

# Hot Meal Programs

## Loaves & Fishes

**Offered: Monday Nights**, Serving 5:00pm – 5:45pm  
 St Theodore's Catholic Church, Marian Hall  
 315 E Clark St, Albert Lea MN

## Our Daily Bread

**Offered: Mon. – Fri.** 11:30-12:30  
 Salvation Army  
 302 Court Street, Albert Lea, MN  
 507-373-5710

## Wednesday Evening Meal

**Offered: Wed's** 5:30-6:15  
 First Lutheran Church  
 301 West Clark Street Albert Lea, MN 56007  
 507-373-6424

This is an opportunity for socialization,  
 Good food, and help with the family budget.

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# Albert Lea Transit

**379-1111**

\$1.50 regular route rides  
 10:00 a.m.- 4:30 p.m.

## Dial A Ride

Call 379-1111 **24 hours in advance** to receive a ride any-  
 where in town for a charge of \$2.00 per ride



# FREEBORN COUNTY RESOURCES

**Developed by: Semcac**

2202 Steven Street – Albert Lea, MN 56007

**HOURS: 8 – 4:30 (Closed 12-1:00)**

**PH: 507 373-1329 FAX: 507 373-7266**

**Website: [www.semcac.org](http://www.semcac.org)**

1/31/11

## ADVOCACY (ABOGACIO GENERAL)

Semcac	2202 Steven St.	(8-Noon & 1-4:30)	373-1329
Arc Freeborn County	407 E. William		377-3469
	(Developmental Disabilities)	9-4 M-Th	
Crime Victim's Crisis Center	203 W. Clark		377-5460
	(24 hour line: 373-2223)		
SMRLS-Legal Services	132 N. Broadway		377-2831
SMRLS-Centralized Intake/Hotline			1-888-575-2954
Senior Advocacy (60+)	1659 W Main		373-0695
	(Serving Seniors rights & needs)		

## ALCOHOL & DRUG RELATED SERVICES (INFORMACIÓN SOBRE ALCOHOL Y DROGAS)

Fountain Centers (in/out treatment)	408 W. Fountain	377-6411
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## BUDGETING OPTIONS/IDEAS PLANIFICACIÓN FINANCIERA

County Extension	(Call for Appointment) 8-5 M-F	377-5660
Semcac/Dollar & Sense Classes	2202 Steven St.	373-1329

## CHILD CARE (CUIDADO DE NIÑOS)

The Children's Center	605 James Av.	373-7979
Child Care Case Aid (Stacy Heusinkvelden - DHS)		377-5487
County Licensing	Human Services (8-5 M-F)	377-5400
Crisis Nursery Program	w/Parenting Resources	507-437-8330 877-434-9599
Day Care Association	Info: Deb Baas	373-5466
Child Care Resource & Referral		1-800-462-1660
Parenting Resource Center	105 1 <sup>st</sup> . ST. SE Suite A, Austin MN 55912	507-437-8330
Family Y	2021 W. Main	373-8228
Montessori Children's House	1424 W Main St (7-5:45 M-F)	373-5204

**CLOTHING (ROPA)**

Mary-Go-Round Shop	106 W. Clark (10-5 M-F 10-3 Sat)	373-7911
New-To-You	123 N. Broadway (10-5 M-F 10-3 Sat)	373-0388
Salvation Army Thrift Store	416 Bridge Ave. (M-F 10-6; Sat 9-5 p.m.)	377-2504
Women’s Professional Wear	contact Sue Swanson CHOICES of SE MN	1-800-657-3716

**COUNSELING/LISTENING (CONSEJOS)**

Community Technologies & Services	2200 Steven Street	377-0170
ARMHS- Adult Rehabilitation Mental Health Services		
Children’s Therapeutic Support Services		
Cedar House	142 W Main	377-8506
Catholic Charities	308 E. Fountain	377-3664
Semcac	Call for appointment	373-1329
Crime Victim’s Crisis Center	203 W. Clark	373-2223
Dept. of Human Services	203 W. Clark	377-5400 8-5 M-F
Prevent Child Abuse Minnesota (Circle of Parents )	1117 E Main	377-7665 (info)
Freeborn County Court Services	Courthouse Bldg.	377-5137 8-5 M-F
Lutheran Social Services	326 South Broadway	373-0567
Mental Health Center	203 W. Clark	377-5440 8-5 M-F
Mental Health WarmLine (non-crisis) (after hours & weekends)	800-337-2460	
Mental Health Crisis Line		377-5499 or 877-402-3743
Behavioral Health Services		
Mayo Health System	404 Fountain	377-2384 8-5 M-F
Parenting WARMLINE	Parenting Questions	1-888-584-2204
Parent to Parent		1-888-584-2204
For parents with children with special needs		
Parenting WARMLINE	In Spanish	1-877-434-9528
Family Caregivers Network	1659 ½ W. Main	377-7433
Group Support Services Meditation		402-6936

**DISASTER SERVICES (SERVICIOS DE CRISIS)**

Red Cross	1608 W. Fountain	373-4544
Salvation Army	302 Court Street	373-5710

**AFTER-SCHOOL PROGRAMS**

Family Y	2021 W. Main St.	373-8228
Salvation Army		
Contact Lori Miles	302 Court St	373-8776
The Rock	116 W. Clark St.	373-6120
10:30-5:30 M-F		

**STATE OFFICIALS**

**GOVERNOR:** Mark Dayton – 651-296-3391 or 800-657-3717  
**ATTY. GENERAL:** Lori Swanson, 651-296-6196 or 1 800-657-3787

**Dist. 27A Rep :** Rich Murray  
 439 State Office Building  
 100 Rev. Dr. Martin Luther King Jr. Blvd  
 Saint Paul MN, 55155  
 (651)296-8216  
[Rep.rich.murray@house.mn](mailto:Rep.rich.murray@house.mn)

**Dist. 27 Rep:** Dan Sparks  
 100 Rev. Dr. Martin Luther King Jr. Blvd.  
 State Office Building, Room 19  
 St. Paul, MN 55155-1206  
 (651) 296-9248  
[Sen.Daniel.Sparks@Senate.MN](mailto:Sen.Daniel.Sparks@Senate.MN)

**U. S. OFFICIALS**

**Representative:** Tim Walz  
 1722 Longworth House Office Building  
 Washington, D.C. 20515-2301  
 (202)225-2472

**Senator’s:** Amy Klobuchar  
 302 Hart Senate Office Building  
 Washington D.C. 20510-2303  
 (202)224-3244 fax(202)228-2186  
[Senator@Klobuchar.Senate.Gov](mailto:Senator@Klobuchar.Senate.Gov)

Al Franken  
 US Senate  
 320 Hart Senate Office Bldg  
 Washington, DC 20510-2304  
 (202) 224-5641  
<http://www.franken.senate.gov>

*Semcac*  
**A Community Action Agency Serving Southeast Minnesota Since 1966**  
*Semcac assists people to achieve  
 or maintain independence and  
 self-reliance through their own  
 and community resources.*

**CONTACTING LOCAL OFFICIALS**  
(City of Albert Lea)

**MAYOR**

Vern Rasmussen Jr. 377-4330

**CITY COUNCIL MEMBERS:**

Larry Baker	377-1397	1315 Lakeview Blvd
Ellen Kehr	377-8643	1712 Plainview Lane
Reid Olson	373-2769	1110 E Richway.
Larry Anderson	377-2392	824 Jefferson
Al Brooks	373-8323	1437 Academy

**CITY MANAGER INTERIM:** Patrick McGarvey

**FREEBORN COUNTY BOARD OF COMMISSIONERS**

Fifth District		
Christopher Shoff, Fourth District	373-0980	405 Garden Rd
Dan Belshan, Second District	488-3332	RR 1, Box 192 Glnvl
Glen Mathiason, First District	874-3232	RR 2, Alden
Jim Nelson, Third District	448-3891	16270 785 <sup>th</sup> Ave A.L.

**COUNTY ADMINISTRATOR:**

John Kluever, Administrator 377-5116  
To write:  
P O Box 1147  
411 South Broadway  
Albert Lea, MN 56007

**ALBERT LEA SCHOOL BOARD**

Linda Laurie	Director	373-6627
Bill Leland	Chair person	373-8859
Jill Marin	Treasurer	377-9608
Sally Ehrhardt	Director	377-2409
Mark Ciota	Director	373-5750
Jeshua Erickson	Director	373-1289

**SUPERINTENDENT:**

Mike Funk 379-4800

Office Location: 211 W. Richway Dr,

**[www.albertlea.k12.mn.us](http://www.albertlea.k12.mn.us)**

**EDUCATION (EDUCACIÓN)**

**BROOKSIDE EDUCATION CENTER - 211 W. Richway**

District Administration Office.....	379-4800
Special Services.....	379-4820
Community Education.....	379-4834
Area Learning Center.....	379-4851

**ALBERT LEA HIGH SCHOOL**

2000 Tiger Lane 379-5340

**SOUTHWEST MIDDLE SCHOOL**

1601 W. Front 379-5240

**HALVERSON ELEMENTRY**

707 E. 10<sup>th</sup> St. 379-4900

**HAWTHORNE ELEMENTRY**

1000 E. Hawthorne 379-4960

**LAKEVIEW ELEMENTRY**

902 Abbott St. 379-5020

**SIBLEY ELEMENTRY**

1501 W. Front St. 379-5080

**FOOD SERVICE OFFICE**

1601 W. Front St. 379-5300

Community Education (ECFE) 211 W. Richway 379-4834

Early Childhood Family Education (Parent/Child activities)

- Discovery Place
- Building Blocks

Children's House (Montessori) 1424 W. Main 373-5204

**Glenville/Emmons Schools 448-3334**

ENABL P O Box 1246-A. Lea 852-4121

(Education Now & Babies Later)

Even Start 211 W. Richway 379-4867

ESL-English as Second Language 211 W. Richway 379-4834

(Community Education)

Adult Basic Education 211 W Richway 379-4834

**Alden/Conger Schools Alden, MN 56009 874-3248**

**Glenville/Emmons Schools Glenville, MN 56036 448-3623 8-4 M-F**

G E D 211 W. Richway 379-4834

(Basic Skills Classes and Information/Testing)

Freeborn County Extension Serv. 377-5660 8-5 M-F

Freeborn County Head Start 211 W. Richway 379-5160

Healthy Families 411 S. Broadway 377-5100

( Mailing address: P O Box 1147 Albert Lea)

**Hollandale Christian School 203 Central Av. So., 889-3321**

**Hollandale, 56045**

Parenting Resource Center, Inc. 301 N. Main St. 507 437-8330

Austin, MN 55912 8-5 M-F

**Riverland Community College 2200 Riverland Dr. 379-3300 8-4 M-F**

A. L. Campus

Vocational Rehabilitation, Dept. of 379-3409 or 1-800-657-3953

St. Theodore's Catholic School 323 E. Clark 373-9657

**PARENTING OF TEENS Education Providers....**

**Done as a courtesy to Extension Services**

Dept. Human Services		
Family Based Service Providers	377-5474 and	377-5473
DHS School Options		377-5440
Prevent Child Abuse Minnesota		377-7665
Freeborn County Crime Victims Crisis Center		377-5460
Healthy Youth/Community		373-3356
High School Parents of Teens Group		379-5359
Workforce Dev., Inc. Youth Counselor - Whitney Worthka		379-3409

**COMMUNITY EDUCATION**

Youth Development/Youth Services 379-5358

**GROUP SUPPORT SERVICES, INC.**

Supporting Peaceful Resolutions to Families in Crisis	
Adult/Youth Alternative Edu. Classes	402-6936

**MICHAEL H. SAIBLE**

Family Visitation & Exchange Center	434-7550
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[www.familiesandcommunities.org](http://www.familiesandcommunities.org)

E-mail : [seibelcenter@smig.net](mailto:seibelcenter@smig.net)

**EMPLOYMENT (EMPLEO)**

Express Personnel Services	1428 W. Main St.	373-2826
Experience Works 55+		800-450-5627
Bette Fulton	MN Workforce Center	379-3409
Manpower Temporary Services	2564 Bridge Ave	377-7410
	N. Bridge Mall	
Minnesota Workforce Center	1649 W. Main St.	379-3409 M-F
• Minnesota Job Service	General job info/job seeking assistance	
• Veterans Employment Services	for all veterans of military service	
• Migrant Labor Services	Job (Bi-lingual) services for migrant/seasonal farm workers	
• Rehabilitation Services	Employment counseling for persons with disabilities	
• Workforce Development, Inc.	Workforce employment & training programs	
Motivation, Education & Training	631 N. Cedar Ave.	446-1471 8-4:30
(M.E.T.)	Owatonna 55060	M-F

**UTILITIES**

**EMPRESA de SERVICIO PÚBLICO**

Dept. of Human Services	202 W. Clark	377-5400
Freeborn-Mower Cooperative Services		373-6421
SEMCAC Fuel Assistance		800-944-3281
For fuel assistance locally: Call or visit Semcac		
	2202 Steven St.	373-1329

**Fuel Assistance Program runs October through May**

<b>Alliant Energy</b> <b>1-800-255-4268</b>
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**ADDITIONAL OFFERINGS BY SEMCAC**

**! BIENVENIDOS A TODOS !**

**Asiste a una clase gratis.**

**Maneras para reducir en tu factura de energia.**

- **AHORRE ENERGIA !**
- **AHORRE DINERO !**

**Hable para mas detalles 1-507-373-1329**

**DOLLAR & SENSE FINANCIAL LITERACY CLASSES**

**Every other month classes are offered free of charge to the public. This is a 3 hour class and covers budgeting and savings plans, credit and credit reports, debt reduction, and information on identity theft.**

**Pre-registration a must . . . NO Children Are Allowed.**

**Call: 507-373-1329**

**EMERGENCY 911**

**POLICE/AMBULANCE/FIRE/SHERIFF**  
**Poison Control Center, Minnesota Regional**  
**1-800222-1222 or 1-800-POISON 1**

**SUPPORT SELF-HELP GROUPS**

**GRUPO de APOYO**

AA Groups	Call Chemical Dependency Center	377-6411
	222 East Main	
Community Education (Parenting Classes)		
	211 W. Richway Dr.	373-4834
Crime Victims Crisis Center	203 W. Clark	373-2223
Dept. Human Services	203 W. Clark	377-5400
Mayo Health Systems	404 Fountain	377-2384 (info)
Prevent Child Abuse MN (Circle of Parents)	1117 E. Main	377-7665
Recovery Now	Self-help mental health program	373-8994 (info)
Sr. Support	3 <sup>rd</sup> Thursday - Thorne Crest 3pm	373-7433 (info)

**TEEN LEISURE ACTIVITIES**

**DIVERSIONES ADOLESCENTES**

Albert Lea Art Center	224 South Broadway	373-5665
Albert Lea Park & Recreation	Information on Activities	377-4370
ARC Freeborn County	(youth with disabilities)	377-3469
Area Churches	See Yellow Pages	
Community Education		
Youth Development	211 W. Richway Dr.	379-4834
Community Mentor Connection		
Contact person: Carolyn Smith		379-3409

School Groups	Call School Administrator's office	379-4800
The Rock/YFC	116 W. Clark	373-1015
Family Y	2021 W. Main	373-8228
Salvation Army	402 South Washington	373-5710
Girl Scouts		507-288-4703
Boy Scouts		507-520-1055

**TRANSPORTATION (TRANSPORTE)**

Albert Lea Bus Company	1407 St. John	373-1467
Arc of Freeborn County	for ARC activities only	377-3469
Albert Lea Transit		
Public Bus Transportation		
Dial A Ride \$2.00 per ride		379-1111
Dept. of Human Resources	medical ride assistance	377-5400
Quality Cab	2001 E. Main St.	377-3333
Albert Lea Taxi		383-3341
	(non emergency medical transportation)	
Senior Resources (60+)	1659 W. Main	377-7433
	(Ride Services)	
R&S Transport	Wheelchair Transport	1-800-656-5080

**Rental Places**

Uhaul	2525 Bride Ave.	377-9387
Western Rental	1801 E. Main St.	377-7917
EZ Rental	209 S. St. Peter Ave	373-8026

**FAMILY SERVICES (SERVICIOS de FAMILIA)**

Community Technologies & Services	2200 Steven Street	377-0170
Group Support Services		402-6936
Semcac	2202 Steven St.	373-1329
Community Mentor Connection		383-5272
Dept. of Human Services	203 W. Clark	377-5400
Prevent Child Abuse MN	1117 E. Main	377-7665
Family Y	2021 W. Main	373-8228
Healthy Families	411 S. Broadway	377-5100
Salvation Army	302 Court	373-5710

**Multilingual Referral Lines**

Available from MN Department of Human Services:			
Cambodian (Khmer)	1-888-468-3787	Hmong	1-888-486-8377
Lao	1-888-487-8251	Russian	1-888-562-5877
Somali	1-888-547-8829	Spanish	1-888-428-3438
Vietnamese	1-888-554-8759		

**FINANCIAL ASSISTANCE -AYUDA FINANCIERA**

Semcac	2202 Steven St.	373-1329
Consumer Counseling Services		1-800-936-4054
Dept. of Human Services	203 Clark	377-5400
Salvation Army	302 Court Street	373-5710
Social Security	404 NW 2 <sup>nd</sup> St., Austin	433-1838
		1-800-772-1213

**FOOD (ALIMENTO)**

Alden Food Shelf	for info:	874-3471 or 377-3683
Located : Redeemer Lutheran Church		Tuesdays 4 - 6 pm
Family Nutrition Program	County Extension (info)	377-5660 8-5 M-F
Ecumenical Food Pantry	308 Water	373-2035
		Tue & Fri 9-noon
Food Stamps DHS	203 W. Clark	377-5400 M-F
Loaves & Fishes Hot Meal Prog.		Thurs 5 PM
	St. Theodore's Marian Hall- No reservations necessary	
Meals on Wheels	for info: Joan Schwartz	373-6031
NAPS/MAC		
	(Nutrition Program for Seniors/Mother and Children)	1-877-500-8699
Salvation Army Food Pantry	302 Court Street	373-5710
	(May use pantry 12 times per year)	12:30-4:30 M-F
Salvation Army Our Daily Bread Meal		11:30-12:30 M-F
WIC (Women, Infants & Children)		377-5100
Public Health	Courthouse	8-5 M-F

SEMCA Senior Dining	(reservations by noon on preceding day)	
Shady Oaks	373-0754 Senior Towers	373-7759
	Alden City Hall	874-3781

**HOUSING (VIVIENDA)**

Semcac	2202 Steven St.	373-1329 M-F
Home Stretch/Home Ownership Training	(Class times announced)	
facilitated by HRA	for information:	377-4375
Department of Human Services	203W. Clark	377-5400
HRA(Housing Redevelopment Authority)		
Section 8	800 4 <sup>th</sup> Ave. South	377-4375
Salvation Army (Emergency)	302 Court Street	373-5710
SEMCAC	Rushford, MN 55971	864-7515
Habitat Humanity	Adrienne Thorson	369-1263

**INFORMATION & REFERRAL**

**Semcac Community Action 2202 Steven St. 373-1329**  
**Monday – Friday**  
**8 a.m. -Noon & 1-4:30 p.m.**

**LEGAL**

Centro Legal, Inc., St. Paul	2575 University Av. W	651-642-1890
Immigration Questions	Ste. #135	
Southern MN Regional Legal Services		
(SMRLS)	132 N. Broadway	377-7401
	Bilingual Services Available	
SMRLS Centralized Intake/Hot Line		888-575-2954
Migrant Legal Services	700 Minnesota Building	651-291-2837
	St. Paul, MN	
Owatonna Public Defender’s offices		507 455-5887
	Branch Office – 127 W. Pearl	
	P O Box 343 Owatonna, MN 55060	

**MEDICAL (MÉDICO)**

Child & Teen Checkups	Public Health	377-5100
Medical Assistance	Dept. Human Services	377-5400
Minnesota Care		377-5400
	Applications available at the Dept.s	
Public Health Nursing	Courthouse	377-5100
Eyewear (Glasses non M/A)	Call Salvation Army	373-5710 (info)
Albert Lea Medical -Mayo Health Systems		
(Home Health Aide/Homemaker)		
	404 Fountain	373-2384
Planned Parenthood	113 E. Clark St.	373-5288

**MEDICAL EQUIPMENT/SUPPLIES (EQUIPO MÉDICO)**

Albert Lea Medical-Mayo Health Systems	404 Fountain	373-2384
Family Medical Practices	620 E. Main	373-7115

**PHYSICALLY/MENTALLY CHALLENGED – SERVICES**  
**(SERVICOS PARA LOS DESCAPACITADOS)**

A. L. Area Schools-Special Services		379-4820
	Brookside Education Center	
Arc Freeborn County	407 E. William	377-3469
Cedar Valley Services	2205 Myers Rd.	377-2893
Cedar Valley Services-Alpha Program		373-6064
	1839 SE Broadway	
Community Technologies & Services		
	2200 Steven Street	377-0170
Crest Services	1205 Garfield	373-0188
Dept. of Human Services	203 W. Clark	377-5400
Elm Homes	Office/Waseca	835-5857
Next Step Clubhouse	216 So Washington	373-6938
Morin Homes	104 ½ 1Av.-Geneva	256-7750
REM-Woodvale, Inc.	1204 Plainview	373-7629
SEMCIL	2720 N. Broadway	1-888-460-1815
(SE MN Council for Independent Living) Rochester		

**RECREATION (ESPARCIMIENTO)**

A. L. Art Center	224 S. Broadway	373-5665
A.L.Park and Recreation	Activity Schedule	377-4370
Arc Freeborn County	407 E. William	377-3469
Community Education	211 W. Richway Dr.	379-4834
Family Y	2021 W. Main	373-8228
Library	211 E. Clark St.	377-4350
Next Step Clubhouse	216 So Washington	373-6938
Salvation Army Youth Program	302 Court Street	373-5710
	Tues eve 4-6:30	
The Rock/YFC	116 W. Clark	373-1015

**SENIOR REFERRAL**

**(RECURSOS PARA LOS MAYORES DE EDAD)**

Experience Works	Workforce Center	379-3409
Senior Employment	Bette Fulton	
Faith in Action	1659 W. Main	377-7433
(Services for 60+)		
Family Caregivers Network	1659 W. Main	377-7433
Contact: Nancy Halvorsen (Services for 60+)		
Senior Advocacy (services)	1659 W Main	373-0695
Senior Resources		377-7433