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# Directory of Pine County Area Health Care Providers

North Pine Area Hospital District - September 2023

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## Introduction

This is a directory of local health care providers and other health related resources in the Pine County area. The Health Care Leaders Coalition suggested this project and the North Pine Area Hospital District enthusiastically took on the project to research and prepare this valuable resource for our citizens. The free Electronic version can be obtained at [www.PineHospitalDistrict.com](http://www.PineHospitalDistrict.com).



### About North Pine Area Hospital District

The North Pine Area Hospital District is a Minnesota political subdivision whose purpose is to ensure that area residents have access to local, high quality health care. The Hospital District built the Pine Healthcare Campus, which opened in May 2017. It contracts and leases space for hospital services to Essentia Health. The clinic services are provided by Gateway Family Health Clinic and the pharmacy is by Thrifty White Pharmacy. The Hospital District is governed by a Board of Directors composed of 19 appointed/elected individuals for four-year terms. For more information about the Hospital District and the Pine Healthcare Campus, go to [www.PineHospitalDistrict.com](http://www.PineHospitalDistrict.com).

### Pine Healthcare Campus

705 Lundorff Drive  
Sandstone, MN 55072

*Note: We have tried to verify all information provided but there may be contact information that is not currently correct.*

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## Pine County Area Health Care Resource Directory

### Addiction

#### Alcohol Anonymous

Pine City Evangelical Church ~ Sunday Evenings, 6:30 PM in the library  
Address: 625 Golf Ave SW, Pine City, MN 55063  
Phone: (320) 629-2584  
Website: [www.pcefc.com](http://www.pcefc.com)  
Services: AA Support Group.

Pine City Group ~ Our Redeemer Lutheran Church ~ Monday, 7:30 PM  
Address: 825 Golf Ave S W, Pine City, MN 55063  
Phone: (320) 629-2985  
Website: [www.orlcpc.com](http://www.orlcpc.com)  
Services: AA Support Group.

Sandstone Group ~ Sandstone City Hall ~ Saturdays, 10:30 AM and Sundays, 7:00 PM  
Address: 119 4th St, Sandstone, MN 55072  
Phone: (320) 216-5591  
Services: AA Support Group.

#### Ascertain Recovery Centre' LLC

Address: 413 Commercial Avenue, Sandstone, MN  
Phone: (320) 245-9966  
Website: [www.ascertainrecovery.org](http://www.ascertainrecovery.org)  
Services: Individual, group, family counseling, comprehensive assessments. Sandstone appointments from 9:00 - 5:00 M - F; Hinckley appointments on Mondays from 9:00 AM - 12:00 PM.

#### Celebrate Recovery - Journey North Church - Mondays, 6:00 PM

Address: 840 Main St South, Pine City, MN 55063  
Phone: (320) 629-6111  
Website: [www.iloveourchurch.com](http://www.iloveourchurch.com)  
Services: Christ-centered, 12 Step Program.

#### Changing Gaits, Inc.

Address: 27274 Monument Road, Brook Park, MN 55007  
Phone: (320) 438-4001  
Website: [www.changinggaits.org](http://www.changinggaits.org)  
Services: Faith based - Equine Assisted Addiction Services (EAAS).

#### Empower Recovery Services

Address: 645 3rd Ave. SW, Pine City, MN 55063  
Phone: (320) 629-0059  
Website: [www.empowerrecoveryservices.org](http://www.empowerrecoveryservices.org)  
Services: Assessments, outpatient treatment, mental health counseling.

#### Fraser

Phone: (612) 446-HOPE (4673). Phones available from Monday - Friday, 9 AM to 5 PM  
Email: [FraserHopeLine@fraser.org](mailto:FraserHopeLine@fraser.org)  
Website: [www.fraser.org](http://www.fraser.org)  
Services: Early beginnings and family consults for children and adults. Autism, career planning and employment, community living, mental health, neuropsychology, pediatric therapy. Tele-services available.

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**Greater Minnesota Family Services**

Phone: (320) 214-9692 x4167

Website: [www.greaterminnesota.org](http://www.greaterminnesota.org)

Services: In-home diagnostic assessments; individual and family therapy; individual and family skills; parent education; and supportive services to assist with issues pertaining to out of home placements (reunification and prevention).

**Meadow Creek**

Address: 17305 Meadow Creek Lane, Pine City, MN 55063

Phone: (877) 367-1715

Website: [www.meridianprograms.com](http://www.meridianprograms.com)

Services: Women's inpatient treatment center.

**Mille Lacs Band Substance Use Disorder**

Contact for scheduling: Teresa Sam, (320) 532-7773

**Recovering Hope Treatment Center**

Address: 2031 Rowland Road, Mora, MN 55051

Phone: (844) 314-HOPE

Website: <https://recoveringhope.life/mental-health/>

Services: Mental health counseling for adults and teens. Includes assessments, testing, and individual, family and couples counseling. Adolescent individual therapy and assessments, substance use and outpatient services.

**Rise Up Psychological Services**

Address: 1100 Holstein Dr., Pine City, MN 55063

Phone: (320) 322-5122

Services: Mental health assessments and psychological therapy, specializing in children.

**Teen Focus Recovery Center, LLC**

Address: 209 East Maple Avenue, Mora MN 55051

Phone: (320) 679-2003

Website: [www.teenfocusrecoverycenterllc.com](http://www.teenfocusrecoverycenterllc.com)

Services: Chemical use assessments for adolescents and adults, and outpatient treatment for A=adolescents and adults.

Address: 475 South Dana Avenue, Rush City, MN 55069

Phone: (320) 358-4065

Website: [www.teenfocusrecoverycenterllc.com](http://www.teenfocusrecoverycenterllc.com)

Services: Outpatient treatment for adults and adolescents; chemical use assessment for adolescents and adults; and anger management.

## Ambulance

**Essentia Health Emergency Medical Services - Sandstone**

Address: 705 Lundorff Dr, Sandstone, MN 55072

Phone: (320) 245-2211 or 911

Website: <https://www.essentiahealth.org/find-facility/profile/essentia-health-sandstone/>

## Chiropractors

**Hinckley Chiropractic**

Address: 110 Main Street E, Hinckley, MN 55037

Phone: (320) 384-6790

Website: [www.hinckleychiropractic.com](http://www.hinckleychiropractic.com)

Services: Chiropractic services.

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**Nilsson Chiropractic**

Address: 253 5th St SE, Pine City, MN 55063  
Phone: (320) 629-2740  
Website: [www.milsonchiropractic.com](http://www.milsonchiropractic.com)  
Services: Chiropractic services & massage therapy.

**Northern Pine Chiropractic Center**

Address: 301 N Commercial Ave, Sandstone, MN 55072  
Phone: (320) 245-2499  
Website: [www.northernpinescc.com](http://www.northernpinescc.com)  
Services: Chiropractic services.

**Pine City Family Chiropractic**

Address: 805 2nd Street SE, Pine City, MN 55063  
Phone: (320) 629-6717  
Website: [www.dlchiropractors.com](http://www.dlchiropractors.com)  
Services: Chiropractic services, massage therapy, & acupuncture.

**Waxberg Clinic - Lyn Lake Chiropractic**

Address: 805 Main Street S, Pine City, MN 55063  
Phone: (320) 629-5288  
Website: [www.waxbergclinic.com](http://www.waxbergclinic.com)  
Services: Chiropractic services & massage therapy.

## Clinics

**Aazhoomog Clinic of the Mille Lacs Band**

Address: 45741 Grace Lake Road, Sandstone, MN 55072  
Phone: (320) 384-0149  
Website: [www.millelacsband.com](http://www.millelacsband.com)  
Services: Immunizations, physicals, dental screenings, and other services.

**Essentia Health Clinic - Moose Lake**

Address: 4572 County Road 61, Moose Lake, MN 55767  
Phone: (218) 485-2105  
Website: <https://www.essentiahealth.org/find-facility/profile/essentia-health-moose-lake-clinic/>  
Services: Primary care including family medicine, OB, cardiology, dermatology, gynecology, and urology.

**Gateway Family Health Clinic - Hinckley**

Address: 45 Lady Luck Dr, Hinckley, MN 55037  
Phone: (320) 384-6618  
Website: [www.gatewayclinic.com](http://www.gatewayclinic.com)  
Services: Family and internal medicine, pediatrics.

**Gateway Family Health Clinic - Moose Lake**

Address: 4570 County Hwy. 61, Moose Lake, MN 55767  
Phone: (218) 485-4491  
Website: [www.gatewayclinic.com](http://www.gatewayclinic.com)  
Services: Family and internal medicine, pediatrics, general surgery.

**Gateway Family Health Clinic - Sandstone**

Address: 204 Lundorff Drive, Sandstone, MN 55072 Phone: (320) 245-2250  
Website: [www.gatewayclinic.com](http://www.gatewayclinic.com)  
Services: Family medicine, internal medicine, pediatrics, OB and urgent care.

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**MHealth - Fairview Lakes Rush City Clinic**

Address: 760 West 4th Street, Rush City, MN 55069

Phone: (320) 358-4784

Website: [www.fairview.org](http://www.fairview.org)

Services: Family medicine, pediatrics, podiatry, geriatrics, diabetes care.

**Selah Wellness Clinic, LLC**

Address: 501 Main Street, Sandstone, MN 55072

Phone: 320-372-2323

Website: [www.SelahWellnessClinic.com](http://www.SelahWellnessClinic.com)

Services: Primary care for physicals, Medicare Wellness Exams, chronic conditions & acute illnesses, medication management and veteran health care. Specialized care for weight loss, infusion, addiction, botox injections, holistic naturopathic, indigenous traditional health, anxiety, depression, sleep dysfunction, pain therapies, adoption & foster family care, SANE provider and psychiatric services.

**Wellia Health - Hinckley Clinic**

Address: 620 Sandy Lane, Hinckley, MN 55037

Phone: (320) 384-6189

Website: [www.firstlighthealthsystem.org](http://www.firstlighthealthsystem.org)

Services: Pregnancy care, dietician services, diabetes education and family practice.

**Wellia Health - Pine City Clinic**

Address: 1425 Main Street North, Pine City, MN 55063

Phone: (320) 629-7505

Website: [www.firstlighthealthsystem.org](http://www.firstlighthealthsystem.org)

Services: Family practice.

**Wellia Health - Hinckley**

Address: 620 Sandy Ln., Hinckley, MN 55037

Phone: (320) 384-6189

Website: [www.weliahealth.org](http://www.weliahealth.org)

Services: Full clinic services, Monday - Friday from 8 - 5:00 PM.

**Wellia Health - Pine City**

Address: 1425 Main Street N., Pine City, MN 55063

Phone: (320) 629-7505

Website: [www.weliahealth.org](http://www.weliahealth.org)

Services: Clinic, urgency services, pharmacy. Hours: 11:00 AM - 8:00 PM, Monday - Sunday.

## Dental

**Children's Dental Services - Delta Dental**

Appointment Phone: (612) 746-1530

Website: <http://childrensdentalservices.org>

Services: Cleanings, exams, fillings, extractions, fluoride, X-rays, sealant, oral health education, crowns.

**Embrace Orthodontics**

Address: 705 4th Ave SW, Pine City, MN 55063

Phone: (320) 629-9944

Website: [www.embracemn.com](http://www.embracemn.com)

Services: Orthodontic care.

**Midwest Dental**

Address: 210 Old Hwy. 61 S, Hinckley, MN 55037

Phone: (320) 384-6118

Website: [www.midwest-dental.com](http://www.midwest-dental.com)

Services: Preventative care, cosmetic dentistry, perio treatment, pediatric dentistry, restorative care, & sedation dentistry.

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**Oak Park Dental Clinic (accepts medical assistance)**

Address: 505 Johnson Ave SE, Pine City MN 5506  
Phone: (320) 629-2282  
Website: [www.oakparkdentalclinic.com](http://www.oakparkdentalclinic.com)  
Services: Preventative and cosmetic dental care.

**Pine City Family Dental**

Address: 1105 Hillside Ave SW, Pine City, MN 55063  
Phone: (320) 629-2789  
Website: [www.pinecitydental.com](http://www.pinecitydental.com)  
Services: Preventive, general and emergency dental care by Dr. Uyen Pham, DDS.

**Sandstone Dental Office**

Address: 501 Commercial Ave N, Sandstone, MN 55072  
Phone: (320) 245-2208  
Services: Dental care.

## Domestic Violence/Abuse

**A Place for You**

Address: 220 3rd Ave SE, Pine City, MN 55063  
Phone: (320) 438-7070  
Website: [www.apfy.org](http://www.apfy.org)  
Services: Shelter for females, males and singles over the age of 18 who are in distress. Offers basic needs and resources to help transition into a stable housing situation.

**Child Protective Services ~ Pine County Health & Human Services**

Address: 635 Northridge Dr. NW, Ste 220, Pine City, MN 55063  
Phone: (320) 591-1570; Toll Free: (800) 450-7463 ext 1570  
Website: [https://www.co.pine.mn.us/departments/health\\_and\\_human\\_services/child\\_protection.php](https://www.co.pine.mn.us/departments/health_and_human_services/child_protection.php)  
Services: Report child maltreatment (abuse, neglect) during working hours.

**Family Pathways - Domestic Violence & Sexual Assault Services**

Address: 315 Main Street South, Suite B-100, Pine City, MN 55063  
Pine Office Phone: (320) 629-1277  
24/7 Hotline: 1(800) 338-7233  
Website: <https://www.familypathways.org>  
Services: Family Pathways provides advocacy, emotional support and court support services for victims of domestic violence and sexual assault. Our office hours are Monday through Friday from 8:30am to 4:30pm. Our shelter and crisis line are open and available 24/7.

**Mille Lacs Band - Advocates for Domestic Violence/Abuse**

Danielle Churchill: Shelter Advocate, (320) 495-3514  
Petra Maurico: Sexual Assault Advocate, (320) 384-1646

**Mille Lacs Band - Family Violence Prevention Program**

Address: PO Box 518, 502 Weber Avenue, Hinckley, MN 55037  
Phone: (320) 336-0214, Cell: (320) 630-2691  
Contact: [Kala.Roberts@hhs.millelacsband-nsn.gov](mailto:Kala.Roberts@hhs.millelacsband-nsn.gov)  
Kristen Allord, Shelter House Manager, (320) 630-2677, (320) 495-3514

**Minnesota Domestic Violence Crisis Line**

Phone: (866) 223-1111  
Email: [safety@dayoneservices.org](mailto:safety@dayoneservices.org)  
Website: [www.dayoneservices.org](http://www.dayoneservices.org)  
Services: Day One is a statewide network of domestic violence, sexual assault, human trafficking, youth- and community-advocacy programs in Minnesota. Hosts the Minnesota Day One Crisis Line which connects individuals seeking safety and resources to service agencies statewide via



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phone, text or chat message. The Day One Call Center also answers calls, texts and chat messages to the Minnesota Crime Victim Support Line.

#### **National Domestic Violence Hotline**

Phone: (800) 799-SAFE (7233)

Website: [www.thehotline.org](http://www.thehotline.org)

Services: 24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. Contacts to The Hotline can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

#### **Pine County Sheriff:**

Addresses:

Pine City: 635 Northridge Dr. NW, Suite 100, Pine City, MN 55063

Hinckley: Pine County Sheriff Office, 106 1st Street SE, Hinckley, MN 55037

Phone: (320) 629-8380. In Emergency dial 911.

Website: [www.co.pine.mn.us](http://www.co.pine.mn.us)

About: Provides a wide range of public safety services. Call to report a situation of suspected child maltreatment.

### **Financial Assistance for Health Care**

#### **Mille Lacs Band - Circle of Health**

Address: 18562 Minobimaadizi Loop, Onamia, Mn. 56359

Phone: (320) 532-4181 x7741 or 2581 (landline), (320) 532-4354 (fax)

Contact: Roberta Lemieux, Benefits Manager, (320) 532-4181 x7723 (landline)

#### **Minnesota Assistance Programs:**

##### ***Medical Assistance***

Website: [www.mn.gov/dhs](http://www.mn.gov/dhs)

Phone: Request an application by calling MinnesotaCare at (651) 297-3862 (Twin Cities Metro) or 1-800-657-3672 (toll-free). For TTY call 711 or 1-800-627-3529.

Services: pays for a variety of services like doctor visits, alcohol and drug treatment, prescriptions, hospital stays and much more. It may also pay for medical bills going back three months from the date of application.

##### ***MinnesotaCare***

Website: <https://www.mnsure.org/>

Hotline: (651) 539-2099 or 855-366-7873

Services: MinnesotaCare is a premium-based program for people who earn too much to qualify for Medical Assistance but make too little to pay for private insurance.

How to Apply: Most Minnesotans can apply for these programs online through MNsure, Minnesota's health insurance marketplace.

*Note: Some people **should not** apply through MNsure. These are typically seniors and people with disabilities.*

#### **Pine County Health & Human Services**

Address: Pine City: 635 Northridge Dr. NW, Ste. 220, Pine City, MN 55063

Sandstone: **Sandstone North Pine Government Center Pine County Health and Human Services / Veterans Services** 1602 Hwy. 23 N **Sandstone, MN 55072**

Phone: Pine City: (320) 591-1570. Sandstone: (320) 216-4100

Website: [www.co.pine.mn.us](http://www.co.pine.mn.us)

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Services: Financial assistance including: cash assistance, child care assistance, food support, and health care assistance for those who qualify.

## **Food Assistance/Fresh Food** (See Senior Services as well)

### **Angels of Hope**

Address: 56395 Forest Blvd, Pine City, MN 55063  
Phone: (320) 336-9191  
Website: <https://angelsofhopefoodshelf.weebly.com>  
Hours: Monday - Thursday 9am - 1pm  
Services: Food shelf and help center.

### **Bruno Food Shelf**

Address: Thrift store, Main Street, Bruno, MN  
Phone: (320) 838-3664  
Hours: Tues. & Thurs., 5 - 6 pm, Saturdays 1- 2 pm

### **Catholic Charities; Askov - Meals on Wheels**

Location: Askov Community Center  
Address: 6369 Kobmagergade Street, Askov, MN 55704  
Phone: (320) 834-6557  
Website: [www.ccstcloud.org](http://www.ccstcloud.org)  
Services: Catholic Charities Meals on Wheels Program delivers nutritious noon-hour meals to the homes of at-risk, homebound, ill, and vulnerable persons age 60 and over in 44 communities across Central Minnesota or those under 60 who need service due to an illness, disability or injury. Call the number above for application instructions.

### **Catholic Charities; Finlayson Senior Dining ~ Meals on Wheels**

Address: 2195 Finland Ave, Finlayson, MN 55735  
Phone: (320) 384-6557 Toll Free: (888) 496-5556  
Website: [www.ccstcloud.org](http://www.ccstcloud.org)  
Services: Catholic Charities Meals on Wheels Program delivers nutritious noon-hour meals to the homes of at-risk, homebound, ill, and vulnerable persons age 60 and over in 44 communities across Central Minnesota or those under 60 who need service due to an illness, disability or injury. Call the number above for application instructions.

### **Catholic Charities; Hinckley Senior Dining ~ Meals on Wheels**

Location: Senior Citizens Center  
Address: 302 Main Street F, Hinckley, MN 55037  
Phone: (320) 384-6557  
Website: [www.ccstcloud.org](http://www.ccstcloud.org)  
Services: Catholic Charities Meals on Wheels Program delivers nutritious noon-hour meals to the homes of at-risk, homebound, ill, and vulnerable persons age 60 and over in 44 communities across Central Minnesota or those under 60 who need service due to an illness, disability or injury. Call the number above for application instructions.

### **Catholic Charities; Senior Dining**

Location: Senior Citizens Center  
Address: 670 Main St S., Pine City, MN  
Phone: (320) 629-3024  
Website: [www.ccstcloud.org](http://www.ccstcloud.org)  
Services: Senior Dining

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**Catholic Charities; Sandstone Senior Dining ~ Meals on Wheels**

Location: Sandstone Senior Center

Address: 206 N Main St., Sandstone, MN 55072

Phone: (320) 384-6557

Website: [www.ccstcloud.org](http://www.ccstcloud.org)

Services: Catholic Charities Meals on Wheels Program delivers nutritious noon-hour meals to the homes of at-risk, homebound, ill, and vulnerable persons age 60 and over in 44 communities across Central Minnesota or those under 60 who need service due to an illness, disability or injury. Call the number above for application instructions.

**Catholic Charities; Willow River ~ Meals on Wheels Only**

Phone: (888) 384-6557

Website: [www.ccstcloud.org](http://www.ccstcloud.org)

Services: Catholic Charities Meals on Wheels Program delivers nutritious noon-hour meals to the homes of at-risk, homebound, ill, and vulnerable persons age 60 and over in 44 communities across Central Minnesota or those under 60 who need service due to an illness, disability or injury. Call the number above for application instructions.

**Everyone's Table**

Address: 134 Oriole Street East, Sandstone. [John Wright Building]

Email: [every1s.table@gmail.com](mailto:every1s.table@gmail.com) and Facebook

Services: Free community meal the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday every month from 4:30 – 6:30 PM

**Family Pathways ~ Food Equity and Access; Sandstone Food Shelf**

Address: 314 Main Street, Sandstone, MN 55072 and 220 7th St. SW., Pine City, MN 55036

Phone: (320) 245-2485

Website: [www.familypathways.org](http://www.familypathways.org)

Hours: Tuesday, Wednesday, Thursday 9:00 AM – 6:00 PM

Services: Second Harvest Nutritional Assistance Program for Seniors (NAPS) distributed 3rd Wednesday, Thursday, and following Tuesday during open food shelf hours.

Catholic Charity frozen Meals available for pick up at the food shelf during open hours.

Mon. and Fri. 9am-1pm, Tues. and Wed. 9am-6pm, Saturday 9:00am- Noon

**Feed My Sheep ~ Memorial Drive Bible Fellowship**

Address: 67331 Hwy. 23, Askov, MN 55704

Phone: (320) 838-3733

Website: [www.memorialdrivebiblefellowship.com](http://www.memorialdrivebiblefellowship.com)

Cost: \$20 donation

Distribution dates/times: 1st Saturday of the Month; 8:30am

Services: Bring your own boxes and donate \$20 to receive food worth many times the amount of the \$20 donation.

**Mille Lacs Band**

Contacts: Jeff Aubele, Eligibility Tech, (320) 384-0149 x5

Kevin Pawlatsche, Coordinator, (320) 532-4181 x5850

**Osprey Wilds**

Address: 54165 Audubon Drive, PO Box 530, Sandstone (Formerly Audubon Center of the North Woods)

Phone: (320) 245-2648

Website: <https://ospreywilds.org>

Services: Farm fresh foods, every Friday during growing season (Also residential environmental learning center and conference & retreat center).

**Pine Community Food Shelf**

Address: 220 7th St SW, Pine City, MN 55063

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Phone: (320) 629-0128  
Hours: Monday and Thursday 9:00 AM – 5:00 PM; Wednesday 11:00 AM – 5:00 PM  
Services: \*Second Harvest Nutritional Assistance Program for Seniors (NAPS)  
distributed the 1st Wednesday, Thursday and following Monday during open  
food shelf hours.  
\*Catholic Charity frozen Meals available for pick up at the food shelf during  
open hours Monday, Wednesday, Thursday at 9am-6pm, Tuesday and Friday 9:00 AM -  
Noon.

**Ruby's Pantry ~ Memorial Drive Fellowship - Askov**

Address: 67331 Veterans' Evergreen Memorial Drive, Askov, Minnesota 55704  
Phone: (651) 674-0009  
Website: [www.hinckleymn.com](http://www.hinckleymn.com)  
Cost: \$15 donation  
Distribution dates/times: 4th Saturday of the Month. Registration begins at 9:00 AM. Food bundles  
available 9:30-11:00 AM  
About: No income limits, simply pay a \$15 donation, bring your own boxes, and receive \$100 or more  
worth of groceries. Ruby's Pantry ~ Hinckley Community Center

**Second Harvest Heartland ~ Nutrition Assistance Program for Seniors (NAPS)**

Address: 220 7th St SW, Pine City, MN 55063  
Phone: (651) 484-8241  
Website: [www.2harvest.org](http://www.2harvest.org)  
Services: Free food distribution for seniors 60+.  
Distribution dates/times: Pine Community Food Shelf - 1st Wednesday of the  
Month; 4:30 - 5:30 PM

**SNAP ~ Supplemental Nutrition Assistance Program**

County Agency: Pine County Health & Human Services  
Address: 635 Northridge Dr. NW, Ste. 220, Pine City, MN 55063 (Turn in applications at this location)  
Phone: (800) 450-7463  
Website: [www.co.pine.mn.us](http://www.co.pine.mn.us)  
Contact the Community Services Department at 320-679-1800 or 800-832-6082 Option 4  
or [snap@lakesandpines.org](mailto:snap@lakesandpines.org)  
Services: Food assistance program for eligible, low income individuals and  
families so they can better meet their nutritional needs.

**Women, Infant, Children Program (WIC)**

Addresses: 635 Northridge Dr. NW, Ste. 220, Pine City, MN 55063  
1602 Hwy. 23 N, Sandstone, MN 55072  
Phone: (320) 591-1596; (320) 216-4150  
Websites: [www.co.pine.mn.us](http://www.co.pine.mn.us) - [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)  
About: WIC is a nutrition education and voucher issuance program for  
women, infant, and children. Participation is an opportunity to learn  
about nutrition and to achieve better health.

## Government Health Care Agencies

**Mille Lacs Band**

Address: 45741 Grace Lake Rd., Sandstone, MN 55072  
Phone: (320) 384-0149

**Minnesota Department of Health**

Address:  
St. Paul State Office: P.O. Box 64975, St. Paul, MN 55164-0975

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Duluth District Office: Duluth Technology Village, 11 East Superior Street, Suite 290,  
Duluth, MN 55802-2007; (218) 302-6166  
Phone: (651) 201-5000; For Minnesota callers outside the metro area (toll-free) (888) 345-0823  
Website: [www.health.state.mn.us](http://www.health.state.mn.us)  
Services: MDH Divisions: Community Health; Child and Family Health; Health Regulation; Environmental Health; Health Policy; Health Promotion and Chronic Disease; Infectious Disease Epidemiology, Prevention and Control; Public Health Laboratory

### **Pine County Health and Human Services**

Locations and Phone numbers:

#### **South Pine Government Center**

635 Northridge Dr. NW, Ste. 220, Pine City, MN 55063  
Phone: (320) 591-1570  
FAX: (320) 591-1601 or 1602  
Toll Free: (800) 450-7463

#### **North Pine Government Center**

1602 Hwy. 23 North, Sandstone MN 55072  
Phone: (320) 216-4100 - (Sandstone)  
Phone: 320-591- 1570 (Pine City)  
Phone: (320) 216-4140 - Public Health  
Phone: (320) 216-4210 WIC  
Toll free: (800) 450-7463

Website: [www.co.pine.mn.us](http://www.co.pine.mn.us)

Services: Information and referral to various community resources is available through the department. Services can be provided directly or may be purchased for eligible clients.

Hours of Operation: All offices are open Monday thru Friday from 8:00 AM to 4:30 PM, excluding government holidays.

## **Hearing**

### **Gateway Family Health Clinics - Hinckley, Moose Lake and Sandstone**

Addresses: 45 Lady Luck Drive, Hinckley, MN 55037, (320) 384-6618  
4570 County Hwy. 61, Moose Lake, MN 55767 (218-485-4491)  
204 Lundorff Drive, Sandstone, MN 55072 (320-245-2250)

Website: [www.gatewayclinic.com](http://www.gatewayclinic.com)

Services: Detailed patient history, physical exam and symptom review; comprehensive 4-part audiometry, video otoscopy, referral for ENT specialty consultation as needed, hearing Instrument selection and fitting, hearing Instrument programming and fine-tuning, and cleaning and repair.

### **Clarity Hearing Centers - Hinckley, Moose Lake, Pine City and Sandstone**

Address: 208 Fire Monument Rd, Hinckley MN 55037; 705 4th Ave SW, 304 Elm Ave; Moose Lake MN 55767; Pine City MN 5506; 501 Main Street, Sandstone, MN 55072

Phone: (800) 654-4296

Website: [www.clarityhearingcenter.com](http://www.clarityhearingcenter.com)

Services: Testing, consultation and hearing adit fitting and followup care

### **Therapeutic Services Agency, Inc. (TSA)**

Address: 220 Railroad Street SE, Pine City, MN 55063

Phone: (320) 629-7600

Website: [www.hoperealized.com](http://www.hoperealized.com)

Services: Provides mental health services to children and teens who are hearing impaired or deaf with support from a grant from the MN Department of Human Services. This specialized service is cultural affirmative for persons who are deaf and hard of hearing. Mental health staff are experienced communicators with ASL skills and or work with interpreters to optimize language success to facilitate meaningful mental health service delivery.

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## Home Visits

### Mille Lacs Band

Contacts: Lisa Blahosky-Oliverez, Public Health Director, (320) 532-4181 x7459  
Joanne Boyd, WIC Clerk, (320) 532-4181 x7821, (320) (320) 532-7524 (fax)  
Donna Sutton, RN, Home Care, (320) 630-2443

### Pine County Public Health

Address: 1610 Hwy. 23 N, Sandstone, MN 55072  
Phone: (320) 216-4140  
Website: [www.co.pine.mn.us](http://www.co.pine.mn.us)  
Services: Long-term care consultation, PCA assessments, & family home visiting.

## Hospice and Home Care

### Allina Home & Community Health

Phone: (651) 635-9173 Toll Free: (855) 227-5111  
Website: [www.allina.com/hospice](http://www.allina.com/hospice)  
Services: Hospice education for patients and families.

### Family Pathways- Aging Services

Address: 214 Railroad Ave NW, Mora MN  
Phone: (320) 364 1133  
Website: <https://www.familypathways.org>  
Services: Family Pathways Aging Services provides support and services to help older adults and caregivers to stay in their home. We offer homemaking, door-step delivery, caregiver consulting, caregiver support groups, and advocacy.

### Heartland PCA Homecare

Address: 21 Minnesota Street, Sandstone, MN 55072  
Phone: (320) 233-0119  
Website: <https://heartlandpca.com>  
Services: PCA services and home care.

### St. Croix Hospice

Phone: (763) 689-3735; Toll Free: (855) 278-2764  
Website: [www.stcroixhospice.com](http://www.stcroixhospice.com)  
Services: Hospice care, advanced planning, physical and occupational therapy, various other therapies.

## Hospitals

### Essentia Health - Sandstone

Address: 705 Lundorff Dr, Sandstone, MN 55072  
Phone: (320) 245-5600  
Website: [www.essentiahealth.org](http://www.essentiahealth.org)  
Services: Level IV Trauma Center and Acute Stroke Ready Hospital, 24/7 emergency room, urgent care.

### Essentia Health - Moose Lake

Address: 4572 Co Hwy. 61, Moose Lake, MN 55767  
Phone: (218) 485-4481 Toll Free: (888) 322-4481  
Website: [www.essentiahealth.org](http://www.essentiahealth.org)  
Services: Level IV Trauma Center and Acute Stroke Ready Hospital, 24/7 emergency room, urgent care.

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**Welia Health**

Address: 301 S Hwy. 65, Mora, MN 55051  
Phone: (320) 679-1212  
Website: [www.firstlighthealthsystem.org](http://www.firstlighthealthsystem.org)  
Services: From annual wellness visits to specialty services.

## Long-term Care - Assisted Living and Memory Care

**Edgewater Assisted Living**

Address: 14856 Edgewater Road NE, Pine City, MN 55063  
Phone: (320) 629-1447  
Website: None  
Services: Assisted living.

**Elderwood of Hinckley**

Address: 710 Spring Lane, Hinckley, MN 55037  
Phone: (320) 384-7373  
Website: [www.elderwoodofhinckley.org](http://www.elderwoodofhinckley.org)  
Services: Assisted living and memory care.

**Golden Horizons**

Address: 1109 Lundorff Ave, Sandstone, MN 55072  
Phone: (320) 216-7300  
Website: [www.goldenhorizons.org](http://www.goldenhorizons.org)  
Services: Assisted Living, independent living options, memory care, respite, hospice.

**Lakeside Medical Center**

Address: 129 6th Ave SE, Pine City, MN 55063  
Phone: (320) 629-2542  
Website: [www.lmc-pcac.com](http://www.lmc-pcac.com)  
Services: Long-term care and transitional services.

**Mille Lacs Band of Ojibwe District III Assisted Living Unit**

Address: 38786 Hinckley Rd, Hinckley, MN 55037  
Phone: (320) 384-0640  
Website: [www.millelacsband.com](http://www.millelacsband.com)  
Services: Assisted Living

**Moose Lake Village**

Address: 710 South Kenwood Ave., Moose Lake, MN 55767  
Phone: Health Center: (218) 351-9441; Assisted Living: 612-391-2399  
Website: <https://www.mooselakevillage.org>  
Services: Assisted living, skilled nursing, memory care and short-term rehab.

**Northern Pines Assisted Living and Dementia Care**

Address: 1305 8th St SW, Pine City, MN 55063  
Phone: (320) 629-7272  
Website: [www.northernpinesassisted.com](http://www.northernpinesassisted.com)  
Services: Assisted living and specialized memory care.

**Serenity Court**

Address: 109 Court Avenue South, Sandstone, MN 55072  
Phone: (320) 245-3150  
Website: [www.sandstonehealthcc.com](http://www.sandstonehealthcc.com)

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Services: Serenity Court - Independent and assisted living.

**S&O Assisted Living**

Address: 14856 Edgewater Rd NE, Pine City, MN 55063

Phone: (320) 6291447

Services: Assisted living and memory care.

**Sophie's Manor**

Address: 17500 Ranch Drive, Pine City, MN 55063

Phone: (320) 629-2064

Website: [www.sophiesmanor.com](http://www.sophiesmanor.com)

Services: Assisted living.

## Long-term Care - Skilled Nursing

**Lakeside Medical Center**

Address: 129 6th Ave SE, Pine City, MN 55063

Phone: (320) 629-2542

Website: [www.lmc-pcac.com](http://www.lmc-pcac.com)

Services: Skilled nursing and residential health care services.

**Moose Lake Village**

Address: 710 South Kenwood Ave., Moose Lake, MN 55767

Phone: (218) (612) 391-2399 for assisted living; (218) 351-9441 for health center

Website: <https://www.mooselakevillage.org>

Services: Assisted living, skilled nursing, memory care and short-term rehab.

**Sandstone Health Care Center**

Address: 109 Court Avenue South, Sandstone, MN 55072

Phone: (320) 245-3150

Website: [www.sandstonehealthcc.com](http://www.sandstonehealthcc.com)

Services: Skilled nursing care, rehab, hospice, respite and wound care.

## Mental Health Crisis and Health Care Hotlines

**Adult Mental Health**

Crisis Hotline: (800) 523-3333

Text: "MN to 741741"

Website: <http://adultmentalhealth.org>

Services: Information and resources related to mental health.

**Canvas Health East Central Crisis Series**

About: The Region 7E Adult Mental Health Initiative is a coalition of Chisago, Isanti, Kanabec, Mille Lacs and Pine Counties and the Mille Lacs Band of Ojibwe. East Central Crisis Services

Phone: Clinical Services: (651) 777-5222; East Central Crisis Services: 1-800-523-3333

Website: <https://www.canvashealth.org/crisis-support/poin>

Services: East Central Crisis Services is a cooperative effort of Canvas Health, Therapeutic Services Agency, Lighthouse Child & Family Services LLC, and Avivo. It is offered in partnership with the Adult Mental Health Initiative in Region 7E.

**Minnesota Poison Control Center**

Phone: (800) 222-1222

Website: [www.poisonhelp.org](http://www.poisonhelp.org)



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Services: Poison Control tells you what to do if you swallow, splash, or get stung by something that may be harmful.

**National Alliance on Mental Illness (NAMI)**

Phone: (800) 950-6264

Website: [www.nami.org](http://www.nami.org)

Text: "NAMI" to 741741 (24/7)

Services: NAMI works to educate, advocate, listen and lead to improve the lives of people with mental illness and their loved ones. The NAMI Helpline provides crisis and confidential, free crisis counseling.

**National Suicide Prevention Lifeline**

Phone: call: 988

Website: <https://suicidepreventionlifeline.org>

Services: The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

**Trans Lifeline**

Phone: 877-565-8860

Website: <https://translifeline.org/about/>

Services: Trans Lifeline is a grassroots hotline and micro-grants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

**Trevor Lifeline for LGBTQ youth**

Phone: 1-866-488-7386

Website: <https://www.thetrevorproject.org>

Services: The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

**Txt4Life.com**

Phone: Text MN to 741 741

Services: Confidential crisis counseling (Affiliated with National Suicide Prevention Lifeline).

**United Way of Central MN**

Phone: 211 or (320) 252-0227

Website: [www.unitedwayhelps.org](http://www.unitedwayhelps.org)

Services: Confidential community helpline available 24/7 that helps connect people with an array of human services.

**Veterans Crisis Line**

Phone: call: 988; Chat online by going to website; Text at 839255

Website: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

Services: Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. This is free and serves all veterans, all service members, National Guard and National Reserve and family members and friends.

**Mental Health Clinics**

**Adult Mental Health**

Address: Pine County Health and Human Services Department

635 Northridge Dr. NW9 Ste 220, Pine City, MN 55063; Phone: 320-591-1570  
1610 Hwy. 23 North, Sandstone, MN 55072; Phone: 320-216-4100

Website: [www.co.pine.mn.us](http://www.co.pine.mn.us)

Services: Information and resources related to mental health.

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Area: The Region 7E Adult Mental Health Initiative is a coalition of Chisago, Isanti, Kanabec, Mille Lacs and Pine Counties and the Mille Lacs Band of Ojibwe.

**Children's Grief Connection**

Phone: (651)395-8177

Email: [home@healingheartsconnection.com](mailto:home@healingheartsconnection.com)

Website: [www.healingheartsconnection.com](http://www.healingheartsconnection.com)

Services: Hearts of Hope Family Grief Camp help families come together to heal. At this weekend-long camp, every member of the family has the opportunity to participate in integrated yet separate programs. Go to the website for information regarding when the camp is held in the area.

**Empower Recovery Services**

Address: 645 3rd Ave SW, Pine City, MN 55063

Phone: (320) 629-0059

Website: [www.empowerrecovery.com](http://www.empowerrecovery.com)

Services: Mental health and substance abuse disorder assessments, outpatient treatment, mental health counseling.

**Legacy Counseling Services, LLC**

Address: 820 Howe Ave E, Suite 108, Mora, MN 55051

Phone: (320) 679-2438 | Fax: (320)679-6906

Email: [mark@legacycounselingservices.org](mailto:mark@legacycounselingservices.org)

Website: <https://www.legacycounselingservices.org/services-provided>

Services: Provides outpatient mental health services for individuals ages 4+, families, and couples experiencing depression, anxiety, trauma, relational issues, adolescent behavioral difficulties, spiritual issues, anger issues, and issues related to chemical dependency.

**Lighthouse Child & Family Services**

Address: 160 3rd Ave, NW, Milaca, MN 56353

Phone: (320) 983-2335

Website: [www.lighthousecfs.com](http://www.lighthousecfs.com)

Services: Individual, couples, family, group and play therapies and child-parent psychotherapy, and more.

**Love The Journey**

Address: 23 Pine St. N., Mora, MN 55051 (320-678-6964)

204 Fire Monument Road, Hinckley, MN 55037 (320-384-6362)

Phone: (320) 678-6964 | Fax: (320)679-6906

Website: <http://www.lovethejourneymn.com>

Services: Individual, couples, family, and group counseling and anger management.

**Melissa Anderson Psychological Services**

Address: 451 Arrowhead Lane Moose Lake, MN 55767

Phone: (218) 485-4445

Website: [www.melissaandersonpsychologicalservices.com](http://www.melissaandersonpsychologicalservices.com)

Services: Individual, couples, family, group and play therapies and psychological testing, clinical supervision.

**Mille Lacs Band's Department of Health and Human Services - Aazhmoog Clinic**

Address: 45741 Grace Lake Rd, Sandstone MN 55702 (near Danbury)

Phone: (320) 384-0149

Website: [www.millelacsband.com](http://www.millelacsband.com)

Contacts: Behavioral/Mental Health, (320) 532-4181 x7773

Crissy Wade, Mental Health Supervisor, (320) 532-4181 x7771, (320) 674-4385

Crystal Weckert, Mental Health Therapist, (320) 532-4181 x2819, (320) 292-1942

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About: The Mille Lacs Band's Department of Health and Human Services operates three clinics across the Reservation to make high-quality health care available to Band members. District III includes the Aazhoomog (Lake Lena) community near the St. Croix River east of Hinckley, as well as a large community of Band members living in Hinckley.

The Band offers public health services, behavioral health services, family services such as child welfare and foster care services, and community support services to assist Elders and Band members in need.

They also provides assisted living facilities to Elders in all three districts, as well as Circle of Health, and insurance program set up to help Band members with health care costs.

#### **Monarch Counseling Services**

Locations: Mora, Sturgeon Lake,

Website: [www.monarchcounselingservice.com](http://www.monarchcounselingservice.com) to sign up for a therapist

Services: Counseling, consulting and therapy services.

#### **Nystrom and Associates**

Address: 817 N. Main Street, Cambridge, MN 55008

Phone: (763) 325-0300

Website: <https://www.nystromcounseling.com>

Services: Licensed Alcohol & Drug Counselors, Mental Health Professionals, and Psychiatry team work together to help patients struggling with Substance Use Disorders and co-occurring mental health conditions. To request an appointment go to: <https://intakeq.com/new/L4n5Cj>

#### **Pine County - Children's Mental Health**

Address: 635 Northridge Dr. NW9 Ste 220, Pine City, MN 55063

Phone: 320.591-1570 to make a referral; email: [cps@co.pine.mn.us](mailto:cps@co.pine.mn.us)

Website: [https://www.co.pine.mn.us/departments/health\\_and\\_human\\_services/mental\\_health.php](https://www.co.pine.mn.us/departments/health_and_human_services/mental_health.php)

Services: A variety of services available through Children's Mental Health. Case Management may be provided based on the individual needs of the child and family. Available services include: Referral to Children's Therapeutic Support Services (CTSS) and/or Community Skills Program; Referral for Diagnostic Assessment/Needs Assessment, Referral for Psychological Evaluations, Referral for Psychiatric Care/Medication Monitoring, Coordinated Treatment Planning, School Consultation and Support, Assistance in Securing Respite Care Services (examples include extended family, friends, or a paid provider), Referral for Individual or Family Therapy, Providing number for Crisis Assistance, Advocacy for Child and Family, Financial Assistance Referrals, Referrals to Workforce Programs and/or Vocational Assistance, Referral to Appropriate Support Groups, Referral for Personal Care Attendant (PCA), Assistance in Development of Independent Skills, Transitional and Adult Mental Health Referral and Support Coordination.

#### **Plum Behavioral Health Services**

Address: 208 Fire Monument Road, Hinckley, MN 55037

Telephone: (877) 758-6328; email: [ContactUs@PlumBHS.org](mailto:ContactUs@PlumBHS.org)

Website: [www.plumbhs.org](http://www.plumbhs.org)

Services: Therapy for depression and anxiety, couples counseling, family counseling, parenting support, work and career issues, stress management, and conflict resolution.

#### **Therapeutic Services Agency, Inc. (TSA)**

Address: 220 Railroad Street SE, Pine City, MN 55063

Phone: (320) 629-7600

Website: [www.hoperealized.com](http://www.hoperealized.com)

Services: Psychological evaluations, diagnostic assessments and mental health services provided for children, teens, and adults, couples, and families. School linked mental health services, in-home Family Based Services, early childhood mental health services, Day Treatment and foster care services also provided.

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**Under Blue Skies, LLC**

Address: 39766 Partridge Creek Rd, Askov, MN 55704  
Phone: (320) 279-2707  
Email: [jdomogalla@gmail.com](mailto:jdomogalla@gmail.com)  
Website: [www.underblueskiesmn.com](http://www.underblueskiesmn.com)  
Services: Grief serves, hermitage services and restorative sessions.

**Pharmacies****Thrifty White Pharmacy - Sandstone**

Address: 707 Lundorff Dr #2, Sandstone, MN 55072  
Phone: (320) 245-5500  
Website: [www.thriftywhite.com](http://www.thriftywhite.com)  
Services: In-store shopping, curbside pickup.

**Thrifty White Pharmacy - Hinckley**

Address: 45 Lady Luck Drive, Hinckley, MN 55037  
Phone: (320) 384-6166  
Website: [www.thriftywhite.com](http://www.thriftywhite.com)  
Services: In-store shopping, curbside pickup.

**Thrifty White Pharmacy - Moose Lake**

Address: 60 Arrowhead Lane, Moose Lake, MN 55767  
Phone: (218) 485-4401  
Website: [www.thriftywhite.com](http://www.thriftywhite.com)  
Services: In-store shopping, curbside pickup.

**Walmart Pharmacy**

Address: 950 11th St SW, Pine City, MN 55063  
Phone: (320) 629-6225  
Website: [www.walmart.com/pharmacy](http://www.walmart.com/pharmacy)  
Services: Pharmacy offers over the phone, online, and in person filling of prescriptions.

**Welia Health - Pine City Community Pharmacy**

Address: 1425 Main St N, Pine City, MN 55063  
Phone: (320) 322-5141  
Website: <https://www.weliahealth.org/locations/pine-city-community-pharmacy/>  
Services: In-person pick-up, with restrictions (please follow physical distancing guidelines), curbside pick-up, mail delivery, door-to-door delivery (limited to within Pine City limits).

**Senior Services****Central Minnesota Council on Aging**

Address: 250 Riverside Avenue N, Suite 300, Sartell, MN 56377  
Phone: (320)253-9349  
Website: [cmcoa.org](http://cmcoa.org)  
Services: Central Minnesota Council on Aging (CMCOA) is a non-profit organization designated by the Minnesota Board on Aging (MBA) as the area agency on aging for a 14 county region that includes Pine County. In partnership with public and private organizations, CMCOA helps older adults age successfully by building community capacity, advocating for aging issues, maximizing service effectiveness, and networking people with information.

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### **Family Pathways - Aging Services**

Address: 214 Railroad Ave NW, Mora MN  
Phone: (320) 364 1133  
Website: [www.familypathways.org](http://www.familypathways.org)  
Services: Companionship, social respite gatherings, and advocacy.

### **Retired Seniors Volunteer Program (RSVP)**

Address: 105 South Union Street, Mora, MN 55051  
Phone: (320) 679-1080  
Website: [www.voamn.org](http://www.voamn.org)  
About: Volunteer opportunities for people 55+ to help children/families, seniors and people with disabilities.

### **Senior LinkAge Line®**

Phone: (800) 333-2433  
Website: [mn.gov/senior-linkage-line](http://mn.gov/senior-linkage-line)  
Services: Senior LinkAge Line is a free, statewide service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging. The Senior LinkAge Line helps older Minnesotans and caregivers find answers and connect to the services and support they need. Call them for housing resources, health insurance, legal assistance, home services, caregiver supports, and financial assistance.

### **Seven County Senior Federation**

Address: 47 North Park Suite 7, Mora, MN 55051  
Phone: (320) 679-4700; Toll Free: (866) 679-4700  
Email: [admin@7countyseniors.com](mailto:admin@7countyseniors.com)  
Website: [www.7countyseniors.com](http://www.7countyseniors.com)  
Services: Serves those 50 years and older in Aitkin, Carlton, Chisago, Isanti, Kanabec, Mille Lacs, and Pine Counties. Benefits include (but are not limited to): Senior discount programs, Medicare counseling, legal services, medical and legal discounts, legislative and community advocacy, referral services, forms assistance, Federation newsletter - 10 issues annually

## **Sexual Assault**

### **Family Pathways - Domestic Violence & Sexual Assault Services**

Address: 315 Main Street South, Suite B-100, Pine City, MN 55063  
Pine Office Phone: (320) 629-1277  
24/7 Hotline: 1(800) 338-7233  
Website: [www.familyppathways.org](http://www.familyppathways.org)  
Services: Provides advocacy, emotional support and court support services for victims of domestic violence and sexual assault. Our office hours are Monday through Friday from 8:30am to 4:30pm. Our shelter and crisis line are open and available 24/7.

### **Mille Lacs Band - Advocates for Domestic Violence/Abuse**

Danielle Churchill: Shelter Advocate, (320) 495-3514  
Petra Maurico: Sexual Assault Advocate, (320) 384-1646

### **Minnesota Domestic Violence Crisis Line**

Phone: (866) 223-1111  
Email: [safety@dayoneservices.org](mailto:safety@dayoneservices.org)  
Website: [www.dayoneservices.org](http://www.dayoneservices.org)  
Services: Day One is a statewide network of domestic violence, sexual assault, human trafficking, youth- and community-advocacy programs in Minnesota. Hosts the Minnesota Day One Crisis Line which connects individuals seeking safety and resources to service agencies statewide via phone, text or chat message. The Day One Call Center also answers calls, texts and chat messages to the Minnesota Crime Victim Support Line.

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**Pine County Sheriff:**

Addresses:

Pine City: 635 Northridge Dr. NW, Suite 100, Pine City, MN 55063

Hinckley: Pine County Sheriff Office, 106 1st Street SE, Hinckley, MN 55037

Phone: (320) 629-8380. In Emergency dial 911.

Website: [www.co.pine.mn.us](http://www.co.pine.mn.us)

About: Provides a wide range of public safety services. Call to report a situation of suspected child maltreatment.

## Transportation

### Arrowhead Transit - Dial-A-Ride

Phone: (800) 862-0175 option 6

Website: [www.arrowheadtransit.com](http://www.arrowheadtransit.com)

Services: Serves Pine Co with scheduled bus services. Bus schedules by location - Pine City, Sandstone. Contact Arrowhead Transit at least an hour in advance to schedule a pick-up time and specific drop-off site. The dispatcher will ask for: time and exact location of pickup, destination address, number of people traveling with you, exact time of any appointments and return trip information. Cost is \$1.50 per ride or \$15.00 for a book of 10 one-way tickets or \$27.00 for an unlimited monthly pass. It runs: Monday through Friday, 8 a.m. – 6 p.m., Saturday, 9 a.m. – 5 p.m. and Sunday, 8 a.m. – 2 p.m.

### Blue Ride ~ Blue Cross Blue Shield Members

Phone: (866) 340-8648

Services: Free transportation to and from medical and dental appointments for BCBS members. Please call two days in advance to schedule a ride, same day rides can be arranged for emergency situations.

### Mille Lacs Band - Medical Transport

CHR DIII, (320) 630-2683

### Provide-A-Ride ~ Medica Members

Phone: (888) 347-3630 #1

Website: [www.medica.com](http://www.medica.com)

Services: Members enrolled in Medica DUAL Solution® (HMO D-SNP) (MSHO), Medica Choice Care<sup>SM</sup> MSC+, Medica AccessAbility Solution® Enhanced (HMO D-SNP) (SNBC SNP), Medica AccessAbility Solution® (SNBC), Medica Choice Care<sup>SM</sup> PMAP, and pregnant people and children enrolled in Medica MinnesotaCare without access to transportation, our Medica Provide-A-Ride program gets you to and from health care visits.

### Health Ride Service ~ UCare Members

Phone: (800) 864-2157

Website: [www.ucare.org](http://www.ucare.org)

Services: UCare Health Ride provides no-cost transportation to and from your covered medical, dental and pharmacy visits.

## Veterans Services

### Pine County Veteran Services

Address: 635 Northridge Dr. NW, Ste. 220, Pine City, MN 55063

Contact: P: 320-216-4250 or 800-450-7463 ext. 4250; F: 320-216-4254; E: [mindy.sandell@co.pine.mn.us](mailto:mindy.sandell@co.pine.mn.us)  
[daniel.burch@co.pine.mn.us](mailto:daniel.burch@co.pine.mn.us)

Website: <https://www.co.pine.mn.us/departments/veterans/index.php>

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Services: Benefits counseling, dependent/survivor benefits, disability (Compensation), claims preparation, submission and follow up; dental/optical programs; and more.

#### **Veterans Crisis Line**

Phone: 988 and press 1; Chat online by going to website; Text at 838255

Website: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

Services: Connect with the Veterans Crisis Line to reach caring, qualified responders, with the Department of Veterans Affairs. Many of them are Veterans themselves. This is free and serves all veterans, all service members, National Guard and National Reserve and family members and friends.

## **Vision**

#### **Northern Minnesota Eye Clinic - Moose Lake**

Address: 312 Elm Avenue, Moose Lake, MN

Phone: (218) 485-8495

Website: <https://northernmneyecare.com>

Office Hours: 8:30 - 5:00 PM, Monday - Friday

Services: Optometrist, ophthalmologist, eyewear and opticians.

#### **Northern Minnesota Eye Care - Hinckley**

Address: 45 Lady Luck Dr, Hinckley, MN 55037

Phone: (320) 384-6361

Website: <https://northernmneyecare.com>

Services: Optometrist, ophthalmologist, eyewear and opticians.

#### **Pine Eye Associates**

Address: 110 Evergreen Square SW, Pine City, MN 55063

Phone: (320) 629-7262

Website: [www.pineeye.com](http://www.pineeye.com)

Services: Laser vision correction consultation (Lasik), Cataract evaluation and treatment, Glaucoma evaluation and treatment, Diabetic eye evaluation, Dry eye evaluation and treatment, Emergency eye care services, Eclectic and unique frames and lens designs, Complicated contact lens fitting, routine eye exams, InfantSEE providers, OCT and retinal imaging

#### **Vision Pro Optical**

Address: 125 Arrowhead Lane, Moose Lake, MN55767

Phone: (218) 219-9848

Website: [www.visionprooptical.com](http://www.visionprooptical.com)

Services: Routine eye exams, contact lenses, hard-to-fit contact lenses fitting, prescription eyeglasses, frames, eye exams.

#### **Walmart Vision Center**

Address: 950 11th St. SW, Pine City, MN 55063

Phone: (320) 629-5845

Website: <https://www.walmart.com/store/2367-pine-city-mn>

Services: Contact lenses, prescription glasses.

## **Women & Children**

#### **Family Pathways - Domestic Violence & Sexual Assault Services**

Address: 315 Main Street South, Suite B-100, Pine City, MN 55063

Pine Office Phone: (320) 629-1277

24/7 Hotline: 1(800) 338-7233

Website: [www.familypathways.org](http://www.familypathways.org)

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Services: Provides emergency shelter, advocacy, emotional support and court support services for victims of domestic violence and sexual assault. Our office hours are Monday through Friday from 8:30am to 4:30pm. Our shelter and crisis line are open and available 24/7.

**Outlook Clinic**

Address: 905 E Forest Avenue, Suite 127, Mora, MN 55051

Phone: (651) 674-4570, Open Mondays 3-7pm

Website: [www.outlookclinic.org](http://www.outlookclinic.org)

Services: Low cost birth control, STD testing & treatment, pregnancy testing, and women's exams.

**Pregnancy Resource Center**

Address: 315 Main Street S, Ste. 20, Pine City, MN 55063

Phone: (320) 629-2792; 24/7 Hotline: (800) 395-4357

Website: [www.pregornot.org](http://www.pregornot.org)

Services: Pregnancy testing, prenatal classes, and emotional support.

**Pregnancy Resource Center - Sandstone Options for Women**

Address: 927 Highway 23, Sandstone, MN 55072

Phone: (320) 216-7633

Website: [www.sandstoneoptions.org](http://www.sandstoneoptions.org)

Services: Pregnancy testing, STI testing, and peer counseling.

**Women, Infant, Children Program (WIC)**

Address: 635 Northridge Dr. NW, Pine City, MN 55063

1602 Highway 23 N, Sandstone, MN 55072

Phone: (320) 591-1596

Website: [www.co.pine.mn.us](http://www.co.pine.mn.us)

About: WIC is a nutrition education and voucher issuance program for women, infant, and children. Participation is an opportunity to learn about nutrition and to achieve better health.