TTY  
www.tedprogram.org  
Sharie Hawkins, Assist. Coordinator  
Contact NE MN Region:  
Lori L. Peters, Program Specialist  
(218) 723-4964  
Lori.Peters@state.mn.us

## **HEALTH: HOME CARE**

### **ACCRA**

1932 London Road  
Duluth MN 55812  
(218) 724-2800  
www.accracare.org  
*Please see our ad on page 1.*

### **Accurate Home Care LLC**

19021 Freeport Street NW, Ste 400  
Elk River MN 55330  
(763) 633-3800  
www accuratohomecare.com

### **Fond du Lac Public Health Nursing**

Min No Aya Win  
Human Services Center  
927 Trettel Lane  
Cloquet MN 55720  
(218) 879-1227



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*A local, employee-owned company meeting  
home care needs in the Twin Ports for 20 years.*

## HEALTH: HOME CARE

### **Gentiva Health Services**

925 East Superior Street, Suite 104  
Duluth MN 55802

Director: Rachael Rhodes  
(218) 723-8999

[www.gentiva.com](http://www.gentiva.com)

Gentiva brings clinically advanced treatment to patients right where they live. With Gentiva's help, many patients are able to shorten their hospital stay, recover more quickly and play a more active role in their own treatment. We do this through nursing, physical/occupational/speech therapies, medical social worker & home health aide services. Gentiva is Medicare certified & licensed in MN & WI.

### **Heartland PCA**

1700 Mall Drive  
Duluth MN 55811

(218) 727-0990

[www.heartlandpca.com](http://www.heartlandpca.com)

### **Hearthstone Home Care**

2710 W. Superior Street, Suite 101  
Duluth MN 55806

(218) 740-4290

[www.hearthstonehomecare.com](http://www.hearthstonehomecare.com)

### **Home Instead Senior Care**

315 E Central Entrance #3  
Duluth MN 55811

(218) 727-8810 or (218) 262-6177

[www.homeinstead.com/548](http://www.homeinstead.com/548)

*Please see our ad on page 13.*

### **Interim HealthCare**

227 W 1st St, Suite 400

Duluth MN 55802

(218) 722-0053 Duluth

[www.interimhealthcare.com/duluthmn](http://www.interimhealthcare.com/duluthmn)

A local, employee owned Medicare/Medicaid certified Home Health agency, Interim HealthCare provides a full range of home care services to the Twin Ports and surrounding areas including: Skilled Nursing; Physical Therapy; IV Therapy; Med Management; Home Health Aides; Homemaker/Companions; and Lifeline medical alert service. Our home care services include Chronic Disease Management programs for Diabetes and Heart Failure, and we offer CardioCom Home Health Telemonitoring. In addition to home care, Interim also provides Assisted Living services at Greysolon, Tri Towers and King Manor. The Interim Vent Care Residence provides care for patients that are ventilator-dependant. Interim care givers are background checked, bonded and insured.

*Please see our ad on page 11.*

### **Mercy Home Health Agency**

Palliative Care  
Mercy Wellness Center

30 Arrowhead Lane

Moose Lake MN 55767

(218) 485-5506

(800) 760-4808

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

*Please see our ad on page 14.*

### **My Own Home Volunteer Services of Carlton County, Inc. (VSCCI)**

199 Chestnut Avenue, Ste. 3

P O Box 450

Carlton MN 55718

(218) 879-9238

(888) 419-1235 Toll Free

[www.vsccl.com](http://www.vsccl.com)

[info@vsccl.com](mailto:info@vsccl.com)

The My Own Home (MOH) is a membership-based program whose primary goal is to help seniors remain safely at home as long as possible. Trained, screened service providers will assist you with activities such as chore services, transportation, homemaking, home health, respite, and information and referral services. In addition, members have access to a Preferred Provider List in which area businesses offer discounts.



## **Regency Home HealthCare Services, LLC**

4961 Rice Lake Road, Suite 105, Duluth, MN 55803

**(218) 727-0296**

*Home is where  
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*Quality, professionalism, and dedicated to customer services —  
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## HEALTH: HOME CARE, HOSPICE, HOSPITALS

### **Regency Home Health Care**

4961 Rice Lake Road, Suite 105  
Duluth MN 55803  
(218) 727-4105  
[www.regencyhhc.com](http://www.regencyhhc.com)  
*Please see our ad on page 12.*

### **St. Luke's Home Care**

220 N 6th Ave East  
Duluth MN 55805  
(218) 249-6111  
[www.slhduluth.com](http://www.slhduluth.com)

### **Senior Friend Home Care**

- 116 Avenue C  
Cloquet MN 55720  
(218) 878-0990
- 301 West First Street Suite 309  
Duluth MN 55802  
(218) 727-1111  
[www.seniorfriendinc.com](http://www.seniorfriendinc.com)

### **Touching Hearts at Home**

314 W Superior Street, Ste. MZ 75-2  
Duluth MN 55802  
(218) 724-4743  
[www.touchinghearts.com/duluth](http://www.touchinghearts.com/duluth)

### **Visionary Home Care**

3656 Front St  
Barnum, MN 55707  
(218) 389-6244  
(877) 389-6244 Toll Free  
[www.VisionaryHomeCare.com](http://www.VisionaryHomeCare.com)

## **HEALTH: HOSPICE**

SEE ALSO: Home Care

### **Essentia Health**

#### **St. Mary's Hospice & Palliative Care**

330 E 2nd Street  
Duluth MN 55805  
(218) 786-4020  
[www.essentiahealth.org](http://www.essentiahealth.org)

### **St. Luke's Hospice Duluth®**

220 N 6th Ave East  
Duluth MN 55805  
(218) 249-6100

### **Solvay Hospice House®**

801 Baylis Street  
Duluth MN 55811  
(218) 529-3400  
(877) 524-3404  
[www.solvayhospicehouse.org](http://www.solvayhospicehouse.org)

## **HEALTH: HOSPITALS**

### **Community Memorial Hospital**

512 Skyline Boulevard  
Cloquet MN 55720  
(218) 879-4641  
[www.cloquethospital.com](http://www.cloquethospital.com)  
*Please see our ad on page 19.*

### **Essentia Health**

#### **St. Mary's Medical Center**

407 E Third St  
Duluth MN 55805  
(218) 786-4000  
(218) 786-4333 TTY  
[www.essentiahealth.org](http://www.essentiahealth.org)

### **Mercy Hospital**

710 S Kenwood Avenue  
Moose Lake MN 55767  
(218) 485-4481  
[www.mercymooselake.org](http://www.mercymooselake.org)  
*Please see our ad on page 14.*

### **St. Luke's**

915 E 1st St  
Duluth MN 55805  
(218) 249-5555  
[www.slhduluth.com](http://www.slhduluth.com)



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## HEALTH: MEDICAL EQUIPMENT, SUPPLIES, MENTAL HEALTH

### **HEALTH: MEDICAL EQUIPMENT, SUPPLIES**

#### **Community Memorial Hospital Home Oxygen Healthcare**

512 Skyline Blvd  
Cloquet MN 55720  
(218) 878-7043

#### **Essentia Health Medical Equipment & Supplies**

- 4418 Haines Road, Suite 1200  
Duluth MN 55811  
(218) 722-3420  
[www.mwmedical.com](http://www.mwmedical.com)
- 407 E 4th St  
Duluth MN 55805  
(218) 786-4970  
[www.mwmedical.com](http://www.mwmedical.com)

*Please see our ad on page 15.*

#### **Home Care Oxygen & Medical Equipment**

810 E 4th St  
Duluth MN 55805-1936  
(218) 722-2222  
(800) 445-3130

#### **Lake Superior Medical Equipment, Inc.**

- 305 Broadway Street  
Cloquet MN 55720  
(218) 879-2211
- 522 E 4th St  
Duluth MN 55805  
(218) 727-0600  
(866) 307-0600 Toll Free  
[lakesuperiormedicequipment.com](http://lakesuperiormedicequipment.com)

#### **Medicine Shoppe**

- 419 Skyline Blvd  
Cloquet MN 55720  
(218) 879-1501
- 1208 Cloquet Avenue  
Cloquet MN 55720  
(218) 879-4547

*Please see our ad on page 16.*

#### **PAL Medical Systems, Inc.**

- 508 SE 10th St  
Grand Rapids MN 55744  
(218) 326-9299
- 427 John Ave  
Superior WI 54880  
(715) 395-2810
- Duluth  
(218) 722-0221  
(800) 852-6575 Toll Free  
[palmedicalsyste.ms.org](http://palmedicalsyste.ms.org)  
[pal2@uslink.net](mailto:pal2@uslink.net)

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#### **White Drug**

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(218) 879-6768

*Please see our ad on page 18.*

### **HEALTH: MENTAL HEALTH**

#### **Carlton County Adult Social Services Carlton County Public Health & Human Services**

14 North 11th Street  
Cloquet MN 55720  
(218) 879-4511 Local  
(888) 818-4511 Toll Free  
(218) 878-2845 FAX  
[www.co.carlton.mn.us](http://www.co.carlton.mn.us)

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## **Essentia Health Behavioral Health**

Miller-Dwan  
502 E 2nd Street  
Duluth MN 55805  
(218) 786-1186

## **Fond du Lac Behavioral Health Services**

Min No Aya Win  
Human Services Center  
927 Trettel Lane  
Cloquet MN 55720  
(218) 879-1227

## **Human Development Center**

40 11th Street  
Cloquet MN 55720  
(218) 879-4559  
[www.humandevelopmentcenter.org](http://www.humandevelopmentcenter.org)

## **Human Development Center - Mental Health 24 Hour Crisis Line**

(800) 634-8775

## **Outreach Center**

24 - 10th Street  
Cloquet MN 55720  
(218) 879-0303  
Call Ginger Spiess for volunteering  
at (218) 879-4559, ext 128  
[www.humandevelopmentcenter.org](http://www.humandevelopmentcenter.org)

## **St. Luke's Mental Health Services**

220 N 6th Ave East  
Duluth MN 55805  
(218) 249-7000  
[www.slhduluth.com](http://www.slhduluth.com)

## **HEALTH: ORGANIZATIONS**

### **Alzheimer's Association, Minnesota-North Dakota Northern Regional Center**

525 South Lake Avenue, Ste. 214  
Duluth MN 55802  
(218) 733-2560  
24/7 Information Helpline:  
(800) 272-3900  
[www.alz.org/mnnd](http://www.alz.org/mnnd)

### **American Cancer Society**

130 W Superior St, LL2 Suite 200  
Duluth MN 55802  
(218) 727-7439  
(800) 227-2345  
[www.cancer.org](http://www.cancer.org)

### **American Diabetes Association**

Parkdale Center  
5100 Gamble Drive, Suite 394  
St. Louis Park MN 55416  
(763) 593-5333 Phone  
(888) DIABETES  
[www.diabetes.org](http://www.diabetes.org)

### **American Heart Association**

4701 W 77th Street  
Minneapolis MN 55435  
(952) 835-3300  
(800) 331-6889  
[www.heart.org](http://www.heart.org)

## **Arthritis Foundation North Central Chapter**

1876 Minnehaha Ave W  
Saint Paul MN 55104  
(800) 333-1380  
[info.mn@arthritis.org](mailto:info.mn@arthritis.org)

## **Epilepsy Foundation of MN - Duluth**

P O Box 16813  
Duluth MN 55816  
(218) 624-1330  
[mgiese@efmn.org](mailto:mgiese@efmn.org)  
[www.efmn.org](http://www.efmn.org)

## **Leukemia & Lymphoma Society of America Minnesota Chapter**

1711 Broadway Street NE  
Minneapolis MN 55413  
(612) 259-4600  
[www.lls.org](http://www.lls.org)

## **Struthers Parkinson's Center**

6701 Country Club Drive  
Golden Valley MN 55427  
(888) 993-5495  
[www.parknicollet.com](http://www.parknicollet.com)



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**Airpark Duluth** 4418 Haines Rd., Ste 1200  
**Virginia** 1001 9th Ave. North

[www.mwmedical.com](http://www.mwmedical.com)



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## HEALTH: PHARMACIES, REHABILITATION

### **HEALTH: PHARMACIES**

#### **Medicine Shoppe**

- Downtown  
1208 Cloquet Avenue  
Cloquet MN 55720-1622  
(218) 879-4547
- Raiter Clinic  
419 Skyline Boulevard  
Cloquet MN 55720  
(218) 879-1501

*Please see our ad on page 16.*

#### **Min No Aya Win Pharmacy**

Min No Aya Win  
Human Services Center  
927 Trettel Lane  
Cloquet MN 55720  
(218) 879-1227  
(218) 878-3739 FAX

#### **Thrifty White Pharmacy**

- 441 Arrowhead Lane  
PO Box 719  
Moose Lake MN 55767  
(218) 485-4401
  - 4570 County Highway 61  
Moose Lake MN 55767  
(218) 485-2111
- Please see our ad on page 18.*

#### **Wal-Mart Pharmacy**

1308 Highway 33 South  
Cloquet MN 55720  
(218) 878-0676

#### **White Drug Inc.**

Pine Tree Plaza  
707 Hwy. 33 South  
Cloquet MN 55720  
(218) 879-6768  
*Please see our ad on page 18.*

### **HEALTH: REHABILITATION**

#### **Community Memorial Hospital**

Physical Therapy, Occupational  
Therapy and Speech Therapy  
512 Skyline Boulevard  
Cloquet MN 55720  
(218) 879-4641  
*Please see our ad on page 19.*

#### **Essentia Health**

##### **Fitness & Therapy Center**

Esko Physical Therapy (located in  
Esko High School)  
2 E Hwy. 61  
Esko MN 55733  
(218) 879-7223

#### **Gentiva Health Services:**

##### **Gentiva Orthopedics Program**

##### **Gentiva Safe Strides Program**

925 East Superior Street, Suite 104  
Duluth MN 55802  
Program Dir.: Ryan Sharrow, PT  
(218) 723-8999 / (218) 723-8237 FAX  
[www.gentiva.com](http://www.gentiva.com)

Gentiva provides highly skilled rehabilitation services to adults in their home. Gentiva Orthopedics allows for a quicker return home following joint replacement surgery with daily & weekend therapy. Safe Strides is a comprehensive balance program aimed at identifying and treating medical conditions that put someone at risk for falling.

#### **Lake Area Therapy Services LLC**

- Gateway Family Health Building  
Moose Lake MN  
(218) 485-2020
- Villa Court Complex, 2nd floor  
Cromwell MN  
(218) 644-0910

*Please see our ad on page 17.*



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#### **Raiter Clinic**

419 Skyline Blvd. Cloquet  
(218) 879-1501 • (800) 317-1501  
M-F 8:00 am - 5:00 pm

#### **Downtown**

1208 Cloquet Ave. Cloquet  
(218) 879-4547 • (800) 925-5342  
M-F 9:00 am - 5:30 pm  
Sat. 9:00 am - 1:00 pm

**Visit us at [www.medicineshoppe.com](http://www.medicineshoppe.com)**

## HEALTH: REHABILITATION, VISION SERVICES / HOUSING WITH SERVICES

### **Mercy Rehabilitation Services**

Physical, Occupational & Speech Therapy

710 S Kenwood Avenue

Moose Lake MN 55767

(218) 485-5597

*Please see our ad on page 14.*

### **Park Avenue Therapies**

1204 Cloquet Avenue

Cloquet MN 55720

(218) 878-0805

[www.parktherapy.com](http://www.parktherapy.com)

### **HEALTH: VISION SERVICES**

#### **Lighthouse Center for**

#### **Vision Loss**

4505 West Superior Street

Duluth MN 55807

(218) 624-4828 / (800) 422-0833

(218) 624-8822 TTY

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

[info@lcfvl.org](mailto:info@lcfvl.org)

Mon. thru Fri., 8 a.m. to 4:30 p.m.

The Lighthouse Store stocks hundreds of adaptive products. We also offer community classes, support groups & individualized instruction, which can occur at our Center or in your home or workplace. Call now to schedule a store appointment or a free assessment for training options.

*Please see our ad on page 6.*

#### **State Services for the Blind**

402 W First Street

Duluth MN 55802-1494

(218) 302-8418

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

### **HOUSING WITH SERVICES**

Housing with Services is a name used for many housing settings. All Housing with Services offer housing, and offer or provide for a fee,

regularly scheduled health-related or supportive services. Registration with the Minnesota Department of Health (MDH) is required. This registration is issued by MDH to settings that provide sleeping accommodations to one or more adult residents, at least 80 percent of whom are 55 years of age or older. Service will vary based on the housing setting you choose:

- Personal care could include laundry, social services, help with making medical appointments and transportation.

- Services related to your health might include self-care, nursing and home care.

- Meal options will vary.

- Personal spaces will vary. Some have apartments with kitchens, others have individual rooms with shared bathrooms. It depends on the site.

### **Are you thinking about moving?**

Are you thinking about moving to a Registered Housing with Services setting? If so, the Minnesota State Legislature recently made changes that might impact you. Before you sign a lease or housing contract, you must first call the Senior LinkAge Line® for long-term care options counseling. You will receive a verification number you will need before you can sign a lease or housing contract.

Take the following important steps:

1. Call the Senior LinkAge Line® at 800-333-2433. Or, use the Minnesota Relay Service at 711 or 800-627-3529 (TDD). Or call 877-627-3848 (speech-to-relay service).

2. The Call Specialist will ask you some basic questions and discuss your options.

3. At the end of the call you will



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**Providing Physical, Occupational,  
and Speech Therapy**

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**Cromwell: 218-644-0910**

Located in the Villa Court Complex

**Moose Lake: 218-485-2020**

Gateway Family Health Clinic Building

**Email: [lat@frontier.com](mailto:lat@frontier.com)**

## HOUSING: ADULT FOSTER HOMES

receive a verification number.

4. Write down the number and put it in a safe place.

5. Watch for the number to come in the mail.

If you decide to move, give your verification number to the housing provider. Do this before you sign a lease or housing contract. If you decide not to move, keep the number in a safe place should you later need it.

The Senior LinkAge Line® helps people and their families find local resources and make decisions about long-term care options.

When you call, you will talk with an expert. Together you will:

- Look at your current situation.
- Find services that may be helpful to you.
- Learn about financing options,

Medicare and other resources. These resources might help you pay for any service you may need.

**The Senior LinkAge Line®** A One Stop Shop for Minnesota Seniors  
A statewide service of the Minnesota Board on Aging provided locally through the Arrowhead Area Agency on Aging. It is available by phone at 800-333-2433, Monday through Friday 8:00 a.m. to 4:30 p.m., as well as via live chat through [www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)®.

## HOUSING: ADULT FOSTER HOMES

Adult Foster Care is typically set in a home-like setting. It offers food, lodging, supervision and other services. Rooms may be private or shared. Common areas of the home are shared. A family may

provide adult foster care in their home, meaning the homeowner lives there. Or, a business may own the home. In this case an agency may provide 24-hour care. If you are interested in learning more about Adult Foster Care or interested in determining if Adult Foster Care is the right choice for you, call Carlton County Health and Human Services at (218) 879-4511. [www.co.carlton.mn.us](http://www.co.carlton.mn.us)

### Birchview Acres

Bill & Chris Sandstrom  
1184 Alcohol Road  
Wrenshall MN 55797  
(218) 384-9409

### Bowser's Country Living

Ronald Bowser  
3972 Oliver Road

## Something New in Medication Packaging has arrived! *We think you will like it!*



## HealthyPack<sup>TM</sup> Rx

### Multi-Dose Packaging

- Multi-Dose, Easy-to-Use, Convenient Packets
- Easy-to-Open
- Easy-to-Store and Carry
- Easy-to-Read Labels
- Reduces Confusion
- Makes Taking your Medication Easy to Remember
- Increases Medication Adherence
- No More Counting or Sorting Pills
- Reduces Medication Errors



## Medication Adherence.

An estimated one third to one half of all patients in the U.S. do not take their medications as prescribed by their doctors. Non-adherence has been shown to result in \$100 billion each year in excess hospitalizations alone. New England Healthcare Institute estimates that non-adherence along with suboptimal prescribing, drug administration, and diagnosis could result in as much as \$290 billion per year in avoidable medical spending or 13 percent of total health care expenditures.

### Services we offer.

- Fast and Friendly Service
- Rx Savings Club Plus
- Ready Refill
- Medication Synchronization Program
- Shopper Rewards Program
- Automated Voice Response
- Automated Prescription Dispensing
  - Free In Town Delivery
  - Free Mail Out Service
- Participation in most 3rd Party and Medicare Part D Insurance Plans
  - Vaccination Administration
- Pharmaceutical Care & Counseling



Pinetree Plaza  
Inside Super One Foods  
Cloquet, MN

218.879.6768 or 1.800.967.3421  
Store Hours: Monday - Friday: 9am - 8pm  
Saturday: 9am-5:30pm • Sunday: 9am - 3pm



441 North Arrowhead Lane • Moose Lake, MN

218.485.4401 or 1.877.205.7585

Store Hours: Monday - Friday: 9am - 5:30pm • Saturday: 9am-1pm • Sunday Closed

4570 County Hwy 61 • Moose Lake, MN

218.485.2111 or 1.888.411.1179

Store Hours: Monday - Friday: 9am - 6pm • Saturday: Closed • Sunday Closed



## HOUSING: ADULT FOSTER HOMES, ASSISTED LIVING

Moose Lake MN 55767  
(218) 485-8673

### **Pine Tree Haven**

3669 Carlton Street North  
Barnum MN 55707  
Contact: Bonna Kooiman  
(218) 389-3311

### **Silver Maple Estate**

Terry & Allen Chartier  
3772 Hautala Road  
Cloquet MN 55720  
(218) 878-0920

### **Sunnyside Homes, Plus**

Robert Shofner  
802 Garfield Street  
Cloquet MN 55720  
(218) 878-3403

## **HOUSING: ASSISTED LIVING**

Assisted Living means the registered housing with services setting provides or arranges for a set of health-related services including assistance with:

- Administration of medication.
- Three of the following seven activities - bathing, dressing, grooming, eating, transferring, continence care, toileting and daily checks on residents.
- Health and safety needs requiring someone available 24 hours a day, seven days per week.
- The following supportive services: two meals per day, weekly housekeeping, weekly laundry service, reasonable assistance with arranging for transportation to medical and social appointments and accessing community resources and social service available in the community.

### **Augustana Kenwood Place**

Senior Housing with Services  
(Mercy Hospital and Health Care Center - Owner)  
4560 County Road 61  
Moose Lake MN 55767  
(218) 351-9400 or  
(218) 485-5629

### **Barnes Care - Esko**

58 W Highway 61  
Esko MN 55733  
(218) 879-2635  
Contact: Shar Barnes  
[www.barnescareinc.com](http://www.barnescareinc.com)  
*Please see our ad on outside back cover.*

### **Cardinal Court-Villa Vista**

1220 Villa Court Dr  
Cromwell, MN 55726  
(218) 644-3331  
[www.villacourtromwell.com](http://www.villacourtromwell.com)  
*Please see our ad on page 27.*

### **Carlton Place**

813 - Third Street  
Carlton MN 55718  
(218) 384-8440  
Contact: Christine Sandstrom  
*Please see our ad on page 23.*

### **Diamond Willow of Cloquet**

132 West North Road  
Cloquet MN 55720  
(218) 878-1212  
[www.diamondwillowassistedliving.com](http://www.diamondwillowassistedliving.com)  
*Please see our ad on page 21.*

### **Evergreen Senior Living Evergreen Knoll / Evergreen At Home**

1309 - 14th Street  
Cloquet MN 55720  
(218) 878-3302 Terri Langevin  
[www.evergreenknoll.org](http://www.evergreenknoll.org)

## **Trouble sleeping?**

**You might have sleep apnea.  
Visit us, and regain your peaceful nights!**

**CMH**  
Community  
Memorial Hospital

**SLEEP CLINIC**  
**Appointments 218-878-7043**  
512 Skyline Boulevard in Cloquet

## HOUSING: ASSISTED LIVING, MEMORY CARE

### **Fond du Lac Assisted Living Residence**

1571 Airport Road  
Cloquet MN  
(218) 878-3836

### **Fond du Lac Supportive Housing Services**

980 Ozhigaw Road  
Cloquet MN  
(218) 878-4373

### **Garden Terrace**

426 Mason Drive  
Wrenshall MN 55797  
(218) 384-4623

### **Inter-Faith Care Center**

811 3rd Street  
Carlton MN 55718  
(218) 384-4258  
*Please see our ad on page 23.*

### **Kenwood Place**

710 S. Kenwood Avenue  
Moose Lake MN 55767  
(218) 351-9415  
[www.augustanacare.org](http://www.augustanacare.org)

### **Lighthouse of Barnum & Cloquet Assisted Living**

(218) 522-0056  
[www.NPSeniorliving.com](http://www.NPSeniorliving.com)

### **Amber Oaks Cottages**

701 Horizon Circle  
Cloquet MN 55720

### **Tall Pine Cottage**

1909 Tall Pine Lane  
Cloquet MN 55720

### **Whitetail Cottage**

3725 Horizon Drive  
Barnum MN 55707

### **Bear Track Cottage**

3730 Horizon Drive  
Barnum MN 55707

*Please see our ad on inside front cover.*

### **Oakview Residential Care, Inc.**

300 Talbot Drive  
Moose Lake MN 55767  
(218) 485-8779  
[www.oakviewresidentialcare.com](http://www.oakviewresidentialcare.com)  
*Please see our ad on inside back cover.*

### **Plainview Estates Customized Living 24-Hour Care**

- 46 Thomson Rd  
Esko MN 55733  
(218) 879-8230
  - 2507 Fairview Avenue  
Cloquet, MN 55720  
(218) 879-2723
- Contact: Coleta Parenteau

### **Senior Friend Home Care**

Contact:  
Dawn Eller at: (218) 878-0990

### **Aspen Arms**

950 - 14th Street, #124  
Cloquet MN 55720  
(218) 878-0974

### **Larson Commons**

810 Cloquet Ave  
Cloquet MN 55720  
(218) 879-3759

### **Suncrest Assisted Living**

2400 Washington Ave  
Scanlon MN 55720  
(218) 878-1180  
(877) 878-1180 Toll Free  
Contact: Dawn Saavela  
*Please see our ad on page 22.*

### **Villa Vista Advanced Assisted Living**

1220 Villa Court Drive  
Cromwell MN 55726  
(218) 644-3331  
*Please see our ad on page 27.*

## **HOUSING:** **MEMORY CARE**

Memory Care can be a type of assisted living service program, but is designed to promote services for persons with Alzheimer's disease or related disorders. Staff must be trained in dementia care. Some housing sites may have designated apartments for those who need memory care.

### **Lighthouse of Barnum & Cloquet Memory Care**

(218) 522-0056  
[www.NPSeniorliving.com](http://www.NPSeniorliving.com)

### **Moose Creek Cottage**

3722 Horizon Drive  
Barnum MN 55707

### **Maple Cottage**

701 Horizon Circle  
Cloquet MN 55720

### **North Point Cottage**

705 Horizon Circle  
Cloquet MN 55720

*Please see our ad on inside front cover.*

### **Oakview Residential Care, Inc.**

300 Talbot Drive  
PO Box 958  
Moose Lake MN 55767  
(218) 485-8779  
*Please see our ad on inside back cover.*

### **Suncrest Assisted Living**

2400 Washington Ave  
Scanlon MN 55720  
(218) 878-1180  
(877) 878-1180 Toll Free  
Contact: Dawn Saavela  
*Please see our ad on page 22.*

### **Villa Vista Memory Care**

1220 Villa Court  
Cromwell MN 55726  
(218) 644-3331  
*Please see our ad on page 27.*

## HOUSING: SKILLED NURSING FACILITIES, SENIOR INDEPENDENT LIVING

### **HOUSING: SKILLED NURSING FACILITIES (LONG TERM CARE)**

Nursing homes are long-term care facilities that offer a full range of personal, dietary, therapeutic, social, spiritual, recreational, and nursing services to residents.

Anyone interesting in nursing home care **MUST** have a screening by the county completed prior to admission. A Long Term Care Consultation is available at no charge to assist individuals and their families in identifying their needs and matching them to different service and housing options to explore alternatives to nursing home care.

#### **Augustana Mercy Health Care Center**

710 South Kenwood Avenue  
Moose Lake MN 55767  
(218) 351-9400  
[www.augustanacare.org](http://www.augustanacare.org)

#### **Inter-Faith Care Center**

811 3rd St  
Carlton MN 55718  
(218) 384-4258  
*Please see our ad on page 23.*

#### **Sunnyside Health Care Center at Community Memorial Hospital**

512 Skyline Blvd  
Cloquet MN 55720  
(218) 879-4641

### **HOUSING: SENIOR INDEPENDENT LIVING**

Market Rate rentals are called apartments. They have no subsidy. The real estate market determines the rent. Some offer a broad range of services and may offer health-related services.

Independent Living is when you live on your own without around the clock care. You might receive some services such as meals or help with chores. These services can be brought into your dwelling

Subsidized Rentals and Affordable Housing serve persons who are low-income. They vary in size and type. Some are owned privately,

others are owned by a city or other entity. Some offer a range of services and may offer health-related services. Rent and utilities cost less than 30% of your household's income.

#### **Cloquet/Carlton Housing Authority**

(218) 879-3353  
• Aspen Arms  
950 - 14th Street  
Cloquet MN 55720  
• Woodland Pines  
201 Spruce Avenue  
Carlton MN 55718

#### **Evergreen Cottages**

1309 14th Street  
Cloquet MN 55720  
(218) 878-3302 Teri Langevin  
[www.evergreenknoll.org](http://www.evergreenknoll.org)

#### **Fond du Lac Housing Office**

932 Trettel Lane  
Cloquet MN 55720  
(218) 878-8050



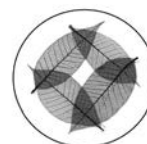
### *Respecting The Path Of Life*

Diamond Willow features a serene and calming atmosphere with private suites.

You and your family can have peace of mind with the security of industry-leading staffing ratios.

And Diamond Willow can provide the higher levels of care needed through the end of life.

*Enjoy the ambience of home at  
Diamond Willow.*



**Diamond Willow**  
ADVANCED CARE ASSISTED LIVING

**Diamond Willow**  
130 W. North Road  
Cloquet, MN 55720

**218-878-1212**



## HOUSING: SENIOR IND. LIVING, OTHER OPTIONS / INFO. ASSISTANCE

### Hillside Manor East

700 - 4th Street  
Moose Lake MN 55767  
(218) 485-8516

### Hillside Manor West

708 4th Street  
Moose Lake MN 55767  
(218) 485-8196

### Kettle River Apartments

3979 Main Street  
Kettle River MN 55757  
Management - Croix Mgmt  
Taylor's Falls MN 55084  
(651) 465-6841

### Larson Commons

810 Cloquet Avenue  
Cloquet MN 55720  
(218) 879-3759

### Parkside Apartments

3720 Front Street

Barnum MN 55707  
Mgmt: Croix Management  
Taylor's Falls MN 55084  
(651) 465-6841

### Pine View Apartments

802 3rd Street  
Carlton MN 55718  
(218) 384-8443  
*Please see our ad on page 23.*

### Southview Apartments

- 1221 Highway 73  
Cromwell MN 55726  
(218) 349-7111 - Ray
- Villa Court Senior Community  
1220 Villa Court Drive  
Cromwell MN 55726  
(218) 644-3331

### Trails Edge Townhomes

Trail Drive (multiple addresses)  
Mailing address:  
1593 Evergreen Drive

Carlton MN 55720  
(218) 310-6960  
[www.trailsedge.org](http://www.trailsedge.org)  
[trailsedge@live.com](mailto:trailsedge@live.com)

## **HOUSING:** **OTHER OPTIONS**

Contact Cloquet Housing Authority  
for a list of all family apartment build-  
ings in Carlton County.

### **Cloquet/Carlton Housing Authority**

950 - 14th Street  
Cloquet MN 55720  
(218) 879-3353

### **Northland Village Assisted Living**

22027 - 420th Street  
McGregor MN 55760  
(218) 768-3356  
[www.northlandvillage.org](http://www.northlandvillage.org)  
*Please see our ad on page 24.*

## **INFORMATION** **ASSISTANCE**

### **ARDC's Area Agency on Aging**

221 West 1st St  
Duluth MN 55802  
(218) 722-5545 / (800) 232-0707  
[www.arrowheadaging.org](http://www.arrowheadaging.org)  
[www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)®  
**Senior Linkage Line®**  
(800) 333-2433

A One Stop Shop for Minnesota  
Seniors

### **Attorney General, Office of the Consumer Services Division**

445 Minnesota Street, Suite 1400  
Saint Paul MN 55101  
(800) 657-3787 Toll Free  
[www.ag.state.mn.us](http://www.ag.state.mn.us)



2400 Washington Ave. Scanlon, MN 55720

*Imagine...a beautiful park, right outside  
your door. Plus, its warm and sunny  
365 days a year!*

Now Offering Specialized Memory Care



218-878-1180





## **Lakes & Pines Community Action Council, Inc.**

1700 Maple Avenue East  
Mora MN 55051-1227  
(320) 679-1800 / (800) 832-6082  
[www.lakesandpines.org](http://www.lakesandpines.org)

## **The Senior Reporter®**

P O Box 161318  
Duluth MN 55816  
(218) 624-4949

## **University of Minnesota Extension – Carlton County**

317 Chestnut Ave  
Carlton MN 55718  
[www.extension.umn.edu](http://www.extension.umn.edu)  
(218) 384-3511  
(800) 862-3760, ext 223

## **Volunteer Services of Carlton County, Inc. (VSCCI)**

199 Chestnut Avenue, Ste. 3  
P O Box 450  
Carlton MN 55718  
(218) 879-9238/(218) 879-1196 FAX  
(888) 419-1235 Toll Free  
[www.vsccl.com](http://www.vsccl.com)  
[info@vsccl.com](mailto:info@vsccl.com)

Link older adults with resources in their communities, provide services through its programs and promote volunteerism. VSCCI directs the Retired & Senior Volunteer Program (RSVP), DayBreak (Group and In-Home Respite), Faith in Action-Communities Called to Care and Senior Outreach programs in Carlton County. Services provided include: Chore, Respite Care, Home Health Aide/Home-maker, Transportation, Tel-A-Care, Friendly Visiting, Grocery Shopping and Information & Referral and My Own Home Program.

## **WINDOW Victim Services®**

707 Hwy 33 S., Suite 9B  
Cloquet MN 55720  
(218) 340-1149  
Crisis Line: (800) 644-0003  
[www.windowhinckley.com](http://www.windowhinckley.com)

## **LEGAL SERVICES**

### **LSS Guardianship/ Conservatorship Services**

Ordean Building  
424 West Superior Street #500  
Duluth MN 55802  
(218) 529-2240  
(651) 310-9400 - St. Paul  
[www.lssmn.org/guardianship](http://www.lssmn.org/guardianship)

### **Senior Citizens' Law Project**

Legal Aid Service of NE Minnesota  
302 Ordean Building  
424 W Superior Street  
Duluth MN 55802

(218) 623-8100  
[www.lasnem.org](http://www.lasnem.org)

## **Volunteer Attorney Program & Northland Mediation**

314 W Superior Street, Suite 1000  
Duluth MN 55802  
(218) 723-4005  
[www.volunteerattorney.org](http://www.volunteerattorney.org)

## **NUTRITION**

### **Carlton County Public Health & Human Services**

14 North 11th Street  
Cloquet MN 55720  
(218) 879-4511 Local  
(888) 818-4511 Toll Free  
[www.co.carlton.mn.us](http://www.co.carlton.mn.us)



### **INTER-FAITH CARE CENTER**

811 3rd Street, Carlton MN 55718

### **PINE VIEW APARTMENTS**

802 3rd Street, Carlton MN 55718

### **CARLTON PLACE**

813 3rd Street, Carlton MN 55718

### **Inter-Faith Care Center**

- Skilled Nursing Care including a peaceful memory care unit
- In & Out-Patient Physical, Occupational & Speech Therapy
- Daily Activities to keep the mind and body active
- A dietary program that focuses on each individual's nutritional needs

### **Carlton Place**

- Studio, One and Two Bedroom apartments with walk-in showers and kitchenette
- Rent includes utilities
- Medication set up and administration
- Planned Activities

### **Pine View Apartments**

- Secure building with parking and winter plug-ins
- A noon meal available
- Urgent call available 24 hours a day
- Planned activities

*IFCC is a non-profit, faith based campus whose board of directors serve from 6 area local churches.*

**(218) 384-4258 • [www.inter-faithcare.org](http://www.inter-faithcare.org)**

## NUTRITION: FOOD ASSIST., FOOD SHELVES, SR. DINING & MEALS ON WHEELS

### Fond du Lac Public Health Registered Dietitian

Min No Aya Win  
Human Services Center  
927 Trettel Lane  
Cloquet MN 55720  
(218) 879-1227/(218) 878-2198 FAX

### NUTRITION: FOOD ASSISTANCE

#### **NAPS: Nutrition Assistance Program for Seniors**

• Distribution sites in:  
Cloquet, Moose Lake,  
Cromwell & Duluth MN  
(218) 727-5653  
info@northernlakesfoodbank.org  
www.northernlakesfoodbank.org

#### **Ruby's Pantry**

Cloquet  
National Guard Armory

4th Wednesday of each month  
9:00 Registration (subject to change)  
10:30 Food Distribution  
\$20.00 Donation  
(218) 879-3380  
**Moose Lake**  
Moose Lake Evangelical Covenant  
Church  
2nd Saturday of each month  
8:00 a.m. Registration  
Food Distribution 9:00 am  
\$20.00 Donation, bring boxes  
(218) 485-5758 or (218) 485-4800

### NUTRITION: FOOD SHELVES

#### **Moose Lake Food Shelf**

308 Elm Avenue  
PO Box 128  
Moose Lake MN 55767  
(218) 485-4882 Roseanne  
(218) 485-4109 Jean

#### **Salvation Army Food Shelf**

316 Carlton Avenue  
Cloquet MN 55720  
(218) 879-1693

#### **Sonshine Community Services**

Sonshine Closet & Sonshine Pantry  
(218) 485-5758 / (218) 485-4800  
2nd Saturday of each month  
Registration 8:00 a.m. Moose Lake  
Evangelical Covenant Church

#### **Tri-Community Food Shelf**

5597 Highway 210 (Junction of  
Hwys 210 & 73)  
Cromwell MN 55726  
(218) 426-4067 Dianne  
Fridays 3:00 - 5:30 p. m.  
Weather permitting

### NUTRITION: SENIOR DINING & MEALS ON WHEELS

#### **Arrowhead Economic Opportunity Agency (AEOA)**

702 3rd Avenue South  
Virginia MN 55792  
(218) 748-7323

(800) 662-5711 ext. 7323

marilyn.ocepek@aeoa.org

Join friends for a meal and fellowship at an area dining site. Call the numbers noted above to determine eligibility, to register, and to learn more about the discounted meal service at a suggested contribution. Meals are also available to "home-bound" individuals. Frozen meal service is also available.

Locations: Carlton, Cloquet and Moose Lake.

The meal service is funded under contract with the ARDC's Area Agency on Aging as part of the Older Americans Act Program, local funds and participant contributions.

*An easy-going* **LIFESTYLE**



The independence of  
your own private suite.  
The comfort of your  
own furniture. The  
ease of someone else  
doing the cleaning and  
laundry. Sound good?  
Call today!

**RESERVE YOUR  
PERSONAL  
SUITE**

*"It's comforting to know  
staff is here to help out."*

**Northland  
VILLAGE**  
*Assisted Living*

BUHL • 218-258-8681  
HOYT LAKES • 218-225-0176  
M<sup>C</sup>GREGOR • 218-768-3356  
www.northlandvillage.org

## **RESPITE CARE**

### **ACCRA**

1932 London Road  
Duluth MN 55812  
(218) 724-2800  
www.accra.org  
*Please see our ad on page 1.*

### **Mercy Hospital**

710 South Kenwood Avenue  
Moose Lake MN 55767  
(218) 485-4481  
*Please see our ad on page 14.*

### **Visionary Home Care**

3656 Front Street  
Barnum, MN 55707  
(218) 389-6244  
(877) 389-6244 Toll Free  
www.VisionaryHomeCare.com

### **Volunteer Services of Carlton County, Inc. (VSCCI) DayBreak In-Home and Group Respite**

199 Chestnut Avenue, Ste. 3  
P O Box 450  
Carlton MN 55718  
(218) 879-9238/(218) 879-1196 FAX  
(888) 419-1235 Toll Free  
www.vsccl.com  
info@vsccl.com

Program is available to caregivers of older adults with physical disabilities and memory loss. It provides caregivers with much appreciated time off, with the assurance that loved ones will be cared for in a safe, nurturing environment.

Group Respite: Held Thursdays from 11:00 - 3:00 at Evergreen Knoll in Cloquet, and Mondays from 11-3 at Bethesda Church in Carlton. Activities include social time, community speakers, crafts, games, sing-a-longs, gentle exercise and entertainment.

In-Home Respite: Trained volunteers spend time with your loved one. Volunteers are available days, evenings and weekends.

## **SENIOR ORGANIZATIONS, CENTERS & CLUBS**

### **Barnum Seniors**

3794 Main Street  
Barnum MN 55707  
Contact: Shirley Rudebeck  
(218) 389-6563

### **Blackhoof Valley Seniors**

2241 County Road 5  
Carlton MN 55718  
Contact: Sue Karp  
(218) 340-9932

### **Carlton Area Seniors**

Meeting Location:  
Pineview Apts. Dining Room  
800 3rd Street  
Carlton MN 55718  
John Ciesielski, President  
(218) 878-4792

### **Carlton County Council on Aging**

Meeting Location:  
Volunteer Services of Carlton  
County, Inc.  
199 Chestnut Avenue, Suite 3  
Carlton MN 55718  
More info: (218) 879-9238  
info@vsccl.com

### **Cloquet Seniors**

1100 Olympic Dr  
Cloquet MN 55720  
(218) 879-5870

### **Cromwell Young Old Timers**

Community Park Pavillion  
Cromwell Senior Center  
Cromwell MN 55726  
Every second Tuesday of the

month at 2:00 pm  
Contact: Kenny Kangas  
(218) 644-3442

### **Esko Seniors**

Thomson Township Town Hall  
Harney Road  
Esko MN 55733  
Contact: Leo Grochow, Vice  
President  
(218) 879-7480  
Contact 2: Betty Kinnunen  
(218) 879-3515

### **Moose Lake Seniors**

Moose Lake Community  
Nutrition Site  
313 Elm Avenue  
PO Box 870  
Moose Lake MN 55767  
Contact: Sherry Carlson  
(218) 485-4937

### **Sawyer Seniors**

3243 Moorhead Road  
Sawyer MN 55780  
Contact: Brenda Shabiash  
(218) 878-8184

### **Wright Seniors**

Wright Senior Center  
Wright MN 55798  
Contact: Alice Gurske  
(218) 357-2871

## **SOCIAL SERVICES**

### **Carlton County Public Health & Human Services**

14 North 11th Street  
Cloquet MN 55720  
(218) 879-4511  
(888) 818-4511 Toll Free  
Satellite office located in  
Moose Lake (218) 485-8520  
www.co.carlton.mn.us  
Income maintenance services,  
foster care licenser.



## SOCIAL SERVICES / SUPPORT GROUPS / TEL-A-CARE / TRANSPORTATION

### Fond du Lac Social Services

Min No Aya Win  
Human Services Center  
927 Trettel Lane  
Cloquet MN 55720  
(218) 879-1227

### Salvation Army and Social Services

316 Carlton Avenue  
Cloquet MN 55720  
(218) 879-1693 Social Services  
(218) 879-5447 Thrift Store

## SUPPORT GROUPS

### Alzheimer's/Memory Loss Support and Education

Offered monthly (218) 733-2560  
• 3rd Thursday at 10:00 a. m.  
Hope Lutheran Church,  
Moose Lake  
• 3rd Thursday at 1:00 p. m.  
Cloquet Public Library, Cloquet

### Cancer Support Group

Community Memorial Hospital  
3rd Thursday of month, 2:00 p. m.  
(218) 878-7664

### Circle of Hope

5204 Otsego Street  
Duluth MN 55804  
(218) 464-1626  
[www.circleofhopeduluth.org](http://www.circleofhopeduluth.org)  
[peggy@circleofhopeduluth.org](mailto:peggy@circleofhopeduluth.org)

### Duluth Family Medicine Clinic

330 N 8th Ave E  
Duluth MN 55805  
(218) 723-1112  
[www.duluthfamilypracticecenter.com](http://www.duluthfamilypracticecenter.com)

### Grief Support Group

Community Memorial Hospital  
2nd and 4th Tuesday of the month  
7:00 - 8:30 p.m.  
Contact  
Chaplain Morreim (218) 878-7664  
or Peggy (218) 879-4976

### Hepatitis C Support Group

St. Luke's Cancer Care Center  
1001 E Superior St  
Duluth MN 55802  
(218) 249-7990  
First Wednesday of each month

### LUNGS R US

Third Wednesday of month,  
2:00 p.m.  
Mercy Hospital, Moose Lake  
(218) 485-5677

### Mercy Cancer Support Group

Second Tuesday of month, 6:30 p.m.  
Mercy Hospital, Moose Lake  
(218) 485-5599

### Mercy Diabetes Support Group

Second Monday of month, 2:30 p.m.  
Mercy Wellness Center, Moose Lake  
(218) 485-5836

### Mercy Grief Support Groups

- Grief Support Group, fourth Thursday of month; 10:00 a.m. or 7:00 p.m.
- Child Loss Grief Support Group, First Thursday of month, 7:00 p.m.

Mercy Hospital, Moose Lake  
(218) 485-5508

### Pain Support Group

Community Memorial Hospital  
1st Friday of month, 12:30 - 2:00 p. m.  
Chaplain Morreim (218) 878-7664

## TEL-A-CARE

### Called to Care

Bethany Lutheran Church  
(218) 644-3640  
Cromwell-Wright Area

### Volunteer Services of Carlton County, Inc. (VSCCI)

#### Tel-A-Care

199 Chestnut Avenue, Ste. 3  
P O Box 450  
Carlton MN 55718  
(218) 879-9238  
(218) 879-1196 FAX  
(888) 419-1235 Toll Free  
[www.vsccl.com](http://www.vsccl.com)  
[info@vsccl.com](mailto:info@vsccl.com)

Phone contact provided by trained volunteers to seniors and those with physical and mental disabilities.

## TRANSPORTATION

### Arrowhead Transit

702 3rd Ave. So.  
Virginia MN 55792  
(218) 879-9742  
(800) 862-0175 option 3



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## TRANSPORTATION / VOLUNTEER OPPORTUNITIES

### **Called to Care**

Bethany Lutheran Church  
(218) 644-3640  
Cromwell-Wright Area

### **Cloquet Dial-A-Ride/AEOA**

(218) 879-9742

### **Fond du Lac Transportation**

927 Trettel Lane  
Cloquet MN 55720  
(218) 878-7500  
weekdays 6:00 am - 7:30 pm

### **My Own Home**

#### **Volunteer Services of Carlton County, Inc. (VSCCI)**

199 Chestnut Avenue, Ste. 3  
P O Box 450  
Carlton MN 55718  
(218) 879-9238/(218) 879-1196 FAX  
(888) 419-1235 Toll Free

The My Own Home (MOH) is a membership-based program whose primary goal is to help seniors remain safely at home as long as possible. Trained, screened service providers will assist you with activities such as chore services, transportation, homemaking, home health, respite, and information and referral services. In addition, members have access to a Preferred Provider

List in which area businesses offer discounts.

### **Northern Access**

3133 Truck Center Drive  
Duluth MN 55806  
(218) 728-5464  
*Please see our ad on page 26.*

### **Pathways to Achievement Inc.**

114 S. 20th Avenue W Ste. A  
Duluth MN 55806  
(218) 721-4732  
[www.pathwaystoachievementinc.com](http://www.pathwaystoachievementinc.com)

### **Volunteer Services of Carlton County, Inc. (VSCCI) Transportation Program**

199 Chestnut Avenue, Suite 3  
P O Box 450  
Carlton MN 55718  
(218) 879-9238  
(218) 879-1196 FAX  
(888) 419-1235 Toll Free  
[www.vsccl.com](http://www.vsccl.com)  
[info@vsccl.com](mailto:info@vsccl.com)

Volunteers provide rides and accompany clients to medical appointments, shopping or social events.

## **VOLUNTEER OPPORTUNITIES**

### **ARDC's Area Agency on Aging**

221 W 1st Street  
Duluth MN 558802  
(218) 722-5545 / (800) 232-0707  
[www.arrowheadaging.org](http://www.arrowheadaging.org)  
[www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)  
**Senior LinkAge Line®**  
(800) 333-2433  
A One Stop Shop for Minnesota Seniors

### **Foster Grandparent Program of NE MN and NW WI**

Jennifer Jubenville  
(715) 394-5384 ext. 281  
[fpg@ccbsuperior.org](mailto:fpg@ccbsuperior.org)  
Sharon Olson  
(320) 245-0074  
[SharonOlsonFGP@hotmail.com](mailto:SharonOlsonFGP@hotmail.com)  
[fpg.cloquetarea@yahoo.com](mailto:fpg.cloquetarea@yahoo.com)  
[www.mnseniorcorps.org](http://www.mnseniorcorps.org)

### **Senior Companion Program Lutheran Social Service**

315 Ridgewood Rd  
Duluth MN 55804  
(218) 724-0648  
Local contact: Peg Kirsch Lee

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## VOLUNTEER OPPORTUNITIES

### **Volunteer Services of Carlton County, Inc. (VSCCI)**

199 Chestnut Avenue, Ste. 3  
P O Box 450  
Carlton MN 55718  
(218) 879-9238  
(218) 879-1196 FAX  
(888) 419-1235 Toll Free  
www.vscci.com  
info@vscci.com

Recruit, train and place volunteers. Opportunities are available in the following programs:

**Retired and Senior Volunteer Program (RSVP):** A program for individuals 55+ to volunteer at various community sites.

**Faith in Action - Communities Called to Care:** Individuals or groups of all ages who are interested in meeting the needs of seniors and those with physical and mental challenges. Volunteers who provide transportation, chore services, home health aides, homemakers, friendly visiting and Tel-A-Care.

**DayBreak (Group and In-Home Respite):** Volunteers needed to provide respite to caregivers.

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper or a document template. There are no margins, text, or other markings present.

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Moose Lake: 218.485.4491  
Walk-in: M-F, 8am-5pm



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