

Waseca Area Senior Center

308 N State St, Waseca, MN 56093
(507) 835-4552

We offer a noon meal that is free will donation for people age 60 or older. The meals are catered by Hy-Vee Waseca. We have many activities throughout the week. You can always come up and read the paper, surf the internet, or just socialize! Activities and Events are continually provided for Seniors to choose from!

Hours Open
Mon - Fri: 8:00 am - 4:00 pm

OUR HOURS ARE ON REQUEST!
TO SCHEDULE YOUR RIDE PLEASE CALL US AT

1-855-762-7821

Purchase tokens for Waseca – on the bus or at the Transit Office at 105 3rd Avenue NE



Senior Center MEALS ON WHEELS

Home Delivered Meals programs prepare and deliver nutritious meals to older adults and people with disabilities.



Call 835-4160

**CHECK US OUT
ON THE WEB**
wasecacaregivers.com

KNOW the 10 Signs of Alzheimer's and Dementia

EARLY DETECTION MATTERS !

- 1** Memory changes that disrupt daily life.
- 2** Challenges in planning or solving problems.
- 3** Difficulty completing familiar tasks.
- 4** Confusion with time and place.
- 5** Trouble understanding visual images & spatial relationships.
- 6** New problems with words in speaking or writing.
- 7** Misplacing things & losing the ability to retrace steps.
- 8** Decrease or poor judgement.
- 9** Withdrawal from work or social activities.
- 10** Changes in mood and personality.

Referral Guide

Local Services for Older Adults



Caregiver Services
Programs Serving
Waseca Communities



IN HOME SERVICES

Visiting Angels
507-388-6610

Home Instead Senior Care
507-332-1988

Albert Lea Medical Center
507-377-6393

Alliance HealthCare
507-386-1953

AND MORE !



**ACTIVE AGING
PROGRAMS**
Catholic Charities of
Southern MN

Loretta Schlaak
Active Aging Program Administrator
LeSueur and Waseca Counties

P.O. Box 95
Waseca, MN 56093
Phone: 507-461-5709

Email: lschlaak@ccsommn.org

WASECA

PUBLIC LIBRARY

has a new section on issues of memory loss. This is funded by the ACT on Alz.grant.



408 North State St
Waseca, MN
507-835-2910



ASSISTED LIVING IN The Waseca Area

COLONY COURT
200 22nd Ave NE • Waseca
507-835-8227

LATHAM PLACE
105 8th St. NW • Waseca
507-835-4468

FOXDALE (Memory Care)
500 22nd Ave. NW • Waseca
507-201-3000

LAKE SHORE INN
108 8th St. NW • Waseca
507-835-2800

203 3rd Ave. NW
Waseca, MN 56093
(507) 833-4119



Offering resources for
people who want to
improve their lives!

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

Waseca Area Neighborhood Service Center Food Shelf

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

113 2nd Ave. NW • Waseca, MN - 56093
(507) 833-4119

Hours:
Monday - Friday from 9:00am - 5:00pm
The 1st and 3rd Saturday of the month
9:00am and 1:00pm

WASECA COUNTY PUBLIC HEALTH

299 Johnson Avenue SE
Suite 160
Waseca, Minnesota
507-835-0685

Case Management & Assessment



1-800-333-2433

LINK TO A LOCAL AGING EXPERT

Email: senior.linkage@state.mn.us

seniorlinkageline.com

