



Area Resources Guidebook

Funded in part by a grant from Children's Mental Health Division of the





Cass County Health, Human & Veterans Services

Ane Rogers, Director

Introduction

The Cass County Area Resource Guide is a database of public, non-profit, and some private for profit human services available to Cass County and some surrounding counties residents. Designed and maintained by a staff of Human Service professionals, this guide contains detailed service descriptions, service access criteria, location, language, and contact information for hundreds of organizations providing human services to Cass and surrounding counties.

Please help us make this guide a more useful tool. Please contact us if:

- You can't find what you're looking for
- You believe information has changed or is incorrect
- You know of an organization warranting inclusion
- You have suggestions about how this guide could better meet your needs

Human Services Division
PO Box 519, Walker MN 56484
218-547-1340
Fax 218-547-1448

Public Health Division
PO Box 40, Walker MN 56484
218-547-1340
Fax 218-547-7232

Veterans Services Division
PO Box 1265, Walker MN 56484
218-547-1340
Fax 218-547-7252

Visit our website at <http://www.co.cass.mn.us/> to download this Resource Guide.

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ADDICTION - Alcohol & Other Drugs

Today, everyone is exposed to the temptation of trying drugs. Some people experiment for curiosity, for kicks, because of peer pressure, or to escape emotional problems. The dangers of experimenting could lead to physical illness, having chemicals become a necessary part of your life or death. First time use can result in permanent damage. Binge drinking (chugging) or mixing alcohol with drugs can be fatal. Alcohol/drugs are also addictive. Listed below are several statements. You may have a problem with alcohol or drugs if you agree with ONE of them:

- When I have problems, I drink/do drugs.
- When I am feeling bad, I drink/do drugs.
- When I am mad at others, I drink/do drugs.
- My grades are falling and my work habits are slipping because of my drinking/drug use.
- I try to drink/do drugs less, but I can't do it.
- Before I go to school or work, I drink/do drugs.
- Even when I don't intend to drink/do drugs, I do it anyway.
- Sometimes I have blackouts and can't remember.
- I lie about my drinking/drug use.
- I have gotten into trouble because of my drinking/drug use.
- I feel cool when I drink or get high.

All drugs can sometimes mask the feeling which lets us know we are alive, and prevent us from trying to work out our own problems. There are a lot of alternatives to taking drugs and there is no reason to continue being depressed and unhappy by your drug use. **HELP IS AVAILABLE.**

Crisis Line 1-800-462-5525

ADDICTION - Alcohol & Other Drugs

CHEMICAL ABUSE - RELATED SERVICES

AA Web Page.....	www.alcoholicsanonymous.com
A55.....	SS!(* &) &
(check your local paper for the most current meeting sites)	
Accredited Alcohol & Drug Treatment Center.....	800-213-7985
Alcohol and Drug Helpline.....	800-252-6465
Drug Abuse Hotline.....	800-662-4357
Cass County Rule 25 & Chemical Dependency Assessment	
Pine River	218-587-8292
Walker	218-547-1340
Cass Lake/Leech Lake Tribal Program rule 25 assessment.....	218-335-8382
Focus Unit St. Josephs Medical Center.....	218-828-7374
Hope House	
Mens.....	800-605-6047
Women's.....	218-327-9944
Journey in Recovery - CDC Counseling (Nisswa).....	218-963-3115
Leech Lake Addictions & Dependency Programs	218-335-8308/866-216-7245
Leech Lake Outpatient Program.....	218-335-8322
(substance abuse treatment services)	
Leech Lake Opioid Treatment Program.....	218-335-4514
Leech Lake Women's Services.....	218-335-3560
(family violence and women's outpatient)	
Leech Lake Youth Chemical Dependency.....	218-335-8305
Northland Recovery - Grand Rapids	
Men's.....	218-327-1105
Women's.....	218-327-1890
Youth.....	218-327-2570
Pine Manor (Nevis).....	218-732-4337
Substance abuse treatment services	
St. Joseph Hospital Focus Unit (Brainerd).....	218-829-2861
Substance abuse treatment services	
Teen Challenge	
Adult & Youth Programs.....	612-373-3366
Duluth.....	218-740-5500
Inpatient.....	612-FREEDOM
Working Together.....	218-330-8129
(A Coalition for Safe and Healthy Communities)	

ADDICTION - Eating Disorders

There is a lot of talk about being healthy these days. Maintaining the right weight for your body size and build is a healthy thing to do. Eating well-balanced meals in reasonable amounts is an excellent way to stay healthy. There are a number of resources available for information on healthy eating including your county extensions staff, your doctor, county health nurses, school nurses, etc.

Eating or not eating to feel better about yourself, or to avoid feelings, is not healthy. Misuse of food is called an eating disorder. Two common eating disorders are:

Anorexia Nervosa is an eating disorder that can cause severe weight loss, and in extreme cases, *death* from starvation. Young people with anorexia are afraid to gain weight even when they are very slender.

Bulimia is a similar eating disorder in which someone starves and then overeats and takes laxatives or vomits to lose weight. This is often done secretly and can make a person feel ashamed and guilty.

Unhealthy obsessions with weight, food, and appearance come from feelings of low selfworth, trying to hard to please others, a feeling of pressure to achieve, high expectations, loneliness, and inner sadness. A person who is suffering with an eating disorder needs to talk to someone who will care and help. **Eating disorders are a potentially life threatening illness.** Without help, eating disorders can lead to serious physical problems, feelings of anxiety, constant tiredness, and a general unhappiness throughout life. For more information concerning eating disorders and referrals call:

Eating Disorders Hotline 800-511-9225
(For primary addictions diagnosis)

Park Nicollet Melrose Institute, St. Louis Park.....952-993-6200

ADDICTION - Gambling

Gambling can be an addiction just like an addiction to alcohol or other drugs. It starts off with small bets and increases until the teen gambler is unable to stop gambling. There are danger signals to tell you that there could be a problem with gambling, Here are some questions to ask yourself:

- Do you often gamble during lunch breaks, after school or on weekends?
- Do you miss school because of gambling?
- Do you ever borrow money to gamble?
- When you start to gamble, do you often continue to play longer than you intended and lose more money than you had intended?
- Is it hard to stop gambling after you lose money?

Someone whose gambling creates problems for them or for you may be unable to see the problem. It is important to seek information about how to help them and to get help for yourself. You can get connected to people who can help with gambling addictions by calling:

Minnesota Compulsive Gambling Hotline800-437-3641

CHILD SERVICES

CHILDCARE

If you are receiving cash assistance, or have received cash assistance during the past year, contact your financial worker for information regarding programs available to help you pay for childcare.

If you are not receiving cash assistance, and have received it in the past year, contact your county social service for information regarding funding available to help you pay for your child care.

Beltrami County.....	218-333-8300
Cass County	218-547-1340
Crow Wing County.....	218-824-1140
Leech Lake Childcare Services.....	1-800-551-0969
Grants, Monitoring, Licensing Support, Technical Assistance, Childcare Assistance, Professional Development	
Hubbard County.....	218-732-1451

CHILD SUPPORT

Parenting is a huge responsibility that lasts a lifetime. If you are a parent and the child is not in your custody, you are required to pay child support until the child is 18 or out of school. You may also be required to pay for medical insurance, and portions of both medical bills and childcare.

Social Services

Adoption, child care, child support, foster care, child protection, mental health, medical and financial assistance.

Cass County.....	218-547-1340
Crow Wing County.....	218-824-1140
Todd County.....	320-732-4500/888-838-4066
Wadena County.....	218-631-7605/888-662-2737

CRISIS NURSERY

Bridges of Hope 424 S 8 th St, Brainerd MN.....	218-825-7682
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CASS COUNTY COURTHOUSE DIRECTORY

COUNTY BOARD AND GENERAL INFORMATION

County Board and Administrators Office 547-7419

Contact a County Commissioner
County Board Meeting Schedule
Job Opportunities – Openings and Applications
Chief Financial Officer

COUNTY OFFICES AT OTHER LOCATIONS

Health Human & Veterans Services 547-1340

Cass County Highway Department 547-7368

Cass County Land Department 947-3338

Historical Society and Museum 547-7251

201 Minnesota Ave West Walker, MN
Hours are seasonal

Cass County Extension 4-H 587-8280

330 Barclay Ave W Pine River, MN
Extension Regional Center – Brainerd 828-2273

Cass County Economic Development 947-7522

218 Washburn Ave East, Backus MN

Mississippi Headwaters Board 947-7524

218 Washburn Ave East Backus MN

DISTRICT COURT

District Court 547-7200

Criminal (Misdemeanor)	547-7215	Jury	547-7248
Criminal (Felony)	547-7217	Juvenile	547-7453
Criminal (Gross Misdemeanor)	547-7222	Traffic (Resets/Fines)	547-7215
Civil	547-7221	Probate	547-7223
Family	547-7413	Website/Self Help/Court Forms	

www.mncourts.gov

CASS COUNTY COURTHOUSE DIRECTORY

ENVIRONMENTAL SERVICES

Environmental Services Department (ESD) 547-7241

Building Permits Planning and Zoning
Land Use and Subdivision Ordinance
Land Use Variance Applications Platting and Land Subdivision
Sanitary Sewer System Permits
Shoreland Alteration Permits Solid Waste and Recycling Programs
Water Testing

Soil and Water Conservation District 547-7399

Natural Resource Conservation Service 547-7254

PROPERTY TAXES AND LAND RECORDS VOTER SERVICES – LICENSING – VITAL RECORDS

Assessor 547-7298

Property Valuation & Classification (Estimated Market Value) Homestead Applications

Auditor-Treasurer 547-7260

Pay Property Taxes Property Questions & Maps Purchase Plat Books
Tax Delinquency and Forfeiture Assistance
Register To Vote Absentee Ballot Applications Voting Information
Licensing of Alcohol & Tobacco sales, Mass Gatherings, Fireworks, Auctioneers
Marriage Licenses & Records Birth & Death Records & Certificates
Notary Services-Registration U.S. Passport Applications

County Recorder 547-7381

Recording of Deeds and Legal Documents
Abstract and Torrens Records Electronic Record Search Services
U.C.C. Filings

PUBLIC SAFETY

Law Enforcement Center

Non-Emergency 547-1424 All Emergencies Toll Free Dial 911
Jail Detention Center 547-2441 Sheriff's Office Toll Free 1-800-450-2677
Emergency Management 547-7437

County Attorney 547-7255

Probation 547-7212

COMMUNITY SENIOR SERVICES/ DISABLED RESOURCES

CASS COUNTY

Deaf and Hard of Hearing Services.....888-663-8329
 Retired and Senior Volunteer Program.....800-224-6451

CROW WING COUNTY

Deaf and Hard of Hearing Services.....800-456-3690
 Retired and Senior Volunteer Program.....218-824-1345

TODD/WADENA COUNTY

Deaf and Hard of Hearing Services.....800-456-7589
www.tedprogram.org
 Retired and Senior Volunteer Program.....218-385-2900

VARIOUS PROGRAMS

Access North.....800-390-3681
www.accessnorth.net
 Disability Linkage Line.....866-333-2466
 Disability Outreach.....800-544-9925
www.disabilityoutreach.com
 Disability Specialists (for social security appeals).....800-642-6393
www.disabilityspecialist.net
 ElderCare Locator.....800-677-1116
www.eldercare.gov
 First Call for Help.....800-543-7709/211
www.fcfh.org
 Independent Lifestyles.....888-529-0743
www.independentlifestyles.org
 Long Term Care Ombudsman.....800-657-3591
www.mnaging.org
 Lutheran Social Service Caregiver Respite & Support Program.....800-488-4146
 National Fraud Information Center.....202-835-3323
www.fraud.org
 Medicare Information.....800-633-4227
www.medicare.gov
 Minnesota Work Incentives Connection.....800-976-6728
 Senior Linkage Line.....800-333-2433
www.cmcoa.org

COMMUNITY SENIOR SERVICES/ DISABLED RESOURCES

VARIOUS PROGRAMS *cont.*

Social Security Office..... 800-772-1213
www.ssa.gov
State Services for the Blind..... 800-657-3779



Minnesota Department of **Human Services**

DOMESTIC ABUSE

BELTRAMI COUNTY

Northwoods Coalition for Battered Women.....218-444-1395/218-751-0211/800-588-6229
24 hr. shelter for physically or emotionally abused women
Social Services..... 218-333-8300
Child protection, counseling, medical and financial assistance

CASS COUNTY

Equay Wigamig Domestic Abuse Crisis Center.....218-679-3444/800-943-8997
Red Lake Reservation, emergency shelter for anyone
Family Safety Network.....218-547-1636/800-324-8151
24 hr. services for victims of domestic violence, confidential advocacy services,
Orders for Protection information and referral, women's support groups,
emergency transportation, accompaniment
Northwoods Coalition for Battered Women.....218-751-0211/800-588-6229
24 hr. shelter for physically or emotionally abused women
Social Services.....218-547-1340
Child protection, counseling, medical and financial assistance

CROW WING COUNTY

Advocates Against Domestic Abuse.....218-927-2327/888-276-1720
Support groups, emergency shelter for women and children, 24 hr. emergency
assistance, legal advocacy, assistance with order for protection
Grace House..... 218-251-0494
Small, few beds, sexual abuse counseling
Mid-Minnesota Women's Center218-828-1216/888-777-1248
24 hr. crisis line, emergency shelter, support and advocacy for battered women
and children
Sexual Assault Services.....218-828-0494/888-458-0494
Crisis interventions, legal, court and medical advocacy, support counseling for
survivors of sexual violence, services are free
Social Services.....218-824-1140
Child protection, counseling, medical and financial assistance

DOMESTIC ABUSE

TODD/WADENA COUNTY

- Hands of Hope (Todd County).....320-732-2319/800-682-4547
Free and confidential services to victims/survivors of sexual assault, battering or child abuse
- Social Services (Todd).....320-732-4500/888-838-4066
Child protection, counseling, medical and financial assistance
- Social Services (Wadena).....218-631-7605/888-662-2737
Child protection, counseling, medical and financial assistance
- Wadena County Crisis & Referral Program.....218-631-1127
Safe exchange of children, domestic, sexual and crime services

ALL COUNTIES

- Child Abuse Hotline/Child Help USA (all counties)..... 800-422-4453
24 hr. information and referral
- Circle of Parents..... 218-821-6429
Self-help support groups for adults, children and adolescents
- Coalition for Battered Women (all counties).....800-289-6177
Information of programs and shelters around the state of Minnesota
- Domestic Violence Crisis Line (all counties).....866-223-1111
Connects all 22 domestic shelters in Minnesota
- GLBT - KIDS (all counties).....877-452-8543
Violence and harassment advocates for gay, lesbian, bisexual and transgender, also information and referral
- Girls and Boystown Hotline (all counties).....800-448-3000
For ages 10-17, crisis and suicide phone counseling, housing and schooling for minimum of 1 year, runaways
- Headwaters Intervention/Battered Women
(Cass, Hubbard, Wadena).....218-732-7413/800-939-2199
Support and advocacy, safe homes & kid support system
- Leech Lake Family Violence Prevention
(Cass, Itasca, Hubbard).....218-335-3560/800-442-3912
Intervention program for women and children, CD program
- Mid-Minnesota Women's Center (all counties).....888-777-1248
24 hr. crisis line, emergency shelter, support and advocacy for battered women and children
- Minnesota Coalition for Battered Women (all counties).....800-289-6177
Information of programs, shelters around the state

DOMESTIC ABUSE

ALL COUNTIES *cont.*

National Domestic Violence Hotline	800-799-SAFE
Sexual Assault of Central Minnesota.....	800-237-5090
24 hr information and referral	
Sexual Assault Program 24 Hour (Cass,Beltrami,Hubbard).....	800-708-2727
Victim support and assistance	



EDUCATION

ADULT BASIC EDUCATION

Brainerd.....	218-454-5400
Cass Lake.....	218-335-8002
Grand Rapids-AEOA.....	218-327-1138
Pillager.....	218-746-2172
Pine River.....	218-587-8087
Remer/Longville.....	218-566-2351
Wadena.....	218-632-2451
Walker.....	218-547-4216

AREA LEARNING CENTERS (ALC)

Cass Lake.....	218-335-6529
Grand Rapids.....	218-327-4346
Pillager.....	218-746-2112
Pine River.....	218-587-3131
Walker.....	218-547-4377

EARLY CHILDHOOD EDUCATION

Bemidji

Bemidji Early Childhood Family Education (ECFE).....	218-333-8334
<i>Serves families and children 0-5</i>	
Bemidji Early Childhood Special Education (ECSE).....	218-333-8329
<i>Serves families and children 0-5</i>	
Childcare Resource & Referral (CCR&C).....	218-299-7026
Headstart.....	218-751-4631
Help Me Grow (formally IEICS).....	218-333-8330
<i>Early Childhood Spec Education</i>	

Cass Lake

Early Childhood Family Education.....	218-335-8205
Headstart.....	218-335-8345
Help Me Grow.....	218-751-6622

Leech Lake Band of Ojibwe

Headstart - Onigum site.....	218-547-1420
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Pillager

Early Childhood Family Education.....	218-746-2185
Headstart.....	800-332-7135
Help Me Grow.....	218-746-2189

Pine River/Backus

Early Childhood Family Education.....	218-587-8323
Help Me Grow.....	218-587-8354

EDUCATION

Remer/Longville

Early Childhood Family Education (ECFE).....218-566-2353
Headstart.....800-332-7135
Help Me Grow.....218-566-2353

Walker

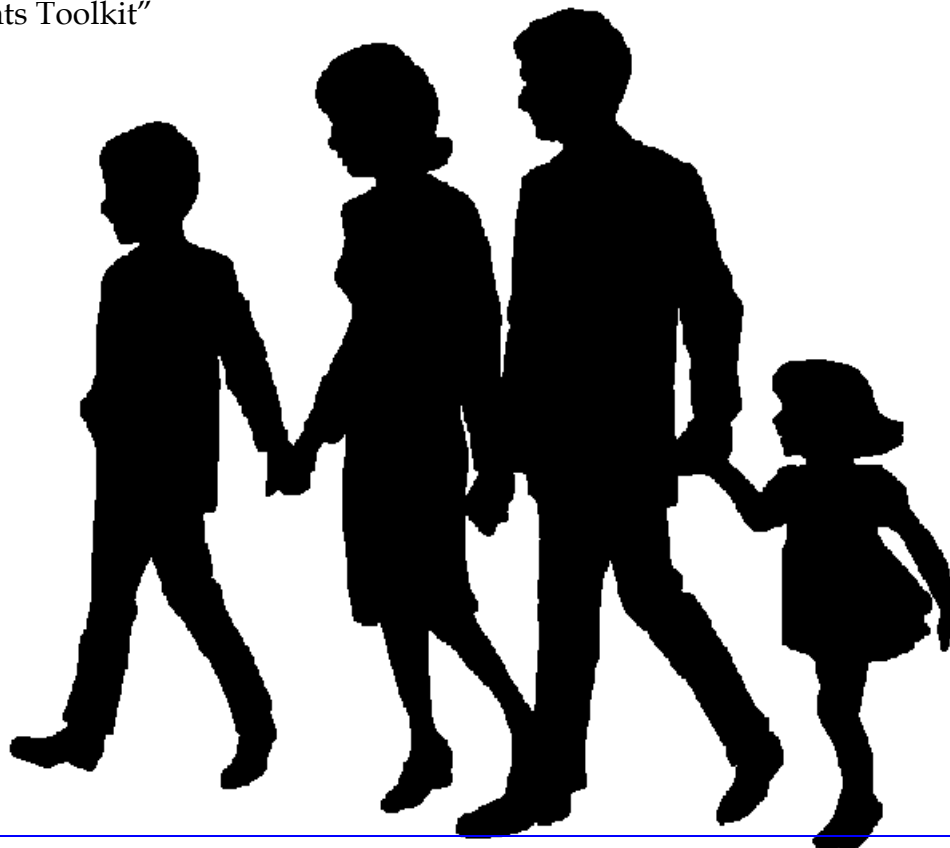
Early Childhood Family Education (ECFE)..... 218-547-4391
Headstart.....218-547-3438/800-332-7135
Help Me Grow (AKA PAWN).....218-237-6541

COMMUNITY EDUCATION

Bemidji.....218-333-3285
Brainerd.....218-454-6925/218-454-6926
Deer River.....218-246-2416
Pillager.....218-746-2172
Pine River.....218-587-2080
Remer.....218-566-2351 ext 2020
Walker.....218-547-1311

PARENTING PROGRAMS

Northland Area Family Center.....218-363-3348
"Healthy Families"
Pine River Backus Family Center.....218-587-4292
"Parents Toolkit"



EMERGENCY NUMBERS

Beltrami County

Sheriff.....	911 or 218-751-9111
Equay Wiigamig (Women Shelter) Red Lake.....	218-679-3443
North Country Regional Hospital.....	218-751-5430
Northwoods Coalition for Battered Women.....	218-444-1395/800-588-6229
Sexual Assault Program.....	218-444-9524/800-708-2727
Social Services.....	218-333-8300
Victim Assistance Program.....	218-333-8041

Cass County

Sheriff.....	911 or 218-547-1424
Family Safety Network/Walker (Abuse or Assault).....	218-547-1636
North Country Regional (Bemidji Hospital).....	218-751-5430
Northwoods Coalition/Bemidji (Abuse or Assault)	24 hr. 800-708-2727
PHS Indian Hospital.....	218-335-3200
Native American Only/Except Life or Death Sexual Assault - Bemidji.....	24 hr. 800-708-2727
Social Services.....	218-547-1340
St. Joseph's Medical Center (Brainerd Hospital).....	218-829-2861
St. Joseph's Hospital (Park Rapids Hospital).....	218-732-3311
Women's Shelter.....	218-828-1216/ 24 hr hotline 888-777-1248

Crow Wing

Sheriff.....	911 or 218-829-4749
AADA - 24 hr. Domestic Abuse.....	888-276-1720
Cuyuna Regional Medical Center.....	218-546-7000
Focus Unit - St. Joseph's Chemical Dependency.....	218-828-7374
Grace Unit - St. Joseph's Psychiatric.....	218-828-7437
Sexual Assault - Office.....	218-828-0494/888-458-0494
Social Services.....	218-824-1140
St. Joseph's Medical Center.....	218-829-2861
Women's Shelter.....	24 hr. hotline 888-777-1248/218-828-1216

Hubbard County

Sheriff.....	911 or 218-732-3331
Sexual Assault Program.....	218-444-9524/800-708-2727
Social Services.....	218-732-1451
St. Joseph's Hospital.....	218-732-3311

EMERGENCY NUMBERS

Todd County

Sheriff.....	911 or 320-732-2157
Lakewood Health System.....	218-894-1515/800-525-8344
Hands of Hope (Abuse or Assault).....	24 hr. hotline 800-682-4547/320-732-2319
Long Prairie Hospital.....	320-732-2141
St. Michael's Hospital.....	320-352-2221
Social Services - Long Prairie.....	888-838-4066/320-732-4500
Social Services - Staples.....	218-894-3983
Women's Shelter.....	24 hr hotline 888-777-1248/218-828-1216

Wadena County

Sheriff.....	911 or 218-631-7600
Lakewood Health System.....	800-525-8344/218-894-1515
Social Services.....	888-662-2737/218-631-7605
St. Joseph's Hospital - Park Rapids.....	800-566-3311/218-732-3311
Tri-County Hospital - Wadena.....	800-631-1811/218-631-3510
Wadena County Crisis Line.....	218-631-1127
Women's Shelter.....	24 hr. hotline 888-777-1248/218-828-1216

Misc. Emergency Numbers

Domestic Violence Crisis Hotline.....	866-223-1111
Connects all 22 domestic violence shelters in Minnesota	
Lakes Area Pregnancy Support Center (LAPS).....	24 hr. hotline 800-395-4357
Local Crisis Line & Referral (Brainerd).....	800-462-5525/218-828-4357
Minnesota 1 st Call for Help.....	211/800-543-7709
MN Relay Service (TDD).....	800-627-3529
National Youth Crisis Line.....	800-543-7709
Poison Control Center.....	800-222-1222

EMPLOYMENT

Bemidji

Bi-County Cap.....	218-751-4631
Youth Building 2715 15 th St NW	
Northwest Indian OIC.....	218-759-2022
Occupational Development Center.....	218-751-5538
MN Dept of Economic Security/Job Service Offices.....	800-569-4196
616 America Ave	
MN Dept of Economic Security/Rehabilitative Services.....	218-333-8205
1819 Bemidji Ave	
Rural MN CEP.....	218-333-8200
616 America Ave	

Brainerd

Experience Works, Inc.....	218-822-3060
Program for persons 55 and older	
MN Dept of Economic Security/Job Service Offices.....	218-828-2450
1919 S 6 th St	
MN Dept of Economic Security/Rehabilitative Services.....	218-828-2450
1927 S 6 th St	
Rural MN CEP.....	218-828-2450
1919 S 6 th St	

Cass Lake

Cass Lake Family Service Center.....	218-335-7837
Leech Lake NEW Program.....	866-638-7738
MN Chippewa Tribe Employment Services.....	218-335-8586/888-903-8543

Grand Rapids

AEOA Employment Resource Center.....	800-422-0312
421 SE 13 th St	
Lives in Transition/AEOA.....	218-327-6760
200 1 st Ave NW	
MN Dept of Economic Security/Job Service Offices.....	218-327-4480
410 13 th St SE	
MN Dept of Economic Security/Rehabilitative Services.....	218-327-5977
410 11 th St SE	
Occupational Development Center.....	218-326-8574
401 1 st St SE	
Small Business Development Center.....	218-327-2241
19 3 rd St NE	

EMPLOYMENT

Wadena

Experience Works.....	218-631-3483/800-450-JOBS
Job program for persons 55 and older	
MN Dept of Economic Security/Job Service Offices.....	218-631-7660
311 N Jefferson	
MN Dept of Economic Security/Rehabilitative Services.....	218-631-7664
311 N Jefferson	
Rural MN CEP.....	218-631-7660

Other

MN Department of Human Rights.....	800-657-3704
Peace Corps.....	800-424-8580
Vista.....	800-424-8867



FAMILY CENTERS

CASS LAKE.....218-335-7837
310 2ND ST SE

NORTHLAND-LONGVILLE.....218-363-3348
197 School Lane

PILLAGER (Alice)..... 218-746-4009
(Betty)..... 218-746-2185

PINE RIVER-BACKUS..... 218-587-4292
245 Barclay Ave

REMER/LONGVILLE FAMILY CENTER..... 218-363-3348

WALKER/HOWA CENTER.....218-547-4273
301 4th St (located at the high school on 2nd street door 11)



FOOD SUPPORT

FOOD SHELVES

AKELEY

First Lutheran Church (Tues 9-11)218-652-3335

BEMIDJI

Bemidji Community Food Shelf (M,W,F, 10-3:30).....218-444-6580

CASS LAKE

Cass Lake Family Center (T,W 9:30-11:30, Th 1:30-5).....218-335-7837

EMILY

Emily City Hall(3rd Wed 9:30-11 & by appt.).....218-763-3097

DEER RIVER

Goodall Resource Center (Th 10-1).....218-246-2500

GRAND RAPIDS

2nd Harvest North Central Food Bank.....218-326-4420

LONGVILLE

4837 Hwy 84.....218-363-3949

MOTLEY

Motley Food Shelf.....218-352-6344

PEQUOT LAKES

Lakes Area Food Shelf (Tues & Th 9-12).....218-568-8474

PILLAGER

Family Center (Thurs 12-3).....218-746-4009/218-746-4069

PINE RIVER

1st Lutheran Church..... 218-587-4500

REMER

Fathers Hearts and Hands (Thurs 1-3).....218-566-3683

WALKER

By MeritCare Clinic (Tues. 1-3 / 4th Tues 3:30-6)218-547-1713

FOOD SUPPORT

WIC

Women, Infant, Children Nutritional Program

Beltrami County.....	218-333-8140
Cass County.....	218-547-1340 ext. 311
Crow Wing County.....	218-824-1073
Kooch-Itasca.....	218-327-6705 ext. 2705
Leech Lake Reservation.....	218-335-8386

MEALS ON WHEELS/NUTRITION SITE

Cass Lake.....	218-335-8314/218-335-8316
Nutrition Site and Meals on Wheels	
Longville - Red Bird Cafe.....	218-363-2210
Nutrition Site and Meals on Wheels	
Pine River.....	218-587-2921
Nutrition Site and Meals on Wheels	
Walker.....	218-547-4181
Nutrition Site and Meals on Wheels	

MOTHERS AND CHILDREN (MAC)

NUTRITION ASSISTANCE PROGRAM FOR SENIORS (NAPS)

Who is MAC and NAPS for?

- Children ages 5 to 6 years old
- Postpartum mothers not served by WIC whose baby is 6 to 12 months old
- Men and women over age 60

What food does MAC and NAPS provide?

A free, nutritious, monthly supplemental package:

- Canned fruits, vegetable & juices
- Nonfat dry & canned evaporated milk, cheese
- Canned meat and peanut butter or dry beans
- Cereal & rice or pasta

Who qualifies?

Minnesota residents who meet these income guidelines

- MAC: 185% of poverty level
- NAPS: 130% of poverty level

FOOD SUPPORT

MOTHERS AND CHILDREN (MAC) NUTRITION ASSISTANCE PROGRAM FOR SENIORS (NAP)

Cass County Nutrition Education Program.....	218-547-1340
Leech Lake Reservation Food Distribution Program.....	218-335-2676
Longville Center (Northland Area Family).....	218-363-3348
Pillager Family Center (Alice).....	218-746-4009
Pine River/Backus Family Center.....	218-587-4292
Walker (Bi-Cap/Keith).....	218-547-3438



What is Angel Food?

Angel Food is a non-profit, non-denominational food program dedicated to providing monthly food assistance to 500,000 families in 35 states across America. Every month Angel Food provides boxes of high quality, cost effective food items at over half off grocery store prices. Each unit contains enough food to help feed a family of four for about one week, or a single senior for almost a month.

Angel Food is open to everyone. There are no applications or pre-qualifiers and not limited to the number of food boxes an individual or family can purchase

How do you order Angel Food?

Orders may be left at First Lutheran Church in the church office. Order forms along with checks payable to Berniece Hedquist will be accepted until the deadline date. Distribution will take place on the last Saturday of the month.

We Accept Food Stamps (EBT)

First Lutheran Church/424 S. 8th St./Brainerd, MN 56401 (218)829-9552

HEALTHCARE RESOURCES

CLINICS/HOSPITALS

BEMIDJI

Bemidji Sanford Health (formally MeritCare).....	800-942-4923
Lake Region Bone & Joint.....	800-446-0198
Lutheran Social Service.....	218-751-1305
North Country Regional Hospital.....	800-833-8979

BLACKDUCK

Sanford Clinic.....	218-835-4222
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BRAINERD

Brainerd Medical Center.....	800-677-8262
Brainerd Regional Hospital.....	218-828-2201
Lakes Area Urology.....	218-828-1418
Lakeland Psycl.....	218-828-7394
Northern Orthopedics.....	218-829-7812
Northern Pines Mental.....	218-829-3235
St. Joe's Hospital.....	888-829-2861
VA Outpatient.....	218-855-1115

CASS LAKE

Sanford Health-Cass Lake (formally MeritCare).....	218-335-2559
Cass Lake Indian Hospital.....	888-257-8067

CROSBY

Central Lakes Medical Clinic.....	800-450-8375
Cuyuna Range Hospital.....	888-487-6437

CROSS LAKE

Cross Lake Family Clinic.....	218-692-1010
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DEER RIVER

St. Mary's Duluth Clinic-Deer River.....	218-246-8275
Deer River Health Care Center.....	218-246-2900
Homestead Nursing Home.....	218-246-3007

DULUTH

St. Mary's Duluth Clinic.....	218-726-4000
St. Mary's Medical Center.....	218-727-8762
St. Luke's Hospital.....	218-726-5555

HEALTHCARE RESOURCES

CLINICS/HOSPITALS *cont.*

FARGO

Sanford Clinic (formally MeritCare).....	800-437-4010
Roger Maris Cancer.....	800-437-4010
Innovis Hospital.....	800-437-4054
VA Hospital.....	800-410-9723

GRAND RAPIDS

Grand Itasca Clinic & Hospitals.....	218-999-1000
New Spirit Women's Clinic.....	218-326-9100
Northern Pines Ortho.....	218-326-6677

LONGVILLE

Longville Lakes Clinic.....	218-363-3300
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MINNEAPOLIS

Abbott NW Hospital.....	612-863-4000
Children's Hospital.....	612-813-6100
Fraser Clinic.....	612-331-9413
<i>Children, adolescents & adult special needs</i>	
Gillete.....	800-719-4040
<i>Children's Speciality Healthcare</i>	
Minnesota Children With Special Needs.....	800-728-5420
MVNA.....	612-617-4600
North Memorial.....	763-520-5200
Sister Kenny Inst.....	612-863-4495
U of M patient info.....	612-626-6000
VA Clinic.....	612-725-1984
VA Hospital.....	612-725-2000

PARK RAPIDS

Innovis Clinic.....	218-732-2800
Erickson Clinic.....	218-732-7760
St. Joseph's Hospital.....	800-566-3311
Upper Mississippi M.H.....	218-732-7266

PEQUOT LAKES

Pequot Family Clinic.....	218-568-4416
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HEALTHCARE RESOURCES

CLINICS/HOSPITALS *cont.*

PILLAGER

Lakewood Clinic..... 218-746-4550
Pillager Family Clinic..... 218-746-4527

PINE RIVER

Pine River Family Clinic..... 218-587-4416

REMER

Remer Community Clinic..... 218-566-1441

ROCHESTER

Mayo Clinic..... 507-284-2511
Methodist Clinic..... 507-266-7890
St. Mary's Hospital..... 507-255-5123

STAPLES

Lakewood Clinic..... 800-525-1033

ST. CLOUD

St. Cloud Hospital..... 800-835-6652
VA Clinic..... 320-252-1670

WADENA

Tri County Hospital..... 218-631-3510
Wadena Clinic..... 218-631-1360

WALKER

Innovis Clinic..... 218-547-3452
Sanford Health Clinic (formally MeritCare)..... 218-547-3938

HEALTHCARE RESOURCES

DENTAL

- Dental Clinic at Central Lakes College - Brainerd**.....218-855-8272
Accepts patients including those on Medical Assistance and MN Care. They take appointments on Monday, Wednesday and Friday.
- Lakes Mobile Dental**.....877-562-7874
Available to anyone including those on Medical Assistance, MN Care, etc with limited locations including Little Falls. Please call for more information and an appointment.
- Park Rapids Dental Clinic**.....218-732-4436
- Smile Center - Deerwood**.....800-477-7645

DRUG STORES

Bemidji

- K-Mart..... 218-751-8178
Med Shoppe.....218-759-1222
Pamida.....218-751-8063
Iverson Corner Drug..... 218-751-4357
Thrifty White..... 218-751-5030

Brainerd

- Med Shoppe.....800-498-0347
Thrifty White..... 800-325-5334
Walmart.....800-962-6232

Pequot Lakes

- Pfeiffer..... 218-568-4011

Pine River

- Lakes Area Pharmacy..... 218-587-3222

HEALTHCARE RESOURCES

DRUG STORES *cont.*

Walker

Thrifty White.....	218-547-1016
Thrifty White (by clinic).....	218-547-4734

HEALTHCARE

Care Connections.....877-405-3463

www.northernconnections.org

Provides information on public & private healthcare coverage, especially for Minnesotans without health insurance & low income Minnesotans who may be eligible for public healthcare coverage

Discount Prescription Card.....800-238-2623

The discount card provides from 13 to 25% savings on the cost of prescription drugs at pharmacies which accept the card

National Organization For Rare Disorders.....800-999-NORD

NORD administers programs of last resort for certain prescription pharmaceuticals; call for specifics

PFIZER Helpful Answers.....866-706-2400

Provides prescription help to ANYONE who does not have healthcare insurance regardless of age or income. Families earning less than \$31,000 can qualify for free medicines

Prescription Drug Assistance Program.....573-996-3333

For a \$5 fee per drug request, fully refundable if a patient doesn't qualify, Free Medicine Foundation will wade through the paperwork and coordinate free drug distribution to eligible applicants through their personal physicians. More than 100 pharmaceutical companies have these free prescription programs.

HEALTHCARE RESOURCES

HEALTHCARE *cont.*

Rxconnect.....800-333-2433

Service to help people find, choose and apply for drug discount options such as; drug manufacturer patient assistance programs, Medicare approved drug discount cards, transitional assistance and other cost savings options.

Trinity Lutheran Church.....218-760-8217/218-760-2253

We take in any donated medical equipment & loan it out free of charge.

UCARE Complete/Minnesota Disability

Health Options-MNDHO.....612-676-6830

Voluntary managed care program which connects individuals who have disabilities with the services they need.

HEALTH INFORMATION

Aids MN Aids Prit..... 800-248-AIDS

Alzheimers Association..... 800-232-0851

ALS Association..... 888-672-0484

American Cancer Society..... 800-227-2345

American Red Cross..... 800-426-2164

Cass County..... 800-560-7641

Arthritis Foundation..... 800-333-1380

Asthma Center..... 800-222-5864

Diabetic Association..... 800-DIABETES

Epilepsy Association..... 800-779-0777

Family Plan STD Line..... 800-78-FACTS

Lutheran Social Service Caregiver Respite

and Support Program 800-488-4146

Mental Health Association..... 800-862-1799

Poison Center..... 800-222-1222

United Blood Services..... 800-917-4929

VD Silent Tx..... 800-227-8922

HEALTHCARE RESOURCES

PUBLIC HEALTH



Aitken County.....	Public Health <small>Prevent. Promote. Protect.</small>	218-927-2141
Beltrami County.....		218-333-8100
Cass County.....		218-547-1340
Crow Wing County.....		218-824-1080
Hubbard County.....		866-588-4552
Leech Lake.....		800-282-3389
Morrison County.....		320-632-6664
Todd County.....		320-732-4440
Wadena County.....		218-631-7632

VISION & HEARING

Listening Tapes.....	516-883-8280/888-724-6423
Services for the Blind.....	800-652-9000/218-828-2490

MENTAL HEALTH/SUPPORT GROUPS

Emotional problems aren't hopeless or incurable; a troubled person can get help. *Asking for help is a sign of strength, not a sign of weakness.* Counseling is an opportunity to discuss personal issues. Most often, people talk with a counselor to get help with a decision they are trying to make. You can explain to the counselor how you're feeling and why. In the process of explaining those feelings, you learn to understand yourself better and can make a better decision. Counselors treat these conversations as very private and confidential. Most counselors charge fees, but some will adjust their fees to what you and your family can afford to pay. Don't let anything keep you from getting the help you deserve when you need it.

BELTRAMI COUNTY

ARC Headwaters Parent Connection.....	218-759-0097/800-450-7338
<i>Serves parents of children with special needs</i>	
North Homes.....	218-751-0282
Stellher.....	218-444-2845
Planned Parenthood.....	218-751-8683
Upper Mississippi Health Center.....	218-751-3280
Wildgen, Wilimek & Associates.....	218-751-0887

CASS COUNTY

Birch Lake Counseling.....	218-675-5101
Lutheran Social Services.....	218-751-1305
<i>Many services available including counseling</i>	

CROW WING COUNTY

Brainerd Regional Human Services Center.....	218-828-2201
Bridges of Hope.....	218-825-7682/888-750-7682
<i>Works to network human service and faith community resources so hurting families and children receive help. They link available resources, access immediate mental health services and provide family support and education</i>	
Center for Personal Counseling.....	218-828-4602
<i>General counseling for adults, children and teens</i>	

MENTAL HEALTH/SUPPORT GROUPS

CROW WING COUNTY *cont.*

CORE Psychology Services.....	218-829-7140/800-350-7140
<i>Counseling for adults, children, adolescents; sexual assault issues, psychological assessments, ADHD testing</i>	
The Counseling Center.....	218-828-7379
<i>Outpatient counseling for adolescents and children affiliated with Lutheran Social Services, sliding fee</i>	
Families Anonymous.....	218-568-5668
<i>Gloria Day Lutheran Church</i>	
Families First.....	320-632-4950
<i>Catholic charities – intensive in-home counseling for family members</i>	
Grace Unit.....	218-828-7437
<i>Adolescent, adult, and geriatric acute inpatient psychiatric care</i>	
Healing Center.....	218-838-7707
<i>Hope and healing for people with physical, emotional sickness, addictions or abuse</i>	
Holistic Psychological Services.....	218-829-1063
<i>Program emphasizes health in body, spirit and relationships, for adults and children</i>	
Lakes Area Counseling.....	218-828-6274
<i>Therapy for ADHD, anxiety, depression, anger, etc</i>	
Lutheran Social Services.....	218-829-5000
<i>Many services available including counseling</i>	
Mary Kay Verkennes.....	218-963-2657
<i>Individual, couple and family counseling for depression, anxiety, sexual abuse</i>	
Minnesota Psychological Resources.....	218-568-4500
<i>Counseling for all ages</i>	
Northern Pines Mental Health Centers.....	218-829-3235/800-566-3235
<i>Broad spectrum of mental health services</i>	
Nystrom & Associates.....	218-829-9307
<i>Christian based counseling serving all ages</i>	
Planned Parenthood.....	218-829-1469/800-632-3077
Teen Survivors of Sexual Violence.....	218-828-0494

MENTAL HEALTH/SUPPORT GROUPS

HUBBARD COUNTY

Lake Country Associates.....218-366-9229

ITASCA COUNTY

North Homes Grand Rapids.....218-327-3000

TODD COUNTY

Liberty Counseling Services.....320-732-3041

Family counseling with a Christian perspective

Northern Pines Mental Health Centers.....320-732-6602

Broad spectrum of mental health services

WADENA COUNTY

Caritas Family Service/ Catholic Charities.....800-830-8254

Family counseling services

Neighborhood Counseling Center.....218-631-1714

ALL COUNTIES

ARC United.....218-759-0097

Serves any age w/cognitive/physical disability in NW Minnesota

Community Action Council.....877-275-6123

Family Planning Program

Crisis Line and Referral Service.....218-828-4515/800-462-5525

Service that helps people when they are in crisis. Serving Aitkin, Cass, Crow Wing, Morrison, Todd & Wadena

Don't Cut.....800-DON'T-CUT

People who injure self

Kinship.....877-730-5437

Nonprofit youth mentoring organization serving families in Crow Wing and southern Cass counties by providing positive role models to youth in out communities

Lutheran Social Services.....800-582-5260

Many services available including counseling

Pacer Center.....952-838-9000

*Minnesota nonprofit organization that provides services without a fee to families of children and young adults with **all** disabilities*

Yellow Ribbon Suicide Prevention Program.....800-462-5525

MONEY MANAGEMENT/LEGAL ASSISTANCE

FAMILY RESOURCE MANAGEMENT

TRUSTWORTHY EDUCATION FOR INFORMED FINANCIAL DECISIONS

Family Resource Management provides extension education on subjects such as; managing a budget, credit and debt, family business, preparation for retirement, culture and money and teaching children about money. Sound money management is important for people of all income levels and all ages.

- Financial Security in Later Life is a series of workplace trainings that employers can purchase for their employees.
- RentWise is a tenant education certificate curriculum that takes an active-learning approach and stresses tenant responsibility.
- Resource Management for Daily Life is training for professionals to provide tools for their clients' basic needs and to achieve a sense of security and financial stability.
- Youth and Money provides education for teachers that teach teens about budgeting, income, spending, credit, debt, insurance, and the time value of money.

Contact Information

Patricia Olson, Area Program, Leader
Family Resource Management
University of Minnesota Extension Service
College of Human Ecology
32 McNeal Hall, 1985 Buford Ave
St. Paul MN 55108

Phone: 612-624-1786

Fax: 612-625-6285

pdolson@umn.edu

MONEY MANAGEMENT/LEGAL ASSISTANCE

LEGAL ASSISTANCE

BEMIDJI

Northwest MN Legal Services.....218-751-9201/800-450-9201
210 6th St NW, PO Box 1883

CASS LAKE

Anishinabe Legal Services.....218-335-2223/800-422-1335
411 1st St NW, PO Box 157

GRAND RAPIDS

Legal Aid Service of NE Minnesota.....800-708-6695
104 1st Ave NW

MONEY MANAGEMENT

BI-CAP Bemidji.....218-751-4631
BI-CAP Walker..... 218-547-3438
Cass County Extension Office (4H).....218-587-8280
Consumer Credit Counseling Service.....888-577-2227
Home Savers USA/HART (Foreclosure Assistance).....800-453-2194
Northland Area Family Center (Longville).....218-363-3348
Rural MN CEP -Bemidji.....800-569-4196
Rural MN CEP - Brainerd.....2.18-828-2450/800-664-3595

SOCIAL SERVICES

CLOTHING

AKELEY

Corner Clothing Store (Akeley Community Center).....218-652-3508

BEMIDJI

Goodwill Store.....218-759-2147

Twice But Nice.....218-751-4241

BRAINERD

Goodwill Industries.....218-829-8493

Salvation Army.....218-829-1120

LAPS (Maternity and Infant clothing)218-825-0793/1-800-395-HELP

CASS LAKE

Cass Lake Family Center (Open Wednesday).....218-335-7837

GRAND RAPIDS

Goodwill Store.....218-326-6843

Salvation Army.....218-326-4847

HACKENSACK

Share and Care Clothing & Furniture.....218-675-5862

LONGVILLE

Tossed and Found.....218-363-3949

PARK RAPIDS

Bearly Used.....218-237-6114

PINE RIVER/BACKUS

Hidden Jewels Thrift Store.....218-587-4292

WADENA

Once Again.....218-632-6003

WALKER

DAC.....218-547-1121

SOCIAL SERVICES

ENERGY ASSISTANCE

Bi-County CAP

Bemidji.....
218-751-4631
Walker..... 218-547-3438/1-800-332-7135

Leech Lake Reservation..... 218-335-3704

Salvation Army (Heat Share)

Cass County.....1-800-842-7279
Grand Rapids.....218-326-4847

Rural Renewable Energy Alliance (RREAL)..... 218-587-4753

Website <http://www.rreal.org>

RREAL delivers solar heat for low-income families on energy assistance as a lasting solution to fuel poverty. RREAL's pioneering program reduces poverty and empowers families for decades with a clean, domestic energy source. **(MUST OWN YOUR HOME)**

FURNITURE

Cass County Transfer..... 218-587-3455
Habitat for Humanity..... 218-454-8517
Hackensack Transfer..... 218-675-6807
Pine River Recycling.....218-587-2425/888-910-2425

HOUSING

Beltrami County

Bemidji Management.....218-751-6881
Bi-County Cap.....218-751-4631/1-800-332-7161
Churches United..... 218-444-1380
414 Lincoln Ave SE (12pm-4pm M-F)
Evergreen House..... 218-751-8223
Habitat for Humanity (Bemidji)..... 218-751-4649
Housing & Redevelopment Authority (Bji)..... 218-444-4522
Lakes Area Habitat for Humanity (Cass, Crow Wing, Hubbard)..... 218-828-8517
Property Professionals (listing of available housing)..... 218-751-2689
Servants of Shelter (Nov - Mar)..... 218-209-2767

SOCIAL SERVICES

HOUSING

Cont.

Village of Hope (Emergency Shelter)..... 218-751-0722
(Families w/children and Single pregnant women)

Cass County

Aspen Apartments.....800-728-7911/701-293-7909
Senior Housing

Bi-County Cap.....218-547-3438/1-800-332-7135
Home improvements, weatherization, transitional housing, homeless assistance

Cass County Housing & Redevelopment Authority (Backus)..... 218-947-3993

Cass Lake Housing & Redevelopment Authority.....218-335-2674

Comstock Court Apartments.....218-246-3015

Senior Housing

Four Seasons Apartments..... 218-335-2674

Gamma Jo's House..... 218-547-2221

Senior Residential Care

DW Jones.....218-547-3307

Rental Units in Walker, Bemidji, Park Rapids, Grand Rapids & Hackensack

Heartland Apartments.....218-587-2840

Highland Apartments.....218-751-6881

Senior Housing

Housing Improvement Program (Leech Lake Reservation)..... 218-335-3785

Housing & Redevelopment Authority/Heartland Apts.....218-547-1822

Lakeview Terrace Townhomes..... 218-547-3307

Leech Lake Homeless Shelter..... 218-335-7271

Located 1 block behind the DQ in Cass Lake

Leech Lake Housing Authority.....218-335-8280

May Creek Lodge..... 218-547-4515

Assisted Living for Seniors

Mayview Manor Apartments..... 218-547-3307

Minnesota Chippewa Tribe Home Loan.....218-335-8582

New Pathways.....877-295-1897/218-454-0460

Northland Apartments.....952-935-0359

Senior Housing

Homeless Shelter for At-Risk Families from Central Minnesota

Pine River Elderly/Low Income Housing..... 218-587-4929

Riverside Villa Apartments..... 218-587-4433

Walker Housing and Redevelopment Authority.....218-547-1822

SOCIAL SERVICES

HOUSING

Cont.

Crow Wing County

Habitat for Humanity.....	218-828-8517
Housing & Redevelopment Authority (Brainerd).....	218-828-3705
Housing & Redevelopment Authority (Crosby).....	218-546-5088
USDA Farmers Home Administration.....	218-829-9273

Hubbard County

Housing & Redevelopment Authority (Detroit Lakes).....	218-732-9118
Mahube Community Action Council.....	218-732-7204

Itasca County

Grand Rapids Housing Authority.....	218-326-9515
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Wadena County

DW Jones - Blueberry Hills Apartments (Menahga).....	218-547-3307
Farmers Home Administration.....	218-631-4336

SOCIAL SECURITY

Bemidji.....	218-751-2904/1-800-772-1213
2900 Hannah Ave	

Home Line

A non profit Minnesota tenant advocacy organization

HOME Line provides free legal, organizing, education and advocacy services so that tenants throughout Minnesota can solve their own rental housing problems. We work to improve public and private policies relating to rental housing by involving affected tenants in the process. If you are a tenant in Minnesota (outside of Minneapolis and St. Paul) and you are interested IN YOUR RENTER RIGHTS, YOU CAN REACH OUR Tenant Advocates for legal advice at:

(612) 728-5767

Or call us toll-free from Greater MN at:

(866) 866-3546

On Line: www.homelinemn.org

Answers and advice on questions about:

- Evictions-Repairs-Security and damage deposits**
- Tenants right to privacy-Applications-More**

TRANSPORTATION

Faith in Action for Cass County

Physical Address:
108 3rd St S
Hackensack, MN 56452
[Senior Class Bldg](#)

Mailing Address:
PO Box 512
Hackensack, MN
56452

Phone: **866-675-5435**
Fax: **218-675-5632**

cassfia@faithinactioncass.com

Faith in Action *isn't intended to replace the help of available friends, family or neighbors; nor to replace the help you can afford to hire.* However, when these resources are not available to you, that's when Volunteers with Faith in Action step in to help.

While donations are always accepted with gratitude, there are no charges for this service. [Contact us](#) today to learn more information!



Transportation will be provided to those who meet eligibility requirements:
60 years old or better;
resident of Cass County; and must **NEED** the service and have no other transportation available to them (no one in the household that would be able to drive them, no car, or not able to drive a car due to medical reasons)

Cass County Senior Transportation Program

Serving persons 60 years of age or better who have no other transportation available to them.

YOU MUST BE REGISTERED AS A RIDER WITH THE PROGRAM TO USE THIS SERVICE

TO REGISTER AS A RIDER
Or
FOR MORE INFORMATION CONTACT:

PROGRAM COORDINATOR:

Kim Minton
Office Services Supervisor
Cass County Health, Human and Veterans Services
P.O. Box 519
Walker, MN 56484

218-547-1340 Ext. 302

VETERANS SERVICES

Veterans Services Overview

The Veterans Services Division is part of the Health, Human, and Veteran Services Department. Our goal is to provide unparalleled customer service to the veterans of Cass County, with an emphasis on individual needs and personalized benefits counseling. Our customers have paid in advance for these services and deserve only the best. An individual's right to privacy and confidentiality is always respected. We are happy to assist veterans or their dependents on a walk-in or by appointment basis and we also offer service in several [satellite locations](#) throughout the county. Please contact us for details at (218) 547-1340, or visit your local veterans service officer.



This division is responsible for providing the following services to eligible veterans and their dependents in Cass County:

1. Assisting in claims processing for veterans' benefits to the Department of Veterans Affairs. Veterans and their dependents may be entitled to the following benefits and services through federal and state programs:

Federal Benefits (US Department of Veterans Affairs)

- o [Disability compensation](#) (service-connected disabilities)
- o [Non service-connected \(NSC\) disability pension](#)
- o [Medical care and prescriptions from VA hospitals](#)
- o [Vocational rehabilitation](#)
- o [VA Home Loan Guaranty Program](#)
- o [Education benefits](#)
- o [Burial and death benefits](#)
- o [Agent Orange benefits](#)

State Benefits (Minnesota Department of Veterans Affairs)

- o [Subsistence](#) (short term disability)
- o [Dental & optical assistance](#)
- o [State veterans homes](#) (nursing home and domiciliary care)
- o [Veterans & war orphans education benefits](#)
- o [Veterans preference and MN Veterans Licensure and Certification Program](#)
- o [State veterans cemetery](#) (Little Falls, MN)

VETERAN SERVICES

2. Coordinating VA medical appointment [transportation](#) for veterans.
3. Communicating with county and local nursing homes, chemical dependency centers, medical centers, and clinics whenever veterans require assistance.
4. Disseminating updated information on veterans' benefits to county service organizations.
5. Assisting veterans in obtaining military discharge documents.

Our office also works with the [veterans service offices of other Minnesota counties](#). If you have recently moved to Cass County from another county in Minnesota, or if you are planning to move to another Minnesota county, please contact us and we will arrange to have your records moved to ensure a smooth transition of service. Check our "[What's News](#)" page to learn about the latest developments for veterans.

Contact Us

Veterans Service
Officer:

[Kathleen Ramos](#)

Program Assistant:

[Lynette Emery](#)

400 Michigan Avenue
PO Box 1265
Walker MN 56484

Phone: (218) 547-1340
Fax: (218) 547-7252





ROAD TO RECOVERY

Wednesday September 1st, 2010

For Minnesotans getting treatment for cancer, not having a car or being too sick to drive can be a huge challenge. The American Cancer Society’s “Road to Recovery” program provides volunteer drivers who donate free transportation to and from treatment appointments. Chante Thurmond of the American Cancer Society of Minnesota says this can be a real life-line.

Anyone over 18 with a driver’s license, their own car and insurance, and some extra time can volunteer as a driver. Training is provided. The need for volunteers is greatest in rural Minnesota, where the distance to treatment is often greater, says Thurmond. However, volunteer drivers are needed in all parts of the state. Prospective volunteers, and people who need help getting to their medical appointments, can call “Road to Recovery” at 1-800-227-2345.

According to the American Cancer Society, cancer related deaths in Minnesota are on the decline due to more sophisticated treatment options, and earlier diagnosis. However, Thurmond says more people undergoing treatment means an increased demand for volunteer drivers.

CUT 66133:11 “The need for cancer patients to get to and from their appointments has gotten greater over these last few years, and with the current status of our volunteers, we cannot provide all these rides to cancer patients.”

Thurmond says people of all ages are encouraged to volunteer, because many of Minnesota’s “Road to Recovery” drivers are getting older, and are starting to retire. A-C-S estimates there will be more than 23-thousand new cancer cases.