

COMMUNITY RESOURCE

A Resource Guide for Low Wealth
and Homeless Folks

Rochester MN

2013-2014

Seventh Edition

Prepared by:

**Homeless Community
Network**

Acknowledgements

The Homeless Community Network extends thanks to the many organizations and individuals who have helped with the cost of updating the seventh edition of the *Community Resource* book.

Donations for the printing of the books are appreciated and benefit our community. For information on how to donate please call: 328-6316.

A special **Thank You** goes out to everyone in our community who works hard advocating for those whose voices have not been heard.

Mary Mewhorter
**Homeless Community
Network Member**

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FREE MEALS

The Salvation Army

20 1st Ave NE

- Bread Table
Monday-Friday
8:00 am to 10:00 am
Cup of coffee, a donut & conversation
- Lunch
Monday-Friday
11:30 am to 12:30 pm
- Supper
Monday & Friday **only**
6:00 pm to 6:45 pm
Enter through the back door.

Christ United Methodist Church

400 5th Ave SW

- Lunch
Saturday
11:00 am to 11:45 am

St. Francis Church

1114 3rd St SE

- Lunch
Sunday
11:30 am to 12:30 pm

Church of the Savior

971 16th St SE

- Evening meal served the **first**
Wednesday of each month from 5:30pm
to 6:30pm

FOOD SHELVES

Channel One

131 35 St SE

287-2350

- Monday – Thursday -8 am – 5:45 pm
- Friday - 8 am – Noon

Catch a bus to Channel One –

\$2.00 one-way cost

1. Bus # 14 – morning or evening
2. Bus # 6 – mid-day

The Salvation Army Channel One

20 1st Ave NE

288-3663

- **Tuesday & Friday only**
10 am – 4 pm

Community Food Response

810 3 Ave SE

281-5061

- located at Bethel Lutheran Church
- Monday, Wednesday & Friday
5 pm to 6:30 pm
- bring ID to get signed up

Oasis Church- Supermarket Saturday

1815 38th St NW

289-8596

- **third Saturday** of each month
- opens at 10:00 am to 11:30am
- Channel One registration required

Hope Summit Christian Church

1315 6th Ave SE

- In His Name food program
- \$15 for a box of groceries that would cost \$70 plus.
- Reserve a box by calling & leaving a clear message - **206-1889**.
- Pick up is the 4th Saturday of each month.
- Pick up time is: 11:30am – 1:00pm

Berean Community Church

3157 Kenosha Drive NW

- In His Name food program
- \$15 for a box of groceries that would cost \$70 plus.
- Reserve a box by calling & leaving a clear message - **206-1889**.
- Pick up is the 2nd Saturday of each month.
- Pick up time is: 10:30am – Noon.

SHOWER TIME

The Salvation Army

20 First Ave NE

- Monday – Friday
- 9 am – 11 am
- 1 pm – 3 pm
- Showers allowed only during the scheduled times above.

SHELTER

Dorothy Day Hospitality House

703 1st St SW

282-5172

- Dinner is served daily at 6 pm
- Must have a 30 day break visits
- 9am to 4pm house closed

Women's Shelter

285-1010

- serves women who are experiencing domestic abuse
- school programs for children

DAILY SERVICE

The Salvation Army

20 1st Ave NE

288-3663

- Clothing & household goods

THRIFT STORES

The Salvation Army Thrift Store

201 9th St SE

- Monday – Friday 8 am to 8 pm
- Saturday 9 am to 5 pm
- Sunday – closed

Goodwill

239 28th St SE

- Monday-Friday 9 am to 9 pm
- Saturday 9 am to 8 pm
- Sunday 11 am to 6 pm

Savers

1201 South Broadway

- Monday-Saturday 9 am to 9 pm
- Sunday 10 am to 6 pm

Community Clothes Line

814 11 Ave NE

- Monday & Tuesday 10 am to 6 pm
- Wednesday & Thursday 10 am to 5 pm
- The second Saturday of the month 10 am to 4 pm

Bethesda Upscale Resale

1550 3rd Ave SE

- Tuesday **thru** Saturday
10 am to 5 pm

Rochester Outreach Center

Sharing Tree Clothing Distribution

2450 Marion Rd SE

- Tuesdays: 9:30am to 11:30am
- Fridays: 3:30pm to 6:30pm

HEALTH CARE

Lice Treatment Center

Ladibugs Inc.

4104 18th Ave NW

- call anytime day or night for assistance
- 1-855-804-8889

Planned Parenthood

1212 7th St NW

288-5186

- HIV & STD testing
- men & women are served

Olmsted County Public Health

2100 Campus Drive SE

328-7500

- HIV & STD testing
- birth control available

Intercultural Mutual Assistance Association (IMAA)

2500 Valleyhigh Dr. NW

289-5960

- Community Health Workers

Migrant Health Services

1926 College View Road SE

529-0503

- Monday – Friday
- 8:00 am -11:30 am/1:00 pm – 4:00 pm

Good Samaritan Medical Clinic

120 North Broadway
529-4100

- call to schedule appointments
- Monday & Wednesday, 4pm to 7pm
- Pediatric clinic-Tuesday & Thursday, 5pm to 7pm

Saint Jude Hospice

2222 18th Ave NW Ste 210
Rochester, MN 55901
Phone: 281-5700
Fax: 281-5708

- moves from curing illness to comfort

Rochester Veteran (VA) Clinic

3900 55th St NW
252-0885
FAX (507) 529-8452

- primary medical & mental health care
- If you are having thoughts of harming yourself call: **1-800-273-8255**

Mayo Clinic

200 1st St SW
284-2511

- general information line

Olmsted Medical Center - Clinic

210 9th St SE

288-3443

- Olmsted Medical Center – NW
4303 Hwy 52N, West Frontage Rd
292-7070
- FastCare South Clinic - Shopko
2820 S Broadway
292-7009
- FastCare North Clinic – Shopko
3708 HWY 63 North
292-7009

HOSPITALS

Olmsted Medical Center – Hospital

1650 4th St SE

529-6600

St. Mary's Hospital

1216 2nd St SW

255-5123

DENTAL

Good Samaritan Dental Clinic

120 North Broadway

529-4100

- emergency dental care only
- call to schedule appts
- MA, UCARE, BluePlus

Community Dental Care

1926 College View Road SE

Heintz Center #116

258-4046

- 7:30 am – 8:00 pm *Mon thru Thurs
- 7:30 am – 5:30 pm *Friday
- All MN Healthcare insurance accepted
- sliding fee scale

Rochester Community & Technical Dental Clinic

1926 College View Road SE

Heintz Center #216

280-3169 or 1-800-247-1296

- accepts dental insurance
- adult cleaning - \$50
- child cleaning - \$32
- deep cleaning - \$300

Uptown Dental

2112 Viking Drive NW Suite E

206-6780

- MA, UCARE, BluePlus

Apple Tree Dental

210 Wood Lake Dr. SE Suite B

Phone: 424-1040

Fax: 424-1042

- Non-profit dental organization bringing dental care to people who otherwise would be without.

Doral Dental Service

1-800-896-2372

- identifying local dentists taking:
MA, UCare, BluePlus

DentaQuest Dental Services

1-800-235-0564

- UCARE's dental services provider
- will assist with referrals when
additional services are necessary

Mobile Dental Clinic

- go to **UCARE.org** then click on mobile
dental clinic for dates, time & location

SUPPORTIVE HOUSING

The Salvation Army Castleview Residence

120 North Broadway

Property Manager: 424- 4180

Case Managers: 424-4182 or 424-4183

- permanent supportive housing
- single adult

The Salvation Army Transitional Living & Counseling Program (TLC)

20 First Ave NE

288-3663

- homeless families with children
- rent based on income
- program may last 24 months

Cronin Home Inc.

825 West Silver Lake Dr NE
282-1204 or 1-888-474-7597 (toll free)

- “Providing safe, sober, supportive living environment” for chronic chemically dependent/homeless adults.

Homeless Service Team - ZVMHC

29 7th St NE
535-5656

- serves chronic homeless folks

The Francis

17 4th St SW
328-6316

- apartments for long-term homeless
- must have a diagnosis of MI, CD, HIV, TBI, DD or physical disability

Homeless Service Team - ZVMHC

29 7th St NE
535-5656

- serves chronic homeless folks

Thomas House Board & Lodge- ZVMHC

15 6th Ave SE
535-5642 – direct line
535-5645 – main office

- current SMI or SPMI diagnosis

Silver Creek Corner

2125 Campus Dr SE

288-0437

Fax: 288-0473

- permanent supportive CD housing

Interfaith Hospitality Network of Greater Rochester

811 7th St NW

281-3122

- program provides shelter for homeless families
- children must be under the age of 16

OTHER HOUSING ASSISTANCE

Intercultural Mutual Assistance Association (IMAA)

2500 Valleyhigh Dr. NW

289-5960

- Immigrant/Refugee services:
 1. health insurance assistance
 2. victim services
 3. shelter & utility assistance

Family Homeless Prevention & Assistance Program

Olmsted Community Action Program

328-6333

- eviction prevention
- mortgage foreclosure prevention

The Salvation Army

The Salvation Army Social Services
20 First Ave NE
288-3663

- rent & utility assistance

TEEN/YOUNG ADULT SERVICES

LINK Program – Lutheran Social Services

816 South Broadway (Soldiers Field Plaza)
269-8085 or 226-3811

Office hours: M-F 9am to 5pm

- serves at-risk & homeless youth ages **16-21**
- serves both families & individuals

LINK Street Outreach

- serves homeless, runaway, street-involved, & at-risk youth under age **21**
- street-based survival aid
- access to emergency shelter
- provides basic needs items: food, bus tokens, & clothing

Boys & Girls Club of Rochester

1026 East Center St & 930 40th St NW
287-2300

- Gives every child access to a safe, nurturing, educational environment that positively impacts their lives.

Friendship Place

1429 4th Ave SE

529-8791

- After School Program: 4–5:30 pm M-F homework support, healthy snacks & craft projects
- Evening Tutoring: 7-8:30pm M-TH middle school thru college
- Summer Program - 8/10 weeks long with reading classes, crafts & games

Boys & Girls Club of Rochester

1026 East Center St & 930 40th St NW

287-2300

- Gives every child access to a safe, nurturing, educational environment that positively impacts their lives.

Rochester Public School Services

328-4276

- homeless youth/families
- immediate enrollment
- free breakfast & lunch

Military Service Registration

847-688-6888

- www.sss.gov

Runaway Shelter

- National Runaway Switchboard
- 24 hours
- 800-621-4000

Workforce Youth Center

300 11th Ave SE

280-3582

Fax: 529-2716

- Monday – Friday 8am-4pm

Gay & Lesbian Youth Services

289-6329

- Wed site: glysmn.org

National Dating Abuse Hotline

- 1-866-331-9474
- TTY 1-866-331-8453
- Text – loveis to 77054

CHILD & FAMILY SERVICES

FATHER PROJECT

Family Service Rochester 287-2010

1110 6th St NW

- Assists fathers in overcoming the barriers that prevent supporting their kids economically & emotionally.
- Eligible fathers: 17 to 35+ years old, low income, unemployed or underemployed

All of the following services are through Child Welfare Services in Olmsted County.

328-6400

- **HOPE** –empowers families of color with support services

- **PACE** – works with families of color who have school attendance issues
- **C.A.R.E.** – support for parents who have a mental illness
- **Baby Steps** – on going support for pregnancy & child development.
- **Steps to Success** – for families with multiple children under the age of five
- **Bright Futures** – pregnancy & parenting support for adolescent moms & dads
- **Parent Support & Outreach** – links families to community resources

LEGAL SERVICES

Legal Assistance of Olmsted County (LAOC)

1700 North Broadway Suite 124

287-2036

FAX – 287-2035

Out-front Minnesota

1-800-800-0350

- Assistance with GLBT issues in MN

Public Defender's Office

285-7370

Attorney General Office (Consumer Protection)

1-800-657-3787

Olmsted County District Court

(507) 206-2496

- Criminal/Traffic

Olmsted County District Court

(507) 206-2498

- Restraining Orders
- Orders for Protection

**Southern MN Regional Legal Services
(SMRLS)**

903 West Center St Suite 130

292-0080

FAX – 292-0060

- new clients call phone number:
1-888-575-2954

Servicios Legales Para Migrantes

Migrant Legal Services

St. Paul, MN – 1-800-652-9733

Fargo, ND – 1-800-832-5575

- Reclamos de Salario, Beneficios Públicos, Inmigración y Ciudadanía, Problemas con Vivienda, Depósitos, Discriminación, Contratos de Trabajo, Problemas con Contratistas

Free Legal Clinic

151 4th St SE

328-7605

- Volunteer attorneys present
- Family law, criminal expungement, small claims court & financial clinics.
- www.co.olmsted.mn.us/lawlibrary

VETERAN SERVICES

Olmsted County Veterans Service Office

2100 Campus Dr SE

328-6355

- assistance veteran benefits
- financial assistance

Veteran Employment Service

MN WorkForce Center-300 11th Ave NW

285- 7315

- training for disabled veterans
- assistance with converting military training to civilian credentials

Rochester Veteran (VA) Clinic

3900 55th St NW

252-0885 Fax: (507) 529-8452

- primary medical & mental health care
- If you are having thoughts of harming yourself call: **1-800-273-8255**

Veterans Services Program

SE MN Center for Independent Living

2200 2nd ST SW

(507) 349-8109 Fax: (507) 288-8070

- Bridge to service gaps & provide for unmet needs.
- housing & employment support
- individual & system advocacy

VICTIM SERVICES

Olmsted County Victim Services

Olmsted County Government Center

151 4th St SE – 3rd floor

328-7270

- **24 hour CRISIS LINE – 289-0636**
- provides support, information, options and resources to victims of sexual assault
- provide specialized outreach services to youth, immigrants/refugees and SE Asian community members

Women's Shelter

285-1010

- assistance with Orders for Protection & Harassment Orders
- lodging, meals & transportation provided

Mission 21

Office: 507-202-7028

Cell: 507-319-7819

- Provides resources and restoration services to minor victims of human trafficking.

**Intercultural Mutual Assistance Association
(IMAA)**

2500 Valleyhigh Dr. NW
289-5960

- victim services

HIV/AIDS RESOURCES

Professional AIDS Network (PAN)

PAN is a group of community members who are interested in HIV/AIDS issues & provides education to the community & support to persons affected by HIV/AIDS.

- Web site: professionalaidnetwork.com
- Email: professionalaidnetwork@gmail.com

Minnesota AIDS Hotline

1-800-248-2437

Rural AIDS Action Network (RAAN)

1-800-966-9735

Gay & Lesbian Youth Services

289-6329

- Web site: glysmn.org

The MN Pharmacy Syringe Access Initiative

- Allows purchase of up to ten new syringes at any pharmacy to prevent disease transmission among IV drug users.

EDUCATION

Rochester Public Library

101 2nd St SE

328-2309

- free library card & internet access
- Mon-Thurs 9:30am-9pm
- Fri-Sat 9:30am-5:30pm
- Sun 1:30pm-5:30pm
- Summer hours: Sat 9:30am-1:30pm
Sunday - closed

Intercultural Mutual Assistance Association (IMAA)

2500 Valleyhigh Dr. NW

289-5960

- interpretation & translation services

Adult & Family Literacy Program

Hawthorne Education Center

700 4th Ave SE

328-4440

- English language (ESL)
- GED preparation & testing

Rochester Public Schools

Edison Administration Building

615 7th St SW

328-3000

- school registration
- general information

Rochester Public School Services

328-4276

- homeless youth/families
- immediate enrollment
- free breakfast & lunch

PUBLIC ASSISTANCE

Olmsted County Emergency Housing & Utility Aid

Family Support & Assistance

2117 Campus Dr SE

328-6500

- Minnesota Family Investment Program
- Emergency Assistance (EA)
- food support & medical assistance

EMPLOYMENT

MN WorkForce Center

300 11th Ave NW

285-7315

- “one-stop shop” for employment

Veteran Employment Service

MN WorkForce Center

300 11th Ave NW

285- 7315

- direct referrals for job openings
- training for disabled veterans

CHOICES OF SE MN – MN Displaced Homemaker Program

Heintz Center-RCTC
851 30th Ave SE
280-5510

- low-income male or female homemaker who is abandoned, separated, divorced, or dealing with the death or disability

Intercultural Mutual Assistance Association (IMAA)

2500 Valleyhigh Dr. NW
289-5960

- employment services

DAY LABOR & TEMPORARY JOBS

NOTE: Persons applying for temporary labor must have a photo ID and a social security card. Those who are not US citizens need to present legal papers allowing employment.

Be sure to look at these companies on line. They have good information and training available.

Express Employment Professionals

2518 North Broadway
285-1616

- www.expresspros.com/us

Kelly Services

3800 HWY 52 N
282-1584

Global Employment Solutions

1032 15th Ave SE

292-6692

- specializes in light industry
- www.gesnetwork.com/

Labor Ready

903 6th St NW

286-1064

- Work today-paid today

Masterson Personnel

3003 43rd Ave NW

252-8481

Manpower

3437 22 Ave NW

285-0710

Leiders Employment Service

1530 Greenview Dr SW

285-1425

SUBSIDIZED HOUSING

Rochester

Elderly (62+), under 62 if handicapped &/or disabled:

- Central Towers – 285-1118
- Fontaine Towers – 288-1128
- Northgate Plaza – 289-2022
- Park Towers – 285-9051

- Kenosha Drive – (800)466-7722
ext.219

Family &/or handicapped:

- Hylands – 288-4201
- Innsbruck – 289-1319
- Rochester Square – 288-9205
- Eastridge Estates – 285-0022

Handicapped only:

- Oakridge – 281-1031
- Newbridge – 282-8284

Elderly only:

- High Pointe – 282-8385

Byron

Elderly (62+), under 62 if handicapped &/or disabled:

- Rolling Heights – (507)775-2109

Eyota

Elderly (62+), under 62 if handicapped &/or disabled:

- Lifestyle Management
(507)451-8524

Family &/or handicapped:

- Lifestyle Management
(507)451-8524

Pine Island

30% of gross income for cost of rent:

- Knollwood Apartments
(507)356-8448
- Fox Meadows – (507)356-8979

Stewartville

Elderly (62+), under 62 if handicapped &/or disabled

- Downtowner II – (507)533-8692

Family &/or handicapped:

- Eastside Village – (507)533-4953

LANDLORDS/APARTMENTS

RGI Management

289-8000

Paramark Property Management

285-5082 or 288-7980

All Star Properties

252-9143

G-A Properties LLP

288-1376

Ken Lechner

288-6773

Jakobson Management

536-0000

J & L Management

282-2494

SELF DIRECTION

Alcoholics Anonymous (AA)

281-1747 - 24 hour phone

Narcotics Anonymous (NA)

281-2227 - 24 hour phone

Alcohol or Drug Use

National Help & Referral Line

1-800-252-6465

UTURN

Sober Coffeehouse & Event Center

282-7773

5 11 ½ St SE

- www.urnmn.com

Rochester Outreach Center (ROC)

2450 Marion Rd SE

226-8193

- Recovery Programs: NA & AA

Salvation Army Smoking Cessation Clinic

120 North Broadway

529-4100

- cheaper way to live & feel better

Harm Reduction Coalition

- “Promoting the health & dignity of those impacted by drug use.”
- www.harmreduction.org

Gamblers Anonymous

- Christ United Methodist Church
400 5th Ave SW
Tuesdays – 7:00 pm
- Christ the King Catholic Church
202 4th St NW Byron, MN
Saturdays – 11:00 am

National Alliance on Mental Illness (NAMI)

287-1692

NAMI Warmline

287-7161

- Thursday, Friday, Saturday & Sunday

Victim Services - Sexual Assault Program

289-0636 - 24 hour crisis phone

Domestic Violence Hotlines

- National Hotline (English/Spanish)
1-800-799-7233
- National Islamic Hotline
1-800-732-9601

Crisis Hotline

281-6248

- suicide, depression, detoxification

Veteran Suicide Prevention Line

1-800-273-8255

The National Suicide Prevention Hotline

1-800-273-TALK (8255)

Family Planning STD Hotline

1-800-783-2287

Women's Shelter

285-1010 - 24 hour phone

Rochester Public Transit Bus

- Information – 328-7433

Renters Hotline

529-4111

Social Security Application Assistance

Disability Professionals – Mankato

- 1-866-678-1832 or 1-507-625-1832

Disability Partners – St. Paul

- 1-866-685-2386 or 1-651-633-4882

Disability Linkage Line

1-866-333-2466

- statewide referral & assistance

Information & Referral

Resource for MN

- Dial: 211 or 1-800-543-7709
- referrals to health & human services

Homeless Community Network Members

Ursula Olson – Channel One Food Bank
Melissa Brandt - Rochester Public Schools
Judy Plank - Community Housing Partnership
Suzie Christenson – Women’s Shelter, Inc
Mary Pat Jewison - Olmsted County Public Health
Cindy Norgard - The Salvation Army
Becky Nahvi - United Way of Olmsted County
Mary Vrieze - Southern MN Regional Legal Services
Marilynn Olney - Hawthorne Education Center
Clare Larsen – Mayo Clinic Social Services
Krista Wicklund – LINK-Lutheran Social Services
Jennifer Johnson – Workforce Development, INC
Linda Bradford - Community Action Program
Amber Myers – DFO Community Corrections
Emily Lorenz - Olmsted Medical Center
Sylvia Quirk - Rochester Police Department
Mary Mewhorter - Olmsted County Social Services
Randy Sutter – Community Volunteer
Abby Larson - Olmsted County Public Health
Jessica Geary - Interfaith Hospitality Network
Joshua Hameister – LINK-Lutheran Social Services
Becky Kamrath - Olmsted County-Victim Service
Jessie Stratton - Olmsted County Child & Family
Gary Lueders - Housing & Redevelopment Authority
Susan Valvoda-Swanson - Choices of SE MN
Connie Mielke - Olmsted County Public Health
Brad Erath - The Salvation Army
Sheri Block - Zumbro Valley Mental Health
Kathy Orth - WSU-Rochester-Nursing Program
Sarah Vetter - Intercultural Mutual Assistance Assoc.
Colleen Landherr-RCTC-Community Youth Program

