

ALL-AROUND RESOURCE

A Resource Guide for Low Wealth
and Homeless Folks

Rochester MN

**2010-2011
First Edition**

Prepared by:
Homeless Response Team
Rochester

Acknowledgements

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

If you find any errors in this book or have any creative ideas for resources, let us know!

Mary Mewhorter
Homeless Response Team

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Free Meals

The Salvation Army

20 1st Ave NE

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

Christ United Methodist Church

400 5th Ave SW

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

St. Francis Church

1114 3rd St SE

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

Food Shelves

Channel One

131 35 St SE

287-2350

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

Catch a bus to Channel One - \$2.00 one-way cost

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

The Salvation Army Channel One

20 1st Ave NE

288-3663

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

Bethel Lutheran Church

810 3 Ave SE

- Community Food Response
Monday, Wednesday & Friday
5 pm to 6:30 pm
- bring ID to get signed up

Angel Food Ministries

The menu for food varies from month to month. Orders for the food must be called in on the first two Thursdays of every month from 5 pm to 7 pm. The program accepts cash, money orders, checks & EBT cards. Cost varies from \$18 to \$35.

www.angelfoodministries.com

Contact:

Soul Harbor Christian Fellowship
4240 18th Ave NW
Phone number: 254-7258

Shelter

Dorothy Day Hospitality House

703 1st St SW

282-5172

- Dinner is served daily at 6 pm for those staying at the shelter.
- 14 day stay
- Must have a 30 day break after staying 1 thru 14 days.
- 9am to 4pm house closed

Women's Shelter

285-1010

- serves women who are experiencing domestic abuse
- school programs for children
- lodging & meals provided
- referrals to community resources

Shower Time

The Salvation Army

20 First Ave NE

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

Thrift Stores

The Salvation Army Thrift Store

201 9th St SE

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

Goodwill

239 28th St SE

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

Savers

1201 South Broadway

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

Community Clothes Line

814 11 Ave NE

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

Bethesda Upscale Resale

1556 3rd Ave SE

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

Health Care

Planned Parenthood

1212 7th St NW

288-5186

- HIV & STD testing
- men & women are served
- safe sex supplies

Olmsted County Public Health

2100 Campus Drive SE

328-7500

- HIV & STD testing
- birth control available
- pregnancy testing
- cost of service is based on income
- Olmsted County residency not needed

Migrant Health Services

1926 College View Road SE

529-0503

- Monday – Friday
- 8:00 am -11:30 am
- 1:00 pm – 4:00 pm
- call for appointment

Good Samaritan Medical Clinic

120 North Broadway
529-4100

- call to schedule appointments
- Monday & Wednesday, 4pm to 8pm
- Pediatric clinic-Tuesday & Thursday, 4pm to 8pm

Olmsted Medical Center - Clinic

210 9th St SE
288-3443

- FastCare South Clinic - Shopko
2820 S Broadway
292-7009
- FastCare North Clinic – Shopko
3708 HWY 63 North
292-7009

Mayo Clinic

200 1st St SW
284-2511

- general information line

Hospitals

Olmsted Medical Center – Hospital

1650 4th St SE
529-6600

St. Mary's Hospital

1216 2nd St SW
255-5123

Dental

Good Samaritan Dental Clinic

120 North Broadway
529-4100

- emergency dental care only

**Rochester Community & Technical
Dental Clinic**

1926 College View Road
280-3169 or 1-800-247-1296

- accepts dental insurance
- dental students provide the cleaning service
- adult cleaning - \$40
- child cleaning - \$25
- deep cleaning - \$160

Uptown Dental

2112 Viking Drive NW Suite E
206-6780

- accepts MA

- office on second floor
- not handicap assessable - no elevator

Doral Dental Service

1-800-896-2372

- identifying local dentists taking:
 1. MA
 2. UCare
 3. BluePlus

Everyday Service

The Salvation Army

20 1st Ave NE

288-3663

Brad Erath – Social Service Case Worker

- clothing
- household goods
- furniture
- referrals to other resources
- Dorothy Day Outreach
- Disaster Services
- Christmas Programs
- Prison Outreach

**Homeless Outreach – ZVMHC -
Recovery program**

29 7th St NE

Doug Dunham – 951-5824

Becky Halling – 951-3620

- serves chemically dependent homeless population
- assistance with accessing community resources
- assistance with locating housing
- harm reduction support services

Supportive Housing

**The Salvation Army Castleview
Residence**

120 North Broadway

Property Manager: Shelli Loge – 424-4180

Case Managers: Kris Reynolds – 424-4182

Nam Phan – 424-4183

- permanent supportive housing
- single adult
- homeless or in need of affordable housing
- 32 large efficiency apartments

The Salvation Army Transitional Living & Counseling Program (TLC)

20 First Ave NE

288-3663

- homeless families with children
- intensive home based services
- rent based on income
- program may last 24 months
- seven units of scattered site housing in Rochester
- six months of follow up services available

The Salvation Army Homeless Prevention & Rapid Re-housing (HPRP)

20 First Ave NE

288-3663

Tami Harker – Case Manager

Assists individuals/families during economic hard times:

- Two sided program:
 1. Prevention
 2. Rapid Re-housing
- Prevention program:
 1. must prove risk of becoming homeless
 2. must show no other resources to prevent homelessness

- Rapid Re-housing
 1. Must prove homelessness with letters from: shelters, LEC, social workers ect...
 2. must show no other resources to end homelessness

Cronin Home Inc.

Mike Frisch LADC– Executive Director

Gary Mills M.A. – Assistant Director
282-1204 or 1-888-474-7597 (toll free)

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

The Francis

Mary Mewhorter – Social Worker
17 4th St SW
328-6316 or 273-8489

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

Bridges – Housing Program

Corrine Erickson – CS Supervisor
2116 Campus Drive SE
328-6644

- must have an Olmsted County Social Worker
- must have a mental illness
- must be experiencing short or long-term homelessness

Homeless Service Team - ZVMHC

29 7th St NE

Shery Block – 272-1560

Beth Thompson – 208-6467

Chad Ellis – 951-6037

Kylene Allen – 208-6459

- serving 48 single adults in 7 counties
- must meet the definition of chronic homelessness
- locating housing is the first step
- intensive case management services
- harm reduction model services
- services are **not** time limited

Thomas House Board & Lodge- ZVMHC

Angela Peterson – Housing
Coordinator

15 6th Ave SE

535-5642 – direct line

535-5645 – main office

- Current SMI or SPMI diagnosis
- Serves homeless individuals
- No time limit for the program

Interfaith Hospitality Network of Greater Rochester

811 7th St NW

281-3122

- program provides shelter for homeless families
- 14 individuals is the total number of people served at one time
- children must be under the age of 16
- family stabilizer counseling program
- life skills training classes
 1. parenting
 2. financial management
 3. job skills

Teen/Young Adult Housing

LINK Program - Rochester Area Family Y

709 1st Ave SW

287-2260 ext 350

Office hours: M-F 9am to 6pm

Staff can be reached on cell phone at all times:

Jessica Geary – 424-2563 or cell 951-5924

Krista Wicklund – 424-2564 or cell 269-8085

- serves at-risk & homeless youth ages **16-21**
- serves both families & individuals
- rental assistance
- rental deposit
- utility assistance
- transitional housing for youth ages 18-21
- motel vouchers – when funds are available
- eviction prevention support
- independent Life Skill group

Other Housing Assistance

Intercultural Mutual Assistance Association (IMAA)

2500 Valleyhigh Dr. NW

289-5960 ext 112

- rental assistance
- mortgage assistance
- utility assistance
- many interpreters available

Family Homeless Prevention & Assistance Program

Olmsted Community Action Program

328-6341

- eviction prevention
- mortgage foreclosure prevention assistance

The Salvation Army

The Salvation Army Social Services

20 First Ave NE

Brad Erath

288-3663

- rent assistance
- rent deposit assistance
- utility assistance

Legal Services

Legal Assistance of Olmsted County (LAOC)

1136 7th St NW

287-2036

FAX – 287-2035

Southern MN Regional Legal Services (SMRLS)

903 West Center St Suite 130

292-0080

FAX – 292-0060

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

Veteran Services

Olmsted County Veterans Service Office

2100 Campus Dr SE
328-6355

- assistance with state & federal veteran benefits
- temporary & long term financial assistance

Veteran Employment Service

MN WorkForce Center
300 11th Ave NW
285- 7315

- individual employment counseling
- assistance with job search
- direct referrals for job openings
- training for disabled veterans
- assistance with converting military training to civilian credentials
- wide variety of specialized employment and training

Victim Services

Olmsted County Victim Services

Olmsted County Government Center
151 4th St SE – 3rd floor
328-7270

- **24 hour CRISIS LINE – 289-0636**
- provides support, information, options and resources to victims of sexual assault
- accompany victims to the hospital or law enforcement if they choose to report an offense
- provide advocacy and information to victims to ensure their rights are considered
- provide specialized outreach services to youth, immigrants/refugees and SE Asian community members

Education

Adult & Family Literacy Program

Hawthorne Education Center

700 4th Ave SE

328-4440

- classes are free to US citizens & permanent residents
- basic skills taught (reading, writing, math)
- English language (ESL)
- GED preparation & testing
- citizenship preparation
- high school diploma completion
- college & employment preparation

Motivation Education & Training Inc. (MET)

1130 ½ 7th St SW Suite 207

288-1210

- dedicated to the success of farm workers
- targets low-income & disadvantaged populations
- provides academic and vocational training to migrant & seasonal farm workers
- promotes economic self-sufficiency

Public Assistance

Olmsted County Emergency Housing & Utility Aid

Family Support & Assistance

Government Center 3rd floor

2117 Campus Dr SE

328-6500

- emergency **funds** are available to families with minor children & pregnant women – no funding for singles
 1. Households must show that they used 50% of their net income toward basic needs, i.e.... shelter, food & utilities during the past 60 days.
 2. Households can be eligible even if they are receiving assistance from MFIP or DWP programs.
 3. The maximum grant is 2 times the MFIP cash grant standard.
- emergency **aid** is limited to one issuance in a 12 month period
- bring verification of utility shut off gross income must be under 200% of the FPG to qualify

Types of Olmsted County Assistance

Government Center 3rd floor

151 4th St SE

328-6500

- Minnesota Family Investment Program (MFIP)
- Emergency Assistance (EA)
- food support
- energy assistance
- medical assistance
- Minnesota Supplemental Aid
- General Assistance (GA)

Employment Shop

MN WorkForce Center

300 11th Ave NW

285-7315

- “one-stop shop” for employment
- training resources
- most services are offered at no cost

**CHOICES OF SE MN – MN
Displaced Homemaker Program**

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

- low-income male or female homemaker who is abandoned, separated, divorced, or dealing with the death or disability of a spouse or partner
- assistance with pre-employment/employment
- assistance with going to college/career development
- assistance with family crisis/stabilization

Veteran Employment Service

MN WorkForce Center
300 11th Ave NW
285- 7315

- individual employment counseling
- assistance with job search
- direct referrals for job openings
- training for disabled veterans
- assistance with converting military training to civilian credentials

Day Labor & Temporary Jobs

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

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

Adecco Employment Services

5241 E. Frontage Rd Hwy 52
529-5600

- www.adeccousa.com

Doherty Staffing Solutions

724 First Ave SW
208-4600

- www.dohertystaffing.com

Express Employment Professionals

2518 North Broadway
285-1616

- www.expresspros.com/us

Global Employment Solutions

1032 15th Ave SE
292-6692

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

Adecco Employment Services
5241 E. Frontage Rd Hwy 52
529-5600

- www.adeccousa.com

Doherty Staffing Solutions
724 First Ave SW
208-4600

- www.dohertystaffing.com

Landlords - Apartments

Med City Management
272-9595

RGI Management
289-8000

Paramark Property Management
285-5082 or 288-7980

Bessler Management
Byron, MN 55920
775-2109

All Star Properties
252-9143

G-A Properties LLP
288-1376

Ken Lechner
288-6773

Real Estate Directory

289-4505

MSSI Management

281-4668

Gill Properties

288-2619

Regency Properties

280-6863

Jakobson Management

536-0000

J & L Management

282-2494

Subsidized Housing

Rochester

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

- Central Towers – 285-1118
- Fontaine Towers – 288-1128
- Northgate Plaza – 289-2022
- Park Towers – 285-9051
- Kenosha Drive – (800)466-7722
ext.219

Family &/or handicapped:

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

Handicapped only:

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

Elderly only:

- High Pointe – 282-8385

Byron

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

- Rolling Heights – (507)775-2109

Family &/or handicapped:

- Villa Grand Apartments – (507)775-2109
- Chelsa Circle Apartments – (507)775-2109

Eyota

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

- Lifestyle Management – (507)451-8524

Family &/or handicapped:

- Lifestyle Management – (507)451-8524

Pine Island

30% of gross income for cost of rent:

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

Stewartville

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

- Downtowner II –(507)533-8692

Family &/or handicapped:

- Eastside Village – (507)533-
4953

Self Direction

Alcoholics Anonymous (AA)

281-1747

- 24 hour phone

Narcotics Anonymous (NA)

281-2227

- 24 hour phone

Alcohol or Drug Use

National Help & Referral Line

1-800-252-6465

Harm Reduction Coalition

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

Salvation Army Smoking Cessation Clinic

120 North Broadway
529-4100

- cheaper way to live
- feel better

NAMI (National Alliance on Mental Illness)

287-1692

NAMI Warmline

287-7161

- Thursday, Friday, Saturday & Sunday

Victim Services - Sexual Assault Program

289-0636

- 24 hour crisis phone

Crisis Hotline

281-6248

- suicide
- depression
- detoxification

Rochester City Bus Lines

- Information – 288-4353

Information & Referral Resource for MN

- Dial: 2-1-1 or 1-800-543-7709
from cell phone
- referrals to health & human
services
- confidential, multilingual,
informational

SE Area Labor Council

11 4th St SE

- Serves 40,000 union members in
16 counties of SE MN.
- Check website for more
information
- <http://mn.aflcio.org/semnalc>

Homeless Response Team Members

Ginnie Westfall-CAP
Abby Larson-OCPHS
Joan Grosso-Dorothy Day
Jaylani Abdalla-IMAA
Connie Mielke-OCPHS
Liz Maloone-MN Southeast Area Labor Council
Corrine Erickson-OCDSS
Susan Valvoda-Swanson-Choices of SE MN
Linda Bradford-CAP
Judy Plank-OCHRA
Bill Franken-DFO Community Corrections
Jessie Stratton-OC-Child & Family Service
Mary Pat Jewison-OCPHS
Tricia Schilling-OMC
Cindy Norgard-The Salvation Army
Emily Lorenz-OMC
Marilynn Olney-Hawthorne Education Center
Krista Wickland-LINK
Sylvia Quirk-RPD
Mary Mewhorter-OCDSS
Jessica Geary-LINK
Ken Schultz-OC-Family Support/Assistance
Angela Peterson-ZVMHC
Amber Meyers
Melissa Tschann-ZVMHC
Mary Vrieze-SMRLS
Keri Lee-ZVMHC
Susan Siegle-Channel One
Sheri Block-ZVMHC
Becky Reeh-OC-Victim Service
Becky Nahvi-United Way of Olmsted County
Brad Erath-The Salvation Army
Joanne Markee-Interfaith Hospitality Network of
Greater Rochester