

2009 Senior Resource Directory

Category	Resource Name	Contact Information	Phone	Web Site
211 ABUSE	211 Northwest	120 E. Washington Ave. Fergus Falls, MN 56537	218-736-2856 (local) 800-543-7709 (cell phone)	www.211us.org
	Someplace Safe	700 Cedar Street Suite 237 Alexandria MN 56308	800-974-3359	www.someplacesafe.info
	Vulnerable Adult	216 7th Avenue W Alexandria MN 56308	320-762-8151	
	WINGS Family Supportive Services	1417 Broadway Alexandria MN 56308	320-763-6638	www.wingsfamilyservices.com
ADULT FAMILY FOSTER CARE				
	Bonnies Senior Haven	1201 Ridgeview Terrace NE Alexandria MN 56308	320-759-6599 320-766-3062	
	Bundermann, Pam	8156 Country Lane SW Farwell MN 56327	320-886-2958 320-808-4755	
	County Care	23359 Lake Jennie Road NW Evansville MN 56326	218-948-2218 320-834-4419	
	Elder Network	700 Cedar Street Suite 216 Alexandria MN 56308	320-763-9084	www.alexandriaeldernetwork.com
	Home Instead Senior Care	1220 N Tower Road Fergus Falls MN 56537	320-762-1940	
	Kinship Caregivers		800-288-8549	
	LLS Caregiver Respite		800-488-4146	
	Salmons Place	6789 St Hwy 27 E Alexandria MN 56308	320-762-2892	
	Sharon's Senior Service	2307 E Golf Course Road Alexandria MN 56308	320-763-4950	
	The Gathering		320-763-9084	
ALZHEIMER'S/DEMENTIA				
	Alzheimer's Association MN/Dakota Chapter		800-272-3900	www.alz.org
	Diamond Willow	802 Victor Street Alexandria MN 56308	320-762-1448	
	Rainbow Center	Glenwood	320-634-5131	
	Prairie Senior Cottages	812 McKay Avenue S Alexandria MN 56308	320-763-8244	
BLIND/VISUALLY IMPAIRED				
	MN State Services for the Blind		800-652-9000	www.mnssb.org
	Nat. Library Service for the Blind and Physically Handicapped		800-722-0550	www.loc.gov/nls/
	VIPs		320-763-3828	
	Computer Access for the Visually Impaired		320-762-2149	
	Nat. Federation of the Blind Runestone Chapter		320-759-5678	www.nfb.org
CAREGIVER SUPPORT AND RESPITE				
	Alternative Senior Care, Inc.	1220 Nokomis Street Alexandria MN 56308	866-352-3350	
	Bethany Community Adult Day Services	1010 Lark Street Alexandria MN 56308	320-763-2181	
	Caregivers Support Group	822 Douglas Street Alexandria MN 56308	320-762-3047	

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	Crestview Manor	649 State Street Evansville MN	218-948-2219 320-834-4466	
	Elder Network	700 Cedar St Suite 216 Alexandria MN 56308	320-763-9084	www.alexandriaeldernetwork.com
	Senior Companion Program	303 22nd Avenue Suite 107 Alexandria MN 56308	320-762-2973	
	Senior Clubs in Douglas County		320-762-3047	
	Crestview Manor	649 State Street Evansville MN 56326	218-948-2219 320-834-4466	
CHORE & HOMEMAKING/ HOUSEKEEPING SERVICES				
	Alternative Senior Care		866-352-3350	
	Eldest Daughter	Dalton MN terri@eldestdaughter.com	218-589-7575 218-731-3060	
	Home Helpers		320-239-2486	
	Hillesheim, Charlotte		320-352-5676	
	Karing Hands (Mary Saxton)		320-834-2541	
	Meissner, Donna		320-834-4889 320-219-0119	
	MN Workforce Center		320-762-7800	www.mnwfc.org
	Schoenrock, Tom		320-763-4810	
COMPANIONSHIP/PEER SUPPORT				
	Alternative Senior Care		866-352-3350	
	Elder Network	700 Cedar Street Suite 216 Alexandria MN 56308	320-763-9084	www.alexandriaeldernetwork.com
	Senior Clubs in Douglas County		320-762-3047	
	Senior Companion Program		320-762-2974	
CORPORATE ADULT FOSTER CARE				
	Douglas County Public Health	725 Elm Street Suite 1200 Alexandria MN 56308	320-763-6018	www.co.douglas.mn.us
CRIME				
	Douglas County Sheriff's Office	216 7th Ave W	320-762-8151	www.alexandriapolice.com
	Someplace Safe- Douglas County	700 Cedar Street Suite 237 Alexandria MN 56308	320-762-1995	www.someplacesafe.info
	Someplace Safe- Pope County	10 1st Ave SW Glenwood, MN 56334	320-634-3483 800-974-3359	www.someplacesafe.info
DISABILITY				
	Alexandria Area Disability Awareness Council		320-763-6678	
	Disability Linkage Line		866-333-2466	www.semciil.org
	MN State Council on Disability		800-945-8913	www.mn.us/portal/mn/isp/home.do?agency+MSCOD
	National Library Service for the Blind & Physically Handicapped		800722-0550	www.loc.gov/nls/
	Rehabilitation Services	303 22nd Ave W Suite 107 Alexandria MN 56308	320-762-7809 320-762-0580	
DEAF/HARD OF HEARING				
	Deaf & Hard of Hearing Services		800-456-7589 866-488-3829 218-739-7589 218-739-7591	
	Starkey Hearing Foundation	4248 Park Glen Road Minneapolis MN 55416	800-769-2799	
	Telephone Equipment Distribution Program (TED)		800-657-3663 800-657-3513	

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DISABILITY				
	Alexandria Area Disability Awareness Council		320-763-6678	
	Disability Linkage Line		866-333-2466	www.semCIL.org
	MN State Council on Disability		800-945-8913	www.mn.us/portal/mn/isp/home.do?agency+MSCOD
	National Library Service for the Blind & Physically Handicapped		800722-0550	www.loc.gov/nls/
	Rehabilitation Services	303 22nd Ave W Suite 107 Alexandria MN 56308	320-762-7809 320-762-0580	
EMPLOYMENT				
	Experience Works -Senior Workforce Solutions		800-450-5627	www.experienceworks.org
	MN Workforce Center	303 22nd Avenue Alexandria MN 56308	320-762-7800 888-438-5627	www.mnwfc.org
	Work Incentives Connection		1-800-976-6728	www.mnworkincentives.com
EQUIPMENT/HOME SUPPLIES				
	American Legion Post 87		320-763-6928	
	Assistive Technology Network of West Central MN		218-736-4982	
	Parish Health Loan Closet		320-762-2196	
	Rice Home Medical		320-762-6036 800-642-5443	www.ricehomemedical.org
	Trumm Home Medical Specialties	609 Fillmore Street Alexandria MN 56308	320-763-2575	www.trummdrug.com
	West Central Minnesota Community Action	411 Industrial Park Blvd. Elbow Lake MN 56531	800-492-4805 888-861-4584	www.wcmca.org
FINANCIAL ASSISTANCE				
	Douglas County Food Shelf		320-763-6638	
	Douglas County Social Services	809 Elm Street Suite 1186 Alexandria MN 56308	320-762-2302	www.co.douglas.mn.us
	Health Insurance Counseling		320-762-2974	
	Klothes Klostet	660 Northside Drive Alexandria MN 56308	320-763-9888	
	Pension Rights Projects		800-365-8765	www.mnseniors.org
	Salvation Army (Douglas County)		320-304-4233	www.thesalarmy.com
	Tax Assistance		800-652-9094	www.minnesotahelpinfo.org/public/
	Veterans Service Office		320-762-3883	www.ssa.gov
	West Central Minnesota Community Action	411 Industrial Park Blvd. Elbow Lake MN 56531	800-492-4805 888-861-4584	www.wcmca.org
FOOD				
	Home Delivered Meals	809 Elm Street Suite 1195 Alexandria MN 56308	320-762-2381	
	Jingel Bells	PO Box 131 Alexandria MN 56308	320-834-3030	www.alexjaycees.com
	North Country Food Bank	424 North Broadway Crookston, MN 56716	218-281-7356	www.northcountryfoodbank.org
FRAUD				
	Douglas County TRIAD Committee		320-762-3047 320-762-8151	www.co.douglas.mn/srcitizens_resources.htm
	Charities Review Council		800-733-4483	
HEALTH INSURANCE COUNSELING				
	Health Insurance Counseling		320-762-2974	
HEALTH SERVICES				
	Choice Home Care		320-766-3306	

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	Knute Nelson Home Care	420 12th Avenue E Alexandria MN 56308	320-759-1273	www.knutenelson.org
	Minnewaska Home Care		320-239-7259	
	Pampered Feet Foot Care		320-834-2672	
	Personal Care Assistant	Douglas County Public Health	320-763-6018	
	Prairie River Home Care, Inc.		320-255-1882	
	REM Health, Inc.		320-846-0002	
	Sauk Centre Home Care		320-352-2221	
	Saxton, Mary		320-834-2541	
	Stevens Community Medical Center Home Care		320-589-7629	
	Vikingland Home Health	1411 Hawthorne Street Alexandria MN 56308	320-763-9276	www.vikinglandhomehealth.com
HOME IMPROVEMENT				
	Douglas County HRA	1224 N Nokomis Alexandria MN 56308	320-763-5440	www.co.douglas.mn.us
	West Central Minnesota Community Action	411 Industrial Park Blvd. Elbow Lake MN 56531	800-492-4805	www.wcmca.org
HOSPICE				
	Douglas County Public Health	725 Elm Street Suite 1200 Alexandria MN 56308	320-763-6018	www.co.douglas.mn.us
HOUSING RESOURCE				
Independent Living				
	Alexandria Manor	420 8th Ave W Alexandria MN 56308	320-762-4109 320-589-2811	
	Alexson Apartments	120 6th Avenue W Alexandria MN 56308	320-763-4322	
	Arabella Manor	1810 Darling Avenue Alexandria MN 56308	320-763-1763	
	Belmont Apartments	307 6th Avenue W Alexandria MN 56308	320-763-4322 320-763-3393	
	Bethel Manor	910 Ash Street Alexandria MN 56308	320-763-7200	
	Birchwood Apartments	315 6th Avenue E Alexandria MN 56308	320-762-1215	
	Bridgewater Estates	720 22nd Avenue E Alexandria MN 56308	320-763-7012	
	Brandon Manor		877-269-6640	
	Carlos Housing Inc.	23 North Douglas Carlos MN	320-852-7748	
	Colonial Court Apartments	1614 7th Avenue E Alexandria MN 56308	320-763-9120	
	Condamera	1814 & 1816 Fillmore Alexandria MN 56308	320-759-2247	
	Country View Apartments	Nelson	320-834-2611	
	Courtyard Apartments	1420 Jefferson Street Alexandria MN 56308	320-762-6538	
	Dero Apartments	Miltona	877-269-6640	
	Douglas County Housing & Redevelopment Authority	1224 N Nokomis Street Alexandria MN 56308	320-763-5440	
	Douglas County Senior Citizens Office	725 Elm Street Suite 1200 Alexandria MN 56308	320-762-3047	
	Eric Circle Apartments	2101 & 2021 Eric Circle Alexandria MN 56308	320-815-8488	
	Evansville Apartments	505 Johnson Street Evansville MN	320-762-3074	

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	Fourth Avenue Apartments	305 4th Avenue E Alexandria MN 56308	320-763-8175	
	Greenbrier Apartments	1101 Lark Street Alexandria MN 56308	320-762-4109	
	Heritage Apartments	512 2nd Ave E Osakis MN 56360	320-859-2224	
	Highland Terrace Apartments	319 Fairground Road Alexandria MN 56308	877-269-6640	
	Homestead Apartments	1109 Lark Street Alexandria MN 56308	320-815-8488	
	Lakeview Apartments	24 Lake Street Osakis MN 56360	320-859-2488	
	Lakewood I Apartments	204,304 & 310 Kenwood Drive Alexandria MN 56308	877-777-5793	
	Lakes Village Apartments	510 3rd Avenue W Alexandria MN 56308	320-763-3534	
	Lincoln Estates	1705 6th Avenue E Alexandria MN 56308	320-759-7218	
	Maple Ridge Manor	321 Unumb Court Alexandria MN 56308	320-762-2800	
	Maple Ridge Manor	321 Unumb Court Alexandria MN 56308	320-762-2800	
	Martex Apartments	1605 & 1607 6th Avenue E Alexandria MN 56308	320-815-8488	
	East Side Stories	408 McKay Alexandria MN 56308	320-763-6455	
	McKay Avenue Apartments		877-777-5793	
	Oak Knoll Apartments	505 & 509 North McKay Alexandria MN 56308	320-762-4513	
	Oak Manor	310 4th Avenue E Alexandria MN 56308	320-763-1438	
	Oakwood Manor I & II	210 & 310 20th Avenue W Alexandria MN 56308	320-815-8488	
	Oakwood Twin Homes	4th Avenue E & Kenwood St Alexandria MN 56308	320-763-6688	
	Osakis Townhomes	301 8th Avenue W Osakis MN 56360	218-547-3307	
	Park South Apartments	1813 & 1815 Aga Drive Alexandria MN 56308	320-815-7200	
	Royal Manor Apartments	505 Unumb Street Alexandria MN 56308	320-235-0742	
	Runestone Apartments	Kensington	320-965-2388	
	Runestone Manor LLC	1805 & 1905 6th Avenue E Alexandria MN 56308	320-634-5175 320-760-1292	
	Sunrise Apartments	1616 7th Avenue E Alexandria MN 56308	320-808-7260	
	The Creamery Apartments	Brandon		
	Churchill Apartments	119 2nd Avenue Evansville MN	320-8324-4784	
	Tower Apartments	Evansville MN	320-763-6811	
	Town Square Apartments	414 Hawthorne Street Alexandria MN 56308	320-762-1824	
	Viking Apartments	515 22nd Avenue W Alexandria MN 56308	320-762-4057 320-491-1243	
	Viking Towers	805 Fillmore Alexandria MN 56308	320-762-1311	

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	Wiltoka Apartments	536 & 538 Willow Drive Alexandria MN 563098	320-808-7260	
	Winona Shores	1010 Lark Street Alexandria MN 56308	320-763-1120	
	Woodhill Apartments	1405 7th Avenue E Alexandria MN 56308	877-269-66340	
	Woodlawn Mobile Home Court	1200 Co Rd 40 NW Garfield MN	320-834-2611	
	WINGS Family Supportive Services	1417 Broadway Alexandria MN 56308	320-763-6638	www.wingsfamilyservices.com
Assisted Living				
	Clearwater Suites	1902 7th Ave E Alexandria MN 56308	888-230-2764	
	Diamond Willow	802 Victor Street Alexandria MN 56308	320-762-1448	
	Evansville Residence	651 State Street Evansville MN 56308	218-948-2346	
	Lakes Area	1313 Co Rd 22 NW Alexandria MN 56308	320-759-5600	
	Nelson Gables	1220 Nokomis Street Alexandria MN 56308	320-762-4310	
	Peaceful Bliss	90 E Lake Cowdry Road Alexandria MN 56308	320-762-8345	
	Prairie Senior Cottage	812 McKay Avenue Alexandria MN 56308	320-763-8244	
	Sharon's Senior Services	1441 Rosewood Lane SE Alexandria MN 56308	320-763-4950	
	Terrace Heights	410 Main Street West Osakis MN 56360	320-859-6223	
	Westview Apartments	240 6th Avenue W Osakis MN 56360		
	Windmill Ponds	715 Victor Street Alexandria MN 56308	320-759-2132	
Facilities w/on-site services (no 24 hr/night supervision)				
	Viking Towers	805 Fillmore Alexandria MN 56308	320-762-1311	
	Bethel Manor/Winona Shores	910 Ash Street Alexandria MN 56308	320-763-7200	
LEGAL				
	Disability Law Center		800-292-4150 612-332-4668	www.mndlc.org
	Legal Services of Northwest Minnesota	1114 Broadway Suite 4 Alexandria MN 56308	320-762-0663 800450-2552	www.lsnmlaw.org
MENTAL HEALTH				
	Bridgeway Care Unit		218-736-8208	www.lrhc.org
	Compulsive Gambling Hotline		800-247-1303	
	Lakeland Mental Health	105 2nd Avenue NE Glenwood MN 56334	320-634-3446 800-223-4512	www.lmhc.org
	Elder Network	700 Cedar Street Suite 216 Alexandria MN 56308	320-763-9084	www.alexandriaeldernetwork.com
	Vikingland Community Support Program	700 Cedar Street Suite 144 Alexandria MN 56308	320-763-6261	
NURSING HOMES				
	Bethany Home	1020 Lark Street Alexandria MN 56308	320-762-1567	www.bethanyalexandria.org

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	Knute Nelson	420 12 Avenue E Alexandria MN 56308	320-763-6653	www.knutenelson.org
	Galeon	410 West Main Street Osakis MN 56360	320-859-2142	
	Sonshine Villa	110 Sumac Drive Alexandria MN 56308	320-762-8506	
	Becky Sprenger	1203 Steger Road NW Alexandria MN 56308	320-763-9776	
	Kim & Brad Tostenson	13344 Co Rd 1 NW Evansville MN 56326	320-834-5191	
NUTRITION				
	Alexandria Senior Center	414 Hawthorne Street Alexandria MN 56308	320-762-2087	
	Corral Senior Nutrition	Nelson	320-762-2416	
	Douglas County Food Shelf		320-763-6638	
	Douglas County University of MN Extension Service	720 Fillmore Street Suite B090 Alexandria MN 56308	320-762-3890	www.extension.umn.edu/county/douglas
	Gwen's Miltona Senior Nutrition		218-943-5145	
	Home Delivered Meals		320-762-4280	
			320-965-2440	
	Kensington Senior Center		320-965-2746	
	Mac's Diner	Evansville	218-948-2450	
	Mom's Meals		866-204-6111	
	Muddy Boot	Forada	320-762-1635	
	Nutrition Assistance Programs for Seniors (NAPS)		320-762-2973	
	Osakis Senior Center		320-859-2325	
PARISH HEALTH NURSES				
	Evangelical Covenant Church Faith-Esther Lutheran	4005 Dakota Street Alexandria MN 56308	320-763-5659 218-943-2891	
	First Congregation UCC	221 7th Ave West Alexandria MN 56308	320-763-3341	
	First Lutheran Church St. Ann's Catholic Church	822 Douglas Street Alexandria MN 56308	320-762-2196 320-524-2462	www.firstlutheranalexandria.com
	St. Mary's Catholic Church	420 Irving Street Alexandria MN 56308	320-763-5781	
	United Methodist Church	2210 6th Avenue E Alexandria MN 56308	320-763-4624	
	Care Team Program		320-763-9084	
RECREATIONAL PROGRAMS				
	Let's Go Fishing		320-762-3047 320-762-2149	www.lgfalexandria.com
SENIOR RESOURCES				
	Central MN Council on Aging Coordinator on Aging		320-253-9349 320-762-2381	www.cmcoa.org
	Community Memorial Homes	305 8th Avenue W 410 West Main St Osakis MN 56360	320-859-2142	
	Douglas County Senior Center Program	809 Elm St Suite 1195 Alexandria MN 56308	320-762-3876	
	Douglas County Senior Citizen Office	809 Elm St Suite 1195 Alexandria MN 56308		
	Elder Network	700 Cedar Street Suite 216 Alexandria MN 56308	320-763-9084	www.alexandriaeldernetwork.com

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	Land of the Dancing Sky Area Agency on Aging	Fergus Falls	218-745-6733	
	Minnesota Board on Aging		800-882-6262	www.mnaging.org
	National Elder Care Locator		800-677-1116	www.eldercare.gov
	Office of Ombudsman for Older Minnesotans		800-657-3591 218-573-2214	www.mnaging.org
	Salvation Army		320-304-4233	www.thesalarmy.com
	Senior Link AGE Line		800-333-2433	
	Social Security Administration	1103 Broadway Alexandria MN 56308	320-762-2454	www.socialsecurity.gov
	Someplace Safe- Douglas County	700 Cedar Street Suite 237 Alexandria MN 56308	320-762-1995 800-974-3359	www.someplacesafe.info
	Someplace Safe- Pope County	10 1st Ave SW Glenwood, MN 56334	320-634-3483 800-974-3359	www.someplacesafe.info
	VA Services		320-762-3883	www.co.douglas.mn.us
	Vulnerable Adult	216 7th Avenue West Alexandria MN 56308	320-762-8151	www.dhs.state.mn.us
SOCIAL SECURITY				
	Social Security Administration	1103 Broadway Alexandria MN 56308	320-762-2454 800-772-1213	
SPEAKERS BUREAU				
	Bethany Home		320-762-1567	www.bethanyalexandria.org
	Douglas County Public Health Senior Citizen Office	809 Elm Street Suite 1195 Alexandria MN 56308	320-762-3047	www.co.douglas.mn.us
	Douglas County University of MN Extension Service	720 Fillmore Street B090 Alexandria MN 56308	320-762-3890	www.extension.umn.edu/county/douglas
	Legal Services of Northwest Minnesota	1114 Broadway Alexandria MN 56308	320-762-0663	www.lsnmlaw.org
SUPPORT GROUPS				
	Alcoholics Anonymous	503 Hawthorne Alexandria MN 56308	320-763-6638	www.aa.org
	Al-Anon	503 Hawthorne Alexandria MN 56308	320-763-6638	www.aa.org
	Amyotrophic Lateral Sclerosis		888-672--484	www.alsa.org
	Arthritis Foundation, No Central	1902 Minnehaha Avenue W	651-644-4108	
	Bi-Polar Support Group		320-834-3192	www.bipolar.com
	Brain Injury Association of MN		800-669-6442	www.braininjurymn.org
	Cardiac Support Group		320-762-6005	
	Cedar Rose Gals - Cancer Support Group for Working Women		320-762-2075	
	Caregivers Support Group		320-762-3047	
	Crohns & Colitis Support Group		651-698-9626	www.ccfca.org
	Depression Support Group		320-762-2196	
	Diabetic Support Group		320-763-5123 ext. 1035	
	Divorce Support Group		320-763-6027	
	Domestic Violence Someplace Safe- Douglas County	700 Cedar Street Suite 237 Alexandria MN 56308	320-762-1995 800-974-3359	www.someplacesafe.info
	Domestic Violence Someplace Safe- Pope County	10 1st Ave SW Glenwood, MN 56334	320-634-3483 800-974-3359	www.someplacesafe.info
	Families Anonymous		320-762-0172	
	Fibromyalgia & Chronic Fatigue Support Group		320-763-5217	
	"The Gathering" Respite/Caregivers Elder Network	700 Cedar Street Suite 216 Alexandria MN 56308	320-763-9084	www.alexandriaeldernetwork.com

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	Gastric Bypass/Weight Loss Support Group		320-762-0605	
	Grief Support Groups		320-834-3101	
	Grieving Parents of all Ages Support Group		320-763-5781	
	Multiple Sclerosis Support Group		320-859-5610 320-763-5009	www.nationalmssociety.org
	Muscular Dystrophy Association		952-832-5517 701-235-1988	www.mda.org
	Manic Depression Support Group		320-834-3192	
	Parkinson's Support Group		320-763-9520	
	Post Polio		320-529-6500 ext. 6274	
	REACH		320-846-4522	
	Rural Aids Action Network (RAAN)	700 Cedar Street Alexandria MN 56308	320-762-7226	www.raan.org
	Stroke Survivors Support Group		320-763-5609	
	Survivors of Domestic Violence or Sexual Assault		800-854-9001	
	Vikingland Community Support Program	700 Cedar Street Suite 144 Alexandria MN 56308	320-763-6261	
	VIPs(Visually Impaired Persons)		320-763-3828	
	Well Spouse Foundation		800-838-0879	
	WINGS Family Supportive Services	1417 Broadway Alexandria MN 56308	320-763-6638	www.wingsfamilyservices.com
	Work Incentives Connection		1-800-976-6728	www.mnworkincentives.com
TELEPHONE REASSURANCE				
	Care Call +Plus		888-264-6380	
THERAPEUTIC RECREATION				
	Lakes Area Recreation		320-762-2868	
	Miracle Horse Riders, Inc.	12373 485th Avenue Parkers Prairie MN 56361	218-943-5216	
	Nelson Wellness Center	1220 Nokomis Street Alexandria MN 56308	320-762-4317	
	Racquetball Plus	112 6th Avenue E Alexandria MN 56308	320-762-0442	
	YMCA	901 No Branch Plaza Suite 206 Alexandria MN 56308	320-763-9621	
TRANSPORTATION				
	Alternative Senior Care		866-352-3350	
	Air Transportation - Alexandria Municipal Airport	2604 Aga Drive Alexandria MN 56308	320-762-2111	
	Abbott Northwestern Hospital Van Service		800-258-1210	
	Care Team Program (Elder Network)	700 Cedar Street Suite 216 Alexandria MN 56308	320-763-9084	
	Greyhound Bus Line		800-231-2222	
	Medi-Van		800-422-0976	
	People's Express		800-4500123	
	Rainbow Rider Bus		800-450-7770	
	Senior Cab Discount		320-762-3876	
	Senior Companion Program		320-762-2974	
	Veteran's Van		320-763-3883	
	Volunteer Driver Program		800-450-7770	

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	Wheelchair Get-A-Way		800-536-5518	
	Wheelchair Van Rental		320-685-4439	
	Wheelers		800-456-1371	
VOLUNTEER OPPORTUNITIES				
	Alexandria Area Arts Association	618 Broadway Alexandria MN 56308	320-762-8300	www.alexandriaareaarts.org
	Alexandria Opportunity Center	107 Donna Avenue Alexandria MN 56308	320-762-2015	
	Alexandria Swim Club	PO Box 43 Alexandria MN 56308	320-808-5518	
	Bethany Home	1020 Lark Street Alexandria MN 56308	320-762-1567	www.bethanyalexandria.org
	Care Team (Elder Network)		320-763-9084	www.alexandriaeldernetwork.com
	Community Education Mentor Program	1410 S. McKay Ave Suite 201 PO Box 308 Alexandria MN 56308	320-763-0894	www.alexandria.k12.mn.us khaug@alexandria.k12.mn.us
	Douglas County Correction Department	305 8th Avenue W Alexandria MN 56308	320-762-3889	
	Douglas County Hospital	111 17th Avenue E Alexandria MN 56308	3320-762-1511	www.dchospital.com
	DC Salvation Army		320-304-4233	jmhevern@charter.net
	Forster Grandparent Program	1021 Towerview Sauke Centre MN 56378	320-293-0682	pscherf@gw.stcio.org
	Girl Scouts		320-759-1196	
	Knute Nelson	420 12th Avenue E Alexandria MN 56308	320-763-1162	www.knutenelson.org
	Let's Go Fishing w/Seniors		320-762-3047	www.lgfalexandria.com
	Retired Senior Volunteer Program		800-492-4805	www.seniorcorps.gov/about/programs/rsvp.asp
	Senior Companion Program		320-762-2974	
	United Way of Douglas and Pope Counties	PO Box 1148 115 3rd Ave W Alexandria MN 56308	320-763-4840	www.uwdp.org
	WINGS Family Supportive Services	1417 Broadway Alexandria MN 56308	320-763-6638	www.wingsfamilyservices.com