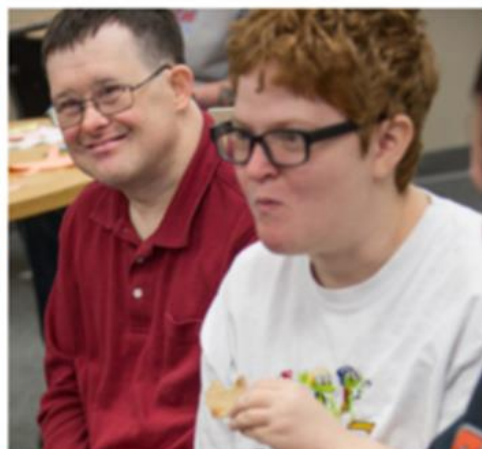




DICKINSON COUNTY



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-NAMI 1-800-950-6264

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.

9-1-1

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

Iowa Office of Latino Affairs

The Spanish Helpline - La Linea de Ayuda

1-515-344-3936

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.

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

SHIIP/SMP

Senior Health Insurance Information Program/Senior Medical Patrol
Medicare Information Assistance

712-336-1230

SIOUX RIVERS Regional Mental Health & Disabilities Services EMERGENCY CRISIS LINES

Seasons Center Mobile Crisis Response 1-844-345-4569

Assessment & Stabilization Center 1-712-560-7996

Plains Area Mental Health 1-888-546-0730

Creative Living Center 1-800-345-9724

YourLifelowa.org 1-855-581-8111

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

Your Life Iowa

*Find support 24/7 for problems with Alcohol, Drugs, Gambling, Mental Health
and Suicidal Thoughts YourLifelowa.org*

1-855-581-8111 or TEXT 1-855-895-8398

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

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

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

Elevate

Milford, 910 10th St.
712-338-6200

www.FindTreatment.Gov

Department of Health and Human Services

H.E.A.R.T. Kinnections

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

Iowa Substance Abuse Information Center

1-866-242-4111

Lakes Counseling

Spirit Lake, 507 18th Street, Suite A
712-336-8126

Lutheran Services of Iowa

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

NAMI - National Alliance for the Mentally Ill

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

OR, IN A CRISIS? TEXT NAMI TO 741741

www.nami.org

National Institute on Drug Abuse Help Line

1-800-662-4357

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

Spencer 712-584-2030
Sioux City, Cherokee, Denison, LeMars, Sheldon
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

SIOUX RIVERS REGIONAL MENTAL HEALTH & DISABILITIES SERVICES

Enrollment & Financial Assistance

Spirit Lake, 1802 Hill Avenue, Suite 2502
712-336-0775

www.SiouxRivers.com

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

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 or 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 Sue Boettcher 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

CLOTHING

Thee Garage Sale

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

King & Queens Local: Kaden's Closet Local

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

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

10755 Burt Street

Omaha, NE 68114

402-898-7700

DONATIONS ONLINE: salvationarmy.usa.org

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

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

Iowa State University Extension and Outreach - Dickinson County

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

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

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

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

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

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 or 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

FINANCIAL COUNSELING

Cherish Center
Financial Peace
Milford, 1004 22nd Street
712-338-3333
info@cherishcenter.org
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 Brenda Schmidt at 712-336-3488
www.extension.iastate.edu/dickinson

Farm Management and Agribusiness
Contact Gary Wright at 712-336-3488
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 (ON HOLD DURING COVID)

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 or 1-866-336-2555

Apply Online at www.oasis.iowa.gov or 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 or www.oasis.iowa.gov

Or Call 1-877-937-3663

Grand Ave Community Kitchen

Spencer, 605 Grand Ave

712-580-4732 info@GACOutreach.com

Monday, Thursday and Saturday 5:30-7:00pm

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

Mobile Food Pantry – Lake Park

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 22nd Street N.
Humboldt, IA 50548
515-332-1828

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

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

COVID-19 Test Iowa Clinic

Free testing for COVID-19

Door D at Lakes Regional Healthcare

Spirit Lake, 2301 Highway 71 South

Monday: 8:00 am – 4:00 pm

Tuesday-Thursday: 7:00 am – 9:00 am and 3:00 pm – 5:00 pm

Friday: 7:00 am – 9:00 am

www.testiowa.com

www.lakeshealth.org/services/covid-19/

Deaf Services Commission of Iowa

515-281-3164

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

Dickinson County Public Health

*Immunizations, blood pressure checks, child safety seat program,
developmental screenings*

Spirit Lake, 2301 Highway 71 South

712-339-6050

www.lakeshealth.org/services/dickinson-county-public-health-immunizations/

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

Estherville, 205 North 7th Street

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

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

Iowa Department for the Blind
Des Moines, 524 Fourth Street
515-281-1333
800-362-2587
contact@blind.state.ia.us
<https://blind.iowa.gov>

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

Lakes Regional Family Medicine
Spirit Lake, 2301 Highway 71 south
Monday-Friday: 8:00 am – 5:00 pm
712-336-3750
www.lakeshealth.org/services/family-medicine/

Lakes Regional Healthcare
Spirit Lake, 2301 Highway 71 South
712-336-1230
www.lakeshealth.org

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/

QuickCare at Lakes Regional Family Medicine

Same-day appointments for common, non-emergent health concerns such as earache, allergies, nausea, minor burns or cuts, or cold or flu symptoms.

Available Monday through Thursday from 1:00 pm to 6:00 pm and Saturdays from 8:00 am to 12:00 pm. Call for an appointment.

Spirit Lake, 2301 Highway 71 South
712-336-3750

www.lakeshealth.org/services/quickcare-at-lakes-regional/

Respiratory Clinic

For those with COVID-19 symptoms

Door B at Lakes Regional Healthcare

Clinic located within Lakes Regional Family Medicine

Spirit Lake, 2301 Highway 71 South

Monday – Friday: 8:00 am – 5:00 pm

712-336-6696

www.lakeshealth.org/services/covid-19/

St. Croix Hospice

Spencer, 1701 38th Avenue West, Suite 100

712-264-5674

www.stcroixhospice.com

Teen Health Line

1-800-443-8336

Veteran's Affairs Medical Center

Sioux Falls, SD 2501 West 22nd Street

1-800-316-8387

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

HOUSING

Accura Health Care of Milford/Stonebridge Suites Assisted Living

Milford, 1600 13th Street
712-338-4742

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

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

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.wlspiritle.com

LEGAL SERVICES

Iowa Civil Rights Commission

515-281-4121

www.state.ia.us/government/crc

Iowa Concern

1-800-447-1985

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

MEDICAL EQUIPMENT & LOAN CLOSETS

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

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 or 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/dickinson

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

HOUSING...see HOUSING section in this Resource Guide

InHome Fitness Solutions

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

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

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
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

Upper Des Moines Opportunity

(Southeast Corner of Great Lakes Mall)

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

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 (AI-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 - Robin 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

LiveStrong - Cancer Survivor Support Program

Monday & Wednesday 1:15-2:30pm, 12 week program

Bedell Family YMCA, 1900 41st Street, Spirit Lake

Spirit Lake, Contact Scott Hunter, 712-336-9622

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

Diabetic Support Group

Open to anyone dealing with Diabetes, spouse, family member, friend

Mondays 7:00-8:00 p.m.

Lakes Regional Healthcare , Big Spirit Room (lower level)

Spirit Lake

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

TRANSPORTATION

Boji Rides
712-339-5886

Chopper's
712-330-6276

Golden Mullet
712-331-1945

Harley Rides
712-330-2587

Lakes Taxi
712-339-0329

My Taxi
712-330-2726

Okoboji Cab
712-209-5060

PJ's Cab
712-330-5826

Royalty Rides
712-330-9929

Regional Transit Authority RIDES
1-800-358-5037
712-262-7920

Revised January 2021

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