



Three Rivers - Energy Assistance Programs (EAP)	<p>As of today, April 1st, the following EAP policy changes are in effect through the end of the EAP program year:</p> <ol style="list-style-type: none"> <li>1.The deadline for households to apply for EAP benefits has been changed to July 1, 2020.</li> <li>2.Households applying today through July 1, 2020 now only need to provide one month income. This also applies to denied households who sign a new signature page with a signature date of April 1, 2020 through July 1, 2020.</li> <li>3.New applicants are no longer required to submit a Verification of Income and Expense (VIE) form if they claim inadequate or no income.</li> <li>4.We are now required to track and report to MN Commerce all households who are unable to provide the required documentation. If you are working with an EAP applicant and they are unable to provide necessary documentation, please make a note on the app explaining why they are unable to provide the missing information.</li> </ol>	Submit applications to: <a href="mailto:energyassistance@threeriverscap.org">energyassistance@threeriverscap.org</a>				
Three Rivers	For formula, diapers, wipes, and other donated items Three Rivers recommends the Facebook Group "Items In Need SE Minnesota". Items have been posted for sale or donation. The case manager will need to send a message to the administrators of the Facebook Page. Once the need is known a pick up location will be determined for the case manager to obtain the items.	(507)316-0610	<a href="#">Three Rivers</a>			
Sharing Shelves Pine Island	Open every Wednesday/2nd&4th Thursday	507-356-2999				
Kappers Big Red Barn	milk and other grocery items delivered to Rochester on Wednesdays. Probably a delivery fee. go online to sign up.		<a href="#">Kappers Big Red Barn</a>			
Sencac Senior Dining	Box lunches for all the Monday thru Friday noon meal dining sites, Central Towers, Fontaine, High Pointe, Kenosha Drive, Northgate, Park Towers. Reservations required the day before, don't have to live in one of those buildings to get a meal. Suggested donation is \$4.00 but no one will be denied a meal. EBT benefits can also be used					
Christ United Methodist Church	Providing lunches to go at 12 PM on Saturdays at the 5TH Ave entrance. 400 5th Ave SW. It is no longer a sit-down meal.	507-289-4019				

Rochester Public School District	<p>Beginning on April 6, Meal Services will be available Weekdays from 11:00 AM - 12:30 PM.</p> <p>Meals will consist of a cold lunch with breakfast included for the next day. Lunches are intended to be eaten immediately or should be stored in the refrigerator within 2 hours.</p> <p>Locations:</p> <ul style="list-style-type: none"> <li>•Riverside Elementary 506 5th Ave SE, Front entrance drop-off loop</li> <li>•Willow Creek Middle School 2425 11th Avenue SE, North Auditorium Entrance</li> <li>•John Adams Middle School 1525 31st St NW, Door 9 located on the NE side of the building</li> <li>•Sunset Terrace Elementary School, 1707 19th Avenue NW, Main Entrance</li> <li>•Mayo High School, 1420 11th Ave SE, Door 2C located by the staff parking lot near tennis courts</li> <li>•Gage Elementary School</li> <li>•Longfellow-Bus Lot</li> <li>•Pinewood-Front Lot</li> <li>•Franklin-NW Corner of Lot</li> <li>•Elton Hills-SW Side of Lot</li> <li>•Jefferson-South Side of School</li> <li>•Bishop-Bus Zone</li> <li>•Washington-North Side of School</li> <li>•Oak Terrace/Parkside-Park Lane</li> <li>•Homestead Village-HV Lane, North of curve (11:55-12:30 PM)</li> <li>•Andover Apts. -8 1/2 street (11:00-11:45 AM)</li> <li>•Willow Ridge-Storm Shelter</li> <li>•Weatherstone-Weatherstone Dr. @ trail head</li> <li>•Pax Christi Church- Between Pax/Firestation</li> <li>•Zumbro Ridge Estates-Near bus shelter</li> <li>•Meadow Park-4th Ave &amp; 14th Street</li> <li>•Evangel United Methodist-North Lot</li> </ul>				
Rochester Business's providing lunch to students	<p>John Hardy's - Call ahead 507-288-3936 or 507-281-1727.  Casablanca- 12pm - 2pm M-F, Newt's - 3/18 - 3/26 Call ahead for pick up 507-226-8686, Victoria's- Call ahead 507-280-6232, Amerprise Financial Advisor (Zac Saiki) - 50 bagged lunches 8 am - 1 pm until gone each week day, True Smoke BBQ - M-F 10 am - 2 pm say "No school for me today", Grand Round Brewing - Free kids meals on weekdays, stop in and talk with manager. City Market- call ahead 507-536-4748.</p>				
Family Service Rochester	<p>On its way soon: Will be providing grocery shopping and pharmacy deliveries to seniors and people with disabilities or any person unable to access groceries or medicines. Delivery fee of \$10.00</p>	507-218-3267			
Family Service Rochester	<p>Beinning Friday March 20 will be collecting donations of diapers, wipes, cleaning supplies and toilet paper at the new south location, Monday through Friday, 1625 Hwy 14 East. Drop off in lobby between 9 am and 3 PM. Items will be transported to 2100 for distribution to families in need. Items must be un-opened.</p>				
Community Food Response.	<p>Is open at 3945 10th Ave NW at the Exchange (east of Gage School) and has food ready to donate to hungry families in Rochester. We distribute prefilled bags of food from 5 to 6 pm on Mondays, Wednesdays, and Friday afternoons. There are no restrictions or eligibility guidelines. At this time we can take no food requests, but will attempt to accommodate our clients needs if we can.</p>		communityfoodresponse@gmail.org		
Dodge Center Kwik Trip	<p>providing any Triton student free milk, eggs, bread through their Backpack Program</p>	507-259-6006			
Camp Companion	<p>has food for cats and dogs. Staff will drop off to families</p>		507-951-7801 or michele@campcompanion.org		
Paws and Claws	<p>has food for cats and dogs. Call ahead</p>	507- 288-7226			

United Way	As of 3.26.20- Due to the continuing COVID-19 crisis and stay at home order, United Way offices are closed until further notice. Staff continue to serve the community and are routinely checking email and voicemail during this time. Our 211 operations are open. If you need assistance please dial 211 or 1-800-543-7709 to connect with a community resource specialist who can assist. It's free, confidential, available 24 x 7.	1-800-535-7709	<a href="#">211</a>			
Pasquales	providing free cheese pizzas to families that need					
Zumbro Valley Food Shelf	56817 Hwy. 63, Zumbro Falls Plans to continue operating normal hours (Tuesdays 11 a.m.-5 p.m., and Thursday 11 a.m.-6 p.m.) as long as they have the volunteers. Donations and volunteers are greatly appreciated. For more information, contact Pastor Colleen Hoeft at 507-259-1442 or choeft52@gmail.com	507-259-1442				
MN Food Helpline	Taking calls 9 a.m.-5 p.m. Monday through Friday. If you're struggling to put food on the table, call 1-888-711-1151, use the chat feature on the helpline's website, or use this map to find resources near you.	1-888-711-1151	<a href="#">MN Food Helpline</a>			
Pho Châu	would like to help those in our community that are impacted by COVID-19. If you are in need, please stop by or call between 1:30 and 3:00 (Monday through Friday) for a free take out order of rice noodle soup (1 per person).					
Hosanna Food Pantry	left message	507-285-0092				
Oasis Church Food Shelf	left message	(507) 289-8596	<a href="mailto:office@oasisrochester.org">office@oasisrochester.org</a>			
Word of Life Pantry	400 13th Ave SE Rochester					
Rochester Farmer's Market	Farmer's markets are exempt from the state wide closures. They have online ordering available for pickup and delivery. Farmer's Market does accept SNAP. * Farmers market orders must be placed by 8pm Wednesday for a Saturday pickup.		<a href="#">Rochester Farmer's Market</a>			
Cub Foods	Cub Foods is partnering with the Rochester Police Department by having Community Service Officers deliver groceries for at risk and elderly persons in Rochester. Orders can be placed online through instacart at <a href="https://shop.cub.com/">https://shop.cub.com/</a> . Select curbside pick up and as pick up person enter PD/first name and delivery/last name. Monday thru friday 8:30-3:30. Store will call customers upon receipt of order.					
BearPacks (Byron Schools) - weekend backpack food program	we are continuing to provide BearPacks for students each week. We distribute the BearPacks Thursday mornings from 7:30-9. Each family that participates in BearPacks also receives 2 vouchers a month for eggs, milk, and bread from either Byron Kwik Trip. Since Byron does not have a food shelf, we have also set up a portable food shelf for families. It contains both food and select personal care items. It is open Thursdays from 7:30-9 while we distribute the BearPacks. We distribute both out of the intermediate school. we deliver BearPacks and a food shelf bag if requested to people's homes. Wednesday afternoon we deliver to our Rochester students and Thursday morning to our Byron students.	Contact if interested in getting signed up for Bear Packs: <a href="mailto:Christine.jostock@byron.k12.mn.us">Christine.jostock@byron.k12.mn.us</a> or <a href="mailto:Jaclyn.nigon@byron.k12.mn.us">Jaclyn.nigon@byron.k12.mn.us</a> They can also call the district office at 507-775-2383 to register.				
Byron School Dist - lunch program	Monday-Friday Byron Schools also have student breakfast and lunch available, the pick up is at the intermediate school They must email Debby Frank at <a href="mailto:Debby.frank@byron.k12.mn.us">Debby.frank@byron.k12.mn.us</a> the day before to order a meal for the next day.	must email Debby Frank at: <a href="mailto:Debby.frank@byron.k12.mn.us">Debby.frank@byron.k12.mn.us</a>				
Hy-Vee	more than 2,000 grocery store locations nationwide will be waiving delivery fees on orders fulfilled by DoorDash for those 60 years of age and older. ... These customers will be able to use a designated promo code at checkout when they place their order through hy-vee.com/grocery.	Promo code is "specialdelivery"				

Byron Public Schools	<p>We are providing breakfast and lunch for any child age 18 and under that shows up at a site wanting a meal, regardless of their eligibility status or what school district they are enrolled in. Beginning Monday, April 6, we are expanding our sites for meal pick-up with school buses.</p> <p>Here are the sites and times:</p> <ul style="list-style-type: none"> <li>• Bus Garage Parking Lot - 9:15 - 9:45 am</li> <li>• Middle School Parking Lot - 8:30 - 9:00 am</li> <li>• Somerby Parkway (by Somerby Club House) - 8:30 - 9:00 am</li> <li>• 8th Street NE curbside behind Villa West - 9:15 - 9:45 am</li> <li>• Intermediate School 7:30 - 9:00 am</li> <li>• 15th Avenue NE &amp; Towne Drive NE near the 7th Street Entrance - 8:30 - 9:00 am</li> <li>• 4th Street NE &amp; Towne Drive NE - 9:15 - 9:45 am</li> </ul> <p>Rural Areas &amp; Contryview Ridge Estates: These will be done by home delivery (if preferred). If home delivery, it requires a permission form to be signed by family see the attached form.</p> <p>Sign-up here: <a href="http://bit.ly/531_Meal_SignUp">bit.ly/531_Meal_SignUp</a></p>	<p>If needing home delivery, Sign-up here: <a href="http://bit.ly/531_Meal_SignUp">bit.ly/531_Meal_SignUp</a></p>	<p><a href="#">RURAL HOME DELIVERY CONSENT FORM: Byron Public Schools Consent for Home Meal Delivery during the COVID-19 School Closure.docx.pdf</a></p>			

RESOURCES FOR PARENTS/KIDS - ACTIVITIES			
Agency	Description of Services	Contact Info	Website
Zero to Three resources	Zero to Three's page linking to several short articles about coronavirus:		<a href="#">Zero to Three</a>
Aha Parenting	Solutions on how to manage being home with young children during coronavirus.		<a href="#">Aha Parenting</a>
Book for kids about Coronavirus	A book for school age children accessible in several languages:		<a href="#">E-Book</a>
Just For Kids: A Comic Exploring The New Coronavirus			<a href="#">Comic Exploring Coronavirus</a>
Aha Parenting	What to say to kids and how to cope during coronavirus		<a href="#">Aha Parenting</a>
The National Child Traumatic Stress Network	NCTSN fact sheet		<a href="#">NCTSN</a>
naeyc	video chats to help parents and kids		<a href="#">NAEYC</a>
Saved you a spot	20 Screen free things to do with kids when stuck indoors:		#ERROR!
A Mothership Down	How to deal with extended school closings and not lose your mind		<a href="#">A Mothership Down</a>
A Mothership Down	40 Indoor activities for toddlers		<a href="#">A Mothership Down</a>
Help! my kids are home from school and I need to work	Ideas about working from home with children home.		<a href="#">Help! My kids are home from school and I need to work</a>
Hip 2 Save	Free educational activities for children		<a href="#">Hip 2 Save</a>
Center on the Developing child	Resources and activities for parents and children		<a href="#">Center on the Developing child</a>
ABC Mouse	Parents can access ABCmouse, Adventure Academy, and ReadingIQ for free through their children's schools to use at home.		
PAIR/ECPE	Parent education with Amy Baker. One on one phone consultations, one on one video chats, group consultation, after bed online Wednesdays 8-9 PM and naptime online on Thursdays from 12-2 PM.		<a href="https://www.signusgenius.com/gc/">https://www.signusgenius.com/gc/</a>
Online parenting support			<a href="https://docs.google.com/document/d/1kxX1BPC0mmZmol_LKSL_FU06Ez3FmgZ-ASvGgoQ/edit?usp=sharing">https://docs.google.com/document/d/1kxX1BPC0mmZmol_LKSL_FU06Ez3FmgZ-ASvGgoQ/edit?usp=sharing</a>
Good Housekeeping	link to multiple virtual tours of places of interest (museums, theme parks, zoos...)		<a href="https://www.goodhousekeeping.com/travel/a11784720/best-virtual-tours/">https://www.goodhousekeeping.com/travel/a11784720/best-virtual-tours/</a>
Healthline	Information on how manage anxiety during this time		<a href="https://www.healthline.com/health/9-resources-for- coping-with-coronavirus-anxiety?slot_pos=article_1&amp;utm_source=Salitru%520Email&amp;utm_medium=Email&amp;utm_campaign=bpolar&amp;utm_content=2020-03-25&amp;spid=2529271989_Get-your-immediate-needs-met-with-an-interactive-self-care-checklist">https://www.healthline.com/health/9-resources-for- coping-with-coronavirus-anxiety?slot_pos=article_1&amp;utm_source=Salitru%520Email&amp;utm_medium=Email&amp;utm_campaign=bpolar&amp;utm_content=2020-03-25&amp;spid=2529271989_Get-your-immediate-needs-met-with-an-interactive-self-care-checklist</a>
Free online parenting support groups	5 groups available online via zoom or the free zoom app starting 3/31/20 developed in response to the current crisis		<a href="http://www.onlineparentsupport.org">www.onlineparentsupport.org</a>

<b>Domestic Violence</b>			
<b>Agency</b>	<b>Description of Services</b>	<b>Contact Info</b>	<b>Website</b>
Womens Shelter and Resource Center-Rochester	Not accepting any new individuals - still taking calls on crisis line	(507) 285-1010	
Day One Emergency Services		866-223-1111 or text 612-399-9995	<a href="https://dayoneservices.org/">https://dayoneservices.org/</a>
MN Crime Victim Support Line:		866-385-2699 or text 612-399-9977	
Rape Help MN			<a href="http://rapehelpmn.org/">http://rapehelpmn.org/</a>

HOUSING/SHELTER RESOURCES			
Agency	Description of Services	Contact Info	Website
Sunflower Communities   Assisted Living & Memory Care	that we are still taking referrals and moving individuals in to our communities at this time. As a reminder we work with CADI, EW and BI Waivers as well as GRH, Jarvis Orders, Civil Commitments and Rep Payees. Other community highlights include; both communities have a Behavioral Health focus, we cater to individuals with high care needs to include two-person transfers and complex behaviors, complimentary brand new furniture for folks on waivers, each community has outdoor designated smoking areas and our community in Elmore allows pets (no weight limits or breed restrictions). If you have a client needing immediate or future placement in an Assisted Living or Memory Care Community please do not hesitate to reach out.	Bauman Cell: 612.219.7973 Stephanie. Bauman@sunflowercommunities.org	<a href="http://www.sunflowercommunities.org">www.sunflowercommunities.org</a>
Homeless Day Center/ Rochester Warming Center	Mayo Civic Center will be used for a day center for those experiencing homelessness. Please enter Building on Center Street, door #36. Social distancing guidelines will be in place. Food will be served. Open daily 24/7 as the day center and the warming center have combined all shelter efforts		
Coordinated Entry System	The River Valley CoC has created a webpage for agencies to track up to date changes with shelters and other community resources		<a href="#">Coordinated Entry System</a>
Crisis Nursery	Still accepting new clients at this time. They are not doing face to face contacts.	507-287-2020	<a href="https://www.familiesfirstmn.org/">https://www.familiesfirstmn.org/</a>
Dorothy Day Women Shelter	Closed until further notice Not accepting any new individuals - still taking calls on crisis line	(507) 285-1010	
Rochester Warming Center	Open 24/7 - as the warming center has now moved into the Mayo Civic Center. Please enter at door 36. It is being staff with county, city and Catholic Charities staff. Accepting all individuals and families. Everyone will be assessed at the door.	507-287-2047 ext 33	
Family Promise	Currently not accepting any new intakes at this time	507-281-3122	
The Landing MN	Our plan is to continue to be on the streets as allowed by what ever happens. We will be providing water, nutritional items, clothing, hygiene products, and outdoor gear as available. Will provide sack lunch on Saturdays at 4 pm near library.	507-884-0423	
Lang Home	The two GRH beds are full and the facility has stopped referrals. The facility also closed referrals/new admissions until 3/30 for CADI and EW beds.	763-662-2836	



Baymont Inn and Suites (Kasson, MN)	They are offering lower rates for those in need. - \$80 (starting at)/ per night. Would prefer extended stay. - Each room has micro/fridge - Pet friendly - \$10 extra per night – unless a service animal with govt doc./ free - Have handicap accessible rooms - No elevator - Sanitizing several times a day	507-634-3444	
Doc's Recovery House	Closed to new referrals/admits the facility does not have a time fram in which they plan to open referrals again. The facility is full and will keep current residents.	507-216-3353	
Cronin Home	4/2 Accepting referrals the facility does not plan to stop referrals. If the facility needs to quarantine they will take direction from DHS on if they can keep residents that have been living at the facility. As things change the Cronin Home will update case managers of residents.	507-282-1204	
Gabels	Continuing to accept new referrals, all new clients to the program will be medically screened by CDC/MDH/Mayo protocol, if the facility would have to close they would keep current residents.	507-282-2500	
Common Ground Men's Recovery House (Winona)	Currently taking new referrals and completing admissions. No current openings but will put people on a waitlist.	507-281-0023	
Join our Journey Recovery House	The house is remaining open and continuing to accept referrals.	507-218-4773	
Kasson Board and Lodge (Sober Living)	Will accept applications for a 6-8 week waitlist, the facility is currently at capacity. Per Wendy they will not close the facility waitlist.	507-272-9661	
Serenity and Regency Homes	Both facilities are currently full but they are continuing to accept referrals for a waitlist. There facilities plan to remain open.	507-923-1406	
Hiawatha Valley/Hiawatha Bluffs	Restricting visitors and <b>not</b> accepting new applications, will keep current residents.	507-272-9661	
Aspire Homes	Call for information. Now owned and operated by Northern Hills	Call Emily Mason - 920-819-0032	<a href="mailto:northernhillsapartments@gmail.com">.northernhillsapartments@gmail.com</a>
Kepler	Currently full but accepting referrals for a waitlist.	507-216-8350	
Gage East	Coordinated entry only through Three Rivers. Please do not call the facility will take from the coordinated enty list.		
Salvation Army Castle View Apartments	Continuing to operare as normal through coordinated entry. Please do not call as the facility will pull from the coordinated entry list.		
Skyline Supportive Housing	Left message- Believe it is coordinated entry		
Zumbro Valley Health Center Supportive Housing for Long-Term Homeless	Left message	Melissa Adreon 507-535-5661 Maria Slawson 507-535-5642	
<b>Crisis Beds</b>			
Zumbro Valley	Crisis beds are currently closed.	507-289-2089	
Kepler	Crisis bed is closed	507-216-8350	
Hiawatha Hall	No longer taking crisis bed referrals.	507-454-7711	

Guild South	Crisis beds remain open please contact to start a referral. Takes their own county referrals first.	651-455-6800	
Willow Haven	Crisis beds remain open please contact to start a referral. Takes their own cou	651-770-2224	
ReEntry House	Crisis beds remain open please contact to start a referral. Would consider othe	612-540-5700	
Horizon Homes	Outside of jurisdiction but would consider other county referrals if openings aris	507-344-0621	

Agency	Description of Services	Contact Info	Website
<b>MEDICAL/ MEDICINE SERVICES</b>			
Mayo	Mayo Covid 19 Nurse Line	507-293-9525	
Olmsted Medical Center	Patients should continue to utilize their primary care services along with OMC's triage line at 507.288.3443. Once patients call they can request nurse triage services as well as any other medical needs. If you or anyone else is in need of assistance, please do not hesitate to contact OMC Social Services at 507.292.7153 or 507.529.6806.	Triage line - 507-288-3443	
Rochester Metro	Normal operating hours and services are not changing.	507-282-0142	
Hiawatha Valley Medication Clinic	Will remain open and continue to fill medications as needed.	507-454-4341	
Nystrom and Associates Psychiatry/Medication Management	New clients for Psychiatry will remain in person visits. If you are sick or experiencing symptoms the 24 hour advance notice cancelation fee will be waived.	507-516-0030	
Salvation Army Good Samaritan Clinic	Currently closed to new clients. They are connecting with current clients via phone and offering refills only. Dental clinic remains open but they are doing more in depth screenings.	507-529-4100	

Community Health Center	<p>Assisting with Health Care applications, and MNSure applications. Wanted to inform you about our mobile unit operations for the next several weeks, until RCTC opens up again. The Mobile Unit will be parked right in the parking lot of the RCTC Heintz Center.</p> <p>1.The Mobile Unit hours of operation are: 8 am to noon on Tuesdays and Thursdays; for appointments that have been pre-approved by a provider and for medication pick up—for patients already enrolled in Prescription Assistance Programs. People interested in an appointment should still call our main clinic number at 507-529-0503</p> <p>2.Appointments offered will be primarily for acute problems but we may also schedule some uncontrolled chronic disease patients.</p> <p>Providers who are working on the Mobile Unit won't be doing telehealth visits during the morning Mobile Unit shift, but they will take telehealth visits in the afternoon.</p> <p>Tuesday March 31st      Dr. Rho  Thursday April 2nd      Dr. Rho  Tuesday April 7th      Dr. Rho  Thursday April 9th      Dr. Low</p> <p>Tuesday April 14th      Dr. Rho  Thursday April 16th      Dr. Low  Tuesday April 21st      Dr. Rho  Thursday April 23rd      Dr. Low</p>	507-529-0503	
Health Access MN	Assisting with MNSure applications	call 507-589-8649	<a href="mailto:southinfo@healthaccess.mn">email southinfo@healthaccess.mn</a>
IMAA	Assisting with MNSure applications	507-289-5960, ext. 132 or cell 507-369-3649	email: <a href="mailto:shweta.raikar@imaa.net">shweta.raikar@imaa.net</a>
Portico Health Net	Helping people navigate the Healthcare systems. Now available (temporarily) to families across the state, if needed, to help connect uninsured Minnesotans with health coverage and care. We Speak: * English *Espanol *Hmong * Somali * Vietnamese	651-489-2273	<a href="https://porticohealthnet.org/">https://porticohealthnet.org/</a>

<b>MH/SUB ABUSE RESOURCES</b>			
<b>Agency</b>	<b>Description of Services</b>	<b>Contact Info</b>	<b>Website</b>
NAMI - online resource	COVID- 19 Resource guide		<a href="https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf">https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf</a>
Prairie Care	PrairieCare remains open and continuing to provide mental health services to all who need them. Anyone of any age can still call 952.826.8475 to set up a free needs assessment. Individual treatment is being provided through an on-line platform at this time For more information you can go to www.	952-826-8475	
AA Speaker			
Harbor Area Online AA Speakers			
Recovery Audio	Online AA Speakers		
Online Intergroup - AA	Listings of online AA meetings, speakers, etc.		
Family Service Rochester	Still accepting new clients and offering both face to face and telemedicine options	507-287-2010	
Olmsted County Adult Behavioral Health		507-328-6558	
Craft	Not having groups but are still doing intakes with new clients and will still do home visits and case management services	507-252-6985	
Mobile Crisis Line	Only Telephone support at this time, no in person visits	1-844-274-7472 or Text MN to 741741	
<b>Substance Use Treatment/Inpatient</b>			
Adult and Teen Challenge	Continuing to take referrals, facility is currently locked, only operating with essential staff, restricting visitors,taking temperatures of everyone at the door. If the facility quarantines they would keep their residents.	507-288-3733	

Vinland	Currently taking referrals, facility does not have a emergency plan in place. However, they imagine they would keep individuals in their program and stop taking referrals if they closed.	763-479-3555	
Beauterre Recovery Institute	Will remain open and are currently accepting referrals. If the facility closes, they will stop taking referrals but will keep individuals in their program.	612-454-2130	
Huss Center for Recovery	Accepting referrals currently a week or longer waitlist, facility has developed a quarantine procedure they would use unless different direction came from DHS.	612-872-2050	
Keystone Treatment Center	Will accept referrals from Minnesota. However, the individual must pass extra health screening questions in order to be assessed. The facility is also requesting a discharge plan or referral to transitional housing pre-sent before admission. The facility has been having difficulty getting Rochester or Minnesota providers to accept referrals from their facility due to COVID-19.	712-986-7343	
Meridian Behavioral Health	Continuing to take referrals and completing a medical screening via phone. Currently all Meridian Treatment Centers in Minnesota are accepting admissions and new referrals for the waitlist.	877-367-1715	
Cochrane Recovery Services	Accepting referrals and continuing with admissions. The facility will continue to add to there waitlist.	651-437-4209	
Arbor Place	Currently accepting admissions and new referrals. Pregnant Women and IV drug users are being prioritized.	715-235-4537	
Burkwood Treatment Center	Accepting admissions/new referrals	715-690-3212	
Northstar Behavioral Health	Accepting admissions/new referrals all locations currently have openings.	651-371-7327	
Wayside Recovery Center	Continuing to accept referrals for the waitlist.	952-926-5626	
Healtheast Saint Josph	Facility has stopped taking referrals and admissions.	651-232-3302	
House of Hope	Facility will be closing as of 4/3 and will find new placements for existing clients.	507-385-7601	
<b>Substance Use/Outpatient</b>			
Empower CTC	The agency has stopped all groups due to COVID-19 concerns. Empower will be offering telehealth to mental health client. Empower is also limiting assessments until 4/13 due to staffing shortages. If a client needs a comprehensive assessment please call Empower to schedule. If shelter in place is extended this will affect when more comprehensive assessments can be completed/scheduled.	507-292-1379	

Common Ground	Currently prioritizing referrals to high risk/high needs clients that need outpatient treatment at their 3 facilities (Rochester, Red Wing, and Winona). Residential assessments will be triaged with high risk individuals being the main priority. Currently they are not doing DUI or CIU classes/assessments. - Miller Chemical Health Services DBA Common Ground will be providing SUD treatment services and assessments via telehealth. We have stopped providing services in the Olmsted County jail, as directed. Currently we provide the option of in person services with the option of telehealth, however we will be transitioning fully to telehealth as the days go on.	507-281-0023	
Nystrom and Associates	IOP Substance Use Disorder Treatment will continue via telehealth.	507-516-0030	
Pathways Men's and Women's Program	Currently on a admission freeze, Ariel is unsure when this will be lifted. They are accepting referrals, will screen clients normally, if accepted they will be admitted after the freeze is lifted.	507-281-0441	
Recovery is Happening	Agency is operating as normal with peer support and outpatient appointments. They will continue to accept new referrals as well. The agency is complying with social distancing. If someone does not want to have services at Recovery is Happening telehealth through Zoom is available upon request. If the individual does not have access to Zoom they can agree to facetime or skype as well. <b>Recovery is Happening also has a MN Sure Navigator that is able to assist, please call ahead for MN Sure Navigation appointments.</b>	507-218-4773	
Fountain Centers- Rochester	Currently prioritizing high risk outpatient clients. If a individual is not high risk they will place them on a waitlist for when the agency is able to serve them.	507-252-0818	
Stage by Staige	Continuing all outpatient individual appointments in person. The agency is also continuing to have groups of less than 10 people and complies with social distancing requirements. New referrals will continue to be processed.	507-216-5151	
<b>Mental Health Outpatient</b>			
Zumbro Valley Health Center	Agency closed to in person appointments on 3/19/20. Appointments will be completed through telehealth. ZV is still accepting new referrals please call to start the process.	507-289-2089	
Hiawatha Valley Mental Health	The building is closed but they are offering clients the ability to schedule via telemedicine. The client would need to call for availability.	507-454-4341	
Praire Care	Starting 3/23 all outpatient appointments will be conducted through telehealth. The IOP program and needs assessments will operate as usual.	507-218-3701	
Nystrom and Associates	3/18 all appointments and programs are done by telehealth	507-516-0030	
Blue Stem	Will offer telehealth for all existing clients, <b>Not accepting referrals or new clients.</b>	507-282-1009	

Associates in Psychiatry and Psychology	Offering telehealth services only to current clients. Accepting new referrals by phone. The office is <b>closing on Monday (3/23)</b> for at least two weeks or longer. New referrals would not be seen until middle of April or later.	507-288-8544	
Hiawatha Valley Peer Support Network	<b>Closed</b> until further notice	507-454-4341	
South Central Human Relations Center	The agency will continue outpatient appointments via telehealth. Accepting new referrals for telehealth as well. Please call to start the process.	507-451-2630	
<b>IRTS</b>			
Zumbro Valley	Continuing to take referrals for a waitlist. Accepting one admission per week when openings are available.	507-289-2089	
Hiawatha Hall	Will accept referrals for waitlist, however the facility is closed to new admissions. <b>Only accepting referrals from the hospital setting.</b>	507-454-7711	
Austin Manor	Will continue to accept referrals and new admissions for their waitlist. The facility has the availability to quarantine and will remain open.	507-433-5569	
Brentwood Home	Currently accepting referrals and admissions.	507-532-8998	
Maghakian Place	Accepting new referrals and will continue doing admissions. The facility is completing a medical screen before interviews.	612-230-6986	
Carlson Drake House	Accepting new referrals, <b>they are prioritizing referrals from the hospital setting.</b>	952-888-5611	
Bill Kelly House	Will <b>ONLY</b> take referrals that are coming from a hospital. At this time, they are closing any community based referrals.	612-726-1502	
Northwest Residence	Continuing to accept referrals for the waitlist.	763-566-3650	
Willow Haven	Accepting new referrals and will continue admissions. Currently the facility has a month waitlist.	651-770-2214	
Task Unlimited Training Center	Continuing to accept referrals for the waitlist.	952-928-9390	
Nova House	Accepting new referrals and will continue admissions. Has a current waitlist, discharges unknown.	507-354-2174	
Unity House	Currently accepting for the waitlist. The facility is able to accept one person per week when there is a opening available.	507-372-7671	
Gull Harbor	Accepting new referrals and will continue doing admissions.	218-233-8068	
Oasis	Still accepting referrals for the waitlist.	763-544-1447	
Milestones	Accepting new referrals and will continue doing admissions.	320-763-3466	
Community Options Fridley	Continuing to accept new referrals.	763-572-0009	
Anchor House	Accepting new referrals and will continue doing admissions. The facility is completing a medical screen before interviews.	612-230-6986	
Northern Lights Community Residence	Still accepting referrals for the waitlist.	218-681-8706	
Northside Residence	Accepting new referrals and will continue doing admissions. The facility is completing a medical screen before interviews.	612-230-6986	
Community Options- St. Paul	Continuing to accept new referrals for a waitlist.	651-487-8088	
Fresh Start	Admissions are closed for two weeks from (3/16), this may be extended. The facility will continue to take referrals for the waitlist.	218-724-2945	



Community Foundations	Continuing to accept referrals for the waitlist.	651-221-9880	
Horizon Homes	Accepting referrals and admissions. The facility currently has a waitlist and is willing to add new referrals to the waitlist.	507-344-3365	
Reentry House Inc.	Continuing to process referrals and admissions. All new admissions need a H&P from a provider or hospital to screen health. If the individual is coming from a jail they will need a provider H&P completed. The Reentry house has a H&P form they will send to the case manager when the referral packet information is sent.	612-869-2411	
Merritt House	Only taking referrals from their own county. Due to COVID-19		
Guild South	Currently accepting referrals for the waitlist.	651-455-6800 ext: 0014	
Northway Intensive Treatment Services	Continuing to tak referrals for the waitlist. However, they are only accepting referrals from a hospital setting.	320-202-2094	
Livingston	Continuing to accept referrals for the waitlist.	651-457-6999	
Safe Harbour	Only taking referrals from the hospital settting and will need medical screening.	507-455-8100	
Touchstone Residential Treatment	Admissions office and Central office are both closed.	651-314-1100	
Arrowhead House	Continuing to take referrals for a waitlist.	218-724-8844	
<b>Mental Health Apps</b>			
Free Mental Health Apps	<b>Mental health apps can be cost-effective, portable ways to learn and strengthen coping skills. Apps are not meant to serve as a substitute for psychological therapy. Listed below are a number of mental health apps that may be helpful. Look for apps that have a recently updated version history. Reviews for Mental Health Apps: • <a href="#">Anxiety and Depression Association of America: https://adaa.org/finding-help/mobile-apps</a> and • <a href="#">PsyberGuide: https://psyberguide.org/apps/</a></b>		

FINANCIAL ASSISTANCE RESOURCES			
Agency	Description of Services	Contact Info	Website
St. Vincent de Paul	still operating, but not conducting face to face visits at this time	507-216-7370	
Unemployment resources	<p>They say calling in is very bogged down. Please use online application process. The best way to contact them is through their website <a href="http://www.uimn.org">www.uimn.org</a>. They are accepting phone calls with a wait time over 60 minutes. If clients have further questions you can share:</p> <ul style="list-style-type: none"> <li>o Question about your account, call Monday - Thursday, between 8 am - 2 pm.</li> <li>o Help applying for unemployment benefits, call Friday between 8 am - 4: 30 pm.</li> <li>o Help with your password, call anytime during business hours.</li> </ul>	1-877-898-9090	<a href="http://www.uimn.org">www.uimn.org</a>
Veterans	The COVID-19 Emergency Financial Relief Program was created to provide financial assistance to all Veterans, Active Duty, Reserves and National Guard who are experiencing a financial setback due to the negative economic effects of the COVID-19 pandemic. The grant amount will support 1 month of payment up to \$1500 in the following areas: Rent, mortgage, auto loan/lease, utilities (electric, water, heat). All checks will be sent directly to the creditor or landlord after the grant is approved. The foundation can only support one emergency financial request per household.		<a href="#">Emergency Financial Relief for Vets</a>
Social Security Administration	Local offices closed. Deadlines will be extended		
Salvation Army	No showers available. Seeing persons by appointment only mon thru fri -12-4. n		

Olmsted County FSA	Still accepting applications for cash, food and Health Care. Applications can be found online and or call the Call Center 507-328-6500 and ask for an application to be mailed out. Completed forms then can be dropped off at the yellow drop boxes in parking lot and or mailed back into county.	507-328-6500	
Three Rivers/Energy Assistance	The energy assistance program is no longer requiring a person to have shut off notice to get funds. They do need to have a past du amount. They have also increased the amount of crisis funding available to 1200.00 per family.		

<b>ANIMAL RESOURCES</b>			
<b>Agency</b>	<b>Description of Service</b>	<b>Contact Info</b>	<b>Website</b>
Camp Companion	Has food for cats and dogs. Staff will drop off to families	507-951-7801	
Paws and Claws	<p>Paws &amp; Claws Humane Society has a lot of dog &amp; cat food to give away free to anyone who needs it right now. You don't need to explain why you need the food, they are happy to help the community. They are respecting social distancing in keeping everyone safe when getting you the pet food.</p> <p>WHEN: Ongoing, Monday through Friday from 9am- 430pm.</p> <p>WHERE: 3324 19th St NW, Rochester, MN 55901 (located near the Rochester Athletic Club)</p> <p>HOW: Drive around to the back of the building and call 288-7226 and let staff know what you need. They will then leave the food at the back door of the building. Once they are inside, you would get out to get the food to load into your car.</p> <p>We will be open for business and adoptions.</p>	507- 288-7226	
Rochester Pet and Country Store	Rochester Pet and Country Store is teaming up with Rochester Animal Control Shelter MN for FREE LOCAL DELIVERY! Together, we can deliver your pet food to your ...house Monday Wednesday or Friday between 2-4pm!! Get ahold of the store to place your order to have it delivered to you in the local area.	Call 507-285-5547 for more details and info.	

<b>TRANSPORTATION RESOURCES</b>			
<b>Agency</b>	<b>Description of Services</b>	<b>Contact Info</b>	<b>Website</b>
Olmsted County Volunteer Driver Program	Assisting those who are current clients with OCHHH - with critical transportation issues for clients.	Email Diane Tradup for details	
Rochester Public Transportation	As of 4/2/20 - Rochester Public Transit (RPT) is suspending fare collection aboard on all buses and routes and requiring passengers to board and exit the bus using the rear door. Please see direct website for up to date information as routes have changed.		<a href="#">RPT</a>
U Care - Medical rides	Provides rides to medical and therapy appt's only	1-800-864-2157	
Medica		1-800-855-2880	
St. John's Church	We are not offering transportation vouchers at this time because our bus passes/gas vouchers are job search/work related. They will consider offering a work related gas voucher or a 10 ride bus pass by appointment with a verifiable referral from an Olmsted County Social Worker. This would be best by email.	507-288-7372	
Parking changes	The City of Rochester is implementing temporary changes to on-street parking policies to allow for increased commuter traffic resulting from the effort to reduce the occupancy aboard buses. We ask for patience from those that may encounter traffic delays due to the potential increase in peak traffic volumes and encourage people to build this into their commute times. Effective March 18th, the following changes will be in effect: * Commuters to downtown Rochester will be allowed to park in any surface lot at Soldiers Field Memorial Park and along George Gibbs Dr SW at no charge. * Seasonal parking restrictions are lifted, ending the alternate side parking rules for the season. * The city is suspending enforcement of residential permit-only parking areas through the end of March. * Other parking ordinances remain in effect including parking meter enforcement, no parking zones (including driveways, fire hydrants, and mailboxes), and overnight parking restrictions. Please observe all posted signs in the downtown area.		



OTHER RELATED RESOURCES				
Agency	Description of Services	Contact Info	Website	
Legal Assistance of Olmsted County	<p>Applications for LAOC can be found at our webpage: laocmn.org. LAOC can also email you an application or you can pick up in lobby at 1700 N Broadway, Suite 124 Door A. Please return application via email or fax. If not able, please drop application through the mail drop at the office.</p> <p>* Family Law, financial law and expungement clinics are available. Call the Olmsted County Law Library at 507-218-3778 to register. Clinic appointments will be held by teleconference.</p> <p>*Tenant/Landlord questions Hotline - 507-529-4111</p>	507-287-2036 or email: info@laocmn.org		
Wi Fi Resources	<p>WiFi Resources</p> <p><b>Federal Communications Commission agreement</b> states that internet and telephone providers will waive late fees, will not cut-off service for lack of payment, and open hot-spots to any American who needs them.</p> <p>•<b>Comcast COVID-19 response:</b> is offering free WiFi for 60 days, all Xfinity hotspots are free, unlimited data, and flexible payment plans with no disconnect or late fees during this time.</p> <p>•<b>Charter Spectrum:</b> is offering free broadband and Wi-Fi access for 60 days to households with K-12 and/or college students. To enroll call 1-844-488-8395. Installation fees will be waived for new student households.</p> <p>•<b>AT&amp;T COVID-19 response:</b> is offering open hot-spots and unlimited data to existing customers. There are options for \$10/month plans to low income families, and no disconnect or late fees in the next 60 days.</p> <p>•<b>Verizon COVID-19 response:</b> is waiving late fees for 60 days from March 16- May 13, and will not terminate service through April 30. Verizon will offer unlimited domestic calling to customers on limited-minute plans, and waive activation fees on new lines and upgrades.</p> <p>•<b>Sprint COVID-19 response:</b> is providing unlimited data for 60 days to customers with metered data plans, giving 20 GB of free mobile hotspot to customers with hotspot-capable devices, and waiving per-minute toll charges for international calls from the U.S. to CDC- defined Level 3 countries.</p> <p>•<b>T-Mobile COVID-19 response:</b> is offering all current customers on legacy plans unlimited high-speed data, customers on smartphone plans with hotspot data will receive an additional 20GB of smartphone mobile hotspot, and free international calling.</p>			

Veteran Services	<p>COVID-19 Disaster Relief Grant The purpose of the COVID-19 Disaster Relief Grant is to mitigate the negative effects and economic impact COVID-19 has had on Veterans and their families by providing a one-time financial relief grant in the amount of \$1,000.</p> <p>COVID-19 Special Needs Grant The purpose of the COVID-19 Special Needs Grant is to provide one-time financial assistance to a Veteran or surviving spouse who needs assistance due to a COVID-19-related event. Any funding awarded from this grant would go directly to a vendor or creditor of the applicant, and no money awarded goes directly to an applicant or an applicant's family member.</p>		<a href="https://mn.gov/mdva/blog/?id=1066-425565">https://mn.gov/mdva/blog/?id=1066-425565</a>	
Workforce Development Inc.	We will limit our staff contact with the public by offering our services virtually, via telephone, and utilizing other technology resources, effective Friday, March 20th for next 8 weeks. While our Workforce Development, Inc. and CareerForce locations will remain open for business for staff, we will no longer have in-person customer contact available. This will be in affect until further notice for the following locations: Albert Lea, Austin, Owatonna, Faribault, Red Wing, Wabasha, Preston, Caledonia, Kasson, and Rochester. Customers will be provided with information and guidance on how to connect with staff and how to access the programs and services they need.			
Three Rivers Community Action	Starting March 19th, Three Rivers Community Action will close our Rochester, Faribault and Zumbrota offices to walk -in clients. All clients will be asked to call in for assistance. Three Rivers staff will be implementing work at home for as many staff as possible. This may be at least until March 27th, but may go longer.	507-316-0610		
Charter Communications	Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription at any service level up to 100 Mbps. To enroll call 1-844-488-8395. Installation fees will be waived for new student households.	1-844-488-8395		
KM Telecom	Provides service in the following communities and surrounding rural areas: Kasson, Mantorville, Rock Dell and Dodge Center	507-634-2511	<a href="#">KM Telecom</a>	
Acen Tek	Offering free broadband and WIFI internet until June 1, 2020 to students and teachers who do not currently have internet service with the company.	1-888-404-4940	<a href="#">AcenTek.net</a>	



Planned Parenthood	Continuing with their services, keeping same hours as of now. No extensive gynecological exams.	507-288-5286		
125 Live	Closed effective 3/17/20. Rec Center also closed			
LINK - LSS	Staff are working remotely. The REACH Drop-In Center is closed. We continue to provide support to the young people in our community by maintaining contact through phone, social media and on-line services. We will also continue to meet the needs of youth requesting food, hygiene or housing supplies through either a "to go" or delivery approach. * they will provide diapers/wipes to those under the age of 25	507-316-8273		
Childrens Exchange	Stores closed until March 30	507-289-6637		
X cel Energy	Will not disconnect residential customers' electric or natural gas service until further notice			
Families First	Closed to visitors starting 3/20/20 at 4:30 PM through 4/3/20. Staff members working from office and remotely.			
A variety of useful info			<a href="#">Misc. Info</a>	
Catholic Charities	Catholic Charities offices are currently open by appointment only. Most staff will be working from home and conducting appointments by phone or video conferencing for financial assistance so we can still meet the needs of families. We will deliver baby items to clients as needed. Clinical counseling may be available in person, depending on the office location. All group classes are postponed until further notice. Please reach out with any questions! svetter@ccsogn.org or 507-287-2047.	svetter@ccsogn.org or 507-287-2047		
ABC Mouse	Parents can access ABCmouse, Adventure Academy, and ReadingIQ for free through their children's schools to use at home		<a href="#">ABC Mouse</a>	
Rocheser Public Library	Closed until further notice. Offering ebooks			
Rochester area info	Website contains lots of impressive information about many different areas, resources, etc.		<a href="#">Misc. Info</a>	
Step up to Sit	High School students babysitting for parents who need assistance during this time. Check out website to either sign up to be caregiver and or to find one.		<a href="#">Step Up to Sit</a>	

Salvation Army	<p>The Salvation Army has made the following changes to our programs to encourage shelter-at-home orders:</p> <ul style="list-style-type: none"> <li>•Afternoons (12-4) at the Corps building (lunch building) will be reserved for appointment only. Please call 507-288-3663</li> <li>•Lunches will continue to be to-go from 11:30 -12:00 (please note the change from having an hour to pick up lunch, to having a half hour to pick up your lunch)</li> <li>•Showers have been suspended for at least two weeks. Clients are able to utilize the 6 showers at the Civic Center.</li> <li>•The Salvation Army will provide dinner 7 days/week to the Civic Center's temporary shelter (we will not deliver meals on nights where other community partners and restaurants have asked to donate meals)</li> <li>•Good Samaritan Pharmacy is operating for refills only. Please call to set up a pick-up time. 507-529-4100</li> <li>•Good Samaritan Medical Clinic is consulting with clients over the phone through May 1st. 507-529-4100</li> <li>•Good Samaritan Dental Clinic is operating as usual, however with more in depth screening. 507-529-4100</li> </ul>	507-288-3663 - for appts		
Crisis Nursery	Still taking new referrals but not meeting face to face. Crisis Nursery is assisting clients over the phone, doing remote intakes, and "social-distance compliant diaper drops" by appointment.	507-287-2020	<a href="https://www.familiesfirstmn.org/">https://www.familiesfirstmn.org/</a>	
IMAA	Continuing to provide interpreting services via phone, email, video, etc. Call to set up interpreters as needed. Their office is open but closed to the public at this time.	507-289-5960		
Positive Supports MN	Statewide website for resources, activities, etc.		<a href="#">Positive Supports MN</a>	
ARC for SE Minnesota	Offices are currently closed and staff working from home. They are working remotely as best they can at this time. Office will reopen April 6th to public.	507-287-2032		
ABC	buildings and services closed			

<p>YMCA</p>	<p>The YMCA is collaborating with local government and health officials to offer child care from six weeks through sixth grade in various programs that meet family needs.</p> <p>As always, we never want to turn anyone away because they are unable to pay. Please know that we are here to work with each family on their personal situation.</p> <p>Health and Safety of Our Children The health and safety of each child and our Y staff is our top priority.</p> <p>The Y adheres to the Centers for Disease Control and Prevention and State Departments of Health and Education strict guidelines. Y staff has the most current and up-to-date training. Here are some of the extensive safety protocols we put in place:</p> <ul style="list-style-type: none"> <li>- Curbside drop off and pick up of children before entering and leaving Y site in order to reduce the number of people that your child will come in contact with</li> <li>- Temperature testing of all kids and staff every day</li> <li>- Screening questions asked to ensure health and safety</li> <li>- If anyone in the family has a temperature or symptom, the child requiring care will not be able to attend that day</li> <li>- Reduced ratio of children per adult to ensure social distancing per government guidelines</li> </ul> <p>School Age Care – Space Available School age care offers a safe and fun environment for E-distance learning and activities that meet social distancing requirements</p> <p>Who: Children in kindergarten through sixth grade (K-6) Where: Rochester as well as 22 other Y locations - <a href="https://www.ymcamn.org/choose-your-child-care">https://www.ymcamn.org/choose-your-child-care</a> When: Monday through Friday 7:00 a.m. – 5:30 p.m. Registration: First come, first served. To register, please go to <a href="https://www.ymcamn.org/mnchildcare">ymcamn.org/mnchildcare</a> or call 612-230-9622.</p> <p>Rochester Early Childhood Learning Centers Minnesota state-licensed and nationally accredited child care provides a place to learn and grow with low child to teacher ratios</p> <p>Who: Children six weeks through Kindergarten Where: <a href="https://www.ymcamn.org/choose-your-child-care">https://www.ymcamn.org/choose-your-child-care</a> Registration: <a href="https://www.ymcamn.org/choose-your-child-care">https://www.ymcamn.org/choose-your-child-care</a></p>	<p>507-287-2260</p>	<p><a href="https://www.ymcamn.org/choose-your-child-care">https://www.ymcamn.org/choose-your-child-care</a></p>
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Sunflower Communities   Assisted Living & Memory Care	<p>We are still taking referrals and moving individuals in to our communities at this time.</p> <p>As a reminder we work with CADI, EW and BI Waivers as well as GRH, Jarvis Orders, Civil Commitments and Rep Payees. Other community highlights include; both communities have a Behavioral Health focus, we cater to individuals with high care needs to include two-person transfers and complex behaviors, complimentary brand new furniture for folks on waivers, each community has outdoor designated smoking areas and our community in Elmore allows pets (no weight limits or breed restrictions).</p> <p>If you have a client needing immediate or future placement in an Assisted Living or Memory Care Community please do not hesitate to reach out.</p>	<p>☎ Bauman Cell: 612.219.7973 Stephanie. Bauman@sunflowercommunities.org</p>	<p><a href="http://www.sunflowercommunities.org">www.sunflowercommunities.org</a></p>	
Family Service Rochester (FSR)	<p>providing grocery shopping and pharmacy deliveries to seniors and people with disabilities or any person unable to access groceries or medicines. Delivery fee \$10. Ask for grocery shopping assistance when calling.</p>	<p>507-287-2010</p>	<p><a href="http://www.familyservicerochester.org">www.familyservicerochester.org</a></p>	
United Way	<p>As of 3.26.20- Due to the continuing COVID-19 crisis and stay at home order, United Way offices are closed until further notice. Staff continue to serve the community and are routinely checking email and voicemail during this time. Our 211 operations are open. If you need assistance please dial 211 or 1-800-543-7709 to connect with a community resource specialist who can assist. It's free, confidential, available 24 x 7.</p>			
Showers	<p>No showers available at the salvation for two weeks starting 3/30/20. Showers are available at the Mayo Civic Center</p>			
Senior LinkAge Line	<p>Continues to be best place to call for any questions related to Seniors and Senior services</p>	<p>1-800-333-2433</p>		
Southeastern MN Area Agency on Aging	<p>searchable listing of services from across the state. Users can access the information through categories of services, such as:</p> <ul style="list-style-type: none"> <li>•Home-delivered meals</li> <li>•Grocery and pharmacy deliveries</li> <li>•Care coordination and home care</li> </ul>	<p>507-288 – 6944</p>	<p><a href="http://HelpOlderAdultsMN.org">HelpOlderAdultsMN.org</a></p>	
SEMCIL	<p>SEMCIL staff are continuing to provide services during the COVID-19 pandemic. Ramp evaluations are still being completed, and we continue to touch base with our consumers that had been scheduled for a Formal Home Accessibility Assessment that needed be placed on hold at this time. We do have the capability to virtually reach people via Zoom Meeting, Facetime or other compatible virtual platform that our consumers may have access to.</p>	<p>main line, 507-285-1815 Or via the referral line at 507-285-3917 or <a href="mailto:ILreferral@semcil.org">ILreferral@semcil.org</a></p>		

Beltone - Rochester	<p>Beltone is still open for business to support our seniors with their hearing care during this time. We are also offering free hearing aid batteries to those who are in need of them but cannot get out to purchase them. We really appreciate any assistance in getting the word out to seniors that our services are available. We are open Monday through Friday-9-5. We have a Drop off/Pick up service available to minimize the face to face contact as well and are taking all precautions.</p>	<p>507-536-9002 or email Tanya at: tgottlieb@beltone.com</p>		
MN Dept of Human Services - Deaf and Hard of Hearing Services	<p>Many people who are deaf, deafblind and hard of hearing may be wondering about how COVID-19 may affect communication with medical providers. The National Association of the Deaf (NAD) worked with deaf and hard of hearing advocacy groups, attorneys and deaf medical professionals to develop guidance for communicating. They offer steps you can take to prepare for communication access if you need to go to the hospital. They also have suggestions for various apps and other communication tools. See the resources on the NAD's webpage: <a href="#">Communicating with Medical Personnel During Coronavirus</a>. Additional resources are available for hospitals and medical staff. You can find more accessible COVID-19 information on Deaf and Hard of Hearing Services Division's COVID-19 webpage.</p>			
Broadway Laundromat	<p>Broadway laundromat 1117 N Broadway 507.285.5870</p> <ul style="list-style-type: none"> <li>• BL is staying open normal hours 7 am - 10 PM</li> <li>• They have staff cleaning space in between customers</li> <li>• They encourage folks to put clothes in washers, then wait at home or in car. BL will move to dryers and call clients when clothes done.</li> <li>• Discourage folding at the store</li> <li>• Want people to come more during weekdays to space themselves out</li> <li>• Pickup, wash/fold, delivery available for those elderly/at risk for \$1.10/a pound or \$1.75/a pound regularly</li> </ul>	<p>507-285-5870</p>		