

# Todd County

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MINNESOTA



## **Todd County Health & Human Services**

**212 2nd Ave S • Long Prairie, MN 56347**

**320-732-4500 • Toll Free 888-838-4066**

**[www.co.todd.mn.us](http://www.co.todd.mn.us)**

## **RESOURCE DIRECTORY**



**Public Health**  
Prevent. Promote. Protect.

## **TODD COUNTY AND AREA RESOURCES**

### **ABUSE**

#### **EMERGENCY**

Central MN Sexual Assault Center (320)251-4357  
Child Help USA Child Abuse Hotline (800)422-4453  
Coalition for Battered Women (866)223-1111  
Crisis Line and Referral Service (800)462-5525

Exploited or Sex Trafficked Youth

#### **Hands of Hope**

Morrison Crisis Line 24 Hour (320)632-4878(888)454-4878  
Little Falls Office (320)632-1657  
Todd Crisis Line 24 Hour (800)682-4547  
Long Prairie Office (320)732-2319(888)732-2319  
Maarc (Minnesota Adult Abuse Reporting Center) (844)880-1574  
Mid-Minnesota Women's Center (Collect Calls Accepted) (218)828-1216  
Minnesota Coalition for Battered Women (651)646-6177(800)289-6177  
National Center for Missing and Exploited Children (800)843-5678  
National Runaway Safeline (800)786-2929  
Northern Pines - Long Prairie (320)732-6602  
Safe Harbor MDH – Runaway and Homeless Youth (866)824-3770  
Todd County Sheriff's Dept. (Non-emergency) (320)732-2157  
Todd County Health and Human Services (888)838-4066(320)732-4500

#### **ADOPTION**

Adoption Information Line - LSS (800)582-5260  
Caritas Family Services- Catholic Charities (320)650-1550  
Todd County Health and Human Services (888)838-4066(320)732-4500  
Staples (218)894-6300

#### **ADULT DAY CARE**

A Daughter's Love (218)296-2090  
A Lakeside Lodge - Osakis (320)859-5253  
A Touch of Home - Eagle Bend (218)738-5590  
Cedar Cove Assisted Living 320-732-1939  
Centra Care Health - Long Prairie Nursing Home (320)732-2141  
Eagle's Crossing – Grey Eagle (320)285-3128  
Hidden Acres - Long Prairie (320)732-6245  
Seasons Adult Foster Care (218)894-1306

#### **ADULT FOSTER CARE**

A Lakeside Lodge - Osakis (320)859-5253  
Camphill Village (320)732-6365  
Hidden Acres Long Prairie (320)732-6245  
Meridian Home (320)-255-5151(320)732-2070  
Oakridge Homes (218)756-2599  
Prairie Community Services (320)594-6556  
REM (218)739-3662 Ext:14  
Seasons Adult Foster Care (218)894-1306  
Sourcewell-Regional Licensing Specialist (218)895-4163

### **WEBSITE OR E-MAIL**

[www.cmsac.org](http://www.cmsac.org)  
[www.childhelp.org](http://www.childhelp.org)  
[www.mcbw.org](http://www.mcbw.org)  
[www.crisislineandreferralservice.org](http://www.crisislineandreferralservice.org)  
[www.youth.gov](http://www.youth.gov)  
[www.handsofhope.net](http://www.handsofhope.net)

[mn.gov/dhs/reportadultabuse](http://mn.gov/dhs/reportadultabuse)  
[www.domesticshelters.org](http://www.domesticshelters.org)  
[www.mcbw.org](http://www.mcbw.org)  
[www.missingkids.com](http://www.missingkids.com)  
[www.1800runaway.org](http://www.1800runaway.org)  
[www.npmh.org](http://www.npmh.org)  
[www.health.state.mn.us](http://www.health.state.mn.us)  
[www.co.todd.mn.us](http://www.co.todd.mn.us)  
[www.co.todd.mn.us](http://www.co.todd.mn.us)

[www.lssmn.org](http://www.lssmn.org)  
[www.ccstcloud.org](http://www.ccstcloud.org)  
[www.co.todd.mn.us](http://www.co.todd.mn.us)

[www.daughterslove.com](http://www.daughterslove.com)  
[danieliesemeyer@gmail.com](mailto:danieliesemeyer@gmail.com)

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

[danieliesemeyer@gmail.com](mailto:danieliesemeyer@gmail.com)  
[www.camphillvillage.org](http://www.camphillvillage.org)

[www.remmnnesota.com](http://www.remmnnesota.com)  
[www.seasonsafc.com](http://www.seasonsafc.com)  
[www.sourcewell-mn.gov](http://www.sourcewell-mn.gov)

## **AGING**

AARP Member Services Center	(888)687-2277	<a href="http://www.aarp.org">www.aarp.org</a>
Alzheimer's Disease Hotline	(800)272-3900	<a href="http://www.alz.org">www.alz.org</a>
Area 4 – KEPRO	(855)408-8557	<a href="http://www.keproqio.com">www.keproqio.com</a>
Central MN Council on Aging	(320)253-9349	<a href="http://www.cmcoa.org">www.cmcoa.org</a>
Mahube Community Council	(218)847-1385	<a href="http://www.mahube.org">www.mahube.org</a>
MN Board of Aging	(800)882-6262	<a href="http://www.mnaging.org">www.mnaging.org</a>
Ombudsman for Older Americans	(800)657-3591	<a href="http://www.mnaging.org">www.mnaging.org</a>
Senior Linkage Line	(800)333-2433	<a href="http://www.cmcoa.org">www.cmcoa.org</a>
Todd County Council on Aging	(320)533-4637	<a href="http://www.co.todd.mn.us">www.co.todd.mn.us</a>
Todd County Health and Human Services	(888)838-4066(320)732-4500	<a href="http://www.co.todd.mn.us">www.co.todd.mn.us</a>
Volunteer Transportation Program	(888)838-4066(218)894-6300	<a href="http://www.co.todd.mn.us">www.co.todd.mn.us</a>

## **Also, See Hospitals**

## **AIDS**

AIDS Case Reports – MN Dept of Health	(651)201-5414	<a href="http://www.health.state.mn.us">www.health.state.mn.us</a>
American Red Cross MN Chapter	(320)251-7641	<a href="http://www.redcross.org/local/minnesota">www.redcross.org/local/minnesota</a>
CDC National HIV/AIDS Hotline	(800)232-4636	<a href="http://www.cdc.com">www.cdc.com</a>
Spanish (800)344-7432 TTY	(800)243-7889	
Minnesota AIDSLINE	(800)248-2437	
Minnesota AIDS Project (MAP)	(612)341-2060	
MN Department of Health - AIDS/STD Prevention	(651)201-5414	<a href="http://www.dhs.state.mn.us">www.dhs.state.mn.us</a>
Planned Parenthood Alexandria HIV/STD testing	(320)762-0766	<a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a>
RAAN - Rural AIDS Action Network		
Free and confidential testing	(800)966-9735(877)536-7226	<a href="http://www.raan.org">www.raan.org</a>
Sexually Transmitted Disease Hotline - Mpls.	(800)783-2287	<a href="http://www.sexualhealth.org">www.sexualhealth.org</a>
Sexually Transmitted Disease Hotline - National	(800)227-8922	
Spanish Speaking Line - National	(800)344-7432	

## **ALCOHOL AND DRUGS**

### **See Chemical Dependency**

<b><u>ALS (Amyotrophic Lateral Sclerosis Assn.)</u></b>	(888)672-0484	<a href="http://www.alsmn.org/www.alsa.org">www.alsmn.org/www.alsa.org</a>
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## **ALTERNATIVE CARE SERVICES**

### **See:Adult Foster Care/Assisted Living**

## **ALZHEIMER'S DISEASE**

Alzheimer's Disease Association Hotline	(800)272-3900	<a href="http://www.alz.org/mnnd">www.alz.org/mnnd</a>
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## **AMBULANCE SERVICES**

### **EMERGENCY NUMBER**

**911**

Bertha, Browerville, Clarissa, Eagle Bend,  
Grey Eagle, Hewitt, Long Prairie, Staples

## **AMERICAN RED CROSS**

Central MN Chapter - St. Cloud	(800)560-7641(320)251-7641	<a href="http://www.redcross.org/local/minnesota">www.redcross.org/local/minnesota</a>
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## **ARTHRITIS FOUNDATION**

Arthritis Foundation MN Chapter	(800)333-1380	<a href="http://www.arthritis.org">www.arthritis.org</a>
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## **ASSISTED LIVING**

A Daughter's Love	(218)296-2090	<a href="http://www.daughterslove.com">www.daughterslove.com</a>
Cedar Cove Assisted Living	(320)732-1939	<a href="http://www.cedarcovemn.com/home">www.cedarcovemn.com/home</a>
Centra Care Health – LP Meadow Place	(320)732-7210	<a href="http://www.centracare.com">www.centracare.com</a>
Colonial Terrace Apartments - CTCCC	(218)756-3636	<a href="http://www.ctcccinc.com">www.ctcccinc.com</a>
Fair Oaks Lodge	(218)631-1391	<a href="http://www.fairoakslodge.org">www.fairoakslodge.org</a>
Fairway Pines Sauk Centre	(320)351-4900	<a href="http://www.fairwaypinesseniorliving.com">www.fairwaypinesseniorliving.com</a>
Getty Street Sauk Centre	(320)351-4333	<a href="http://www.gettystreetassistedliving.com">www.gettystreetassistedliving.com</a>
Lakewood Manor Staples	(218)894-2124	<a href="http://www.lakewoodhealthsystem.com">www.lakewoodhealthsystem.com</a>
Lakewood Pines - Staples	(218)894-4460	<a href="http://www.lakewoodhealthsystem.com">www.lakewoodhealthsystem.com</a>
Staples High Rise	(320)894-2301	
Bridgewell Terrace Heights/Westview - Osakis	(320)859-6242	<a href="http://www.galeonmn.com">www.galeonmn.com</a>
Valley View Estates - Long Prairie	(320)732-3516	<a href="http://www.valleyviewassistedliving.com">www.valleyviewassistedliving.com</a>
West View Assisted Living Apartments – Osakis	(320)859-2123	

## **ASTHMA**

Asthma and Allergy's Foundation	(800)727-8462	<a href="http://www.aafa.org">www.aafa.org</a>
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## **ATTORNEY GENERAL'S OFFICE MN**

(800)657-3787	<a href="http://www.ag.state.mn.us">www.ag.state.mn.us</a>
(651)296-3353	

## **AUTISM**

Autism Society of Minnesota	(651)647-1083	(800)328-8476	<a href="http://www.autism-society.org">www.autism-society.org</a>
Minnesota Autism Center	(952)767-4200		<a href="http://www.mnautism.org">www.mnautism.org</a>

## **BETTER BUSINESS BUREAU**

(651)699-1111	<a href="http://www.bbb.org">www.bbb.org</a>
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## **BLIND & VISUALLY HANDICAPPED**

American Council of the Blind	(800)424-8666	<a href="http://www.acb.org">www.acb.org</a>	
Local Contact Services for the Blind – Margie St Cloud	(320)308-2699		
Minnesota Radio Talking Book Network	(800)652-9000	(651)642-0500	<a href="http://www.mnssb.org">www.mnssb.org</a>
State Service for Blind	(800)652-9000		<a href="http://www.mnssb.org">www.mnssb.org</a>

## **CANCER**

American Cancer Society	(800)582-5152	<a href="http://www.cancer.org">www.cancer.org</a>
American Cancer Society - Midwest MN Contact	(218)727-7439	<a href="http://www.cancer.org">www.cancer.org</a>
Cancer Information Service Spanish Available	(800)422-6237	<a href="http://www.cancer.gov">www.cancer.gov</a>
Ronald McDonald House Charities - Mpls	(612)331-5752	<a href="http://www.rmhtwincities.org">www.rmhtwincities.org</a>

## **CARBON MONOXIDE**

MDH - Carbon Monoxide Poisoning	(651)201-4601	<a href="http://www.dhs.state.mn.us">www.dhs.state.mn.us</a>
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## **CAREGIVER SUPPORT**

LSS Caregiver Support and Respite Program	(800)488-4146	<a href="http://www.lssmn.org">www.lssmn.org</a>
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## **CAR SEATS**

Life Connections	(320)762-1224	<a href="http://www.lifeconnectionsmn.org">www.lifeconnectionsmn.org</a>	
Minnesota Safety Council	(800)444-9150	(651)291-9150	<a href="http://www.minnesotasafetycouncil.org">www.minnesotasafetycouncil.org</a>
Todd County Health and Human Services	(888)838-4066	(320)732-4456	<a href="http://www.co.todd.mn.us">www.co.todd.mn.us</a>

## **CENTER FOR DISEASE CONTROL**

Disease Control and Prevention

(800)232-4636

[www.cdc.gov](http://www.cdc.gov)

## **CEREBRAL PALSY**

United Cerebral Palsy of Central MN

(888)616-3726(320)253-0765

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

## **CHEMICAL DEPENDENCY**

Addiction.Com

(844)768-0091

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

Al-Anon Family Group Headquarters

(800)356-9996

[www.al-anon.org](http://www.al-anon.org)

Al Anon – District 6

(218)539-0494

[www.minnesotanorth-al-anon.org](http://www.minnesotanorth-al-anon.org)

Alcohol & Drug Helpline

(800)252-6465

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

Alcoholics Anonymous – Todd County

(866)234-4807

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

MADD

(800)487-6233

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

Minnesota Prevention Resource Center

651-277-4085

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

National Association for Children of Alcoholics

(888)554-2627

[www.nacoa.net](http://www.nacoa.net)

National Council on Alcoholism

(800)622-2255

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

National Institute on Drug Abuse (NIDA)

(800)662-4357

[www.drugabuse.gov](http://www.drugabuse.gov)

New Beginnings

(877)367-1715

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

Minnesota Recovery Connections

(612)584-4158

[minnesotarecovery.org](http://minnesotarecovery.org)

St Cloud Hospital Recovery Plus

(800)742-4357(320)229-3760

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

St. Josephs Medical Center Focus Unit

(218)828-7374

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

Todd County Health and Human Services

Long Prairie

(888)838-4066(320)732-4500

[www.co.todd.mn.us](http://www.co.todd.mn.us)

Staples

(218)894-6300

## **CHILD CARE PROVIDERS - PRESCHOOL PROGRAM**

Child Care Aware Program

(218)632-3600

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

Freshwater Education District

Early Childhood Family Education

(800)450-0540(218)894-2439

[www.fed.k12.mn.us](http://www.fed.k12.mn.us)

Tri-County Community Action

(320)632-3691

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

Trinity Lutheran Long Prairie

(320)732-2238

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

West Central Education District

(320)352-6120

[www.wced6026.org](http://www.wced6026.org)

## **CHILD FOSTER CARE**

Todd County Health and Human Services (320)732-4500(888)838-4066

REQUEST INTAKE SOCIAL WORKER

## **CHILDREN/ADOLESCENTS**

Alex and Brandon Child Safety Center

(218)828-0022

Healthy Children.org

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

Minnesota Children with Special Health Needs

(800)728-5420

[www.health.state.mn.us](http://www.health.state.mn.us)

Minnesota Department of Education

(651)582-8200

[www.education.state.mn.us](http://www.education.state.mn.us)

Minnesota State High School League

(760)560-2262

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

National Center for Missing and Exploited Children

(800)843-5678

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

National Child Safety Council Childwatch

(800)222-1464

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

## **CITY INFORMATION**

Bertha	(218)924-4454
Browerville	(320)594-2201
Burtrum	(320)285-4975
Clarissa	(218)756-2125
Eagle Bend	(218)738-5982
Grey Eagle	(320)285-2464
Hewitt	(218)924-4343
Long Prairie	(320)732-2167
Staples	(218)894-2550

[www.cityofbertha.weebly.com](http://www.cityofbertha.weebly.com)  
[www.browerville.govoffice.com](http://www.browerville.govoffice.com)

[www.cityofclarissa.weebly.com](http://www.cityofclarissa.weebly.com)

## **CIVIL DEFENSE**

Todd County Emergency Management (320)732-2157(320)732-4657

[www.co.todd.mn.us](http://www.co.todd.mn.us)

## **CLERGY**

Long Prairie Ministerial Society	(320)732-2730
Staples Ministerial Society	(218)894-1546

## **CLINICS**

Alomere Health - Alexandria Clinic	(800)646-4220(320)763-5123
Alomere Health - Osakis Clinic	(800)989-3038(320)859-3038
Heartland Orthopedics	(800)762-1177(320)762-1144
Lakewood Health – Eagle Bend	(218)738-2804
Centra Care Clinic - Long Prairie	(320)732-2131
Centra Care Clinic – Sauk Centre	(320)352-6591
Dr. Susan Wasson – Osakis	(320)859-2366
Family Medical Center - Little Falls	(320)631-7000(320)631-7200
Lakewood Health - Browerville	(320)594-2231
Lakewood Health - Motley	(218)352-6922
Lakewood Health - Staples	(800)525-8344(218)894-1033
Sanford Alexandria Broadway Clinic	(888)640-0399(320)762-6828
Tri County Clinic – Bertha	(218)924-2250
Tri County Clinic - Wadena	(218)631-1360

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

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

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

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

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

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

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

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

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

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

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

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

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

## **CLOTHING**

Birthright of Alexandria	320-762-1224
Pregnancy and Life Resource Center – Medical Clinic	320-874-0124

[www.preg-resources.com](http://www.preg-resources.com)

## **CO-DEPENDENCY**

Al-Anon Family Group Headquarters	(800)356-9996
St. Cloud Hospital Recovery Plus	(800)742-4357(320)255-5613

[www.al-anon.org](http://www.al-anon.org)

## **COMMUNITY CONCERN FOR YOUTH & COMMUNITY CORRECTIONS**

Long Prairie	(320)732-6165
Staples	(218)894-2554
Wadena	(218)631-7618

[www.co.todd.mn.us](http://www.co.todd.mn.us)

[www.co.todd.mn.us](http://www.co.todd.mn.us)

[www.co.wadena.mn.us](http://www.co.wadena.mn.us)

## **COMMUNITY EDUCATION**

Bertha-Hewitt Community Education	(218)924-2500
Browerville Community Education	(320)594-2272
Freshwater Education District	(218)894-2439
Long Prairie/Grey Eagle Community Education	(320)732-2194
Staples Community Education	(218)894-2497

[www.browerville.k12.mn.us](http://www.browerville.k12.mn.us)

[www.fed.k12.mn.us](http://www.fed.k12.mn.us)

[www.lpge.k12.mn.us](http://www.lpge.k12.mn.us)

## **CONSUMER SERVICES**

Attorney General Office in Minnesota	(651)296-3353	<a href="http://www.ag.state.mn.us">www.ag.state.mn.us</a>
Better Business Bureau of Minnesota	(800)646-6222(800)955-5100	<a href="http://www.bbb.org">www.bbb.org</a>
Charities Review Council	(800)733-4483	<a href="http://www.smartgivers.org">www.smartgivers.org</a>
Consumer Information	(202)501-1794	<a href="http://www.pueblo.gsa.gov">www.pueblo.gsa.gov</a>
Consumer Products Safety Commission	(800)638-2772	<a href="http://www.cpsc.gov">www.cpsc.gov</a>
Food and Drug Administration	(612)334-4100(888)463-6362	<a href="http://www.fda.gov">www.fda.gov</a>
Minnesota Board of Medical Practice	(612)617-2130	<a href="http://www.bmp.state.mn.us">www.bmp.state.mn.us</a>

## **COUNSELING**

All About Counseling	(866)661-7892	<a href="http://www.allaboutcounseling.com">www.allaboutcounseling.com</a>
Birthright	(800)550-4900	<a href="http://www.birthright.org">www.birthright.org</a>
Brainerd - Birthright	(218)829-8470	<a href="http://www.birthright.org/brainerd">www.birthright.org/brainerd</a>
Caritas Family Service - Catholic Charities	(320)252-1280	<a href="http://www.stclouddiocese.com">www.stclouddiocese.com</a>
Crisis Line	(800)462-5525	<a href="http://www.crisislineandreferralservice.org">www.crisislineandreferralservice.org</a>
Elevate – Pregnancy and Family Resource Center	(320)252-4150	<a href="http://www.elevatestcloud.org">www.elevatestcloud.org</a>
Liberty Counseling Service	(320)732-3041	
Lifesteps Counseling Center – Long Prairie	(320)732-3344	
Lutheran Social Service	(888)881-8261	<a href="http://www.lssmn.org">www.lssmn.org</a>
Brainerd – Counseling Office	(800)582-5260(218)828-7379	
Alexandria – Counseling Office	(320)762-5124	
Northern Pines Mental Health		<a href="http://www.npmh.org">www.npmh.org</a>
Little Falls	(320)632-6647	
Long Prairie	(320)732-6602	
Staples	(218)894-1002	
Wadena	(218)631-1714	
Senior Behavioral Health Unit	(218)333-0323	
St.Gabriels Hospital - Behavior Health	(320)632-1131	<a href="http://www.chistgabriels.com">www.chistgabriels.com</a>

## **CYSTIC FIBROSIS**

Cystic Fibrosis Foundation	(800)344-4823	<a href="http://www.cff.org">www.cff.org</a>
Cystic Fibrosis Foundation MN Chapter	(651)631-3290	<a href="http://www.cff.org">www.cff.org</a>

## **DAY CARE PROVIDERS**

Child Care Aware of MN	(800)424-2246	<a href="http://www.mnchildcare.org">www.mnchildcare.org</a>
Licensing Lookup DHS Website		<a href="http://www.dhs.state.mn.us">www.dhs.state.mn.us</a>

## **DENTAL**

Alexandria – Caring Hands Dental	(320)815-5711	<a href="http://www.caringhandsdentalclinic.com">www.caringhandsdentalclinic.com</a>
Alexandria – Family and Cosmetic Gentle Dentistry	(320)763-5052	<a href="http://www.smilemn.com">www.smilemn.com</a>
American Dental Association	(312)440-2500	<a href="http://www.ada.org">www.ada.org</a>
Apple Tree Dental – Little Falls Outreach	(320)631-5653	<a href="http://www.appletreedental.org">www.appletreedental.org</a>
Dental Center of America – St Cloud	(320)229-2205	
Falls Court Dentists	(320)632-6621	<a href="http://www.fallscourtdentists.com">www.fallscourtdentists.com</a>
Little Falls – Apple Tree Dental	(320)631-5453	<a href="http://www.appletreedental.org">www.appletreedental.org</a>
Little Falls – First Avenue Dental	(320)632-8113	<a href="http://www.firstavenuedental.com">www.firstavenuedental.com</a>
Lakeland Dental Clinic – Clarissa	(218)756-2234	
Lakeland Dental Clinic – Long Prairie	(320)732-6141	<a href="http://www.longprairiedental.com">www.longprairiedental.com</a>
Lakeland Dental Clinic – Staples	(218)894-2201	
Melrose - Midwest Dental	(320)256-4267	<a href="http://www.midwest-dental.com">www.midwest-dental.com</a>
Minneapolis – Sharing and Caring Hands	(612)338-4640	<a href="http://www.sharingandcaringhands.org">www.sharingandcaringhands.org</a>

## **DENTAL CONT**

Minnesota Dental Association	612)596-3463(800)950-3368	<a href="http://www.mndental.org">www.mndental.org</a>
Pillager Dental	(218)746-4555	<a href="http://www.pillagerdental.com">www.pillagerdental.com</a>
Sauk Centre - Main Street Dental	(320)352-2822	<a href="http://www.mainstreetdentalsc.com">www.mainstreetdentalsc.com</a>
Sauk Centre - Dr. James Williams	(320)352-2171	
Sauk Centre - Dr. Jim Wachlarowicz	(320)352-6669	
Northland Smiles Dental Care—Deerwood (218-534-3141)	(800)477-7645	<a href="http://www.northlandsmiles.com">www.northlandsmiles.com</a>
Staples - Dr. Zachary Bailey	(218)894-1941	<a href="http://www.zacharyjbaileydds.com">www.zacharyjbaileydds.com</a>
Staples - Dr. Peter Brenny	(218)894-2755	
Staples – Dr Daniel Rose	(218)894-8334	
Union Gospel Mission	(651)292-1721	<a href="http://www.uniongospelmission.org">www.uniongospelmission.org</a>
Wadena – Woodland Dental	(218)631-4431	<a href="http://www.woodlanddental.org">www.woodlanddental.org</a>
Wadena – Family Dental	(218)631-4525	

## **DIABETES**

American Diabetes Association	(800)342-2383	<a href="http://www.diabetes.org">www.diabetes.org</a>
Diabetic Training for Patients-St. Cloud	(320)251-2700 Ext 4628	<a href="http://www.centracare.com">www.centracare.com</a>
Juvenile Diabetes Foundation International Hotline	(800)223-1138	<a href="http://www.jdrf.org">www.jdrf.org</a>
Mid-Minnesota Diabetes Nutrition Center	(320)231-8740	<a href="http://www.ricehospital.com">www.ricehospital.com</a>
National Diabetes Information Clearing House	(301)654-3327	<a href="http://www.health.gov">www.health.gov</a>

## **DIGESTIVE DISEASES**

Digestive Diseases Information	(301)654-3810	<a href="http://www.digestive.niddk.nih.gov">www.digestive.niddk.nih.gov</a>
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## **DISABILITY SERVICES**

ARC MN	(952)920-0855(833)450-1494	<a href="http://www.thearcofminnesota.org">www.thearcofminnesota.org</a>
Confidence Learning Center	(218)828-2344	<a href="http://www.campconfidence.com">www.campconfidence.com</a>
Disability Hub MN	(866)333-2466	<a href="http://www.disabilityhubmn.org">www.disabilityhubmn.org</a>
Freshwater Education District	(218)894-2439	<a href="http://www.fed.k12.mn.us">www.fed.k12.mn.us</a>
Mid-State Education District - Little Falls	(320)632-5417	<a href="http://www.midstate.k12.mn.us">www.midstate.k12.mn.us</a>
MN Children with Special Health Needs	(800)728-5420	<a href="http://www.health.st.mn.us/mcshn">www.health.st.mn.us/mcshn</a>
MN Disability Law Center	(800)292-4150	<a href="http://www.mylegalaid.org/mdlc/about">www.mylegalaid.org/mdlc/about</a>
MN State Council on Disability	(800)945-8913(651)361-7800	<a href="http://www.disability.state.mn.us">www.disability.state.mn.us</a>
Project Together: Services for Adults with Disabilities:		
Long Prairie	(320)732-2194	<a href="http://www.lpge.k12.mn.us">www.lpge.k12.mn.us</a>
Staples	(800)450-2497(218)894-2497	
Vocational Rehabilitation Services of Todd	(218)539-0073	<a href="http://www.vocationalrehabilitation.com">www.vocationalrehabilitation.com</a>
Shriner's Hospital for Crippled Children	(800)237-5055	<a href="http://www.shrinershospitalsforchildren.org">www.shrinershospitalsforchildren.org</a>
West Central Education District - Sauk Centre	(320)352-6120	<a href="http://www.wced6026.org">www.wced6026.org</a>
Wilderness Inquiry	(612)676-9400	<a href="http://www.wildernessinquiry.org">www.wildernessinquiry.org</a>

## **DISEASE**

Center for Disease Control and Prevention	(800)232-4636	<a href="http://www.cdc.gov">www.cdc.gov</a>
Epidemiologist – St. Cloud	(320)255-4216	<a href="http://www.health.state.mn.us">www.health.state.mn.us</a>

## **DOMESTIC VIOLENCE**

Hands of Hope Crisis Line 24 hour	(800)682-4547	<a href="http://www.handsofhope.net">www.handsofhope.net</a>
Hands of Hope (Morrison)	(888)454-4878(320)632-1657	<a href="http://www.handsofhope.net">www.handsofhope.net</a>
Hands of Hope (Todd)	(800)682-4547(320)732-2319	<a href="http://www.handsofhope.net">www.handsofhope.net</a>
Mid-Minnesota Women's Center(Collect Calls Accepted)	(218)828-1216	<a href="http://www.womenscenteronline.org">www.womenscenteronline.org</a>
Rape Crisis Center	(202)333-7273	<a href="http://www.dcrcc.org">www.dcrcc.org</a>



## **DOWN SYNDROME**

Down Syndrome Support Group-St. Cloud(320)251-7272(833)450-1494  
National Down's Syndrome Society (800)221-4602

[www.dsamn.org](http://www.dsamn.org)  
[www.ndss.org](http://www.ndss.org)

## **DNR**

(888)646-6367(651)296-6157

[www.dnr.state.mn.us](http://www.dnr.state.mn.us)

## **EATING DISORDERS**

Emily Program – Centra Care (866)702-0767  
Dietitian/Nutrition Counseling (Lakewood Clinic) (218)894-1033(800)525-1033  
National Assn Anorexia Nervosa and Related Disorders (630)577-1333  
Northern Pines (320)732-6602

[www.emilyprogram.com](http://www.emilyprogram.com)  
[www.lakewoodhealthsystem.com](http://www.lakewoodhealthsystem.com)  
[www.anad.org](http://www.anad.org)  
[www.npmh.org](http://www.npmh.org)

## **EDUCATIONAL COOPERATIVES**

Freshwater Education District - Staples (218)894-2501  
Freshwater Special Education District - Wadena (218)631-3505  
Midstate Education District - Little Falls (320)631-2500  
West Central Education District - Sauk Centre (320)256-6026

[www.fed.k12.mn.us](http://www.fed.k12.mn.us)  
[www.fed.k12.mn.us](http://www.fed.k12.mn.us)  
[www.midstate.k12.mn.us](http://www.midstate.k12.mn.us)  
[www.wced6026.org](http://www.wced6026.org)

## **EMERGENCY SERVICES**

**911**

## **EMPLOYMENT**

EEl Employment Enterprises Inc (320)632-9251  
Experience Works (218)631-3483  
Meta – 5 (218)894-5132  
MN Employment and Economic Development  
Rural Minnesota CEP:  
    Long Prairie (320)732-1909  
    Staples (218)894-6300  
MN Works  
STEP- Browerville (320)594-6423  
STEP – Staples (218)895-5023  
The Rising Phoenix (218)631-2113  
Tri-County Community Action Program (320)632-3691  
Wacosa (320)352-6759

[www.eeimn.org](http://www.eeimn.org)  
[www.experienceworks.org](http://www.experienceworks.org)  
[www.clcmn.edu](http://www.clcmn.edu)  
[www.mn.gov/deed/job-seekers](http://www.mn.gov/deed/job-seekers)  
[www.rmcep.com](http://www.rmcep.com)  
[www.co.todd.mn.us](http://www.co.todd.mn.us)  
[www.co.todd.mn.us](http://www.co.todd.mn.us)  
[www.minnesotaworks.net](http://www.minnesotaworks.net)  
[www.stepbrowerville.org](http://www.stepbrowerville.org)  
  
[www.tccaction.com](http://www.tccaction.com)  
[www.wacosa.org](http://www.wacosa.org)

## **ENERGY ASSISTANCE**

Todd County Health and Human Services (888)838-4066(320)732-4516

[www.co.todd.mn.us](http://www.co.todd.mn.us)

## **ENVIRONMENTAL HEALTH**

Indoor Air Quality - MDH (651)201-4601  
Minnesota Office Environmental Assistance  
Minnesota Pollution Control Agency (800)657-3864(218)296-6300  
Safe Drinking Water (800)426-4791  
Todd County Soil and Water Conservation Department (320)732-2644  
Todd County Health and Human Services (888)838-4066(320)732-4500

[www.health.state.mn.us](http://www.health.state.mn.us)  
[www.seek.minnesotae.org](http://www.seek.minnesotae.org)  
[www.pca.state.mn.us](http://www.pca.state.mn.us)  
[www.epa.gov/safewater](http://www.epa.gov/safewater)  
[www.co.todd.mn.us](http://www.co.todd.mn.us)  
[www.co.todd.mn.us](http://www.co.todd.mn.us)

## **EPILEPSY**

Epilepsy Foundation (800)332-1000  
Epilepsy Foundation of MN (651)287-2300(320)529-0000

[www.epilepsyfoundation.org](http://www.epilepsyfoundation.org)  
[www.efmn.org](http://www.efmn.org)

## **EVICTON PREVENTION**

LSS Hope Housing Program (800)829-5902(218)829-5000  
MN Eviction Prevention

[www.fhamortgage.org](http://www.fhamortgage.org)  
[www.needhelp-payingbills.com](http://www.needhelp-payingbills.com)

## **EXTENSION SERVICE - TODD COUNTY** (320)732-4435

[www.co.todd.mn.us](http://www.co.todd.mn.us)

## **FAMILY PLANNING**

Family Planning MN Dept of Health (800)783-2287  
Family Tree Clinic (800)783-2287  
Mahube-Otwa Community Action – Family Health (218)847-1385  
Office of Marriage and Planning (320)252-2100  
Planned Parenthood  
    Alexandria (320)762-0766  
    St. Cloud (320)252-9504  
    Willmar 320-235-9150  
Pregnancy Resource Center – Long Prairie (320)874-0124  
Todd County Health and Human Services (888)838-4066(320)732-4500

[www.health.state.mn.us](http://www.health.state.mn.us)  
[www.familytreeclinic.org](http://www.familytreeclinic.org)  
[www.familyplanningcentralmn.org](http://www.familyplanningcentralmn.org)  
[www.archspm.org](http://www.archspm.org)

[www.plannedparenthood.org](http://www.plannedparenthood.org)  
[www.plannedparenthood.org](http://www.plannedparenthood.org)  
[www.plannedparenthood.org](http://www.plannedparenthood.org)  
[www.preghelp.com](http://www.preghelp.com)  
[www.co.todd.mn.us](http://www.co.todd.mn.us)

## **FARE FOR ALL FOOD PROGRAM**

FOR CLOSEST SITE (800)582-4291

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

## **FATHERS RESOURCE PROGRAM** (218)632-3600

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

## **FETAL ALCOHOL SYNDROME**

MOFAS – (651)917-2370(866)906-6327

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

## **FINANCIAL**

Lutheran Social Services Financial Counseling (888)577-2227  
MN Child Support Enforcement (800)657-3954  
MN Department of Revenue (651)556-6003  
Todd County Child Support Enforcement (320)732-4511

[www.lssmn.org](http://www.lssmn.org)  
[www.dhs.state.mn.us](http://www.dhs.state.mn.us)  
[www.revenue.state.mn.us](http://www.revenue.state.mn.us)  
[www.co.todd.mn.us](http://www.co.todd.mn.us)

## **FIRE DEPARTMENTS - TODD COUNTY** 911

For Non-Emergency see **CITY INFORMATION**  
and contact your local city hall

## **FIRST CALL FOR HELP** (800)543-7709

[www.211unitedway.org](http://www.211unitedway.org)

## **FITNESS**

Centra Care Vitality Wellness (320)732-7234  
Curves - Staples (218)894-1915  
Maslowski Wellness and Reserch Center - Wadena (218)632-7777  
SNAP Fitness - Long Prairie (320)533-3042  
SNAP Fitness – Sauk Centre (320)351-7627

[www.centracare.com](http://www.centracare.com)  
[www.wadenawellness.com](http://www.wadenawellness.com)  
[www.snapfitness.com](http://www.snapfitness.com)  
[www.snapfitness.com](http://www.snapfitness.com)

## **FOOD AND DRUG ADMINISTRATION** (888)463-6332

[www.fda.gov](http://www.fda.gov)

## **FOOD**

Food Distribution Sites  
Call to find your closest location

Fare for All (763)450-3880  
Ruby's Pantry (651)674-0009

## **FOOD CONT**

### **Food Shelf**

Bertha	(218)924-2085(218)924-2930
4 <sup>th</sup> Monday 9:00-11:00	
Browerville	(320)266-8863
Wednesdays 10:00 -12:00 & 1:00 -3:00	
Long Prairie	(320)732-0979(320)732-6356
Wednesdays and Fridays 9:00 -11:30	
Sauk Centre	(320)351-2287
Wednesdays 2:00 to 4:00 and Fridays 6:00 to 8:00	
Staples	(218)894-2427(218)894-1041
Monday and Tuesday 2:00-4:00 pm and fourth Thursday 5:00-7:00 pm	

## **FRESHWATER EDUCATION DISTRICT**

(800)450-0540 (218)894-2439

[www.cafed.k12.mn.us](http://www.cafed.k12.mn.us)

- ALC, Targeted Services, Credit Recovery Programs and Support
- Special Education Programs, Services and Support
- Early Childhood Family Education / School Readiness
- Technology, Internet Access, and/or Support
- Other Collaborative Programs
- Adult Basic Education / GED Testing

The Freshwater full voting membership consists of nine districts:

Bertha-Hewitt, Browerville, Henning, Long Prairie-Grey Eagle, Menahga, Sebeka, Staples-Motley, Verndale and Wadena-Deer Creek

## **GAMBLING**

MN Compulsive Gambling Hotline (800)437-3641

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

## **GRIEF COUNSELING**

Anderson Funeral Home (320)491-5409

[www.andersonfuneral.net](http://www.andersonfuneral.net)

Catholic Charities INDT (320)650-1660

Grief Share

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

Grief Support Groups MN

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

Grief Support Group-Lakewood Health System (218)894-8623(218)894-8093

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

Grief Support Group – Prairie View Manor (218)851-2377

Grief Support Group-St. Mary's Long Prairie (320)763-5781(320)732-2635

Smile Again Ministries (320)310-8877

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

St Cloud Hospital Bereavement Line 9320)255-5725

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

Webhealing.com

## **HEAD INJURY/PAIN**

Brain Injury Association (800)444-6443(202)296-6443

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

Brain Injury Association of Minnesota (800)669-6442

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

National Headache Foundation (800)843-2256

## **HEAD START**

Little Falls - Morrison (320)632-3691

Long Prairie - Todd (320)732-4023

## **HEARING**

Alexander Graham Bell Assoc. for Deaf Inc. (202)337-5220

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

Alexandria Hearing Center (320)763-2889

Better Hearing Institute (202)975-0905

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

Caption Call (877)557-2227

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

## **HEARING- CONT**

CSD of MN Interpreting Services	(651)224-6548(877)456-7589	<a href="http://www.c-s-d.org">www.c-s-d.org</a>
Amplifon	(877)846-7074	<a href="http://www.amplifonusa.com">www.amplifonusa.com</a>
Hear Now	(800)328-8602	<a href="http://www.sotheworldmayhear.org">www.sotheworldmayhear.org</a>
MN DHS Deaf and Hard of Hearing Services Division (Telephone Equipment Program)	(320)223-7130 (888)206-6555(800)657-3663	<a href="http://www.mn.gov/deaf-hard-of-hearing">www.mn.gov/deaf-hard-of-hearing</a>
National Institute on Deafness TTY	(800)241-1044 (800)241-1055	<a href="http://www.nidcd.nih.gov">www.nidcd.nih.gov</a>
Veterans Hearing Services	(888)546-5838	<a href="http://www.mn.gov/mdva">www.mn.gov/mdva</a>
Wales Hearing Center	(320)762-2505	<a href="http://www.healthyhearing.com">www.healthyhearing.com</a>

## **HEART**

American Heart Association	(800)242-8721	<a href="http://www.americanheart.org">www.americanheart.org</a>
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<b><u>HEARTBEATS</u></b> Birthright	(320)762-1224	<a href="http://www.birthright.org">www.birthright.org</a>
Emergency Financial Assistance – may assist with food, gas, rent, utilities, childcare, medical bills Call for more information		

## **HOME CARE**

Accurate Home Care	(866)214-3800(763)633-3800	<a href="http://www.accuratehomecare.com">www.accuratehomecare.com</a>
Advantage PCA and Senior Care	(218)838-4543	<a href="http://www.advantage.com">www.advantage.com</a>
Barnabas Health Care	(800)434-7225(218)829-0901	<a href="http://www.barnabashealth.com">www.barnabashealth.com</a>

Beyond Home Care (David) 701-371-7151—provides foster care for adult men, Primarily w/ DD

Caring Hands Home Care	(888)290-5572(218)837-5572	<a href="http://www.healthcare4ppl.com">www.healthcare4ppl.com</a>
Centra Care Health Home Care and Hospice	320-202-7194	<a href="http://www.centracare.com">www.centracare.com</a>
Heartland Home Care and Hospice	(320)650-1136	<a href="http://www.heartlandhospice.com">www.heartlandhospice.com</a>
Knute Nelson Home Care LP Office	(320)732-3110 (320)759-1273	<a href="http://www.knutenelson.org">www.knutenelson.org</a>
Lake Country Home Care	(218)385-3422	<a href="http://www.lakecountryhc.com">www.lakecountryhc.com</a>
Lakewood Health Systems Home Care	(800)525-1033(218)894-8080	<a href="http://www.lakewoodhealthsystem.com">www.lakewoodhealthsystem.com</a>
Legacy Home Care- Wadena	(218)632-1335	<a href="http://www.tricountyhospital.org">www.tricountyhospital.org</a>
Midwest Home Health Care, Inc.	(612)343-3265	<a href="http://www.mhhcare.com">www.mhhcare.com</a>
MN Home Care - Nisswa	(218)963-8899	
New Dimensions Home Health Care	(218)739-5856	<a href="http://www.newdimensionshhc.com">www.newdimensionshhc.com</a>
Prairie River Home Care	(320)255-1882	<a href="http://www.prhomecare.com">www.prhomecare.com</a>
Recover Health	(320)846-0002	<a href="http://www.recoverhealth.org">www.recoverhealth.org</a>
Sauk Centre Home Care	(320)352-2221 Ext 1508	<a href="http://www.centracare.com">www.centracare.com</a>
Todd County Health and Human Services	(888)838-4066(320)732-4500	<a href="http://www.co.todd.mn.us">www.co.todd.mn.us</a>
Universal Pediatric Services Inc	(800)383-0303(515)280-2160	<a href="http://www.universalpediatrics.com">www.universalpediatrics.com</a>

## **HOME DELIVERED MEALS**

Hilltop Regional Kitchen	(218)738-5563	<a href="http://www.hilltopregionalkitchen.org">www.hilltopregionalkitchen.org</a>
Homestyle Meals	(866)735-0921	<a href="http://www.homestyledirect.com">www.homestyledirect.com</a>
Lutheran Social Service	(800)488-4146	<a href="http://www.lssmn.org">www.lssmn.org</a>
MOM's Meals	(866)204-6111	<a href="http://www.momsmeals.com">www.momsmeals.com</a>
Motley Sunny Pines Senior Housing	(218)352-6271	
Nutrition Services Inc	(507)835-5074	<a href="http://www.nutrition-services.com">www.nutrition-services.com</a>
Osakis Senior Citizens Center - NSI	(320)859-2325	<a href="http://www.nutrition-services.com">www.nutrition-services.com</a>
Staples Senior Citizens Center - LSS	(218)894-2556	<a href="http://www.lssmn.org">www.lssmn.org</a>
Upsala Senior Citizens Center – NSI	(888)307-1466(320)573-4435	<a href="http://www.nutrition-services.com">www.nutrition-services.com</a>

## **HOMEMAKING SERVICES**

Alternative Senior Care (866)352-3350(320)352-3350  
Choices Home Care (320)762-1501  
Home Instead Senior Care (877)841-9611(218)824-0077  
Grattan Healthcare (800)470-1326  
Knut Nelson LP Office (320)732-3110 (320)759-1270  
Lake Country Home Care, LLC (218)385-3422  
Lakewood Health System (218)894-8080

[www.alternativeseniorcare.net](http://www.alternativeseniorcare.net)  
[www.choiceshomecaremn.com](http://www.choiceshomecaremn.com)  
[www.homeinstead.com](http://www.homeinstead.com)  
[www.grattanhealthcare.com](http://www.grattanhealthcare.com)  
[www.knutenelson.org](http://www.knutenelson.org)  
[www.lakecountryhc.com](http://www.lakecountryhc.com)  
[www.lakewoodhealthsystem.com](http://www.lakewoodhealthsystem.com)

## **HOSPICE**

Caring Hands (Sebeka) (8880-290-5572  
Centra Care Home Care and Hospice (800)835-6610  
Heartland Hospice Care (800)736-4427(320)654-1136  
Lakewood Health Systems (800)525-8344(218)894-1515  
Legacy Home Care and Hospice (218)631-7480  
St. Michael's Hospital (320)352-2221  
Unity Family Home Care - Little Falls (320)632-1144

[www.centracare.com](http://www.centracare.com)  
[www.heartlandhospice.com](http://www.heartlandhospice.com)  
[www.lakewoodhealthsystem.com](http://www.lakewoodhealthsystem.com)  
  
[www.centracare.com](http://www.centracare.com)  
[www.stgabriels.com](http://www.stgabriels.com)

## **HOSPITALS**

Alomere Health - Alexandria (320)762-1511  
Centra Care Hospital Long Prairie (320)732-2141  
Centra Care Hospital Melrose (320)256-4231  
Centra Care Hospital St Cloud (800)835-6652(320)251-2700  
Lakewood Health System Hospital (800)525-8344(218)894-1515  
St. Gabriels Hospital - Little Falls (320)632-5441  
St. Michael's Hospital - Sauk Centre (320)352-2221  
Tri-County Hospital - Wadena (218)631-3510

[www.dchospital.com](http://www.dchospital.com)  
[www.centracare.com](http://www.centracare.com)  
[www.centracare.com](http://www.centracare.com)  
[www.centracare.com](http://www.centracare.com)  
[www.lakewoodhealthsystem.com](http://www.lakewoodhealthsystem.com)  
[www.stgabriels.com](http://www.stgabriels.com)  
[www.centracare.com](http://www.centracare.com)  
[www.tchc.org](http://www.tchc.org)

## **HOUSING/HOMELESS**

Central MN Housing Partnership (888)203-9301  
Community Action Council – Mahube Otwa (218)385-2900  
Habitat for Humanity (218)828-8517  
Home Line (Tenant/Landlord Issues) (866)866-3546  
HUD User (800)245-2691  
LSS – Hope Housing (866-970-1437) (218)824-1437  
Rental Assistance (HUD Hotline) (800)669-9777  
    Long Prairie HRA (320)732-2801  
    Staples HRA (218)894-2301  
    Todd County HRA (320)594-6388  
Salvation Army – Chaplain Dave Greaver (320)732-2157  
Tri-County Community Action (218)829-2410(320)632-3691

[www.cmhp.net](http://www.cmhp.net)  
[www.mahube.org](http://www.mahube.org)  
[www.lakesareahabitat.org](http://www.lakesareahabitat.org)  
[www.homelinemn.org](http://www.homelinemn.org)  
[www.hud.gov](http://www.hud.gov)  
[www.lssmn.org](http://www.lssmn.org)  
[www.hud.gov](http://www.hud.gov)  
[www.shelterlistings.org](http://www.shelterlistings.org)  
[www.shelterlistings.org](http://www.shelterlistings.org)  
[www.shelterlistings.org](http://www.shelterlistings.org)  
[www.co.todd.mn.us](http://www.co.todd.mn.us)  
[www.tccaction.com](http://www.tccaction.com)

## **HOUSING/REHABILITATION**

USDA Loan/grant (320)763-3191 ext 4  
Weatherization – Tri Cap (320)632-3691

[www.fsa.usda.gov](http://www.fsa.usda.gov)  
[www.tccaction.com](http://www.tccaction.com)

## **HOUSING UNITS TODD COUNTY**

Bertha Manor Apartments (888)552-3726(218)352-6162  
Bertha Horizon Manor (218)924-2964  
Browerville Hillside Apartments (320)594-0034

## **HOUSING UNIT TODD COUNTY - CONT**

Browerville Jagush Apartments	(320)594-2852
Browerville Sun Rose Courts	(320)594-6388
Center Square Apartments	(320)250-7877
Five Gable Apartments	(218)756-2125
Clarissa Colonial Terrace Apartments	(218)756-3636
Clarissa Heritage Place	(218)756-2462
Clarissa Manor	(218)756-2125
Eagle Bend Green Leaf Apartments	(320)269-6640
Eagle Bend Eagle Heights Apartments	(320)738-2019
Fairlane Apartments	(320)260-8715
Grey Eagle Village View Apartments	(320)285-3973
Long Prairie Grandview Apartments	(320)493-0562
Long Prairie Harmony Place Apartments	(320)732-6940
Long Prairie Northwest Estates	(320)253-0003
Long Prairie Prairie View Manor	(320)732-2801(218)371-9544
Long Prairie Reichert Place	(320)258-0670
Long Prairie Todd Apartments	(320)632-3387
Long Prairie Todd 27 Apartments	(320)732-6154
Pine Crest Townhomes	(888)825-8403(218)824-8403
Poppens Apartments	(320)766-1218
Riverview Manor	(320)352-2311
Sinclair East Apartments	(320)304-2126
Stapleton Apartments	(701)237-6840
Staples Lakewood Pines	(218)894-4460
Staples Hi-Rise	(218)894-2301
Staples Northside	(218)894-2803
Staples Square	(888)552-3726(218)352-6162
Wadena Square Apartments	(888)552-3726(218)352-6162

## **HUNTINGTON'S DISEASE**

Huntington's Disease Society of America (800)345-4372

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

## **INDEPENDENT LIVING**

Minnesota Association of Centers for Independent Living

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

## **IMMIGRATION**

Bridging the Communications Gap for Immigrants and Refugees in Minnesota  
Immigrant Law Center of Minnesota (800)223-1368

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

## **IMMUNIZATIONS**

Centers for Disease Control and Prevention

MDH Immunization Hotline (800)657-3970

National Vaccine Injury Compensation Program (800)338-2382

Todd County Health and Human Services(888)838-4066(320)732-4652

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

[www.health.state.mn.us](http://www.health.state.mn.us)

[www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation)

[www.co.todd.mn.us](http://www.co.todd.mn.us)

## **INDEPENDENT LIVING SKILLS (ILS)**

Meridian Services (320)732-2370

Oakridge Homes (218)756-2599

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

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

## **INSURANCE**

Minnesota Health Care Programs (800)657-3739

Insurance Information Institute (800)942-4242

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

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

## **INTERNET SAFETY**

[www.internetsafety101.org](http://www.internetsafety101.org)

## **KIDNEY**

American Kidney Fund (800)638-8299  
National Kidney Foundation (800)622-9010  
National Kidney Foundation - MN (800)596-794(651)636-7300

[www.kidneyfund.org](http://www.kidneyfund.org)  
[www.kidney.org](http://www.kidney.org)  
[www.kidney.org](http://www.kidney.org)

## **LALECHE LEAGUE**

(800)525-3243

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

## **LEAD**

Minnesota Department of Health – Lead Unit (651)201-4620

[www.health.state.mn.us](http://www.health.state.mn.us)

## **LEGAL SERVICES**

Attorney General Office of MN (800)657-3787(651)296-3353  
Central MN Legal Services – St Cloud (320)253-0138  
Consumer Affairs (866)773-0221  
Federal Court Pro Se Resources (612)664-5000  
Home Line (866)866-3546(612)728-5767  
LawHelpMN  
Legal Corps (612)206-0780  
Mid Minnesota Legal Aid (888)360-2889  
Minnesota Courts – Self Help Center (651)259-3888  
MN Dept. Of Human Rights (800)657-3704(651)539-1100  
MN State Bar Association (Referral Service) (800)882-6722  
Southern Minnesota Regional Legal Services (888)575-2954  
State of Minnesota Board of Public Defense (612)349-2565  
St. Cloud - Area Legal Services (320)253-0121  
Volunteer Lawyers Network (612)752-6677

[www.ag.state.mn.us](http://www.ag.state.mn.us)  
[www.centralmnlegal.org](http://www.centralmnlegal.org)  
[www.consumeraffairs.com](http://www.consumeraffairs.com)  
[www.mnd.uscourts.gov](http://www.mnd.uscourts.gov)  
[www.homelinemn.org](http://www.homelinemn.org)  
[www.lawhelpmn.org](http://www.lawhelpmn.org)  
[www.legalcorps.org](http://www.legalcorps.org)  
[www.mylegalaid.org](http://www.mylegalaid.org)  
[www.mncourts.gov/selfhelp](http://www.mncourts.gov/selfhelp)  
[www.humanrights.state.mn.us](http://www.humanrights.state.mn.us)  
[www.mnbar.org](http://www.mnbar.org)  
[www.smrls.org](http://www.smrls.org)  
[www.pubdef.state.mn.us](http://www.pubdef.state.mn.us)  
[www.mylegalaid.org](http://www.mylegalaid.org)  
[www.vlnmn.org](http://www.vlnmn.org)

## **LEUKEMIA**

American Cancer Society (800)227-2345  
National Cancer Institute (800)422-6237

[www.cancer.org](http://www.cancer.org)  
[www.cancer.gov](http://www.cancer.gov)

## **LIBRARY SERVICES**

Eagle Bend Library (218)738-4590  
Long Prairie Library (320)732-2332  
National Library Service for the Blind (800)424-8567  
Staples Library (218)894-1401

## **LIFE COACHING**

Pregnancy and Life Resource Center – Medical Clinic (320)874-0124

[www.preg-resources.com](http://www.preg-resources.com)

## **LIFELINE/PERS**

CentraCare Medical Alert (320)251-2700  
Framingham, MA (800)368-2925  
Heartland Security (888)264-6380  
Knut Nelson – PERS system (320)759-1273(320)732-3110  
Phillips Lifeline (855)681-5351  
Pioneer Link (218)998-2628(877)998-2621  
QMedic (877)241-2244  
St. Gabriels Hospital (320)632-5441  
Tri-County Hospital Wadena (218)631-3510

[www.centracare.com](http://www.centracare.com)  
[www.knutnelson.org](http://www.knutnelson.org)  
[www.lifeline.philips.com](http://www.lifeline.philips.com)  
[www.pioneercare.org](http://www.pioneercare.org)  
[www.qmedichealth.com](http://www.qmedichealth.com)  
[www.stgabriels.com](http://www.stgabriels.com)  
[www.tchc.org](http://www.tchc.org)

## **LUNG**

American Lung Association	(800)586-4872	<a href="http://www.lung.org">www.lung.org</a>
Lung Line (National Asthma Center)	(877)225-5654	<a href="http://www.nationaljewish.org">www.nationaljewish.org</a>
Stratospheric Ozone Hotline Information	(800)296-1996	<a href="http://www.epa.gov/ozone">www.epa.gov/ozone</a>

## **LUPUS ERYTHEMATOSUS**

Lupus Foundation of America	(703)644-0058	<a href="http://www.lupus.org">www.lupus.org</a>
Minnesota Chapter	(800)645-1131	<a href="http://www.lupusmn.org">www.lupusmn.org</a>

## **LYME DISEASE**

	(651)201-5414	<a href="http://www.health.state.mn.us">www.health.state.mn.us</a>
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## **MADD**

	(800)487-6233	<a href="http://www.maddmn.org">www.maddmn.org</a>
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## **MARCH OF DIMES**

	(320)252-1156	<a href="http://www.marchofdimes.org">www.marchofdimes.org</a>
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## **MEALS ON WHEELS**

### **SEE HOME DELIVERED MEALS**

## **MEDICA**

	(800)458-5512	<a href="http://www.medica.com">www.medica.com</a>
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## **MEDICAL EQUIPMENT SUPPLIERS**

Brainerd Medical Supply	(218)829-2100 (800)950-6006	<a href="http://www.brainerdmedicalsupply.net">www.brainerdmedicalsupply.net</a>
Care Medical Supply - Sauk Rapids	9320)251-8261 (800)638-7135	<a href="http://www.caremedicalsupplyincmn.com">www.caremedicalsupplyincmn.com</a>
Freedom Medical Equipment	(320)252-9000	<a href="http://www.freedommedical.com">www.freedommedical.com</a>
Homecare Oxygen Baxter	(218)828-4710	
Lincare Incorporated	(320)632-3661	<a href="http://www.lincare.com">www.lincare.com</a>
LHS Medical Marketplace – Long Prairie	(320)732-3051	<a href="http://www.lakewoodhealthsystem.com">www.lakewoodhealthsystem.com</a>
LHS Medical Marketplace - Staples	(877)518-7380 (218)894-8776	<a href="http://www.lakewoodhealthsystem.com">www.lakewoodhealthsystem.com</a>
North Central Medical Supply - Brainerd	(888)577-7331 (218)825-7331	<a href="http://www.ncmedicalsupply.com">www.ncmedicalsupply.com</a>
Rice Home Medical LLC - Alexandria	(800)450-6036 or 320-762-6036	<a href="http://www.ricehomemedical.com">www.ricehomemedical.com</a>
Specialty Home Med. - Baxter	(218)828-4710	
Prairie Pharmacy	(320)732-3228	<a href="http://www.mygnp.com">www.mygnp.com</a>

## **CONTACT YOUR LOCAL PHARMACY**

## **MEDICARE/MEDICAID**

Centers for Medicare and Medicaid Services	(800)633-4227	<a href="http://www.medicare.gov">www.medicare.gov</a>
Senior Linkage Line	(800)333-2433	<a href="http://www.seniorlinkageline.com">www.seniorlinkageline.com</a>

## **MENTAL HEALTH**

Centra Care Behavioral Health Services	(320)200-3200	<a href="http://www.centracare.mental-health">www.centracare.mental-health</a>
Community Behavior Health	(218)316-3101	
Douglas County Hospital	(320)762-2400	<a href="http://www.dchospital.com">www.dchospital.com</a>
LifeSteps Counseling	(320)732-3344	<a href="http://www.lifestepscounselingmn.com">www.lifestepscounselingmn.com</a>
Mental Health Minnesota	(800)862-1799	<a href="http://www.mentalhealthmn.org">www.mentalhealthmn.org</a>
National Institute of Mental Health	(866)615-6464 (866)415-8051 TTY	<a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a>
NORTHERN PINES CRISIS TEXT LINE	TextMN to 741741	
Northern Pines		<a href="http://www.npmh.org">www.npmh.org</a>
Brainerd	(800)566-3235 (218)829-3235	
Little Falls	(800)951-6648 (320)632-6647	



## **MENTAL HEALTH CONT**

Long Prairie (877)332-6602(320)732-6602  
Staples (877)894-1002(218)894-1002  
Wadena (218)631-1714  
Lakewood Behavioral Health Services (800)525-8344(218)894-8835

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

## **See Counseling**

## **MENTORING FOR CHILDREN AND ADOLESCENTS**

Big Brother and Big Sister Program – St Cloud (320)253-1616  
Kinship of Morrison County – (including Long Prairie) (320)632-8806  
Kinship of Todd/Wadena Counties – (including Motley) (218)894-2799(877)631-1788

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

[www.co.todd.mn.us](http://www.co.todd.mn.us)

## **MIDWIFERY SERVICES**

Alexandria Clinic (320)763-5123  
Sanford Health Broadway Alexandria (320)762-0399  
Lakewood Health Systems Women's Health (218)894-8381  
Centra-Care Health Long Prairie Clinic (320)732-2131

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

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

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

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

## **MINNESOTAHELPINFO**

[www.mnhelp.info](http://www.mnhelp.info)

## **MN CARE**

(800)657-3739(651)431-2670

[www.mn.gov](http://www.mn.gov)

## **MN CHOICES/LONG TERM CARE CONSULTATION**

Todd County Health and Human Services (888)838-4066(320)732-4500

[www.co.todd.mn.us](http://www.co.todd.mn.us)

## **MN DEPARTMENT OF EDUCATION**

(651)582-8200

[www.education.mn.gov](http://www.education.mn.gov)

## **MN DEPARTMENT OF HEALTH** (888)345-0823(651)201-5000

[www.health.state.mn.us](http://www.health.state.mn.us)

## **MN DEPARTMENT OF HUMAN SERVICES** (651)431-2000

[www.mn.gov](http://www.mn.gov)

## **MN DO NOT CALL LIST**

(888)382-1222

[www.donotcall.gov](http://www.donotcall.gov)

## **MN HELP INFORMATION**

(800)333-2433

[www.minnesotahelp.info](http://www.minnesotahelp.info)

## **MN HEMOPHILIA FOUNDATION** (651)406-8655(800)994-4363

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

## **MN OFFICE OF MINORITY HEALTH** (800)444-6472

[www.minorityhealth.hhs.gov](http://www.minorityhealth.hhs.gov)

## **MN POLLUTION CONTROL AGENCY**

St Paul (800)657-3864  
Baxter (218)828-2492

[www.pca.state.mn.us](http://www.pca.state.mn.us)

## **MONEY MANAGEMENT**

Caritas Family Services (320)650-1660  
Lutheran Social Services (800)582-5260(612)642-5990

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

## **MULTIPLE SCLEROSIS**

National Multiple Sclerosis Society -MN Chapter (800)344-4867

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

## **MUSCULAR DYSTROPHY ASSOCIATION** (800)572-1717

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

## **NATIONAL HEALTH INFORMATION CENTER**

[www.health.gov](http://www.health.gov)

### **NURSING HOME**

Bethany Home – Nursing Home Alexandria	(320)762-1567	
Central Todd County Care Center - Clarissa	(218)756-3636	<a href="http://www.clarissacarecenter.org">www.clarissacarecenter.org</a>
Centra Care Health - Long Prairie Nursing Home	(320)732-2141	<a href="http://www.centracare.com">www.centracare.com</a>
Fair Oaks Lodge – Wadena	(218)631-1391	<a href="http://www.fairoakslodge.org">www.fairoakslodge.org</a>
Galeon Community Memorial Home - Osakis	(320)859-2142	<a href="http://www.galeonmn.com">www.galeonmn.com</a>
Lakewood Health Systems Care Center	(800)525-8344(218)894-1515	<a href="http://www.lakewoodhealthsystem.com">www.lakewoodhealthsystem.com</a>
Knute Nelson - Alexandria	(320)763-6653	<a href="http://www.knutenelson.org">www.knutenelson.org</a>
Little Falls Care Center	(320)632-9211	<a href="http://www.lfhs.org">www.lfhs.org</a>
Melrose Pine Villa - Melrose	(320)256-4474	<a href="http://www.centracare.com">www.centracare.com</a>
Long Term Care Ombudsman DHS	(800)657-3591(651)431-2555	<a href="http://www.mn.gov">www.mn.gov</a>
St. Michaels - Sauk Centre	(320)352-2221	
St. Ottos Care Center - Little Falls	(320)632-9281	<a href="http://www.stottos.org">www.stottos.org</a>
St. Williams - Parkers Prairie	(218)338-4671	<a href="http://www.stwilliamslivingcenter.com">www.stwilliamslivingcenter.com</a>

### **NUTRITION**

Hilltop Regional Kitchen	(800)488-4146	<a href="http://www.hilltopregionalkitchen.org">www.hilltopregionalkitchen.org</a>
Bertha Senior Nutrition Site	(218)924-2431	
Clarissa Senior Nutrition Site	(218)-756-2403	
Long Prairie Nutrition Site	(320)-732-6940	
LSS – Todd County Home Delivered Meals	(218)738-5563	<a href="http://www.lssmn.org">www.lssmn.org</a>
MAC Program/NAPS	(800)365-0270	
Todd County Extension Service	(320)732-4435	<a href="http://www.co.todd.mn.us">www.co.todd.mn.us</a>
Women, Infants and Children (WIC)	(800)953-4440(320)732-4456	<a href="http://www.health.state.mn.us">www.health.state.mn.us</a>

### **NUTRITION SERVICES INC**

US Dept. of Agriculture	(202)720-2791	<a href="http://www.usda.gov">www.usda.gov</a>
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### **Also, Refer to Home Delivered Meals**

### **ORGAN DONATION**

American Red Cross	(320)251-7641	<a href="http://www.redcross.org">www.redcross.org</a>
Lifesource	(888)536-6283(612)800-6100	<a href="http://www.life-source.org">www.life-source.org</a>
The Living Bank	(800)528-2971	<a href="http://www.livingbank.org">www.livingbank.org</a>

### **PARENTING/PARENTING SUPPORT GROUPS**

American Academy of Pediatrics	(800)433-9016 (800)899-4301	<a href="http://www.aap.org">www.aap.org</a>
Birthright	(320)762-1224	<a href="http://www.birthright.org">www.birthright.org</a>
Bright Futures		<a href="http://www.brightfutures.org">www.brightfutures.org</a>
Circle of Parents	(218)296-2139	
Early Childhood Family Education - Freshwater	(218)631-3505	<a href="http://www.fed.k12.mn.us">www.fed.k12.mn.us</a>
MUMS	(877)336-5333	<a href="http://www.netnet.net/mums">www.netnet.net/mums</a>
Parenting/Parenting Support Groups	(320)874-0124	<a href="http://www.preg-resources.com">www.preg-resources.com</a>
Todd County Health and Human Services – MCH	(888)838-4066 (320)732-4500	<a href="http://www.co.todd.mn.us">www.co.todd.mn.us</a>
Trusted Parenting Information		<a href="http://www.helpmegrow.org">www.helpmegrow.org</a>

## **PARKINSON'S DISEASE**

American Parkinsons Disease Association (800)223-2732  
National Parkinson Foundation (800)437-4636  
Parkinson's Support Group (First Lutheran Church  
Alexandria) (320)762-2196

[www.apdaparkinson.org](http://www.apdaparkinson.org)  
[www.parkinsons.org](http://www.parkinsons.org)

## **PCA SERVICES**

Accra Care (866)935-3515  
Accurate Home Care (866)214-3800  
Advantage PCA Services and Senior Care (218)838-4543  
Barnabas Home Care (218)829-0901  
Choices Home Care (320)762-1501  
For You Home Health Care (218)326-0095  
Grattan Health Care Inc (800)470-1326(218)820-1326  
Lake Country Home Care (218)385-3422  
Midwest Home Health Care, Inc. (612)343-3265  
MMC Home Healthcare Inc. (218)414-0566  
MN Home Care (218)454-0055  
New Dimensions Home Health Care (218)739-5856  
Tender Hearts Home Care (877)362-9784(218)385-3466

[www.accracare.org](http://www.accracare.org)  
[www.accuratehomecare.com](http://www.accuratehomecare.com)  
[www.advantagepcaandseniorcare.com](http://www.advantagepcaandseniorcare.com)  
[www.barnabashealth.com](http://www.barnabashealth.com)  
[www.choiceshomecaremn.com](http://www.choiceshomecaremn.com)  
[www.4uhhc.com](http://www.4uhhc.com)  
[www.grattanhealthcare.com](http://www.grattanhealthcare.com)  
[www.lakecountryhc.com](http://www.lakecountryhc.com)  
[www.mhhcare.com](http://www.mhhcare.com)  
[www.mnhomecare.org](http://www.mnhomecare.org)  
[www.newdimensionshhc.com](http://www.newdimensionshhc.com)

## **POISON CONTROL CENTER**

**(800)222-1222**

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

## **POLICE DEPARTMENTS**

Bertha (218)738-3492  
Browerville (Todd County Sheriffs Dept) (320)732-2157  
Burtrum (Todd County Sheriffs Dept) (320)732-2157  
Clarissa (Todd County Sheriffs Dept) (320)732-2157  
Eagle Bend (Todd County Sheriffs Dept) (320)732-2157  
Grey Eagle (Todd County Sheriffs Dept) (320)732-2157  
Long Prairie (320)732-2156  
Staples (218)894-1841

## **PREGNANCY: INFORMATION & TESTING**

Birthright (320)762-1224  
Caritas (320)650-1550(800)830-8254  
Choices: Education Now and Babies Later ENABL (218)894-2439  
Lakes Area Pregnancy Support Center (LAPS) (218)895-5200  
MDH Maternal and Child Health (651)201-3760  
Planned Parenthood  
Alexandria (320)762-0766  
Pregnancy and Life Resource Center – Medical Clinic (320)874-0124  
RESOLVE (Infertility Support Group) (866)668-2566  
Todd County Health and Human Services (888)838-4066(320)732-4500

[www.birthright.org](http://www.birthright.org)  
[www.ccstcloud.org](http://www.ccstcloud.org)  
[www.fed.k12.mn.us](http://www.fed.k12.mn.us)  
[www.lakesareapregnancy.org](http://www.lakesareapregnancy.org)  
[www.health.state.mn.us](http://www.health.state.mn.us)  
[www.plannedparenthood.org](http://www.plannedparenthood.org)  
[www.preg-resources.com](http://www.preg-resources.com)  
[www.resolve.org](http://www.resolve.org)  
[www.co.todd.mn.us](http://www.co.todd.mn.us)

## **PRENATAL CLASSES** CHECK WITH YOUR LOCAL HOSPITALS

## **RABIES**

(651)201-5414

[www.health.state.mn.us](http://www.health.state.mn.us)

## **RECYCLING**

Todd County Solid Waste (320)594-2210

[www.co.todd.mn.us](http://www.co.todd.mn.us)

## **RED CROSS**

(800)560-7641(320)251-7641

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

## **RESIDENTIAL CARE AND HOME CARE AGENCIES**

See Assisted Living/Home Care/Adult Foster Care

Contact **Todd County Health and Human Services for Services**

1-320-732-4500 1-888-838-4066

[www.co.todd.mn.us](http://www.co.todd.mn.us)

## **RESPITE AND CAREGIVER SUPPORT**

Lutheran Social Service (800)582-5260

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

## **REYE'S SYNDROME**

National Reye's Syndrome Foundation (800)233-7393

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

## **SAFETY**

Anchor It

[www.anchorit.gov](http://www.anchorit.gov)

Consumer Product Safety Commission (800)638-2772

[www.cpsc.gov](http://www.cpsc.gov)

Minnesota Safety Council (800)444-9150(651)291-9150

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

National Child Safety Council - Childwatch (800)327-5107

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

Northern Safety and Security (877)751-3902

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

## **SALVATION ARMY**

St. Cloud Office (320)252-4552

[www.centralusa.salvationarmy.org](http://www.centralusa.salvationarmy.org)

Todd County –Sheriff's Dept (800)794-5733(320)732-2157

[www.co.todd.mn.us](http://www.co.todd.mn.us)

## **SCHOOLS**

Bertha - Hewitt (218)924-2500

[www.bertha-hewitt.k12.mn.us](http://www.bertha-hewitt.k12.mn.us)

Browerville - Christ the King (320)594-6114

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

Browerville - Public (320)594-2272

[www.browerville.k12.mn.us](http://www.browerville.k12.mn.us)

Freshwater Education District (218)631-3505

[www.fed.k12.mn.us](http://www.fed.k12.mn.us)

Long Prairie Area Learning Center (320)732-6638

Long Prairie - Grey Eagle Public Schools (320)732-2194

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

Long Prairie Head Start Center (320)732-6986

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

Long Prairie - St. Mary's Catholic (320)732-3478

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

Staples Area Learning Center (218)894-2501

[www.fed.k12.mn.us](http://www.fed.k12.mn.us)

Staples Head Start Center (218)894-3020

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

Staples - Motley Public School (218)894-5400

[www.isd2170.k12.mn.us](http://www.isd2170.k12.mn.us)

Staples North Elementary (218)894-5400

[www.isd2170.k12.mn.us](http://www.isd2170.k12.mn.us)

Staples - Sacred Heart Catholic (218)894-2077

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

Staples - Technical College (800)855-8000

[www.clcmn.edu](http://www.clcmn.edu)

**SENIOR LINKAGE LINE** (800)333-2433

[www.mnaging.net](http://www.mnaging.net)

## **SENIOR CITIZENS**

AARP (888)687-2277

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

Drugwatch (888)645-1617

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

MN Board on Aging (651)431-2500

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

MN Safety Council (Defensive Driving) (651)291-9150(800)444-9150

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

Retired Senior Volunteer Program(RSVP) (218)385-2900

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

Senior Linkage Line (800)333-2433

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

Todd County Aging Coordinator (320)533-4637

[www.co.todd.mn.us](http://www.co.todd.mn.us)

## **SENIOR CITIZENS CONT**

### Todd County Centers

Bertha	(218)924-4150
Clarissa	(218)756-2403
Eagle Bend	(218)738-4152
Grey Eagle	(320)285-2851
Long Prairie	(320)732-2282
Osakis	(320)859-2325
Staples	(218)894-0588
Swanville	(320)547-2962

### Tri -County Community Action Program

Brainerd	(218)829-2410
Little Falls	(320)632-3691

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

## **SENIOR COMPANION PROGRAM**

Eagle's Crossing	(612)578-0950	(320)285-3128
Lutheran Social Service		(888)205-3770
Todd County	(888)838-4066	(320)732-4500

[www.lssmn.org](http://www.lssmn.org)  
[www.co.todd.mn.us](http://www.co.todd.mn.us)

## **SEXUALLY TRANSMITTED DISEASE**

Sexual Health Hotline	(800)783-2287
Planned Parenthood	
Alexandria	(320)762-0766
Pregnancy and Life Resource Center – Medical Clinic	(320)874-0124

[www.sexualhealthmn.org](http://www.sexualhealthmn.org)  
[www.plannedparenthood.org](http://www.plannedparenthood.org)  
[www.preg-resources.com](http://www.preg-resources.com)

## **SMOKING CESSATION**

Quitplan	(888)354-7526
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[www.quitplan.com](http://www.quitplan.com)

## **SOCIAL SECURITY INFORMATION**

Alexandria Office	(888)224-8869	(800)772-1213 (National)	(320)759-0804
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[www.ssa.gov](http://www.ssa.gov)

## **SPINA BIFIDA**

Spina Bifida Association	(202)944-3285	(800)621-3141
Spina Bifida Association of Minnesota	(651)222-6395	

[www.spinabifidaassociation.org](http://www.spinabifidaassociation.org)  
[www.mnsba.org](http://www.mnsba.org)

## **STATE BOARD OF MEDICAL PRACTICE**

(612)617-2130

[www.mn.gov/boards](http://www.mn.gov/boards)

## **STROKE**

American Stroke Association	(800)242-8721
National Aphasia Association	(800)922-4622

[www.stroke.org](http://www.stroke.org)  
[www.aphasia.org](http://www.aphasia.org)

## **SUDDEN INFANT DEATH SYNDROME**

E-medicine <i>health</i>	(800)732-3812
First Candle	(800)221-7437

[www.emedicinehealth.com](http://www.emedicinehealth.com)  
[www.firstcandle.org](http://www.firstcandle.org)

## **SUICIDE PREVENTION**

Mental Health Crisis Line	(800)462-5525
National Hope Line	(800)784-2433
National Suicide Prevention Hotline	(800)273-8255
Veterans Crisis Line	(800)273-8255

[www.crisislineandreferralservice.org](http://www.crisislineandreferralservice.org)  
[www.hopeline.com](http://www.hopeline.com)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

## **TODD COUNTY DEVELOPMENT CORP**

(320)732-2128

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

## **TODD COUNTY HEALTH AND HUMAN SERVICES**

**(320)732-4500 (888)838-4066**

[www.co.todd.mn.us](http://www.co.todd.mn.us)

### **Public Health Services**

- Medicare Certified Home Health Agency
- MN Choices/Long Term Care Consultation
- Healthy Communities
- Family Home Visiting
- Immunizations
- WIC
- Health Care Access

### **Social Services**

- Adoption Services
- Day Care Certification
- Foster Care Licensing
- Foster Care
- Child Support Enforcement
- Child Protection
- Mental Health and Vulnerable Adult Services
- Chemical Dependency Assessment
- Money Management
- Financial and Healthcare Assistance

## **TRANSPORTATION**

Care Cab	(320)253-7729	<a href="http://www.caretransportation.com">www.caretransportation.com</a>
Care Van-Lakewood Health System	(218)894-1515 (800)525-8344	<a href="http://www.lakewoodhealthsystem.com">www.lakewoodhealthsystem.com</a>
Friendly Rider	(218)631-5730	<a href="http://www.friendlyrider.com">www.friendlyrider.com</a>
Lutheran Social Service	(800)488-4146 (218)233-7521	<a href="http://www.lssmn.org">www.lssmn.org</a>
People's Express	(800)450-0123	
Rainbow Rider	(800)450-7770	<a href="http://www.rainbowriderbus.com">www.rainbowriderbus.com</a>
Todd County Senior Volunteer Transportation Program	(218)894-6300 (320)732-4500	<a href="http://www.co.todd.mn.us">www.co.todd.mn.us</a>
Todd County Veterans Van Service	(320)732-4418	<a href="http://www.co.todd.mn.us">www.co.todd.mn.us</a>

## **VETERANS SERVICES**

Department of Veterans Affairs	(800)827-1000	<a href="http://www.va.gov">www.va.gov</a>
Eagles Healing Nest	(320)351-6200	<a href="http://www.eagleshealingnest.com">www.eagleshealingnest.com</a>
MAC-V: Services for Veterans	(833)-222-6228	<a href="http://www.mac-v.org">www.mac-v.org</a>
Military One Source	(800)342-9647	<a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a>
Minnesota Service CORE	(888)546-5838	<a href="http://www.mn.gov/mdva/resources">www.mn.gov/mdva/resources</a>
Northern Pines Veterans Contact	(320)632-6647 Ext 151(320)232-9101	
Todd County	(320)732-4418	<a href="http://www.co.todd.mn.us">www.co.todd.mn.us</a>
Wills for Heroes	(612)672-3493	<a href="http://www.mnbar.org/willsforheroes">www.mnbar.org/willsforheroes</a>

## **VISION**

American Council for the Blind	(800)424-8666	<a href="http://www.abc.org">www.abc.org</a>
American Foundation for the Blind	(800)232-5463	<a href="http://www.afb.org">www.afb.org</a>
State Services for the Blind	(800)652-9000	<a href="http://www.mnssb.org">www.mnssb.org</a>

**Check with your local Lions Club**

**Contact your local Optometrist, Ophthalmologist**

## **VOLUNTEER SERVICES**

Foster Grandparent Program (Catholic Charities)	(866)895-7992	<a href="http://www.ccstcloud.org">www.ccstcloud.org</a>
Kinship of Todd/Morrison County	(800)563-7206	<a href="https://kinshipofmc.org">https://kinshipofmc.org</a>
Lutheran Social Service – Senior Companion	(800)582-5260	<a href="http://www.mnseniorcorps.org">www.mnseniorcorps.org</a>
MAVA MN Assn Volunteer Administration	(651)255-0469	
RSVP Retired Senior Volunteer Program	(218)847-1385	<a href="http://www.mahube.org">www.mahube.org</a>
Todd County Council on Aging (Verna Toenyan)	(320)533-4637	<a href="http://www.co.todd.mn.us">www.co.todd.mn.us</a>
Todd County Senior Companion Site	(320)732-4500	<a href="http://www.co.todd.mn.us">www.co.todd.mn.us</a>
Volunteers Working Together	(218)631-3510	<a href="http://www.tchc.org">www.tchc.org</a>

## **WATER TESTING**

DHIA Laboratory - Sauk Centre	(800)369-2697(320)352-2028	<a href="http://www.stearnsdhalab.com">www.stearnsdhalab.com</a>
Todd County Health and Human Services - Testing Kits	(800)732-4440(320)732-4500	<a href="http://www.co.todd.mn.us">www.co.todd.mn.us</a>
Tri - County Hospital - Wadena Ext.274	(218)631-3510 Ext.274	<a href="http://www.tchd.org">www.tchd.org</a>

## **WEIGHT CONTROL**

Dietitian Nutrition Counseling	(218)894-1033	<a href="http://www.lakewoodhealthsystem.com">www.lakewoodhealthsystem.com</a>
Gastric Bypass/Weight Loss Support Group (Betty)	(320)298-5035	
T.O.P.S.	(414)482-4620	<a href="http://www.tops.org">www.tops.org</a>
Weight Watchers	(800)888-3546	<a href="http://www.weightwatchers.com">www.weightwatchers.com</a>

## **WIC**

Women's, Infants and Children's Nutrition Program	(320)732-4456 (888)838-4066	<a href="http://www.co.todd.mn.us">www.co.todd.mn.us</a>
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## **WORKERS COMPENSATION**

(800)342-5354	<a href="http://www.coli.mn.gov">www.coli.mn.gov</a>
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