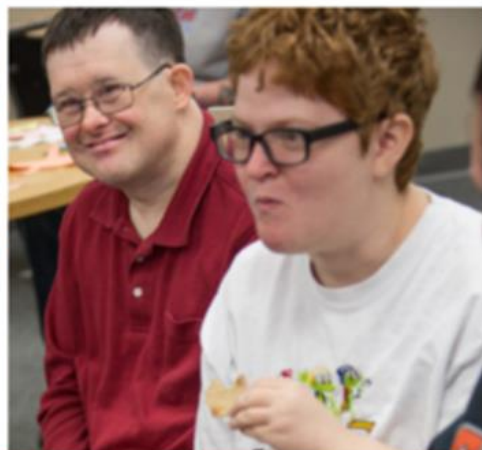




DICKINSON COUNTY



**RESOURCES** *for families*

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# NUMBERS TO KNOW

## **Alliance for the Mentally Ill**

Support, education and information to families, friends and individuals with mental illness.

1-800-950-6264

1-800-950-NAMI

## **Bets Off**

Iowa Gambling Treatment Program Hotline for gambling concerns for yourself or others.

1-800-BETSOFF

1-800-238-7633

## **Better Business Bureau, Des Moines**

Financial Information

1-515-243-8137

## **Consumer Protection Division - Attorney General**

Consumer rights.

1-515-281-5926

## **Consumer Protection Division - Emergency**

Consumer rights.

911

## **Healthy Families**

Available 24/7

Prenatal health care questions and information.

1-800-369-2229

## **Iowa Concern**

Available 24/7

Financial questions, legal issues, family transitions.

1-800-447-1985

## **ISU Extension and Outreach's Answer Line**

Questions related to home and family.

Monday-Friday: 9:00-Noon; 1:00-4:00 p.m.

1-800-262-3804

## **ISU Extended and Continuing Education**

Off-campus credit courses, non-credit conferences.

Monday-Friday: 7:30-5:00 p.m.

1-800-262-0015

**National Human Trafficking Hotline**

Call specialists are available 24/7 if you need help or see something suspicious.

1-888-373-7888

Or text "HELP" to BEFREE (233733)

**National Runaway Switchboard**

A person can report oneself as a runaway or report that a family member has run away.

1-800-786-2929

1-800-RUNAWAY

**Poison Control**

Health concerns related to coming in contact with poison.

1-800-222-1222

**Teen Line**

Available 24/7

Personal and health-related information and referral.

1-800-443-8336

**Veteran's Medical Center**

Medical care and mental health services. (Sioux Falls)

1-800-316-8387

**Veteran's Regional Office**

Information on veterans' benefits (Des Moines)

1-800-827-1000

# ABUSE

## **Boys Town of Iowa**

35 West 1st Street  
Spencer, IA 51301  
712-574-2684  
1-800-448-3000

## **CAASA: Centers Against Abuse and Sexual Assault**

Spencer 712-262-4612  
Estherville 712-362-3200  
**HOPE Line** 1-877-362-4612

## **Child and Dependent Adult Abuse and Neglect Reporting**

1-800-362-2178

## **FCC: Family Crisis Center of NW Iowa**

Sioux Center 712-722-4404  
**HOTLINE** 1-800-382-5603  
[www.familycrisiscenter.org](http://www.familycrisiscenter.org)

## **Iowa Sexual Abuse Hotline**

1-800-284-7821

## **National Human Trafficking Hotline**

1-888-373-7888

Or Text "HELP" to BEFREE (233733) if you need help or see something suspicious.

## **State Domestic Abuse Hotline**

1-800-942-0333

# BEHAVIORAL HEALTH SERVICES

## **All Those Yesterdays**

Spencer, 1900 Grand Avenue North, Suite A  
712-363-5886

[www.allthoseyesterdays.org](http://www.allthoseyesterdays.org)

## **Avera - Farm & Rural Stress Hotline**

*Farm Stress, Financial Questions, Connections to Resources*  
1-800-691-4336

## **Boys Town of Iowa**

Spencer, 35 West 1st Street  
712-574-2684  
1-800-448-3000

## **Catholic Charities**

Spencer, 111 4th West  
712-580-4320

## **Champion State of Mind**

Spirit Lake, 1212 18th St., Suite B  
1-800-592-0180 ext. 2

## **H.E.A.R.T. Kinnections**

Arnolds Park, 7 South Hwy 71  
Okoboji, 1010 Julia Street  
712-339-2422

## **Hope Haven**

Spirit Lake, 1710 Gary Avenue  
712-336-6977

## **Iowa Substance Abuse Information Center**

1-866-242-4111

## **Lutheran Services of Iowa**

Spencer, 12 East 5th Street  
712-262-4083

**NAMI - National Alliance for the Mentally Ill**

*Kim Wilson*

Spencer, 215 W. 4th St., Suite 6

712-262-9438 or 1-800-950-6264

24-Hour Crisis Line: 1-800-950-6264

OR, IN A CRISIS? TEXT NAMI TO 741741

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

**National Institute on Drug Abuse Help Line**

1-800-662-4357

**Northwest Iowa Care Connections**

*Enrollment & Financial Assistance*

Spirit Lake, 1802 Hill Avenue, Suite 2502

712-336-0775

24-Hour Crisis Line: 1-844-345-4569

[nwiacareconnections.org](http://nwiacareconnections.org)

**Northwest Iowa Counseling Associates PC**

Spencer, 20 W 4th St

712-262-6111

**Plains Area Mental Health**

Spirit Lake, 710 Lake St. Suite 2

712-320-8112

**Rosecrance Jackson Centers**

Sioux City, Cherokee, Denison, LeMars

712-234-2300

**Seasons Center for Behavioral Health**

Spirit Lake, 1401 Hill Avenue

1-800-242-5101

**Shade of the Tree**

Spirit Lake, 900 Lake Street

712-330-9140

**Spencer Psychiatry and Counseling Services**

Spencer, 2016 Hwy Blvd. South

712-580-3882

**Veterans Counseling Center**

*Sioux City*

712-255-3808

# CHILDREN'S ISSUES

**Child Abuse Hotline**

*To Report Abuse*

1-800-362-2178

**Child Abuse Hotline**

*National*

1-800-422-4453

**Child Find of America**

1-800-IAM-LOST

(1-800-426-5678)

**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



# CHILDREN'S SERVICES

## **Best Care for Better Babies**

Lakes Regional Healthcare  
Spirit Lake, 2301 Highway 71 South  
712-339-6050  
8:00 a.m. to 4:30 p.m.

<http://dickinsoncountyiowa.org/public-health/>

## **The Caring Program for Children**

1-800-223-KIDS  
(1-800-223-5437)

## **Cherish Center**

*Cherished Women/Cherished Kids (Parent Support for Moms)*  
*Dads of Cherished Kids (Parent Support for Dads)*  
*Cherish House (Maternity Home)*  
1004 22nd Street  
Milford, IA 51351  
712-338-3333  
info@cherishcenter.org  
[www.cherishcenter.org](http://www.cherishcenter.org)

## **Child Care Resource and Referral**

*Mid Sioux Opportunity*  
418 S. Marian Street  
Remsen, IA 51051  
877-216-8481  
712-859-3885

## **Child Health**

Children's Hospice International: 1-800-242-4453  
Children's Wish Foundation International: 1-800-323-9474  
Reye's Syndrome, National Foundation: 1-800-233-7393  
Shriner's Hospital Referral Line: 1-800-237-5055

## **Child Health Specialty Clinics**

Spencer, 1200 First Avenue East  
712-264-6362, 712-264-6363, 1-866-219-9119

## **Dickinson County Department of Human Services**

Dickinson County Courthouse, 1802 Hill Avenue, Suite 2401  
Spirit Lake, 712-336-2555 or 1-866-336-2555

Apply online at [www.oasis.iowa.gov](http://www.oasis.iowa.gov) or [www.dhs.iowa.gov/how-to-apply](http://www.dhs.iowa.gov/how-to-apply)

**Dickinson County Head Start**

Milford, 1100 8th Street

Contact: Angie Mitchell, ECP Coordinator for UDMO Head Start,  
at 712-330-3346

**Dickinson County Public Health**

Spirit Lake, 2301 Highway 71 South

712-339-6050

8:00 a.m. to 4:30 p.m.

<http://dickinsoncountyiowa.org/public-health/>

**Early Childhood Iowa: Lakes Region**

PO Box 146

Sheldon, IA 51201

712-363-3363

**K.I.D.S: Kommunity Involvement, Development and Support**

*Upper Des Moines Opportunity*

714 East 10th Avenue

Spencer, IA 51301

712-363-8466

**Lakes Regional Healthcare: Home Care and Hospice**

Spirit Lake, 2301 Highway 71 South

712-336-8709

**Lutheran Services in Iowa**

12 E. 5th Street

Spencer, IA 51301

712-262-4083

**Moms of Tots - MOTS**

*Good News Community Church*

*For moms of babies and toddlers, childcare provided.*

Okoboji, 1010 Julia Street

motsspiritlake@gmail.com

9:00 to 11:00 a.m. the first and third Wednesday of the month  
during the school year.

**Parents Anonymous Helpline**

800-345-5044

**Parents Connect**

*Parenting Class sponsored through Cherish Center with  
Free Meal and Childcare Provided.  
Good News Community Church  
Okoboji, 1010 Julia Street  
712-338-3333  
First Thursday at 5:30 p.m.*

**Priority #1**

ISU Extension & Outreach  
Spirit Lake, 1600 15th Street  
Contact Jan Monahan at 712-336-3488

**Seasons Center for Behavioral Health**

Spirit Lake, 1401 Hill Avenue  
1-800-242-5101

**Upper Des Moines Opportunity - WIC**

*(Southeast Corner of Great Lakes Mall)*  
Spirit Lake, 1575 18th Street  
712-336-1112  
[www.udmo.com](http://www.udmo.com)

**YMCA Kinship**

*Youth Mentoring*  
Spirit Lake, 1900 41st Street  
712-336-9622  
Contact Paula Edwards at [paula.edwards@okobojiYMCA.com](mailto:paula.edwards@okobojiYMCA.com)

# CLOTHING

## **Thee Garage Sale**

*Children's Clothing and Household Furnishings*  
Milford, 1004 22nd Street  
712-338-3334

## **Kaden's Closet**

*Community Outreach for Foster and Adoptive Parents (Infants to 18 years)*  
*Good News Community Church*  
Okoboji, 1010 Julia Street  
712-332-5698  
Or Call Tina for appointment 319-429-3400

## **St. Joseph Catholic Church**

Milford, 1309 Okoboji Avenue  
712-338-2274

8:00 a.m. to 5:00 p.m. Monday, Tuesday, Thursday and Friday  
8:00 a.m. to 4:00 p.m. Saturday  
Closed Wednesday and Sunday

## **Upper Des Moines Opportunity**

*(Southeast Corner of Great Lakes Mall)*

### **Coats Only.**

Spirit Lake, 1575 18th Street  
712-336-1112

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

# DISASTER ASSISTANCE

## **Critical Incident Stress Management Team**

*24-hour access*

Hotline: 1-877-225-2476

Contact Steve Hopkins: 712-330-1144

## **Dickinson County Healthcare Coalition**

*Lakes Regional Healthcare*

Spirit Lake, 2301 Highway 71 South

712-336-2682

712-336-1230

## **Emergency Management**

*Dickinson County Courthouse*

Spirit Lake, 1802 Hill Avenue, Suite B103

712-336-3987

## **LERT - Lutheran Early Response Team**

*Immanuel Lutheran Church*

Spirit Lake, 2300 27th Street

Contact Nyla Bertram at 712-336-1010

Ellie Menz, IOWAY Director, 515-370-1159

## **Red Cross**

800-REDCROSS

712-252-4081

## **Salvation Army**

Spirit Lake, 1607 Ithaca Avenue

Contact Jeff Hanson at 712-336-5776

## EDUCATION

### **Early Childhood Iowa: Lakes Region**

PO Box 146, Sheldon, IA 51201  
712-363-3363

### **Elderbridge Agency on Aging**

714 10th Avenue East, PO Box 213  
Spencer, IA 51301  
1-800-243-0678  
712-262-1775

<http://elderbridge.org>

### **Iowa Lakes Community College**

Spirit Lake, 2008 Hill Avenue  
712-336-3439  
Estherville - 1-800-242-5106  
Emmetsburg - 1-800-242-5108

### **Hand-in-Hand**

Spirit Lake, 1575 18th Street  
712-298-2306

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

### **Headstart**

101 Robbins Avenue, PO Box 519  
Graettinger, IA 51342  
1-800-245-6151  
712-859-3885

### **Iowa New Choices Program**

*Iowa Lakes Community College*  
300 South 18th Street  
Estherville, IA 51334  
712-362-7931

### **Iowa Legal Aid**

506 Nebraska Street  
Sioux City, IA 51101  
1-800-352-0017  
712-277-8686

[www.iowalegalaid.org](http://www.iowalegalaid.org)

**Iowa State University Extension and Outreach - Dickinson County**

1600 15th Street  
Spirit Lake, IA 51360  
712-336-3488

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

**Prairie Lakes AEA**

23 East 7th Street  
Spencer, IA 51301  
712-262-4704  
1-866-540-3860

**Vocational Rehabilitation**

217 West 5th Street, PO Box 3093  
Spencer, IA 51301  
712-262-9585

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

## **EMERGENCY ASSISTANCE**

### **Dickinson County Veterans Affairs**

*Dickinson County Courthouse*

Spirit Lake, 1802 Hill Avenue, Suite 1508

712-336-0883

### **Dickinson County Community Services**

*Dickinson County Courthouse*

Spirit Lake, 1802 Hill Avenue, Suite 2502

712-336-0775

### **Upper Des Moines Opportunity**

*(Southeast Corner of Great Lakes Mall)*

Spirit Lake, 1575 18th Street

712-336-1112

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



# EMERGENCY NUMBERS

**Ambulance, Fire, Police**  
In an Emergency, Dial 9-1-1.  
**Non Emergency: 712-336-2525**

**Dickinson County Crime Stoppers**  
712-336-2345

**Dickinson County Emergency Management**  
1802 Hill Avenue, Suite B103  
Spirit Lake, IA 51360  
712-336-3987  
[www.dcem.us](http://www.dcem.us)

**Dickinson County Sheriff's Office**  
712-336-2793

**Lakes Regional Health Care**  
712-336-1230

**POLICE DEPARTMENTS**  
**Arnolds Park Police Department**  
712-332-2227

**Lake Park Police Department**  
712-336-2525

**Milford Police Department**  
712-336-2525

**Okoboji Police Department**  
712-332-7845

**Spirit Lake Police Department**  
712-336-5776

# EMPLOYMENT ASSISTANCE

## **Employment Connections**

Spirit Lake, 1710 Lincoln Avenue  
712-336-2048

## **Hope Haven**

Spirit Lake, 1808 Jackson Avenue  
712-336-4052

## **ILCC Rehabilitation Education and Services**

300 South 18th  
Estherville, IA 51334  
712-362-5433

*or*

217 West 5th Street  
Spencer, IA 51301  
712-262-9585

## **Iowa Workforce Development**

217 West 5th Street  
Spencer, IA 51301  
712-262-1971  
1-800-798-7224

## **Westaff**

Spirit Lake, 2308 30th Street, Suite 2  
712-759-1039  
[www.westaff.com](http://www.westaff.com)

## **Workforce Innovation and Opportunity Act (WIOA)**

217 West 5th Street  
Spencer, IA 51301  
712-262-1971  
1-800-798-7224

# FINANCIAL ASSISTANCE

## **Dickinson County Community Services**

*Dickinson County Courthouse*

Spirit Lake, 1802 Hill Avenue, Suite 2502

712-336-0775

## **Dickinson County Department of Human Services**

*Dickinson County Courthouse*

Spirit Lake, 1802 Hill Avenue, Suite 2401

712-336-2555

1-866-336-2555

Apply Online at [www.oasis.iowa.gov](http://www.oasis.iowa.gov) or [www.dhs.iowa.gov/how-to-apply](http://www.dhs.iowa.gov/how-to-apply)

## **Dickinson County Veterans Affairs**

*Dickinson County Courthouse*

Spirit Lake, 1802 Hill Avenue, Suite 1508

712-336-0883

## **Rural Development**

*Farm Service Agency*

306 11th Street Southwest Plaza

Spencer, IA 51301

Contact Sheila Zobrist at 712-262-3173

or

1621 Lake Avenue

Storm Lake, IA 50588

Contact Arnold Thomas at 712-732-1200

## **Social Security Administration**

1610 12th Avenue Southwest

Spencer, IA 51301

1-866-273-6050

## **Upper Des Moines Opportunity - Energy Assistance**

*(Southeast Corner of Great Lakes Mall)*

Spirit Lake, 1575 18th Street

712-336-1112

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

# FINANCIAL COUNSELING

**Cherish Center**  
*Financial Peace*  
Milford, 1004 22nd Street  
712-338-3333  
info@cherishcenter.org  
[www.cherishcenter.org](http://www.cherishcenter.org)

**Consumer Credit Counseling Service**  
715 Douglas Street  
Sioux City, IA 51101  
712-252-5666

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

**ISU Extension and Outreach - Dickinson County**  
*Financial Management and Counseling*  
Spirit Lake, 1600 15th Street  
Contact Jan Monahan at 712-336-3488  
[www.extension.iastate.edu/dickinson](http://www.extension.iastate.edu/dickinson)

*Farm Management and Agribusiness*  
Contact Gary Wright at 712-336-3488  
[www.extension.iastate.edu/dickinson](http://www.extension.iastate.edu/dickinson)

**Lutheran Services in Iowa**  
12 East 5th Street  
Spencer, IA 51301  
712-262-4083

# FOOD

## **Community Table Dinner**

*Bedell Family YMCA*

Spirit Lake, 1900 41st Street

Third Thursday of the month from 5:30 to 6:45 p.m.

## **Community Table Dinner**

*Fellowship Center - Okoboji Bible Conference*

Arnold's Park, 7 South Hwy 71

Contact Judy Granstra 712-332-2883

Second Thursday of the month from 5:30 to 6:45 p.m.

## **Dickinson County Department of Human Services**

*Dickinson County Courthouse*

Spirit Lake, 1802 Hill Avenue, Suite 2401

712-336-2555

1-866-336-2555

Apply Online at [www.oasis.iowa.gov](http://www.oasis.iowa.gov) or [www.dhs.iowa.gov/how-to-apply](http://www.dhs.iowa.gov/how-to-apply)

## **Dinner Date - Lake Park**

*Lake Park Community Center*

Lake Park, 903 Market Street

Tuesday and Thursday at 11:30 a.m.

Contact Jim or Marilyn Kessler at 712-832-3540

## **Dinner Date - Spirit Lake**

*Lakes Area Senior Center*

Spirit Lake, 2101 Zenith Avenue

712-336-5247

## **Food Pantry Spirit Lake**

*Spirit Life Fellowship*

Spirit Lake, 2504 Enterprise Avenue

712-336-0114

Second and Fourth Saturdays from 8:00 to 10:00 a.m.

## **Food Stamp Application Available Online**

[www.dhs.iowa.gov/how-to-apply](http://www.dhs.iowa.gov/how-to-apply) or [www.oasis.iowa.gov](http://www.oasis.iowa.gov)

Or Call 1-877-937-3663

## **Meals on Wheels - Spirit Lake, Arnolds Park, Okoboji, Milford**

Spirit Lake, 800 21st Street

712-336-4444

**Meals on Wheels - Lake Park**

*Pearl Valley Rehabilitation and Nursing of Lake Park*  
Lake Park, 1304 South Market Street  
712-832-3691

**Lake Park Mobile Food Pantry**

*First Presbyterian Church*  
Lake Park, 1220 South Market Street  
712-832-3401  
First Thursday from 4:30 to 6:30 p.m.

**Ruby's Pantry**

*3rd Monday of each month 6-7:30pm. Door opens at 5pm*  
Regional Worship Center  
Crossroads Drive  
Sherburn, MN  
507-547-2369

**Sister's Home Style Entrees**

*(frozen meals delivered to your door)*  
1303 22<sup>nd</sup> Street N.  
Humboldt, IA 50548  
515-332-1828  
[www.shse@sisterentrees.com](http://www.shse@sisterentrees.com)

**Upper Des Moines Opportunity**

*(Southeast Corner of Great Lakes Mall)*  
Spirit Lake, 1575 18th Street  
712-336-1112  
[www.udmo.com](http://www.udmo.com)

**The Well Food Pantry**

*Good News Community Church*  
Okoboji, 1010 Julia Street  
First and Third Saturdays from 9:00 to 11:00 a.m.

**Women, Infants and Children**

*Upper Des Moines Opportunity*  
101 Robbins Avenue  
Box 519  
Graettinger, IA 51342  
800-245-6151  
712-859-3885

# HEALTH CONCERNS

**Alzheimer's and Related Disorders**  
1-800-272-3900

**Deaf Services Commission of Iowa**  
515-281-3164  
[www.state.ia.us/government/dhr/dhs](http://www.state.ia.us/government/dhr/dhs)

**Eye Care America, National American Academy of Ophthalmology**  
1-877-887-6327

**Family Crisis Line - Spirit Lake**  
*24-Hours*  
712-336-1255  
1-877-362-4612

**Farmer's Stress Hotline - Avera**  
*24-Hours/7 days a week*  
For farmers, ranchers, rural residents, and concerned family members  
1-800-691-4336 Free and Confidential

**Free Medical Services**  
*The First Christian Church*  
205 North 7th Street  
Estherville, IA 51334  
712-209-1213  
Second Tuesday of each month, Check-in Time 6:00 to 6:30 p.m.

**Good Samaritan Society - Home Care**  
Spirit Lake, 1710 Lincoln Avenue, Suite A  
712-336-3412  
800-832-5342  
[www.good-sam.com](http://www.good-sam.com)

**Hearing Aid Bank, Lions**  
515-232-2215

**Hearing Impaired**  
Hearing Aid Helpline: 1-800-521-5247  
Hearing and Speech - National Association: 1-800-638-8255  
Hear Now (Financial Aid): 1-800-648-HEAR (1-800-648-4327)  
Helpline: 1-800-EAR-WELL (1-800-327-9355)

**Iowa Compass Center for Disabilities and Development**

1-800-779-2001

[www.medicine.uiowa.edu/iowacompass](http://www.medicine.uiowa.edu/iowacompass)

**Kindred Hospice**

Spirit Lake, 1370 Lake Street

712-336-2941

866-752-4692

**Lakes Regional Healthcare - Home Care/Hospice**

Spirit Lake, 2301 HWY 71 South

712-336-8709

**Mesothelioma Guide**

1-888-385-2024

[www.mesotheliomaguide.com/mesothelioma/](http://www.mesotheliomaguide.com/mesothelioma/)

**St. Croix Hospice**

1701 38th Avenue West, Suite 100

Spencer, IA 51301

712-264-5674

[www.stcroixhospice.com](http://www.stcroixhospice.com)

**Teen Health Line**

1-800-443-8336

**Veteran's Affairs Medical Center**

2501 West 22nd Street

Sioux Falls, SD

1-800-316-8387

[www.va.gov](http://www.va.gov)

**Veteran's Affairs - Spirit Lake Clinic**

Spirit Lake, 1850 Royal Ave

712-336-6400

**Vision Impaired**

*American Foundation for the Blind*

1-800-232-5463

[www.afb.org](http://www.afb.org)



# HOUSING

## **Accura Health Care of Milford/Stonebridge Suites Assisted Living**

Milford, 1600 13th Street  
712-338-4742

[www.accura.healthcare/milford-location](http://www.accura.healthcare/milford-location)

## **Accura Health Care of Spirit Lake**

Spirit Lake, 1912 Zenith Avenue  
712-336-3300

[www.accura.healthcare/spirit-lake-location](http://www.accura.healthcare/spirit-lake-location)

## **Community Housing Initiatives**

Spencer, 14 West 21st Street  
712-262-5965

## **Discovery House**

Spirit Lake, 1411 Hill Avenue  
712-336-4740  
712-336-5340

## **Heritage Landing Senior Living Apartments**

Milford, 1305 Jeppeson Road  
712-338-2909

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

## **Keelson Harbour Senior Living**

Spirit Lake, 2810 Aurora Avenue  
712-336-4501  
Fax: 712-336-4509

<https://www.keelsonharbour.com/>

## **Low-Rent Housing Agency**

*Section 8 HUD Voucher Office serving Dickinson County*

Spirit Lake, 710 Lake Street, Suite 5  
712-336-2318

Fax: 712-336-3760

## **Murphy Management**

*Broadway Village, Sunrise Apartments, Milford & Spirit Lake*

208 East State Street  
Algona, IA 50511  
515-295-2927

**Northwest Iowa Regional Housing Authority**

919 2nd Avenue Southwest, PO Box 336

Spencer, IA 51301

712-262-7460

**Pearl Valley Rehabilitation and Nursing of Lake Park**

Lake Park, 1304 South Market Street

712-832-3691

**Riverwest Apartments**

Milford, 668 Terrace Park Blvd

712-338-7228

**WEL-Life Assisted Living at Spirit Lake**

Spirit Lake, 1819 23rd Street

712-336-3553

[www.wlspiritlake.com](http://www.wlspiritlake.com)

# LEGAL SERVICES

## **Iowa Civil Rights Commission**

515-281-4121

[www.state.ia.us/government/crc](http://www.state.ia.us/government/crc)

## **Iowa Concern**

1-800-447-1985

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

## **Iowa Legal Aid**

506 Nebraska Street

Sioux City, IA 51101

712-277-8686

1-800-352-0017

## **Iowa Mediation Services**

20 West 6th Street

Spencer, IA 51301

712-262-7007

## **Juvenile Court Services**

215 West 4th Street, Suite 5

Spencer, IA 51301

712-262-5938

## **Lawyer Referral Service of Iowa State Bar Association**

1-800-532-1108

## **University of Iowa Legal Clinic**

*College of Law*

Iowa City, IA 52242

319-335-9034

[www.law.uiowa.edu/legalclinic](http://www.law.uiowa.edu/legalclinic)

## **MEDICAL EQUIPMENT & LOAN CLOSETS**

### **Good Samaritan Society - Home Care**

1710 Lincoln Avenue, Suite A

Spirit Lake, IA 51360

712-336-3412

800-832-5342

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

### **Iowa Compass**

1-800-779-2001

### **Lake Park American Legion Auxiliary**

Marilyn Kessler

Lake Park, IA 51347

712-832-3540

### **Milford American Legion Auxiliary Unit 384**

LaVonne Siemers

1360 Terrace Park Blvd

West Okoboji, IA 51351

712-332-5089

### **Sanford Home Medical**

2317 Circle Drive West #4

PO Box 465

Spirit Lake, IA 51360

712-336-9363

1-866-838-8934

Monday through Friday 9:00 a.m. to Noon and 1:00 to 5:00 p.m.

# SENIOR SERVICES

## **AARP**

1-800-523-5880

[www.aarp.org](http://www.aarp.org)

## **Alzheimer's and Related Disorders**

1-800-272-3900

## **Dependent Adult Abuse**

1-800-362-2178

## **Dickinson County Community Services**

*Dickinson County Courthouse*

Spirit Lake, 1802 Hill Avenue, Suite 2502

712-336-0775

## **Dickinson County Department of Human Services**

*Dickinson County Courthouse*

Spirit Lake, 1802 Hill Avenue, Suite 2401

712-336-2555

1-866-336-2555

Apply Online at [www.oasis.iowa.gov](http://www.oasis.iowa.gov) or [www.dhs.iowa.gov/how-to-apply](http://www.dhs.iowa.gov/how-to-apply)

## **Dickinson County Public Health**

Spirit Lake, 2301 Highway 71 South

712-339-6050

8:00 a.m. to 4:30 p.m.

<http://dickinsoncountyiowa.org/public-health/>

## **Dickinson County Veteran Affairs**

*Dickinson County Courthouse*

Spirit Lake, 1802 Hill Avenue, Suite 1508

712-336-0883

## **Elderbridge Agency on Aging**

714 10th Avenue East

PO Box 213

Spencer, IA 51301

1-800-243-0678

712-262-1775

<http://elderbridge.org>

**FOOD....See FOOD Section in this Resource Guide**

**Good Samaritan Society - Home Care**

Spirit Lake, 1710 Lincoln Avenue  
712-336-3412  
800-832-5342

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

**Health Information Center**

1-800-336-4797

**Hearing Aid Bank, Lions**

515-752-4337

**Home Instead Senior Care**

Milford, 1608 Okoboji Avenue  
712-338-6150  
712-262-0456

[www.homeinstead.com/602](http://www.homeinstead.com/602)

**HOUSING...see HOUSING section in this Resource Guide**

**InHome Fitness Solutions**

Keeping You Strong, Keeping You Home  
515-422-6343

[tdukes@inhomefitnesssolutions.com](mailto:tdukes@inhomefitnesssolutions.com)

**Iowa Lakes S.C.O.R.E. Chapter**

122 5th Street  
Spencer, IA 51301  
712-262-3059

**Iowa Protection and Advocacy Services**

3015 Merle Hay Road, Suite 6  
Des Moines, IA 50310  
800-779-2502

[www.ipna.org](http://www.ipna.org)

**Kindred Hospice**

Spirit Lake, 1370 Lake Street  
712-336-2941  
866-752-4692

**Lakes Regional Healthcare - Home Care/Hospice**

Spirit Lake, 2301 HWY 71 South, PO Box AB  
712-336-8709

**Northwest Iowa RSVP/Volunteer Program**

Spirit Lake, 800 21st Street  
Contact Patsy Donovan at 712-336-6577  
Monday and Thursday 8:00 a.m. to 4:00 p.m

**Respite Angels**

*Caregiver Relief in Dickinson, Clay and Emmet Counties*  
PO Box 318, Estherville, IA 51334  
712-229-6064  
respite.angels@yahoo.com

**Seniors and Lawman Together**

*Dickinson County Sheriff's Office*  
Spirit Lake, IA 51360  
712-336-2793

**Social Security**

1610 12th Avenue Southwest  
Spencer, IA 51301  
1-866-273-6050

**Stay In Home Care, Inc.**

Spirit Lake, 3301 HWY 71 South  
or  
310 Main Street, PO Box 154, Royal, IA 51357  
855-933-2595  
[stayinhomecare.com](http://stayinhomecare.com)

**Upper Des Moines Opportunity**

*(Southeast Corner of Great Lakes Mall)*  
Spirit Lake, 1575 18th Street  
712-336-1112  
[www.udmo.com](http://www.udmo.com)

**Veteran's Affairs Home Health Care**

Spirit Lake, 1850 Royal Ave  
712-336-6400  
712-336-6425

# SUPPORT GROUPS

## **AA - Alcoholics Anonymous & Al-Anon MONDAY - AA**

11:30 a.m. 712-336-0657

*IA Great Lakes Women's Group*

Spirit Lake, Senior Center, 2100 Zenith Ave

8:00 p.m. 712-336-0657 **(Al-Anon at same time)**

*Chip Group*

Milford, St, Joseph's School, 1301 Okoboji Ave.

*\*1st Monday open meeting*

## **TUESDAY - AA**

7:00 P.m. 712-336-0657

*Discussion Group*

Spirit Lake, Lakes Regional Healthcare - downstairs

## **WEDNESDAY - AA**

12:00 p.m. 712-336-0657

*Noon Brown Bag*

Spirit Lake, Discovery House, 1411 Hill Ave

7:00 p.m. 712-336-0657

*IA Great Lakes Group*

Milford, Harbor of Joy, 1204 L Ave

## **THURSDAY - AA**

8:00 p.m. 712-336-0657

*Candlelight Meeting*

Arnolds Park, Arnolds Park City Hall, 1107 S. Hwy 71

## **FRIDAY - AA**

3:00 p.m. 712-336-0657

Milford, Harbor of Joy, 1204 L. Ave

8:00 p.m. 712-336-0657

*Keep It Simple Group*

Spirit Lake, First Presbyterian Church, 3501 Hill Ave

## **SATURDAY - AA**

11:00 a.m. 712-336-0657

*Women's Big Book Study*

Spirit Lake, Lakes Regional Healthcare - basement



**SATURDAY - AA**

8:00 p.m. 712-336-0657

12 & 12 Group

Spirit Lake, St, Alban's Church, 2011 23rd Street

**SUNDAY - AA**

10:30 a.m. 712-336-0657

Big Book Group

Spirit Lake, Spirit Lake Public Library, 702 16th Street

7:00 p.m. 712-336-0657 (Al-Anon at same time)

Beginner's Group

Spirit Lake, Discovery House, 1411 Hill Ave

**Alzheimer's Caregiver Support Group**

First Thursday 2:00-3:00 p.m.

Keelson Harbour Senior Living, 2810 Aurora Avenue

Spirit Lake, 712-336-2941 - Roin or Heather

<https://www.keelsonharbour.com/>

**Bereaved Parents**

Third Tuesday at 7:00 p.m.

Good News Community Church, 1010 Julia Street

Okoboji, Contact Dar Winkowitsch at 712-330-7582

**Celebrate Recovery**

12-Step Program for Hurts, Habits, Hang-Ups or Addictions

Tuesday 7:00 p.m. No Appointment Necessary.

Good News Community Church, 1010 Julia Street

Okoboji, Contact Jay Birdsall at 712-330-1294 or 712-332-5698

**Grief Share**

Lost a spouse, child, family member or friend.

Mondays 6:30-8:30 p.m. April-July & Sept-December

Okoboji Bible Conference, 7 Okoboji Grove Rd.

Arnolds Park, 712-330-7091

**Iowa Great Lake Memory Care Support Group**

Wednesdays 10:00-11:30 a.m.

First Presbyterian Church, 3501 Hill Ave

Spirit Lake, 712-336-1649 - office@fpcspiritlake.org

**Narcotics Anonymous – Lakes Area**

Thursdays 7:00 p.m. 1-800-897-6242

Spirit Lake, Discovery House, 1411 Hill Ave

**Parkinson's Disease Support Group**

*2nd Tuesday of month at 9:30am-10:30 a.m.*

Bedell Family YMCA Community Room, 1900 41st Street  
Spirit Lake, 712-336-9622

**Respite Angels Caregiver Support Group**

*Thursdays at 9:30-11:30 a.m.*

Calvary United Methodist Church, 679 W. Okoboji Grove Road  
Arnolds Park, 712-229-6064 [respite.angels@yahoo.com](mailto:respite.angels@yahoo.com)

# TRANSPORTATION

## **Boji Rides**

712-339-5886

[www.bojirides.com](http://www.bojirides.com)

Winter Hours: Wednesday through Saturday 3:00 p.m. to 3:00 a.m.

Summer Hours: Monday through Sunday 3:00 p.m. to 3:00 a.m.

## **Harley Rides**

712-330-2587

Friday 5:00 p.m. to 3:00 a.m.

Saturday 3:00 p.m. to 3:00 a.m.

## **My Taxi**

Tri-State Area (Iowa, South Dakota, Minnesota)

712-330-2726

7:00 a.m. to 2:00 a.m. Seven Days/Week

## **Regional Transit Authority (RIDES)**

522 10th Avenue East

PO Box 1240

Spencer, IA 51301

1-800-358-5037

## **Revised October 2019**

For additional copies, please go to Iowa State University Extension and Outreach Dickinson County website or click here:

<https://www.extension.iastate.edu/dickinson/county-resource-guide>

### **Contact Us:**

If you have any additions or changes you feel should be made to this booklet, please contact:

**IOWA STATE UNIVERSITY**  
Extension and Outreach

Dickinson County  
1600 15th Street  
Spirit Lake, IA 51360  
712-336-3488  
xdickinson@iastate.edu