





The Semcac Clinic in Winona provides high quality family planning and sexual health services and education for everyone—regardless of income level, ethnicity, insurance status, age, sex, gender identity, sexual orientation, or state of residency. All fees for service are based on annual household income and the number of household members who are supported by that income. Also, Semcac Clinic DOES accept health insurance.

WE PROTECT YOUR PRIVACY

Semcac Clinic follows all state and federal privacy laws. You DO NOT need anyone's consent to receive services at the clinic and any communication from us can be sent to an address of your choice. If you are a student, we do not ask information about your parents' income.

ABOUT SEMCAC CLINIC

Services are non-judgmental, affordable, confidential and professional. All medical services are performed by a clinician.

Women's Health services include Annual exams & cancer screenings; HPV vaccine; pregnancy testing; STI treatment, screening & prevention information; contraception; education

Men's Health services include HPV vaccine; STI treatment, screening & prevention information; contraception; education

Transgender Health services include annual exams; cancer screenings and pelvic exams; HPV vaccine; pregnancy testing; STI treatments, screening and prevention education; contraception; education; hormone therapy

Community Education Sexual and reproductive health education is offered to schools, community groups and organizations upon request. Presentations can be tailored to meet the needs of your audience. Programs are created with age appropriate content and meet the National Sexuality Education Standards.

LOCATION Semcac Clinic is located at the Semcac Center, 420 E. Sarnia Street, Suite 1600, Winona, MN 55987 (Inside the Hiawatha Valley Mental Health Center building)

Request a presentation or call for an appointment **507.452.4307** clinic@semcac.org



Energy & Weatherization

The Community Development department at Semcac operates and administers energy-focused programs that assist with energy affordability as well as making homes more energy efficient.

ENERGY ASSISTANCE (EAP)

The Energy Assistance Program is federally funded. This program provides financial assistance to homeowners and renters who need help with affording to heat their home in the winter. Qualification for energy assistance is based on income. Visit our website for the most current income guidelines.

1.800.944.3281

EAP also provides the following

- Crisis help for utility disconnections or necessary fuel deliveries.
- Emergency Repair / Replacement of the heating system if the household is EAP eligible and owner occupied. Must be a no heat situation or a health hazard.
- Education to consumers regarding home energy efficiency and safety.
- Automatic referral to Semcac's Weatherization Program.

WEATHERIZATION

The Weatherization Assistance Program is a federally funded program that provides energy conservation home improvements to reduce energy consumption costs. Each home is inspected before and after work is done in order to ensure that homes are more energy efficient upon project completion. Priority is given to households with at least one senior citizen, an individual with a disability or a child, or to households with the highest heating costs. **1.800.944.3207**

HELP – HOME ENERGY LICENSED PROFESSIONALS

Semcac Home Energy Licensed Professionals provide comprehensive energy audits with the highest quality professional equipment. Contact HELP if you want increased comfort & health in your home; lower energy bills; enhanced home value. This is a fee for service program.

Visit **www.weatherizationhelp.org** for additional information. Schedule a comprehensive home energy audit utilizing the Whole House Approach **1.800.944.3207**



Housing

Our Community Development department administers and operates several housing programs. We offer programs for redevelopment and also for financing.

HOUSING REHAB PROGRAMS

These programs assist homeowners and rental property owners in improving their home or property, including Small Cities Development, loan programs for homeowners such as Rehab Loans and MN Housing Accessibility/Emergency Loans.

HOUSING DEVELOPMENTS

Semcac's Housing staff is available to help communities identify housing needs. Our staff can also determine the resources that are necessary for housing developments or rehab opportunities.

BLUFF COUNTRY HOUSING & REDEVELOPMENT AUTHORITY (HRA)

Semcac staff provides the administration for the Bluff Country HRA in Fillmore and Houston counties. Visit our website for information about Bluff County HRA Board meetings; Housing developments; Results from housing studies.



Before



After



Before



After



Outreach & Emergency Services

Semcac Outreach & Emergency Service programs strive to empower families and individuals to financially stabilize their lives, prevent homelessness, provide nutritious food to those in need, provide crisis assistance, help clients to access other Semcac services and community resources. Semcac Outreach Services consist of the following:

ADVOCACY & EMERGENCY ASSISTANCE

Semcac Outreach Services staff are located at each of the Semcac contact center offices in the seven counties of Steele, Dodge, Winona, Freeborn, Fillmore, Mower and Houston. Our staff offers assistance for households struggling with financial hardships by helping them to access Semcac programs and services, along with other community resources. The Outreach Services staff advocates for clients, provides information and referrals, assists with completing applications for services, and administers crisis assistance as funding is available. Clients receiving crisis assistance also meet with our staff to establish a plan for stability.

FOOD SHELVES

Semcac operates four food shelves, providing families in need with nutritious food. Emergency food is available to any household experiencing a food crisis, regardless of income. These food shelves are located in Rushford, Kasson, Preston and Caledonia.

HOMELESS PREVENTION & ASSISTANCE

Semcac Outreach Services offer homeless prevention and assistance as funding permits. The services are administered at the seven Semcac offices located in each of the counties we serve. The following services are provided: Family Homeless Prevention Services, Rapid Rehousing Program, Transitional Housing Program, Dollars and Sense Class.

FREEBORN COUNTY HOMELESS SHELTER

Providing temporary housing and resources to help occupants become self-reliant and obtain permanent stability. There are 3 shelter units, in Albert Lea, MN. Occupants may stay up to 90 days. Households at the shelter are assisted with creating budgets, securing permanent housing, transitioning in the community, accessing resources such as food, transportation, clothing, child care and employment. Shelter Phone: 507.373.1329



Senior Services

Semcac Senior Service programs strive to empower, support and improve the quality of life for senior citizens in the southeastern MN communities. The services provided by Semcac encompass personal wellbeing, health, independence and support for seniors.

SENIOR NUTRITION

The mission of the senior nutrition programs is to promote the independence, dignity, good health and nutritional wellbeing of older persons. Meals are healthy, balanced and low cost. EBT cards are welcome.

Meals on Wheels is for homebound seniors or those confined to their home who are unable to prepare a balanced meal who are age 60 or older. This program is offered in the counties of Dodge, Fillmore, Freeborn, Houston, Mower, Olmsted, Steele and Winona.

Senior Dining is open to anyone age 60 or older and spouses. No one is denied a meal because they are unable to contribute to a suggested donation. This program is offered in the counties of Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha and Winona.

SENIOR & CAREGIVER ADVOCACY

The Senior & Caregiver Advocacy program focuses on supporting and empowering seniors, as well as caregivers, by addressing their individual needs and preferences so that they may remain living safely and independently in their own homes as long as possible. This program is offered to residents in the counties of Dodge, Fillmore, Houston and Steele.

Our advocates also offer training for anyone who is a caregiver for a senior, **Powerful Tools for Caregivers**. Contact us if you are interested in registering for this valuable course.

SENIOR SERVICES INFORMATION 507-864-8231



Head Start & Early Head Start

Head Start began in 1965 when signed into law by President Lyndon Johnson. Head Start helps low-income families break the cycle of poverty by promoting self-sufficiency and prepares low-income children to enter kindergarten, confidently, with the social, physical, emotional and cognitive skills and competencies necessary for success in school and lifelong learning.

The **mission** of Semccac Head Start is to build bright futures by enriching young children, ages Birth–5 years old, and empowering their families. Comprehensive services and community opportunities support healthy families. The program is based on proven research of what works for children and their families in a two-generation approach to services.

SEMCAC HEAD START OFFERS



- Medical, Dental, Nutrition & additional comprehensive services are offered for the wellbeing of the child and family; promoting healthy living for the whole family.
- Our priority is at-risk families.
- Support for strong parent-child relationships, including support for parents & guardians to strengthen the family and achieve goals.
- Volunteer opportunities for families. Parent involvement in program decisions.
- Assistance for children and their families to be prepared for school.

HEAD START LEARNING SERVICES

Classroom setting services are offered 4 days per week. Head Start (HS) for preschool age children, 3–5, years operates September - May. Early Head Start (EHS) toddler classrooms operate year round. 9 classrooms are located in the 6 counties of Dodge, Fillmore, Houston, Mower, Steele & Winona. All sites operated by our program are licensed with the Dept. of Human Services.

Home-based educators travel, on a weekly basis, to the homes of enrolled pregnant women and homes with children ages Birth–3 years. Additionally, there is a socialization event at the Center nearest the family, every 2 weeks. Services are offered all year in Fillmore, Houston, Mower & Winona counties.

SEMCAC IS A 4 STAR HIGH QUALITY PROGRAM Rated by Parent Aware

Visit www.semccac.org/head-start/ to learn more and apply. Or call **1.866.808.0260**



Transportation

Semcac strives to offer necessary transportation services in the southeastern Minnesota region. Affordable bus fares and volunteer-based rides are how we make this possible.

We understand that sometimes getting where you need to be can be difficult or inconvenient. You may need a ride due to unforeseen circumstances, you may not drive, or it can just be too costly. Whether you have a medical appointment, need a ride to work, to daycare, to a local business, Semcac Senior Dining site or even a Semcac county contact office, etc. we are happy to help!

ROLLING HILLS TRANSIT

Semcac buses provide very affordable, fare-based transportation to all of the general public. All buses are accessible for individuals with disabilities. Semcac public transit buses service Dodge County, several cities in rural Olmsted County, Houston County, Fillmore County & rural Winona County. Curb to curb rides make Semcac transit unique and convenient. Call the dispatch center to reserve your ride 24 hours in advance. **1.800.528.7622** Mon. - Fri. 8:00am - 4:30pm

VOLUNTEER DRIVERS & DONATION-BASED RIDES

Semcac Volunteer Driver Program provides transportation for persons on Medical Assistance, Blue Plus and UCare to medical and dental appointments. This program also provides transportation to anyone who is 60 years and older to medical, dental or personal appointments, and to Senior Dining. Donation requests are based on a sliding fee scale, according to income. 48 hour advance notice is required, please call in advance. This service is provided by Semcac volunteers in the counties of Dodge, Fillmore, Houston, Steele, Waseca and Winona. Call **1.800.528.7622** to schedule a ride.

Volunteers are needed for this vital service. Call **1.800.944.3874** for more information about being a volunteer driver.



Programs Listed by County

DODGE COUNTY | 507-634-4350

Car Repair Program, Energy Assistance, Food Shelf – Kasson, Head Start, Homeless Prevention & Assistance, Housing Rehab & Development, Housing Rehab Loans, Meals on Wheels, Outreach Services- county office, Rolling Hills Transit (public bus service), Senior & Caregiver Advocacy, Senior Dining, Volunteer Driver Program, Weatherization

FILLMORE COUNTY | 507-765-2761

Bluff Country HRA, Dollars & Sense Class, Early Head Start, Energy Assistance, Food Shelves – Rushford & Preston, Head Start, Homeless Prevention & Assistance, Housing Rehab & Development, Housing Rehab Loans, Meals on Wheels, Outreach Services- county office, Rolling Hills Transit (public bus service), Senior & Caregiver Advocacy, Senior Dining, Volunteer Driver Program, Weatherization

FREEBORN COUNTY | 507-373-1329

Dollars & Sense Class, Energy Assistance, Freeborn County Homeless Shelter, Homeless Prevention & Assistance, Housing Rehab & Development, Housing Rehab Loans, Meals on Wheels, Outreach Services- county office, Senior Dining, Weatherization

HOUSTON COUNTY | 507-725-3677

Bluff Country HRA, Dollars & Sense Class, Early Head Start, Energy Assistance, Food Shelves – Caledonia, Head Start, Homeless Prevention & Assistance, Housing Rehab & Development, Housing Rehab Loans, Meals on Wheels, Outreach Services- county office, Rolling Hills Transit (public bus service), Senior & Caregiver Advocacy, Senior Dining, Volunteer Driver Program, Weatherization

MOWER COUNTY | 507-433-5889

Early Head Start, Energy Assistance, Head Start, Homeless Prevention & Assistance, Housing Rehab & Development, Housing Rehab Loans, Meals on Wheels, Outreach Services- county office, Senior Dining, Weatherization

STEELE COUNTY | 507-451-7134

Car Repair Program, Dollars & Sense Class, Energy Assistance, Head Start, Homeless Prevention & Assistance, Housing Rehab & Development, Housing Rehab Loans, Meals on Wheels, Outreach Services- county office, Rolling Hills Transit (public bus service), Senior & Caregiver Advocacy, Senior Dining, Volunteer Driver Program, Weatherization

WINONA COUNTY | 507-452-8396

Early Head Start, Energy Assistance, Head Start, Homeless Prevention & Assistance, Housing Rehab & Development, Housing Rehab Loans, Meals on Wheels, Outreach Services- county office, Semcac Clinic (family planning services), Senior Dining, Volunteer Driver Program, Weatherization

Semcac programs have limited services in the counties of Olmsted, Goodhue, Rice, Wabasha & Waseca.



Ways to Give

Semcac accepts donations in order to continue helping others in southeastern Minnesota. We are responsible stewards of your contribution; we want your donation to be utilized in the most effective way possible.

FINANCIAL DONATIONS

Credit or Debit Card

Visit www.semcac.org/donate/. You can donate to Semcac online using a card through the GiveMN.org or the PayPal.com websites. These are both trusted and secure donation sites. You do not need a PayPal account to donate via PayPal. Remember to participate in Give To the Max Day, annually, by donating to Semcac via GiveMN.org in November.

Check or Money Order

Payable to Semcac.

Mail to: Semcac | PO Box 549 | Rushford, MN 55971 or bring your donation to any of our locations.

Other

Bequest to leave a lasting legacy after you are gone. Ask about a Charitable Gifts Match through your employer.

Visit www.semcac.org and click on WAYS TO GIVE for more information. All donations are tax deductible.

DONATION DRIVES & FUNDRAISERS

There are a variety of donation drives being offered throughout the year. Donation drives and fundraisers are offered at many different locations and for various Semcac programs. Watch Semcac social media outlets and www.semcac.org for more information about what donation drives are occurring.

VOLUNTEER

For information about volunteering at Semcac, visit www.semcac.org/volunteering/ on the Ways to Give tab of the website. Over 3,500 volunteers support Semcac annually. There are many ways to get involved.

Thank You

Thank you for your support. For more information, contact the Planning & Development office at 507.864.8246 or email semcac@semcac.org. We respect the privacy of our donors. Please notify this office if you wish to be anonymous.



Text Semcac to 22828 www.semcac.org 507.864.7741



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