Plymouth County Resource Directory

Developed by the Plymouth County Safety Net Committee and funded by the Community Transformation Grant/Iowa Department of Public Health.
January 2014
# Table of Contents (click agency to go to page)

**ABUSE HELP** ................................................................................................................................................. 10

- Child & Dependent Adult Abuse Reporting: Statewide Abuse Hotline ....................................................... 10
- Child Advocacy Board ................................................................................................................................. 10
- Child Advocacy Center ............................................................................................................................... 10
- CSADV - Council on Sexual Assault & Domestic: Sioux Center - Family Crisis Center ............................. 10
- CSADV - Council on Sexual Assault & Domestic: Le Mars - Plymouth County Outreach .......................... 10
- CSADV - Council on Sexual Assault & Domestic: Sioux City office .......................................................... 11
- Dependent Adult & Child Abuse Reporting Plymouth & Sioux County ....................................................... 11
- Domestic Violence Hotline - IA Coalition against Domestic Violence ...................................................... 11
- Family Crisis Center of NW Iowa, Inc .......................................................................................................... 11
- Rape Victim Advocacy Program - Iowa Sexual Abuse Hotline .................................................................. 11

**ADDITION SERVICES** .................................................................................................................................. 13

- Addiction Medicine: Akron Mercy Medical Clinic ................................................................................. 13
- Al-Anon13
  - Alcoholics Anonymous - Le Mars ........................................................................................................ 13
  - Alcoholics Anonymous - Akron ......................................................................................................... 13
  - Bets Off - IA Dept of Health .............................................................................................................. 13
  - Jackson Recovery Center - Cherokee - Synergy ............................................................................. 14
  - Jackson Recovery Center - Le Mars .................................................................................................... 14
  - Jackson Recovery Center - Sioux City - Adolescent Residential Center ................................................ 14
  - Jackson Recovery Center - Sioux City Main Office ........................................................................... 14
  - New Life Treatment Center .............................................................................................................. 14
  - Synergy - A Jackson Recovery Center ............................................................................................ 15
  - A Place for Mom ................................................................................................................................. 15

**AGING SERVICES** ........................................................................................................................................ 16

- A Program of All-inclusive Care for the Elderly ....................................................................................... 16
- Abbey of Le Mars, The ............................................................................................................................ 16
- Aging Resources of Central IA .............................................................................................................. 16
- Akron Care Center .................................................................................................................................. 16
- Alzheimer's Association ............................................................................................................................ 17
- Bavarian Meadows Assisted Living ....................................................................................................... 17
- Connections Area Agency on Aging ....................................................................................................... 17
- Elderly Abuse/Neglect ............................................................................................................................. 17
- Foster Grandparent Program .................................................................................................................. 18
- Good Samaritan Society (Le Mars) ........................................................................................................ 18
Happy Siesta Care Center ................................................................. 18
Heartland Care Center .................................................................. 18
Helping Hands .............................................................................. 19
Home Instead Senior Care ............................................................ 19
Iowa Department of Elder Affairs ................................................. 19
Kingsley Nursing & Rehab Center .................................................. 19
Le Mars Senior Center ................................................................ 20
Legal Aid Hotline for Older Iowans (over 60) ................................ 20
Little Help Home Care, A .............................................................. 20
Meals On Wheels ......................................................................... 20
Park Place Estates ....................................................................... 20
Plymouth Manor Care Center ...................................................... 21
Prime Living Apartments .............................................................. 21
Prime Time Health Network - Avera/Floyd Valley Hospital .......... 21
Senior Companion Program ....................................................... 21
Senior Companion Program - Center for Siouxland .................... 21
SHIIP - Senior Health Ins Information Program............................ 22
Social Security Administration ..................................................... 22
Wellness Recreation - Good Samaritan Care Center .................... 22
CLOTHING SERVICES .................................................................. 23
Goodwill Industries ..................................................................... 23
Helping Hands Thrift Shop ............................................................ 23
Junior League Discovery Shop ..................................................... 23
Mission of the Messiah ................................................................. 23
Wall Street Mission: Gordon Drive .............................................. 23
Wall Street Mission: Administrative office ................................. 24
COMMUNICATION SERVICES ....................................................... 25
Iowa Relay Service - Relay Iowa - Telecommunications Access Iowa 25
EMERGENCY ASSISTANCE ........................................................... 26
American Hope Resources ............................................................ 26
Center for Siouxland .................................................................... 26
Christian Needs Center ............................................................... 26
Department of Human Services-Plymouth County ...................... 26
Department of Human Services-Sioux County ............................ 26
Gospel Mission Men & Children's Shelter ................................. 27
Gospel Mission Women's & Children's Shelter ............................ 27
Iowa Concern .......................................................................................................................... 27
Iowa Legal Aid NW Iowa Regional Office ........................................................................... 27
Iowa Statewide Poison Control Center .............................................................................. 28
National Runaway Safeline ................................................................................................. 28
Poison Control Center ....................................................................................................... 28
Suicide Hotline .................................................................................................................... 29

FOOD & NUTRITION RESOURCES .................................................................................. 30
Congregate Meal Sites: Akron ............................................................................................ 30
Congregate Meals: Kingsley (no site in Kingsley, can get through the Kingsley Nursing & Rehab Center) ........................................................................................................ 30
Congregate Meal Sites: Le Mars ......................................................................................... 30
Congregate Meal Sites: Marcus .......................................................................................... 30
Congregate Meal Sites: Merrill .......................................................................................... 30
Congregate Meal Sites: Remsen ........................................................................................ 31
Heat and Eat Meals ............................................................................................................. 31
MOM's Meals ....................................................................................................................... 31
SHARE Program Le Mars .................................................................................................... 31
Siouxland Community Soup Kitchen ................................................................................ 32
Sunshine Natural Foods ...................................................................................................... 32
Weight Watchers - Akron .................................................................................................... 32
Weight Watchers - Hinton ................................................................................................. 32
Weight Watchers - Le Mars ............................................................................................... 32

HEALTHCARE FACILITIES .............................................................................................. 33
Abbey of Le Mars, The ........................................................................................................ 33
Akron Care Center .............................................................................................................. 33
Bavarian Meadows Assisted Living ................................................................................... 33
Brentwood Good Samaritan Center ................................................................................... 33
Happy Siesta Care Center ................................................................................................. 34
Heartland Care Center ....................................................................................................... 34
Iowa Veterans Home .......................................................................................................... 34
Kingsley Nursing & Rehab Center .................................................................................... 34
Park Place Estates ............................................................................................................. 34
Plymouth Manor Care Center ............................................................................................ 35
Prime Living Apartments ................................................................................................. 35
The Pride Group, Inc ......................................................................................................... 36

HOUSING ASSISTANCE .................................................................................................... 37
Atlas Group ........................................................................................................................ 37
Floyd Valley Apartments ................................................................. 37
HUD Certified Housing Counseling .................................................. 37
Kingston Apartments ................................................................... 37
Mid-Sioux Opportunity, Inc - Akron .............................................. 38
Mid-Sioux Opportunity, Inc - Le Mars .......................................... 38
Mid-Sioux Opportunity, Inc - Remsen ........................................... 38
Ridgewood Apartments ................................................................ 38
Ronald McDonald House - Charities of Siouxland, Inc. ............... 39
Rural Development - Home Buying ................................................ 39
Siouxland Habitat for Humanity .................................................... 39

JOB PLACEMENT .................................................................... 40
Hope Haven: Le Mars .................................................................. 40
Hope Haven: Rock Valley ............................................................. 40

LEGAL SERVICES .................................................................. 41
Iowa Legal Aid - Regional Office ................................................... 41
Legal Aid Hotline for Older Iowans (over 60) ............................... 41
Legal Services Corporation ......................................................... 41

MEDICAL CARE: CHIROPRACTIC ................................................. 42
Akron Chiropractic Center ............................................................ 42
Bolin Chiropractic & Accupuncture ............................................... 42
Britton Chiropractic & Rehab Clinic ............................................. 42
Knull Chiropractic Center ............................................................. 42
Meylor Chiropractic & Acupuncture ............................................... 42
Nilles Chiropractice Clinic PC/Accupuncture ................................ 43
Zollman Chiropractic Clinic and Wellness .................................... 43

MEDICAL CARE: DENTIST .......................................................... 44
Advanced Eye Health .................................................................. 44
Family 1st Dental of Hawarden ...................................................... 44
Family 1st Dental of Le Mars .......................................................... 44
Kaler, Daniel L, DDS & Brenda F. Dick DDS - Le Mars .................. 44
Kaler, Daniel L, DDS & Brenda F. Dick DDS - Sx City Indian Hills 44
Kaler, Daniel L, DDS & Brenda F. Dick DDS - Sx City Morningside (Main Office) 45
Le Mars Dental Center ................................................................. 45
Promise Community Health Center ............................................. 45

MEDICAL CARE: HOME CARE .................................................. 46
Community Health Services (Floyd Valley Hospital) ..................... 46
Home Health & Hospice ................................................................. 46
Mercy Home Care ........................................................................ 46

MEDICAL CARE: HOSPICE .......................................................... 47
Care Initiatives Hospice SC ............................................................ 47
CHEERS Home Health & Hospice .................................................. 47
Children's Hospice International ................................................... 47
Home Health & Hospice ............................................................... 47
Hospice of Siouxland - Le Mars ................................................. 47
Hospice of Siouxland - Sioux City .............................................. 48
Iowa Hospice - By Harden Healthcare ........................................ 48

MEDICAL CARE: HOSPITALS ....................................................... 49
Floyd Valley Hospital/An Avera Partner ....................................... 49
Mercy Medical Center ............................................................... 49
Regional Health Care - Hawarden ............................................. 49
UnityPoint Health - St. Luke's ................................................... 49
University of Iowa Hospitals & Clinics ........................................ 49

MEDICAL CARE: OTHER ............................................................ 50
Community Health Services (Floyd Valley Hospital) .................... 50
Le Mars Area Dialysis Services ................................................... 50
Le Mars Optometric Center ....................................................... 50
Recover Health ........................................................................... 50
Siouxland Pace ........................................................................... 51

MEDICAL CARE: PHYSICAL THERAPY ..................................... 52
Le Mars Physical Therapy ........................................................... 52

MEDICAL CARE: PRIMARY CARE ............................................. 53
Akron Mercy Medical Clinic ....................................................... 53
Family Medicine Clinics: Le Mars .............................................. 53
Family Medicine Clinics: Marcus ............................................... 53
Family Medicine Clinics: Remsen .............................................. 53
Family Medicine Clinics: Urgent Care ...................................... 53
Kingsley Mercy Medical Clinic ................................................... 54
Promise Community Health Center ........................................ 54
Siouxland Community Health Center ....................................... 54
VA Medical Center & Clinic - Sioux City .................................... 54

MEDICAL CARE: SPECIALISTS .............................................. 56
Child Health Specialty Clinics: Iowa City .................................... 56
Child Health Specialty Clinics: Sioux City .................................................................................. 56
Chronic Pain/Fibromyalgia Support ......................................................................................... 56
(Mercy Medical Center Pain Clinic) ....................................................................................... 56
Groetken Family Eye Care ....................................................................................................... 56
Hearing Health Centers: Le Mars ............................................................................................ 56
Hearing Health Centers: Spencer ............................................................................................ 57
June E Nylen Cancer Center ................................................................................................... 57
Plymouth County Eye Care ....................................................................................................... 57
Siouxland Podiatry Associates, PC ......................................................................................... 57
Stroke Center - Mercy Medical Center ................................................................................... 57
MEDICAL EQUIPMENT & SUPPLIES ..................................................................................... 59
American Home Health Care Co. ............................................................................................ 59
Avera Home Medical equipment of FVH ............................................................................... 59
Hometown Mobility .................................................................................................................. 59
HyVee Pharmacies: Le Mars .................................................................................................... 59
HyVee Pharmacies: Marcus ...................................................................................................... 59
Iowa Compass: Center for Disabilities & Development .......................................................... 60
Uniquely You - Breast Prosthesis Products ............................................................................ 60
Walk-Thru Bathtub Insert - Surface Solutions ....................................................................... 60
MEDICATION ASSISTANCE ................................................................................................... 61
Family Pharmacy, Le Mars ....................................................................................................... 61
Iowa Prescription Drug Corporation ........................................................................................ 61
Kingsley Pharmacy .................................................................................................................. 61
Remsen Pharmacy .................................................................................................................. 61
Thorson Drug .......................................................................................................................... 61
Wal-Mart Pharmacy ................................................................................................................. 62
MENTAL HEALTH SERVICES & COUNSELING ................................................................ 63
Bethesda Christian Counseling Midwest .................................................................................. 63
Boys and Girls Home ............................................................................................................ 63
Catholic Charities .................................................................................................................... 63
Cherokee Mental Health Institute ............................................................................................ 63
Children's Square USA (Christian Home Association) .......................................................... 64
Children's Square USA: Aftercare, Recruitment & Retention - Sioux City ......................... 64
NAMI - National Alliance on Mental Illness - Sioux Center .................................................... 64
NAMI - National Alliance on Mental Illness - Siouxland......................................................... 64
National Suicide Prevention Hotline ...................................................................................... 65
Plains Area Mental Health Center................................................................. 65
Suicide Hotline ......................................................................................... 65
Teen Line - IA Dept of Public Health .......................................................... 65

OTHER SERVICES ..................................................................................... 66
Alpha Center, The ..................................................................................... 66
ALS Association ......................................................................................... 66
American Cancer Society ........................................................................ 66
American Heart & Stroke Association ..................................................... 66
American Heart Association .................................................................. 67
American Lung Association of IA........................................................... 67
American Parkinson Disease Asso. ......................................................... 67
Arthritis Foundation - Iowa Chapter ....................................................... 67
Centering Corporation ............................................................................. 68
Child Find of America ............................................................................. 68
Consumer Credit Counseling .................................................................. 68
Cystic Fibrosis Foundation ..................................................................... 68
Deaf Services, Office of (formerly Deaf Services Commission of Iowa) ............................................................................. 69
Easter Seals of Iowa ................................................................................ 69
Fibromyalgia - LAF (Life After Fibromyalgia) .......................................... 69
Find a Lawyer - Iowa ............................................................................... 69
Foster Grandparent Program .................................................................. 69
Iowa Department for the Blind ................................................................. 70
Iowa Department of Public Health ........................................................... 70
Iowa Lions Eye Bank ............................................................................... 70
Iowa State University Answer Line ........................................................ 70
Legal Aid Hotline for Older Iowans (over 60) .......................................... 71
Life Skills Training Center, Inc ................................................................. 71
Little Help Home Care, A ......................................................................... 71
Lutheran Services of Iowa......................................................................... 71
Muscular Dystrophy Association Iowa .................................................. 71
Muscular Dystrophy Association Nebraska .......................................... 72
Muscular Dystrophy Association South Dakota ..................................... 72
National Federation of the Blind - Siouxland Chapter .......................... 72
National Federation of the Blind of Iowa ............................................... 73
National Kidney Foundation of MN, ND, SD, IA ................................. 73
National Multiple Sclerosis Society ....................................................... 73
National Multiple Sclerosis Society - Upper Midwest Chapter

Overeaters Anonymous

Relaxing Touch

Siouxland Epilepsy Support Group, Inc

Synergy Home Care of Sioux City

Thursday's Child

Overeaters Annonymous

Relaxing Touch

Siouxland Epilepsy Support Group, Inc

Synergy Home Care of Sioux City

Thursday's Child

REHABILITATIVE SERVICES

Akron Care Center

Avera - Floyd Valley Hospital

Floyd Valley Hospital Cardiac Rehab

Good Samaritan Care Center

Happy Siesta Care Center

Hawarden Regional Healthcare Cardiac Rehab

Heartland Care Center

Regional Health Care - Hawarden

TRANSPORTATION SERVICES

Get N Go Taxi Co

Siouxland Regional Transit System

TMS - Transport Management System for Medicaid
ABUSE HELP

Child & Dependent Adult Abuse Reporting: Statewide Abuse Hotline
   Phone:  800-362-2178
   Web:  www.dhs.iowa.gov
   Hours:  24 Hour Call Number
   Services:  Imminent Danger: Dial 911; Report suspected abuse to DHS orally within 24 hours of
   becoming aware of the situation. A written report must be made within 48 hours.

Child Advocacy Board
   822 Douglas St  Ste 202
   Sioux City IA  51101
   Phone:  712-279-6602    866-295-5263
   Fax:  712-279-6469
   Email: marlatreiber@dia.iowa.gov
   Web:  www.childadvocacy.iowa.gov
   Contact:  Marla Treiber
   Hours:  Mon-Fri 8:00 am - 4:30 pm
   Services:  Volunteer to work with abuse & neglected children. Advocate for abuse & neglect in children
   involved in child welfare.

Child Advocacy Center
   801 5th St  Mercy Medical Center
   Sioux City IA  51101
   Phone:  712-279-2548    800-582-0684
   Web:  www.mercysiouxcity.com/child-advocacy-center
   Services:  Child friendly program dedicated to serving children who are victims of abuse.
   Multidisciplinary team of caring professionals supports child victims through each phase of the abuse
   response, including detection & investigation of abuse, as well as treatment & follow-up services for
   child victim.

CSADV- Council on Sexual Assault & Domestic : Sioux Center - Family Crisis Center
   PO Box 295
   Sioux Center IA
   Phone:  800-982-7233 Crisis Line

CSADV- Council on Sexual Assault & Domestic : Le Mars - Plymouth County Outreach
   PO Box 34
   Le Mars IA  51031
   Phone:  712-546-6764    800-982-7233 Crisis Line
CSADV- Council on Sexual Assault & Domestic: Sioux City office
Sioux City IA
Phone: 712-258-7233  800-982-7233 Crisis Line
Fax: 712-258-8790
Contact: Margaret Sanders, Executive Director
Hours: 24 hour Crisis Line
Services: Crisis intervention to address the immediate needs of the victim. Education about the dynamics of domestic violence or sexual abuse. Emphasis is placed on giving the victim accurate information about domestic violence or sexual abuse & supporting the victim in decisions that are made. Identify needs & provide options. Establish a support system. Support groups are offered to both domestic violence & sexual assault victims & family & friends of sexual assault victims.

Dependent Adult & Child Abuse Reporting Plymouth & Sioux County
215 Central Ave SE  PO Box 375
Orange City IA  51041
Phone: 712-737-2943  800-337-2943  800-362-2178
Fax: 712-564-4072
Email: csioux012dhs.state.ia.us
Web: www.dhs.iowa.gov  www.helpguide.org
Hours: 24/7 CRISIS ABUSE HOTLINE
Services: IMMENINT DANGER: CALL 911; Report suspected abuse to DHS orally within 24 hours of becoming aware of the situation. A written report must be made within 48 hours.

Domestic Violence Hotline - IA Coalition against Domestic Violence
3030 Merle Hay Road
Des Moines IA  50310
Phone: 515-244-8028 Local Des Moines  800-942-1933 HOTLINE
Fax: 515-244-7417
Email: lauries@cadv.org
Web: www.icadv.org
Contact: Laurie Schipper, Executive Director
Hours: Mon-Fri 8:30 am - 4:00 pm
24 hour call center - see 800 #
Services: See Web Site for specific services on Region 1 where Plymouth County is located. see map on Web Site for location of shelters under Services in Iowa

Family Crisis Center of NW Iowa, Inc
PO Box 295
Sioux Center IA  51250
Phone: 800-382-5603  712-722-4483
Web: www.familycrisiscenter.org
Hours: 24 Hour call Center
Services: Domestic Abuse & Sexual Assault support. Free of charge. Court Advocates

Rape Victim Advocacy Program - Iowa Sexual Abuse Hotline
332 S Linn St  Ste 100
Iowa City IA  52240
Phone:  319-335-6000 Crisis Line     800-284-7821 Sexual Abuse
Fax:  319-335-6057
Email:  rvap@uiowa.org
Web:  www.rvap.org
Contact:  Karla Miller / Exec Director
Hours:  24 Hour Call Center, Business #'s
Mon-Fri 9:00 am - 5:00 pm
Services:  A comprehensive sexual abuse response center that serves teen & adult victims & survivors.
    We work with individuals & their loved ones recovering from all forms of sexual violence, including:
    Rape, Incest Sexual harassment & Staling. Non profit organization. Offers education services.  24-hour
    crisis hotline.
ADDICTION SERVICES

Addiction Medicine: Akron Mercy Medical Clinic
321 Mill St PO Box 200
Akron IA  51001
Phone: 712-568-2411
Fax: 712-568-2849
Email: heerenl@mercyhealth.com
Web: www.mercysiouxcity.com/family-medical-clinics
Contact:  Lori Heeren, Office Manager
Edit:  8:00 am - 5:00 pm
Services: Medical Addiction treatment. Suboxone/Buprenorphine

Al-Anon
Floyd Valley Hospital  714 Lincoln St
Le Mars IA  51031
Phone: 712-546-7871
Hours: Meet at Floyd Valley Hospital - Wed 8:00 pm

Alcoholics Anonymous - Le Mars
Floyd Valley Hospital  714 Lincoln St
Le Mars IA  51031
Phone: 712-546-7871
Hours: Meet at Floyd Valley Hospital - Mon., Wed., Fri  8:00 pm
Services: Mon - Fellowship Group; Wed - Step Group; Fri - Whatever Group

Alcoholics Anonymous - Akron
Trinity Lutheran Church  220 Hardy St
Akron IA  51001
Hours: Meet at Trinity Lutheran Church - Tue 7:30 pm

Bets Off - IA Dept of Health
321 E 12th St
Des Moines IA  50319
Phone: 800-BETSOFF  800-238-7633
Web: www.1800betsoff.org
Contact: Coordinator of Care for Plymouth Co. is Jackson Recovery Center, Sioux City
Hours: Mon-Fri 8:00 am - 5:00 pm   off weekends
Services: Outpatient counseling for problem Gamblers, concerned persons & family; Housing services for problem gamblers in treatment & with no other housing options; Financial counseling including budgeting & debt reduction plans; State-wide help line that provides information & referral services. The program funds Prevention & Education services for schools, community groups, casino employees & other at-risk groups.
Jackson Recovery Center - Cherokee - Synergy
1267 W Cedar Loop  Voldeng Building
Cherokee IA  51012
Phone:  712-225-2441   712-234-2300
Fax:  712-225-2421
Hours:  24 hours a day/365 days per year
Services:  Adolescent Residential; Women & Men's residential; Outpatient treatment; Medication assisted treatment; Transitional living.

Jackson Recovery Center - Le Mars
19 Lincoln St SE
Le Mars IA  51031
Phone:  712-546-7868
Fax:  712-546-7869
Hours:  Mon-Fri 8:00 am - 5:00 pm
Services:  Adult/Adolescent outpatient treatment.

Jackson Recovery Center - Sioux City - Adolescent Residential Center
2101 Court St
Sioux City IA  51101
Phone:  712-234-2300   800-472-9018   712-293-4912
Hours:  24 hours a day/365 days per year
Services:  Adolescent residential treatment center

Jackson Recovery Center - Sioux City Main Office
800 5th St
Sioux City IA  51101
Phone:  712-234-2300   800-472-2300
Fax:  712-234-2399
Email:  info@jacksonrecovery.com
Web:  www.jacksonrecovery.com
Hours:  Mon-Fri 8:00 am - 5:00 pm
Services:  Dedicated to meeting the addiction-related needs of Siouxland. Provide prevention & educational services as well as outpatient & residential addiction treatment to adults, adolescents & families.

New Life Treatment Center
130 Dakota St S   PO Box 38
Woodstock MN  56186
Phone:  507-777-4321   800-934-2874
Email:  info@newlifetreatment.com
Web:  www.newlifetreatment.com
Hours:  Call confidentially 24 hour a day
Services:  Detoxification; 2-day DWI program; Inpatient & outpatient treatment; Meth program; Compulsive gambling treatment. Available through Reasonable fees - help through private funds, insurance, & public funds.
Synergy - A Jackson Recovery Center
1267 W Cedar Loop  Voldeng Bldg
Cherokee IA  51012
Phone:  712-225-2441   712-234-2300
Fax:   712-225-2421
Web:  www.jacksonrecovery.com
Hours:  24 hour call center
Services:  Adult residential treatment center.

A Place for Mom
1300 Dexter Ave N  Ste 400
Seattle WA  98019
Phone:  866-344-8005  877-666-3239
Fax:   866-382-6399
Web:  www.aplaceformom.com
Contact:  Advisor will be assigned to provide information
Hours:  Mon-Fri 8:00 am - 9:00 pm   Sat-Sun 8:00 am - 5:30 pm
Services:  An easy way to find senior care for everyone who is faced with finding the best senior living options for family members, anywhere in the United States.  A free service.  Call the phone number for assistance.
**AGING SERVICES**

**A Program of All-inclusive Care for the Elderly**

Phone: 888-722-3713  
Fax: 712-224-7256  

Services: Shuttle buses provide transportation from Woodbury, Plymouth, Sioux, Cherokee, Ida & Monona counties daily or a couple of times a week. Care for individuals 55 & older eligible for assistance.

**Abbey of Le Mars, The**

320 1st Ave SE  
Le Mars IA 51031  
Phone: 712-546-7844  
Fax: 712-546-9318  
Email: theabbeycare@yahoo.com  
Web: www.abbeyoflemars.com  
Contact: Deb De Rocher, Assistant to Administrator  
Hours: 8:30 am - 5:00 pm  
Services: Intermediate Care, Skilled Care & Residential Care

**Aging Resources of Central IA**

5835 Grand Ave Ste 106  
Des Moines IA 50312  
Phone: 515-255-1310 800-747-5352  
Fax: 515-255-9442  
Email: info@agingresources.com  
Web: www.agingresources.com  
Contact: Administrative Associates: Ellen Gilstrat  
Hours: 8:00 am - 4:30 pm  
Services: Has specific programs designed to address specific needs. Experts will guide through the process of resolving specific issues. See Website-all of the programs & guidelines are explained there.

**Akron Care Center**

991 Hwy 3  
Akron IA 51001  
Phone: 712-568-2422  
Fax: 712-568-2424  
Email: socialworker@akroncarecenter.com  
Web: www.akroncarecenter.com  
Contact: Becky Borchers, Social Worker  
Hours: Mon-Fri 9:00 am - 5:00 pm  
Services: A non-for-profit, city-owned Intermediate & Skilled Care Facility. Licensed for 45 Medicare & Medicaid approved beds. Our mission is to provide a homelike environment for persons where their health may be maintained or enhanced through daily activities, physical therapy, nursing care & good nutrition. We are a small nursing home geared to serve people in need with quality loving care.
Alzheimer's Association
201 Pierce St  Ste 110
Sioux City IA  51101
Phone:  712-279-5802     800-282-3900
Fax:  712-277-8076
Email:  egarber@alz.org
Web:  www.alz.org/siouxland
Contact:  Emily Garber, Manager of Education & Outreach
Hours:  Mon-Fri 8:30 am - 5:00 pm
Services:  Provides Professional education support groups, education to families & the professional communities, in-home respite care, Advocacy, Physician Outreach, Medic Alert - Safe Return, Trial Match, 24/7 Helpline, Care Consultation, Comfort Zone Safety program, Alznavigator online program for long term care planning. See website for list of support groups.

Bavarian Meadows Assisted Living
632 L 14
Remsen IA  51050
Phone:  712-786-1660
Fax:  712-786-1664
Email:  bmeadows@midlands.net
Web:  http://bavarianmeadows.homestead.com
Contact:  Sandra Reuter, Nurse Administrator
Hours:  8:00 am - 4:30 pm
Services:  22 unit facility - strickly assisted living.

Connections Area Agency on Aging
2301 Pierce Street
Sioux City IA  51104
Phone:  712-279-6900     800-432-9209     800-432-9209
Fax:  712-233-3415
Email:  connectionsaaa@connectionsaaa.org
Web:  www.connectionsaaa.org
Contact:  Vicki Lohry, Nutrition Asst Director  Sioux City Location  vickyl@siouxlandaging.org
Hours:  Mon-Fri 8:00 am - 4:30 pm
Services:  As of July 212, 2013 all 21 Connections Sites (Area Agency on Aging) serving 20 counties in Western Iowa were merged. Provides Case Management, Meals on Wheels for the home bound, Congregate meals for those without need assistance. See website for more information.
Elderly Abuse/Neglect
822 Douglas St
Sioux City IA  51101
Phone:  712-255-0833

Foster Grandparent Program
4200 War Eagle Dr
Sioux City IA  51109
Phone:  712-225-2610
Fax:  712-224-2617
Contact:  Linda Hesebeck, Volunteer Coordinator
Hours:  Mon-Fri 8:30 am - 4:30 pm
Services:  Seniors provide mentoring in public schools, parochial schools, daycare centers or head start with 1:1 or small group activities. Seniors are paid mileage to provide these services. Is a service provided by seniors who need a "reason to get up in the morning". Call above phone number for more information.

Good Samaritan Society  (Le Mars)
1140 Lincoln St NE
Le Mars IA  51031
Phone:  712-546-4101
Fax:  712-546-9488
Web:  www.good.sam.com
Contact:  Amy Harnack, Marketing Director
Hours:  nurse available 24 hours a day/365 days a year;  8:30am - 4:30 pm business office
Services:  Christian based 24-hour skilled nursing community, providing day-to-day health care, wellness education, inpatient & outpatient therapy and memory care. Affordable senior housing, Willow Creek Place Apartments and Home Care Services.

Happy Siesta Care Center
423 Roosevelt St
Remsen IA  51050
Phone:  712-786-1117
Fax:  712-786-1119
Email:  crbraun@midlands.net
Contact:  Charlotte Braun, Adm
Hours:  24 hours a day/365 days per year
Services:  Nursing care, skilled care, Alzheimer's unit.

Heartland Care Center
604 E Fenton
Marcus IA  51035
Phone:  712-376-2500
Fax:  712-376-4445
Email:  heartland@midlands.net
Web:  www.heartlandcarecenter.com
Contact: LuAnn Rogge, Administrator
Hours: 8:00 am - 4:30 pm
Services: 30 skilled beds and 21 Assisted Living.

Helping Hands
1360 4th Ave SW
Le Mars IA 51031
Phone: 712-540-4611 Julie Heising, Director  712-540-9585 Mary Livermore
Email: helpinghands@live.com
Contact: Julie Heising - Director, Mary Livermore
Hours: As needed
Services: Provides help with independent living. Will clean your home, do errands, provide
Transportation to doctor appointments & grocery store. Provide help with: laundry, paying bills, meal
preparation, companionship.

Home Instead Senior Care
200 South Fairmount
Sioux City IA 51106
Phone: 712-258-4267   888-900-4267
Fax: 712-258-4279
Email: amy.raymond@homeinstead.com
Web: www.homestead.com
Contact: Ann Marie Olson, Manager
Hours: Mon-Fri 9:00 am - 5:00 pm
Services: Provides non-medical companionship, home helper & personal care services, such as bathing,
grooming & feeding assistance to senior citizens. Also: meal preparation, light housekeeping, laundry,
errands, & Incidental transportation.

Iowa Department of Elder Affairs
510 E 12th St Ste 2
Des Moines IA 50319
Phone: 515-725-3333   800-532-3213
Fax: 515-242-3300
Email: http://www.iowa.gov
Web: http://www.state.ia.us/elderfairs
Hours: Mon-Fri 8:00 am - 4:30 pm
Services: Services for elderly: employment, transportation, homemaker, home-health, advocacy,
information & referral. See Aging resources of Central IA in Des Moines.

Kingsley Nursing & Rehab Center
305 W 3rd St PO Box 10
Kingsley IA 51028
Phone: 712-378-2400
Fax: 712-378-3522
Email: mrotert@careinitiatives.org
Web: www.careinitiatives.org
Contact: Matt Robert, Admin  
Hours: 24 hours a day/365 days per year  
Services: Long-term care provider, skilled nursing care & rehabilitation, independent living. Meals on wheels.

**Le Mars Senior Center**  
110-1/2 6th Ave NE  
Le Mars IA 51031  
Phone: 712-546-6740  
Hours: Mon-Fri 11:00 am Congregate meal  
Services: Pinochle, Bingo, Exercises, Line Dancing - Call for times.

**Legal Aid Hotline for Older Iowans (over 60)**  
Phone: 800-992-8161  
Contact: Mon-Fri 9:00 am - 4:40 pm

**Little Help Home Care, A**  
367 15th St SW  
Le Mars IA 51031  
Phone: 712-546-4950  
Email: alittlehelphomecare@gmail.com  
Web: www.alittlehelphomecare.com  
Contact: Jerry McGill  
Hours: anytime  
Services: Assistance to seniors or those with disabilities, provide light housekeeping, personal care, transportation, companionship, respite, spiritual support

**Meals On Wheels**  
Le Mars IA 51031  
Phone: 712-546-6740  
Services: Noon meals delivered to homes within city limits

**Park Place Estates**  
900 Lincoln St NE  
Le Mars IA 51031  
Phone: 712-546-6793  
Fax: 712-546-8085  
Email: ppe@floydvalleyhospital.org  
Web: www.aver.org/floyd-valley/senior-services  
Contact: Judith Raddy, Director  
Hours: Mon-Fri 8:00 am - 5:00 pm  
Services: Assisted living options for seniors who require oversight & assistance with activities of daily living. A secure, comfortable environment with maintenance-free living & the camaraderie of a friendly community. Weekly housekeeping, linen service. 3 meals per day provided. Scheduled transportation.
Plymouth Manor Care Center
954 7th Ave SE
Le Mars IA  51031
Phone:  712-546-7831
Fax:  712-546-7990
Email:  emccarty@premieronline.com
Web:  www.plymouthmanorlemars.com
Contact:  Coleen Mc Carty, Administrator
Hours:  24 hours a day/365 days per year
Services:  See Web Site for more information. occupational & speech therapy along with restorative services. Hospice & spiritual guidance for end-of-life issues. Daily living activity services: beauty salon, podiatry, activities & social time.

Prime Living Apartments
108 1st Ave NW
Le Mars IA  51031
Phone:  712-548-5488
Fax:  712-546-6299
Web:  www.primeassistedliving.com
Contact:  Jean Parrish, Director
Hours:  Mon-Fri 8:00 am - 5:00 pm
Services:  Affordable assisted living to persons who may have limited income. Apartment rent is based on income. Will work with government agencies to reduce costs.  Nursing Home & Assisted living. Nearest Hospital is 1 mile away. Life Care Homes, NursingCare, Personal Care Assistance, Residential Care

Prime Time Health Network - Avera/Floyd Valley Hospital
714 Lincoln St NE  PO Box 10
Le Mars IA  51031
Phone:  712-546-3385    712-546-3410 to register
Fax:  712-546-8085
Email:  www.michelle.tennapel.floydvalleyhospital.org
Web:  www.floydvalleyhospital.org
Contact:  Michelle Ten Napel, Activities Coor.
Hours:  Mon-Fri 8:00 am - 4:30 pm
Services:  For adults age 55 & older they offer: winter walking, by-monthly newsletter, monthly educational programs, workshops, Senior health Insurance Program, discounts on heat & eat meals, Aquacise through YMCA.

Senior Companion Program
4200 War Eagle Dr
Sioux City IA  51109
Phone:  712-224-2617

Senior Companion Program - Center for Siouxland
Sioux City IA  51101
Web: www.rvseniorvolunteerprograms.org  
Contact: Amy Campbell  
Hours: Mon-Fri 8:00 am - 5:00 pm  
Services: Provides companionship & assistance by providing transportation, respite for family members/caretakers & companionship/outreach so that their clients are able to live independently & with dignity in their own home.

**SHIIP - Senior Health Ins Information Program**  
330 Maple St  
Des Moines IA  51319  
Phone: 800-351-4664  
Fax: 515-281-3059  
Email: shiip@iid.iowa.gov  
Web: www.shiip.state.ia.us  
Contact: Kim Gross, Director  
Hours: Mon-Fri 8:00 am - 4:00 pm  
Services: Offer free confidential one-on-one counseling throughout iowa from trained volunteers. Assistance with Medicare Part D decision making, information on Medicare drug benefits, Medicare Advantage, supplemental insurance & long term care.  
See Siouxland Aging Services Web Site for information.

**Social Security Administration**  
3555 Southern Hills Dr  
Sioux City IA  51106  
Phone: 866-338-2859 712-274-8986 TTY 800-772-1213 National  
Web: www.ssa.gov  
Hours: Mon, Tue, Thu Fri 9:00 am - 3:00 pm Wed 9:00 am - 12:00 pm  
Services: Delivers Social Security Services that meet the changing needs of the public.

**Wellness Recreation - Good Samaritan Care Center**  
1140 Lincoln St NE  
Le Mars IA  51031  
Phone: 712-546-4101  
Fax: 712-546-9488  
Email: rsitzmann@good-sam.com  
Web: www.good-sam.com  
Contact: Becky Sitzmann, Wellness Recreation Director  
Hours: 24 hours a day - Business office Mon - Fri 7 am - 4:30 pm  
Services: Wellness programming for 50 & older. Open to the community.
CLOTHING SERVICES

Goodwill Industries
1116 Holton Dr
Le Mars IA  51031
Phone:  712-546-1438
Web:  www.goodwillscia.com
Services:  Available used clothing, small appliances, household goods.

Helping Hands Thrift Shop
501 5th St
Akron IA  51001
Phone:  712-568-2208
Contact:  Vivian Miller - Chairman, Mary Lucken Co-Founder
Hours:  Wed 5:30 pm - 7:30 pm  Sat 9:00 am - 3:00 pm
Services:  Used clothing, household items, some furniture, toys, etc.  Over 50 people in the community volunteer to run the shop. All proceeds benefit the Akron Children's Center.

Junior League Discovery Shop
316 W 7th St
Sioux City IA  51103
Phone:  712-255-0072
Email:  shop@juniorleagueofsiouxcity.com
Web:  jlsc.juniorleagueofsiouxcity.com
Hours:  Mon-Sat 10:00 am - 5 pm  Thurs 10am - 6 pm
Services:  Provides quality, gently used items at affordable prices.  Dress for Success program.

Mission of the Messiah
2803 Correctionville Rd
Sioux City IA  51105
Phone:  712-224-2803    712-490-0070 cell Pr. Lil
Contact:  Pastor Lil
Hours:  Mon-Sat 9:00 am - 5:00 pm  Closed Sun.  Call Pr Lil for emergency needs
Services:  Thrift Store - Used Clothing, Furniture, Appliances at little or no cost.

Wall Street Mission: Gordon Drive
5931 Gordon Dr
Sioux City IA  51106
Phone:  712-274-4380
Services:  Donations & purchases help reuse, resell, recycle & reinvest. Serves portions of Iowa, South Dakota, Nebraska & Minnesota
Wall Street Mission: Administrative office
3100 W 4th St
Sioux City IA 51103
Phone: 712-258-4511 877-608-7775
COMMUNICATION SERVICES

Iowa Relay Service - Relay Iowa - Telecommunications Access Iowa
6925 Hickman Rd
Des Moines IA 50322
Phone: 711 TTY/ASCII 800-735-2942 TTY/ASCII 800-735-2943 Voice
Fax: 515-244-2333
Email: www.relayiowa.com
Edit: 24 hours a day/365 days per year
Services: Provides telecommunications relay service for telephone accessibility for persons who are deaf, hard-of-hearing or speech impaired.
EMERGENCY ASSISTANCE

American Hope Resources
Web: www.americanhoperesources.com
Edit: See Website to check eligibility
Services: AHR is a multiple-media public service organization serving U.S. citizens 18 years of age & older. The mission of AHR is to strengthen our communities with financial resources & discounts to help individuals facing hardship get back on track. AHR is not affiliated with any state, Federal or government party of any kind.

Center for Siouxland
715 Douglas St
Sioux City IA 51101
Phone: 712-252-1861 877-580-5526
Fax: 712-255-1352
Email: cfs@centerforsiouxland.org
Web: www.centerforsiouxland.org
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: Provides Transitional Housing - 'Bridges West' - for homeless families & individuals; Making Home affordable through HUD Housing; Consumer credit Counseling; Credit Report Counseling; Food, Clothing, & Prescription assistance; Opportunities for volunteering. See Web Site for further information. Provides assistance in Plymouth Co., Woodbury Co., Monona Co., Dakota (NE) Co., Union (SD) Co..

Christian Needs Center
900 6th St SW
Le Mars IA 51031
Phone: 712-546-9428
Email: waltz79@msn.com
Web: none
Contact: Barb Waltz, Director
Hours: Mon, Tue 8:30 am - 3:30 pm closed 12:00 pm - 1:00 pm Wed 8:30 am - 7:00 pm closed 12:00-1:00 pm Call First
Services: Food pantry & clothing for Plymouth County only.

Department of Human Services-Plymouth County
215 Central Ave. SE PO Box 375
Orange City IA 51041
Phone: 712-737-2943 800-337-2943
Fax: 712-546-4072
Email: cplymo01@dhs.state.ia.us
Web: www.dhs.iowa.gov
Contact: Sharon Nieman - Ply Co. Contact 712-546-4352 x4031
Hours: Mon-Fri 8:00 am - 4:30 pm
Services: Financial assistance, social work services, food stamps, Medicaid, emergency services, FIP, Title XIX.
Department of Human Services-Sioux County
215 Central Ave. SE   PO Box 375
Orange City IA  51041
Phone:  712-737-2943    800-337-2943
Fax:  712-546-4072
Email:  csioux01@dhs.state.ia.us
Web:  www.dhs.iowa.gov
Contact:  Sharon Nieman - Ply Co. Contact     712-546-4352 x4031
Hours:  Mon-Fri 8:00 am - 4:30 pm
Services:  Financial assistance, social work services, food stamps, Medicaid, emergency services, FIP, Title XIX.

Gospel Mission Men & Children's Shelter
500 Bluff St
Sioux City IA  51103
Phone:  712-255-1769
Fax:  712-258-5951
Email:  kim@thegospelmission.org
Web:  www.siouxcitygospelmission.org
Contact:  Kim Haggerty, Business Manager
Hours:  Mon-Fri 8:00 am - 5:00 pm
Services:  Thrift store: Clothing, Household Goods, Furniture.  Mon - Fri 9:00 a.m. - 5:30 p.m. Men & Women's shelter.  Food pantry provides meals 3 days a week at 6 a.m., noon & 5 p.m. to the public.

Gospel Mission Women's & Children's Shelter
415 Bluff St
Sioux City IA  51103
Phone:  712-255-1119
Fax:  712-258-5951
Email:  kim@thegospelmission.org
Web:  www.siouxcitygospelmission.org
Contact:  Kim Haggerty, Business Manager
Hours:  Mon-Fri 8:00 am - 5:00 pm
Services:  Thrift store: Clothing, Household Goods, Furniture.  Mon - Fri 9:00 a.m. - 5:30 p.m. Men & Women's shelter.  Food pantry provides meals 3 days a week at 6 a.m., noon & 5 p.m. to the public.

Iowa Concern
Phone:  800-447-1985
Web:  www.extension.iastate.edu/iowaconcern
Hours:  24 hours a day/365 days per year
Services:  Information on where to go for legal & financial help; family concerns; family crisis & disaster A program of ISU extension service.  See Website.

Iowa Legal Aid NW Iowa Regional Office
520 Nebraska St Ste #337
Sioux City IA  51101
Iowa Statewide Poison Control Center
401 Douglas St Ste 402
Sioux City IA 51101
Phone: 712-279-3710 800-222-1222
Fax: 712-234-8775
Email: kalinlb@ihs.org
Web: www.ihs.org
Contact: Linda Kalin, Director
Hours: 24 hours a day/365 days per year
Services: Provides Emergency poison information and treatment guidance over the telephone for all residents in the State of Iowa. This includes medication poisonings, identification of unknown pills, information about medication reactions, etc. For the education department call 712-279-3717

National Runaway Safeline
3080 N Lincoln Ave
Chicago Il 60657
Phone: 800-786-2929 800-runaway 773-880-9860 office
Fax: 773-929-5150
Email: info@1800runaway.org
Web: www.1800runaway.org
Contact: 8 people answer the phones
Hours: Office 733-880-9860 Mon-Fri 9:00 am - 5:00 pm
Services: Serves kids 12-21, help make plans & figuring out for run aways or if someone is thinking about running away or for people who knows someone who is thinking about running away. Provide a bus service for free ride home

Poison Control Center
401 Douglas St Ste 215
Sioux City IA 51101
Phone: 800-222-1222 712-279-3710
Fax: 712-234-8775
Email: kalinlb@ihs.org Administration nobletf@ihs.org Education office
Web: http://iowapoison.org
Contact: Linda Kalin/Director
Hours: 24 Hour Call Center - 7 days a week - free of charge. Poison help 1-800-222-1222
Services: Exposure management; public & professional education services; Poison prevention material; poison help
Suicide Hotline
Phone: 800-784-2433  800-273-8255
Web: http://suicidehotlines.com/iowa.html
Hours: 24 hour Call Center
FOOD & NUTRITION RESOURCES

Congregate Meal Sites: Akron
240 S 4th St  Akron Senior Citizens Center
Akron IA  51001
Phone: 712-568-3120  800-798-6916  Connections Area Agency on Aging Sioux City
Email: connectionsaaa@connectionsaaa.org
Web: www.connectionsaaa.org
Contact: Barb Mitchell, Site Manager
Edit:  Mon-Fri 7:00 am - 5:00 pm - Allowed to do activities;  6:30 am - 1:30 pm Barb is there
Services:  Senior Nutrition meal program  Will deliver meals for a fee. Must call 2 days in advance for reservations.  Meal served at 12:00 p.m. For Age 60 & older - activities include play pool, puzzles, cards, exercise, TV

Congregate Meals: Kingsley (no site in Kingsley, can get through the Kingsley Nursing & Rehab Center)
305 W 3rd St
Kingsley IA  51028
Phone: 712-378-2400
Fax: 712-378-3522
Contact: Ask for Diane, Dietary

Congregate Meal Sites: Le Mars
110 1/2 6th Ave NE  Le Mars Senior Center
Le Mars IA  51031
Phone: 712-546-6740  800-798-6916
Contact: Brenda Kray, Site Manager
Hours:  Mon-Fri 11:00 am - 4:00 pm
Services:  Senior nutrition meal program and Meals on Wheels delivered within city limits. Meal served  11:30 a.m. - Mon - Fri, Pinochle, Bingo, Exercises, Line Dancing - Call for times

Congregate Meal Sites: Marcus
Senior Center
Marcus IA  51039
Phone: 712-376-4495  800-798-6916
Services:  Senior nutrition meal program  Meal served  Mon, Wed, Fri

Congregate Meal Sites: Merrill
308 4th St Civic Center
Merrill IA  51038
Phone: 712-938-2503  800-798-6916
Email: connectionsaaa@connectionsaaa.org
Web: www.connectionsaaa.org
Contact: Ethel Cunningham, Site Manager
Hours:  Mon-Fri 9:00 am - 1:00 pm
Services:  Senior nutrition meal program Meal served 12:00 p.m.
**Congregate Meal Sites: Remsen**

105 Madison St  Remsen Senior Center  
Remsen IA  51050  
Phone:  712-786-2044     800-798-6916  
Email:  connectionsaaa@connectionsaaa.org  
Web:  www.connectionsaaa.org  
Contact:  Martha Haverkamp, Site Manager  
Hours:  Mon-Fri 8:30 am - 12:30 pm  
Services:  Senior nutrition meal program  Meal Served 12:00 p.m. - Mon-Fri

**Heat and Eat Meals**

714 Lincoln St NE  PO Box 10  Floyd Valley Hospital  
Le Mars IA  51031  
Phone:  712-546-3395     800-642-6074  
Fax:  712-546-3386  
Web:  www.floydvalleyhospital.org  
Contact:  Kathryn Massey, Dietary Manager  
Hours:  Mon-Fri 8:00 am - 5:00 pm  
Services:  Heat & eat meals fully cooked & frozen to purchase.

**MOM's Meals**

718 SE Shurfine Dr  
Ankeny IA  50021  
Phone:  877-508-6667  
Fax:  515-382-3789  
Email:  http://www.momsmeals.com  
Web:  www.momsmeals.com  
Contact:  Nathan Jensen/General Manager  
Hours:  Mon-Fri 8:00 a.m - 6:00 pm  
Services:  Prepared meals that are delivered to the elderly, disabled & individuals in poor health who are eligible for economic assistance through Medicaid Waiver or other government funded nutrition programs or for a fee. Special diet menus available - see email address.

**SHARE Program Le Mars**

126 3rd St SW  Assembly of God Church  
Le Mars IA  51031  
Phone:  see contacts  
Web:  www.shareiowa.org  
Hours:  Various hours & Days  
Services:  Monthly food distribution at reduced costs with documented 2 hours/month volunteer time done anywhere in your community.

31
Siouxland Community Soup Kitchen
703 W 5th St
Sioux City IA  51103
Phone:  712-255-3577
Email:  homelesssupoort@gmail.com
Web:  www.siouxlandcommunitysoupkitchen.org
Contact:  Audrey
Hours:  Meals Served: Mon-Fri 5:15 pm - 6:00 pm
Services:  Serves evening meals free of charge, five nights a week to the needy.

Sunshine Natural Foods
13 Central Ave NW
Le Mars IA  51031
Phone:  712-546-7241
Contact:  Rosemary Wibe, Herb Specialist, Rn
Hours:  Mon-Sat 9:00 am-5:00 pm  Wed 9:00 am-7:00 pm
Services:  Natural, Organic food, Glutin free foods, Vitamins, Minerals and herbs.

Weight Watchers - Akron
251 Reed St.  Security National Bank
Akron IA  51001
Web:  www.weightwatchers.com
Hours:  Wed 6:00 pm
Services:  Support group & Weigh-in

Weight Watchers - Hinton
205 W Main St  Hinton Community Center
Hinton IA  51024
Web:  www.weightwatchers.com
Hours:  Wed 5:30 pm
Services:  Support group & Weigh-in

Weight Watchers - Le Mars
126 3rd St SW  Assembly of God Church
Le Mars IA  51031
Web:  www.weightwatchers.com
Contact:  Luella R.
Hours:  Thu 5:30 pm
Services:  Support group & Weigh-in
HEALTHCARE FACILITIES

Abbey of Le Mars, The
320 1st Ave SE
Le Mars IA  51031
Phone:  712-546-7844
Fax:  712-546-9318
Email:  theabbeycare@yahoo.com
Web:  www.abbeyoflemars.com
Contact:  Deb De Rocher, Assistant to Administrator
Edit:  8:30 am - 5:00 pm
Services:  Intermediate Care, Skilled Care & Residential Care

Akron Care Center
991 Hwy 3
Akron IA  51001
Phone:  712-568-2422
Fax:  712-568-2424
Email:  socialworker@akroncarecenter.com
Web:  www.akroncarecenter.com
Contact:  Becky Borchers, Social Worker
Hours:  Mon-Fri 9:00 am - 5:00 pm
Services:  A non-for-profit, city-owned Intermediate & Skilled Care Facility. Licensed for 45 Medicare & Medicaid approved beds. Our mission is to provide a homelike environment for persons where their health may be maintained or enhanced through daily activities, physical therapy, nursing care & good nutrition. We are a small nursing home geared to serve people in need with quality loving care.

Bavarian Meadows Assisted Living
632 L 14
Remsen IA  51050
Phone:  712-786-1660
Fax:  712-786-1664
Email:  bmeadows@midlands.net
Web:  http://bavarianmeadows.homestead.com
Contact:  Sandra Reuter, Nurse Administrator
Hours:  8:00 am - 4:30 pm
Services:  22 unit facility - strickly assisted living.

Brentwood Good Samaritan Center
1140 Lincoln St NE
Le Mars IA  51031
Phone:  712-546-4101
Fax:  712-546-9488
Web:  www.good.sam.com
Hours:  24 hours a day/365 days per year
Services:  Christian based 24-hour skilled nursing community providing day-to-day health care, wellness education, inpatient & outpatient therapy & memory care.
Happy Siesta Care Center
423 Roosevelt  PO Box 380
Remsen IA  51050
Phone:  712-786-1117
Fax:  712-786-1119
Email:  crbraun@midlands.net
Contact:  Charlotte Braun, Administrator
Hours:  Mon-Fri 8:00 am - 5:00 pm
Services:  100% skilled nursing, Alzheimers unit

Heartland Care Center
604 E Fenton
Marcus IA  51035
Phone:  712-376-2500
Fax:  712-376-4445
Email:  heartland@midlands.net
Web:  www.heartlandcarecenter.com
Contact:  LuAnn Rogge, Administrator
Hours:  8:00 am - 4:30 pm
Services:  30 skilled beds and 21 Assisted Living.

Iowa Veterans Home
1301 Summit St
Marshalltown IA  50158
Phone:  641-752-1501     800-645-4591
Fax:  641-753-
Web:  ivh.iowa.gov
Services:  Long-term care facility for honorably discharged veterans and spouses.  Also, Domiciliary level of care.

Kingsley Nursing & Rehab Center
305 W 3rd St  PO Box 10
Kingsley IA  51028
Phone:  712-378-2400
Fax:  712-378-3522
Email:  mrotert@careinitiatives.org
Web:  www.careinitiatives.org
Contact:  Matt Robert, Admin
Hours:  24 hours a day/365 days per year
Services:  Long-term care provider, skilled nursing care & rehabilitation, independent living.  Meals on wheels.

Park Place Estates
900 Lincoln St  NE
Le Mars IA  51031
Phone:  712-546-6793
Fax:  712-546-8085
Email:  ppe@floydvalleyhospital.org
Web:  www.aver.org/floyd-vlley/senior-services
Contact:  Judith Raddy, Director
Hours:  Mon-Fri 8:00 am - 5:00 pm
Services:  Assisted living options for seniors who require oversight & assistance with activities of daily living. A secure, comfortable environment with maintenance-free living & the camaraderie of a friendly community. Weekly housekeeping, linen service. 3 meals per day provided. Scheduled transportation.

Plymouth Manor Care Center
954 7th Ave SE
Le Mars IA  51031
Phone:  712-546-7831
Fax:  712-546-7990
Email:  emccarty@premieronline.com
Web:  www.plymouthmanorlemars.com
Contact:  Coleen McCarty, Administrator
Hours:  24 hours a day/365 days per year
Services:  See Web Site for more information. occupational & speech therapy along with restorative services. Hospice & spiritual guidance for end-of-life issues. Daily living activity services: beauty salon, podiatry, activities & social time.

Prime Living Apartments
108 1st Ave NW
Le Mars IA  51031
Phone:  712-548-5488
Fax:  712-546-6299
Web:  www.primeassistedliving.com
Contact:  Jean Parrish, Director
Hours:  Mon-Fri 8:00 am - 5:00 pm
Services:  Affordable assisted living to persons who may have limited income. Apartment rent is based on income. Will work with government agencies to reduce costs. Nursing Home & Assisted Living. Nearest Hospital is 1 mile away. Life Care Homes, NursingCare, Personal Care Assistance, Residential Care
The Pride Group, Inc
501 7th Ave SW
Le Mars IA  51031
Phone:  712-546-6500
Fax:  712-546-6643
Email:  info@thepridegroup.org
Web:  www.thepridegroup.org
Contact:  Nancy Holtgrewe, Program Admin
Hours:  Mon-Fri 8:00 am - 4:00 pm
Services:  A private not-for-profit corporation which provides residential & community based services to mentally disabled adults in Plymouth, Cherokee, O'Brien, Dickinson & Woodbury counties in Iowa. See Web Site for more information.
**HOUSING ASSISTANCE**

**Atlas Group**
315 1st Ave NE  
Sioux Center IA 51250  
Phone: 712-722-4900  
Fax: 712-722-4901  
Email: atlas@mtcnet.net  
Web: www.atlasofsiouxcenter.org  
Contact: Ashley Egforf, Administrative Asst.  
Edit: Mon-Thu 8:00 am - 5:00 pm   Fri 8:00 am - 4:00 pm  
Services: Provides bilingual, personal development and referral to professional services. Men & Women accountability housing is also available. All services provided through ATLAS are free. Serves people in Plymouth County also.

**Floyd Valley Apartments**
110 6th Ave NE  
Le Mars IA 51031  
Phone: 712-546-9423  
Email: sueh@oakleafpm.com  
Web: oakleafpropertymanagement.com  
Contact: Sue Hatch, General Manager  
Hours: 24 hours a day/7 days a week  
Services: Senior center adjacent to apartments. Accepts housing vouchers. Homemaker services, activities, controlled access & a variety of floor plans are all included. On-site laundry & a manage on site. Utilities included in rent. Beauty shop in building. 24-hour maintenance. In Nat’l Historic Register.

**HUD Certified Housing Counseling**
715 Douglas St Center for Siouxland  
Sioux City IA 51101  
Phone: 712-252-1861  877-580-5526  
Fax: 712-255-1352  
Email: www.centerforsiouxland.org  
Web: jonette.spurlock@centerforsiouxland.org  
Contact: Kathy Craig, Counselor  
Hours: Mon-Fri 8:00 am - 5:00 pm  
Services: Provides individualized housing counseling covering all aspects of housing including: rental, pre- and post-purchase, HECM/reverse mortgage & delinquency/default counseling.

**Kingston Apartments**
315 E 4th St  
Kingsley IA 51028  
Phone: 712-378-3863  
Email: karlab@oakleafpm.com  
Web: www.oakleafpm.com  
Contact: Karla Bohle, Service Coordinator  
Hours: Mon-Fri 9:00 am - 4:00 pm   After hours will go to Karla’s cell phone
Services: Individual living for elderly ages 50 and older or any age if you are disabled. Handicap accessible. Controlled access. On-site laundry. Rent is based on income. Mail Delivery. Meals on Wheels. Elevator.

**Mid-Sioux Opportunity, Inc - Akron**

180 10th St SE  PO Box 1  
Le Mars IA  51001  
Phone: 712-546-6603  800-859-2025  
Fax: 712-786-3250  
Web: www.midsioux.org  
Contact: Laura Benson  Family & Development Supervisor  
Hours: Tues & Thur 9:00 am - 4:00 pm  
Services: Program applications, Emergency Services

**Mid-Sioux Opportunity, Inc - Le Mars**

180 10th St SE  PO Box 1  
Le Mars IA  51031  
Phone: 712-546-6603  800-859-2025  
Fax: 712-786-3250  
Web: www.midsioux.org  
Contact: Sue Reed, Outreach Coordinator  
Hours: Mon, Wed, Fri 8:00 am - 4:30 pm  
Services: Fuel assistance October 1 - April 15. Liheap is a federal program to help with a portion of heating costs in winter.

**Mid-Sioux Opportunity, Inc - Remsen**

418 S Marion  
Remsen IA  51050  
Phone: 712-786-2001  800-859-2025  
Fax: 712-786-3250  
Email: info@midsioux.org  
Web: www.midsioux.org  
Contact: Dick Sievers, Executive Director  
Hours: Mon-Fri 8:00 am - 4:30 pm  
Services: Provides energy assistance, weatherization, food pantry, crisis support. Offers child care resources & referrals, head start, family development & self-sufficiency. WIC, Smile, Hawk-I available.

**Ridgewood Apartments**

260 S 4th St  
Akron IA  51001  
Phone: 712-568-3420  
Fax: 712-568-3453  
Email: sharon.F@oakleafpm.comn  
Web: oakleafpm.com  
Contact: Sharon Frerichs, Site Manager  
Hours: Mon-Fri 9:00 am - 12:00 pm
Services: Independent living for persons ages 50 & over or the disabled. HUD subsidized housing. Facility was completely remodeled in 2013

**Ronald McDonald House - Charities of Siouxland, Inc.**

2500 Nebraska St  
Sioux City IA  51104  
Phone: 712-255-4084  
Fax: 712-255-4281  
Web: http://www.rmhc-siouxland.org  
Contact: Barb Knepper, Executive Director  
Hours: 24 hours a day/365 days per year  
Services: Provides a home-away-from-home for families with children (age 21 or younger) who are receiving medical care in Siouxland.

**Rural Development - Home Buying**

1100 12th St SW  Ste C  
Le Mars IA  51031  
Phone: 712-546-5149  
Web: www.rurdev.usda.gov/ia  
Services: Provides incoming & housing eligibility.

**Siouxland Habitat for Humanity**

1150 Tri View Ave  
Sioux City IA  51103  
Phone: 712-255-6244  712-224-6133 Restore  
Fax: 712-255-7203  
Web: www.siouxlandhabitat.org  
Contact: Anyone on the board  
Hours: Mon-Sat 9:00 am - 5:00 pm  
Services: Seeks to eliminate poverty housing & homelessness in our area 7 to make decent shelter a matter of conscience & action. A non-profit, ecumenical Christian housing ministry.

**Sunrise Villa Apartments**

524 Sunset Dr  SW  
Le Mars IA  51031  
Phone: 712-546-6062  
Fax: 888-546-6062  
Email: primemd@frontiernet.net  
Web: http://primeapartmentrental.com/Sunrise_Villa.ph  
Contact: Marnee Daugherty, Property Manager  
Hours: Mon-Fri 8:00 am - 5:00 pm  
Services: Independent Senior Living, common dining room, common hallway connects units, activities. Rent is based on income & is directly subsidized by Rural Development
JOB PLACEMENT

Hope Haven: Le Mars
121 5th Ave SW
Le Mars IA 51031
Phone: 712-546-1711
Web: www.hopehaven.org
Edit: Mon-Fri 8:00 am - 4:30 pm
Services: Offers adult living and support services. Vocational services and job placement are provided along with mental health & recovery.

Hope Haven: Rock Valley
1800 19th St PO Box 70
Rock Valley IA 51247
Phone: 712-476-2737
Web: www.hopehaven.org
Hours: Mon-Fri 8:00 am - 4:30 pm
Services: Offers adult living and support services. Vocational services and job placement are provided along with mental health & recovery.
LEGAL SERVICES

Iowa Legal Aid - Regional Office
520 Nebraska St Ste 337
Sioux City IA 51101
Phone: 800-532-1275
Web: www.lsc.gov
Edit: Mon-Fri 9:00 am - 11:00 am, 1:30 pm - 3:30 pm; Thursday afternoon closed
Services: Critical Legal assistance to low-income & vulnerable Iowans with no where else to turn. See websit for more information.

Legal Aid Hotline for Older Iowans (over 60)
Phone: 800-992-8161
Contact: Mon-Fri 9:00 am - 4:40 pm

Legal Services Corporation
1111 9th St Suite 230
Des Moines IA 50314
Phone: 515-243-2151
Fax: 512-246-6075
Web: www.iowalegalaid.org
Contact: Call Center
MEDICAL CARE: CHIROPRACTIC

Akron Chiropractic Center
222 Reed St PO Box 135
Akron IA 51001
Phone: 712-568-2444  800-541-2446
Fax: 712-568-2445
Email: acc1@hickorytech.net
Contact: Dr. Timothy Allard, DC  Sharon Nielsen, Office Manager
Edit: Mon, Tue, Thu 7:00 am - 5:00 pm  Wed 7:00 am - 12:00 pm  Fri & Sat by appointment only
Services: Chiropractic Care.

Bolin Chiropractic & Accupuncture
212 Plymouth St SW
Le Mars IA 51031
Phone: 712-546-7789
Fax: 712-546-6554
Email: bolingchiro@yahoo.com
Contact: Jeremy Bolin, DC
Hours: Mon, Tue 8:30 am - 5:30 pm  Wed 8:30 am - 1:00 pm  Thu 8:30 am - 6:30 pm  Fri 8:30 pm - 12:00 pm  Closed for lunch 1:00 pm - 2:30 pm
Services: Chiropractic care, Accupuncture

Britton Chiropractic & Rehab Clinic
351 Hwy 12
Akron IA 51001
Phone: 712-568-2304
Fax: 712-568-3792
Email: drbritton@premieronline.net
Web: www.brittonchiropracticandrehab.com
Contact: Bradley Britton, DC
Hours: Mon, Wed, Thu 8:00 am - 5:30 pm  Tue 8:00 am - 11:00 am  Fri 8:00 am - 3:30 pm  Sat by appointment
Services: Chiropractic, Rehabilitation & therapy; Accupuncture, Nutrition.

Knnull Chiropractic Center
44 5th Ave SW
Le Mars IA 51031
Phone: 712-546-7744
Fax: 712-546-1770
Contact: Dr. A D Knnull, DC
Hours: Mon, Tue, Thu, Fri 8:00 pm - 5:00 pm
Services: Chiropractic Care

Meylor Chiropractic & Acupuncture
400 Plymouth St SW
Le Mars IA  51031  
Phone:  712-546-5121  
Fax:  712-546-5023  
Email:  wmeylor@frontiernet.net  
Web:  www.meylorchiropractic.com  
Contact:  Wayne Meylor, Owner  
Hours:  Mon-Thu 9:00 am - 6:00 pm closed 12:30 pm - 2:30 pm  
Services:  Chiropractic care for people of all ages. Provides quality affordable care & prompt service that allows you to call & get an appointment on the same day.

**Nilles Chiropractice Clinic PC/Accupuncture**  
220 Plymouth St. SW  
Le Mars IA  51031  
Phone:  712-546-4004  
Fax:  712-546-4007  
Email:  nilleschiro@yahoo.com  
Web:  drrobertnilles.com  
Contact:  Traci Dreckman, Office Manager  
Hours:  Mon-Wed 9:15 am - 12:30 pm & 12:15 pm - 6:pm Thu 9:15am - 12:30 pm  
Services:  Chiropractic, accupuncture, IS beds, physical exams, DOT exams, X-ray Facility

**Zollman Chiropractic Clinic and Wellness**  
200 5th Ave NW  
Le Mars IA  51031  
Phone:  712-546-8151  
Fax:  712-546-7653  
Email:  zollmanchiropractic@premieronline.net  
Web:  zollmanchiropractic.com  
Contact:  Danielle Heissel, Office Manager  
Hours:  Mon, Thu 8:30 am - 7:00 pm  Tue 8:30 am - 6:00 pm  Wed, Fri 8:00 am - 12:00 pm  
Services:  Provides Chiropractic care.
MEDICAL CARE: DENTIST

Advanced Eye Health
1111 Holton Dr
Le Mars IA 51031
Phone: 712-546-6868
Fax: 712-546-6739
Email: drbecky@lemarseyedoctor.com
Web: www.lemarseyedoctor.com
Contact: Dr. Becky De Ruyter
Edit: Mon-Fri 8:00 am-8:00 pm Sat 12:00 pm-5:00 pm
Services: Provides eye exams, including diabetic checkups, cataract evaluations, glaucoma treatment & macular degeneration management.

Family 1st Dental of Hawarden
810 Central Ave
Hawarden IA 51023
Phone: 712-551-4220
Contact: Heidi Draayer, DDS Laure Giese, DDS
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: General Dentistry

Family 1st Dental of Le Mars
29 Plymouth St NE
Le Mars IA 51031
Phone: 712-546-8823
Fax: 712-546-9477
Email: ffdlemars@frontiernet.net
Contact: Stefanie Dreckman, Office Manager
Hours: Mon-Thu 8:00 am - 5:00 pm closed 1:00 pm - 2:00 pm
Services: General dental care

Kaler, Daniel L, DDS & Brenda F. Dick DDS - Le Mars
405 Plymouth St. NW
Le Mars IA 51031
Phone: 712-546-5179
Email: braces@drkaler.com
Web: www.drkaler.com
Contact: Becky, Office manager
Hours: Mon 8:00 am - 4:00 pm
Services: Orthodontist services

Kaler, Daniel L, DDS & Brenda F. Dick DDS - Sx City Indian Hills
2801 Outer Drive N Indian Hills
Sioux City IA 51104
Phone: 712-202-5313
Email: braces@drkaler.com
Web: www.drkaler.com
Contact: Becky, Office manager
Hours: Thu 8:00 am - 4:00 pm
Services: Orthodontist services

Kaler, Daniel L, DDS & Brenda F. Dick DDS - Sx City Morningside (Main Office)
4224 Sergeant Rd Morningside
Sioux City IA 51106
Phone: 712-202-5306
Email: braces@drkaler.com
Web: www.drkaler.com
Contact: Becky, Office manager
Hours: Mon-Fri 8:00 am - 4:00 pm
Services: Provides invisalign invisible braces, clear braces, clarity braces & more

Le Mars Dental Center
1311 Hawkeye Ave SW
Le Mars IA 51031
Phone: 712-546-5183
Fax: 712-546-9278
Email: info@lemarsdentalcenter.com
Web: www.lemarsdentalcenter.com
Contact: Sarah Haverkemp, Admin. Coord  Tammy Rhea, DDS  Karla Bechtold, DDS
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: Provides early dental care; TMJ/TMD; snoring therapy; General Dental Treatment.

Promise Community Health Center
388 1st Ave. NW
Sioux Center IA 51250
Phone: 712-722-1700  877-722-1770
Fax: 712-722-1770
Email: care@promise.org
Web: www.promisechc.org
Contact: Del Lassen, MD  Medical Director
Hours: Mon, Thu 8:00 am - 7:00 pm; Tue, Fri 8:00 am - 5:00 pm
MEDICAL CARE: HOME CARE

Community Health Services (Floyd Valley Hospital)
714 Lincoln St NE  PO Box 10
Le Mars IA  51031
Phone:  712-546-3335   800-642-6074 x335
Fax:  712-546-3352
Email:  home.health@floydvalleyhospital.org
Web:  www.floydvalleyhospital.org
Contact:  Deb Steffen, RN   Nurse Manager
Edit:  Mon-Fri 8:00 am - 4:30 pm
Services:  Home Health Services are ordered by physicians and provided by nurses; physical, speech &
          occupational therapists; trained CNA's who assist with personal care and rehabilitation activities.
          Lifeline for seniors available.   Immunization clinics.

Home Health & Hospice
400 Central Ave NW  #100
Orange City IA  51014
Phone:  712-737-5279   800-808-6264
Fax:  712-737-5258
Hours:  Mon, Tue, Thu, Fri 8:30 am - 5:30 pm;  Wed 8:30 am - 8:30 pm; Sat 9:00 am - 12:00 pm
Services:  Home Health provides follow-up care after a hospitalization, Supportive care to enhance
          independence, or care to help manage a chronic disease. Hospice care provides a comprehensive
          service to meet the needs of the individual patient & their family. Helps people seek the best possible
          quality of life with comfort & dignity. Team specializes in pain & symptom management, emotional &
          spiritual support.

Mercy Home Care
801 5th St.  Ste 320
Le Mars IA  51031
Phone:  800-897-3840   712-233-5100
Web:  www.mercysiouxcity.com/home-care
Hours:  8:00 am - 4:30 pm
Services:  RH’s, Aides, Physical, Occupational, Speech therapists and social works provide a wide range of
          services individualized to meet each patient's needs. No private pay or housekeeping.
MEDICAL CARE: HOSPICE

Care Initiatives Hospice SC
4301 Sargeant Rd
Sioux City IA 51106
Phone: 712-239-1226
Email: careinitiativeshospice.org
Web: wwwcareinitiativeshospice.org
Contact: Deb Schillinger, Team Director
Edit: Mon-Fri 8:00 am - 5:00 pm Help Desk
Services: Hospice care. Interdisciplinary team: RN, Social worker, spiritual care, hospice aide, volunteers

CHEERS Home Health & Hospice
30 19th St SW
Sioux Center IA 51250
Phone: 712-722-8108

Children's Hospice International
1101 King St Ste 360
Alexandria VA 22314
Phone: 800-2-4-child 703-684-0330
Web: www.chionline.org
Services: Provides a continuum of care for children & their families from time of diagnosis, with hope for a cure, through bereavement if cure is not attained. Any insurance is expected. No organization in Iowa, Nebraska or South Dakota.

Home Health & Hospice
400 Central Ave NW #100
Orange City IA 51014
Phone: 712-737-5279 800-808-6264
Fax: 712-737-5258
Hours: Mon, Tue, Thu, Fri 8:30 am - 5:30 pm 8:30 am - 8:30 pm Sat 9:00 am - 12:00 pm
Services: Home Health provides follow-up care after a hospitalization, Supportive care to enhance independence, or care to help manage a chronic disease. Hospice care provides a comprehensive service to meet the needs of the individual patient & their family. Helps people seek the best possible quality of life with comfort & dignity. Team specializes in pain & symptom management, emotional & spiritual support.

Hospice of Siouxland - Le Mars
Le Mars IA 51031
Phone: 712-546-4848 800-383-4545
Fax: 712-546-1498
Services: See Hospice of Siouxland.
Hospice of Siouxland - Sioux City
4300 Hamilton Blvd
Sioux City IA  51101
Phone:  712-233-4144   800-383-4545
Fax:  712-233-1123
Email:  matteyk@hospicemail.com
Services: Provides high quality & compassionate service to relieve suffering & improve quality of life for individuals & their families facing advanced illness, end of life & grief. Pain & symptoms managed to achieve optimal comfort level. Personalized plan of care for each individual. Provides education & support. Programs & services designed to meet the unique needs of patients & families. Collaborates with physicians, hospitals, nursing facilities & clergy to assure coordination of services.

Iowa Hospice - By Harden Healthcare
5650 NW Johnston Dr  Ste E
Johnston IA  50131
Phone:  515-276-6696   800-467-7423   800-352-0017
Fax:  515-276-6730
Email:  info@iowahospice.com
Web:  www.iowahospice.com
Services: Provides: Medical care, Home Health, Homemaker services, Short term inpatient care, Respite services, Emotional & Spiritual Support, Massage Therapy
MEDICAL CARE: HOSPITALS

**Floyd Valley Hospital/An Avera Partner**
714 Lincoln St NE   PO Box 10
Le Mars IA  51031
Phone: 712-546-7871   800-642-6074
Fax: 712-546-3352
Web: www.floydvalleyhospital.org
Contact: Michael T Donlin, Administrator
Edit: 24 hours a day/365 days per year
Services: A general, acute care critical care access hospital providing emergency, inpatient, outpatient & home health care. Diagnostic services available include: laboratory, radiology & endoscopy. Rehabilitation services include cardiac rehab, physical therapy, occupational therapy, pulmonary rehabilitation & speech therapy. General & orthopedic surgeries are offered on site including total knee & hip replacements. A number of specialists hold monthly clinics as well as perform procedures on-site. Other services offered include oncology, diabetic management, home health, Lifeline & nutritional counseling. See Website for more information.

**Mercy Medical Center**
801 5th St
Sioux City IA  51102
Phone: 712-279-2010
Web: www.mercysiouxcity.com
Contact: Robert J. Peebles, CEO

**Regional Health Care - Hawarden**
1111 11th St
Hawarden IA  51023
Phone: 712-551-3108
Fax: 712-551-3177

**UnityPoint Health - St. Luke’s**
2720 Stone Park Blvd
Sioux City IA  51104
Phone: 712-279-3500
Web: www.unitpoint.org/siouxcity
Contact: Peter Thoreen, CEO

**University of Iowa Hospitals & Clinics**
200 Hawkins Dr
Iowa City IA  52242
Phone: 319-356-1616   877-686-0031
Fax: 319-356-8284
Email: www.uihealthcare.org
Web: www.iowauniversityhospitalsandclinics.org
Services: Provides expertise from primary care through highly specialized services.
MEDICAL CARE: OTHER

Community Health Services (Floyd Valley Hospital)
714 Lincoln St NE  PO Box 10
Le Mars IA  51031
Phone:  712-546-3335   800-642-6074 x335
Fax:  712-546-3352
Email:  home.health@floydvalleyhospital.org
Web:  www.floydvalleyhospital.org
Contact:  Deb Steffen, RN   Nurse Manager
Edit:  Mon-Fri 8:00 am - 4:30 pm
Services:  Home Health Services are ordered by physicians and provided by nurses; physical, speech & occupational therapists; trained CNA's who assist with personal care and rehabilitation activities. Lifeline for seniors available. Immunization clinics.

Le Mars Area Dialysis Services
1 1St SW
Le Mars IA  51031
Phone:  712-541-6150
Fax:  712-541-6155
Email:  clinic7088@fmc-na.com
Web:  none
Contact:  Jean Theisen, Coordinator
Hours:  Mon, Wed, Fri 6:00 am - 4:30 pm
Services:  In Center Hemodialysis.

Le Mars Optometric Center
120 First St  NW
Le Mars IA  51031
Phone:  712-546-4183
Fax:  712-548-4101
Contact:  Delana Ihrke, Office Manager     Scott Ihrke, OD     Paul Schroeder, OD
Hours:  Mon-Fri 8:30 am - 5:00 pm, 1st & 3rd Sat 8:30 am - 12:00 pm
Services:  Family Vision Care, Optical Care

Recover Health
117 Pierce St  Ste 100
Sioux City IA  51101
Phone:  712-233-5494
Fax:  712-233-5496
Email:  kpetrie@recoverhealth.org
Web:  recoverhealth.org
Contact:  Kathie Petrie, Branch manager
Hours:  Mon-Fri 8:00 am - 5:00 pm do provide services 24/7
Siouxland Pace
3309 Cook St
Sioux City IA 51103
Phone: 712-224-7223
Fax: 712-224-7250
Web: www.unitypoint.org
Contact: Randy Ehlers, Executive Director
Hours: Mon-Fri 8:00 am - 4:30 pm
Services: Operates its therapeutic & recreational center housed with the Siouxland Center for Active Generations.
Le Mars Physical Therapy
789 Holton Dr
Le Mars IA 51031
Phone: 712-546-1718
Fax: 712-546-1770
Email: lpt@lemarspt.com
Web: www.lemarspt.com
Edit: See Web Site
Services: Provides physical therapy for post-joint replacement, HA's, back pain, joint & muscle problems, dizziness & lymphedema, Occupational therapy & customized exercise programs.
MEDICAL CARE: PRIMARY CARE

Akron Mercy Medical Clinic
321 Mill St PO Box 200
Akron IA 51001
Phone: 712-568-2411
Fax: 712-568-2849
Email: heerenl@mercyhealth.com
Web: www.mercysiouxcity.com
Contact: Lori Heeren, Office Manager
Edit: Mon-Fri 8:00 am - 5:00 pm
Services: Medical services. Assistance for our patients with billing and insurance questions. Addiction Medicine, Jealth Coach, Psychotherapist.

Family Medicine Clinics: Le Mars
194 6th Ave NE
Le Mars IA 51031
Phone: 712-546-8113 press 7 for list of direct lines 800-458-4421
Fax: 712-546-9307
Web: www.familymedicineclinics.org
Contact: Julie Sitzman, Clinic Manager
Hours: Mon-Thu 8:00 am - 8:00 pm (5:00 pm - 8:00 pm - Urgent care)  Fri 8:00 am - 5:00 pm
Services: Primary Health care. Call 800 number for physician phone numbers

Family Medicine Clinics: Marcus
101 E Pine St
Marcus IA 51035
Phone: 712-376-4181
Fax: 712-376-4606
Web: www.familymedicineclinics.org
Contact: Staci Ronfeldt, ARNP  Dr. Andrew Geha - Thursdays
Hours: Mon, Wed 8:00 am - 5:00 pm  Tue, Thu, Fri 8:00 am - 12:00 pm
Services: Primary Health Care.

Family Medicine Clinics: Remsen
15 E 2nd St
Remsen IA 51050
Phone: 712-786-1114
Fax: 712-786-3291
Web: www.familymedicineclinics.org
Hours: Mon 8:00 am - 5:00 pm  Tue-Fri 8:00 am - 12:00 pm
Services: Primary Health Care.

Family Medicine Clinics: Urgent Care
194 6th Ave NE
Le Mars IA 51031
Kingsley Mercy Medical Clinic
111 Main St PO Box 160
Kinglsey IA 51028
Phone: 712-378-2921
Fax: 712-378-3680
Web: www.mercsiouxcity.com/kingsley-mercy-medical-clinic
Contact: Denise White, Office Manager  Jeffreu Krohn, MD  Cindy Inman, ARNP
Hours: Mon-Fri 8:00 am - 4:30 pm  Sat 8:00 am - 11:30 am acute care only
Services: Family practice.

Promise Community Health Center
388 1st Ave. NW
Sioux Center IA 51250
Phone: 712-722-1700  877-722-1770
Fax: 712-722-1770
Email: care@promise.org
Web: www.promisechc.org
Contact: Del Lassen, MD  Medical Director
Hours: Mon, Thu 9:00 am - 7:00 pm; Tue 9:00 am - 6:00 pm; Wed 8:00 am - 6:00 pm; Fri 8:00 am - 4:00 pm
Services: Provide quality, affordable health care services to all individuals. Access to resources for patients. Will assist in enrolling in Medicaid, CHIP & the Marketplace insurance exchange. Sliding scale fee program to help pay for care.

Siouxland Community Health Center
1021 Nebraska Street
Sioux City IA 51105
Phone: 712-252-2477  888-371-1965
Web: www.slandchc.org
Hours: Mon-Thu 8:00 am-8:00 pm  Fri 8:00 am-5:00 pm
Services: Full range of medical care.

VA Medical Center & Clinic - Sioux City
1551 Indian Hills Dr Ste 214
Sioux City IA 51104
Phone: 712-255-3808
Fax: 712-255-3725
Email: marcia.kelley@va.gov
Web: www.va.gov
Contact: Michelle Kuhlmann, Vet Center  Renee Dobney - Clinic
Hours: Mon-Fri 8:00 am - 4:30 pm  others by appt
Services: Center: Provides individual, group, family, marital, significant other & readjustment counseling for wartime veterans. Help with alcohol & drug related problems. Assistance with applications for veteran's benefits.
MEDICAL CARE: SPECIALISTS

Child Health Specialty Clinics: Iowa City
100 Hawkins Dr
Iowa City IA  52242
Phone:  866-219-9119
Fax:  319-359-3715
Web:  www.chsiowa.org
Edit:  24 Hour Call Center
Services:  Provides care for children from birth to 21 years of age who have chronic conditions (physical, developmental, behavioral or emotional) or at increased risk for a chronic condition & also have needs for special services.

Child Health Specialty Clinics: Sioux City
1014 Nebraska St
Sioux City IA  51105
Phone:  712-224-5437
Fax:  712-224-5444
Web:  www.chsiowa.org
Services:  Provides care for children from birth to 21 years of age who have chronic conditions (physical, developmental, behavioral or emotional) or at increased risk for a chronic condition & also have needs for special services.

Chronic Pain/Fibromyalgia Support
(Mercy Medical Center Pain Clinic)
801 5th St
Sioux City IA  51102
Phone:  712-279-2479  800-352-3559
Hours:  12:00 pm - 1:00 pm, 2nd Thurs. of every month
Services:  Chronic pain clinic.

Groetken Family Eye Care
16 Central Ave NE
Le Mars IA  51031
Phone:  712-546-8998
Fax:  712-546-8971
Email:  kari.tomlinson@groetkenfamilyeyecare.com
Web:  www.groetkenfamilyeyecare.com
Contact:  Kari Tomlinson, Office Manager
Hours:  Mon, Thurs, Fri 8 am - 5 pm  Tues, Wed 8 am - 6 pm
Services:  Provides eye care services

Hearing Health Centers: Le Mars
125 1st St NW
Le Mars IA  51031
Hearing Health Centers: Spencer
Phone: 800-798-9187
Contact: Dave

June E Nylen Cancer Center
230 Nebraska St
Sioux City IA 51102
Phone: 712-252-0088
Fax: 712-252-9337
Email: http://www.nylencancercenter.com
Web: www.jencc.com
Contact: Karen Vande Steeg, Executive Director
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: Provides cancer treatment, clinical trials & education to patients and their families. Have a resource room, free wig boutique & support groups.

Plymouth County Eye Care
38 Central Ave NE PO Box 436
Le Mars IA 51031
Phone: 712-546-6803
Fax: 712-546-4151
Email: staff @plymouthcountyeyecare.com
Contact: Dr. Benjamin Uhl, OD
Hours: Mon, Tue 9:00 am - 5:00 pm Wed 9:00 am - 1:00 pm Thu 8:00 am - 5:00 pm Fri 8:00 am - 4:00 pm
Services: Optometric Care - see website for complete list of eye care services.

Siouxland Podiatry Associates, PC
192 6th Ave NE PO Box 128
Le Mars IA 51031
Phone: 712-546-7490 888-255-1621
Fax: 712-546-5462
Web: www.siouxlandpodiatry.com
Contact: Dr. Charles Keenen, DPM Dr. Sara Oelke, DPM
Hours: Call for appt; Mon-Thu 8:00 am - 4:30 pm Fri 8:00 am - 3:00 pm
Services: Podiatry services including foot surgery.

Stroke Center - Mercy Medical Center
801 5th St
Sioux City IA 51102
Phone: 712-279-5879  800-352-3559
Fax: 712-279-2582
Email: schenzha@mercyhealth.com
Web: www.mercysiouxcity.com
Contact: Holly Schenzel, Stroke Program Manager
Hours: Mon-Fri 8:00 am - 4:30 pm
Services: Support group for stroke patients and their caregivers. Covers Tri-state area - Iowa, South Dakota & Nebraska. Strok Risk Factor Assessment; Patient & Public Stork Education.
MEDICAL EQUIPMENT & SUPPLIES

American Home Health Care Co.
214 W 7th St
Sioux City IA  51103
Phone:  712-277-2273    800-217-2275
Fax:  712-277-3829
Email:  ahhcsc@aol.com
Web:  www.ahhsc214.com
Contact:  Peggy Hughes, Office Mgr.
Edit:  Mon-Fri 8:00 am - 5:00 pm
Services:  Provides all types of medical equipment including oxygen.

Avera Home Medical equipment of FVH
190 6th Ave NE  Family Medicine Clinic Bldg
Le Mars IA  51031
Phone:  712-546-7342
Fax:  712-546-5699
Contact:  Micah Bonderson, Manager
Hours:  Mon-Fri 9:00 am - 5:00 pm
Services:  Provides all lines of home medical equipment and supplies for rent or sale to individuals in need of continuing care.

Hometown Mobility
101 Jackson St
Merrill IA  51038
Phone:  712-938-2029    877-928-5388
Fax:  712-938-2058
Email:  tammya1@hometownmobilityla.com
Web:  www.hometownmobility.com
Contact:  Tammy Allaway/Sales/Admin
Hours:  Mon-Fri 9:00 am - 5:00 pm
Services:  Sale and rental of scooters, lefts, stair lifts

HyVee Pharmacies: Le Mars
1201 12th Ave SW
Le Mars IA  51031
Phone:  712-546-4503
Hours:  Mon, Tue, Thu, Fri 8:30 am - 5:00 pm    Wed 8:30 am - 8:00 pm    Sat 9:00 am - 12:00 pm
Closed Christmas Day
Services:  Pharmacy services

HyVee Pharmacies: Marcus
321 N Main St
Marcus IA  51035
Phone:  712-376-2844
Hours: Mon, Tue, Thu, Fri 8:30 am - 12:30 pm, 1:00 pm-5:00 pm  Closed Wed, Sat, Sun & Christmas Day
Services: Pharmacy services. Operated under the direction of Cherokee HyVee Pharmacy

Iowa Compass: Center for Disabilities & Development
100 Hawkins Dr. Rm #5295
Iowa City IA  52242
Phone: 800-779-2001  877-686-0032
Fax: 319-384-5139  TTY
Email: iowa-compass@uiowa.edu
Web: www.iowacompass.com
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: Medical information & referrals; Used equipment; legal advocacy & representation for Iowans with disabilities. Has information on available services, assistive technology & funding for that technology. All Services Free of charge.

Uniquely You - Breast Prosthesis Products
612 Genesco St
Storm Lake IA  50588
Phone: 712-732-7724
Fax: 712-213-1072
Email: srweiland@iw.net
Contact: Kay Lyons Weiland, SN, RNC, LBSW, CMF, Health Services Coordinator, Breast Cancer Survivor
Hours: To schedule an appointment call 712-732-7724
Services: Services designed to meet the needs of women who have undergone, or are preparing for breast surgery. Pre-surgical consultations; Certified Mastectomy Fitter; Post-mastectomy products; Care Coordination; Resource & Referral; Advocacy & Support; Durable Medical Equipment Licensed Provider; Non-surgical Breast reconstruction/radiant Impressions by CAMP.

Walk-Thru Bathtub Insert - Surface Solutions
1395 220th St
Sergeant Bluff IA  51054
Phone: 712-943-3311
Contact: Gary & Stacy Kaiser
Services: A Walk-Thru insert for Bath Tub. Enables an individual with limited mobility or decreased flexibility to access their bathtub in a safe & assured manner. Insert reduces the height of the tub edge which lowers the barrier that results in easier access. Is installed using the present tub whether it is made of fiberglass, steel or cast iron. No major demolition is required & is affordable.
MEDICATION ASSISTANCE

Family Pharmacy, Le Mars
44 1st Ave NE
Le Mars IA 51031
Phone: 712-546-4560
Fax: 712-546-4575
Email: spd.2010@yahoo.com
Contact: Tom Ryan, Owner
Edit: Mon-Fri 8:00 am - 6:00 pm Sat 8:00 am - 1:00 pm
Services: Provides Pharmacy services - delivery service available

Iowa Prescription Drug Corporation
1241 8th St Ste 232
West Des Moines IA 50265
Phone: 515-327-5405 866-282-5817
Fax: 515-327-5422
Email: info@iowapdc.org
Web: www.iowapdc.org
Hours: Mon-Fri 8:00 am - 4:30 pm
Services: Prescription medication discount card for the medicare population. Goal is to help ease the financial burden of the high cost of prescription medications for the Medicare eligible Iowan. Not-for-profit org.

Kingsley Pharmacy
7 W 2nd St
Kingsley IA 51028
Phone: 712-378-2700
Contact: Donita Green, Owner
Hours: Mon-Fri 8:30 am - 5:30 pm Sat 8:00 am - 12:00 pm
Services: Limited Delivery Services

Remsen Pharmacy
111 S Washington St
Remsen IA 51050
Phone: 712-786-2093
Fax: 712-786-3299
Contact: Brent Plender, Pharmacist/Owner
Hours: Mon-Fri 8:30am - 5:00 pm
Services: Accepts most prescription plans, supports & supplies nursing home in Remsen. Full line of vitamins and Nutrients. Takes blood pressures. Delivers prescriptions.

Thorson Drug
233 Reed St
Akron IA 51001
Phone: 712-568-2171 712-568-2013 Pharmacist
Contact: Martha Morin, Pharmacist
Hours: Mon-Fri 9:00 am - 6:00 pm Sat 9:00 am - 4:00 pm
Services: Free local delivery of prescriptions daily at 3:00 p.m.

Wal-Mart Pharmacy
1111 Holton Dr
Le Mars IA 51031
Phone: 712-546-5150 800-400-8534
Fax: 712-546-4374
Contact: Rick Habeck, Manager
Hours: Mon-Fri 9:00 am - 9:00 pm Sat 9:00 am - 7:00 pm Sun 10:00 am - 6:00 pm
Services: Provides Pharmacy services. No delivery service but will mail out free of charge.
MENTAL HEALTH SERVICES & COUNSELING

Bethesda Christian Counseling Midwest
209 1st St NE  Ste 103
Orange City IA  51041
Phone:  712-737-2635  800-269-3160
Fax:  712-737-2344
Email:  bcc@orangecitycomm.net
Web:  http://bethesdachristiancounseling.org
Contact:  Linda Huizenga, Office Manager
Edit:  Mon-Fri 8:30 am - 5:00 pm (closed during noon hour)   some evening hours by appointment
Services:  Individual psychotherapy; Counseling; Psychological evaluation & testing;  Family Therapy,
            Medication management; Trauma Recovery.  Community Education programs available.  Christian
            based.

Boys and Girls Home
2101 Court Street
Sioux City IA  51102
Phone:  712-293-4700
Web:  www.boysandgirlshome.com
Services:  Programs and services that meet the emotional and behavaioral needs of children, 12-18 years
            of age.

Catholic Charities
1601 Military Road
Sioux City IA  51103
Phone:  712-252-4547
Fax:  712-252-3785
Email:  cathchar@cableone.net
Web:  www.catholicglobe.org
Contact:  Jerry Eaton, Director
Hours:  Mon, Wed, Thu, Fri 8:30 am - 5:00 pm   Tue 12:00 pm - 8:00 pm
Services:  Family counseling, Individual counseling, Marital counseling, Child/Parent counseling, Play
          Therapy, Maternity Services, Counseling for Adoption or Single Parenting, Adoption service, Mediation
          services, Project Rachel-Post abortion counseling, social concerns/advocacy in congruence with
          Catholic Social  teaching, Families in crisis program - emergency assistance.

Cherokee Mental Health Institute
1251 W Cedar Loop
Cherokee IA  51012
Phone:  712-225-2594
Email:  rmoller@dhs.state.ia.us
Contact:  Roxanne Moller, Health Information Services    712-225-1698
Hours:  24 hours a day/365 days per year
Services:  Provides active inpatient treatment to adults, adolescents & children who are in need of
          active psychiatric service.  Serves people in Cherokee, IA for 41 counties for adults; 55 counties for
          children & adolescents.  Application for services goes through the Central Point Coordinators from
each county of residence. Plymouth County CPC: Sharon Nieman, Ply. Co. DHS 19 2nd ave NW, Le Mars 712-546-4352, 712-546-4031, snieman@dhs.state.ia.us See web page for eligibility to receive services.

**Children's Square USA (Christian Home Association)**
North 6th St & 4th Ave E PO Box 8-C
Council Bluffs IA 51502
Phone: 712-322-3700
Web: www.childrenssquare.org
Contact: Kevin Kimm, Admissions Coordinator & Clinical Supervisor of Residential Prog.
Hours: 24 hour call center using above number
Services: A not-for-profit organization caring for children from birth to 21 & their families, instilling hope & helping restore lives. Services include Early childhood care & Education program; Educational classes & Counseling services; Emergency services for children including a telephone help line & temporary Shelter; Residential treatment for children & adolescents experiencing emotional disorders; Aftercare services for young adults who have aged out of foster care. See Web site for more information. Services provided in Iowa & Nebraska.

**Children's Square USA: Aftercare, Recruitment & Retention - Sioux City**
705 Douglas St
Sioux City IA 51101
Phone: 712-255-9061
Fax: 712-255-3729
Contact: Sarah G. - SC office

**NAMI - National Alliance on Mental Illness - Sioux Center**
102 S Main Ave   Sioux Center Public Library
Sioux Center IA 51250
Phone: 712-722-4462
Email: nsmath@mtcnet.net
Web: www.nami.org
Contact: Shirley Matheis - Leader of the group
Hours: 7 pm - 9:30 pm Thursdays in the library. A new 12 week course starts after X-mas
Services: A support Group for people with mental illness & their family members. Meets from 7 p.m. - 9 p.m. the 1st Tues of every month at Central Reformed Church in the fireside room. 113 North Main, Sioux Center, IA. Use entrance located directly across from Butlers & then go downstairs. This group has met for 6 yrs

**NAMI - National Alliance on Mental Illness - Siouxland**
101 Court St  % Friendship House
Sioux City IA 51105
Phone: 712-255-4209
Email: fnkathy@siouxland.net
Contact: Kathey Roberts, Secretary
Hours: Mon-Fri 9:30 am - 4:30 pm
Services: Provides support, education, information & referral & advocacy to support those with serious mental illness & their families.

**National Suicide Prevention Hotline**  
1540 2nd Ave SE  
Cedar Rapids IA  52403  
Phone: 800-237-8255  800-237-TALK  
Web: www.suicidepreventionlifeline.org  
Contact: Crisis line - many people answer  
Hours: Confidential 24 Hour Call Center  
Services: A call to the call center is routed to the nearest crisis center in our national network of more than 150 crisis centers. Provides crisis counseling & mental health referrals day and night.

**Plains Area Mental Health Center**  
180 10th St SE  Ste 201  PO Box 70  
Le Mars IA  51031  
Phone: 712-546-4624  800-325-1192  
Fax: 712-546-9395  
Web: www.plainsareamentalhealth.org  
Contact: Kassie McDougal, Receptionist  
Hours: Mon, Wed, Thu 8:00 am - 5:00 pm  Tue 8:00 am - 8:00 pm  Fri 8:00 am - 4:00 pm  
Services: Provides professional, confidential psychiatric services for medication management, along with outpatient counseling to assist individuals of all ages, couples & families. Treatment focuses on issues ranging from stress, depression, anxiety, trauma, abuse, loss & more. Psychological testing. Community support.

**Suicide Hotline**  
Phone: 800-784-2433  800-273-8255  
Web: http://suicidehotlines.com/iowa.html  
Hours: 24 hour Call Center

**Teen Line - IA Dept of Public Health**  
321 E 12th St.  
Des Moines IA  50319  
Phone: 800-443-8336  
Web: www.extension.iastate.edu/teenline/  
Contact: There are 6 different people that answer calls  
Hours: 24 Hour Call Center via Iowa State University Extension  
Services: Confidential help for teens: Health, eating & weight; Relationships, Violence; AIDS/HIV; Alcohol or drug use; Sexual Relationships; Birth Control/Pregnancy; Stress; STD’s, Bullying. They have a program called "I'm in control" website www.imincontrol.org. They also have a live chat that teens can chat with with others going through the same things they are going through.
OTHER SERVICES

Alpha Center, The
4016 Morningside Ave  Lower Level
Sioux City IA  51106
Phone:  712-276-0237   800-276-0237
Fax:  712-276-0239
Web:  www.alphacenter-sc.org
Edit:  Mon-Thu 8:45 am - 4:30 pm
Services:  Purpose is to provide sexual integrity by equipping individuals to make healthly, life affirming choices. A nonprofit organization devoted to promoting life with the help of individuals, area churches, designated corporate gifts & fund-raising events. Services are provided free of charge: confidential advice, pregnancy testing, ultrasound referral, post-abortion counseling, STD information, adoption referrals, maternity needs, parenting program. Does not perform or refer for abortion.

ALS Association
17030 Pacific St  Ste 103
Omaha NE  68114
Phone:  402-991-8788   818-880-9006
Fax:  402-991-3690
Email:  nebraska@alsa-midwest.org
Web:  www.alsa-midwest.org
Contact:  Shannon Todd, Care Services Specialist
Hours:  Mon-Fri 8:30 am - 5:00 pm
Services:  Support group for persons with ALS/Lou Gehrig's disease and their loved ones. Education & information, equipment loan pool, newsletters & website, community referral. Serves Nebraska & Western Iowa. No support group in Siouxland area.

American Cancer Society
905 Hwy 30 E
Carroll IA  51401
Phone:  712-794-0100   800-227-2345   Nat'l - Austin, TX
Fax:  712-784-0101
Email:  ann.hoeppner@cancer.org
Web:  www.cancer.org
Contact:  Ann Hoeppner, Relay for Life Specialist (works out of her home)
Hours:  Mon-Fri 8:00 am - 4:30 pm
Services:  Offers research, education, advocacy and service to the general public regarding cancer. Transportation assistance, Lodging, Financial Assistance, Support Groups, Free Wigs.

American Heart & Stroke Association
32468 K42
Hinton IA  51024
Phone:  712-255-4798
Fax:  712-239-1134
Email:  linda.jochim@heart.org
Web:  siouxlandheartwalk.org   plymouthsiouxcountyheartwalk.org
Contact: Linda Jochim Cell 712-490-0511
Hours: 8:00 am - 5:00 pm
Services: Education, research, fund raising, Go Red For Women

American Heart Association
705 Douglas St
Sioux City IA 51101
Phone: 712-255-4798

American Lung Association of IA
2530 73rd St
Des Moines IA 50322
Phone: 515-309-9507 800-586-4872  Nat'l-Springfield, Il
Fax: 515-334-9564
Email: mickisandquist@lungia.org
Web: www.lungia.org
Contact: Micki Sandquist, Executive Director 515-309-9507
Hours: Mon-Fri 8:00 am - 4:30 pm
Services: Advocacy; Better Breather's Clubs-check for these clubs via local hospitals; COPD Coalition; Freedom from Smoking Program; Healthy Lung Expo for Patients, Care Givers & Health Care Providers; IA Asthma Coalition; Radon Kits; 2 Events a year: Fight for Air Climb in March & Fight for Air Walk in September. Become an Asthma Educator at Institute for Providers & receive certification to provide asthma education to adults & children. For details on program or more information, see Web Page.

American Parkinson Disease Asso.
988440 NE Medical Center
Omaha NE 68198
Phone: 402-559-8839 402-392-2732
Fax: 402-449-4278
Email: karen.anderson@unmc.edu nebraska@apda.omhcoxmail.com
Web: www.parkinsonsne.org
Contact: Karen Anderson, Information & Referral Center Coordinator
Hours: Tue, Wed, Fri
Services: Support Groups: Jack Schermann - 712-277-9337 in Sioux City. I & R provides education, support group sponsorship, information & resource provision, referral assistance & awareness; Raise support for Parkinson's research; eeucaitonal programs & resources

Arthritis Foundation - Iowa Chapter
1025 Ashworth Road Ste 505
West Des Moines IA 50265
Phone: 515-278-0636 866-378-0636
Fax: 515-278-2603
Email: info.ia@arthritis.org
Web: www.arthritis.org
Contact: Dessiea La Croix, Programs & Services
Hours: 10:00 am - 3:00 pm
Services: Train volunteers to teach programs in exercise, aquatic programs for which seniors benefit. Resource Materials available for patients of all ages. See Website for other resources.

Centering Corporation
7230 Maple St
Omaha NE 68134
Phone: 402-553-1200 866-218-0101
Email: centeringcorp@aol.com
Web: http://centering.org
Contact: Nick Sieff, Sales
Hours: Mon-Fri 9:00 am - 5:00 pm

Child Find of America
Phone: 800-426-5678 800-IAMLOST
Web: www.childfindofamerica.org
Hours: 24 Hour Call Center
Services: Call 911 first, then call 800 number. CFA is a national not-for-profit organization dedicated to the prevention & resolution of child abduction. Offers America's families: Free investigation & location services. Free kidnapping prevention programs, Free referral & support services, Free mediation services for parental abduction cases.

Consumer Credit Counseling
715 Douglas St Center for Siouxland
Sioux City IA 51101
Phone: 712-252-1861 x47 877-580-5526
Fax: 712-255-1352
Email: cccc@centerforconsumercredit.org
Web: www.consumercredit.org
Contact: Kathy Craig, Counselor
Services: Provides individualized counseling & group education/workshops covering all aspects of personal finance including: budgeting, money management, debt reduction, credit reports, credit cards & loans & avoiding predatory lending practices.

Cystic Fibrosis Foundation
4150 Westown Parkway
West Des Moines IA 50265
Phone: 515-525-1530 800-798-5151
Fax: 515-327-8990
Email: www.iowa@cff.org
Web: www.cff.org
Contact: Claire Scholl, Executive Director
Hours: Mon-Fri 8:30 am - 5:30 pm Nat'l office: 800-344-4823 (FIGHTCF) located in Bethesda, MA
Services: Focus is to support the development of new drugs to fight CF & to improve the quality of life for those with CCF, ultimately to find a cure. Are strictly a fund raising organization.

Deaf Services, Office of (formerly Deaf Services Commission of Iowa)
Lucas State Office Building 321 E 12th St Dept of Human Rights
Des Moines IA 50319
Phone: 515-281-3164 888-221-3724
Fax: 515-242-6119
Email: dhr.hsci@iowa.gov
Web: www.deafservices.iowa.gov
Contact: Lynsie Crawford, Consultant
Hours: Mon-Fri 8:00 am - 4:30 pm
Services: Our Motivation is to Serve, Represent & Provide greater understanding of Deaf & Hard of Hearing individuals at any age across the state. Our Vision is "Equal Communication, Education & Access." See Web Site for further information.

Easter Seals of Iowa
401 NE 66th Ave
Des Moines IA 50313
Phone: 515-289-1933 (Voice) 515-289-4069 (TTY)
Fax: 515-289-1281
Email: http://ia.easterseals.com
Hours: Mon-Fri 8:00 am - 4:30 pm
Services: Provides exceptional services to ensure that all people with disabilities or special needs & their families have equal opportunities to live, learn, work & play in their communities.

Fibromyalgia - LAF (Life After Fibromyalgia)
3700 28th St Lot 437 Office Library Lake Forest
Sioux City IA 51105
Phone: 712-203-9814
Email: brorobbrit@live.com
Contact: Trish Parvu, Leader
Hours: 5:00 pm - 6:00 pm - Tue
Services: Fibromyalgia patients meet to get to know one another; try to come up with solutions on how group can raise awareness; how we get donations to hire our own doctor for meeting times; how we together can help each other to stay informed.

Find a Lawyer - Iowa
Web: www.iabar.net/attorneyonline.nsf
Services: A Service provided by the Iowa Bar Association. Can find an attorney by county.

Foster Grandparent Program
4200 War Eagle Dr
Sioux City IA 51109
Phone: 712-225-2610
Fax: 712-224-2617
Contact: Linda Hesebeck, Volunteer Coordinator
Hours: Mon-Fri 8:30 am - 4:30 pm
Services: Seniors provide mentoring in public schools, parochial schools, daycare centers or head start with 1:1 or small group activities. Seniors are paid mileage to provide these services. Is a service provided by seniors who need a "reason to get up in the morning". Call above phone number for more information.

Iowa Department for the Blind
524 4th St
Des Moines IA  50309
Phone: 515-281-1333   800-362-2587   515-281-1355
Fax: 515-281-1263 TTY
Email: information@blind.state.ia.us  contact@idbonline.org
Web: www.blind.state.ia.us
Contact: Richard Sorey, Director
Hours: Mon-Fri 8:00 am - 4:30 pm  Closed Holidays
Services: IDP helps empower blind & visually impaired Iowans to lead active & fulfilling lives. Educates & trains them in alternative techniques while instilling them with confidence for independent living & competitive job placement. These skills enable those with vision loss to fully participate in life, through work, family & community & helps them achieve their dreams. See Website

Iowa Department of Public Health
321 E 12th St  Lucas State Office Bldg
Des Moines IA  50319
Phone: 515-281-7689   866-277-9878
Fax: 515-281-4958
Email: http://www.idph.state.ia.us
Hours: Mon-Fri 8:00 am - 4:30 pm

Iowa Lions Eye Bank
2346 Mormon Trek Blvd  Ste 1500
Iowa City IA  52246
Phone: 319-356-2871   866-435-7733
Fax: 319-384-9781
Hours: Mon-Fri 8:30 am - 5:00 pm
Services: Acts as a clearing house between the person in need of a corneal transplant to restore or improve vision & the person willing to donate his/her eyes at the time of death.

Iowa State University Answer Line
1000 E Grand Ave
Des Moines IA  50319
Phone: 800-262-3804
Email: answers@iastate.edu
Web: www.extension.iastate.edu/families/answerline
Hours: Mon-Fri 9:00 am - 4:00 pm (closed noon hour)
Services: Answers questions on child development, cleaning, consumer management, food preparation & preservation, food safety, home environment, household equipment, nutrition, textiles & laundry.

Legal Aid Hotline for Older Iowans (over 60)
Phone: 800-992-8161
Contact: Mon-Fri 9:00 am - 4:40 pm

Life Skills Training Center, Inc
1510 Industrial RD SW
Le Mars IA 51031
Phone: 712-546-9554
Fax: 712-546-4985
Email: lstc@frontiernet.net
Contact: Don Nore, Executive Director
Hours: Mon-Fri 7:00 am - 4:00 pm
Services: Aid to the handicapped, job training, counseling assistance

Little Help Home Care, A
367 15th St SW
Le Mars IA 51031
Phone: 712-546-4950
Email: alittlehelphomecare@gmail.com
Web: www.alittlehelphomecare.com
Contact: Jerry McGill
Hours: anytime
Services: We provide, with passion, the highest quality of help to individuals, which will enable them to live with fullness of life in their homes. We believe fullness of life refers to four key areas: physical, social, spiritual & emotional. We seek to offer help in any of the mentioned areas that individuals may need to enhance fullness of life for them.

Lutheran Services of Iowa
2039 S St Aubin St
Sioux City IA 51106
Phone: 712-255-2505 888-457-4692
Fax: 712-258-0518
Email: wwwlsiowa@lsiowa.org
Services: LSI serves individuals & their families statewide. Provides experts in the fields of child welfare, mental health, parent education, child abuse prevention, foster care, adoption, disability services, refugee services, behavior management, home health care & many other areas.

Muscular Dystrophy Association Iowa
1755 West Lakes Parkway #B
West Des Moines IA 50266
Muscular Dystrophy Association Nebraska
14344 Y St #211
Omaha NE 68137
Phone: 402-390-2914
Fax: 402-390-2918
Email: omaha@mdausa.org
Web: mda@mdausa.org
Contact: Katherine Kreiger - Healthcare Coordinator
Hours: Mon-Fri 9:00 am - 4:00 pm
Services: MDA is the nonprofit health agency dedicated to curing muscular dystrophy, ALS & related diseases by funding worldwide research. Also provides comprehensive health care & support services, advocacy & education.

Muscular Dystrophy Association South Dakota
524 N Main St #211
Sioux Falls SD 57104
Phone: 605-339-2728
Fax: 605-339-1923
Email: siouxfalls@mdausa.org
Web: MDA.org
Contact: Erin Rohrer - Executive Director
Hours: Mon-Fri 9:00 am - 4:00 pm
Services: MDA is the nonprofit health agency dedicated to curing muscular dystrophy, ALS & related diseases by funding worldwide research. Also provides comprehensive health care & support services, advocacy & education.

National Federation of the Blind - Siouxland Chapter
5010 Country Club Blvd
Sioux City IA 51104
Phone: 712-239-2665 712-277-5451
Web: www.nfbi.org
Hours: anytime
Services: Consumer advocacy, support group, counseling services for blind & newly blind. Braille & travel skill training, information, literature concerning blindness & speakers about blindness. More Information
National Federation of the Blind of Iowa  
2721 34th St  
Des Moines IA  50310  
Phone:  515-284-1569  
Email:  michael.nfbi@gmail.com  
Web:  www.nfbi.org  
Contact:  Michael Barber, President

National Kidney Foundation of MN, ND, SD, IA  
19710 Oak Crest Ave   Ste 208  
St. Paul MN  55113  
Phone:  651-636-7300  800-596-7943  
Fax:  651-636-9700  
Email:  www.NKFmdi.org  
Web:  www.NKFmdi.org  
Services:  Patient services, public & professional education, speaker's bureau, information & referral services.

National Multiple Sclerosis Society  
2508 S Carolyn Ave  
Sioux Falls IA  57106  
Phone:  605-336-7017  800-582-5296  
Email:  info@mmsociety.org  
Web:  www.nationalmissociety.org/chapters  
Contact:  Susan  
Hours:  Meets 3rd Friday     Avera Living Well Center, 33rd & Minnesota Ave  
Services:  Promotes research, educate, advocate on critical issues & organize a wide range of programs including support for the newly diagnosed & those living with MS over time.

National Multiple Sclerosis Society - Upper Midwest Chapter  
200 12th Ave S  
Minneapolis MN  55415  
Phone:  612-335-7900  
Fax:  612-335-7997  
Email:  info@mmsociety.org  
Web:  www.nationalmissociety.org  
Contact:  Susan @ Avera McKennon Hospital  605-322-8000;  Sx Falls Chapter Office:  605-336-7017  
Hours:  Support group meets 3rd Friday - times vary.  @ Avera Living Well Center, 33rd & Minnesota Ave, Sx Falls  
Services:  MS is a chronic, unpredictable disease of the central nervous system.  It is thought to be an autoimmune disorder.  The problems may be permanent or may come & go.  Patients are mostly diagnosed between the ages of 20 & 50.

Overeaters Anonymous  
Rejoice Community Church  1320 3rd Ave SE  
Le Mars IA  51031
Phone: 712-548-4430
Email: rejoice@hotmail.com
Web: www.overeatersanonymous.org
Contact: Lynn Snyder, Admin Secretary
Hours: Thu 7:00 pm East Conference Room - FVH
Services: Purpose is to abstain from compulsive eating & to carry the message of recovery through the Twelve steps of OA to those who still suffer. A fellowship of individuals who, through shared experience, strength & hope, are recovering from compulsive overeating.

Relaxing Touch
37642 260th St
Le Mars IA 51031
Phone: 712-548-4647 712-541-8538
Contact: Gena Cronin, Owner
Hours: By Appt only - no set hours
Services: Licensed massage therapy

Siouxland Epilepsy Support Group, Inc
4260 Hickory Ln Ste 414
Sioux City IA 51106
Phone: 712-281-1741
Email: slf1970@cableone.net
Web: http://www.epilepsyfoundation.org
Contact: Steve Fox
Hours: Steve works our of his home, said he doesn’t have any set time
Services: Offers training to become a presenter of epilepsy in-services, assists in development of support groups, offers personalized educational presentations on epilepsy. Call Steve at 712-281-1741 for support group meeting times.

Synergy Home Care of Sioux City
Phone: 605-242-6056
Email: info@synergysiouxland.com
Web: www.synergyhmecare.com
Services: Non-medical homecare for all ages. Provide companionship, personal care, light housekeeping, meal prep, medication reminders, errands, respite care.

Thursday’s Child
10325 Donna Ave
Porter Ranch CA 0
Phone: 800-872-5437
Email: clay5child@thursdaychild.org
Web: www.thursdayschild.org
Contact: Don Austin, Administration
Hours: 24 Hour Call Center
Services: Teen toll-free helpline - there are 10 toll-free numbers & 37 toll-free directory listings.
REHABILITATIVE SERVICES

Akron Care Center
991 Hwy 3
Akron IA  51001
Phone: 712-568-2422
Fax: 712-568-2424
Email: therapy@akroncarecenter.com
Web: www.akroncarecenter.com
Contact: Roxanne Larson, Therapy Secretary
Edit: Mon-Fri 8:30 am - 5:00 pm
Services: Physical Therapy, Occupational Therapy, Speech Therapy.

Avera - Floyd Valley Hospital
714 Lincoln St NE  PO Box 10
Le Mars IA  51031
Phone: 712-546-3377   800-642-6074
Fax: 712-546-3352 x377
Web: http://www.avery.org/floyd-valley/services/physical-therapy/
Contact: Jerry DeWit, PT
Hours: Mon-Fri 7:00 am - 5:00 pm or as need arises
Services: Provides therapy to a patient with the end result of decreased pain & improved function & has been educated so he/she can maintain his/her condition & feels that he/she has been cared for as a unique & important individual. Occupational therapy & Functional Agility Speed training also available.

Floyd Valley Hospital Cardiac Rehab
714 Lincoln St NE
Le Mars IA  51031
Phone: 712-546-3383   800-642-6074
Fax: 712-546-3451
Email: lavonne.galles@floydvalleyhospital.org
Web: www.floydvalleyhospital.org
Contact: Lavonne Galles, RN, BSN, Cardiac Care Rehab Coordinator
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: Provides therapeutic services in conjunction with preventative methods to individuals with preventative methods to individuals with heart disease to improve their optimal health.

Good Samaritan Care Center
1140 Lincoln St NE
Le Mars IA  51031
Phone: 712-546-4101
Fax: 712-546-9488
Web: cortmann@good-sam.com
Contact: Mary Toel - Social Worker
Hours: 24 hours
Services: Home Health - Special care unit - CCDI for dementia patients - Long-term care facility
Happy Siesta Care Center
423 Roosevelt   PO Box 380
Remsen IA  51050
Phone:  712-786-1117
Fax:  712-786-1119
Email:  crbraun@midlands.net
Contact:  Charlotte Braun, Administrator
Hours:  Mon-Fri 8:00 am - 5:00 pm
Services:  100% skilled nursing, Alzheimers unit

Hawarden Regional Healthcare Cardiac Rehab
1111 11th St
Hawarden IA  51023
Phone:  712-551-3100
Fax:  712-551-3177
Email:  meerdind@mercyhealth.com
Web:  www.hawardenregionalhealthcare.com
Contact:  Dee Meerdink, RN   Cardiac Care Manager
Hours:  Mon-Fri 8:00 am - 4:30 pm
Services:  Provide medically supervised services that help improve the health and well-being of people with heart problems following a cardiac event.

Heartland Care Center
604 E Fenton
Marcus IA  51035
Phone:  712-376-2500
Fax:  712-376-4445
Email:  heartland@midlands.net
Web:  www.heartlandcarecenter.com
Contact:  LuAnn Rogge, Administrator
Hours:  8:00 am - 4:30 pm
Services:  30 skilled beds and 21 Assisted Living.

Regional Health Care - Hawarden
1111 11th St
Hawarden IA  51023
Phone:  712-551-3108
Fax:  712-551-3177
Email:  maymj@mercyhealth.com
Contact:  Mike May, Director of Physical Medicine & Rehabilitation
Hours:  Mon-Fri 8:00 am - 5:00 pm
Services:  Physical Therapy, Occupational Therapy, Speech Therapy.
TRANSPORTATION SERVICES

Get N Go Taxi Co
Le Mars IA  51031
Phone:  712-546-5142
Contact:  Chris Pippet, Owner
Edit:  24 hours a day/7 days a week
Services:  Taxi Service

Siouxland Regional Transit System
1122 Pierce St
Sioux City IA  51105
Phone:  712-279-6919  800-881-2076
Fax:  712-279-6890  712-279-6920
Web:  www.simpco.org
Contact:  Teri Brewer, Director
Hours:  Mon-Fri 6:00 am - 6:00 pm
Services:  SRTS is a demand-responsive, ADA accessible, public transit system which provides public transportation services to residents of Plymouth County. Use mobility device lift equipped busses.

TMS - Transport Management System for Medicaid
5800 Fleur Dr Rm 231
Des Moines IA  50321
Phone:  866-584-7601  712-279-6900 x15
Email:  doreen.chamberline@idph.gov
Web:  www.tmsmanagementgroup.com
Contact:  Dawn Kimmel, Sxland Mobility Mgr
Hours:  http://www.iowadot.gov/transit - transportation schedules & routes
       http://www.iowadot.gov/transit/publications.html - print a brochure
Services:  Medicaid recipients can receive mileage reimbursement or transportation to non-emergency medical appointments. Arrangements must be made 3 business days in advance. Serves Plymouth Co.