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• Physical Therapy Services On-site
• Health & wellness programs
• 24 hour Emergency Call Services
• Concierge services
• Secure entry

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Contact Us 715-718-6229
superior.info@npseniorliving.com
1915 N. 34th Street, Superior • NPSeniorLiving.com
Information at your fingertips

Senior consumers who live in Superior and Douglas County are fortunate. We have a wide range of housing and service options to choose from. On the pages of this Senior & Disabilities Resource Guide for Douglas County you’ll find well-organized information on available services.

In the event that you need even more information, we recommend these sources:

- Aging and Disability Resource Center (ADRC) of Douglas County  
  (715) 395-1234  
  (866) 946-ADRC

- Senior Connections  
  (715) 394-3611 or (800) 870-2181

- The Senior Reporter®  
  (218) 624-4949 or hceditor@icloud.com

- 211  
  Dial 211 for information on area health and human services organizations.

This Guide is the result of a collaboration between Harbor Centers Inc., a 501(c)3 nonprofit that publishes The Senior Reporter magazine, the ADRC of Douglas County and a public, nonprofit agency, Senior Connections. The ADRC of Douglas County and Senior Connections gathers all the information about services, products and resources for seniors and caregivers in the county and updates it annually.

It is our aim that this guide be complete, accurate and up to date. So please inform Senior Connections or the ADRC of Douglas County of any information that needs to be added, deleted or revised. This guide serves as a resource for the community and is not a recommendation for any provider.

We are indebted to the advertisers who support this guide. As a result of this collaboration, this guide is available at no cost to seniors, the disabled, their families and caregivers and providers of senior and disability services.

If you have found this guide useful and would like to help support it, please send a tax deductible donation to either Senior Connections or Harbor Centers Inc. at the addresses on this page. It is becoming increasingly difficult to continue to provide the guides free, so any donations are helpful.

On the Cover: Martin Schreiber at the 2018 Caregiver Conference at WITC in Superior. He became an author in retirement, telling the story of his life with his wife, Elaine, as she goes through the journey of Alzheimer’s Disease. He was the keynote speaker at the conference. The 2019 conference will be on May 21 again at WITC in Superior.
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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

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) 395-1663 TTY / Voice
adrc@douglascountywi.org
www.douglascountywi.org/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) 469-2921
info@casda.org | casda.org

The Coalition of Wisconsin Aging Groups (CWAG)
P.O. Box 628248
Madison WI 53562
(800) 488-2596
cwag@cwag.org
cwag.org
cwagwisconsin.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
disabilityrightswi.org

Douglas County Elder Abuse and Adult At Risk
Douglas County Health and Human Services
1316 North 14th Street, Ste 400
Superior WI 54880
Helplines and Reporting:
(715) 395-1234
(877) 395-7457
(800) 242-1060
Superior Police or Douglas County Sheriff: 911
https://www.douglascountywi.org/880/Adult-Protective-Services

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

Medigap Helpline
State of Wisconsin Board on Aging and Long Term Care
1402 Pankratz Street, Suite 111
Madison WI 53704
(800) 242-1060
https://www.dhs.wisconsin.gov/aging/medigap.htm

**Medigap Part D**
Prescription Helpline
(855) 677-2783

**North Country Independent Living**
69 North 28th Street, Suite 28
Superior WI 54880
(715) 392-9118 Voice/TTY
(800) 924-1220 Voice/TTY
ncil@northcountryil.org
northcountryil.com

**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
515 West First Street, Room 125
Duluth MN 55802
(877) 772-5772
rrb.gov/field/do_dulu.asp

**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. The Senior Reporter also is the publisher of the Douglas County Senior & Disabilities Resource Guide.

**Social Security Superior Office**
4221 Tower Avenue
Superior WI 54880
(877) 628-6578 Local
(800) 772-1213 National
socialsecurity.gov

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**Veterans Service Office**
1316 North 14th St, Room 385
Superior WI 54880
(715) 395-1331
douglascountywi.org

**Veterans Van Line**
715-395-7227

**Veterans Crisis Line**
800-273-8255, Press 1

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**Advocacy: Community Organizations**

**Alzheimer’s Association**
525 Lake Avenue
Duluth MN 55802
218-722-4335
800-272-3900 24/7 Helpline
alz.org/mnnd/

**American Cancer Society**
800-227-2345 National
cancer.org

**American Diabetes Association**
8000 West 78th Street
Edina, MN 55439
(763) 593-5333 | (888) 342-2383
diabetes.org

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**American Red Cross**
Northland Chapter
2524 Maple Grove Road
Duluth MN 55811
(218) 722-0071
(800) 950-4275
Monday- Friday 8:00 am–4:30 pm
24-hour Phone Service
redcross.org

**Arthritis Foundation Upper Midwest Region**
1876 Minnehaha Ave West
Saint Paul MN 55104
(651) 644-4108 | (800) 333-1380
Helpline 844-571-4357
info.mn@arthritis.org
arthritis.org

**Epilepsy Foundation of Western Wisconsin**
1812 Brackett Avenue, Suite 5
Eau Claire WI 54701
(715) 834-4455 | (800) 924-2105
epilepsywesternwi.org
effw_info@sbcglobal.net
Advocacy: Community Organizations (cont.)

Multiple Sclerosis Society
Upper Midwest Chapter
200 12th Avenue South
Minneapolis MN 55415
612-335-7900 | 800-344-4867
nationalmssociety.org
info@mssociety.org

Muscular Dystrophy Association
7401 Metro Blvd #325
Edina, MN 55439
952-832-5517
800-572-1717
mda.org

Northern Waters Parish Nurse Ministry, Inc.
3500 Tower Avenue
Superior, WI 54880
(715) 392-3080
nwparishnursem@centurytel.net

Head of the Lakes United Way
424 W Superior St #402
Duluth, MN 55802
(218) 726-4770
hlunitedway.org

Churches

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

Bethel Lutheran Church (ELCA)
5821 John Avenue
Superior WI 54880
(715) 392-2033
bethelsuperior.org
secretary@bethelsuperior.org

Cathedral of Christ the King
1410 Baxter Avenue
Superior WI 54880
(715) 392-8511
superiorcathedral.org

Central Assembly of God
3000 Hammond Avenue
Superior WI 54880
(715) 394-5567
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
11889 Hwy 13
Maple, WI 54854
(715) 364-8688

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
e-mail:churchoffice@superiorfaithumc.org

First Evangelical Covenant Church
3311 Hammond Avenue
Superior WI 54880
(715) 392-4051
firstcovenantsuperior.org

Holy Assumption Church
5601 Tower Avenue
Superior WI 54880
(715) 394-7919 | 394-4883 fax
stwilliamparish.net/ha.htm
secretaryhasw@centurylink.net

Hope Community Church
1604 Banks Avenue
Superior WI 54880
(715) 394-9475 | hccsuperior.org

Hope Congregational Church
1827 Wyoming Avenue
Superior, WI  54880
(715) 394-9363
hopechurchsuperior@hotmail.com

Mission Covenant Church
5161 South County Road P
PO Box 198
Poplar, WI  54864
North Bay Community Church
1316 E 5th Street
Superior WI 54880
715-398-6308
northbaychurch.org

Our Savior Lutheran Church
1924 Wyoming Avenue
Superior WI 54880
(715) 394-3472
oslcsuperior.com
office@oslcsuperior.com

Peace Lutheran Church
9523 East US Hwy 2
PO Box 345
Poplar WI 54864
(715) 364-2593
peacepoplar.org
peacepoplar@gmail

Pilgrim Lutheran Church (ELCA)
820 Belknap Street
Superior WI 54880
(715) 392-4731 | plcsuperior.org
plcoffice@centurytel.net

Presbyterian Pioneer Parish
5201 East Second Street
Superior WI 54880
(715) 398-6555
pioneerparish@centurytel.net
Locations at Lake Nebagamon, Iron River, Brule, South Range, Solon Springs and Gordon, WI.

Safe Harbor Wesleyan Fellowship
632 Grand Avenue
Superior WI 54880
(715) 392-9944

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 54849-0397
(715) 374-3570
stanthonyln@gmail.com
st Anthonychurchwebsite.wordpress.com

St. Anthony Catholic Church
4315 East 3rd Street
Superior WI 54880
(715) 398-3261
st-anthony-church.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
stwilliamparish.net
secretaryhasw@centurylink.net

The Salvation Army
916 Hughitt Avenue
Superior WI 54880
(715) 394-7001
sasuperior.org

Trinity Lutheran Church
11416 E. 1st St. N., PO Box 308
Lake Nebagamon WI 54849
(715) 374-2812
trinityln@centurytel.net
trinitylakenebagamon.weebly.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
or zionsuperior.org

Disabilities: Adaptive Services

Lighthouse Center for Vision Loss
4505 West Superior Street
Duluth MN 55807
(218) 624-4828
lcfvl.org

Lighthouse Center for Vision Loss
• Low vision occupational therapy
• Assistive technology training and help
• Classes or one-on-one training on adaptive skills
• Support groups
• Low vision store offering items for easy living and independence

North Country Independent Living
69 North 28th Street, Suite 28
Superior WI 54880
(715) 392-9118 V/TTY
(800) 924-1220 V/TTY
ncil@northcountryil.org
northcountryil.org

State of Wisconsin, Division of Long Term Care Office for the Blind and Visually Impaired
1805 North 14th Street Suite 2
Superior WI 54880
(715) 392-7907
dhs.wisconsin.gov/blind/
Disabilities: Rehabilitation Services

Division of Vocational Rehabilitation (DVR)
1805 North 14th Street
Superior WI 54880
(715) 392-7896
(800) 228-2513
(800) 877-5939 TTY
dwd.wisconsin.gov/dvr/

Essentia Health–Polinsky Rehabilitation
530 East Second Street
Duluth MN 55805
(218) 786-5360
(800) 787-0833
essentiahealth.org

Superior Vocations Center, Inc.
2320 Hill Avenue
Superior WI 54880
(715) 392-6171
https://www.superiorvocations.com

Lighthouse Center for Vision Loss
Low Vision Occupational Therapy
4505 West Superior Street
Duluth MN 55807
(218) 624-4828
lcfvl.org

Educational Opportunities

Douglas County Association for Home & Community Education
University of WI–Extension
Douglas Co. Courthouse,
1313 Belknap Street, Room 107

Emeritus College
The College of St. Scholastica
1200 Kenwood Ave, Box 2568
Duluth, MN 55811
(218) 723-5940 | (800) 447-5444
smaki@css.edu
css.edu/emeritus.xml

Lake Superior College
2101 Trinity Rd
Duluth MN 55811
(218) 733-7600
(800) 432-2884
(218) 733-5945
enroll@lsc.edu
https://www.lsc.edu

University for Seniors
University of Minnesota–Duluth
515 Darland Administration bldg. 1049 University Drive
Duluth, MN 55812
(218) 726-7637
(800) 627-3529 TTY, TDD
d.umn.edu/goto/seniors

University of WI–Superior
Center For Continuing Education/Extension
Old Main, Room 102
Belnap & Catlin, PO Box 2000
Superior WI 54880-4500
(715) 394-8469
(800) 370-9882
conted@uwsuper.edu
uwsuper.edu/cce

University of Wisconsin–Extension, Douglas County
1313 Belknap Street
Courthouse, Room 107
Superior WI 54880
(715) 395-1363
cheryl.shockley@ces.uwex.edu//douglas.uwex.edu
Monday – Friday
Hours: 8:00 am–4:30 pm

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Wisconsin Indianhead Technical College
600 North 21st Street
Superior WI 54880
(715) 394-6677
(800) 243-9482
witr.edu

Employment

Experience Works
522 Service Road
Spooner WI 54801
(715) 939-1400
experienceworks.org

Superior Vocations Center, Inc.
2320 Hill Avenue
Superior WI 54880
(715) 392-6171
info@svc4me.org
superiorvocations.com

Wisconsin Job Center
1805 N 14th Street Suite 1
Superior, WI 54880
(715) 392-7800
wisconsinjobcenter.org

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

Family Care – Wisconsin Long Term Care Programs

Inclusa, Inc.
3712 Tower Avenue, Suite C
Superior WI 54880
(877) 622-6700
inclusa.org

IRIS Consultant Agency
1 South Pinckney Street
Madison WI 53703
(888) 515-4747 | iris@wpsic.com
https://www.dhs.wisconsin.gov/iris

Financial Programs

Great Rivers Consortium Food Share Program
Douglas County Department of Health and Human Services
1-888-283-0012
Fax: 855-293-1822

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Funeral Homes

Cremation Society of Duluth
4100 Grand Avenue
Duluth MN 55807
(218) 624-5200
info@csmcremation.com
cremationsocietyofmn.com

Cremation Society of Wisconsin
535 South Hillcrest Parkway
Altoona, WI 54720
(715) 834-6411 | (888) 317-2794
office@cremationsociety-wi.com
cremationsociety-wi.com

Downs Funeral Home
1617 North 19th Street
Superior, WI 54880
(715) 394-7746
downsfh.com

Downs-LeSage Funeral Home
1304 Hammond Avenue
Superior WI 54880
(715) 392-2139
downs-lesage.com

Lenroot Maetzold
Funeral Home
1209 East 5th Street
Superior WI 54880
(715) 394-5112
lenroot-maetzold.com

Financial Programs (cont.)

Wisconsin Home Energy Assistance Program (WHEAP)
Douglas County Department of Health and Human Services
(715) 395-1651 Application Requests
(715) 395-1304
homeenergyplus.wi.gov

LSS Financial Counseling
1507 Tower Ave. Suite 212
Superior WI 54880
(715) 394-4173 | (888) 607-6775
conqueryourdebt.org

Twin Ports Guardianship and Payee Services
69 N 28th Street Suite 34
Superior, WI 54880
(715) 392-3137 | (866) 271-1312

Government Officials

The Honorable Tammy Baldwin
Eau Claire Office
402 Graham St. Ste 206
Eau Claire, WI 54701
715-832-8424
Washington, DC
717 Hart Senate Office Building
Washington, D.C. 20510
(202) 224-5653
www.baldwin.senate.gov

The Honorable Ron Johnson
5315 Wall Street Suite 110
Madison WI 53718
(608) 240-9629
(608) 240-9629
ronjohnson.senate.gov
328 Hart Senate Office Bldg.
Washington, DC 20510
(202) 224-5323
(202) 228-6965

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) 267-2779
doj.state.wi.us/ag/

The Honorable Janet Bewley,
State Senator
Room 126 South, State Capitol,
Madison, WI 53707
(608) 266-3510 | (800) 469-6562
Sen.Bewley@legis.wi.gov

The Honorable Sean Duffy
2330 Rayburn, HOB
Washington, DC 20515
(202) 225-3365
duffy.house.gov

Hayward Office
15569 Railroad St. Suite 302
Hayward, WI 54843
(715) 699-1136 | (855) 585-4251

The Honorable Nick Milroy,
Representative
Room 126 North State Capitol
PO Box 8953
Madison WI 53708
(608) 266-0640 | (888) 534-0073
Rep.Milroy@legis.wisconsin.gov

Douglas County Board of Supervisors, Mark Liebaert
1316 14th Street
Guardianship

Guardian 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 34
Superior, WI 54880
twinportsguardianpayee.org
(715) 392-3137 | (866) 271-1312

Superior Vocations Center
Corporate Guardianship Program
2320 Hill Avenue
Superior, WI 54880
(715) 392-6171

Health: Chemical Dependency

Center for Alcohol and Drug Treatment
314 West Superior Street #220
Duluth, MN 55802
(218) 249-3500
cadt.org | admissions@cadt.org

Duluth Detoxification Center
1402 East Superior Street
Duluth MN 55805
(218) 723-8444 | cadt.org

Lake Superior Community Health Center Substance Abuse Services
1500 N 34th St., Suite 200
Superior WI 54880
715-395-5380
lschc.org

Superior Treatment Center
1507 Tower Ave., Suite 1810
Superior, WI 54880
(715) 392-9300
kathy.fetsch@superiortreatmentcenter.org
superiortreatmentcenter.net

Health: Clinics

Duluth Internal Medicine Associates
324 West Superior Street, #220
Duluth MN 55802
(218) 249-3500

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

Essentia Health–Cancer Center
1st Street Building
420 East 1st Street

Essentia Health–Duluth Clinic
400 East 3rd Street
Duluth MN 55805
(218) 786-3625 | (888) 203-7267
EssentiaHealth.org

Essentia Health–Heart & Vascular Center
407 East 3rd Street
Duluth, MN 55805
(218) 786-3443 | (888) 253-0394
EssentiaHealth.org

Essentia Health–St. Mary’s Superior Clinic
3500 Tower Avenue
Superior WI 54880
(715) 817-7100
(800) 342-1388
EssentiaHealth.org

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★Wheelchair, Non-Wheelchair & Stretcher Transportation
★MNMA, Private Pay and Insurances Accepted
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Health: Clinics

Essentia Health–West Duluth Clinic
4212 Grand Avenue
Duluth, MN 55807
(218) 786-3500
EssentiaHealth.org

Lake Superior Community Health Center Health Access Office
3600 Tower Avenue
Superior WI 54880
(715) 392-1955
Dental Clinic (715) 394-5411
lschc.org

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

Northland Medical Associates of Duluth, P.A.
1128 East First Street
Duluth MN 55805
(218) 726-5114
Monday – Friday,
8:30 am–5 pm

St. Luke’s Denfeld Medical Clinic
4702 Grand Avenue
Duluth MN 55807
(218) 249-6800 | slh.com

St. Luke’s Mariner Medical Clinic
109 North 28th Street East
Superior WI 54880
(715) 395-3900
Urgent Care (715) 395-3950

St. Lukes Medicine Associates
1001 E Superior St., Suite 401
Duluth MN 55802
218-249-7960 | slh.com

Twin Ports Veterans Clinic
3520 Tower Avenue
Superior WI 54880
(715) 398-2400
Monday–Friday
8:00 am–4:30 pm

Health: Eye Clinics

Superior Optics Inc.
1505 Tower Avenue
Superior WI 54880
(715) 394-7339
superioropticsinc.com

Vision Pro Optical
• 2425 Tower Avenue
Superior WI 54880
(715) 394-7999
• 1325 Tower Ave
Superior WI 54880
(715) 392-2204

Walmart Vision Center
3705 Tower Avenue
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 am–4:30 pm
dcdhhs@douglascountywi.org
www.douglascountywi.org

Health: Home Foot Care

Dove Home Health Professionals
1416 Cumming Ave
Superior WI 54880
715-392-3133
888-395-9195
thedovesuperior.com

Superior Feet at Home, LLC
218-391-1140
superiorfeet@charter.net

A place to call home

We pride ourselves in working with residents and families to develop customized living options. Our community provides a sense of comfort, security and independence where seniors can age in place.

- Westwood Independent Living
- Westwood Assisted Living
- Westwood Terrace Assisted Living Memory Care
- Marywood Enhanced Assisted Living

Come visit, call 218-723-5391 or on the web www.blcduluth.org

Living Fully | Living Well
925 Kenwood Ave. | Duluth, MN 55811 | www.blcduluth.org

Douglas County | 2019 Senior & Disabilities Guide
Health: Home Care/Skilled and Personal Care Services

Kindred at Home
925 East Superior St, Suite 104
Duluth MN 55802
(218) 723-8999 Racheal Rhodes
kindredhealthcare.com

Pathways to Achievement, Inc.
114 South 20th Avenue, Suite A
Duluth MN 55806
(218) 721-4732
pathwaystoachievementinc.com

St. Luke’s Home Care
220 North 6th Avenue East
Duluth MN 55805
(218) 249-6111

Health: Home Care/ Skilled Care

Here, in the Northland, we're shaped by our surroundings. We're connected. That's why Essentia Health offers convenient pharmacy services that are personalized and professional. So whether you're transferring or refilling a prescription, you know you're getting what's right for you. Every time.

We welcome all prescriptions, even if you're not an Essentia Health patient. Call or visit one of our Superior pharmacies today.

EASY WAYS TO REFILL OR TRANSFER YOUR PRESCRIPTION

- **Through MyHealth Online**: EssentiaHealth.org/RxRefills
- **Call or Visit our Pharmacies**
  - Superior Pharmacy: 3500 Tower Avenue | Superior 715-817-7880
  - Superior East Pharmacy: 2202 East Second Street | Superior 715-817-7999
- **Mail Order & Local Delivery**: Call 844-380-5642

Visit us today and SAVE 20% On Any Over-the-Counter Purchase

Offer good at any Essentia Health pharmacy through December 31, 2019. Must present coupon at counter in order to redeem.

**Some restrictions may apply.**

Home Instead Senior Care
315 East Central Entrance
Duluth MN 55811
(218) 727-8810
homeinstead.com/548

I-Wish Home Health Care
3615 Bayfield Line Road
Iron River, WI 54874
(715) 372-8788

Innovative Services
1019 ½ Tower Avenue
Superior, WI 54880
(715) 919-1093
issinc.org

Proud to call this place home.
When mom decided that she needed full-time nursing care, we visited several senior living facilities and considered all options together. She chose Villa Marina.

What truly separates our Health Center from others is the quality of our staff and the care we provide. At Villa Marina, our dedicated staff members create a team that is capable and skilled at preparing a care plan unique to the physical, social, and spiritual needs of each resident.

- Complete 24-Hour Skilled Nursing Care
- Lymphedema & Vestibular Therapy Programs
- Post-Surgical Short-Term Orthopedic Rehabilitation
- Intensive Physical, Occupational and Speech Rehabilitation Programs
- Cardiac and Stroke Rehabilitation

When mom decided that she needed full-time nursing care, we visited several senior living facilities and considered all options together. She chose Villa Marina.

What truly separates our Health Center from others is the quality of our staff and the care we provide. At Villa Marina, our dedicated staff members create a team that is capable and skilled at preparing a care plan unique to the physical, social, and spiritual needs of each resident.

- Complete 24-Hour Skilled Nursing Care
- Lymphedema & Vestibular Therapy Programs
- Post-Surgical Short-Term Orthopedic Rehabilitation
- Intensive Physical, Occupational and Speech Rehabilitation Programs
- Cardiac and Stroke Rehabilitation

You have a choice — tell your physician that you choose Villa Marina.

VILLA MARINA
Health & Rehabilitation Center
A Division of Avanti Health Systems

35 North 28th St., Superior, WI 54880 • 715-392-3300
WWW.AVANTIHS.COM

Superior Helping Hands, LLC
1904 Iowa Avenue
Superior WI 54880
(218) 591-2657

Touching Hearts At Home
1827 East Superior Street
Duluth, MN 55812
(218) 724-4743
touchinghearts.com

Health: Hospice
Essentia Health–St. Mary’s Hospice & Palliative Care Services
330 East 2nd Street
Duluth MN 55805
(218) 786-4020
EssentiaHealth.org

St. Luke’s Hospice Duluth
220 North 6th Ave East
Duluth MN 55805
(218) 249-6100
slhduluth.com

St. Croix Hospice Services
4897 Miller Trunk Hwy Suite 209
Hermantown, MN 55811
(218) 451-4730
stcroixhospice.com

Health: Hospitals
Essentia Health–St. Mary’s Hospital Superior
3500 Tower Avenue
Superior WI 54880
(715) 817-7000
EssentiaHealth.org

Essentia Health–St. Mary’s Medical Center
407 East 3rd Street
Duluth MN 55805
(218) 786-4000
EssentiaHealth.org
Health: Mental Health

Creative Counseling Group, LLC
3215 Tower Ave. Suite 108
Superior, WI 54880
(715) 718-5606
ccgcounseling.com

Essentia Health–Duluth
502 East 2nd Street
Duluth MN 55805
(218) 786-1186
(218) 623-1800 after hours
EssentiaHealth.org

Lake Superior Community Health Center–Mental Health Counseling
3600 Tower Ave, lower level
Superior WI 54880
(715) 392-1955
lschc.org

St. Luke’s Mental Health Services
Outpatient
220 North 6th Ave East
Duluth MN 55805
(218) 249-7000

Inpatient
915 E 1st Street
Duluth MN 55805
(218) 249-5326 | (800) 321-3790

Health: Physical Therapy & Rehabilitation Services

Center for Muscle and Joint Therapy
Blaine Business Center
823 Belknap, Suite 104
Superior WI 54880
(715) 394-6355
James Rauzi, PT | cmjt.net
physicaltherapy@cmjt.net

Essentia Health–Polinsky Rehabilitation
530 East Second Street
Duluth MN 55805
(218) 786-5360

Essentia Health–St. Mary’s Hospital Superior
Rehabilitation Department
3500 Tower Avenue
Superior WI 54880
(715) 817-7000

Kindred at Home
925 East Superior Street, Ste 104
Duluth MN 55802
(218) 723-8999

Lake Superior College, Physical Therapy Community Clinic
2101 Trinity Road
Duluth MN 55811
(218) 733-1093

Lighthouse Center for Vision Loss
Low Vision Occupational Therapy
4505 West Superior Street
Duluth MN 55807
(218) 624-4828 | lcfvl.org

Odom Health and Wellness
1915 N 34th St.
Superior WI 54880
715-399-3287
odomhealthandwellness.com

Orthopedic & Spine Therapy of Iron River
7665 Old US Hwy 2
Iron River, WI 54847
(715) 685-9656
ostironriver@ostpt.com
ostpt.com

Orthopedic and Spine Therapy of Poplar
9675 East Elm Road
Poplar WI 54864
(715) 364-8565 | ostpt.com
ostpoplar@ostpt.com

St. Luke’s Acute Rehabilitation Unit
915 East 1st Street
Duluth MN 55805
(218) 249-5564

St. Luke’s Outpatient Rehabilitation
1012 E 2nd Street, Level 5
Duluth MN 55805
(218) 249-6980
Health: Physical Therapy & Rehab Services (cont.)

The Care Trainer, LLC
Physical Caregiver Foundations Course
(218) 391-8778
betterdays@thecaretrainer.com
thecaretrainer.com

The Dove
1416 Cummings Avenue
Superior, WI 54880
(715) 392-3133 | (888) 395-9151

Villa Marina Health and Rehabilitation Center
35 North 28th Street
Superior WI 54880
(715) 392-3300 | avantihs.com

Health: Prevention/Evidence Based Programs

• Living Well with Chronic Conditions
• Matter of Balance Fall Prevention Program
• Powerful Tools for the Caregiver

For more information and class schedules contact:
Senior Connections
1805 North 16th Street
Superior WI 54880
(715) 394-3611 | (800) 870-2181
seniorconnectionswi.org

Strong Bodies
UW-Extension FoodWise
Douglas County Court House
Room 107
1313 Belknap Street
Superior WI 54880
(715) 395-1427
douglas.uwex.edu/nutrition-education/

Hearing Resources

Hearing Associates
1627 N 34th St.
Superior, WI 54880
218-723-7880
hearbettertoday.com

Miracle-Ear
3215 Tower Ave. Suite 103
Superior, WI 54880
715-718-4112

Office for Deaf and Hard Hearing-Northwest Region
610 Gibson Street Suite 1
Eau Claire, WI 54701
715-502-9355

Housing: Affordable Housing Apartments

Ashland County Housing Authority Serving Douglas Co.
PO Box 349
124 Wilderness Drive
Mellen WI 54546
(800) 274-8311
ashlandcountyhousingauthority.org

Bartley Manor Town Homes
Subsidized Housing
3920 Tower Avenue
Superior WI 54880
(715) 392-7453 | (715) 392-4861
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
cchousing.org
dstrand@ccbsuperior.org

Brule Valley Apartments
Subsidized Housing
14013 East Brule Valley Ave
Brule WI 54820  
(715) 378-2114  
Joan Dauplaise, Manager  
11280 S Twin Lakes Rd  
Solon Springs WI 54873  
8 nicely laid-out, roomy, one-bedroom units. Woodsy setting. Direct or dish TV & cable available. Rent adjusted 30% income, 62 years, handicapped or disabled. Vegetable garden space available.

CCB Housing Management Rent Subsidized Senior Housing  
1100 Weeks Avenue, Suite B  
Superior WI 54880  
(715) 394-2012 | (888) 276-0246  
cbbsuperior.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  
51st and Hammond  
Superior, WI  
(715) 394-6601  
superiorhousing.org

Grand Central Plaza  
1326 Weeks Ave  
(715) 394-6601  
superiorhousing.org

Impact Seven, Inc.  
(715) 357-3334 | (800) 685-9353  
impactseven.org

Lund Hill Estates Subsidized Senior/Disabled Housing  
• Clifford Lund  
914 Tower Avenue  
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 (Superior Housing Auth.)  
1406 Tower Avenue  
Superior WI 54880  
(715) 392-6699  
superiorhousing.org

Phoenix Villa Apartments Subsidized Senior Housing  
1001 Clough Avenue and  
1100 Weeks Avenue  
Superior WI 54880  
(715) 394-2012  
ccbsuperior.org

Phoenix Villa–Lake Nebagamon Subsidized Housing  
6850 South Fitch Avenue  
Lake Nebagamon WI 54849  
(715) 394-2012 | (888) 276-0246  
cbbsuperior.org

Roger Finstad Manor Affordable Housing for Elderly or Disabled  
14479 South Antoine Circle  
Gordon WI 54838  
(715) 208-4216

Rosewood Apartments (Superior Housing Authority)  
Weeks Ave & North 6th Street  
Superior WI 54880  
(715) 394-6601  
superiorhousing.org

Rosewood Phase II Non-Smoking Apartments (Superior Housing Authority)  
901-921 North 7th Street  
Superior WI 54880  
(715) 394-6601  
superiorhousing.org
**Housing: Affordable Housing Apartments (cont.)**

**Royalton Manor Apartments**
Subsidized Senior and Disabled Housing
1901 New York Avenue
Superior WI 54880
(715) 392-1014
bachandgroup.com

**St. Croix West Apartments**
9008 E Baldwin Ave
Solon Springs WI 54873
715-580-5360

**Superior Golden Apartments**
Subsidized Senior and Disabled Housing
2315 Banks Avenue
Superior WI 54880
(715) 394-9468
bachandgroup.com

**Superior Housing Authority**
Subsidized Housing
1219 North Eighth Street
Superior WI 54880
(715) 394-6601
superiorhousing.org
Rental assisted housing located throughout the City of Superior, public housing complexes, and family housing units. Limited accessible units available.

**Villa Rita Senior Housing**
325 North 28th Street
Superior WI 54880
(715) 395-2825

**Washington Apartments**
Senior Housing (Superior Housing Authority)
1521 Tower Avenue
Superior WI 54880
(715) 394-6601
superiorhousing.org

**Woodland Way Townhouses**
Subsidized Housing
3920 Tower Ave #D16
Superior WI 54880
(715) 392-7453
(715) 392-4861
meridiangroup.net

**Housing: Building Contractors/ Certified Aging-In-Place Specialists**

**Anderson and Hammack Construction Company**
301 North Tower Avenue
Superior WI 54880
(715) 395-2784
andersonhammack.com

**Campbell Lumber**
Frank Gerard
3107 Tower Avenue
Superior WI 54880
(715) 394-7721
campbelllumber.com

**Western Lake Superior Habitat for Humanity**
(218) 722-3875
wlshabitat.org

**Housing: Rehabilitation Programs**

**Douglas County Rural Housing**
Sewage Replacement Program
Zoning Dept
1313 Belknap Street
Superior, WI 54880
(715) 395-1380
douglascountywi.org

**Western Lake Superior Habitat for Humanity**
218-722-3875
wlshabitat.org

**Weatherization Program**
Ashland County Housing Authority serving Douglas County
PO Box 349, 124 Wilderness Drive
Mellen WI 54546
(800) 274-8311
ashlandhousingauthority.org

**Home Improvement Loans and Grants**
USDA–Rural Development
800 North Front Street, Rm 103
Spooner WI 54801
(715) 635-8228, ext. 4
rd.spooner@wi.usda.gov
rd.usda.gov/wi

**North Country Independent Living**
69 North 28th Street, Suite 28
Superior WI 54880
(715) 392-9118 V/TTY
(800) 924-1220 V/TYY
ncil@northcountryil.org
northcountryil.org

**Tomorrow’s Home Foundation**
258 Corporate Dr. Suite 300C
Madison WI 53714
608-255-3131
*manufactured or mobile home only

**Western Lake Superior Habitat for Humanity**
218-722-3875
wlshabitat.org
Housing: Shelters

Harbor House Crisis Shelter
Transitional Living
Superior WI 54880
(715)394-9608 or (715)392-4157
Director: Barb Certa-Werner
harborhousecs.org
info@harborhousecs.org

Solid Rock Safe Haven
1004 North 6th Street
Superior WI 54880
(715)392-6264 or (715)392-5127
northwest-csa.org

Center Against Sexual and Domestic Abuse, Inc.
318 21st Ave. E
Superior WI 54880
715-392-3136
info@casda.org | casda.org

Ruth House - Overnight Warming Center
1901 N 12th Street
Superior WI 54880
715-392-2833
walkingvictorious@gmail.com

Housing: Assisted Living

Cedar Ridge Assisted Living and Memory Care
4519 & 4527 East Marquardt Rd
Superior WI 54880
(715) 392-0610
or (715) 392-0580
cedarridgeassistedliving.com

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

Encompass Health Care and Assisted Living
1500 North 34th Street
Suite 500-600
Superior, WI 54880
(715) 392-2780
encompass-health.com

New Perspective Senior Living
1915 North 34th Street
Superior WI 54880
(715) 399-3300
NPSeniorLiving.com

Northern Residence
6857 South County Road East
Hawthorne WI 54842
(715) 374-3358
northernresidence.com

Stardusk House
7619 John Avenue
Superior WI 54880
(715) 394-3553
Administrator: Sue Date, RN

Cypress House - Challenge Center
1415 Cypress Ave.
Superior WI 54880
715-394-2771

Deer Haven - Challenge Center
3105 Cumming Ave.
Superior WI 54880
715-394-2771

Faxon House
1212 Faxon St.
Superior WI 54880
715-395-3733

Harbor View - Challenge Center
910 E 5th St.
Superior WI 54880
715-394-2771

McKenzie Manor - Challenge Center
3317 N 21st Street
Superior WI 54880
715-394-2771

Looking to hold down your housing costs?
Clean, Safe and Affordable Homes.

1 - 4 Bedroom Homes with Private Entrances,
Patiots & Storage Units.
Accessible units available.
24 Hour Maintenance Service.
Choose from various city locations. Rent is based on income.
An Equal Opportunity Housing Agency.

Managed by the friendly staff at
Superior Housing Authority
For more information, call (715) 394-6601 or visit 1219 N. 8th St., Superior, WI 54880
www.superiorhousing.org
Housing: Asst Living
(cont.)

Mountain View Home - Challenge Center
3319 N 16th St.
Superior WI 54880
715-394-2771

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

Tradewinds
1601 N 16th St.
Superior WI 54880
715-394-2077

Missouri Gardens - Challenge Center
2347 Missouri Ave.
Superior WI 54880
715-394-2771

REM WI III Inc. 31st St.
1406 N 34th 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

REM WI III Inc. HWY 35
6179 S State Hwy 35
Superior WI 54880
715-718-2447

Wisconsin House - Encompass Health Care & Assisted Living
3625 N 20th St.
Superior WI 54880
715-392-2780

John II House - Encompass Health Care & Assisted Living
3010 E 4th St.
Superior WI 54880
715-392-2780

20th St. House - Encompass Health Care & Assisted Living
1113 N 20th St.
Superior WI 54880
715-392-2780

www.remwisconsin.com

Woodview - Challenge Center
6001 E 3rd St.
Superior WI 54880
715-394-2771

www. Remwiconsin.com
Housing: Tenant Resources

Tenant Resource Center
1202 Williamson St, Ste 102
Madison WI 53703
(877) 238-RENT (7368)
tenantresourcecenter.org

Insurance Assistance

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
125 South Webster Street
Madison, WI 53703-3474
(608) 266-3585 General
(800) 236-8517 Complaints
(Wisconsin residents only)
oci.wi.gov

Medical Assistance Douglas County Department of Health and Human Services
1316 North 14th St, Suite 400
Superior WI 54880
(715) 395-1304
Medicaid Programs including BadgerCare, Long Term Care Services, Elderly Blind 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 (over age 60)
(800) 926-4862 (under age 60)

Senior Care (prescription drug program for Seniors)
Hot Line 1-800-657-2038
For Application Contact
Senior Connections
(715) 394-3611
(800) 870-2181
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, car and other things you own are not counted.

State of Wisconsin Board on Aging and Long Term Care
Medigap Helpline
1402 Pankratz Street, 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
(608) 257-3838
(800) 723-7788 | wisbar.org
service@wisbar.org

Wisconsin Disability Benefit Specialist
Aging & Disability Resource Center
1316 N 14th Street Suite 327
Superior WI 54880
(715) 395-1234 | (866) 946-2372
adrc@douglascountywi.org

Wisconsin Free Legal Answers - American Bar Association
https://wi.freelegalanswers.org

Wisconsin Judicare
401 5th Street, Suite 200
Wausau WI 54403
(715) 842-1681 | (800) 472-1638
judicare.org

Wisconsin Legal Assistance / Benefit Specialist Program
Senior Connections
1805 North 16th Street
Superior WI 54880
(715) 394-3611
(715) 395-7533
(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

Essentia Health–Medical Equipment and Supplies
• 4418 Haines Road, Suite 1200
  Duluth MN 55811
  (218) 722-3420
  (800) 777-8390
• 407 East 4th Street
  Duluth MN 55805
  (218) 786-4970
  (800) 777-8390

Home Medical Products and Services
1419 Hill Avenue
Superior WI 54880
(715) 392-7272
Medical Equip (cont.)

North Country Independent Living / Assistive Technology Loan Closet
69 North 28th Street, Suite 28
Superior WI 54880
(715) 392-9118 V/TTY
(800) 924-1220 V/TTY
ncil@northcountryil.org
northcountryil.org

PAL Medical Systems
Superior, WI 54880
(218) 722-0227 | (800) 852-6575
palmedicalsystems.com

ProvidaCare
831 East 2nd Street
Duluth MN 55805
(218) 727-5555 | providacare.com

Senior Connections Loan Closet
1805 North 16th Street
Superior WI 54880
(715) 394-3611
Monday – Friday, 2–3 pm

Middle River Health and Rehabilitation Center
8274 East San Road
South Range WI 54874
(715)398-3523 or (715)374-2232
avantihs.com

Superior Rehabilitation Center
1800 New York Avenue
Superior WI 54880
(715) 394-5591
monarchmn.com

Twin Ports Health Services
1612 North 37 Street
Superior WI 54880
(715) 392-5144
http://twinportshs.yolocare2.com

Villa Marina Health and Rehabilitation Center
35 North 28th Street
Superior WI 54880
(715) 392-3300
avantihs.com

Nutrition: Dining Services

Congregate Meals—reservations required.

Amnicon Senior Center
Wentworth WI 54874
(715) 394-3611
Tuesday and Wednesday, 11:00 am

Gordon Town Hall
Gordon WI 54838
(715) 394-3611
Tuesday – Friday, 11:30 am

Holy Assumption Parish
5601 Tower Avenue
Superior WI 54880
(715) 394-3611
Monday – Thursday, 11:15 am

Kro Bar & Grill
Brule WI 54820
(715) 372-8424
(715) 372-8378
Tuesday – Friday, 11:00 am

Phoenix Villa
1001 Clough Avenue
Superior WI 54880
(218) 591-3553
Monday – Friday, 11:00 am
Nutrition: Home Delivered Meals

Senior Connections
1805 North 16th Street
Superior WI 54880
(715) 394-3611 | (800) 870-2181
seniorconnectionswwi.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 who are home-bound. Persons 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 $4 per meal. Please call for more information, or to join the Program.

Mom’s Meals
3210 SE Corporate Woods Dr.
Akenny IA 50021
877-508-6667
momsmeals.com

Homestyle Direct
2032 Highland Ave. E
Twin Falls ID 83301
866-735-0921
homestyledirect.com

Pet Boarding
Silverwood Pet Care
77 Moccasin Mike Rd
Superior, WI 54880
715-398-7188

Superior Animal Hospital
36 E Second St.
Superior, WI 54880
715-392-6211

Nutrition: Education

University of Wisconsin
Extension/FoodWise
Douglas County Courthouse
Room 107
1313 Belknap Street
Superior, WI 54880
(715) 395-1472

Nutrition: Food Shelves

Faith United Methodist Church
1531 Hughitt Avenue
Superior WI 54880
(715) 394-9608
Tuesday evenings, at 4–6:30 pm

Nutrition: Grocery Delivery

Groceries-to-Go
Age Well Arrowhead
218-623-7800
agewellarrowhead.org
Pharmacies

CVS
2631 Tower Ave.
Superior, WI 54880
(715) 392-0487

Essentia Health-Superior East Pharmacy
2202 E 2nd Street
Superior, WI 54880
(715) 817-7999

Essentia Health-Superior Pharmacy
3500 Tower Ave.
Superior, WI 54880
(715) 817-7880

Walmart
3705 Tower Ave.
Superior, WI 54880
(715) 395-9520

Walgreens
2015 Tower Ave.
Superior, WI 54880
(715) 392-9550

Respite Care: Adult Day Services

Benedictine Adult Day Services
935 Kenwood Avenue
Duluth MN 55811
(218) 529-5797
bhcduluth.org
benedictinehealthcenter.org
An affordable alternative to long term care and assisted living. Provides memory care, medication management, supervision, socialization and engaging activities.

Challenge Center, Inc.
39 North 25th Street East
Superior WI 54880
(715) 394-2771

Safety: Personal Emergency Response Systems

Edgewood Day Club
4195 Westburg Road
Hermantown, MN 55811
(218) 723-8905
dewoodseniorliving.com

Memory Lane of Superior / Douglas County
502 Tower Avenue
Superior, WI 54880
(715) 394-2587

Senior Connections, Inc.
Family Caregivers Support Program
1805 North 16th Street
Superior WI 54880
(715) 394-3611
seniorconnectionswi.org

Is vision loss affecting your life?

Call today to find out about

- Low Vision Aids
- Support Groups
- In-home Consultations

(218) 624-4828
www.LCFVL.org

MedicAlert
2323 Colorado Avenue
Turlock CA 95382
(888) 633-4298
medicalert.org/amb

PAL Medical Lifeline
Grand Rapids
508 Southeast 10th Street
Grand Rapids MN 55744
(218) 326-9299
palmedicalsystems.com
Superior
Superior WI 54880
715-395-2810
(800) 852-6575
palmedicalsystems.com
Safety:
Public Safety

Douglas County
Emergency Management
1316 North 14th Street
Superior WI 54880
(715) 395-1636

Douglas County Joint Law
Enforcement Center
Dial: 911 Emergency
(county wide)

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

Non-Emergency Superior
Police
(715) 395-7234
Monday – Friday
8:00 am–4:30 pm

Non-Emergency Douglas County
Sheriff’s Department
(715) 395- 1371
Monday – Friday
8:00 am–4:30 pm

Senior Centers

Amnicon Senior Center
(Services Wentworth, Poplar and rural areas)
(715) 364-2316
Tuesday and Wednesday

NWCSA Superior Douglas County
Senior Citizen Center, Inc.
1527 Tower Avenue
Superior WI 54880
(715) 394-3644
Monday – Friday
8 am–4:30 pm

Support Groups

Adult Grief Support Essentia
Health St. Mary’s Hospital
Superior
Amnicon Room Lower Level
3500 Tower Avenue
Superior WI 54880
Contact: Chaplain Mary Anne
Korsch
(715) 817-7015
1st & 3rd Thursdays Noon-1pm

Autism Support Group
Challenge Center
39 N 25th Street E
Superior WI 54880
debm@cesa12.org
Typically last Wed of month 6
pm

Cancer Support Group
Darrow Road Wesleyean Church
4020 South Darrow Road
Superior, WI 54880
(715) 399-8885
Meets 1st Tuesday of the month
at 2:00 pm

Caregiver Conversations Caregiver
Support -United Presbyterian
Church
229 N 28th Street
Superior, WI 54880
(715) 394-3611
3rd Wednesday of the month
at 1:00–2:00 pm

Circle of Hope
5204 Otsego Street
Duluth, MN 55804
(218) 464-1626
circleofhopeduluth.org

Essentia Health-St. Mary’s
Medical Center Cancer Center
407 East Third Street
Duluth MN 55805
(218) 786-3625
essentiahealth.org
Luekemia, Lymphoma, Myeloma,
support group available for people
and their families with blood or
lymphatic cancers.
St. Mary’s Medical Center
Oncology Classroom 3rd floor
6:30-8:00pm

Monthly cancer Information and
support group meets the 1st
Wednesday from 4:00pm -5:30pm
Essentia 1st Bldg. 2nd floor

Women’s breast cancer support
group meets in the Caring Ways
Cancer Resource Center first
Tuesday of every month except
January, July, & August

Head of the Lakes
Transplant Support Group
1365 White Pine Drive
Cloquet MN 55720
(218) 879-5758
holsg.org
Support Groups
(cont.)

MS Support Group
Superior Public Library
1530 Tower Ave.
Superior WI 54880
715-394-6958
2nd Tuesday of month
6:00 pm - 8:00 pm

NAMI Family Support Group
National Alliance on Mental Illness
39 N 25th Street E
Superior WI 54880
715-398-6471
nancyminahan@gmail.com
namidouglascountywi.org
First Monday of Each Month
5:30 pm - 7:00 pm

Vision Loss Support Group
Lighthouse Center for Vision Loss
4505 W. Superior Street
Duluth MN 55807
(218) 624-4828
Contact: Betsy Mistek
Meets 2nd Monday of the month
from 1:30-2:45 pm

Parkinson’s Support Group
Primrose Retirement Community
724 Maple Grove Road
Duluth MN 55811
Contact: Joan Setterlund
(218) 343-7083 or (218) 728-4986
jsetterlund@msn.com
Catharine Larsen (218) 733-9903
calarsen@chartermi.net
3rd Monday, 10:00–11:30 am
except the months of July & December

Transportation

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 over 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. The service also provides transportation to Duluth, MN for medical appointments. Rides should be scheduled 24 hours in advance to assure 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.

North Country Independent Living Voucher and Volunteer Driver Program
69 North 28th Street, Suite 28
Superior, WI 54880
(715) 392-9118 Voice TTY
(800) 924-1220 Voice TTY
ncil@northcountryil.org
northcountryil.org

Northern Access
(218) 728-5464
(800) 853-2955
northern-access.com

Pathways to Achievement, Inc.
1731 West Superior Street
Duluth MN 55806
(218) 721-4732
pathwaystoachievementinc.com

Pathways Transport
30 East Bayfield Street
Washburn WI 54891
(715) 373-2800
pathwaystransport.net

Boot + Scoot
(218) 269-7961

Heartland Transportation
(715) 949-1313

Transportation:
Driving Assessments

Essentia Polinsky Building
530 E 2nd St
Duluth MN 55805
218-786-5360

St. Lukes Lakeview Bldg
1001 E Superior St
Duluth MN 55802
218-249-6040

Transportation:
Taxi Service

Allied Taxi
(218) 722-3311

Badger Taxi
1310 North 5th Street
Superior WI 54880
(715) 394-5555 or
(218) 393-5555

Bayside Taxi
(218) 724-2424

Courtesy Cab Co.
Duluth/Superior
(218) 590-9222
7 days a week, 24 hours a day

Custom Cab LLC
(218) 341-9711

D & J Taxi
(218) 940-3651

Stride / DTA
2402 West Michigan Street
Duluth Minnesota 55806
(218) 722-3327
(218) 722-7283 DTA
Volunteer Opportunities

Foster Grandparent Program of NE MN and NW WI
1416 Cumming Avenue, Suite 2C
Superior WI 54880
(715) 394-5384
(888) 338-6492
Mon. thru Thurs. 7:30 am–4:30 pm

Northwest Wisconsin Community Service Agency
1118 Tower Avenue
Superior WI 54880
(715) 392-5127
northwest-csa.org

Retired & Senior Volunteer Program
1416 Cumming Avenue
Superior WI 54880
(715) 394-4425
ccbsuperior.org/

Superior Rehab & Nursing Center
1800 New York Avenue
Superior WI 54880
(715) 394-5591

Senior Connections
1805 North 16th Street
Superior WI 54880
(715) 394-3611 | (800) 870-2181
neniorconnectionswi.org
Opportunities include: Nutrition Program. Volunteers needed to help site managers with setup, reservations and cleanup. See “Nutrition Sites” for opportunities in your area. Office duties and staffing the Medical Equipment Loan Closet

Web Sites

AARP aarp.org
Administration on Aging aoa.gov
Alzheimer’s Association alz.org
American Cancer Society cancer.org
American Heart Association americanheart.org
Blue Cross & Blue Shield United of Wisconsin anthem.com
Coalition of Wisconsin Aging Groups cwagwisconsin.org
Handicap Accessible Products columbiamedical.com
Information on Syringomyelia syringo.org
IRS irs.gov
Mayo Health Clinic mayoclinic.com
Medical Dictionary medical-dictionary.com
Medicare medicare.gov
Medigap Helpline–State of WI longtermcare.wi.gov
North Country Independent Living northcountryil.org
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® harborcenters.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 tips)
800-362-3005
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
Insurance Commissioner
800-236-8517
IRS–Federal Taxes
800-829-1040
Judicare (legal assistance)
800-472-1638
Legislative Hotline
800-362-9472
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Medicare Fraud Hotline
Inspector General
800-447-8477

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

North Country Independent
Living 800-924-1220

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
888-234-SAGE

Social Security Offices
800-772-1213

Veterans Information
(Federal Benefits) 800-827-1000

Wisconsin Bar Association
800-728-7788

Wisconsin Lawyer Referral &
Information Service
800-362-9082

Wisconsin Parkinson Association
800-972-5455

Wisconsin Tourism Department
800-432-8747

Medicare (Part B Carrier-Wisconsin Physicians Service) 800-633-4227

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800-447-8477

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Photo on the right: Attorney Sue Blank speaks at the 2018 Caregiver Conference.
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

ADRC of Douglas County, 1316 North 14th, Street, Suite 327, Superior, WI 54880
715.395.1234 or 866.946.ADRC | douglascountywi.org/ADRC | adrc@douglascountywi.org
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When you establish care at St. Luke’s, you gain a primary care provider who gets to know your medical history, is actively engaged in your care, and helps you achieve your future.

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