

## Food Shelves

Provide food and other grocery items to low income people or those in an emergency or crisis situation.

## Food Stamp Program

Provides assistance in the form of a debit card for purchasing food items in a grocery store. Persons must meet income and asset guidelines to be eligible for this program.

## Friendly Visiting

Offers regular in-home visits to isolated or homebound older adults to provide companionship and socialization.

## Grocery Delivery

Available to persons that have difficulty shopping for themselves. A delivery fee is usually charged.

## Health Insurance Counseling

Assists older adults and their families understand their medical bills, Medicare, supplemental insurance policies and long-term care insurance. Trained counselors can assist with tracking

and/or appealing claims, completing application forms for government programs and making decisions about purchasing insurance. They can also assist with Medicare Part D plan research and in identifying other programs that may help with prescription drug costs.

## Home Health Care

Consists of a variety of services that assist people to remain in their own homes. It may include home health aide (provides personal care such as bathing and grooming), personal care attendant, homemaker (provides home management services such as laundry, housekeeping or meal preparation), chore service (provides heavier housekeeping or home routine maintenance such as mowing, snow removal, yard work, wall washing, changing storm windows, or minor repairs), respite care (provides short-term care to enable those caring for a loved one in their home to get a break or time away), or other at home services.

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24 Hours  
A Day**



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**Judy Ringler Mountain**  
Agent

**(507) 387-4262**  
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LTCSelect Premier is issued on policy form series ILTC-5000 and INH-5000 with a state identifier and edition date.



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