

RESOURCES FOR CLAY COUNTY FAMILIES



Compiled by:
ISU Extension - Clay County
and
Clay County Community Services

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ABUSE

CAASA
1-877-362-4612
Spencer 262-4612

Child Abuse and Neglect Reporting
1-800-362-2178

Clay County Citizen's Awareness Council
for the Prevention of Child Abuse and Neglect
Lutheran Services in Iowa
1812 24th Ave. W.
Spencer, IA 51301
712-262-4083
Contact: Melissa Lynch

Clay County Dept. Of Human Services
217 W. 5th St.
Spencer, IA 51301
712-262-3586
1-866-536-2749

Elder Abuse Initiative
Northwest Aging Association
714 10th Ave. E.
P O Box 213
Spencer, IA 51301
712-262-1775 or 800-242-5033
www.nwaging.org

Prevent Child Abuse Iowa
505 5th Ave., Suite 900
Des Moines, IA 50309
515-280-7835
pcaic@pcaiowa.org

State Sexual Abuse Hotline
1-800-284-7821

State Domestic Abuse Hotline
1-800-942-0333

CHILDREN'S ISSUES

Child Abuse Hotline (to report abuse)
1-800-362-2178 or
1-800-422-4453

Clay County Citizen's Awareness Council
for the Prevention of Child Abuse and Neglect
Lutheran Services in Iowa
1812 24th Ave. W.
Spencer, IA 51301
712-262-4083
Contact: Melissa Lynch

Child Find of America
1-800-IAM-LOST
(1-800-426-5678)

Iowa Healthy Families Line
1-800-369-2229

Juvenile Court Services
215 W. 4th St., Suite 5
Spencer, IA 51301
712-262-5938 (phone)
712-262-5939 (fax)
Contact: Richard Detrick

Missing Children Help Center
1-800-USA-KIDS
(1-800-872-5437)

National Child Safety Council (Childwatch)
1-800-222-1464

Prevention of Child Abuse
1200 University, City View Plaza
Des Moines, IA 50314
515-281-8726

Runaway (National)
1-800-621-4000
Teenline
1-800-443-8336

CHILDREN'S SERVICES

Best Care for Better Babies
Spencer Hospital
Public Health Services
1200 1st. Ave. E.
Spencer, IA 51301
712-264-6451

CAMPS (Children Achieving Maximum Potential through Supportive Services)
Spencer Hospital Rehabilitative Services
1200 1st Ave. E.
Spencer, IA 51301
712-264-6189

Clay County Citizen's Awareness Council
for the Prevention of Child Abuse and Neglect
Lutheran Services in Iowa
1812 24th Ave. W.
Spencer, IA 51301
712-262-4083
Contact: Melissa Lynch

The Caring Program for Children
1-800-223-KIDS
(1-800-223-5437)
Child Health:
Children's Hospice Int. 1-800-242-4453
Children's Wish Foundation Int. 1-800-323-9474
Reye's Syndrome, Natl. Foundation 1-800-233-7393
Shriner's Hospital Referral Line 1-800-237-5055

Cherish Center

Earn While You Learn (Parent Training for Moms)

Cherished Women/Cherished Kids (Mom Support Group)

908 10th St., Milford, IA 51351 (thru May 2009)

1006 22nd St., Milford, IA 51351 (after June 1 2009)

712-338-3333

cherish@milfordcable.com

www.cherishcenter.org

Contact: Jan Turner or Kathi Schmidt

Child Care Resource and Referral

212 Grand Ave.

Spencer, IA 51301

712-262-9590

Child Care Resource and Referral

Upper Des Moines Opportunity

101 Robbins Ave., Box 519

Graettinger, IA 51342-0519

800-245-6151

712-859-3885

Child Health Specialty Clinic

Spencer Hospital

1200 1st Ave. E.

Spencer, IA 51301

712-264-6363

Clay County Community Health / Public Health Services

Spencer Hospital

1200 1st Ave. E.

Spencer, IA 51301

712-264-6380

Immunizations: 712-264-6685

Clay County Dept. Of Human Services
217 W. 5th St.
Spencer, IA 51301
712-262-3586
1-866-536-2749
Contact: Phyllis Slawson

Early ACCESS
Prairie Lakes AEA 8
23 E. 7th St.
Spencer, IA 51301
712-262-4704

Gentiva Health Services
Jct 9 & 71
Spirit Lake, IA 51360
712-336-3412
Contact: Robin Lock

Hawk-I (Children 0-18 income eligible, Health Insurance)
1-800-257-8563
www.hawk-i.org

Head Start/Early Head Start
411 E. 10th St.
Spencer, IA 51301
712-264-8859

Home Health Care and
Public Health Services
Spencer Hospital
1200 1st Ave. E.
Spencer, IA 51301
712-264-6380

Hope Haven
1812 24th Ave. West Suite 101
Spencer, Iowa 51301
Contact: Kari Anderson-Remedial Services
712-580-4244
Contact: Mindy Louscher-Safety & Permanency
712-580-4245

Juvenile Court Services
215 W. 4th St., Suite 5
Spencer, IA 51301
712-262-5938
Contact: Richard Detrick

K.I.D.S.
(Kommunity Involvement, Development and Support)
Prairie Lakes AEA 8
23 E. 7th
Spencer, IA 51301
712-262-4704
Contact: Linda Littlefield
llittlefield@aea8.k12.ia.us

Lakes Area Decat / Empowerment
P.O. Box 15
Okoboji, IA 51355
712-332-2581

Lutheran Services in Iowa
Family Development & Self Sufficiency
1812 24th Ave. W.
Spencer, IA 51301
712-260-2700
Contact: Karen Gotto

Lutheran Services in Iowa
Remedial Services
1812 24th Ave. W.
Spencer, IA 51301
712-363-3520
Contact: Amy Davis

New Beginnings Family Birth Center
Spencer Hospital
1200 1st Ave. E.
Spencer, IA 51302
712-264-6451

Northwest Iowa Feeding Clinic
Spencer Hospital
1200 1st Ave. E.
Spencer, IA 5301
712-264-6189

Northwest Aging Association
Grandparents Caring for Grandchildren
714 10th Ave. E.
P.O. Box 213
Spencer, IA 51301
712-262-1775 or 1-800-242-5033
www.nwaging.org

Parent Partners
1812 24th Ave. W.
Spencer, IA 51301
712-580-3356
Contact: Bill Glienke

Positively Spencer Youth
Education / Activities to encourage health and safety
P.O. Box 1118
1200 1st Ave. E., RM 341/343
Spencer, IA 51301
712-580-SAFE (7233)
info@positivelyyouth.org

Seasons Center for Community Mental Health
201 E. 11th St.
Spencer, IA 51301
712-262-2922
www.seasonscenter.org

Upper Des Moines Opportunity
407 E. 3rd St.
Spencer, IA 51301
712-262-7409
www.udmo.com
Contact: Anita Jorgensen

DISASTER ASSISTANCE



Clay Co. Emergency Management
300 W. 4th St.
Spencer, IA 51301
712-262-3987
Contact: Eric Tigges

ISU Extension – Clay County
Financial Management and Counseling
110 W. 4th St., Suite 100
Spencer, IA 51301
712-262-2264
Contact: Jan Burk

Red Cross
North Mall
Spencer, IA 51301
712-262-1574

Salvation Army
c/o Spencer Police Department
401 1st Ave. W.
Spencer, IA 51301
712-262-2151

EDUCATION



Cherish Center
Earn While You Learn (Parent Training for Moms)
908 10th St., Milford, IA 51351 (thru May 2009)
1006 22nd St., Milford, IA 51351 (after June 1 2009)
712-338-3333
cherish@milfordcable.com
www.cherishcenter.org
Contact: Jan Turner or Kathi Schmidt

Compass Pointe Behavioral Health Services

1900 N. Grand Ave.

Spencer, IA 51301

712-262-2952

www.adtu.org

Alcohol, Drugs, Gambling, Tobacco Prevention, Intervention, and Recovery

G.E.D./Adult Basic Education/English as a Second Language

Iowa Lakes Community College

1900 N. Grand Ave.

Spencer, IA 51301

712-262-7141

Estherville - 1-800-242-5106

Emmetsburg - 1-800-242-5108

Headstart

101 Robbins Ave. P.O. Box 519

Graettinger, IA 51342

1-800-245-6151

712-859-3885

Iowa Lakes Community College

1900 N. Grand Ave.

Spencer, IA 51301

Spencer - 712-262-7141

Spencer - 1-877-807-9585 Toll Free

Estherville - 1-800-242-5106

Emmetsburg - 1-800-242-5108

Iowa Legal Aid

506 Nebraska St.

Sioux City, IA 51101

1-800-352-0017

712-277-8686

www.iowalegalaid.org

Iowa New Choices Program
Iowa Lakes Community College
3200 College Drive
Emmetsburg, IA 50536
712-852-5232
Contact: Barb Grandstaff

ISU Extended and Continuing Education
1-800-262-0015
www.extension.iastate.edu

ISU Extension - Clay County
110 W. 4th St., Suite 100
Spencer, IA 51301
712-262-2264
Contact: Marcia Langner

Prairie Lakes AEA
23 E. 7th St.
Spencer, IA 51301
712-262-4704
1-866-540-3860
Contact: Theresa Golden
tgolden@aea8.k12.ia.us

Vocational Rehabilitation
217 W 5th St., P O Box 3093
Spencer, IA 51301
712-262-9585
Contact: Gerald Rath
www.dvrs.state.ia.us

EMERGENCY ASSISTANCE

CASSA (Centers Against Abuse and Sexual Assault)
877-362-4612
712-262-4612

Clay County Community Services
215 W. 4th St., Suite 6
Spencer, IA 51301
712-262-9438
Contact: Kim Wilson
www.co.clay.ia.us
Clay County Veterans Affairs
300 W. 4th St.
Spencer, IA 51301
712-262-5547
Contact: Joan Waller
www.co.clay.ia.us

Compass Pointe Behavioral Health Services
1900 N. Grand Ave.
Spencer, IA 51301
712-262-2925
Alcohol, Drugs, Gambling, Tobacco Prevention, Intervention, &
Recovery

Food Stamps Application by phone
1-877-YES-FOOD (1-877-937-3663)

Upper Des Moines Opportunity
407 E. 3rd St.
Spencer, IA 51301
712-262-7409
www.udmo.com
Contact: Anita Jorgensen

EMERGENCY NUMBERS



Ambulance, Fire, Police

911

712-262-2151

Clay County Crime Stoppers

712-262-6655

Clay County Sheriff's Office

712-262-3221

Spencer Police Department

712-262-2151

Spencer Hospital Emergency Department

712-264-6100

EMPLOYMENT



Adventure Staffing

319 Grand Ave.

Spencer, IA 51301

712-262-5990

Employment Connections

905 S. Grand Ave.

Spencer, IA 51301

712-262-9077

Experience Works, Inc.
Senior Employment
Sheldon, IA 51301
712-324-3916
1-800-782-7519

Iowa Vocational Rehabilitation Services
Iowa Lakes Community College Service Unit
300 S. 18th
Estherville, IA 51334
712-362-7921
Contact: Molly Giddings
Counselor: Ann Petersen

Iowa Vocational Rehabilitation Services
Spencer Service Unit
217 W 5th St.
Spencer, IA 51301
712-262-9585
Contact: Alice Kehr
Counselor: Gerald Rath

Iowa Work Force Development
217 W. 5th St.
Spencer, IA 51301
712-262-1971
1-800-798-7224
Contact: Deb Collingwood or Roger Hayenga

Sunshine Services Inc.
1106 E. 9th St., PO Box 225
Spencer, IA 51301
712-262-7805
Contact: Ann Vandehaar

Workforce Investment Act (WIA)
217 W. 5th St.
Spencer, IA 51301
712-262-1971
800-798-7224
Contact: Joan Fuchs

FINANCIAL ASSISTANCE



Clay County Community Services
215 W. 4th St., Suite 6
Spencer, IA 51301
712-262-9438
Contact: Kim Wilson
www.co.clay.ia.us

Clay County Dept. of Human Services
217 W. 5th St.
Spencer, IA 51301
712-262-3586
1-866-536-2749

Clay County Veterans Affairs
300 W. 4th St.
Spencer, IA 51310
712-262-5547
Contact: Joan Waller
www.co.clay.ia.us

Compass Pointe Behavioral Health Services

1900 N. Grand Ave.

Spencer, IA 51301

712-262-2925

Contact: Joey Thompson

Alcohol, Drugs, Gambling, Tobacco Prevention, Intervention, & Recovery

Rural Development

Farm Service Agency

1619 North Lake St.

Storm Lake, IA 50588

712-732-1851

Contact: Arnold Thomas & Sheila Zobrist

Social Security Administration

1610 12th Ave. SW

Spencer, IA 51301

1-800-772-1213

712-262-5350

Upper Des Moines Opportunity

407 E. 3rd St.

Spencer, IA 51301

712-262-7409

www.udmo.com

Contact: Anita Jorgensen

FINANCIAL COUNSELING



Bill Payer Program

Clay County Community Services

215 W. 4th St., Suite 6

Spencer, IA 51301

712-262-9438

Contact: Kim Wilson

Cherish Center
Financial Peace
712-338-3333
cherish@milfordcable.com
www.cherishcenter.org
Contact: Jan Turner or Kathi Schmidt

Consumer Credit Counseling Service
206 6th St.
Sioux City, IA
712-252-5666

Iowa Lakes S.C.O.R.E. Chapter
122 W. 5th St.
Spencer, IA 51301
712-262-3059

ISU Extension – Clay County
Financial Management and Counseling
110 W. 4th St., Suite 100
Spencer, IA 51301
712-262-2264
Contact: Jan Burk

Representative Payee Program
Clay County Community Services
215 W. 4th St., Suite 6
Spencer, IA 51301
712-262-9438
Contact: Kim Wilson
www.co.clay.ia.us

FOOD

Angel Food Ministries
First Christian Church
701 E 18th St
Spencer, IA 51301
712-262-2945
angelfood@spencerdisciples.org
www.spencerdisciples.org

Clay County Dept. of Human Services
217 W. 5th St.
Spencer, IA 51301
712-262-3586
1-866-536-2749

Clay County Food Pantry
Upper Des Moines Opportunity
407 E. 3rd St.
Spencer, IA 51301
712-262-7409
www.udmo.com
Contact: Anita Jorgensen

Dinner Date (contribution based)
Northwest Aging Association
714 10th Ave. E.
P.O. Box 213
Spencer, IA 51301
712-262-1775 or 800-242-5033
www.nwaging.org

Food Stamp Application Available Online

<http://www.yesfood.iowa.gov/>

Or Call- 1-877-937-3663

Home Delivered Meals or Frozen Meals (contribution based)

Northwest Aging Association

714 10th Ave. E.

P.O. Box 213

Spencer, IA 51301

712-262-1775 or 800-242-5033

www.nwaging.org

Meals on Wheels for Special Diets

Spencer Hospital

1200 1st Ave. E.

Spencer, Iowa 51301

712-264-6152

Spencer Senior Activity Center / Dinner Date

1900 N. Grand Ave.

Spencer, IA 51301

712-262-1782

Contact: Mary Ann Harden

Women, Infants & Children (WIC)

Upper Des Moines Opportunity

101 Robbins Ave., PO Box 519

Graettinger, IA 51342-0519

800-245-6151

712-859-3885

FUEL ASSISTANCE

Upper Des Moines Opportunity
407 E. 3rd St.
Spencer, IA 51301
712-262-7409
www.udmo.com
Contact: Anita Jorgensen

HEALTH CONCERNS AND FAMILY COUNSELING

Alzheimer's and Related Disorders
1-800-621-0379

Birthright
8 E. 5th St.
Spencer, IA 51301
712-262-8271

CAASA
Spencer
712-262-4612
1-877-362-4612

Cherish Center

Cherish House (Maternity Home)

Cherished Women/Cherished Kids (Mom Support Group)

Earn While You Learn (Parent Training for Moms)

908 10th St., Milford, IA 51351 (thru May 2009)

1006 22nd St., Milford, IA 51351 (after June 1 2009)

712-338-3333

cherish@milfordcable.com

www.cherishcenter.org

Contact: Jan Turner or Kathi Schmidt

Child Health Specialty Clinics

1200 1st Ave. E.

Spencer, IA 51301

712-264-6362 or 712-264-6363

866-219-9119

www.medicine.uiowa.edu/chsc

Clay County Central Point of Coordination

Clay County Community Services

215 W. 4th St., Suite 6

Spencer, IA 51301

Contact: Kim Wilson

www.co.clay.ia.us

Clay Co. Dept. of Human Services

217 W. 5th St.

Spencer, IA 51301

712-262-3586

1-866-536-2749

Compass Pointe Behavioral Health Services

1900 N. Grand Ave.

Spencer, IA 51301

712-262-2952

www.adtu.org

Alcohol, Drugs, Gambling, Tobacco Prevention, Intervention, & Recovery

Deaf Services Commission of Iowa

515-281-3164

www.state.ia.us/government/dhr/dhs

Dental, Iowa Association

515-282-7250

Eye Care Project, National American Academy of Ophthalmol

1-800-222-3937

Gentiva Health Services

Jct. 9 & 71

Spirit Lake, IA 51360

712-336-3412

Contact: Robin Lock

www.gentiva.com

Hawk-i (Children 0-18 income eligible, Health Insurance)

1-800-257-8563

www.hawk-i.org

Hearing Aid Bank, Lion's

515-752-4337

Hearing Impaired

Hearing Aid Helpline

1-800-521-5247

Hearing & Speech - National Assoc.

1-800-638-8255

Hear Now (Financial Aid)

1-800-648-HEAR

(1-800-648-4327)

Helpline

1-800-EAR-WELL or (1-800-327-9355)

Hope Haven
1812 24th Ave. West Suite 101
Spencer, Iowa 51301
Contact: Kari Anderson-Remedial Services
712-580-4244
Contact: Mindy Louscher-Safety & Permanency
712-580-4245

Iowa Compass for Disabled People
1-800-779-2001
www.medicine.uiowa.edu/iowacompass

Iowa Concern Hotline
Stress; legal; financial concerns 24-hour
800-447-1985
www.extension.iastate.edu/iowaconcern

Iowa Mediation Service
Hank Ostwald Regional Coordinator
110 W. 4th St., Suite 205
Spencer, IA 51301
712-262-7007

Lifetime Dads
Fatherhood Advocate
712-299-8931
Contact Curt Frerichs

Medicare
General Information
1-800-772-1213
Billing Questions
1-800-532-1285
www.medicare.gov

Medicaid/Title 19 - General Info.
Iowa Cares Hawk-I
Clay Co. Dept. of Human Services
217 W. 5th St.
Spencer, IA 51301
712-262-3586
Contact: Eileen Skogerboe
www.dhs.state.ia.us

Merit Behavioral Care
1-800-955-6427

MOM (Moms Off Meth)
First Congregational Church
1212 1st Ave. West
Spencer, IA
712-330-8490
Contact: Kristi

National Alliance on Mental Illness
712-262-9438
800-950-6264
www.nami.org

New Perspectives Counseling Service
20 W. 6th St. #11
Spencer, IA 51301
712-580-8306
Contact: Kathy Brandt

Northwest Aging Association
714 10th Ave. E.
PO Box 213
Spencer, IA 51301
1-800-242-5033
712-262-1775
www.nwaging.org

Northwest Iowa Cancer Support Group
Abben Cancer Center
1200 1st Ave. E.
Spencer, IA 51301
712-264-6550

Northwest Iowa Counseling Associates
20 W. 4th Street
Spencer, IA
712-262-6111

Parents Anonymous Helpline
800-345-5044

Planned Parenthood of Greater Iowa
1900 Grand Ave.
Spencer, IA 51301
712-262-1545
www.ppgi.org

Poison Information
1-800-494-2414 (National Hot line)
1-800-352-2222(St. Lukes’)

Seasons Center for Community Mental Health
201 E. 11th St.
Spencer, IA 51301
712-262-2922
www.seasonscenter.org

Spencer Hospital
Clay County Community Health Services
1200 1st Ave. E.
Spencer, IA 51301
712-264-6380

Spencer Hospital
Hospice of Northwest Iowa
1200 1st Ave. E.
Spencer, IA 51301
712-264-6380

Spencer Psychiatric & Counseling Services
2016 Hwy Blvd., PO Box 680
Spencer, IA 51301
712-580-3882

Stroke Support Group
Spencer Hospital Rehabilitation Services
1200 1st Ave. E.
Spencer, IA 51301
712-264-6189

Targeted Case Management
Northwest Aging Association
714 10th Ave. East
PO Box 213
Spencer, IA 51301
712-262-1775 or 1-800-242-5033
www.nwaging.org

Targeted Case Management
Seasons Center for Community Mental Health
201 E. 11th St.
Spencer, IA 51301
712-262-2922
Contact: Aaron McHone

Teen Health Line
1-800-443-8336

VA (Veterans Affairs) Medical Center
PO Box 5046
2501 W. 22nd St.
Sioux Falls, SD 57117
1-800-316-8387
www.va.gov

VA Medical Center
Spirit Lake CBOC (Community Based Out-Patient Clinic)
1310 Lake St.
Spirit Lake, IA 51360
712-336-6400

Vet Center (Veteran Counseling)
1551 Indian Hills Dr., Ste 214
Sioux City IA 51104
712-255-3808

Vision Impaired:
American Foundation for the Blind -
1-800-232-5463
www.afb.org

Women, Infants & Children (WIC)
Upper Des Moines Opportunity
101 Robbins Ave., PO Box 519
Graettinger, IA 51342-0519
800-245-6151
712-859-3885

HOUSING



Cherish Center
Cherish House (Maternity Home)
908 10th St., Milford, IA 51351 (thru May 2009)
1006 22nd St., Milford, IA 51351 (after June 1 2009)
712-338-3333
cherish@milfordcable.com
www.cherishcenter.org
Contact: Jan Turner or Kathi Schmidt

Community Housing Initiatives
14 W. 21st St.
Spencer, IA 51301
712-262-5965

Discovery House
1411 Hill Ave.
PO Box 163
Spirit Lake, IA 51360
712-336-5554
Contact: Julie Scheib

Environmental Health
300 W. 4th St.
Spencer, IA 51301
712-262-8165
Contact: Tammy McKeever

Iowa Mediation Services
20 W. 6th St.
Spencer, IA 51301
712-262-7007
Contact: Hank Ostwald

Iowa State University Extension
Home Buyers Education
www.extension.iastate.edu/homebuyers

Northwest Iowa Regional Housing Authority
919 2nd Ave. SW
P.O. Box 446
Spencer, IA 51301
712-262-7460

Spencer Manor Apts.
503 E. 19th St.
Spencer, IA 51301
712-262-3890

Sunset Apts.
118 E. 21st St.
Spencer, IA 51301
712-262-5887
Contact: Susie Norgaard

LEGAL SERVICES



Iowa Civil Rights Commission
515-281-4121
www.state.ia.us.government/crc

Iowa Concern
1-800-447-1985
www.extension.ia.state.edu/iowaconcern

Iowa Legal Aid
506 Nebraska St.
Sioux City, IA 51101
712-277-8686
1-800-352-0017

Iowa Mediation Services
20 W. 6th St.
Spencer, IA 51301
712-262-7007
Contact: Hank Ostwald

Lawyer Referral Service of Iowa State Bar
Association
1-800-532-1108

Legal Hotline for Older Iowans
800-999-8761
Des Moines, Iowa
Contact: Scott Hartsook

University of Iowa Legal Clinic
College of Law
Iowa City, IA 52242
319-335-9034
www.law.uiowa.edu/legalclinic

***MEDICAL EQUIPMENT
LOAN CLOSETS***



American Cancer Society
Abben Cancer Center
1200 1st Ave. E.
Spencer, IA 51301
712-264-6550

Gentiva Health Services
Jct 9 & 71
Spirit Lake, IA 51360
712-336-3412
Contact: Robin Lock

Iowa Compass
1-800-779-2001

VFW (Veterans of Foreign Wars)
15 E. 21st St.
Spencer IA 51301
712-262-7481

SCHOOL DISTRICTS

Clay Central Everly
306 E. 2nd St.
Everly, IA 51338
712-834-227

South Clay
312 4th St.
Gillett Grove, IA 51341
712-835-2270

Spencer Community Schools
23 E. 7th St.
Spencer, IA 51301
712-262-8950

SENIOR CITIZENS

AARP
1-800-523-5880
www.aarp.org

Clay County Dept. of Human Services
217 W. 5th St.
Spencer, IA 51301
712-262-3586
Contact: Eileen Skogerboe

Clay County Veterans Affairs
300 W. 4th St.
Spencer, IA 51301
712-262-5547
Contact: Joan Waller
www.co.clay.ia.us

Dependent Adult Abuse
1-800-362-2178

Gentiva Health Services
Jct 9 & 71
Spirit Lake, IA 51360
712-336-3412
Contact: Robin Lock

Health Information Center
1-800-336-4797

Iowa Lakes S.C.O.R.E. Chapter
122 W. 5th St.
Spencer, IA 51301
712-262-3059

Iowa Protection and Advocacy Services
3015 Merle Hay Rd., Suite 6
Des Moines, IA 50310
800-779-2502
www.ipna.org

Lifeline
Spencer Hospital
1200 1st Ave. E.
Spencer, IA 51301
Contact: Lifeline Coordinator
712-264-6375

Meals on Wheels for Special Diets

Spencer Hospital
1200 1st Ave. E.
Spencer, Iowa 51301
712-264-6152

Northwest Aging Association

714 10th Ave. E., PO Box 213
Spencer, IA 51301
1-800-242-5033
712-262-1775
www.nwaging.org

RSVP Volunteer Program

1900 N. Grand Ave.
Spencer, IA 51301
712-262-8858
Contact: Mary Steele

Social Security

1610 12th Ave. SW
Spencer, IA 51301
1-877-262-5350

Spencer Senior Activity Center / Dinner Date

1900 N. Grand Ave.
Spencer, IA 51301
712-262-1782
Contact: Mary Ann Harden—Site Manager

SUBSTANCE ABUSE



Alcoholics Anonymous
511 Southmoor Dr.
Spencer, IA 51301
712-262-3654

Iowa Substance Abuse Information Center
1-800-247-0614

National Institute on Drug Abuse Help Line
1-800-662-4357

Compass Pointe Behavioral Health Services
1900 N. Grand Ave.
Spencer, IA 51301
712-262-2952

Alcohol, Drugs, Gambling, Tobacco Prevention, Intervention, &
Recovery

TRANSPORTATION

Regional Transit Authority
522 10th Ave. E.
PO Box 1240
Spencer, IA 51301
1-800-358-5037
712-262-7920

RSVP Volunteer Program
1900 N. Grand Ave.
Spencer, IA 51301
712-262-8858
Contact: Mary Steele

Senior RIDES Coupons (age 60+ income based)
Northwest Aging Association
712-262-1775
1-800-242-5033
www.nwaging.org

NUMBERS TO KNOW

Alliance for the Mentally Ill.....1-800-950-6264
or 712-262-9438

**Provides support, education, and information to families, friends, and individuals with a mental illness

Bets Off.....1-800-BETSOFF
or 1-800-238-7633

**Hotline of Iowa Gambling Treatment Program. Gambling concerns for yourself or others.

Better Business Bureau, Sioux City.....1-712-252-4501

**Financial information

Consumer Protection Division

Attorney General.....1-515-281-5926

Emergency.....911

**Consumer rights

Healthy Families.....1-800-369-2229

**Prenatal health care questions and information (all hours, all days)

Homeless Hotline.....1-800-999-9999

Iowa Concern.....1-800-447-1985

**Financial questions, legal issues, family transitions (All hours, all days)

ISU Answer Line.....1-800-262-3804

**Questions relating to home and family (M-F, 9-noon 1-4 pm)

ISU Extended & Continuing Education1-800-262-0015

**Off-Campus credit courses, non-credit conferences (M-F, 7:30am – 5pm)

National Runaway Switchboard.....1-800-621-4000

**A person can report oneself as a runaway, or report that a family member has runaway

Poison Control.....1-800-222-1222

**Health concerns related to coming in contact with poison

Teen Line.....1-800-443-8336

**Personal and health-related information and referral (all hours, all days)

VA Suicide Prevention Lifeline.....1-800-273-TALK (8255)

**For Veterans, family members, or friends of Veterans

Veteran’s Medical Center.....1-800-316-8387

**Medical care and mental health services (Sioux Falls)

Veteran’s National Office.....1-800-827-1000

**Information on benefits for veterans