

# 2015 Douglas County Senior & Caregiver Guide

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- Disability Services
- Health Services
- Housing
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- Nursing Homes
- Respite Care
- Hospice
- Senior Centers
- Transportation
- and more!

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**REPORTER**<sup>®</sup>



# Enhancing Lives Through Innovative Healthcare

That's our mission at Golden LivingCenter – Superior. We strive to help you return to your active life after surgery or illness. Combining 24-hour nursing with our exclusive Golden Rehab therapy, clinical expertise and professionally-trained staff, we provide a well-rounded recovery plan to meet your specific needs. Our goal is to help you regain mobility and independence so you can enjoy an enhanced quality of life.

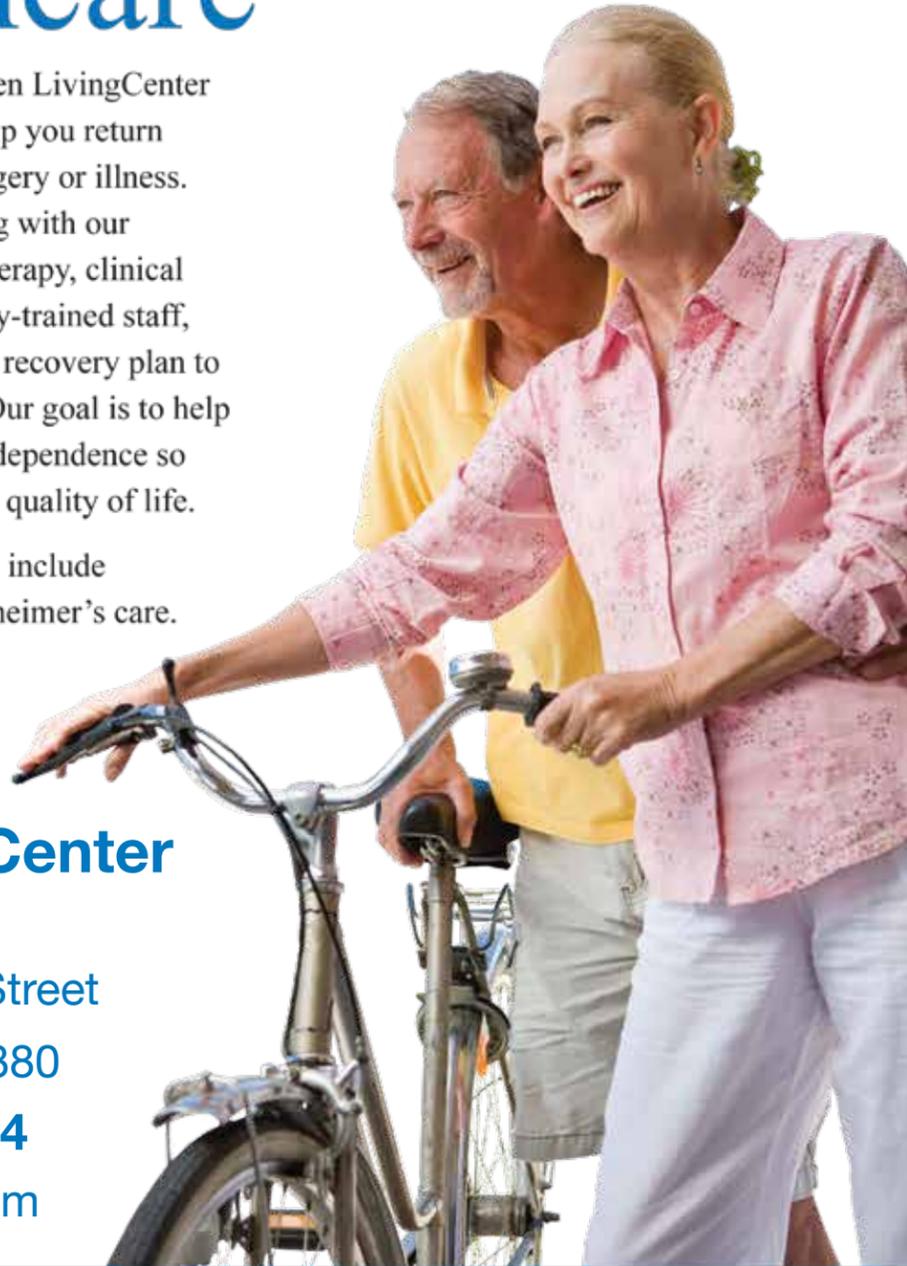
Additional services offered include outpatient therapy and Alzheimer's care.

**Golden LivingCenter**  
Superior

1612 North 37th Street  
Superior, WI 54880  
**715-392-5144**  
goldenliving.com

[www.GoldenLivingCenters.com/Superior](http://www.GoldenLivingCenters.com/Superior)

This facility welcomes all persons in need of its services and does not discriminate on the basis of age, disability, race, color, national origin, ancestry, religion, gender, sexual orientation or source of payment. GLS-06880-11-LG



## Douglas County Senior & Caregiver Guide

2015 EDITION

Information for this Guide was gathered by Senior Connections  
1805 North 16th Street  
Superior WI 54880  
(715) 394-3611  
Toll free: (800) 870-2181  
Senior Connections is solely responsible for the content of this Guide.

### The Senior REPORTER®

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## 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 & Caregiver Resource Guide for Douglas County you'll find well-organized information on all available senior services.

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

- Senior Connections  
(715) 394-3611 or (800) 870-2181
- The Senior Reporter®  
(218) 624-4949 or editor@harborcenters.org
- 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, and a public, nonprofit agency, Senior Connections. 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 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, their families and caregivers and providers of senior 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.

**Cover Photos:** Senior Connections' staff partner with volunteers from Superior Choice Credit Union and Golden Living Center, delivering holiday meals to participants.

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## Advocacy: Resources

### AARP

222 West Washington Ave.  
Suite 600  
Madison WI 53703  
(866) 448-3611 Toll Free  
wistate@aarp.org  
aarp.org/states/wi

### Aging and Disability Resource Center (ADRC) of Douglas County

1316 North 14th Street, Suite 327  
Superior WI 54880  
(715) 395-1234  
(866) 946-2372 Toll Free  
(715) 395-1663 TTY / Voice  
douglascountywi.org/adrc  
The Aging and Disability Resource Center of Douglas County serves all community members.

We answer questions about Long Term Care. The ADRC is a convenient source for help locating community supports related to aging and disabilities such as transportation, home health, respite care, advance planning and housing options. ADRC staff provides Long Term Care Functional Screens to determine eligibility for the Long Term Care Benefits of Family Care with Community Care of Central Wisconsin (CCCW) and IRIS; Include, Respect, I Self-Direct. We also assist with navigating the systems of Medicare, Medicaid, SSI and Social Security Disability. See our ad on inside back cover

### Center Against Sexual and Domestic Abuse

318 21st Avenue East  
Superior WI 54880  
(715) 392-3136  
(800) 649-2921  
info@casda.org

### The Coalition of Wisconsin Aging Groups (CWAG)

2850 Dairy Drive, Suite 100

Madison WI 53718-6751  
(800) 488-2596 Toll Free  
cwag@cwag.org  
cwag.org  
cwagwisconsin.org

### Disability Rights of Wisconsin Family Care and IRIS Ombudsman

217 W Knapp Street  
Rice Lake WI 54868  
(715) 736-1232  
(877) 338-3724 Toll Free  
(888) 758-6049 TTY  
disabilityrightswi.org

### Douglas County Elder Abuse and Adult At Risk Douglas County Health and Human Services

1316 North 14th Street, Suite 400  
Superior WI 54880  
*Helplines and Reporting:*  
(715) 395-1304 or  
(715) 395-7457  
(800) 947-6644 TTY  
*Superior Police or Douglas County Sheriff: 911*

### Elder Law Center / 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 Toll Free  
boaltc@wisconsin.gov  
dhs.wisconsin.gov/aging/medigap.htm

### North Country Independent Living

69 North 28th Street, Suite 28  
Superior WI 54880

(715) 392-9118 Voice/TTY  
(800) 924-1220 Toll Free  
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  
(608) 246-7012  
(800) 815-0015 Toll Free  
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  
editor@theseniorreporter.com  
theseniorreporter.com  
The Senior Reporter, a monthly magazine, provides journalism for seniors, caregivers and families. The Senior Reporter also is the producer of the Douglas County Senior & Caregiver Resource Guide.

### Social Security Superior Office

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

### Veterans' Service Office

1316 North 14th Street, Room 347  
Superior WI 54880  
(715) 395-1331  
douglascountywi.org

**Lighthouse of Superior – Living Life on Purpose®**

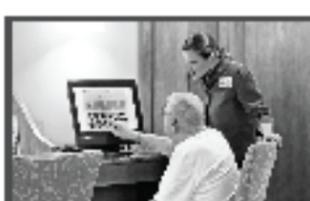


## Our 4 Pillars Support the Best Kind of Senior Living

Years of research have clearly identified four key areas where continued participation has the most impact on successful aging:



**Physical Fitness**



**Brain Fitness**



**Dining Experiences**



**Social/Spiritual Enrichment**

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1916 N. 34th Street, Superior, WI 54880 • [NPSuperiorLiving.com](http://NPSuperiorLiving.com)



**Advocacy:  
Organizations/ Support**

**Alzheimer’s Association  
Greater Wisconsin Chapter**  
1507 Tower Avenue, Suite 224  
Superior WI 54880  
(715) 392-3255  
alz.org/gwwi

**American Cancer Society  
Duluth Regional Office**  
420 East 1st Street  
Duluth, MN 55805  
(800) 227-2345 Ntl. Toll Free  
Navigator: Toby Sillanpa at  
Essentia (218) 786-8541  
cancer.org

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

**American Red Cross**  
Northland Chapter  
2524 Maple Grove Road  
Duluth MN 55811  
(218) 722-0071  
(800) 950-4275 Toll Free  
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 Toll Free  
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 Toll Free

epilepsywesternwi.org  
efww\_info@sbcglobal.net

**Multiple Sclerosis Society  
Upper Midwest Chapter**  
200 12th Avenue South  
Minneapolis MN 55415  
(800) 344-4867 Toll Free  
mssociety.org  
info@mssociety.org

**Muscular Dystrophy Association**  
7401 Metro Blvd #325  
Edina, MN 55439  
(952) 832-5517

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

**United Way of Superior–  
Douglas County**  
1507 Tower Avenue  
Suite 215  
Superior, WI 54880  
(715) 394-2733  
unitedwayofsuperior.org  
info@unitedwayofsuperior.org  
Also serving Ashland, Bayfield and  
Minong Communities.

**Advocacy:  
Support Groups**

**Adult Grief Support Group  
Essentia Health–St. Mary’s  
Hospital Superior**  
Community Room  
3500 Tower Avenue  
Superior WI 54880  
Contact: Chaplain Sara Lund  
(715) 817-7015  
2nd Wednesday, 3:30–5 pm

**Cancer Support Group**  
Darrow Road Wesleyan 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**  
Superior Public Library  
1530 Tower Avenue  
Superior, WI 54880  
(715) 394-3611  
3rd Wednesday of the month  
at 1:00–2:00 pm

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

**Essentia Health–  
St. Mary’s Medical Center**  
407 East Third Street  
Duluth MN 55805  
(218) 786-4000  
essentiahealth.org  
Leukemia, Lymphoma,  
Myeloma support group available  
for people and their families with  
blood or lymphatic cancers.  
St. Mary’s Medical Center,  
2nd Tuesday of each month,  
6:30–7:30 pm

Monthly cancer support group  
meets the 1st Thursday from  
4:00 –5:00 pm, for patients or  
their caregivers, with any kind  
of cancer.

Women’s breast cancer support  
group meets in Breast Health  
Center (1st Street bldg.)  
first Tuesday of every month  
except January & July,  
6:00–7:00 pm  
*See our ad page 14*

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

**Lighthouse Center for Vision Loss  
Low Vision Support Group**  
Superior Senior Center  
1527 Tower Avenue  
Superior, WI 54880  
(218) 624-4828  
2nd Friday of the month  
at 10:00 am–11:00 am

**Parkinson’s Support Group  
Primrose Retirement Community**  
724 Maple Grove Road  
Duluth MN 55811  
Contact: Doug or Avis  
(218) 729-9749  
3rd Monday, 10:30–noon

**Churches**

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

**Bethel Lutheran Church (ELCA)**  
5821 John Avenue  
Superior WI 54880  
(715) 392-2033  
Pastor Gary L. Garnatz  
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  
Tom Miller, Pastor  
cagsuperior.org

**Christ Lutheran Church**  
320 North 28th Street East  
Superior WI 54880  
Rev. David Schoessow, Pastor  
(715) 398-3680  
christlutheran-superior.org

**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

**Darrow Road Wesleyan Church**  
4020 South Darrow Road  
Superior WI 54880  
(715) 394-4401  
darrowroad.org  
darrowroad@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 Congregational Church**  
1827 Wyoming Avenue  
Superior, WI 54880  
(715) 394-9363  
hopechurchsuperior@hotmail.  
com



**WE PROVIDE:**

- Elder Benefit Specialist Services
- Information & Assistance
- Congregate & Home Delivered Meals
- Specialized Van Transportation
- Cargiver Support
- Disease Prevention & Health Promotion
- Outreach

1805 North 16th Street • Superior, WI 54880  
**715-394-3611**  
**(800) 870-2181**  
rhoda@seniorconnectionswi.org • www.seniorconnectionswi.org

**Mission Covenant Church**  
 5161 South County Road P  
 PO Box 198  
 Poplar, WI 54864  
 (715) 364-2738  
 info@missioncovenantchurch.org  
 missioncovenantchurch.org

**Our Redeemer's Free Lutheran Church (AFLC)**  
 2125 Missouri Avenue  
 Superior WI 54880-4622  
 (715) 39- JESUS (or 395-3787)

**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@centurytel.net  
 peacepoplar.org

**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  
 Pastor Jason Rhoads

**St. Anthony Catholic Church**  
 11648 East County Road B  
 PO Box 397  
 Lake Nebagamon WI 54849-0397  
 (715) 374-3570  
 st-anthony-church.com  
 stanthonyn@gmail.com

**St. Anthony Catholic Church**  
 4315 East 3rd Street  
 Superior WI 54880  
 (715) 398-3261  
 st-anthony-church.com  
 SASparishsecretary@gmail.com

**St. Francis Xavier Church**  
 2316 East 4th Street  
 Superior WI 54880  
 (715) 398-7174

**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

**Superior Christian and Missionary Alliance Church**  
 1604 Banks Avenue  
 Superior WI 54880  
 (715) 394-9475  
 Darrell Grant, Pastor  
 superiorcma.org

**Trinity Lutheran Church**  
 11416 East 1st Street North  
 PO Box 308  
 Lake Nebagamon WI 54849  
 (715) 374-2812  
 trinityln@centurytel.net

**United Presbyterian Church**  
 229 North 28th Street  
 Superior WI 54880  
 (715) 392-4751  
 unitedpresbyterianchurch@gmail.com or 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**  
*(also known as the Duluth Lighthouse for the Blind)*  
 4505 West Superior Street  
 Duluth MN 55807  
 (218) 624-4828  
 (800) 422-0833 Toll Free  
 lcfvl.org  
 info@lcfvl.org  
 Monday thru Friday  
 8 am–4:30 pm  
 The Lighthouse Store stocks hundreds of adaptive products. We also offer community classes, support groups & individualized instruction, which can occur at our Center or in your home or workplace. Call now to schedule a store appointment or a free assessment for training options. *See our ad on page 9*

**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/



**Products and training for vision loss**  
**Free Store Catalog**  
**Free Assessments**

**Lighthouse Center for Vision Loss**  
*also known as Duluth Lighthouse for the Blind & The Lighthouse Store*

4505 West Superior Street, Duluth  
**(218) 624-4828**  
 info@lcfvl.org / www.lcfvl.org

**Disabilities:  
 Rehabilitation Services**

**Division of Vocational Rehabilitation (DVR)**  
 1805 North 14th Street  
 Superior WI 54880  
 (715) 392-7896  
 (800) 228-2513 Toll Free  
 (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 Toll Free  
 essentiahealth.org

**Superior Vocations Center, Inc.**  
 2320 Hill Avenue  
 Superior WI 54880  
 (715) 392-6171

**Educational Opportunities**

**Douglas County Association for Home & Community Education**  
 University of WI—Extension  
 Douglas Co. Courthouse,  
 1313 Belknap Street, Room 107  
 Superior WI 54880  
 (715) 395-1363  
 Linda Bruce, HCE Advisor  
 douglas.uwex.edu

**Emeritus College**  
**The College of St. Scholastica**  
 1200 Kenwood Avenue, Box 2568  
 Duluth, MN 55811  
 (218) 723-5940  
 (800) 447-5444 Toll Free  
 smaki@css.edu  
 css.edu/emertitus.xml

**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 Toll Free  
 conted@uwsuper.edu  
 uwsuper.edu

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



**Superior Choice Credit Union** *Go places.*

Main Office	Shoreline Office	Hermantown Office
2817 Tower Ave Superior	2302 E 2nd Superior	4161 Haines Rd Hermantown
(715) 392-5616	(715) 392-5616	(218) 727-4315

www.superiorchoice.com

NCUA logo and Equal Housing Lender logo.

**Wisconsin Indianhead  
Technical College**

600 North 21st Street  
Superior WI 54880  
(715) 394-6677  
(800) 243-9482 Toll Free  
witc.edu

**Employment**

**Experience Works**

522 Service Road  
Spooner WI 54801  
(715) 635-2298  
(800) 842-4982 Toll Free  
experienceworks.org

**Superior Vocations Center, Inc.**

2320 Hill Avenue  
Superior WI 54880  
(715) 392-6171

**Family Care/  
Managed Care  
Organizations**

**Community Care**

**Connections of Wisconsin**

3712 Tower Avenue  
Superior WI 54880  
(715) 345-5968  
(877) 622-6700  
mycccw.org

**IRIS Consultant Agency**

1 South Pinckney Street  
Madison WI 53703  
(888) 515-4747  
wisconsin-iris.com

**Financial Services**

**Douglas County Food Share**

Douglas County Department of  
Health and Human Services  
(715) 395-1304

**Fuel Assistance Wisconsin  
Energy Assistance Program**

Douglas County Department of  
Health and Human Services  
(715) 395-1651 *Applications Only*

(715) 395-1304  
homeenergyplus.wi.gov

**LSS Financial Counseling**

33 North 25th Street East  
Superior WI 54880  
(715) 394-2054, Ext. 5709 or 5711  
(888) 607-6775

conquyourdebt.org  
LSS Financial Counseling  
provides comprehensive budget  
counseling, debt management,  
and other services for those  
concerned about their finances.

**Twin Ports Guardianship  
and Payee Services**

PO Box 605  
3215 Tower Avenue, Suite 10  
Superior, WI 54880  
(715) 392-3137  
(866) 271-1312

**Funeral Homes**

**Cremation Society of Wisconsin**

535 South Hillcrest Parkway  
Altoona, WI 54720  
(715) 834-6411  
(888) 317-2794  
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

**Government  
Officials**

**The Honorable Tammy Baldwin**

Milwaukee Office  
633 West Wisconsin Avenue  
Suite 1920  
Milwaukee, WI 53203  
(414) 297-4451  
From WI Only (800) 247-5645  
Washington, DC  
717 Hart Senate Office Building  
Washington, D.C. 20510  
(202) 224-9787

**The Honorable Ron Johnson**

219 Washington Avenue, Suite  
100  
Oshkosh WI 54901  
(920) 230-7250  
ronjohnson.senate.gov  
328 Hart Senate Office Bldg.  
Washington, DC 20510  
(202) 224-5323

**Governor of Wisconsin**

**The Honorable Scott Walker**

115 East State Capital  
Madison WI 53707  
(608) 266-1212  
walker.wi.gov

**Attorney General**

**J.B. Van Hollen**  
Wisconsin Dept of Justice  
17 West Main Street  
PO Box 7857  
Madison WI 53707-7857  
(608) 266-1221  
doj.state.wi.us/ag/

**The Honorable Janet Bewley**

Room 126 South, State Capitol,  
Madison, WI 53707  
(608) 266-3510

**The Honorable Sean Duffy**

1208 Longworth, HOB  
Washington, DC 20515  
(202) 225-3365  
duffy.house.gov  
Superior Office

823 Belknap, Suite 225  
Superior WI 54880  
(715) 392-3984

**The Honorable Nick Milroy**

North State Capitol, Room 11  
West  
PO Box 8953  
Madison WI 53708  
(608) 266-0640  
(888) 534-0073  
Rep.Milroy@legis.wisconsin.gov

**Douglas County Board of  
Supervisors, Douglas Finn**

1316 14th Street  
Superior WI 54880  
(715) 395-1493

**Guardianship**

**Twin Ports Guardianship  
and Payee Services**

PO Box 605  
3215 Tower Avenue, Suite 10  
Superior, WI 54880  
(715) 392-3137  
(866) 271-1312

**Superior Vocation 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  
Duluth, MN 55802  
(218) 723-8444  
cadt.org

**Duluth Detoxification Center**

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

**HDC Chemical  
Dependency Services**

1500 North 34th Street  
Superior WI 54880  
(715) 392-8216  
(715) 395-2259 (Crisis Line after  
hours and/or weekends)  
humandevelopmentcenter.org

**Superior Treatment Center**

1507 Tower Avenue, Suite 307  
Superior, WI 54880  
(715) 392-9300  
info@superiortreatmentcenter.org

**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  
Duluth MN 55805  
(218) 786-3625  
(888) 203-7267

**Essentia Health—Duluth Clinic**

400 East 3rd Street  
Duluth MN 55805  
(218) 786-8364  
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

**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 Toll Free  
northlakesclinic.org



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Home Healthcare & Special Transportation Services  
*All Under One Roof...*  
**Yours.**  
**218-721-4732**  
+ Home Healthcare +

- Medical/Nursing Certified
- Home Physical & Occupational Therapy
- Private Pay & Insurance Accepted
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- Registered Nurse On-call 24/7 including holidays
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*We have the full range of skilled & non-skilled services available for home healthcare*

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- Visits are available in day or overnight with an individual in residence and daily
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- 24-hour, Private Pay and physician and caregiver

*When needed to meet your needs - We're there*

[www.pathwaystoachievementinc.com](http://www.pathwaystoachievementinc.com)

*Serving Lake, Carlton, St. Louis & Douglas Counties - 774 S. 20th Ave. West, Ste. A, Duluth, MN 55806*

**Northland Medical Associates of Duluth, P.A.**  
1128 East First Street  
Duluth MN 55805  
(218) 726-5114  
Monday thru 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

**Twin Ports Veterans Clinic**  
3520 Tower Avenue  
Superior WI 54880  
(715) 392-9711  
Monday thru Friday  
8:00 am-4:30 pm

## Health: Eye Clinics

**Superior Eye Care**  
1325 Tower Ave  
Superior WI 54880  
(715) 394-5722

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

**Vision Pro Optical**  
2427 Tower Avenue  
Superior WI 54880  
(715) 394-7999

1719 Belknap Street  
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 North 14th Street, Suite 324  
Superior WI 54880  
(715) 395-1304  
Monday thru Friday  
8 am-4:30 pm  
Services provided:  
Immunizations for children and adults who are eligible. TB skin testing. Preventative health education and assistance with finding healthcare services. Assistance with obtaining breast and cervical cancer screenings. Communicable disease follow-up. Sexually transmitted disease testing and treatment for males. HIV/AIDS testing and counseling referral. Wide range of maternal-child services. Environmental health and safety consultations (water, indoor air, nuisance complaints.)

## Health: Home Care/Skilled Care

**ACCRA**  
1932 London Road  
Duluth MN 55812  
218.724.2800  
accracare.org  
*Please see our ad on page 23*

**Bay Area Home Health**  
35 North 28th Street  
Superior, WI 54880  
(715) 392-3991  
homecarewi.com

**The Dove**  
1416 Cummings Avenue  
Superior WI 54880  
(715) 392-3133  
(888) 395-9151 Toll Free  
*See our ad on the back cover*

**Gentiva Health Services**  
925 East Superior Street,

Suite 104  
Duluth MN 55802  
(218) 723-8999 Racheal Rhodes  
gentiva.com  
Gentiva brings clinically advanced treatment to patients right where they live. With Gentiva's help, many patients are able to shorten their hospital stay, recover more quickly and play a more active role in their own treatment. We do this through nursing, physical/occupational/speech therapies, medical social worker & home health aide services. Gentiva is Medicare certified & licensed in MN & WI.

**Interim HealthCare**  
227 West 1st Street, Ste 400  
Duluth MN 55802  
(218) 722-0053

**Pathways to Achievement, Inc.**  
1731 West Superior Street  
Duluth MN 55806  
(218) 721-4732  
pathwaystoachievementinc.com  
*See our ad on page 12*

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

## Health: Home Care/Personal Care Agencies

**Alliance Home Health and Nursing Services**  
1915 South Street  
Duluth MN 55802  
(218) 727-4009  
(218) 727-4010 fax  
alliancehcns.net

**Heartland PCA**  
1700 Mall Drive  
Duluth, MN 55811  
(218) 727-0990

**Home Instead Senior Care**  
315 East Central Entrance

Duluth MN 55811  
(218) 727-8810  
homeinstead.com/548  
*See our ad on page 14*

**Indianhead Home Health Agency**  
502 22nd Avenue East  
Superior WI 54880  
(715) 395-2266  
(866) 387-5614  
indianheadcaa.org/hhs.htm

**North Country Independent Living Personal Care Program**  
69 North 28th Street, Suite 28  
Superior WI 54880  
(715) 392-2533  
(800) 924-1220 V/TTY  
ncil@northcountryil.org or  
northcountryindependentliving.com

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

**Touching Hearts At Home**  
1827 East Superior Street  
Duluth, MN 55812  
(218) 724-474  
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

## Health: Hospitals

**Essentia Health-St. Mary's Hospital Superior**

3500 Tower Avenue  
Superior WI 54880  
(715) 817-7000  
EssentiaHealth.org  
St. Mary's Hospital Superior provides inpatient and outpatient services along with transitional care. For more information on transitional care contact Essentia Health St. Mary's Hospital Superior social services at (715) 817-7018  
*See our ad on page 16*

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

**St. Luke's Hospital**  
915 East 1st Street  
Duluth MN 55805  
(218) 249-5555  
slhduluth.com

## Health: Mental Health

**Essentia Health-Duluth**  
502 East 2nd Street  
Duluth MN 55805  
(218) 727-8762  
EssentiaHealth.org

**Human Development Center (HDC)**  
1500 North 34th Street, Suite 200  
Superior WI 54880  
(715) 392-8216  
(715) 395-2259 After hours crisis  
humandevelopmentcenter.org

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

**Lutheran Social Services (LSS)**  
33 North 25th Street East  
Superior WI 54880  
(continued on next page)



Your parents want to stay in the place they call home. We can help.

Whether you are looking for someone to help an aging parent a few hours a week or need more comprehensive assistance, Home Instead Senior Care can help.

- Meal Preparation
- Light Housekeeping
- Medication Reminders
- Companionship
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Call for a free, no-obligation appointment:  
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**Hibbing 218.262.6177**  
**Grand Rapids 218.326.5192**  
**Toll Free 1.866.427.2210**



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Serving your neighborhood  
Twin Ports and Iron Range

homeinstead.com/548

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(715) 394-4173  
 (888) 607-6775 Toll Free  
 The LSS Counseling Clinic helps clients of all ages deal with grief, depression, family or marriage issues and mental health needs. LSS also offers chemical dependency assessments/ counseling and out-patient AODA group therapy. Fees are on a sliding scale and Medical Assistance is accepted.

**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 Toll Free

**Health: Physical Therapy And 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  
*See our ad on page 16*

**Gentiva Health Services**  
 925 East Superior Street, Suite 104  
 Duluth MN 55802  
 Rehab. Dir. Ryan Sharrow, PT  
 (218) 723-8999  
 gentiva.com  
 Gentiva provides highly skilled rehabilitation services to adults in their home. Gentiva Orthopedics allows for a quicker return home following joint replacement surgery with daily & weekend therapy. Safe Strides is a comprehensive balance program aimed at identifying and treating medical conditions that put someone at risk for falling.

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

**Orthopedic & Spine Therapy of Ashland**  
 220 3rd Avenue West, Suite B  
 Ashland WI 54806  
 (715) 685-9656  
 ostashland@ostpt.com  
 ostpt.com

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

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

**The Dove**  
 1416 Cummings Avenue  
 Superior, WI 54880  
 (715) 392-3133  
 (888) 395-9151  
*See our ad on outside back cover*

**Villa Marina Health and Rehabilitation Center**  
 35 North 28th Street  
 Superior WI 54880  
 (715) 392-3300  
 avantih.com  
*See our ad on page 15*

**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

**Housing: Apartments**

**Ashland County Housing Authority**  
 Serving Douglas County  
 PO Box 349  
 124 Wilderness Drive  
 Mellen WI 54546  
 (800) 274-8311  
 ashlandhousingauthority.org  
*See our ad on page 15*

**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) 357-3334

(800) 685-9353  
 impactseven.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**  
*(continued on next page)*

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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

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 Health & Rehabilitation Center  
 A Division of Avanti Health Systems

35 NORTH 28TH ST., SUPERIOR, WI 54880 • 715-392-3300  
**WWW.AVANTIH.COM**

1100 Weeks Avenue, Suite B  
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(715) 394-2012  
(888) 276-0246 Toll Free  
ccbhousing.org  
Quality, safe and affordable  
housing with rent subsidy for  
eligible seniors and persons with  
disabilities. Locations in Superior,  
Duluth, Lake Nebagamon, Iron

River and other sites in northern  
and central Wisconsin. Visit:  
ccbsuperior.org.  
*See our ad on outside back cover*

**Charles Rasmussen Villa  
for Physically Disabled**  
5515 East Third Street  
Superior WI 54880  
Impact Seven, Inc.  
(715) 357-3334

(800) 685-9353  
impactseven.org

**Grand Central Plaza**  
1302 Weeks Avenue  
(715) 394-6601  
superiorhousing.org

**Lund Hill Estates Subsidized  
Senior/Disabled Housing**  
Clifford Lund  
914 Tower Avenue  
Superior, WI 54880  
(844) 776-0747 Toll free  
bachandgroup.com  
Regina Hill  
2415 East 5th Street  
Superior, WI 54880  
(844) 776-0747  
bachandgroup.com

**Nelson Dewey Apartments**  
611 24th Avenue East  
Superior WI 54880  
(218) 729-7570 Office/Kathy or  
Greg  
(218) 348-0703 Cell Phone

**New York Apartments  
Senior Housing  
(Superior Housing Authority)**  
1406 Tower Avenue  
Superior WI 54880  
(715) 392-6699  
superiorhousing.org  
*See our ad on page 19*

**Phoenix Villa Apartments  
Subsidized Senior Housing**  
1001 Clough Avenue and  
1100 Weeks Avenue  
Superior WI 54880  
(715) 394-2012  
(888) 276-0246  
ccbsuperior.org  
*See our ad on outside back cover*

**Phoenix Villa-Lake Nebagamon  
Subsidized Housing**  
6850 South Fitch Avenue  
Lake Nebagamon WI 54849  
(715) 394-2012  
(888) 276-0246 Toll Free

ccbhousing.org  
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**Roger Finstad Manor  
Affordable Housing for  
Elderly or Disabled**  
14479 South Antoine Circle  
Gordon WI 54838  
**Impact Seven, Inc.**  
(715) 357-3334  
(800) 685-9353 Toll Free  
impactseven.org

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

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

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

**Superior Golden Apartments  
Subsidized Senior**

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

**Superior Housing Authority  
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1219 North Eighth Street  
Superior WI 54880  
(715) 394-6601  
superiorhousing.org  
Rental assisted housing located  
throughout the City of Superior,  
including senior communities,  
public housing complexes, and  
family housing units. Limited  
accessible units available.  
*See our ad on page 19*

**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 Avenue  
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 55480  
(715) 395-2784  
andersonhammack.com

**Campbell Lumber**  
Frank Gerard  
3107 Tower Avenue  
Superior WI 54880  
(715) 394-7721  
campbelllumber.com  
We are a certified dealer for  
Aging in Place products and ideas  
that allow you to remain safely in  
your home.

## Housing: Counseling

**Housing Counseling Program**  
1416 Cumming Avenue  
Superior WI 54880  
(715) 394-6617  
(888) 831-8446 toll Free  
ccbsuperior.org/wordpress



Devoted to getting  
you back to what  
you love most

Whether you have an unexpected illness or a planned surgery,  
you may need additional care before returning home.

**TRANSITIONAL CARE** (or swing bed) at Essentia Health St. Mary's  
Hospital-Superior provides the care you need to heal, gain strength  
and get back to your independent life.

- A dedicated team of nurses, physicians, therapists, social workers, pharmacists, dietitians and chaplains to meet your rehabilitation and treatment goals
- An excellent nurse-to-patient ratio
- 24-hour emergency care
- Daily access to a full scope of rehabilitation services
- Dialysis on site
- Regular care conferences

Medicare and other insurance providers cover transitional care, in most cases.

To learn more about transitional care or to schedule a private tour,  
call St. Mary's Hospital-Superior Social Services at 715.392.7018.

EssentiaHealth.org



**Essentia Health**  
Here with you

**Ashland County Housing Authority**  
124 Wilderness Drive, Mellen, WI 54546  
**(800) 274-8311**  
ashlandcountyhousingauthority.org

**Weatherization Program**  
Serving the uppermost six counties of Wisconsin:  
Douglas, Ashland, Bayfield, Iron, Oneida, and Vilas

Size of Family	Three Month Income
1	\$6,288
2	\$8,223
3	\$10,157

**Home Rehab and  
Down Payment  
Assistance Programs**

Serving the uppermost  
four Counties of Wisconsin:  
Ashland, Bayfield,  
Douglas, and Iron

Income eligibility is based  
on 80% CMI limits

**Public  
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Three buildings located  
in Ashland County:  
Mellen, Butternut,  
and Glidden.

1 bedroom units available  
immediately for  
qualifying individuals  
Maximum Rent: \$360

## Housing: Rehabilitation Programs

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Zoning Dept  
1313 Belknap Street  
Superior, WI 54880  
(715) 395-1380  
douglascountywi.org  
Weatherization Program

**Ashland County Housing Authority**  
serving Douglas County  
PO Box 349  
124 Wilderness Drive  
Mellen WI 54546  
(800) 274-8311  
ashlandhousingauthority.org  
See our ad on page 15

**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  
rurdev.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/TTY  
ncil@northcountryil.org  
northcountryil.org

## Housing: Repairs

**Servants of Seniors (SOS)**  
4913 Tomak Road  
Duluth MN 55811  
(218) 348-1612

## 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

## Housing: Assisted Living

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

**Harmony House I & II**  
7613 & 7615 John Avenue  
Superior WI 54880  
(715) 392-7644  
(715) 392-7615  
Pamela Clark, Administrator  
Sharon Kotter, Executive Director  
See our ad on page 26

**Encompass Health Care**  
**and Assisted Living**  
1225 Tower Avenue  
Superior, WI 54880  
(715) 392-2780  
encompass-health.com

**Lighthouse of Superior**  
1915 North 34th Street  
Superior WI 54880  
(715) 399-3300  
NPSeniorLiving.com  
See our ad on page 4

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

**Pearl House**  
6128 Ogden Avenue

Superior WI 54880  
(715) 395-0988

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

## Housing: Tenant Resources

**Tenant Resource Center**  
1202 Williamson Street, Suite 102  
Madison WI 53703  
(608) 257-0006  
(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  
(608) 266-0103 Complaints  
(800) 236-8517 Toll Free  
Complaints  
(Wisconsin residents only)  
http://oci.wi.gov

**Medical Assistance Douglas**  
**County Department of Health**  
**and Human Services**  
1316 North 14th Street, Suite 400  
Superior WI 54880

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



**1 - 4 Bedroom Homes and Senior Sites**  
with Private Entrances, Patios & Storage Units.

**Visual- and hearing-impaired, as well as mobility**  
**accessible units also available.**

**24 Hour Maintenance Service.**

**Choices 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) 394-6501 or  
visit 1219 N. 8th St., Superior, WI 54880  
[www.superiorhousing.org](http://www.superiorhousing.org)

(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  
(800) 362-3002 Toll Free

**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

**Senior Connections**  
(715) 394-3611  
(800) 870-2181 Toll Free  
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

**Wisconsin Health Insurance**  
**Risk Sharing Plan**  
HIRSP Dedicated Service Center  
1751 West Broadway  
PO Box 8961  
Madison, WI 53708-8961  
(800) 828-4777 Toll Free  
hirsp.org

## Legal

**Lawyer Information**  
**and Referral Service**  
c/o Wisconsin Bar Association  
PO Box 7158  
Madison WI 53707-7158  
(800) 362-9082 Toll Free  
wisbar.org

**Wisconsin Judicare**  
401 5th Street, Suite 200  
Wausau WI 54403  
(715) 842-1681  
(800) 472-1638 Toll Free  
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 Toll Free  
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: Support

**Safe Living Technologies**  
**formerly Alpine Medical**  
(715) 234-2349  
877) 546-2349 Toll Free  
alpinemedicalalert.com or email:  
mulrich@monitoringcare.com

**Essentia Health–Medical**  
**Equipment and Supplies**  
4418 Haines Road, Suite 1200  
Duluth MN 55811  
(218) 786-5588 (Tom)  
(218) 722-3420  
(800) 777-8390 Toll Free  
407 East 4th Street  
Duluth MN 55805  
(218) 786-4970  
(800) 777-8390 Toll Free  
See our ad on page 22

**Home Medical Products and Services**

1419 Hill Avenue  
Superior WI 54880  
(715) 392-7272

**LinCare Oxygen Supplier**

(218) 723-2006

**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**

427 John Avenue  
Superior, WI 54880  
(715) 395-2810  
(800) 852-6575  
pal2@uslink.net  
PAL is your LOCAL service provider: Automated medication dispensers, Emergency response medical alert systems—standard phone line, cellular (no phone required), GPS mobile systems, and fall detection capability.  
*See our ad on page 24*

**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 thru Friday, 2–3 pm

**Nursing Homes**

**Golden LivingCenter—Superior**  
1612 North 37 Street  
Superior WI 54880  
(715) 392-5144

goldenlivingcenters.com  
*See our ad on inside front cover*

**Middle River Health and Rehabilitation Center**

8274 East San Road  
South Range WI 54874  
(715) 398-3523  
(715) 374-2232  
avantih.com

**St. Francis in the Park Health and Rehabilitation Center**

1800 New York Avenue  
Superior WI 54880  
(715) 394-5591

**Villa Marina Health and Rehabilitation Center**

35 North 28th Street  
Superior WI 54880  
(715) 392-3300  
avantih.com  
*See our ad on page 15*

**Nutrition: Community Dinners**

**All in Superior**

**1st and 5th Sunday of the month:**  
Faith United Methodist Church  
1531 Hughitt Avenue, at 4 pm  
Will deliver meal on 5th Sunday

**2nd Sunday of the month:**  
Area Lutheran Churches at Faith  
United Methodist Church at 4 pm

**3rd Sunday of the month:**  
United Presbyterian Church  
229 North 28th Street, at 4 pm

**4th Sunday of the month:**  
First Evangelical Covenant Church  
3311 Hammond Avenue, at 4 pm

**Community Sunday lunch**  
Salvation Army  
916 Hughitt, at Noon

**Nutrition: Dining Services**

**Congregate Meals—reservations required.**

**Amnicon Senior Center**  
Wentworth WI 54874  
(715) 394-3611  
Tuesday and Wednesday, 11:15 am

**Gordon Town Hall**  
Gordon WI 54838  
(715) 376-4683  
Tuesday thru Friday, 11:30 am

**Holy Assumption Parish**  
5601 Tower Avenue  
Superior WI 54880  
(715) 394-7919  
Monday thru Thursday, 11:15 am

**Kro Bar & Grill**  
Brule WI 54820  
(715) 372-8424 or (715) 372-8378  
Tuesday thru Friday, 11 am

**Phoenix Villa**  
1001 Clough Avenue  
Superior WI 54880  
(218) 591-3553  
Monday thru Friday, 11:00 am

**Senior Center**  
1527 Tower Avenue  
Superior WI 54880  
(715) 394-3611  
Monday thru Friday, 11:30 am

**Solon Springs Community Center**  
Solon Springs WI 54873  
(715) 378-4546  
Thursday and Friday, 11:15 am

**Nutrition: Education**

**Home Food Safety Dept. of Health and Human Services Division of Environmental Health**  
1316 North 14th Street, A324  
Superior WI 54880  
(715) 395-1304

**University of Wisconsin—Extension/Wisconsin Nutrition Education Program**

Douglas County Courthouse  
Room 107  
1313 Belknap Street  
Superior, WI 54880  
(715) 395-1546  
Contact: Tarah Nichols  
tarah.nichols@ces.uwex.edu

**Nutrition: Food Shelves**

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

**Gordon Area Food Shelf behind Gordon Town Hall**  
Gordon WI 54838  
(715) 376-4798  
Wednesday, 9 am–Noon

**Northwest Wisconsin Community Services Agency**  
1118 Tower Avenue  
Superior WI 54880  
(715) 392-5127  
Tuesday, Wednesday and Thursday  
1:00–3:30 pm  
northwest-csa.org

**Rural Care and Share Food Shelf**  
Peace Church  
9525 East US Highway 2  
Poplar WI 54864  
(715) 364-2593  
Third Saturday, at 9–11 am

**St. Michael Catholic Church**  
68160 South George Street  
Iron River, WI  
(715) 372-4756  
Third Saturday, 9–11 am

**Solid Rock**  
1004 North 6th Street  
Superior WI 54880  
(715) 392-6264  
Meals Monday thru Saturday  
at noon and 5 pm

**The Salvation Army**  
916 Hughitt Avenue  
Superior WI 54880  
(715) 394-7001  
Monday thru Friday  
1:00–3:00 pm  
usc.salvationarmy.org/superior

**Nutrition: Home Delivered Meals**

**Senior Connections**  
1805 North 16th Street  
Superior WI 54880  
(715) 394-3611  
(800) 870-2181 Toll Free  
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.

**Respite Care: Adult Day Services**

**Benedictine Adult Day Services**  
935 Kenwood Avenue  
Duluth MN 55811  
(218) 723--6408  
bhcduluth.org  
benedictinehealthcenter.org  
An affordable alternative to long term care and assisted living. Provides memory care, medication management, supervision, socialization and engaging activities.  
*See our ad on page 26*

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THEODORE D. SALZER  
SUZANNE M. BLANK

WILLS  
ESTATE PLANNING  
PROBATE  
GUARDIANSHIPS  
ELDER LAW  
FAMILY LAW



1225 TOWER AVE., SUITE 318  
SUPERIOR, WI 54880  
715-394-4441

**Challenge Center, Inc.**  
39 North 25th Street East  
Superior WI 54880  
(715) 394-2771  
*See our ad on the back cover*

**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

### **Safety: Emergency Response Systems**

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

### **Safety: Personal Emergency Response Systems**

**Safe Living Technologies  
formerly Alpine Medical**  
Kathy Patterson  
(715) 234-2349  
(877) 546-2349 Toll Free  
alpinemedicalalert.com or email  
mulrich@monitoringcare.com

**Essentia Health—Medical  
Equipment & Supplies**  
**Local Lifeline Program**  
4418 Haines Road, Suite 1200  
Duluth, MN 55811  
(218) 722-3420  
(800) 777-8390 Toll Free  
*See our ad on page 22*

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

**PAL Medical Lifeline**  
508 Southeast 10th Street  
Grand Rapids MN 55744  
(218) 326-9299 Grand Rapids  
427 John Ave  
Superior WI 54880  
(715) 395-2810  
pal2@uslink.net  
PAL is your LOCAL service  
provider: Automated medication  
dispensers, Emergency response  
medical alert systems—standard  
phone line, cellular (no phone  
required), GPS mobile systems,  
and fall detection capability.  
*See our ad on page 24*

### **Safety: Public Safety**

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

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

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

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

### **Senior Centers**

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

**Superior Douglas County Senior  
Citizen Center, Inc.**  
1527 Tower Avenue  
Superior WI 54880  
(715) 394-3644  
Monday thru Friday  
8 am–4:00 pm

### **Transportation**

**Senior Connections**  
1805 North 16th Street  
Superior WI 54880  
(715) 394-3611  
(800) 870-2181 Toll Free  
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.  
*(continued on next page)*

# Personalized Care to Help You Live Independently.



#### HOME HEALTH AGENCY PROVIDING:

- Skilled Nursing
- Home Health Aide
- Respite
- Homemaking
- Personal Care Assistance  
and Consumer-Directed  
Support Options
- Class A Medicare  
Certified



866-935-3515 toll free  
www.accracare.org

Duluth location ● 1932 London Road, Duluth ● 218-724-2800  
Grand Rapids location ● 104 NE 3rd Street, Suite H, Grand Rapids ● 218-212-7577



#### **Medical Equipment & Supplies**

**We have what you need  
for every stage of life.**

**Come visit us or call 800.777.8390**

**Downtown Duluth 407 East 4th St.  
Airport Duluth 4418 Haines Rd., Ste 1200  
Virginia 1001 9th Ave. North**

www.wmsmedical.com



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. Vans are wheelchair accessible. Senior Connections has a mini-bus which will accommodate seven passengers and one wheelchair. This bus will transport groups of passengers for shopping and other uses and is available to persons aged 60+ and to the disabled. Call Senior Connections at (715) 394-3611 for more information.

*See our ad on page 4*

**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.com

**Northern Access**

(218) 728-5464  
(800) 853-2955 Toll Free

**Pathways to Achievement, Inc.**

1731 West Superior Street  
Duluth MN 55806  
(218) 721-4732  
pathwaystoachievementinc.com  
*See our ad on page 12*

**Pathways Transport**

30 East Bayfield Street  
Washburn WI 54891  
(715) 373-2800

**TLC Transport**

(715) 292-9426

**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) 940-3345

**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

**Yellow Door Taxi**

(218) 428-0911

**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 Toll Free  
Monday thru Thursday  
7:30 am–4:30 pm  
jjubenville@ccbsuperior.org  
ccbsuperior.org/  
*See our ad on outside back cover*

**Northwest Wisconsin Community Service Agency**

1118 Tower Ave  
Superior WI 54880  
(715) 392-5127  
northwest-csa.org

**Retired & Senior Volunteer Program**

1416 Cumming Avenue  
Superior WI 54880  
(715) 394-4425  
ccbsuperior.org/

**St. Francis in the Park Health and Rehabilitation 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 Toll Free  
seniorconnectionswi.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.  
*See our ad page 4*

**Web Sites**

**AARP**

aarp.org

**Administration on Aging**

aoa.gov

**Age of Reason**

wiredseniors.com/  
ageofreason

**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

**Funeral Planning**

wfda.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.com

**Ombudsman–State of WI**

longtermcare.wi.gov

**Road Scholar**

roadscholar.org

**Senior Connections**

seniorconnections.wi.org

**Senior Information**

helpguide.org

**Superior Public Library**

ci.superior.wi.us

**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 Medicare

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

Medicare Fraud Hotline  
Inspector General 800-447-8477

Medicare Hotline (Health Care  
Financing Administration)  
800-633-4227

Medigap Helpline 800-242-1060

National Mental Health  
Resource Center 800-969-6642

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

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

Wisconsin Vacation & Recreation  
Information 800-432-8747

There is a way to help you maintain your independence in the home you love!



- Automated Medication Dispensers
- Emergency Medical Alert Systems (land or cellular)
- Fall Prevention Products (bed & chair alarms)
- Your Local Provider Serving All of MN & WI  
**800.852.6575 or pal2@uslink.net**

**We make living alone safer, 24 hours a day!**



Grand Rapids 218.326.9299 | Duluth 218.722.0221 | Superior 715.395.2810

*We're more than a place to live ... We're a place for living*

## Harmony Homes I & II

Elderly Residential care homes

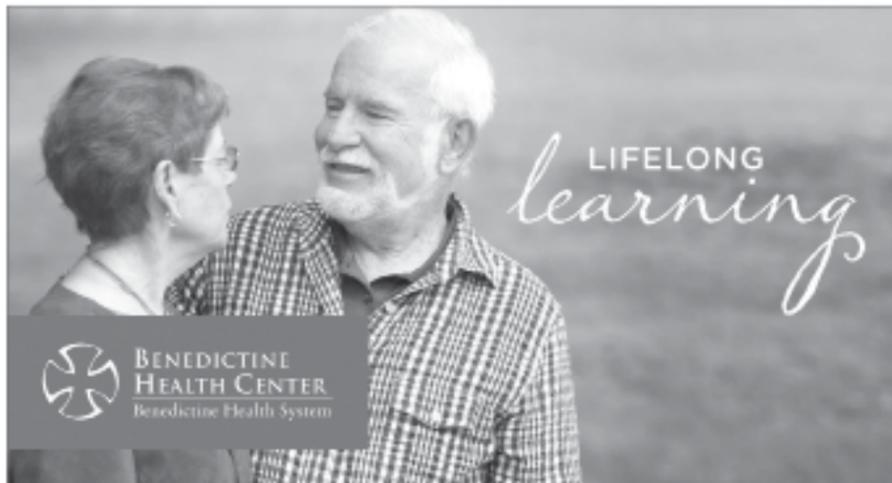
Harmony Homes offer an inviting environment just like home. We specialize in quality of life comforts. Families feel confident when placing their loved one in our care.

- |   |                                |
|---|--------------------------------|
| Locally owned and operated                    | Housekeeping and laundry       |
| State licensed                                | Handicap accessible            |
| 24 hour professional staffing                 | Private and semi-private rooms |
| RN on staff                                   | Medication administration      |
| Activities, entertainment and outings offered | Regular Pastoral visits        |
| Transportation available                      | Dementia and Memory care       |
| Complete security system                      | Home cooking                   |
|   | Family style dining            |
|   | Men & women welcome            |

*Call for more information*

7613 - 7615 John Avenue, Superior, WI 54880  
**(715) 392-7615 or (715) 392-7644**

Owners Pamela Clark & Sharon Kotter



### More than a respite for caregivers

The BHC's adult day service program provides purposeful activities designed for your loved one that are meaningful and engaging. Transportation available.

For a free half-day visit, call 218-733-2254 or visit [www.bhcduluth.org](http://www.bhcduluth.org)

Adult Day Service  
 BENEDICTINE HEALTH CENTER

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# ADRC Aging & Disability Resource Center of Douglas County

**Overwhelmed with the challenges that you or a loved one are facing? The ADRC provides information & Assistance Related to:**

- Long Term Care
- Employment
- Mental Health
- Housing
- Housekeeping
- Energy Assistance
- Personal Care
- Nutrition/Meals
- Prescription Drug Coverage
- Support Groups
- Transportation
- Elder/Adult At Risk

### Not sure where to start?

The ADRC works with you to assess level of need and eligibility for public and private services.

### Our Elder or Disability Benefit Specialists will assist with:

- Social Security
- SSI
- Disability
- Medicare/Medicaid
- Other Benefits

1316 North 14<sup>th</sup> St.  
 Superior, WI 54880

715-395-1234

1-866-946-ARDC

[douglascountywi.org/adrc](http://douglascountywi.org/adrc)

More Locations at:  
[dhs.wisconsin.gov/lc/adrc](http://dhs.wisconsin.gov/lc/adrc)



**"ADRC can connect you to wellness programs to help keep you healthy and independent"**

Prepared by Miranda Sve, UWS Student December 2012



**Catholic Charities Bureau, Inc.**  
 (715) 394-6617 • TTY (715) 394-5257

# Home Health Care

Dependable, skilled home health services, 24 hours a day or a visit once a week  
 Professionals dedicated to bring you back to an independent lifestyle.



Medicare/Medicaid Certified • Skilled Professional Nursing • Physical & Occupational Therapy • Speech Therapy • Home Health Aide & Personal Care Private Duty & Respite Care • 24-Hour Nursing



1416 Cumming Ave., Ste. 2B, Superior, WI  
 (715) 392-3133 • Toll Free (888) 395-9195

## Volunteer as a Foster Grandparent



Foster Grandparents are Seniors, 55 and older, who volunteer 15 to 40 hours per week tutoring/mentoring children in local schools, non-profit child care centers, and Head Start programs. Volunteers receive an hourly stipend, travel assistance, ongoing training, and recognition.

**To learn more about volunteer opportunities in the Duluth/Superior area call 715-394-5384**



*Quality Living, Affordable Rents*

### Phoenix Villa

- Safe, quiet, pet-friendly, smoke-free and maintenance-free apartments
- Efficiencies, 1 & 2 bedroom apartments; laundry and community areas
- Rent subsidy available for eligible seniors and persons with disabilities
- Four locations in Superior, Lake Nebagamon and Iron River
- Call **715-394-2012** or **888-276-0246** (toll free) or visit us at 1100 Weeks Ave., Superior, WI 54880 or online at [www.ccbhousing.org](http://www.ccbhousing.org)



### CHALLENGE CENTER

39 N. 25TH ST. E. • SUPERIOR WI

**715-394-2771**

### Senior Service Programs

*Serving adults with developmental disabilities or age-related special needs*

- Senior's Day Service Program offered five days per week in a social setting.
- Adult Family Homes and Community Based Residential Facilities.
- 24 hour Respite Care providing supervised options in a family-like setting.
- Independent Living Support Services.



EQUAL HOUSING OPPORTUNITY, EMPLOYMENT & SERVICES