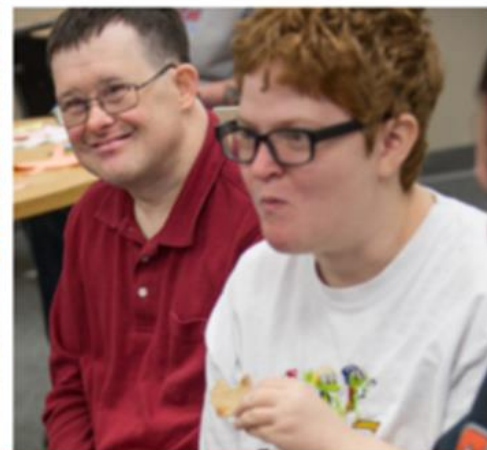




DICKINSON COUNTY



RESOURCES *for families*

Table of Contents

NUMBERS TO KNOW	1
ABUSE.....	3
BEHAVIORAL HEALTH SERVICES.....	4
CHILDREN’S ISSUES.....	6
CHILDREN’S SERVICES.....	7
CLOTHING.....	10
DISASTER ASSISTANCE	11
EDUCATION	12
EMERGENCY ASSISTANCE	14
EMERGENCY NUMBERS.....	15
EMPLOYMENT ASSISTANCE	16
FINANCIAL ASSISTANCE	17
FINANCIAL COUNSELING	18
FOOD	19
HEALTH CONCERNS	21
HOUSING	23
LEGAL SERVICES.....	25
MEDICAL EQUIPMENT & LOAN CLOSETS.....	26
SENIOR SERVICES.....	27
SUPPORT GROUPS	30
TRANSPORTATION.....	33
Contact Us:.....	34

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

Deaf Services Commission of Iowa

515-281-3164

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

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

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/

St. Croix Hospice

1701 38th Avenue West, Suite 100

Spencer, IA 51301

712-264-5674

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

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