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## Medical Care

### **Baum Harmon Mercy Hospital**

Phone: 712-957-2300

Address: 255 N Welch Ave, Primghar, IA, 51245

Hours: 24hours

Website: [www.baumharmon.org](http://www.baumharmon.org)

24-hour emergency care; medical, surgical, and pediatric care; Surgical and anesthesia services: Rehab services, Physical Therapy, Cardiac Rehab, Occupational Therapy, Speech Therapy, Diabetes Education

### **Best Care for Better Babies- Sheldon**

Contact Person: Cindy Warntjes

Phone: 712-324-6145

Address: 118 North 7<sup>th</sup> Ave, Sheldon, Iowa, 51201

Website: [www.sanfordsheldon.org/medicalservices/homehealthospice/](http://www.sanfordsheldon.org/medicalservices/homehealthospice/)

Programs assist moms with her health, feeding, and care concerns regarding her new baby.

### **Best Care for Better Babies – Spencer**

Contact Person: Deb Bartlett

Phone: 712-264-6451

Address: 1200 1<sup>st</sup> Ave East, Spencer, IA, 51301

Website: [www.spencerhospital.org](http://www.spencerhospital.org)

Programs assist moms with her health, feeding, and care concerns regarding her new baby.

### **Birthright**

Phone: 712-262-8271

Address: 8 East 5<sup>th</sup> Street, Spencer, IA 51301

Hours: Monday – Friday 11:30am- 1:30pm, Monday, Tuesday, & Thursday 6:00pm-8:00pm

Website: [www.birthright.org](http://www.birthright.org)

Birthright provides free pregnancy testing, medical, legal, and housing referrals. They also offer maternity and baby clothing. All of these services are free of charge.

### **Blank Children's Hospital**

Contact Person: Receptionist

Phone: 515-241-KIDS (5437)

Address: 1200 1<sup>st</sup> Ave East, Des Moines, Iowa, 50309

Hours: 24 hours call center

Website: [www.blankchildrens.org](http://www.blankchildrens.org)

Children's Hospital located in Des Moines, Iowa.

### **CASA of Sioux County**

Contact person: Receptionist

Phone: 712-722-3324

Address: 303 North Main Street, Sioux Center, IA 51250

Website: [www.casasiouxcounty.org](http://www.casasiouxcounty.org)

CASA provides food and clothing, low cost medical care, dental care, and counseling. Interpreters are available for hire and Immigration lawyers. CASA also offers English and GED classes.

### **Cherish Center/ Cherish House**

Phone: 712-338-3333

Address: PO Box 1003, Okoboji, IA 51101

Website: [www.cherishcenter.org](http://www.cherishcenter.org)

The Cherish Center provides Mothering classes, free pregnancy testing, counseling, and maternity housing. All the services that The Cherish Center provides are free of charge.

### **Child Health Specialty Clinics**

Contact Person: Receptionist

Phone: 866-219-9119

Fax: 319-359-3715

Address: 100 Hawkins Drive, Iowa City, Iowa, 52242

Hours: 24 hour Call Center

Website: [www.chsciowa.org](http://www.chsciowa.org)

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 and also have needs for special services.

### **Children's Hospice International**

Contact Person: Receptionist

Phone: 800-2-4-CHILD or 703-684-0330

Address: 1101 King Street Suite 360, Alexandria, Virginia, 22314

Website: [www.chionline.org](http://www.chionline.org)

Provides a continuum of care for children and their families from time of diagnosis, with hope for a cure, through bereavement if a cure is not attained. Any Insurance is expected at Children's Hospice International.

### **Dream Center**

Contact Person: Pastor Kevin Grimes-712-262-6292

Phone: 712-580-4732

Address: 605 Grand Ave, Spencer, IA 51301

Website: [www.spencerdreamcenter.org](http://www.spencerdreamcenter.org)

Dream Center provides food services the second and fourth Thursdays of each month from 2-7. Clothing service is every Thursday from 2-7. Medical care is on the first and third Thursdays of each month from 2-7. Along with services above Dream Center also provides housing, life rehabilitation, job training, and residential recovery programs. All the services that Dream Center provides are free of charge

**Good Samaritan Society**

Contact Person: Mary Brevik

Phone: 712-336-3412 or 800-832-5342

Fax: 712-336-300

Hours: Monday – Friday, 8:00am – 4:30pm

Address: Spirit Lake, Iowa, 51360

Email: mbrevik@good-sam.com

Website: [www.good-sma.com](http://www.good-sma.com)

Good Samaritan Society provides: Nursing services; Home health aide; Physical therapy; Occupational therapy; Speech/language pathology.

**Hartley Mercy Medical Clinic**

Contact Person: Receptionist

Phone: 712-928-2820

Fax: 712-928-3320

Hours: Monday- Friday, 8:00am – 5:00pm

Address: 231 N 8<sup>th</sup> Ave West, Hartley, Iowa, 51346

Website: [www.baumharmon.org](http://www.baumharmon.org)

Baum Harmon Mercy Clinics offer comprehensive healthcare to all ages.

**Iowa Compass**

Contact Person: Receptionist

Phone: 800-779-2001 TTY: 877-686-0032

Hours: Monday- Friday, 8:00am – 5:00pm

Address: Center for Disabilities & Development 100 Hawkins Dr, #5295, Iowa City, Iowa, 52242

Website: [www.iowacompass.com](http://www.iowacompass.com)

Medical Information & referrals; Used equipment; legal advocacy & representation for Iowans with disabilities. All Services are free of Charge.

**Iowa Hospice**

Contact Person: Receptionist

Phone: 712-336-2941

Fax: 712-336-2591

Hours: Monday- Friday, 8:00am – 4:30pm

Address: 1370 Lake Street, Spirit Lake, Iowa, 51360

Email: info@iowa-hospice.com

Website: [www.iowa-hospice.com](http://www.iowa-hospice.com)

Iowa Hospice provides: Medical care; Home health; Homemaker services; Short term inpatient care; Respite services; Emotional & spiritual support; Massage therapy.

**Mill Creek Family Practice**

Contact Person: Receptionist

Phone: 712-448-2000

Fax 712-448-2004

Address: 5616 460th Street, Paullina, Iowa 51046

Hours: Monday-Friday 9:00-12:00 and 1:00-4:30

Website: [www.ochealthsystem.org](http://www.ochealthsystem.org)

Mill Creek Family Practice offers comprehensive healthcare to all ages.

**O'Brien County Public Health**

Contact Person: Receptionist

Phone: 712-957-0105

Fax: 712-957-0115

Hours: Monday- Friday, 8:00am- 4:30pm

Address: 155 South Hayes, Primghar, IA

Website: [www.obriencoph.com](http://www.obriencoph.com)

Email: phnurse2@tcaexpress.net

Health education at home; communicable disease follow-up; blood pressure & blood sugar screening; maternal & child health visits; immunization program

**O'Brien County Veteran's Affairs**

Contact Person: Receptionist

Phone: 712-957-0031

Fax: 712-957-3207

Address: 155 South Hayes, Primghar, IA 51245

Hours: Monday – Thursday 9:00am- 4:40pm

Email: obcva@tcaexpress.net

O'Brien County Veteran's Affairs provides: VA Pension, compensation, medical care, home loans, education benefits, and burial benefits. Free Transportation to Sioux Falls VA hospital is also available.

**Paullina Mercy Medical Clinic**

Contact Person: Receptionist

Phone: 712-949-2126

Fax: 712-949-2129

Address: 108 Groesbeck, Paullina, Iowa, 51046

Hours: Monday- Friday, 8:00am – 5:00pm

Website: [www.baumharmon.org](http://www.baumharmon.org)

Baum Harmon Mercy Clinics offer comprehensive healthcare to all ages.

**Primghar Mercy Medical Clinic**

Contact Person: Receptionist

Phone: 712-957-2310

Fax: 712-957-0504

Address: 240 North Rerick Ave, Primghar, IA, 51245

Hours: Monday- Friday, 8:00 – 5:00, Saturday, 8:30-Noon

Website: [www.baumharmon.org](http://www.baumharmon.org)

Baum Harmon Mercy Clinics offer comprehensive healthcare to all ages.

**Promise Community Health Center**

Contact Person: Receptionist

Phone: 877-722-1700 or 712-722-1770

Fax: 712-722-1770

Address: 338 1<sup>st</sup> Ave West, Sioux Center, Iowa, 51250

Email: care@greatersiouxchc.org

Website: [www.greatersiouxchc.org](http://www.greatersiouxchc.org)

Medical, prenatal, and dental care; lost cost medication; lab & radiology; Free STD & Colorectal screenings

### **Sanford Hartley Clinic**

Contact Person: Receptionist

Phone: 712-728-2702 or 888-413-3600

Fax: 712-324-6515

Address: 512 3<sup>rd</sup> Street NE, Hartley, IA, 51346

Hours: Monday, Tuesday, Thursday, Friday 8:00 to 5:00; Wednesday 8:00-noon

Website: [www.sanfordsheldon.org/medicalservices/homehealthhospice/](http://www.sanfordsheldon.org/medicalservices/homehealthhospice/)

Family Practice Care, Obstetrical Care, Well Child and Baby Care, Fracture Care, Injury Treatment, Comprehensive Physicals, DOT Physicals, School & Sports Physicals, Drug screenings, Immunizations, Hearing Tests, Nursing Home & Pre-operative Physicals, Internal Medicine

### **Sanford Home Health and Hospice**

Contact Person: Receptionist

Phone: 712-324-6420

Address: 118 North 7<sup>th</sup> Ave, Sheldon, IA, 51201

Hours: Monday – Friday, 8:00-4:30

Website: [www.sanfordsheldon.org/medicalservices/homehealthhospice/](http://www.sanfordsheldon.org/medicalservices/homehealthhospice/)

Home health aid; nursing care; occupational therapy; physical therapy; speech pathology

### **Sanford Hospital- Sheldon**

Contact Person: Receptionist

Phone: 712-324-5041 or 800-568-4320

Address: 118 North 7<sup>th</sup> Ave, Sheldon, Iowa, 51201

Hours: 24 hour ER

Website: [www.sanfordsheldon.org/medicalservices/homehealthhospice/](http://www.sanfordsheldon.org/medicalservices/homehealthhospice/)

24-hour emergency care; 25-beds – private & semi-private rooms; birthing rooms and monitored bed rooms; Medical, surgical, obstetric and pediatric care; Prenatal and post delivery education; Surgical and anesthesia services, Rehab services, Physical Therapy, Cardiac Rehab, Occupational Therapy, Diabetes Education

### **Sanford Sanborn Clinic**

Contact Person: Receptionist

Phone: 712-729-3545 or 888-722-3545

Fax: 712-324-6515

Address: 321 Main Street, Sanborn, IA, 51248

Hours: Monday, Tuesday, Thursday, Friday 8:00 to 5:00; Wednesday 8:00-noon

Website: [www.sanfordsheldon.org/medicalservices/homehealthhospice/](http://www.sanfordsheldon.org/medicalservices/homehealthhospice/)

Family Practice Care, Obstetrical Care, Well Child and Baby Care, Fracture Care, Injury Treatment, Comprehensive Physicals, DOT Physicals, School & Sports Physicals, Drug screenings, Immunizations, Hearing Tests, Nursing Home & Pre-operative Physicals, Internal Medicine

**Sanford Sheldon Clinic**

Contact Person: Receptionist

Phone: 712-324-5356 or 800-568-4332

Fax: 712-324-6515

Address: 8000 Oak Street, Sheldon, IA, 51201

Hours: Monday – Friday, 8:00 to 5:00; Monday 6:00pm-9:00pm; Saturday 9:00am-Noon

Website: [www.sanfordsheldon.org/medicalservices/homehealthhospice/](http://www.sanfordsheldon.org/medicalservices/homehealthhospice/)

Family Practice Care, Obstetrical Care, Well Child and Baby Care, Fracture Care, Injury Treatment, Comprehensive Physicals, DOT Physicals, School & Sports Physicals, Drug screenings, Immunizations, Hearing Tests, Nursing Home & Pre-operative Physicals, Internal Medicine

**Sutherland Mercy Medical Clinic**

Contact Person: Receptionist

Phone: 712-446-2567

Fax: 712-446-2612

Address: 108-West 2<sup>nd</sup> Street, Sutherland, IA,51058

Hours: 8:00-12:00 & 1:00-5:00 Monday, Tuesday, Thursday, Friday; 8:00 – 12:00 Wednesday

Website: [www.baumharmon.org](http://www.baumharmon.org)

Baum Harmon Mercy Clinics offer comprehensive healthcare to all ages.

## Medication Assistance

### **Center for Siouxland**

Contact Person: Receptionist

Phone: 712-252-1861 or 877-580-5526

Fax: 712-255-1352

Address: 715 Douglas St., Sioux City, IA 51101

Hours: Monday – Friday 8am to 5pm

Website: [www.centerforsiouxland.org](http://www.centerforsiouxland.org)

Center of Siouxland provides food, clothing, and prescription assistance. Transitional housing is also available along with HUD certified Comprehensive Housing. Certified Consumer Credit Counseling is also offered at Center of Siouxland.

### **Iowa Prescription Drug Corporation**

Contact Person: Receptionist

Phone: 515-327-5405 or 866-282-5817

Website: [www.iowapdc.org](http://www.iowapdc.org)

Goal is to help ease the financial burden of the high cost of prescription medications for the Medicare eligible Iowan. This is a not for profit organization.

### **Northwest Aging Association**

Contact Person: Receptionist

Phone: 712-262-1775 or 800-242-5033

Address: 714 10<sup>th</sup> Ave E PO Box 213, Spencer, IA 51301

Hours: Monday – Friday 8:00am to 4:00pm

Email: [naa@nwaging.org](mailto:naa@nwaging.org)

Website: [www.nwaging.com](http://www.nwaging.com)

Email: [naa@nwaging.org](mailto:naa@nwaging.org)

Services are for adults 60+ which include: transportation, legal Services, meal delivery, home medical care, and medication assistance.

### **Promise Community Health Center**

Contact Person: Receptionist

Phone: 877-722-1770 or 712-722-1700

Address: 338 1<sup>st</sup> Ave West, Sioux Center, IA 51250

Hours: See Website

Website: [greatersiouxchc.org](http://greatersiouxchc.org)

Email: [care@greatersiouxchc.org](mailto:care@greatersiouxchc.org)

Medical, prenatal, and dental care; lost cost medication; lab & radiology; Free STD & Colorectal screenings

### **SHIIP – Senior Health Insurance Information Program**

Contact Person: Receptionist

Phone: 800-351-4664

Address: 330 Maple Street, Des Moines, IA, 51319



Website: [www.shiip.state.ia.us](http://www.shiip.state.ia.us)

Email: [ship@iid.iowa.gov](mailto:ship@iid.iowa.gov)

Assistance with Medicare Part D decision making, information on Medicare, drug benefits, Medicare advantage, supplemental insurance and long term care

**SHIP – O’Brien County Volunteer**

Contact Person: Mike Otto

Phone: 712-949-3786

Information on Medicare, drug benefits, Medicare advantage, supplemental insurance and long term care

## Mental Health Services

### **ATLAS Group**

Contact Person: Receptionist

Phone: 712-722-4900

Address: 315 1<sup>st</sup> Ave NE, Sioux Center, IA 51250

Hours: Monday- Thursday 8:00am – 5:00pm, Friday 8:00am -4:00pm

Email: atlas@mtcnet.net

Website: [www.atlasofsiouxcenter.org](http://www.atlasofsiouxcenter.org)

ATLAS provides bilingual, personal development, and referral to professional services. Men's and women's accountability housing is also available. All services done through ATLAS are free of charge.

### **Bethesda Christian Counseling**

Contact Person: Receptionist

Phone: 712-737-2635 or 800-269-3160

Address: 209 First Street NE, Orange City, IA, 51041

Hours: Monday – Friday, 8:30-5:00 (closed during noon hour)

Website: <http://bethesdachristiancounseling.org>

Individual psychotherapy; Counseling; Psychological evaluation & testing; Family therapy; Medication management; Trauma recovery

### **CASA of Sioux County**

Contact Person: Receptionist

Phone: 712-722-3324

Address: 303 North Main Street, Sioux Center, IA 51250

Website: [www.casasiouxcounty.org](http://www.casasiouxcounty.org)

CASA provides food and clothing, low cost medical care, dental care, and counseling. Interpreters are available for hire and Immigration lawyers. CASA also offers English and GED classes.

### **Creative Living Center**

Contact Person: Receptionist

Phone: 712-476-5245 or 888-587-2537

Address: 1905 10<sup>th</sup> Street PO Box 163, Rock Valley, IA 51247

Hours: Monday – Friday, 8:00 – 5:00, Friday, 8:00 -3:00

Website: [www.creativelivingcenterpc.com](http://www.creativelivingcenterpc.com)

Spiritual Centered Counseling & therapy, Filed to medical insurance; may apply for sliding fee scale if no insurance

### **Hope Haven**

Contact Person: Receptionist

Phone: 712-476-2737

Address: 1800 19<sup>th</sup> Street PO Box 70, Rock Valley, IA 51247

Hours: Monday – Friday 8:00am – 4:30pm

Website: [www.hopehaven.org](http://www.hopehaven.org)

Hope Haven offers adult living and support services. Vocational Services and job placement are also provided along with mental health & recovery

NAMI – National Alliance on Mental Illness

Contact Person: Receptionist

Phone: 800-650-NAMI (6264)

Address: 215 West 4<sup>th</sup> Street Suite 6, Spencer, IA 51301

Website: [www.nami.org](http://www.nami.org)

Email: namiofnwia@gmail.com

Raise public awareness & concerns about mental illness; Family Support; System advocacy & information services

### **Northwest Iowa Counseling**

Contact Person: Receptionist

Phone: 712-262-6111

Address: 20 West 4<sup>th</sup> Street, Spencer, IA, 51301

Hours: Monday- Thursday 9:00-5:00, Friday 9:00-12:00

Website: [www.northwestiowacounseling.com](http://www.northwestiowacounseling.com)

Website: nwica@northwestiowacounseling.com

Individual, child, adolescent, & relationship counseling; Hypnosis

### **O'Brien County CPC**

Contact Person: Janelle Schuknecht

Phone: 712-957-5985

Fax: 712-957-5985

Address: 155 South Hayes Ave, Primghar, Iowa, 51245

Hours: Monday – Friday, 9:00-5:00

Website: obriencounty.com

Email: obgrdcpc@tcaexpress.net

Mental health managed care coordination for providers and users. Aids eligible people who apply for rent, utility, medical, and burial assistance.

### **O'Brien County Veteran's Affairs**

Contact Person: Receptionist

Phone: 712-957-0031

Fax: 712-957-3207

Address: 155 South Hayes, Primghar, IA 51245

Hours: Monday – Thursday 9:00am- 4:40pm

Website: [www.obriencounty.com](http://www.obriencounty.com)

Email: obcva@tcaexpress.net

O'Brien County Veteran's Affairs provides: VA Pension, compensation, medical care, home loans, education benefits, and burial benefits. Free Transportation to Sioux Falls VA hospital is also available.

**Seasons Center for Community Health**

Contact Person: Receptionist

Phone: 1-800-242-5101 or 712-262-2922

Address: 201 E 11<sup>th</sup> Street, Spencer, IA, 51301

Hours: Monday – Friday, 8:00 – 5:00

Website: [www.seasonscenter.org](http://www.seasonscenter.org)

Psychiatric & Mental Health

**Spencer Psychiatric & Counseling**

Contact Person: Receptionist

Phone: 712-580-3882

Address: 2016 Hwy Blvd, Spencer, IA, 51301

Hours: Monday – Thursday, 8:00-5:00, Friday, 8:00-3:00

Psychiatric & Mental Health, Must have insurance or pay for services in full before being seen

**Sunshine Services**

Contact Person: Receptionist

Phone: 712-262-7805

Address: 1106 E 9<sup>th</sup> Street PO Box 225, Spencer, IA 51301

Hours: Monday – Friday 8:00am to 4:00pm

Email: [info@sunshine-services.org](mailto:info@sunshine-services.org)

Website: [www.sunshine-services.org](http://www.sunshine-services.org)

Residential services for those diagnosed with disability of mental retardation, mental illness or developmental disabilities. Work services for mentally handicap are also available.

## Uninsured Resources

### **Best Care for Better Babies- Sheldon**

Contact Person: Cindy Warntjes

Phone: 712-324-6145

Address: 118 North 7<sup>th</sup> Ave, Sheldon, Iowa, 51201

Website: [www.sanfordsheldon.org/medicalservices/homehealthhospice/](http://www.sanfordsheldon.org/medicalservices/homehealthhospice/)

Programs assist moms with her health, feeding, and care concerns regarding her new baby.

### **Best Care for Better Babies – Spencer**

Contact Person: Deb Bartlett

Phone: 712-264-6451

Address: 1200 1<sup>st</sup> Ave East, Spencer, IA, 51301

Website: [www.spencerhospital.org](http://www.spencerhospital.org)

Programs assist moms with her health, feeding, and care concerns regarding her new baby.

### **Birthright**

Contact Person: Receptionist

Phone: 712-262-8271

Address: 8 East 5<sup>th</sup> Street, Spencer, IA 51301

Hours: Monday – Friday 11:30am- 1:30pm, Monday, Tuesday, & Thursday 6:00pm-8:00pm

Website: [www.birthright.org](http://www.birthright.org)

Birthright provides free pregnancy testing, medical, legal, and housing referrals. They also offer maternity and baby clothing. All of these services are free of charge.

### **CASA of Sioux County**

Contact Person: Receptionist

Phone: 712-722-3324

Address: 303 North Main Street, Sioux Center, IA 51250

Website: [www.casasiouxcounty.org](http://www.casasiouxcounty.org)

CASA provides food and clothing, low cost medical care, dental care, and counseling.

Interpreters are available for hire and Immigration lawyers. CASA also offers English and GED classes.

### **Center for Siouland**

Contact Person: Receptionist

Phone: 712-252-1861 or 877-580-5526

Fax: 712-255-1352

Address: 715 Douglas St., Sioux City, IA 51101

Hours: Monday – Friday 8am to 5pm

Website: [www.centerforsiouland.org](http://www.centerforsiouland.org)

Center of Siouland provides food, clothing, and prescription assistance. Transitional housing is also available along with HUD certified Comprehensive Housing. Certified Consumer Credit Counseling is also offered at Center of Siouland.

**Cherish Center/ Cherish House**

Phone: 712-338-3333

Address: PO Box 1003, Okoboji, IA 51101

Website: [www.cherishcenter.org](http://www.cherishcenter.org)

The Cherish Center provides Mothering classes, free pregnancy testing, counseling, and maternity housing. All the services that The Cherish Center provides are free of charge.

**Department of Human Services – Clay County**

Contact Person: Receptionist

Phone: 712-262-3586 or 866-536-2749

Fax: 515-564-4046

Address: 1900 North Grand Ave Suite E8, Spencer, IA 51301

Hours: Monday-Friday 8am-12 & 1pm-4:30pm

Email: COBRIE01@dhs.state.ia.us

Website: [www.dhs.state.ia.us](http://www.dhs.state.ia.us)

Department of Human Services provides assistance with cash, food, and Child care. Medicaid and Hawk-I are also services that are provided.

**Department of Human Services – O’Brien County**

Contact Person: Receptionist

Phone: 712-957-5135 or 800-392-3895

Fax: 515-564-4071

Address: 160 2<sup>nd</sup> Street SE, Primghar, IA 51245

Hours: Monday-Friday 8am-12 & 1pm-4:30pm

Website: [www.dhs.state.ia.us](http://www.dhs.state.ia.us)

Department of Human Services provides assistance with cash, food, and Child care. Medicaid and Hawk-I are also services that are provided.

**Department of Human Services – Sioux County**

Contact Person: Receptionist

Phone: 712-737-2943 or 800-337-2943

Fax: 515-564-4072

Address: 215 Central Ave SE, Orange City, IA 51041

Hours: Monday-Friday 8am-12 & 1pm-4:30pm

Email: CSioux01@dhs.state.ia.us

Website: [www.dhs.state.ia.us](http://www.dhs.state.ia.us)

Department of Human Services provides assistance with cash, food, and Child care. Medicaid and Hawk-I are also services that are provided.

**Dream Center**

Contact Person: Pastor Kevin Grimes – 712-262-6292

Phone: 712-580-4732

Address: 605 Grand Ave, Spencer, IA 51301

Website: [www.spencerdreamcenter.org](http://www.spencerdreamcenter.org)

Dream Center provides food services the second and forth Thursdays of each month from 2-7. Clothing service is every Thursday from 2-7. Medical care is on the first and third Thursdays of each month from 2-7. Along with services above Dream Center also provides housing, life rehabilitation, job training, and residential recovery programs. All the services that Dream Center provides are free of charge.

### **Hear Now**

Contact Person: Receptionist

Phone: 866-354-3254

Address: 6700 Washington Ave. South, Eden Prairie, Minnesota, 55344

Website: [www.starkeyhearingfoundation.org/hear-now](http://www.starkeyhearingfoundation.org/hear-now)

Application-based program to assist those presently residing in the U.S. who are deaf or hard of hearing and have no resources to acquire hearing aids. Hear Now is application based.

### **Iowa Compass**

Contact Person: Receptionist

Phone: 800-779-2001 TTY: 877-686-0032

Hours: Monday- Friday, 8:00am – 5:00pm

Address: Center for Disabilities & Development 100 Hawkins Dr, #5295, Iowa City, Iowa, 52242

Website: [www.iowacompass.com](http://www.iowacompass.com)

Medical Information & referrals; Used equipment; legal advocacy & representation for lowans with disabilities. All Services are free of Charge.

### **Mid - Sioux Opportunity**

Contact Person: Receptionist

Phone: 712-786-2001 or 800-859-2025

Fax: 712-786-3250

Address: 418 S Marion Street, Remsen, IA 51050

Hours: Monday – Friday 8:00am to 4:30pm

Email: [info@MidSioux.org](mailto:info@MidSioux.org)

Website: [www.midsioux.org](http://www.midsioux.org)

Mid – Sioux offers child care resource and referrals, head start, family development, and self-sufficiency. The food pantry, home energy assistance, weatherization is also provided. WIC, I-Smile, and Hawk-I are available through Mid – Sioux.

### **O'Brien County Public Health**

Contact Person: Receptionist

Phone: 712-957-0105

Fax: 712-957-0115

Hours: Monday- Friday, 8:00am- 4:30pm

Address: 155 South Hayes, Primghar, IA

Website: [www.obriencoph.com](http://www.obriencoph.com)

Email: phnurse2@tcaexpress.net

Health education at home; communicable disease follow-up; blood pressure & blood sugar screening; maternal & child health visits; immunization program

**Promise Community Health Center**

Contact Person: Receptionist

Phone: 877-722-1700 or 712-722-1770

Fax: 712-722-1770

Address: 338 1<sup>st</sup> Ave West, Sioux Center, Iowa, 51250

Email: care@greatersiouxchc.org

Website: [www.greatersiouxchc.org](http://www.greatersiouxchc.org)

Medical, prenatal, and dental care; lost cost medication; lab & radiology; Free STD & Colorectal screenings

**Upper Des Moines Opportunity, Inc**

Contact Person: Laurie Ruf or Melinda Wester

Phone: 712-957-1023 or 888-886-1598

Address: 140 2<sup>nd</sup> Street SE PO Box 462, Primghar, IA 51245

Hours: Monday – Friday 8:00am to 4:00pm



## Food & Nutrition Resources

### **CASA of Sioux County**

Contact person: Receptionist

Phone: 712-722-3324

Address: 303 North Main Street, Sioux Center, IA 51250

Website: [www.casasiouxcounty.org](http://www.casasiouxcounty.org)

CASA provides food and clothing, low cost medical care, dental care, and counseling. Interpreters are available for hire and Immigration lawyers. CASA also offers English and GED classes.

### **Center for Siouxland**

Contact person: Receptionist

Phone: 712-252-1861 or 877-580-5526

Fax: 712-255-1352

Address: 715 Douglas St., Sioux City, IA 51101

Hours: Monday – Friday 8am to 5pm

Website: [www.centerforsiouxland.org](http://www.centerforsiouxland.org)

Center of Siouxland provides food, clothing, and prescription assistance. Transitional housing is also available along with HUD certified Comprehensive Housing. Certified Consumer Credit Counseling is also offered at Center of Siouxland.

### **Department of Human Services – Clay County**

Contact person: Receptionist

Phone: 712-262-3586 or 866-536-2749

Fax: 515-564-4046

Address: 1900 North Grand Ave Suite E8, Spencer, IA 51301

Hours: Monday-Friday 8am-12 & 1pm-4:30pm

Email: [COBRIE01@dhs.state.ia.us](mailto:COBRIE01@dhs.state.ia.us)

Website: [www.dhs.state.ia.us](http://www.dhs.state.ia.us)

Department of Human Services provides assistance with cash, food, and Child care. Medicaid and Hawk-I are also services that are provided.

### **Department of Human Services – O'Brien County**

Contact person: Receptionist

Phone: 712-957-5135 or 800-392-3895

Fax: 515-564-4071

Address: 160 2<sup>nd</sup> Street SE, Primghar, IA 51245

Hours: Monday-Friday 8am-12 & 1pm-4:30pm

Website: [www.dhs.state.ia.us](http://www.dhs.state.ia.us)

Department of Human Services provides assistance with cash, food, and Child care. Medicaid and Hawk-I are also services that are provided.

**Department of Human Services – Sioux County**

Contact person: Receptionist

Phone: 712-737-2943 or 800-337-2943

Fax: 515-564-4072

Address: 215 Central Ave SE, Orange City, IA 51041

Hours: Monday-Friday 8am-12 & 1pm-4:30pm

Email: CSioux01@dhs.state.ia.us

Website: [www.dhs.state.ia.us](http://www.dhs.state.ia.us)

Department of Human Services provides assistance with cash, food, and Child care. Medicaid and Hawk-I are also services that are provided.

**Dinner Date – Primghar Community Building**

Contact Person: Loretta Smith

Phone: 712-957-6984

Address: 215 1<sup>st</sup> Street SE Primghar, IA, 51245

Hours: Monday – Friday: 11:30am – 12:30pm, except 2<sup>nd</sup> Monday and 4<sup>th</sup> Thursday of month at 5:30.

Website: [www.nwaging.org](http://www.nwaging.org)

**Dinner Date – Sheldon Community Building**

Phone: 712-324-4425 (Tuesdays 8:30am to noon)

Address: 416 9<sup>th</sup> Street Lower Level, Sheldon, IA, 51201

Hours: Wednesdays at 11:30am

Website: [www.nwaging.org](http://www.nwaging.org)

**Dinner Date Sanborn – Jay’s Restaurant (Participating Restaurant)**

Contact Person: Terry Jaycox

Phone: 712-930-3886

Address: Highway 18 Sanborn, IA, 51248

Hours: Monday – Friday 11:30am – 12:30pm Except 2<sup>nd</sup> Monday and 3<sup>rd</sup> Thursday of each month at 5:30pm. Meal Coupons are also available at Sanborn Savings Bank.

Website: [www.nwaging.org](http://www.nwaging.org)

**Dinner Date – Sutherland Willoway Complex**

Contact Person: Karrie Gopperton

Phone: 712-446-3676

Address: 409 Ash Street, Sutherland, IA, 51058

Hours: Monday, Wednesday, and Friday at Noon

Website: [www.nwaging.org](http://www.nwaging.org)

**Dream Center**

Contact Person: Pastor Kevin Grimes-712-262-6292

Phone: 712-580-4732

Address: 605 Grand Ave, Spencer, IA 51301

Website: [www.spencerdreamcenter.org](http://www.spencerdreamcenter.org)

Dream Center provides food services the second and fourth Thursdays of each month from 2-7. Clothing service is every Thursday from 2-7. Medical care is on the first and third Thursdays of each month from 2-7. Along with services above Dream Center also provides housing, life rehabilitation, job training, and residential recovery programs. All the services that Dream Center provides are free of charge.

**Love Inc.**

Contact Person: Receptionist

Phone: 712-324-9707

Address: 611 Park Row, Sheldon, IA 51201

Hours: Monday: 9am-5pm, Tuesday-Friday 8:30am-12:30pm

Website: [www.sheldon-loveinc.org](http://www.sheldon-loveinc.org)

Provides food, bedding, baby items, clothing, and hygiene supplies. Other services that are offered are budgeting classes, grief support, transitional housing, and transportation. Services are free of charge and by donations.

**Meals on Wheels – Hartley**

Contact Person: Business Office Staff

Phone: 712-728-2428

Hours: Monday – Friday

Meals are delivered to your home Monday through Friday except on Holidays and days the school closes due to weather conditions.

**Meals on Wheels – Paullina and Sutherland**

Contact Person: Chris White

Phone: 712-446-3857

Hours: Monday – Friday

Meals are delivered to your home Monday through Friday except on Holidays and days the school closes due to weather conditions.

**Meals on Wheels – Primghar**

Contact Person: Primghar Care Center

Phone: 712-957-3655

Hours: Monday- Friday

Meals are delivered to your home Monday through Friday except on Holidays and days the school closes due to weather conditions.

**Meals on Wheels – Sheldon**

Contact Person: Jewel Cruse-Doely

Phone: 712-324-6031

Hours: Monday – Friday

Meals are delivered to your home Monday through Friday 1 meal per person per day, cost as of 11-27-12 was \$3.50 per meal.

**Mid - Sioux Opportunity**

Contact Person: Receptionist

Phone: 712-786-2001 or 800-859-2025

Fax: 712-786-3250

Address: 418 S Marion Street, Remsen, IA 51050

Hours: Monday – Friday 8:00am to 4:30pm

Email: [info@MidSioux.org](mailto:info@MidSioux.org)

Website: [www.midsioux.org](http://www.midsioux.org)

Mid – Sioux offers child care resource and referrals, head start, family development, and self-sufficiency. The food pantry, home energy assistance, weatherization is also provided. WIC, I-Smile, and Hawk-I are available through Mid – Sioux.

**Mom's Meals**

Contact Person: Receptionist

Phone: 877-508-6667

Fax: 515-382-3789

Address: 718 SE Shurfine DR, Ankeny, Iowa, 50021

Hours: Monday – Friday: 8:00am to 5:00pm

Email: [momsmealscare@momsmeals.com](mailto:momsmealscare@momsmeals.com)

Website: [www.momsmeals.com](http://www.momsmeals.com)

Mom's Meals are prepared meals that are shipped to seniors or disabled for a fee.

**Northwest Aging Association**

Contact Person: Receptionist

Phone: 712-262-1775 or 800-242-5033

Address: 714 10<sup>th</sup> Ave E PO Box 213, Spencer, IA 51301

Hours: Monday – Friday 8:00am to 4:00pm

Website: [www.nwaging.com](http://www.nwaging.com)

Services are for adults 60+ which include: transportation, legal Services, meal delivery, home medical care, and medication assistance

**United Methodist Church – Sheldon**

Phone: 712-324-4893

Address: 506 8<sup>th</sup> Street, Sheldon, IA, 51201

Hours: Please call for Hours

Website: [www.sheldonumc.com](http://www.sheldonumc.com)

Food pantry for emergency need

**Upper Des Moines Opportunity, Inc**

Contact Person: Laurie Ruf or Melinda Wester

Phone: 712-957-1023 or 888-886-1598

Address: 140 2<sup>nd</sup> Street SE PO Box 462, Primghar, IA 51245

Hours: Monday – Friday 8:00am to 4:00pm

Email: lruf@udmo.com

Website: [www.udmo.com](http://www.udmo.com)

Head start, food programs, WIC, Weatherization, and Energy Assistance are all available through Upper Des Moines Opportunity, Inc.

**WIC**

Contact Person: Julie Erskine

Phone: 800-245-6151 or 712-859-3885

Address: 101 Robins Street PO Box 519, Graettinger, IA, 51345

Hours: Please call for Hours

Website: [www.udmo.com/WIC](http://www.udmo.com/WIC)

WIC provides: Food vouchers for eligible persons, Health screens, Nutrition assessments, and Breast feeding counseling.

## Clothing Resources

### **Birthright**

Contact Person: Receptionist

Phone: 712-262-8271

Address: 8 East 5<sup>th</sup> Street, Spencer, IA 51301

Hours: Monday – Friday 11:30am- 1:30pm, Monday, Tuesday, & Thursday 6:00pm-8:00pm

Website: [www.birthright.org](http://www.birthright.org)

Birthright provides free pregnancy testing, medical, legal, and housing referrals. They also offer maternity and baby clothing. All of these services are free of charge.

### **CASA of Sioux County**

Contact Person: Receptionist

Phone: 712-722-3324

Address: 303 North Main Street, Sioux Center, IA 51250

Website: [www.casasiouxcounty.org](http://www.casasiouxcounty.org)

CASA provides food and clothing, low cost medical care, dental care, and counseling. Interpreters are available for hire and Immigration lawyers. CASA also offers English and GED classes.

### **Center for Siouxland**

Contact Person: Receptionist

Phone: 712-252-1861 or 877-580-5526

Fax: 712-255-1352

Address: 715 Douglas St., Sioux City, IA 51101

Hours: Monday – Friday 8am to 5pm

Website: [www.centerforsiouxland.org](http://www.centerforsiouxland.org)

Center of Siouxland provides food, clothing, and prescription assistance. Transitional housing is also available along with HUD certified Comprehensive Housing. Certified Consumer Credit Counseling is also offered at Center of Siouxland.

### **Department of Human Services – Clay County**

Contact Person: Receptionist

Phone: 712-262-3586 or 866-536-2749

Fax: 515-564-4046

Address: 1900 North Grand Ave Suite E8, Spencer, IA 51301

Hours: Monday-Friday 8am-12 & 1pm-4:30pm

Email: [COBRIE01@dhs.state.ia.us](mailto:COBRIE01@dhs.state.ia.us)

Website: [www.dhs.state.ia.us](http://www.dhs.state.ia.us)

Department of Human Services provides assistance with cash, food, and Child care. Medicaid and Hawk-I are also services that are provided.

**Department of Human Services – O'Brien County**

Contact Person: Receptionist

Phone: 712-957-5135 or 800-392-3895

Fax: 515-564-4071

Address: 160 2<sup>nd</sup> Street SE, Primghar, IA 51245

Hours: Monday-Friday 8am-12 & 1pm-4:30pm

Website: [www.dhs.state.ia.us](http://www.dhs.state.ia.us)

Department of Human Services provides assistance with cash, food, and Child care. Medicaid and Hawk-I are also services that are provided.

**Department of Human Services – Sioux County**

Contact Person: Receptionist

Phone: 712-737-2943 or 800-337-2943

Fax: 515-564-4072

Address: 215 Central Ave SE, Orange City, IA 51041

Hours: Monday-Friday 8am-12 & 1pm-4:30pm

Email: CSioux01@dhs.state.ia.us

Website: [www.dhs.state.ia.us](http://www.dhs.state.ia.us)

Department of Human Services provides assistance with cash, food, and Child care. Medicaid and Hawk-I are also services that are provided.

**Dream Center**

Contact Person: Pastor Kevin Grimes – 712-262-6292

Phone: 712-580-4732

Address: 605 Grand Ave, Spencer, IA 51301

Website: [www.spencerdreamcenter.org](http://www.spencerdreamcenter.org)

Dream Center provides food services the second and forth Thursdays of each month from 2-7. Clothing service is every Thursday from 2-7. Medical care is on the first and third Thursdays of each month from 2-7. Along with services above Dream Center also provides housing, life rehabilitation, job training, and residential recovery programs. All the services that Dream Center provides are free of charge.

**Love Inc.**

Contact Person: Receptionist

Phone: 712-324-9707

Address: 611 Park Row, Sheldon, IA 51201

Hours: Monday: 9am-5pm, Tuesday-Friday 8:30am-12:30pm

Website: [www.sheldon-loveinc.org](http://www.sheldon-loveinc.org)

Provides food, bedding, baby items, clothing, and hygiene supplies. Other services that are offered are budgeting classes, grief support, transitional housing, and transportation. Services are free of charge and by donations.

## Housing Assistance

### **ATLAS Group**

Contact Person: Receptionist

Phone: 712-722-4900

Address: 315 1<sup>st</sup> Ave NE, Sioux Center, IA 51250

Hours: Monday- Thursday 8:00am – 5:00pm, Friday 8:00am -4:00pm

Email: atlas@mtcnet.net

Website: [www.atlasofsiouxcenter.org](http://www.atlasofsiouxcenter.org)

ATLAS provides bilingual, personal development, and referral to professional services. Men's and women's accountability housing is also available. All services done through ATLAS are free of charge.

### **Birthright**

Phone: 712-262-8271

Address: 8 East 5<sup>th</sup> Street, Spencer, IA 51301

Hours: Monday – Friday 11:30am- 1:30pm, Monday, Tuesday, & Thursday 6:00pm-8:00pm

Website: [www.birthright.org](http://www.birthright.org)

Birthright provides free pregnancy testing, medical, legal, and housing referrals. They also offer maternity and baby clothing. All of these services are free of charge.

### **Center for Siouland**

Contact Person: Receptionist

Phone: 712-252-1861 or 877-580-5526

Fax: 712-255-1352

Address: 715 Douglas St., Sioux City, IA 51101

Hours: Monday – Friday 8am to 5pm

Website: [www.centerforsiouland.org](http://www.centerforsiouland.org)

Center of Siouland provides food, clothing, and prescription assistance. Transitional housing is also available along with HUD certified Comprehensive Housing. Certified Consumer Credit Counseling is also offered at Center of Siouland.

### **Community Housing Initiative**

Contact Person: Receptionist

Phone: 712-262-5965

Address: 14 West 21<sup>st</sup> Street PO Box 473, Spencer, IA 51301

Hours: Monday – Friday 8:00am - 4:30pm

Website: [www.chiousing.com](http://www.chiousing.com)

Provides support services, rental, and foreclosures. Community Housing Initiative is eligible by income for low cost housing. Contact the agency for more information.



**Dream Center**

Contact Person: Pastor Kevin Grimes (712-262-6292)

Phone: 712-580-4732

Address: 605 Grand Ave, Spencer, IA 51301

Website: [www.spencerdreamcenter.org](http://www.spencerdreamcenter.org)

Dream Center provides food services the second and fourth Thursdays of each month from 2-7. Clothing service is every Thursday from 2-7. Medical care is on the first and third Thursdays of each month from 2-7. Along with services above Dream Center also provides housing, life rehabilitation, job training, and residential recovery programs. All the services that Dream Center provides are free of charge.

**Hope Haven**

Contact Person: Receptionist

Phone: 712-476-2737

Address: 1800 19<sup>th</sup> Street PO Box 70, Rock Valley, IA 51247

Hours: Monday – Friday 8:00am – 4:30pm

Website: [www.hopehaven.org](http://www.hopehaven.org)

Hope Haven offers adult living and support services. Vocational Services and job placement are also provided along with mental health & recovery.

**House of Mercy**

Contact Person: Todd Beveridge

Phone: 515-643-6500

Fax: 515-643-6598

Address: 1409 Clark Street, Des Moines, Iowa 50314

Website: [www.houseofmercydesmoines.org](http://www.houseofmercydesmoines.org)

House of Mercy provides the following for pregnant, parenting/nonparenting, and adolescent/adult women: transitional living, permanent housing, and child care.

**Love Inc.**

Contact Person: Receptionist

Phone: 712-324-9707

Address: 611 Park Row, Sheldon, IA 51201

Hours: Monday: 9am-5pm, Tuesday-Friday 8:30am-12:30pm

Website: [www.sheldon-loveinc.org](http://www.sheldon-loveinc.org)

Provides food, bedding, baby items, clothing, and hygiene supplies. Other services that are offered are budgeting classes, grief support, transitional housing, and transportation. Services are free of charge and by donations.

**Northwest Iowa Regional Housing Authority**

Contact Person: Receptionist

Phone: 712-262-7460

Address: 2016 Highway Blvd Suite N, Spencer, IA 51301

Hours: Monday- Friday 7:30am – 4:30pm

Northwest Iowa Regional Housing Authority provides low income affordable housing and public housing.

**O'Brien County General Assistance**

Contact Person: Receptionist

Phone: 712-957-5985

Address: 155 Hayes Ave, Primghar, IA 51245

Hours: Monday – Friday, 9:00am to 5:00pm

Provides services for financial assistance for rent, utilities, medical, and burial.

**O'Brien County Veteran's Affairs**

Contact Person: Receptionist

Phone: 712-957-0031

Fax: 712-957-3207

Address: 155 South Hayes, Primghar, IA 51245

Hours: Monday – Thursday 9:00am- 4:40pm

Email: [obcva@tcaexpress.net](mailto:obcva@tcaexpress.net)

O'Brien County Veteran's Affairs provides: VA Pension, compensation, medical care, home loans, education benefits, and burial benefits. Free Transportation to Sioux Falls VA hospital is also available.

**Ronald McDonald House – Sioux City**

Contact Person: Staff on Duty

Phone: 712-255-4084

Address: 2500 Nebraska Street, Sioux City, IA 57104

Website: [www.rmhc.org](http://www.rmhc.org)

Ronald McDonald house provides low cost or free places to stay for families with children in the hospital.

**Ronald McDonald House – Des Moines**

Contact Person: Staff on Duty

Phone: 515-243-2111

Fax: 515-280-3111

Address: 1441 Pleasant Street, Des Moines, IA 50314

Website: [www.rmhc.org](http://www.rmhc.org)

Ronald McDonald house provides low cost or free places to stay for families with children in the hospital.

**Ronald McDonald House – Iowa City**

Contact Person: Staff on Duty

Phone: 319-356-3939

Fax: 319-353-6873

Address: 730 Hawkins Drive, Iowa City, IA 52246

Website: [www.rmhc.org](http://www.rmhc.org)

Ronald McDonald house provides low cost or free places to stay for families with children in the hospital.

**Ronald McDonald House – Minneapolis**

Contact Person: Staff on Duty

Phone: 612-331-5752

Fax: 612-331-1255

Address: 181 Fulton Street NE, Minneapolis, MN 55414

Website: [www.rmhc.org](http://www.rmhc.org)

Ronald McDonald house provides low cost or free places to stay for families with children in the hospital.

**Ronald McDonald House – Rochester**

Contact Person: Staff on Duty

Phone: 507-282-3955

Fax: 507-252-2160

Address: 850 2<sup>nd</sup> Street SW, Rochester, MN 55902

Website: [www.rmhc.org](http://www.rmhc.org)

Ronald McDonald house provides low cost or free places to stay for families with children in the hospital.

**Ronald McDonald House – Sioux City**

Contact person: Staff on Duty

Phone: 712-255-4084

Fax: 712-225-4281

Address: 2500 Nebraska Street, Sioux City, IA 57104

Website: [www.rmhc.org](http://www.rmhc.org)

Ronald McDonald house provides low cost or free places to stay for families with children in the hospital.

**Ronald McDonald House – Sioux Falls – Avera**

Contact Person: Staff on Duty

Phone: 605-332-1055

Address: 808 E 24<sup>th</sup> Street, Sioux Falls, SD 57104

Website: [www.rmhc.org](http://www.rmhc.org)

Ronald McDonald house provides low cost or free places to stay for families with children in the hospital.

**Ronald McDonald House – Sioux Falls – Sanford**

Contact Person: Staff on Duty

Phone: 605-336-6398

Fax: 605-252-4542

Address: 825 S Lake Ave, Sioux Falls, SD 57105

Website: [www.rmhc.org](http://www.rmhc.org)

Ronald McDonald house provides low cost or free places to stay for families with children in the hospital.

**Rural Development – Home Buying**

Contact Person: Receptionist

Phone: 712-546-5149

Address: 1100 12<sup>th</sup> Street SW Suite C, Le Mars, IA 51031

Website: [www.rurdev.usda.gov/IA\\_offices.html](http://www.rurdev.usda.gov/IA_offices.html)

Rural Development- Home Buying provides incoming & housing eligibility.

**Siouxland Regional Housing Authority**

Contact Person: Receptionist

Phone: 712-252-4520

Fax: 712-252-4542

Address: 520 Nebraska Street, Suite 314, Sioux City, IA 51101

Siouxland Regional Housing Authority provides rental assistance to low-income elderly or handicapped families.

**Sunshine Services**

Contact Person: Receptionist

Phone: 712-262-7805

Address: 1106 E 9<sup>th</sup> Street PO Box 225, Spencer, IA 51301

Hours: Monday – Friday 8:00am to 4:00pm

Email: [info@sunshine-services.org](mailto:info@sunshine-services.org)

Website: [www.sunshine-services.org](http://www.sunshine-services.org)

Residential services for those diagnosed with disability of mental retardation, mental illness or developmental disabilities. Work services for mentally handicap are also available.

**The Bridge**

Contact Person: Receptionist

Phone: 712-707-9922

Address: PO Box 323, Orange City, IA 51041

Email: [thebridgehousing@gmail.org](mailto:thebridgehousing@gmail.org)

Website: [www.thebridgehousing.org](http://www.thebridgehousing.org)

The Bridge provides faith based transitional housing.

## Heating Assistance

### **Black Hills Energy**

Contact Person: Receptionist

Phone: 712-262-4275

Address: 22 E 4<sup>th</sup> Street, Spencer, IA 51301

Hours: Monday-Friday 8:00am-11:30am & 12:30pm-4:00pm

Website: [www.blackhillsenergy.com](http://www.blackhillsenergy.com)

Black Hills Energy provides energy efficiency programs, free residential energy evaluations, rebates for new household items bought and installed in 2012. Clothes washers, dishwashers, high-efficiency forced air furnaces or boilers, water heaters, thermostat & furnace maintenance are also available.

### **Mid - Sioux Opportunity**

Contact Person: Receptionist

Phone: 712-786-2001 or 800-859-2025

Fax: 712-786-3250

Address: 418 S Marion Street, Remsen, IA 51050

Hours: Monday – Friday 8:00am to 4:30pm

Email: [info@MidSioux.org](mailto:info@MidSioux.org)

Website: [www.midsioux.org](http://www.midsioux.org)

Mid – Sioux offers child care resource and referrals, head start, family development, and self-sufficiency. The food pantry, home energy assistance, weatherization is also provided. WIC, I-Smile, and Hawk-I are available through Mid – Sioux.

### **Northwest Rural Electric Cooperative**

Contact Person: Receptionist

Phone: 800-766-2009

Fax: 712-707-4934

Address: 1505 Albany Place SE PO Box 435, Orange City, IA 51041

Email: [nwrec@nwrec.coop](mailto:nwrec@nwrec.coop)

Website: [www.nwrec.com](http://www.nwrec.com)

Northwest Rural Electric Cooperative provides member benefit card for discounts on items from food, clothing, hotels, and medical care. Rebates on all of the following items: insulation, air source heat pumps, geothermal heat pumps, central air conditioners, window/portable air conditioners, marathon water heaters, electric appliances are available as well.

**Upper Des Moines Opportunity, Inc**

Contact Person: Laurie Ruf or Melinda Wester

Phone: 712-957-1023 or 888-886-1598

Address: 140 2<sup>nd</sup> Street SE PO Box 462, Primghar, IA 51245

Hours: Monday – Friday 8:00am to 4:00pm

Email: [iruf@udmo.com](mailto:iruf@udmo.com)

Website: [www.udmo.com](http://www.udmo.com)

Head start, food programs, WIC, Weatherization, and Energy Assistance are all available through Upper Des Moines Opportunity, Inc.

## Transportation

### **Home Instead Senior Care**

Contact Person: Mary Dean

Phone: 712-336-2740

Address: 3002 18th Street, Suite 300F, Spirit Lake, IA 51360

Website: [www.homeinstead.com](http://www.homeinstead.com)

Non-medical in-home assistance with daily activities for Seniors. Comprehensive menu of services from just a few hours a week up to 24-hours including Companionship Services, Home Helper Services, Transportation, and Personal Services.

### **Love Inc.**

Contact Person: Receptionist

Phone: 712-324-9707

Address: 611 Park Row, Sheldon, IA 51201

Hours: Monday: 9am-5pm, Tuesday-Friday 8:30am-12:30pm

Website: [www.sheldon-loveinc.org](http://www.sheldon-loveinc.org)

Provides food, bedding, baby items, clothing, and hygiene supplies. Other services that are offered are budgeting classes, grief support, transitional housing, and transportation. Services are free of charge and by donations.

### **Northwest Aging Association**

Contact Person: Receptionist

Phone: 712-262-1775 or 800-242-5033

Address: 714 10<sup>th</sup> Ave E PO Box 213, Spencer, IA 51301

Hours: Monday – Friday 8:00am to 4:00pm

Email: [naa@nwaging.org](mailto:naa@nwaging.org)

Website: [www.nwaging.com](http://www.nwaging.com)

Services are for adults 60+ which include: transportation, legal Services, meal delivery, home medical care, and medication assistance.

### **O'Brien County Veteran's Affairs**

Contact Person: Receptionist

Phone: 712-957-0031

Fax: 712-957-3207

Address: 155 South Hayes, Primghar, IA 51245

Email: [obcva@tcaexpress.net](mailto:obcva@tcaexpress.net)

Hours: Monday – Thursday 9:00am- 4:40pm

O'Brien County Veteran's Affairs provides: VA Pension, compensation, medical care, home loans, education benefits, and burial benefits. Free Transportation to Sioux Falls VA hospital is also available.

**Rides**

Contact Person: Receptionist

Phone: 800-358-5037

Fax: 712-262-6276

Address: 522 10<sup>th</sup> Ave E PO Box 1240, Spencer, IA 51301

Website: [www.nwiarides.org](http://www.nwiarides.org)

Email: [lperson@nwiarides.org](mailto:lperson@nwiarides.org)

Rides provide general transportation and special medical trips.

**Senior Companion Program**

Contact Person: Receptionist

Phone: 712-476-2628

Address: 1510 14<sup>th</sup> Street Rock Valley, IA 51247

Hours: Monday – Friday 8:00am to 4:00pm

Senior Companion Program provides senior companion to include visitation, errands, respite for families, etc.

**TMS (Transport Management System)**

Contact Person: Receptionist

Phone: 866-572-7662

Hours: See Website

Website: [www.tmsmanagementgroup.com](http://www.tmsmanagementgroup.com)

Medicaid recipients can receive mileage reimbursement or transportation to non-emergency medical appointments. Arrangements must be made 3 business days in advance. RIDES has contract with TMS for NW Iowa.



## Communication

### **Assurance Wireless**

Website: [www.yourcellphone.us/](http://www.yourcellphone.us/)

Assurance Wireless provides free or reduced cost cell phone service.

### **Assurance Wireless**

Website: [www.yourcellphone.us/](http://www.yourcellphone.us/)

Assurance Wireless provides free or lifeline service

### **CASA of Sioux County**

Phone: 712-722-3324

Address: 303 North Main Street, Sioux Center, IA 51250

Website: [www.casasiouxcounty.org](http://www.casasiouxcounty.org)

CASA provides food and clothing, low cost medical care, dental care, and counseling. Interpreters are available for hire and Immigration lawyers. CASA also offers English and GED classes.

### **Deaf Services Communication of Iowa**

Phone: 888-221-3724

Fax: 515-242-6119

Address: Lucas State Office Building, Des Moines, IA, 51319

Email: [dhr.dsci@iowa.gov](mailto:dhr.dsci@iowa.gov)

Website: [www.deafservices.iowa.gov](http://www.deafservices.iowa.gov)

Ensures basic rights, freedoms, and opportunities for all by empowering underrepresented Iowan's and elimination economic, social, and cultural barriers

### **Hear Now**

Contact Person: Receptionist

Phone: 866-354-3254

Address: 6700 Washington Ave. South, Eden Prairie, Minnesota, 55344

Website: [www.starkeyhearingfoundation.org/hear-now](http://www.starkeyhearingfoundation.org/hear-now)

Application-based program to assist those presently residing in the U.S. who are deaf or hard of hearing and have no resources to acquire hearing aids. Hear Now is application based.

### **Sanford Home Health and Hospice**

Contact Person: Receptionist

Phone: 712-324-6420

Hours: Monday – Friday, 8:00am -4:30pm

Website: [www.sanfordsheldon.org/medicalservices/homehealthhospice/](http://www.sanfordsheldon.org/medicalservices/homehealthhospice/)

Sanford Home Health and Hospice provides lifeline.

## **Emergency Assistance**

### **American Red Cross**

Phone: 712-262-1574 \*\*Emergency:800-340-4081

Address: 1900 Grand Ave Suite D3, Spencer, Iowa, 51301

Hours: 24hr Call Center

Website: [www.redcross.org](http://www.redcross.org)

Disaster relief; military family support; blood bank; health & safety services

### **Baum Harmon Mercy Hospital**

Phone: 712-957-2300

Address: 255 N Welch Ave, Primghar, IA, 51245

Hours: 24hours

Website: [www.baumharmon.org](http://www.baumharmon.org)

24-hour emergency care; medical, surgical, and pediatric care; Surgical and anesthesia services: Rehab services, Physical Therapy, Cardiac Rehab, Occupational Therapy, Speech Therapy, Diabetes Education

### **Child Abuse & Neglect Reporting**

Phone: 800-362-2178

Hours: 24hr Call Center

### **Child Find of America**

Phone: 800-426-5678

Hours: 24hr Call Center

Website: [www.childfindofamerica.org](http://www.childfindofamerica.org)

Missing Children reports/photos

### **Children's Square U.S.A**

Contact Person: Receptionist

Phone: 712-322-3700

Address: North 6<sup>th</sup> Street Ave E PO Box 8-C, Council Bluffs, Iowa, 510502

Hours: 24hr Call Center

Website: [www.childrensquare.org](http://www.childrensquare.org)

Email: [visitorcenter@childrensquare.org](mailto:visitorcenter@childrensquare.org)

Emergency shelter; Runway & homeless youth services; residential education & treatment; foster care; child care

### **Forest Ridge Youth Services**

Contact Person: Receptionist

Phone: 712-362-5231 or 24hr a day 712-209-6345

Address: PO Box 515 Estherville, Iowa, 51334

Website: [www.yfrs.org](http://www.yfrs.org)

Behavioral health intervention services; Mental health services; Scheduled home pass; Transportation; Evidence based programs; Transitional planning services; Sex and sexuality classes; Girls circle

**National Runaway Switchboard**

Phone: 800-621-4000  
Hours: 24hr Call Center

**National Suicide Prevention Hotline**

Phone: 800-237-TALK (8255)  
Website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
Counseling

**O'Brien County General Assistance**

Contact Person: Receptionist  
Phone: 712-957-5985  
Address: 155 Hayes Ave, Primghar, IA 51245  
Hours: Monday – Friday, 9:00am to 5:00pm  
Provides services for financial assistance for rent, utilities, medical, and burial

**O'Brien County Sheriff's Department**

Phone: 712-957-3415 or Jail 712-957-5245  
Address: 240 1<sup>st</sup> Street NE PO Box 260, Primghar, Iowa, 51245  
Hours: 24 hours  
Website: [obriencountysheriff.com](http://obriencountysheriff.com)

**Poison Control Center**

Phone: 800-222-1222  
Address: 401 Douglas St. Suite 402, Sioux City, IA, 51101  
Hours: 24hr Call Center  
Website: <http://iowapoisn.org>  
Exposure management; public & professional education services; poison prevention material; poison help

**Sanford Hospital**

Contact Person: Receptionist  
Phone: 712-324-5041 or 800-568-4320  
Address: 118 North 7<sup>th</sup> Ave, Sheldon, Iowa, 51201  
Hours: 24 hour ER  
Website: [www.sanfordsheldon.org/medicalservices/homehealthhospice/](http://www.sanfordsheldon.org/medicalservices/homehealthhospice/)  
24-hour emergency care

## Abuse Help

### **Child Abuse & Neglect Reporting**

Phone: 800-362-2178

Hours: 24hr Call Center

### **Child Abuse Hotline**

Phone: 800-422-4453

Hours: 24hr Call Center

### **Child Advocacy Center**

Contact Person: Receptionist

Phone: 800-582-0684 or 712-279-2548

Address: 801 5<sup>th</sup> Street, Sioux City, Iowa, 57104

Website: [www.mercysiouxcity.com/child-advocacy-center](http://www.mercysiouxcity.com/child-advocacy-center)

Child friendly program dedicated to serving children who are victims of abuse.

### **Children's Square U.S.A**

Contact Person: Receptionist

Phone: 712-322-3700

Address: North 6<sup>th</sup> Street Ave E PO Box 8-C, Council Bluffs, Iowa, 510502

Hours: 24hr Call Center

Website: [www.childrensquare.org](http://www.childrensquare.org)

Email: [visitorcenter@childrensquare.org](mailto:visitorcenter@childrensquare.org)

Emergency shelter; Runway & homeless youth services; residential education & treatment; foster care; child care

### **Domestic Abuse Hotline**

Phone: 800-942-0333

Hours: 24hr Call Center

Website: [www.cfiowa.org](http://www.cfiowa.org)

### **Family Crisis Center of Northwest Iowa**

Phone: 800-382-5603

Address: PO Box 295, Sioux Center, Iowa, 51250

Hours: 24hr Call Center

Website: [www.familycrisiscenter.org](http://www.familycrisiscenter.org)

Domestic abuse & sexual assault support, free of all charges

### **Forest Ridge Youth Services**

Contact Person: Receptionist

Phone: 712-362-5231 or 24hr a day 712-209-6345

Address: PO Box 515 Esterville, Iowa, 51334

Website: [www.yfrs.org](http://www.yfrs.org)

Behavioral health intervention services; Mental health services; Scheduled home pass; Transportation; Evidence based programs; Transitional planning services; Sex and sexuality classes; Girls circle

**Sexual Abuse Hotline**

Phone: 800-284-7821

Hours: 24hr Call Center

Website: [www.rvap.org](http://www.rvap.org)

**Teen Line**

Contact Person: Receptionist

Phone: 800-443-8336

Hours: 24hr Call Center

Website: [www.extension.iastate.edu/teenline/](http://www.extension.iastate.edu/teenline/)

Confidential help for teens: Health, eating, & weight; Relationships; Violence; AIDS/HIV; Alcohol or drug use; Sexual Relationships; Birth Control/Pregnancy; Stress; STD's

**Thursday's Child**

Phone: 800-872-5437

Hours: 24hr Call Center

Website: [www.Thursdayschild.org](http://www.Thursdayschild.org)

Teen toll-free helpline - there are 10 toll-free numbers and 37 toll-free directory listings.

**Your Life Iowa**

Contact Person: Staff

Phone: 855-581-8111

Hours: 24hr Call Center

Resource for Iowans concerned about bullying and youth suicide

## Addiction Help

### **Bets off**

Phone: 800-BETSOFF or 800-238-7633

Hours: 24hr Call Center

Website: [www.1800bestsoff.org](http://www.1800bestsoff.org)

Gambling concerns; counseling; financial counseling; recovery support services

### **Children's Square U.S.A**

Contact Person: Receptionist

Phone: 712-322-3700

Address: North 6<sup>th</sup> Street Ave E PO Box 8-C, Council Bluffs, Iowa, 510502

Hours: 24hr Call Center

Website: [www.childrensquare.org](http://www.childrensquare.org)

Email: visitorcenter@childrensquare.org

Emergency shelter; Runway & homeless youth services; residential education & treatment; foster care; child care

### **Compass Pointe – Sheldon**

Phone: 712-324-2196

Address: 1201 S 2<sup>nd</sup> Ave #2, Sheldon, Iowa, 51201

Hours: Monday – Thursday 8:00am – 8:00pm

Website: [www.compass-pointe.org](http://www.compass-pointe.org)

Outpatient Alcohol treatment; Gambling treatment

### **Compass Pointe – Spencer**

Phone: 712-262-2952

Address: 1900 Grand Ave Suite A, Spencer, IA, 51301

Hours: Monday – Wednesday 7:30am -7:00pm; Thursday 7:30am – 6:00pm

Website: [www.compass-pointe.org](http://www.compass-pointe.org)

Outpatient Alcohol treatment; Gambling treatment

### **Dream Center**

Contact Person: Pastor Kevin Grimes – 712-262-6292

Phone: 712-580-4732

Address: 605 Grand Ave, Spencer, IA 51301

Website: [www.spencerdreamcenter.org](http://www.spencerdreamcenter.org)

Dream Center provides food services the second and forth Thursdays of each month from 2-7. Clothing service is every Thursday from 2-7. Medical care is on the first and third Thursdays of each month from 2-7. Along with services above Dream Center also provides housing, life rehabilitation, job training, and residential recovery programs. All the services that Dream Center provides are free of charge.

**Forest Ridge Youth Services**

Contact Person: Receptionist

Phone: 712-362-5231 or 24hr a day 712-209-6345

Address: PO Box 515 Esterville, Iowa, 51334

Website: [www.yfrs.org](http://www.yfrs.org)

Behavioral health intervention services; Mental health services; Scheduled home pass; Transportation; Evidence based programs; Transitional planning services; Sex and sexuality classes; Girls circle

**Jackson Recover Center – Sioux City**

Phone: 800-472-9018 or 712-234-2300

Address: 800 5<sup>th</sup> Street, Sioux City, Iowa, 51101

Hours: 24hr Call Center

Website: [www.jacksonrecovery.com](http://www.jacksonrecovery.com)

Adolescent Residential; Women & Men's residential; Outpatient treatment; Medication Assisted Treatment; Transitional Living

**New Life Treatment Center**

Phone: 507-777-4321

Address: 130 Dakota Street PO Box 38, Woodstock, Minnesota, 56186

Hours: 24hr Call Center

Website: [newlifetreatment.com](http://newlifetreatment.com)

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**

Phone: 712-225-2441 or 712-234-2300

Address: Voldeng Building 1267 West Cedar loop, Cherokee, Iowa, 51012

Hours: 24hr Call Center

Website: [www.jacksonrecovery.com](http://www.jacksonrecovery.com)

Adolescent Residential; Women & Men's residential; Outpatient treatment; Medication Assisted Treatment; Transitional Living

**Teen Line**

Contact Person: Receptionist

Phone: 800-443-8336

Hours: 24hr Call Center

Website: [www.extension.iastate.edu/teenline/](http://www.extension.iastate.edu/teenline/)

Confidential help for teens: Health, eating, & weight; Relationships; Violence; AIDS/HIV; Alcohol or drug use; Sexual Relationships; Birth Control/Pregnancy; Stress; STD's

## Other Services

### **Benefit Finder**

Website: [www.benefits.gov](http://www.benefits.gov)

Official benefit website of the U.S. government; Informs citizens of benefits they may be eligible for; Provides information on assistance and where to contact agencies

### **Better Business Bureau**

Phone: 515-243-8137

Address: 505 5<sup>th</sup> Ave Suite 950, Des Moines, Iowa, 50309

Website: <http://iowa.bbb.org>

Consumer new, tips, & review

### **Deaf Services Commission of Iowa**

Phone: 888-221-3724

Fax: 515-242-6119

Address: Lucas State Office Building, Des Moines, Iowa, 51319

Website: [www.deafsercices.iowa.gov](http://www.deafsercices.iowa.gov)

Ensures basic rights, freedoms, and opportunities for all by empowering underrepresented Iowan's and elimination economic, social, and cultural barriers

### **Home Instead Senior Care**

Contact Person: Mary Dean

Phone: 712-336-2740

Address: 3002 18th Street, Suite 300F, Spirit Lake, IA 51360

Website: [www.homeinstead.com](http://www.homeinstead.com)

Non-medical in-home assistance with daily activities for Seniors. Comprehensive menu of services from just a few hours a week up to 24-hours including Companionship Services, Home Helper Services, Transportation, and Personal Services.

### **Iowa Concern**

Contact Person: Receptionist

Phone: 800-447-1985

Website: [www.extension.iastate.edu/iowaconcern](http://www.extension.iastate.edu/iowaconcern)

Information on where to go for legal & financial help. Also family concerns, crisis & disaster

### **Iowa State University Answer Line**

Contact Person: Receptionist

Phone: 800-562-4692

Hours: Monday- Friday, 9:00 -12:00 and 1:00-4:00

Website: [www.extension.iastate.edu/families/answerline](http://www.extension.iastate.edu/families/answerline)

Email: [answers@iastate.edu](mailto:answers@iastate.edu)

Email: 1000 East Grand Ave, Des Moines, Iowa, 50319

Answers questions on child development, cleaning, food preparation and preservation, food safety, home environments, household equipment, nutrition, textiles & laundry

### **Iowa Workforce Development**

Contact Person: Receptionist

Phone: 800-562-4692



Address: 1000 East Grand Ave, Des Moines, 50319  
Website: [www.iowaworkforce.org](http://www.iowaworkforce.org)  
Job search, unemployment insurance, workers compensation

### **Job Corps**

Contact Person: Receptionist  
Phone: 712-263-4192  
Fax: 712-263-6910  
Address: 10 Opportunity Drive PO Box 610, Denison, Iowa, 51442  
Website: [www.jobscorps.gov](http://www.jobscorps.gov)  
No-cost education and career training for those between the ages 16-24

### **Luther Services of Iowa**

Contact Person: Receptionist  
Phone: 712-262-4083  
Fax: 712-262-0174  
Address: 1812 24<sup>th</sup> Ave W, Spencer, IA, 51301  
Hours: Monday – Friday, 9:00 -5:00  
Provides information on foster care & adoption; counseling & therapy; home health care; persons with disabilities; and more

### **Senior Companion Program**

Contact Person: Receptionist  
Phone: 712-476-2628  
Address: 1510 14<sup>th</sup> Street, Rock Valley, IA 51247  
Hours: Monday- Friday, 8:00- 4:00  
Website: [www.rvsniorvolunteerprograms.org](http://www.rvsniorvolunteerprograms.org)  
Senior companion to include visitation, errands, respite for families, etc.

### **SHIP – Senior Health Insurance Information Program**

Contact Person: Receptionist  
Phone: 800-351-4664  
Address: 330 Maple Street, Des Moines, IA, 51319  
Website: [www.shiip.state.ia.us](http://www.shiip.state.ia.us)  
Email: [ship@iid.iowa.gov](mailto:ship@iid.iowa.gov)  
Assistance with Medicare Part D decision making, information on Medicare, drug benefits, Medicare advantage, supplemental insurance and long term care

### **SHIP – O'Brien County Volunteer**

Contact Person: Mike Otto  
Phone: 712-949-3786  
Information on Medicare, drug benefits, Medicare advantage, supplemental insurance and long term care

### **Social Security**

Phone: 712-262-5350 or 800-772-1213  
Address: 1610 12<sup>th</sup> Ave SW, Spencer, IA, 51301  
Hours: Monday – Friday 9:00- 3:30

Website: [www.ssa.gov](http://www.ssa.gov)  
Retirement; Disability; Medicare

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