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 9\textsuperscript{th} 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 4\textsuperscript{th} St SE
529-6600

St. Mary’s Hospital
1216 2\textsuperscript{nd} 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
- Website: 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: professionalaidsnetwork.com  
• Email: professionalaidsnetwork@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 online. 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.uturnmn.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