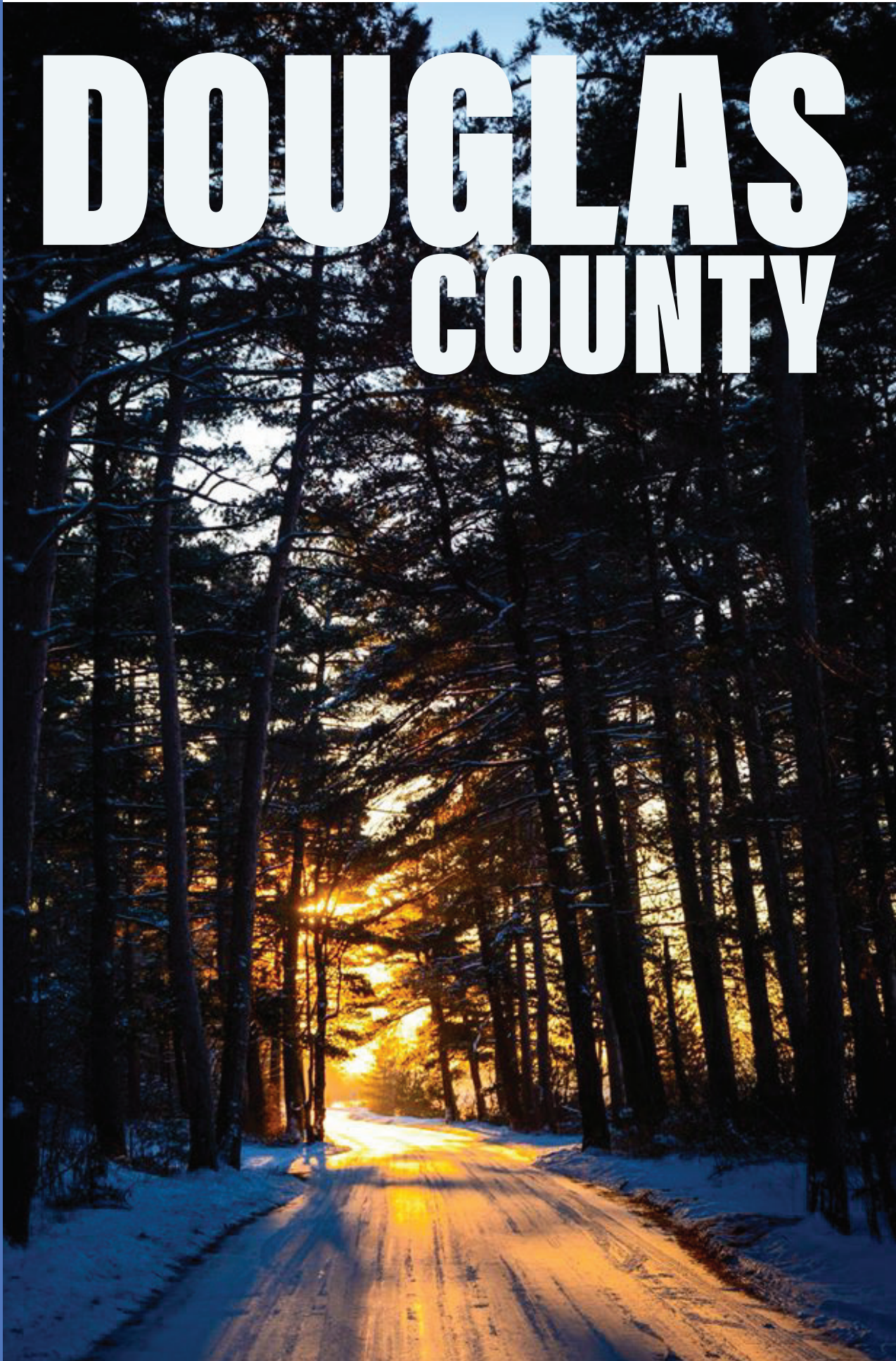




Advocates
Assisted Living
Disability
Services
Health Services
Home Care
Housing
Insurance
Legal
Medical
Equipment
Nursing Homes
Respite Care
Senior Centers
Transportation
& More

DOUGLAS COUNTY



SENIOR & DISABILITY GUIDE

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Advocacy: Community Resources

AARP:

222 West Washington Ave Suite 600
Madison WI 53703
(866) 448-3611
wistate@aarp.org
aarp.org/states/wi

AgeWell Arrowhead

306 West Superior Street, Suite 10
Duluth, MN 55802
(218) 623-7800
Agewellarrowhead.org

Aging and Disability Resource Center (ADRC) of Douglas Co.

1316 North 14th Street Ste 327
Superior, WI 54880
(715) 395-1234 | (866) 946-ADRC
(715) 395-1633 TTY / Voice
adrc@douglascountywi.gov
www.douglascountywi.gov/adrc

The ADRC is the first place to go for information on all aspects of life related to aging or living with a disability. The ADRC is a place where anyone--individuals, concerned family, friends, or professionals working with issues related to aging or disabilities can go for information tailored to their situation. The ADRC is the access point for publicly-funded long term care, providing information on a broad range of programs and services, helping people find the various long term care options available, and helping people apply for programs and benefits. Services can be provided at the ADRC via telephone or a home visit, whichever is more convenient.

Center Against Sexual and Domestic Abuse

318 21st Avenue East
Superior, WI 54880
(715) 392-3136
(800) 649-2921
casda.org
info@casda.org

The Coalition of Wisconsin Aging Groups (CWAG)

30 W Mifflin Street Suite 406
Madison WI 53703
(800) 488-2596
cwag.org
cwagwisconsin.org
cwag@cwag.org

Disability Drug Benefit Hotline

(800) 926-4862
(888) 758-6049 TTY

Disability Rights of Wisconsin

217 W Knapp Street
Rice Lake, WI 54868
(715) 736-1232
(877) 338 3724
(888) 758-6049 TTY
info@drwi.org
disabilityrightswi.org

Douglas County Elder Abuse and Adult At Risk - Douglas County Health and Human Services

1316 North 14th Street Suite 400
Superior, WI 54880
Helplines and Reporting:
(715) 395-1544 | (800) 947-6644
Superior Police or Douglas County Sheriff: 911
www.douglascountywi.gov/880/Adult-Protective-Services

Elder Benefit Specialist Senior Connections

1805 N. 16th Street
Superior, WI 54880
(715) 394-3611
(800) 870-2181
seniorconnectionswi.org

Guardianship Support Center

1414 MacArthur Road Suite A
Madison WI 53714
(608) 243-5670
(855) 409-9410
guardian@gwaar.org
gwaar.org

Help Homeless Veterans

(877) 424-3838

indiGO

Formerly North Country Independent Living

2911 Tower Ave Suite 9
Superior, WI 54880
(715) 392-9118 Voice / 7-1-1 Relay
(800) 924-1220 Voice / 7-1-1 Relay
info@indigowi.org
indigowi.org

Medigap Helpline State of Wisconsin Board on Aging and Long-Term Care

1402 Pankratz Street Suite 111
Madison WI 53704
(800) 242-1060

Medigap Part D

Prescription Helpline
(855) 677-2783

Ombudsman State of WI Board on Aging and Long Term Care

1402 Pankratz Street Suite 111
Madison WI 53704
(800) 815-0015
boaltc@wisconsin.gov
longtermcare.wi.gov

Railroad Retirement Board

Federal Building Suite 125
515 West First Street
Duluth, MN 55802
(877) 772-5772
<https://www.rrb.gov>

The Senior Reporter®

PO Box 161318
Duluth, MN 55816
(218) 624-4949
hceditor@icloud.com
theseniorreporter.org
The Senior Reporter, a monthly magazine,
provides journalism for seniors, caregivers,
and families.

Social Security Superior Office

4221 Tower Ave
Superior, WI 54880
(877) 628-6578 Local
(800) 772-1213 National
socialsecurity.gov

Veterans Service Office

1316 North 14th Street Suite 385
Superior, WI 54880
(715) 395-1331
douglascountywi.gov/874/Veterans-Service-Office

Veterans Crisis Line

Text to 838255 or
Dial 988 and Press 1
veteranscrisisline.net

Advocacy: Community Organizations

Alzheimer's Association

4960 Miller Trunk Hwy Suite 700
Duluth MN 55811
(218) 733-2560
(800) 272-3900 24/7 Helpline
alz.org/mnnd/

American Cancer Society

(800) 227-2345

cancer.org

American Diabetes Association

2451 Crystal Drive Suite 900

Arlington VA 22202

(800) 342-2383

diabetes.org

American Red Cross

Northland Chapter

2524 Maple Grove Road

Duluth MN 55811

(218) 722-0071

Arthritis Foundation

1355 Peach Tree Street Suite 600

Atlanta GA 30309

(800) 283-7800

arthritis.org

Epilepsy Foundation of Wisconsin

41 Park Ridge Drive Suite C

Stevens Point, WI 54481

(608) 665- 1848

epilepsywisconsin.org

**Multiple Sclerosis Society
Upper Midwest Chapter**

2829 University Ave SE STE 900

Minneapolis, MN 55415

(800) 344-4867

nationalmssociety.org

info@mssociety.org

Muscular Dystrophy Association

1016 W Jackson Blvd # 1073

Chicago, IL 60607

(800) 572-1717

mda.org

**Northern Waters Parish Nurse
Ministry, Inc.**

3500 Tower Avenue

Superior, WI 54880

(715) 817-7635

nurse@nwpmn.org

nwpmn.org

Head of the Lakes United Way

314 W. Superior Street #750

Duluth, MN 55802

(218) 726-4770

hlunitedway.org

**Chore Services:
Housekeeping****Affordable Cleaning**

(218) 251-1215

Anchor North Property Services

(218) 409-6516

anchornorthservices.com

steven@anchornorthservices.com

Annie Belle Cleaning

(218) 830-8926

anniebelcleaning.com

Day by Day Solutions Cleaning Services

(218) 600-7774

Hellsbells Cleaners

(715) 718-2045

Innovative Cleaning Services LLC

(715) 813-9109

Luminous Cleaning Services

(218) 460-9460

Northern Comfort Cleaners

(218) 600-6009

Northland Neat and Sweet

(218) 390-0159

NorthlandNeatAndSweet@gmail.com

Pristine Clean & Services

(218) 393-6398

purejoyhousecleaning.com

info@purejoyhousecleaning.com

Redeemed Cleaning LLC

(715) 919-7527

<https://www.redeemedcleaningllc.com/>

Reliable Cleaning Services of Duluth

(218) 213-1211

Simply Sparkle

(218) 221-0920

South Shores Cleaning

(715) 718-2045

Sunshine Cleaners LLC

(218) 428-7336

Superior Shores Cleaning Services

(218) 721-6459

superiorshorescleaning.com

claire@superiorshorescleaning.com

Twin Maid Cleaning Service L.L.C.

Twin Ports, Duluth, MN 55806

(218) 461-9518

Under the Table Cleaning

(218) 721-7744

Underthetablecleaningcompany.com

underthetablecleaningco@gmail.com

Unwanted Chores LLC

(218) 349-0260

Chore Services: Outdoor

AgeWell Arrowhead

306 West Superior Street, Suite 10

Duluth, MN 55802

(218) 623-7800

Agewellarrowhead.org

CHS Superior Landscaping

24 N 21st Ave W, Suite 5

Duluth, MN 55812

(218) 491-9718

chssuperiorlandscaping@gmail.com

chssuperiorlandscaping.com

CORE Landscaping

1021 Garfield Ave

Superior, WI 54880

(715) 399-2754

coreadvantage.online

Gruff's Lawn & Service

2519 N 28th Street

Superior, WI 54880

(218) 382-6554

gruffslawn.com

Purdy Lawn Service

(218) 341-9860

info@purdylawnservice.com

purdylawnservice.com

Superior Property Services LLC

408 Baxter Ave

Superior, WI 54880

(218) 391-1234

spservicesllc@hotmail.com

spserviceswi.com

Churches

Apostolic Faith Assembly

1102 Cumming Ave

PO Box 424

Superior, WI 54880

(715) 392-1670

superiorupc.org

Bayside Baptist Church

3915 North 16th Street
Superior, WI 54880
(715) 394-6002
office@baysidesuperior.org
baysidesuperior.org

Beth Yeshua Twin Ports Messianic Congregation

69 N 28th St #26
Superior, WI 54880
(715) 392-1500
bethyeshuatwinports.com

Bethel Lutheran Church (ELCA)

5821 John Ave
Superior, WI 54880
(715) 392-2033
bethellutheransuperior@gmail.com

Calvary Baptist Church

2810 N 21st St
Superior, WI 54880
(715) 394-4241

Cathedral of Christ the King

1410 Baxter Ave
Superior, WI 54880
(715) 392-8511
superiorcathedral.org

Central Assembly of God

3000 Hammond Avenue
Superior, WI 54880
(715) 394-5567
info@centralassembly.church
centralassembly.church

Christ Lutheran Church

320 North 28th Street East
Superior, WI 54880
(715) 398-3680
christlutheran-superior.org
clcoffice320@gmail.com

Cloverland Bible Baptist Church

8275 E. Mill Street
Iron River, WI 54847
(715) 209-1171
contact@cloverlandbiblebaptist.com
cloverlandbiblebaptist.org

Concordia Lutheran Church (ELCA)

1708 John Ave
Superior, WI 54880
(715) 394-3762
concordiasuperior.org
concordiasuperior@gmail.com

Darrow Road Wesleyan Church

4020 South Darrow Road
Superior, WI 54880
(715) 394-4401
darrowroad.org
secretary@darrowroad.org

Faith United Methodist Church

1531 Hughitt Avenue
Superior, WI 54880
(715) 394-9608
superiorfaithumc.org
churchoffice@superiorfaithumc.org

First Evangelical Covenant Church

3311 Hammond Avenue
Superior, WI 54880
(715) 392-4051
firstevangelicalcovenantsuperior.com

Holy Assumption Church

5601 Tower Avenue
Superior, WI 54880
(715) 394-7919
fax: (715) 394-4883
assumption-superiorsecretaryhasw@centurylink.net

Hope Community Church

1604 Banks Avenue
Superior, WI 54880
(715) 394-9475
hccsuperior.churchcenter.com

Hope Congregational Church

1827 Wyoming Avenue
Superior, WI 54880
(715) 394-9363

Lake Point Church

1226 Ogden Ave
Superior, WI 54880
(715) 817-3900

Mission Covenant Church

5161 South County Road P
PO Box 198
Poplar, WI 54864
(715) 364-2738
info@missioncovenantchurch.org
missioncovenantchurch.org

North Bay Community Church

1316 E. 5th Street
Superior, WI 54880
(715) 398-6308
northbaychurch.org
info@northbaychurch.org

Our Savior Lutheran Church

1924 Wyoming Avenue
Superior, WI 54880
(715) 394-3472
oslcsuperioroffice@gmail.com
superioroslc.com

Our Redeemer's Free Lutheran

2125 Missouri Ave
Superior, WI 54880
(715) 395-3787

Peace Lutheran Church

9523 East US Hwy 2
PO Box 345
Poplar, WI 54864
(715) 364-2593
peacelutheranpoplar.weebly.com
peacepoplar@gmail.com

Pilgrim Lutheran Church (ELCA)

820 Belknap Street
Superior, WI 54880
(715) 392-4731
plcsuperior.org
officmgr@plcsuperior.org

Presbyterian Pioneer Parish Country Peace

4694 County Road A
Superior, WI 54880
(715) 398-0466
pioneerparishoffice@gmail.com

St. Albans Episcopal Church

1510 New York Avenue
Superior, WI 54880
(715) 392-2536
stalbanthemartyr.wordpress.com

St. Anthony Catholic Church

11648 East County Road B
PO Box 397
Lake Nebagamon, WI 54849
(715) 374-3570
stanthonyln@gmail.com
stanthonychurchwebsite.wordpress.com

St. Anthony Catholic Church

4315 East 3rd Street
Superior, WI 54880
(715) 398-3261
stanthonychurchwebsite.wordpress.com
SASsecretary1@gmail.com

St. Francis Xavier Church

2316 East 4th Street
Superior, WI 54880
(715) 398-7174
mary@stfrancisxaviersuperior.com
stfrancisxaviersuperior.com

St. William Catholic Church

3095 East County Road B
Foxboro, WI 54836
(715) 394-7919
superiorcatholics.org
secretaryhasw@centurylink.net

The Salvation Army

916 Hughitt Avenue
Superior, WI 54880
(715) 394-7001
centralusa.salvationarmy.org/superior

Trinity Lutheran Church

11416 E. 1st St N.
PO Box 308
Lake Nebagamon, WI 54849
(715) 374-2812
office@trinitylutheranln.com
trinitylakenebagamon.weebly.com

Twin Ports Baptist Church

208 52nd Ave East
Superior, WI 54880
(715) 398-6947
twinportsbaptistchurch.com
twinportsbaptist@juno.com

Twin Ports Outreach Church

1326 Pine Ave
Superior, WI 54880
(218) 576-6511
twinportsoutreach.org
TwinPortsOutreach@Yahoo.com

United Presbyterian Church

229 North 28th Street
Superior, WI 54880
(715) 392-4751
unitedpresbyterianchurch@gmail.com
upc-superior.com

Zion Lutheran Church

2022 East 2nd Street
Superior, WI 54880
(715) 398-3663
churchoffice@zionsuperior.org
zionsuperior.org

Disabilities: Adaptive Services

Lighthouse Center for Vital Living

309 West 1st Street
Duluth, MN 55802
(218) 624-4828
lcfvl.org
Offering low vision occupational therapy, assistive technology training and help, classes or one-on-one training on adaptive skills, support groups, and a low vision store offering items for easy living and independence.

indiGO

Formerly North Country Independent Living

2911 Tower Ave Suite 9
Superior, WI 54880
(715) 392-9118 Voice / 7-1-1 Relay
(800) 924-1220 Voice / 7-1-1 Relay
info@indigowi.org
indigowi.org

State of Wisconsin Division of Long-Term Care Office for the Blind and Visually Impaired

1805 N. 14th Street Suite 2
Superior, WI 54880
(715) 392-7907
dhs.wisconsin.gov/obvi

Disabilities: Rehabilitation Services

Division of Vocational Rehabilitation (DVR)

1805 North 14th Street
Superior, WI 54880
(715) 836-2057 | (888) 877-5939 TTY
(800) 228-7873 Toll Free
dwd.wisconsin.gov/dvr
dvr@dwd.wisconsin.gov

Embark Supported Employment

2320 Hill Avenue
Superior, WI 54880
(715) 392-6171
embarkwi.org

Essentia Health Polinsky Rehabilitation

1600 Miller Trunk Hwy Building C
Duluth, MN 55811
(218) 786-5360

Lighthouse Center for Vital Living

309 West 1st Street
Duluth, MN 55802
(218) 624-4828
lcfvl.org

Dementia Care Specialist

A dementia care specialist works to improve the quality of life for people living with memory loss and their caregivers.

Aging and Disability Resource Center (ADRC) of Douglas County

1316 North 14th Street Ste 327
Superior, WI 54880
(715) 395-1234 | (866) 946-ADRC
(715) 395-1633 TTY / Voice
adrc@douglascountywi.org
www.douglascountywi.org/adrc

Douglas County Memory Café

1530 Tower Ave
Superior, WI 54880
(715) 395-1234
Last Wednesday of every month
10:30am-12:30pm
A memory café provides a safe, comfortable, and engaging environment where people with memory loss and their care partners can laugh, learn, and remain socially engaged with others
- Boost Your Brain and Memory Workshop
- Brain and Body Fitness Workshop
- Free Memory Screenings

Educational Opportunities

Emeritus College

The College of St. Scholastica
1200 Kenwood Ave
Duluth, MN 55811
(800) 447-5444 | css.edu

Lake Superior College

2101 Trinity Rd.
Duluth, MN 55811
(218) 733-7600 (Phone)
(800) 432-2884 (Toll-free)
(218) 733-5945 (Fax)
enroll@lsc.edu | www.lsc.edu

Northwoods Technical College

600 North 21st Street
Superior, WI 54880
(715) 394-6677
northwoodtech.edu/campuses/superior-campus

University for Seniors | University of Minnesota-Duluth

502 Darland Admin. Building
1049 University Drive
Duluth, MN 55812
(218) 726-7637
university-seniors.d.umn.edu/

University of WI-Superior Center for Continuing Education

Old Main, Room 102
Belknap & Catlin, PO Box 200
Superior, WI 54880
(715) 394-8469
(800) 370-9882
uwsuper.edu/academics/continuing-education/

University of Wisconsin-Madison Extension Douglas County

1313 Belknap Street
Courthouse. Room 107
Superior, WI 54880
(715) 395-1363
douglas.extension.wisc.edu/
Monday-Friday | 12:30pm-4:30pm
or by appointment

Employment

Embark Supportive Employment

2320 Hill Avenue
Superior, WI 54880
(715) 392-6171
embarkwi.org

Northwest Wisconsin CEP

1805 N 14th Street
Superior, WI 54880
(715) 392-6127
nwcep.org

SER National

Senior Community Service
Employment Program
(715) 939-1400

Wisconsin Job Center

1805 N 14th St. Suite 1
Superior, WI 54880
715-392-7800
jobcenterofwisconsin.com

Workforce Resource, Inc - Superior

1805 N 14th St
Superior, WI 54880
(855) 792-5439
Nick Lahti, ext. 2410
lahti@workforceresource.org
www.workforceresource.org

Financial Assistance Programs

Assurance Wireless

(888) 321-5880
assurancewireless.com

Great Rivers Consortium Food Share Program

Douglas County Department of Health
and Human Services
(888) 283-0012
Fax: (855) 293-1822

LLS Financial Counseling

1330 East Superior Street Suite 203
Duluth, MN 55805
(888) 577-2227

Mercy Fund

Central Assembly of God
300 Hammond Ave
Superior, WI 54880
(715) 394-5567

The Good Samaritan Fund

Limited Utility, Rental, medication
Assistance, Gas Vouchers
M, W, Thursday 10am-2pm
Appointments and Documentation Required
(715) 997-7184

Society of St. Vincent de Paul

1416 Cumming Ave
Superior, WI 54880
(715) 398-4039

Wisconsin Funeral and Cemetery Aids Program

Department of Health Services - Division of Medicaid Services
ATTN: Wisconsin Funeral and Cemetery Aids Program
P.O. Box 309
Madison, WI 53701-0309
(888) 859-0611
www.dhs.wisconsin.gov/em/wfcap.htm

Wisconsin Home Energy Assistance Program-Energy Services, Inc.

1225 Tower Ave. Suite 103
Superior, WI 54880
(715) 718-2918
(800) 506-5596
Homeenergyplus.wi.gov

Funeral Homes

Cremation Center of Duluth

4100 Grand Avenue
Duluth, MN
(218) 208-0377
info@cremationsocietyofmn.com
cremationsocietyofmn.com

Downs Funeral Home

1617 N. 19th Street
Superior, WI 54880
(715) 394-7746 | downsfh.com
office@downsfh.com

Downs-LeSage Funeral Home

1304 Hammond Avenue
Superior, WI 54880
(715) 392-2139
lenroot-maetzold.com
downs-lesage.com

Lenroot Maetzold Funeral Home

1209 East 5th Street
Superior, WI 54880
(715) 394-5112
Leroot@centrytel.net
Lenroot-meatzold.com

Government Officials

The Honorable Tammy Baldwin

Eau Claire Office
500 Barstow St. Ste L12
Eau Claire, WI 54701
(715) 832-8424
Washington Office
709 Hart Senate Office Building
Washington, DC 20510
www.baldwin.senate.gov

The Honorable Ron Johnson

5315 Wall Street Suite 110
Madison, Wisconsin 53718
(608) 240-9629
Ronjohnson.senate.gov
328 Hart Senate Office Building
Washington, DC 20510
(202) 244-5323

Governor of Wisconsin

The Honorable Tony Evers

PO Box 7863
Madison, WI 53707
(608) 266-1212 | evers.wi.gov

Attorney General Josh Kaul

Wisconsin Dept of Justice
PO Box 7857
Madison, WI 53707-7857
(608) 266-1221
doj.state.wi.us/exec-profile/josh-kaul

The Honorable Romain Quinn

State Senator
Room 123 South, State Capitol
PO Box 8953
Madison, WI 53707
(608) 266-3510
Sen.quinn@legis.wisconsin.gov

The Honorable Angie Sapik

Representative
Room 16 West, State Capitol
PO Box 8953
Madison, WI 53708
(608) 237-9173
Rep.Sapik@legis.wisconsin.gov

The Honorable Tom Tiffany,

Representative
2620 Stewart Avenue. Suite 312
Wausau, WI 54401
(715) 298-9344
451 Cannon HOB
Washington, DC 20515
(202) 225-3365
Tiffany.house.gov

Douglas County Board of Supervisors

Mark Leibart - Chair

1316 14th Street
Superior, WI 54880
(715) 395-1493

**Guardianship and
Payee Services**

Guardianship Support Center

1414 MacArthur Road Suite A
Madison, WI 53714
(608) 243-5670
(855) 409-9410
guardian@gwaar.org
gwaar.org

**Twin Ports Guardianship and
Payee Services**

PO Box 605
69 N 28th St. Suite 13
Superior, WI 54880
Twinportsguardianpayee.org
(715) 392-3137
(866) 271-1312

**Health:
Chemical Dependency**

**Center for Alcohol and
Drug Treatment**

1402 East Superior Street
Duluth, MN 55805
(218) 723-8444
admissions@cadt.org
Catd.org

**Lake Superior Community Health
Center Substance Abuse Services**

2222 E 5th Street
Superior, WI 54880
(715) 392-1955
Lschc.org

Superior Treatment Center

1507 Tower Ave. Suite 1810
Superior, WI 54880
(715) 392-9300
Kathy.fetsch@superiortreatmentcenter.org
Superiortreatmentcenter.net
324 W Superior St. Suite 300
Duluth, MN 55802
(218) 336-9300

Health: Clinics

**Aspirus St. Luke's Clinic - Duluth -
Grand Ave**

4702 Grand Avenue
Duluth, MN 55807
(218) 249-6800
slh.com

Aspirus St. Luke's Superior Clinic

109 North 28th Street East
Superior, WI 54880
(715) 395-3900
slh.com

**Aspirus St. Luke's Clinic - Duluth -
Internal Medicine**

1001 E Superior St. Suite 401
Duluth, MN 55802
(218) 249-7960
slh.com

Duluth OpenScan MRI

1527 London Road
Duluth, MN 55812
(218) 724-5040

Essentia Health - Cancer Center

1st Street Building
420 East 1st St.
Duluth, MN
(218) 786-362
(888) 203-7267
Essentiahealth.org

Essentia Health - Duluth Clinic

400 East 3rd Street (Building F)
Duluth, MN 55805
(218) 786-8364
Essentiahealth.org

Essentia Health - Heart & Vascular Center

402 E 2nd St (Building B)
Duluth, MN 55805
(218) 786-3443
Essentiahealth.org

Essentia Health - St. Mary's Superior Clinic

2500 Tower Avenue
Superior, WI 54880
(715) 817-7100
(800) 342-1388
Essentiahealth.org

Essentia Health - West Duluth Clinic

4212 Grand Ave
Duluth, MN 55807
(218) 786-3500
Essentiahealth.org

Lake Superior Community Health - Center Health Access Office

2222 E 5th St.
Superior, WI 54880
(715) 392-1955
lschc.org

Northlakes Community Clinic

7665 US Highway 2
Iron River, WI 54847
(715) 372-5001
(888) 834-4551
Northlakesclinic.org

Twin Ports Veterans Clinic

3520 Tower Ave
Superior, WI 54880
(715) 398-2400
Monday-Friday | 8:00am-4:30pm

Health: Dental Clinics**Blue Water Oral & Facial Surgery**

3712 Tower Ave Suite E
Superior, WI 54880
(715) 392-9846
www.bluewateroral.surgery

Callaway Dental

6401 Tower Ave
Superior, WI 54880
(715) 392-1529
www.callawaydental.com

East End Dental Arts

418 23rd Ave E
Superior, WI 54880
(715) 398-3239
www.eastenddentalarts.com
Monday-Thursday | 8:00am-5:00pm

Harbor Dental Laboratory

1225 Tower Ave C
Superior, WI 54880
(715) 394-4114

Hill Avenue Dental

2101 Hill Ave
Superior, WI 54880
(715) 392-5161
www.hillavenuedental.com
Monday-Thursday | 8:00am-4:00pm

Lake Superior College - Dental Hygiene Clinic

2101 Trinity Rd
Duluth, MN 55811
(218) 733-5939
Open September to May
lsc.edu/community/dental-clinic

Lake Superior Community Health Center

2222 E 5th St.
Superior, WI 54880
(715) 394-5411
lschc.org

Lake Superior Community Health Center

4325 Grand Ave
Duluth, MN 55807
(218) 628-7035
lschc.org

Lawler Family Dentistry

6881 S. Lake Ave
Lake Nebagamon, WI 54849
(715) 374-2856
www.lawlerfamilydentistry.com
LawlerFamilyDentistry@gmail.com

Lifetime Dental

1507 Tower Ave Suite 202
Superior, WI 54880
(715) 394-3683
www.superiorfamilydentist.com
info@lifetimedental.net

Midwest Dental

823 Belknap St Suite 220
Superior, WI 54880
(715) 392-4545
www.midwest-dental.com

Mikel Family Dentistry

3312 Tower Ave
Superior, WI 54880
(715) 392-1132
www.mikelfamilydentistry.com

Northern Oral Surgery & Implant Center

503 Belknap St
Superior, WI 54880
(715) 564-4081
www.northernoralsurgeons.com

Port City Dental

1507 Tower Ave #410
Superior, WI 54880
(715) 392-6213

Superior Family Dentistry

1301 Tower Ave
Superior, WI 54880
(715) 718-4009
www.superiorfamilydentistry.com

Twin Ports Dental

3712 Tower Ave Suite A
Superior, WI 54880
(715) 392-5000
twinportsdental.com
frontdesk@twinportsdental.com

Health: Eye Clinics

Vision Pro Optical

2425 Tower Avenue
Superior, WI 54880
(715) 202-6671

Walmart Vision Center

3705 Tower Ave
Superior, WI 54880
(715) 392-4436

Health: General

Douglas County Health and Human Services

1316 N 14th St. Suite 400
Superior, WI 54880
(715) 395-1304
Monday-Friday | 8:00am-4:30pm
Douglascountywi.org

Health: Home Foot Care

Superior Feet at Home, LLC

(218) 391-1140
Superiorfeet@charter.net

Health: Medical Home Care

Aspirus St. Luke's At Home - Home Care - Duluth

1011 E 1st St
Duluth, MN 55805
(218) 249-6111

Avanti Health Systems

325 N 28th Street
Superior, WI 54880
715-392-3991
Avantihs.com

Aveanna Home Health

4602 Grand Ave, Suite 800
Duluth, MN 55807
218-733-3485
aveanna.com

CenterWell Home Health

11 E Superior St #508
Duluth, MN 55802
(218) 723-8999
<https://www.centerwellhh.com/>

Home Instead Senior Care

318 3rd Ave
Proctor, MN 55810
(218) 727-8810
homeinstead.com

Health: Supportive Home Care/Personal Care

Alseth Family Support

5927 East County Rd B
South Range, WI 54874
(715) 817-0199
alsethfamily@gmail.com
Alsethfamilysupport.com

Christian Servants Home Care

Brule, WI 54820
(920) 940-8030
Christianservantshomecare.com

Home Instead Senior Care

318 3rd Ave
Proctor, MN 55810
(218) 727-8810
homeinstead.com

Innovative Services, Inc.

(715) 919-8301

I-Wish Home Health Care

3615 Bayfield Line Road
Iron River, WI 54874
(715) 372-8788

indiGO

2911 Tower Ave, Suite 9
Superior, WI 54880
(715) 392-2533
(800) 924-1220 V/TTY
info@indigowi.org
indigowi.org

Superior Helping Hands, LLC

Blaine Business Center #201.03
P.O. Box 2025
Superior, WI 54880
(218) 591-2657

Touching Hearts at Home

Duluth, MN
(218) 724-4743
touchinghearts.com

Village Caregiving

130 West Superior Street, Suite 612
Duluth, MN 55802
(218) 307-7070
christyfrye@villagecaregiving.com
villagecaregiving.com

Health: Hospice

Aspirus St. Luke's Hospice Duluth

1011 E First St
Duluth, MN 55805
(218) 249-6100
slhduluth.com

Essentia Health - St. Mary's Hospice & Palliative Care Services

407 E 4th Street
Duluth, MN 55805
(218) 786-5794
essentiahealth.org

Moments Hospice

4897 Miller Trunk Hwy #220
Hermantown, MN 55811
(218) 520-0870
info@momentshospice.com
momentshospice.com

Regional Hospice Services

1913 Beaser Avenue
Ashland, WI 54806
(715) 685-5151
regionalhospice.org

St. Croix Hospice Services

107 E Oak Street, Suite 100
Frederic, WI 54837
(715) 318-0916
info@stcroixhospice.com
stcroixhospice.com

Solvay Hospice House

801 Baylis Street
Duluth, MN 55811
(218) 529-3400
solvay@essentiahealth.org
solvayhospicehouse.org

Health: Hospitals

Aspirus St. Luke's Hospital

915 East 1st Street
Duluth, MN 55805
(218) 249-5555
slhduluth.com

Essentia Health - St. Mary's Hospital Superior

Hospital Superior
3500 Tower Ave
Superior, WI 54880
(715) 817-7000
essentiahealth.org

Essentia Health - St. Mary's Medical Center

Medical Center
402 E 2nd St
Duluth, MN 55805
(218) 786-4000
essentiahealth.org

Mental Health

Suicide and Crisis Lifeline 988

Aspirus St. Luke's Behavioral Health Clinic

Outpatient
220 North 6th Ave East
Duluth, MN 55805
(218) 249-7000

Uplift WI

Call this line if you need someone to talk to for support when things are difficult, or when you just need a peer to connect with.
(534) 202-5438
mhawisconsin.org/upliftwi

Hope Haven Peer Respite

19 N 21st Street E,
Superior, WI 54880
hopehavenwi.org
namidouglasscountywi@gmail.com

Human Development Center

1500 N 35th St
Superior, WI 54880
(715) 392-8216
hdcnorth.org

Douglas County 24 Hour Mental Health Crisis Line

Health Crisis Line

(715) 395-2259

Essentia Health - Duluth

502 East 2nd Street

Duluth, MN 55805

(218) 727-8762

(218) 623-1800 after hours

essentiahealth.org

Encouragement Clinic

2207 E 5th St

Superior, WI 54880

encouragementclinic.clientsecure.me

Lake Superior Community Health Center - Mental Health Counseling

2222 E 5th Street

Superior, WI 54880

(715) 392-1955

lschc.org

Northwest Journey Superior

69 N 28th St Suite 28

Superior, WI 54880

(715) 718-2777

nwjgc.com

SAGE National LGBT Elder Hotline

(877) 360-LGBT (5428)

samhsa.gov

SOAR Services

3712 Tower Ave, Suite C

Superior, WI 54880

(715) 468-2841

soarservices.com

admin@soarservices.com

indiGO

Peer Support Specialist Program

2911 Tower Ave, Suite 9

Superior, WI 54880

(715) 392-9118

info@indigowi.org

indigowi.org

Health: Physical Therapy & Rehabilitation Services

Aspirus St. Luke's Hospital - Inpatient Rehab

915 East 1st Street

Duluth, MN 55805

(218) 249-5564

slhduluth.com

Aspirus St. Luke's Outpatient Therapy

9th Avenue Suites

915 East 1st Street

Duluth, MN 55805

(218) 249-6040

slhduluth.com

Aspirus St. Luke's Physical Medicine & Rehab

1015 E 1st St

Duluth, MN 55805

(218) 249-6980

slhduluth.com

Aspirus St. Luke's Superior Clinic Physical Therapy

109 N 28th Street East

Superior, WI 54880

(715) 395-3900

slhduluth.com

Center for Muscle and Joint Therapy

Blaine Business Center

823 Belknap St, Suite 104

Superior, WI 54880

(715) 394-6355

James Rauzi, PT

physicaltherapy@cmjt.net

cmjt.net

Essentia Health - Polinsky Rehabilitation

1600 Miller Trunk Hwy Bldg C

Duluth, MN 55811

(218) 786-5390

essentiahealth.org

**Essentia Health -
St. Mary's Hospital Superior
Rehabilitation Department**

3500 Tower Ave
Superior, WI 54880
(715) 817-7200
essentiahealth.org

**Center Well Home Health Orthopedics
Program & Safe Strides Program**

11 E Superior Street
Duluth, MN 55802
(218) 723-8999
centerwellhomehealth.com

**Lake Superior College
Physical Therapy Community Clinic**

2101 Trinity Road
Duluth, MN 55811
(218) 733-1093
(800) 432-2884 ext. 1093
lsc.edu/community/physical-therapy-clinic
September–April
Monday and Wednesday
1:30 p.m.–4:30 p.m.

Lighthouse Center for Vital Living

309 West First Street
Duluth, MN 55802
(218) 624-4828
lcfvl.org

**Maurices Community Clinic -
St. Scholastica**

940 Woodland Ave
Duluth, MN 55812
(218) 625-4897
clinic@css.edu

Fox Rehabilitation

Superior, WI 54880
Regional Director: Kelly Palmer
(612) 449-0501
Physical Therapist: Spencer Castillo
(612) 236-8043
Occupational Therapist: Ashley Abbott
(715) 490-2199
foxrehab.org

Northlakes Community Clinic

Physical Therapy
7665 Old US Hwy 2
Iron River, WI 54847
(715) 372-5001
nlccwi.org

Northlakes Community Clinic

Physical Therapy
9675 East Elm Road
Poplar, WI 54864
(715) 364-7270
nlccwi.org

Powerback Rehabilitation to You

(715) 919-7772
stacy.raaflaub@powerbackrehab.com
powerbackreferral.com

**Health: Prevention/
Evidence Based Programs**

- Stepping On
- Stepping Up Your Nutrition
- Powerful Tools for Caregivers
- Boost Your Brain and Memory
- Brain and Body Fitness

For more information and class
Schedules contact:

**Aging and Disability Resource
Center of Douglas County**

1316 N 14th Street, Suite 327
Superior, WI 54880
(715) 395-1234 | (866) 946-ADRC
(715) 395-1633 TTY/ Voice
adrc@douglascountywi.gov
www.douglascountywi.gov/adrc

Senior Connections

1805 North 16th Street
Superior, WI 54880
(715) 394-3611
(800) 870-2181
seniorconnectionswi.org

Strong Bodies UW-Extension FoodWise

Douglas County Courthouse
Room 107
1313 Belknap Street
Superior, WI 54880
(715) 395-1363
douglas.extension.wisc.edu

Superior YMCA National

Diabetes Prevention Program
Classes start January & June
9 N 21st Street
Superior, WI 54880
(715) 392-5611
superiorymca.org

Hearing Resources

Audiology Concepts

4905 Matterhorn Dr.
Duluth, MN 55811
(218) 217-8682
audiologyconcepts.com

HearingLife

2216 Mountain Shadow Drive
Duluth, MN 55811
(218) 491-6230
contact-us@hearinglife.com
hearinglife.com

Hearing Wellness Center

1707 N 8th Street, Suite 1
Superior, WI 54880
(715) 718-3355
hearingwellnessctr.com

Miracle-Ear

3215 Tower Ave, Suite 103
Superior, WI 54880
(715) 319-3314
miracle-ear.com

Office for Deaf and Hard Of Hearing

Northwest Region
610 Gibson Street, Suite 1
Eau Claire, WI 54701
(715) 502-9355
(855) 359-5252
dhs.wisconsin.gov/odhh

Housing: Affordable Apartments

Ashland County Housing Authority Serving Douglas Co.

Home Rehabilitation Program

PO Box 349
128 Wilderness Dr
Mellen, WI 54546
(800) 274-8311
ashlandcountyhousingauthority.org

Bartley Manor Town Homes

Subsidized Housing

3920 Tower Ave
Superior, WI 54880
(715) 392-7453
meridiangroupinc.net

Bashara Apartments

Affordable Housing for Elderly or Disabled

11321 South Third Street East
Solon Springs, WI 54873
(715) 394-2012
(888) 276-0246
ccbhousing.org

Bayview Apartments

Project Based Rental Assistance

(715) 394-6001
superiorhousing.org

Brule Valley Apartments

Subsidized Housing

14013 East Brule Valley Ave
Brule, WI 54820
(715) 378-2114
Joan Dauplaise, Manager

Catlin Court***Project Based Rental Assistance***

(715) 394-6001

superiorhousing.org

CCB Housing Management***Subsidized Senior Housing***

1100 Weeks Avenue, Suite B

Superior, WI 54880

(715) 394-2012

(888) 276-0246

ccbhousing.org

Charles Rasmussen Villa***For Physically Disabled***

5515 East Third Street

Superior, WI 54880

Impact Seven, Inc.

(715) 208-4216

impactseven.org

Cottages of Superior

Located at 1406, 1414, 1424,

and 1506 N. 51st Street

Superior, WI 54880

(715) 394-6601

superiorhousing.org

Grand Central Plaza

1300 Weeks Ave

Superior, WI 54880

(715) 394-6601

superiorhousing.org

Lund Hill Estates***Subsidized Senior/Disabled Housing*****Clifford Lund Apartments**

914 Tower Ave

Superior, WI 54880

(715) 392-3722

meridiangroupinc.net

Regina Hill

2415 East 5th Street

Superior, WI 54880

(715) 398-3654

meridiangroupinc.net

New York Apartments***Senior Housing***

1406 Tower Ave

Superior, WI 54880

(715) 394-6601

superiorhousing.org

Northwest Wisconsin**Community Services Agency****Housing Programs**

1118 Tower Ave

Superior, WI 54880

(715) 392-5127

northwest-csa.org

Phoenix Villa Apartments***Subsidized Senior Housing***

1001 Clough Ave

Superior, WI 54880

(715) 394-2012

(888) 276-0246

ccbsuperior.org

Phoenix Villa (St. Mary's Hall)***Subsidized Senior Housing***

1100 Weeks Ave

Superior, WI 54880

(715) 394-2012

(888) 276-0246

ccbsuperior.org

Phoenix Villa-Lake Nebagamom***Subsidized Housing***

6850 South Fitch Ave

Lake Nebagamom, WI 54849

(715) 394-2012

(888) 276-0246

ccbhousing.org

Rosewood Apartments***(Superior Housing Authority)***

601 Clough Ave

Superior, WI 54880

(715) 394-6601

superiorhousing.org

Rosewood Phase II

*Non-smoking apartments
(Superior Housing Authority)*

901 North 7th Street
Superior, WI 54880
(715) 394-6601
superiorhousing.org

Royalton Manor Apartments

Subsidized Senior and Disabled Housing

1901 New York Ave
Superior, WI 54880
715-718-3462
DRE Inc.
royaltonmanor@dre-pmc.com
www.royaltonmanorapartments.com

St. Croix West Apartments

9008 E Baldwin Ave
Solon Springs, WI 54873
(712) 580-5360
(855) 441-8688

Superior Golden Apartments

Subsidized Senior and Disabled Housing

2315 Banks Ave
Superior, WI 54880
(715) 394-4667

Superior Housing Authority

Subsidized Housing

1219 North 8th Street
Superior, WI 54880
(715) 394-6601
superiorhousing.org
Rental assistance housing located throughout the City of Superior, public housing complexes, and family housing units. Limited accessible units available.

Villa Rita Senior Housing

325 N 28th Street
Superior, WI 54880
(715) 395-2825
avantihs.com

Washington Apartments

Senior Housing

Superior Housing Authority
1521 Tower Ave
Superior, WI 54880
(715) 394-6601
superiorhousing.org

Woodland Way Townhouses

Subsidized Housing

3806 Tower Ave
Superior, WI 54880
(715) 392-7453
meridiangroupinc.net

Housing: Rehabilitation Programs

Douglas County Rural Housing County Loan Program

1313 Belknap Street
Superior, WI 54880
(715) 395-1380
douglascountywi.org

Foundation for Rural Housing

P.O. Box 314
Oregon, WI 53575
(608) 238-3448
(888) 400-5974
wrh@wisconsinruralhousing.org
wisconsinruralhousing.org

Home Improvement Loans and Grants USDA-Rural Development

800 North Front Street, Rm 103
Spooner, WI 54801
(715) 635-8228, ext. 4
Wi-rd-spooner@usda.gov
Rd.usda.gov/wi

indiGO

2911 Tower Ave, Suite 9
Superior, WI 54880
(715) 392-9118 V/TTY
(800) 924-1220 V/TTY
info@indigowi.org
indigowi.org

Northwest Regional Housing
Rehabilitation & Down Payment Assistance
1400 S River Street
Spooner, WI 54801
(715) 635-2197
nwrpc.com

Tomorrow's Home Foundation
*manufactured or mobile home only
258 Corporate Dr. Suite 300C
Madison, WI 53714
(608) 255-1088
thf@housingalliance.us
www.tomorrowshomefoundation.org

Weatherization Program Ashland County Housing Authority serving Douglas County
P.O. Box 349
128 Wilderness Drive
Mellen, WI 54546
(800) 274-8311
(715) 274-8311
ashlandcountyhousingauthority.org/weatherization

Housing: Shelters

Center Against Sexual and Domestic Abuse, Inc.
318 21st Ave. E
Superior, WI 54880
(715) 392-3136
24-hour help line: (800) 649-2921
info@casda.org
casda.org

Harbor House Crisis Shelter Transitional Living
Superior, WI 54880
(715) 394-9608
harborhousecs.org

Ruth House - Overnight Warming Center
632 Grand Ave
Superior, WI 54880
(715) 392-2833
Ruthhousetwinports@gmail.com
Walkingvictorious.net

Solid Rock Safe Haven - Men's shelter
1004 North 6th St.
Superior, WI 54880
(715) 392-6264 or (715) 392-5127
northwest-csa.org

Housing: Assisted Living

Cypress House - Challenge Center
1415 Cypress Ave.
Superior, WI 54880
(715) 394-2771
challenge-center.org

Deer Haven - Challenge Center
3105 Cumming Ave.
Superior, WI 54880
(715) 394-2771
challenge-center.org

Harbor View - Challenge Center
910 E 5th St.
Superior, WI 54880
(715) 394-2771
challenge-center.org

Harmony House I & II
7613 & 7615 John Ave.
Superior, WI 54880
(715) 395-7644
(715) 392-7615
Pamela Clark, Administrator
Sharon Kotter, Exec. Director

McKenzie Manor- Challenge Center
3317 N 21st St.
Superior, WI 54880
(715) 394-2771
challenge-center.org

Missouri Gardens - Challenge Center

2347 Missouri Ave.
Superior, WI 54880
(715) 394-2771
challenge-center.org

Mountain View Home - Challenge Center

3319 N 16th St.
Superior, WI 54880
(715) 394-2771
challenge-center.org

New Perspective Senior Living

1915 North 34th St.
Superior, WI 54880
(715) 718-3335
NPSeniorLiving.com

REM WI III Inc. 21st St.

3901 N 21st St.
Superior, WI 54880
(715) 718-2447
www.remwisconsin.com

REM WI III Inc. Belknap St.

3706 Belknap St.
Superior, WI 54880
(715) 718-2447
www.remwisconsin.com

REM WI III Inc. Centennial

5303 Cummings Ave.
Superior, WI 54880
(715) 718-2447
www.remwisconsin.com

REM WI III Inc. 31st St.

1406 N 31st St.
Superior, WI 54880
(715) 718-2447
www.remwisconsin.com

REM WI III Inc. Lamborn

5915 Lamborn Ave.
Superior, WI 54880
(715) 718-2447
www.remwisconsin.com

Sunnyside - Challenge Center

7619 John Ave.
Superior, WI 54880
(715) 394-2771
challenge-center.org

Superior Living INC.

3625 N 20th St.
Superior, WI 54880
(320) 364-0848
superiorlivinginc.org

Superior Living INC.

1212 Faxon St.
Superior, WI 54880
(320) 364-0848
superiorlivinginc.org

Superior Living INC.

1927 Ohio Ave.
Superior, WI 54880
(320) 364-0848
superiorlivinginc.org

Tradewinds

1601 N 16th St.
Superior, WI 54880
(715) 394-2077
www.tradewindsresidence.com

Woodview- Challenge Center

6001 E 3rd St.
Superior, WI 54880
(715) 394-2771
challenge-center.org

Housing: Nursing Homes**Middle River Rehabilitation Center**

8274 East San Road
South Range, WI 54874
(715) 398-3523

**Essentia Health - St. Mary's
Hospital Superior Swing Bed**

3500 Tower Ave.
Superior, WI 54880
(715) 817-7000
EssentiaHealth.org

Dove Healthcare - Superior

1800 New York Ave.
Superior, WI 54880
(715) 394-5591
dovehealthcare.com/superior

Twin Ports Health Services

1612 N 37th St.
Superior, WI 54880
(715) 392-5144
Twinports@nshorehc.com
Twinportshs.com

Villa Marina Health and Rehabilitation Center

35 North 28th St.
Superior, WI 54880
(715) 392-3300
Avantihs.com

Housing: Tenant Resources

Tenant Resource Center

*Offers information on tenant's rights for all WI residents but cannot physically assist Douglas County residents.
2510 Winnebago Street
Madison, WI 53704
AskTRC@TenantResourceCenter.org
Tenantresourcecenter.org

Fair Housing Council

759 N. Milwaukee St, Suite 500
Milwaukee, WI 53202
(877) 647-3247
Fairhousingwisconsin.com

Disability Rights of Wisconsin (DRW)

217 West Knapp St.
Rice Lake, WI 54868
(715) 736-1232
(800) 928-8778
info@drwi.org
disabilityrightswi.org

Coordination of Benefits Unit Bureau of Health Financing Division of Health Care Financing Bureau of Health Care Systems and Operations Attn: Estate Recovery Program Section Medical Assistance Program Bureau of Health Care Financing Division of Health Care Access and Accountability

PO Box 309
Madison, WI 53701
(608) 266-2522

Commissioner of Insurance

Madison, WI 53707-7873
(608) 266-3585 General
(800) 236-8517 Complaints (Wisconsin residents only)
Oci.wi.gov

Elder Benefit Specialist - Senior Connections

(715) 394-3611
(800) 870-2181
ebs@seniorconnectionswi.org
seniorconnectionswi.org

Marketplace Health Care Navigators

Lake Superior Community Health Center:
2222 East 5th Street
Superior, WI 54880
(715) 392-1955
Northwest Wisconsin CEP:
(715) 392-6127
nwcep.org/affordable-healthcare/get-enrolled

Great Rivers Consortium

Douglas County Department of Health and Human Services
1316 N 14th St, Suite 400
Superior, WI 54880
(888) 283-0012
Fax: (855) 293-1822
Medicaid Programs including BadgerCare, Long Term Care Services, Elderly Blind and Disabled Medicaid.

Medical Assistance Program Bureau of Health Care Financing

PO Box 309
Madison, WI 53701
(608) 266-8922

Medicare Part D Prescription Drug Helplines

(855) 677-2783 (Ages 60 and over)
(800) 926-4862 (Under age 60)

Senior Care

(Prescription drug program for seniors)

Enrollment fee per year is \$30 per person and \$60 for a couple. Senior Care will pay for the generic form of your prescription. If you are a permanent resident of Wisconsin, age 65 or older, only income is considered. Your assets, home, care, and other things you own are not counted.

Hot Line 1 - (800) 657-2038

www.dhs.wisconsin.gov/seniorcare

State of Wisconsin Board on Aging and Long Term Care

Medigap Helpline
1402 Pankratz St, Suite 111
Madison, WI 53704
(800) 242-1060

Legal

Lawyer Information and Referral Service

c/o Wisconsin Bar Association
PO Box 7158
Madison, WI 53707-7158
(800) 362-9082
Wisbar.org
service@wisbar.org

Wisconsin Free Legal Answers - American Bar Association

<https://wi.freelegalanswers.org/>

Wisconsin Judicare

401 5th St, Suite 200
Wausau, WI 54403
(715) 842-1681
(800) 472-1638

Wisconsin Legal Assistance/ Benefit Specialist Program Senior Connections

1805 N 16th St
Superior, WI 54880
(715) 394-3611
(800) 870-2181

The Benefit Specialist handles legal needs concerning public benefits. Also, can advocate/assist consumers about complaints/problems within the public and private sector.

Medical Equipment

See State ADRC online resource search for more PERS resources or contact the local ADRC to help navigate your options.

www.dhs.wisconsin.gov/adrc/category/safety-and-crisis-support/personal-emergency-response-systems

Corner Home Medical

4418 Haines Rd, Suite 1200
Duluth, MN 55811
(218) 722-3420
(800) 777-8390
Cornermedical.com

Home Medical Products and Services, LLC

1419 Hill Ave.
Superior, WI 54880
(715) 392-7272

Lake Superior Medical Equipment

4730 Mike Colalillo Drive
Duluth, MN 55807
(218) 727-0600
www.lakesuperiormedicalequipment.com

indiGO

2911 Tower Ave, Suite 9
Superior, WI 54880
(715) 392-9118 V/TTY
(800) 924-1220 V/TTY
info@indigowi.org
indigowi.org

PAL Medical Systems

508 SE 10th St.
Grand Rapids, MN 55744
(218) 326-9299
(800) 852-6575
Pal2@uslink.net
palmedicalsistemas.com

ProvidaCare Respiratory Home Care Equipment

831 E 2nd St.
Duluth, MN 55805
(218) 727-5555
Providacaremn.com

Senior Connections Durable Medical Equipment Loan Closet

1805 N 16th St.
Superior, WI 54880
(715) 394-3611
Monday – Friday, 8 a.m. – 4:30 p.m.

Nutrition: Community Dinners

United Presbyterian Church

Community Dinner 4:00 p.m.
3rd Sunday of the month
229 N 28th St.
Superior, WI 54880
(715) 392-4751

Ruth House

5-5:45 p.m. every evening
632 Grand Ave
Superior, WI 54880
(715) 392-2833
Walkingvictorious.net
Ruthhousetwinports@gmail.com

Nutrition: Dining Services

Congregate Meals - reservations required unless otherwise specified.

Amnicon Senior Center

Wentworth, WI 54874
(715) 394-3611
Tuesday and Wednesday, 11:00 a.m.

Campus Café

No Reservation Required.

Monday-Friday, 4:30 p.m.-6 p.m.
UW Superior Yellow Jacket Union Dining Center
1605 Catlin Ave.
Superior, WI 54880
For more information contact Senior Connections
(715) 394-3611

Gordon Town Hall

Gordon, WI 54838
(715) 394-3611
Tuesday-Friday, 11:30 a.m.

Holy Assumption Parish

5601 Tower Ave.
Superior, WI 54880
(715) 394-3611
Monday-Thursday, 11:15 a.m.

Phoenix Villa

1001 Clough Ave
Superior, WI 54880
(715) 394-3611
Monday-Friday, 11:00 a.m.

Senior Center

1527 Tower Ave.
Superior, WI 54880
(715) 394-3611
Monday-Friday, 11:30 a.m.

Solon Springs Community Center

Solon Springs, WI 54873
(715) 394-3611
Thursday and Friday, 11:30 a.m.

Nutrition: Education

University of Wisconsin Extension/ FoodWise

Douglas County Courthouse
1313 Belknap St, Suite 107
Superior, WI 54880
(715) 395-1363
health.extension.wisc.edu/foodwise

Nutrition: Food Shelves

Faith United Methodist Church

1531 Hughitt Avenue
Superior WI 54880
Every Tuesday 3:30 - 5:30 pm

Freshwater Vineyard

916 Hughitt Ave
Superior, WI 54880
(715) 718-2601
3rd Saturday of the month
10 - 11:30am

Gordon Area Food Shelf

Behind Gordon Town Hall
9709 County Road Y
Gordon, WI 54838
(715) 376-4798
Wednesday 9am - Noon
Eligibility: residents of Gordon, Solon
Springs, Wascott. Bring proof of residence

Northwest Wisconsin Community Services Agency

1118 Tower Avenue
Superior WI 54880
(715) 392-5127
Mondays and Thursdays
9 - 11:30am
northwest-csa.org

Our Saviors Lutheran Church

68160 S George Street
Iron River, WI 54847
(715) 372-8728
Third Saturday, 9 - 11 am

Rural Care and Share Food Shelf

Peace Lutheran Church
9525 East US Highway 2
Poplar WI 54864
(715) 364-2593
Grocery on the Third Saturday 9 - 11 am
Produce on the Fourth Thursday

The Salvation Army

916 Hughitt Avenue
Superior WI 54880
(715) 394-7001
usc.salvationarmy.org/superior

Produce:

Monday, Wednesday, Thursday, Friday
1 - 3:00 pm.

Basic needs pantry:

Wednesday and Friday
12 - 2:00 pm.

Bulk Produce:

2nd Thursday
1 - 2:30 pm.

Solon Springs Mobile Food Pantry

Community Center
11523 Business 53
Solon Springs, WI 54873
Food Distribution
Last Wednesday of the Month
10 - 10:30 am

Nutrition: Grocery Delivery

Age Well Arrowhead

Groceries-to-go
(218) 623-7800
agewellarrowhead.org

Nutrition: Home Delivered Meals

Homestyle Direct

2032 Highland Ave. East
Twin Falls, ID 83301
(866) 735-0921
homestyledirect.com

Mom's Meals

3210 SE Corporate Woods Dr.
Akeny, IA 50021
(877) 508-6667
momsmeals.com

Senior Connections

1805 North 16th Street
Superior, WI 54880
(715) 394-3611 | (800) 870-2181
seniorconnectionswi.org
Senior Connections provides "Meals on Wheels" Monday through Friday. A nutritious meal is delivered to participants at their home. Participants must be 60+ years old and homebound. People are referred to this program by social workers, doctors, or other family members. Anyone receiving this service is asked to contribute toward the cost of the meal. Contributions are confidential, and no person will be denied due to inability to pay. Donation request is \$5 per meal. Please call for more information or to join the program.

Pet Boarding

Countryside Boarding Kennels

11316 Ellen Smith Road
Solon Springs, WI 54873
(715) 378-2503
countrysidekennels@centurylink.net
www.countrysideboardingkennels.com

Puppa's Pals

puppaspal@gmail.com
www.puppaspals.org

Silverwood Pet Care

77 Moccasin Mike Road
Superior, WI 54880
(715) 398-7188
www.silverwoodpetgroomingandboarding.com

Superior Animal Hospital

36 E 2nd Street
Superior, WI 54880
(715) 392-6211
www.superioranimalhospital.com

Pharmacies

CVS

2631 Tower Ave
Superior, WI 54880
(715) 392-0487
www.cvs.com

Essentia Health Superior Belknap

204 Belknap Suite 100
Superior, WI 54880
(715) 817-7224

Essentia Health Superior East

2202 Est 2nd Street
Superior, WI 54880
(715) 817-7999

Essentia Health Superior Clinic Pharmacy

3500 Tower Ave
Superior, WI 54880
(715) 817-7880

Walgreens

2015 Tower Ave
Superior, WI 54880
(715) 392-9550
www.walgreens.com

Walmart Pharmacy

3705 Tower Ave
Superior, WI 54880
(715) 392-9520

Respite Care: Adult Day Services

Benedictine Adult Day Services

935 Kenwood Ave
Duluth, MN 55811
(218) 522-8870
benedictineliving.org/Duluth-mn/
An affordable alternative to long term care and assisted living. Provides Memory care, medication management, supervision, socialization, and engaging activities.

Challenge Center

39 North 25th Street
Superior, WI 54880
(715) 394-2771
challenge-center.org

Memory Lane of Superior/ Douglas County

502 Tower Ave
Superior, WI 54880
(715) 394-2587

Respite Care: Companion Care

Age Well Arrowhead

306 W Superior Street Suite 10
Duluth, MN 55802
(218) 623-7800
agewellarrowhead.org

Touching Hearts at Home

4812 Jay Street
Duluth, MN 55804
(218) 724-4743
Touchinghearts.com

Respite Care: Short Term

Twin Ports Heath Services

1612 N. 37th Street
Superior, WI 54880
(715) 392-5144
twinports@nshorehc.com
twinportshs.com

Safety: Personal Emergency Response Systems

See State ADRC online resource search for more PERS resources or contact the local ADRC to help navigate your options.
www.dhs.wisconsin.gov/adrc/category/safety-and-crisis-support/personal-emergency-response-systems

PAL Medical Lifeline

508 Southeast 10th Street
Grand Rapids, MN 55744
(218) 326-9299
(855) 503-7899
pal2@uslink.net
palmedicalsistemas.com

Safety: Public Safety

Douglas County Emergency Management

1316 North 14th Street
Superior, WI 54880
(715) 395-1391

Douglas County Joint Law Enforcement Center

911 Emergency (county wide)

Fire Department

3326 Tower Avenue
Superior, WI 54880
(715) 394-0227

Non-Emergency Superior Police

(715) 395-7234
Monday – Friday
8 am - 4:30 pm

Non-Emergency Douglas County Sheriff's Department

(715) 395-1371
Monday – Friday
8 am - 4:30 pm

Senior Centers

Amnicon Senior Center

Serves Wentworth, Poplar, and Rural Areas
8985 US Hwy 2
South Range WI 54874
(715) 364-2316

Low Martin Senior Center

1527 Tower Avenue
Superior, WI 54880
(715) 394-3644
Monday – Friday
8 am – 4:30 pm

Support Groups

Suicide and Crisis Lifeline: 988

Adult Grief Support Essentia Health

Offered Virtually – Call for Link
3rd Tuesday 7 pm - 8 pm
(218) 786-4402
griefcenter@essentiahealth.org

Adult Grief Support

Essentia Health St. Mary's Superior

Offered In-Person
3500 Tower Avenue
Superior, WI 54880
(715) 817-7025
3rd Thursday Amnicon Room 1 - 2 pm

ALS Support Group

Essentia Health Duluth Clinic 3rd Street

Doctor's Dining Room
400 E 3rd St
Duluth, MN 55805
2nd Thursday of every month
10:30 am - 12 pm

ASD Parent Support Group

Call or email to register
Masonic Children's Clinic
24 W 2nd Street
Duluth, MN 55802
(218) 720-3911
emily@masonicchildrensclinic.org

Autism Support Group

debm@cesa12.org

Cancer Care Support Group

Aspirus St. Luke's

Regional Cancer Center
1001 E Superior Street 4th Floor
Duluth, MN 55802
(218) 249-5489
1st Tuesday 3:30 - 5 pm

Heart Failure Support Group

Essentia Health St. Mary's Medical Center

402 E 2nd St
Duluth, MN 55805
Please Register prior to attending
(218) 786-3443
First Tuesday of the month 2 - 3 pm

Resilient Caregivers

Superior YMCA-Multipurpose Room
9 N 21st Street
Superior, WI 54880
(715) 395-3611
3rd Wednesday of the month 2 - 3 pm

Grief Support and Education

Aspirus St. Luke's Hospital Chapel 2 Center

Duluth, MN 55805
(218) 249-6100
1st Tuesday 2 - 3:00 pm or
3rd Thursday 6:30 - 7:30 pm

Low Vision Support Group

Lighthouse Center for Vital Living

Offered Virtually
Call to Register
(218) 624-4828
lcfvl.org

MS Support Group

Superior Public Library

Offered Virtually
Contact Frank: (785) 203-0421
f.frank.austin@gmail.com
2nd and 4th Tuesdays of the month
Starting at 7:30 pm

National Alliance on Mental Illness (NAMI)

Lake Superior South Shore, WI
1st and 3rd Sundays
Thirsty Pagan
1615 Winter Street
Superior, WI 54880
Message (920) 452-5152
or NAMI WI (608) 268-6000
cindym49@gmail.com

Parkinson's Support Group

Primrose Retirement of Duluth
Duluth, MN 55811
Contacts:
Joan Setterlund – (218) 728-4986 or
jsetterlund@msn.com
Karen Utick – (218) 464-3666 or
keu6011@gmail.com
Bonnie Niemi – (218) 349-8095 or
bjniemi@gmail.com

Spinal Cord Injury Support Group *Essentia Health*

Offered virtually and in person
Miller Hill Health Plaza 2nd Floor
Multi-Purpose Room
Duluth, MN 55811
Meets the last Tuesday of every month 4 - 5pm
(218) 786 5364
Sandra.erickson@essentiahealth.org

Stroke Support Group

Essentia Health
Offered Virtually and in Person
Miller Hill Health Plaza 2nd Floor
Multi-Purpose Room
Duluth, MN 55811
Meets the last Wednesday of every month
1pm-2:30pm
(218) 786-5364
Sandra.erickson@essentiahealth.org

Widowed Persons Grief Support Group

Essentia Health St. Mary's Medical Center
2E Classroom – 2nd floor
503 E 3rd Street
Duluth, MN 55805
(218) 786-4402
griefcenter@essentiahealth.org
2nd Wednesday of each month from
10 - 11:30 am

Transportation: Driving Assessments

Aspirus St. Lukes Lakeview Building

Driving Rehabilitation Program
1001 E Superior Street
Duluth, MN 55802
(218) 249-5555

Essentia Polinsky Building

1600 Miller Trunk Hwy
Building C
Duluth, MN 55811
(218) 786-5360

Transportation: Services

Age Well Arrowhead

306 West Superior Street
Duluth, MN 55802
(218) 623-7800
agewellarrowhead.org

CW Transport

1619 Broadway Ave
Superior, WI 54880
(715) 718-0626
(218) 591-7640
cwtransportationservices.com

Heartland Transportation

(715) 949-1313
handsoninhomecare.com

indiGO Voucher and Volunteer Driver Program

2911 Tower Ave Suite 9
Superior, WI 54880
(715) 392-9118 Voice and TTY
(800) 924-1220 Voice and TTY
info@indigowi.org
indigowi.org

MTM - Veyo

WI Medicaid Recipients Only
(866) 907-1493
wi.ridewithveyo.com

Northern Access

3133 Truck Center Dr.
Duluth, MN 55806
(218) 728-5464
(800) 853-2955
northern-access.com

Senior Connections

1805 North 16th Street
Superior, WI 54880
(715) 394-3611
(800) 870-2181
seniorconnectionswi.org

Senior Connections offers various transportation options. Specialized Van Transportation provides rides to Douglas County residents aged 60+ and to disabled individuals. This is a curb-to-curb service which provides transportation for shopping, personal errands, recreation, employment, and medical appointments in Superior. This service also provides transportation to Duluth, MN for medical appointments. Rides should be scheduled 24 hours in advance to ensure availability. Rides may be scheduled with less than 24 hours notice based on availability.

To schedule a ride with Specialized Transportation please call Senior Connections at (715) 394-3611.

Stride / DTA

2402 West Michigan Street
Duluth, MN 55806
(218) 722-3327
(218) 722-7283 DTA
duluthtransit.com

Upward Transportation

3484 S 22 Road
South Range, WI 54874
(218) 428-0377
upwardtransportation@gmail.com
upwardtransportation.com

Transportation: Taxi Services

Ace Cab

(218) 316-0360

Allied Taxi

(218) 722-3311
alliedtaxiofduluth.com

Courtesy Cab Co.

Duluth/Superior
(218) 590-9222
7 days a week; 24 hours a day

Dwarf King Taxi

(218) 434-5464

Jeff's Taxi Service

(218) 341-333

SK Taxi

(218) 221-1604

Yellow Cab

(218) 727-1515

Yellow Door Taxi

(218) 428-0911

Volunteer Opportunities

Dove Healthcare

1800 New York Avenue
Superior, WI 54880
(715) 394-5591

Northwest Wisconsin Community Service Agency

1118 Tower Avenue
Superior, WI 54880
(715) 392-5127
northwest-csa.org

Retired Senior Volunteer Program (RSVP)

1527 Tower Ave
Superior, WI 54880
(715) 394-3644
northwest-csa.org

Senior Connections

1805 North 16th Street
Superior, WI 54880
(715) 394-3611 | (800) 870-2181
seniorconnectionswi.org

Twin Ports Health Services

1612 N. 37th Street
Superior, WI 54880
(715) 392-5144
twinportshs.com

Wisconsin Long Term Care Programs

Family Care

Inclusa, Inc.

1225 Tower Ave Suite 302
Superior, WI 54880
(877) 622-6700
Inclusa.org
info@inclusa.org

My Choice Wisconsin:

3430 Oakewood Mall Drive Suite 400
Eau Claire, WI 54701
(800) 963-0035
Mychoicewi.org
info@mychoicewi.org

IRIS

Advocates4U

11053 N. Towne Square Rd.
Mequon, WI 53092
(877) 739-2203
info@advocates4u.org

Connections - LSS

6737 W Washington Street Suite 2275
West Allis WI 53214
(844) 520-1712
connections@lsswis.org

TMG

2424 Rimrock Road Suite 230
Madison, WI 53713
(888) 864-8987
info@tmgwisconsin.com

Websites

AARP

aarp.org

Administration on Aging

aoa.gov

Agewell Arrowhead

agewellarrowhead.org

Aging And Disability Resource Center of Douglas County

douglascountywi.org/adrc

Alzheimer's Association

alz.org

American Cancer Society

cancer.org

American Heart Association

heart.org

Blue Cross & Blue Shield United of Wisconsin

anthem.com

Coalition of Wisconsin Aging Groups

cwagwisconsin.org

Handicap Accessible Products

columbiamedical.com

indiGO

indigowi.org

Information on Syringomyelia

syringo.org

IRS

irs.gov

Mayo Health Clinic

mayoclinic.org

Medical Dictionary

medical-dictionary.com

Medicare

medicare.gov

Medigap Helpline State of WI

longtermcare.wi.gov

Ombudsman - State of WI

longtermcare.wi.gov

Road Scholar

roadscholar.org

Senior Connections

seniorconnectionswi.org

Senior Information

helpguide.org

Superior Public Library

superiorlibrary.org

The Senior Reporter®

theseniorreporter.org

Wisconsin Department of Health and Family Services

dhs.wisconsin.gov

Toll-Free Numbers

Alzheimer's Association

(800) 272-3900

American Cancer Society

(800) 227-2345

American Diabetes Association

(800) 342-2383

American Heart Association

(800) 242-8721

Arson Hotline

Anonymous Tipline

(800) 723-2020

Arthritis Foundation

(800) 283-7800

Asthma & Allergy Foundation

(800) 727-8462

Coalition of WI Aging Groups

(800) 488-2596

Consumer Protection Hotline

(800) 422-7128

Eldercare Locator

National Referral Service

(800) 677-1116

Family Care & RCAC

(800) 815-0015

Housing Discrimination Hotline

(800) 669-9777

indiGo

(800) 924-1220

Insurance Commissioner

(800) 236-8517

IRS-Federal Taxes

(800) 829-1040

Judicare

Legal Assistance

(800) 472-1638

Legislative Hotline

(800) 362-9472

Medicare

Part B Carrier Wisconsin Physicians Service

(800) 633-4227

Medicare Fraud Hotline

Inspector General

(877) 865-3432

Medicare Hotline

Health Care Financing Administration

(800) 633-4227

Medigap Helpline

(800) 242-1060

National Osteoporosis Foundation

(800) 231-4222

National Stroke Association

(800) 787-6537

Nursing Home & CBRF Complaints

(800) 642-6552

Ombudsman – State of WI

(800) 815-0015

Organ Donor Registry

The Living Bank

(800) 528-2971

SAGE National LGBT Elder Hotline

(877) 360-5428

Social Security Offices

(800) 772-1213

Suicide and Crisis Lifeline

988

Veterans Information

Federal Benefits

(800) 827-1000

Wisconsin Bar Association

(800) 728-7788

Wisconsin Elder Abuse Hotline

(833) 586-0107

Wisconsin Lawyer Referral & Information Service

(800) 362-9082

Wisconsin Parkinson Association

(800) 972-5455

Wisconsin Tourism Department

(800) 432-8747

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Senior & Disability Resource Guide Disclaimer

Every effort is made to provide accurate information in this guide. Please be aware that services and phone numbers may change after the guide has been printed. Please visit our website for the most current guide at
<https://www.douglascountywi.org/683/Aging-Disability-Resource-Center>.

The ADRC does not endorse any provider or service outside of the scope of the ADRC primary services. It is always advisable to contact a number of providers, ask several questions, and find a provider that you are comfortable with.



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Not sure where to start?



The Aging and Disability Resource Center of Douglas County (ADRC) is your first stop for your aging and disability related questions.

The ADRC provides helpful information and can direct you to resources for:

- Long term care planning
- Adaptive equipment
- Assisted living or nursing homes
- Employment programs
- Financial assistance
- Health and wellness
- Housing options
- In-home personal care
- Nutrition programs
- Prescription drug coverage
- Respite care
- Support groups
- Transportation
- Medicare
- Medicaid
- Social Security
- Memory screens
- Dementia programming

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