## **Doctors:**

Avera Medical Group Aberdeen Family Physicians: 605-225-0378

Sanford Clinic: 605-226-5500

Modern Day Healthcare: 605-250-1200

Horizon Healthcare Aberdeen Community Health Center: 605-725-3900

Conklin Clinic: 605-725-4772

Aberdeen VA Clinic: 605-229-3500

If you don't get the answers, keep digging.

Questions to ask... Are any of my medications the cause? Are my labs off? Who can you refer me to for more answers? Don't stop advocating for yourself!!!

## <u>Therapy:</u>

(Cognitive Assessment can be done by Speech Therapists and Occupational Therapists)

Minds Matter PLLC: 605-725-2828

Prairie Heights: 605-225-2550, home visits are an option

Brain Intercept: 605-725-8885

Avera Therapy Center: 605-226-5878

Sanford Therapy: 605-626-4200

# At Home Services:

-Home Health:

-Kay Vikander: personal home health 605-216-2933

-Kore Cares: 605-705-2880

-Homecare Services: Brooke Jung 605-225-1076

-Bethesda Home Health: 605-225-7580

-Home Care Solutions: Samantha Heathman 605-227-5130

-AngelKare: 605-262-0506

-Avera at Home: 605-622-5200

-Adult Day Center: Bethesda (605) 225-7602

-Senior Meals: (605) 229-4741 Monday-Friday 60 & over

-Meals on Wheels: 605-626-3330

-Life Alert: Prairie Innovations -(605) 229-6850

#### -Support Groups:

•Caregiver Support Group 2nd Tues of every month (contact Erin 605-216-3596 or Jackie 605-626-3330)

•Parkinson's Support group held 2nd Monday/every other month odd months. Basement of State Street Medical Square.

# Senior Living:

### Independent Living:

-Derian Lodge: (605) 846-6300

-Davis Court: (605) 622-5836

-Parkside Retirement, Bethesda: (605) 225-7900

### Assisted Living:

-Derian Place: (605) 846-6200

-Nano Nagle: (605) 622-5850

-Bethesda Towne Square: (605) 225-7600

#### Memory Care:

-Primrose Cottages: (605) 226-4040

-Gellhaus Carehaus: (605) 229-7977

-Angelhaus: (605) 725-7777