



Plymouth County Resource Directory

**Developed by the Plymouth County Safety Net Committee and
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Department of Public Health.
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ABUSE HELP

Child & Dependent Adult Abuse Reporting: Statewide Abuse Hotline

Phone: 800-362-2178

Web: www.dhs.iowa.gov

Hours: 24 Hour Call Number

Services: Imminent Danger: Dial 911; Report suspected abuse to DHS orally within 24 hours of becoming aware of the situation. A written report must be made within 48 hours.

Child Advocacy Board

822 Douglas St Ste 202

Sioux City IA 51101

Phone: 712-279-6602 866-295-5263

Fax: 712-279-6469

Email: marlatreiber@dia.iowa.gov

Web: www.childadvocacy.iowa.gov

Contact: Marla Treiber

Hours: Mon-Fri 8:00 am - 4:30 pm

Services: Volunteer to work with abuse & neglected children. Advocate for abuse & neglect in children involved in child welfare.

Child Advocacy Center

801 5th St Mercy Medical Center

Sioux City IA 51101

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

Web: www.mercysiouxcity.com/child-advocacy-center

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

Multidisciplinary team of caring professionals supports child victims through each phase of the abuse response, including detection & investigation of abuse, as well as treatment & follow-up services for child victim.

CAASA-Center Against Abuse and Sexual Assault

Phone: 877-362-4614 or 712-546-6764 Crisis Line available 24 hours

Web: www.caasaonline.org

Services: Regional program dedicated to serving all individuals who are affected by sexual abuse.

Professionals certified in counseling of sexual assault and abuse support individuals through each phase of the abuse response, including medical and legal advocacy as well as individualized counseling and education. Community awareness and education is available for sexual harassment, child sexual abuse prevention and more.

CSADV- Council on Sexual Assault & Domestic Violence

Phone: 712-546-6764 800-982-7233 Crisis Line

Fax: 712-258-8790

Contact: Margaret Sanders, Executive Director

Hours: 24 hour Crisis Line

Services: Crisis intervention to address the immediate needs of the victim. Education about the dynamics of domestic violence. Emphasis is placed on giving the victim accurate information about domestic violence & supporting the victim in decisions that are made. Identify needs & provide options. Establish a support system.

CSADV- Womens Shelter

CSADV does provide shelter for sexual assault and domestic violence survivors for 19 counties in NW Iowa.

Hotline: 800-982-7233

Dependent Adult & Child Abuse Reporting Plymouth & Sioux County

215 Central Ave SE PO Box 375

Orange City IA 51041

Phone: 712-737-2943 800-337-2943 800-362-2178

Fax: 712-564-4072

Email: csioux012dhs.state.ia.us

Web: www.dhs.iowa.gov www.helpguide.org

Hours: 24/7 CRISIS ABUSE HOTLINE

Services: IMMENINT DANGER: CALL 911; Report suspected abuse to DHS orally within 24 hours of becoming aware of the situation. A written report must be made within 48 hours.

Domestic Violence Hotline - IA Coalition against Domestic Violence

3030 Merle Hay Road

Des Moines IA 50310

Phone: 515-244-8028 Local Des Moines 800-942-1933 HOTLINE

Fax: 515-244-7417

Email: lauries@cadv.org

Web: www.icadv.org

Contact: Laurie Schipper, Executive Director

Hours: Mon-Fri 8:30 am - 4:00 pm

24 hour call center - see 800 #

Services: See Web Site for specific services on Region 1 where Plymouth County is located. see map on Web Site for location of shelters under Services in Iowa

Family Crisis Center of NW Iowa, Inc

PO Box 295

Sioux Center IA 51250

Phone: 800-382-5603 712-722-4483

Web: www.familycrisiscenter.org

Hours: 24 Hour call Center

Services: Domestic Abuse & Sexual Assault support. Free of charge. Court Advocates

Rape Victim Advocacy Program - Iowa Sexual Abuse Hotline

332 S Linn St Ste 100

Iowa City IA 52240

Phone: 319-335-6000 Crisis Line 800-284-7821 Sexual Abuse

Fax: 319-335-6057

Email: rvap@uiowa.org

Web: www.rvap.org

Contact: Karla Miller / Exec Director

Hours: 24 Hour Call Center, Business #'s

Mon-Fri 9:00 am - 5:00 pm

Services: A comprehensive sexual abuse response center that serves teen & adult victims & survivors.

We work with individuals & their loved ones recovering from all forms of sexual violence, including:

Rape, Incest Sexual harassment & Stalking. Non profit organization. Offers education services. 24-hour crisis hotline.

ADDICTION SERVICES

Addiction Medicine: Akron Mercy Medical Clinic

321 Mill St PO Box 200
Akron IA 51001
Phone: 712-568-2411
Fax: 712-568-2849
Email: heerenl@mercyhealth.com
Web: www.mercysiouxcity.com/family-medical-clinics
Contact: Lori Heeren, Office Manager
Edit: 8:00 am - 5:00 pm
Services: Medical Addiction treatment. Subozone/Buprenorphine

Al-Anon

Floyd Valley Hospital 714 Lincoln St
Le Mars IA 51031
Phone: 712-546-7871
Hours: Meet at Floyd Valley Hospital - Wed 8:00 pm

Alcoholics Anonymous - Le Mars

Floyd Valley Hospital 714 Lincoln St
Le Mars IA 51031
Phone: 712-546-7871
Hours: Meet at Floyd Valley Hospital - Mon., Wed., Fri 8:00 pm
Services: Mon - Fellowship Group; Wed - Step Group; Fri - Whatever Group

Alcoholics Anonymous - Akron

Trinity Lutheran Church 220 Hardy St
Akron IA 51001
Hours: Meet at Trinity Lutheran Church - Tue 7:30 pm

Bets Off - IA Dept of Health

321 E 12th St
Des Moines IA 50319
Phone: 800-BETSOFF 800-238-7633
Web: www.1800betsoff.org
Contact: Coordinator of Care for Plymouth Co. is Jackson Recovery Center, Sioux City
Hours: Mon-Fri 8:00 am - 5:00 pm off weekends
Services: Outpatient counseling for problem Gamblers, concerned persons & family; Housing services for problem gamblers in treatment & with no other housing options; Financial counseling including budgeting & debt reduction plans; State-wide help line that provides information & referral services. The program funds Prevention & Education services for schools, community groups, casino employees & other at-risk groups.

Jackson Recovery Center - Cherokee - Synergy

1267 W Cedar Loop Voldeng Building
Cherokee IA 51012
Phone: 712-225-2441 712-234-2300
Fax: 712-225-2421
Hours: 24 hours a day/365 days per year
Services: Adolescent Residential; Women & Men's residential; Outpatient treatment; Medication assisted treatment; Transitional living.

Jackson Recovery Center - Le Mars

19 Lincoln St SE
Le Mars IA 51031
Phone: 712-546-7868
Fax: 712-546-7869
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: Adult/Adolescent outpatient treatment.

Jackson Recovery Center - Sioux City - Adolescent Residential Center

2101 Court St
Sioux City IA 51101
Phone: 712-234-2300 800-472-9018 712-293-4912
Hours: 24 hours a day/365 days per year
Services: Adolescent residential treatment center

Jackson Recovery Center - Sioux City Main Office

800 5th St
Sioux City IA 51101
Phone: 712-234-2300 800-472-2300
Fax: 712-234-2399
Email: info@jacksonrecovery.com
Web: www.jacksonrecovery.com
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: Dedicated to meeting the addiction-related needs of Siouxland. Provide prevention & educational services as well as outpatient & residential addiction treatment to adults, adolescents & families.

New Life Treatment Center

130 Dakota St S PO Box 38
Woodstock MN 56186
Phone: 507-777-4321 800-934-2874
Email: info@newlifetreatment.com
Web: www.newlifetreatment.com
Hours: Call confidentially 24 hour a day
Services: Detoxification; 2-day DWI program; Inpatient & outpatient treatment; Meth program; Compulsive gambling treatment. Available through Reasonable fees - help through private funds, insurance, & public funds.

Synergy - A Jackson Recovery Center

1267 W Cedar Loop Voldeng Bldg
Cherokee IA 51012
Phone: 712-225-2441 712-234-2300
Fax: 712-225-2421
Web: www.jacksonrecovery.com
Hours: 24 hour call center
Services: Adult residential treatment center.

A Place for Mom

1300 Dexter Ave N Ste 400
Seattle WA 98019
Phone: 866-344-8005 877-666-3239
Fax: 866-382-6399
Web: www.aplaceformom.com
Contact: Advisor will be assigned to provide information
Hours: Mon-Fri 8:00 am - 9:00 pm Sat-Sun 8:00 am - 5:30 pm
Services: An easy way to find senior care for everyone who is faced with finding the best senior living options for family members, anywhere in the United States. A free service. Call the phone number for assistance.

AGING SERVICES

A Program of All-inclusive Care for the Elderly

Phone: 888-722-3713

Fax: 712-224-7256

Services: Shuttle buses provide transportation from Woodbury, Plymouth, Sioux, Cherokee, Ida & Monona counties daily or a couple of times a week. Care for individuals 55 & older eligible for assistance.

Abbey of Le Mars, The

320 1st Ave SE

Le Mars IA 51031

Phone: 712-546-7844

Fax: 712-546-9318

Email: theabbeycare@yahoo.com

Web: www.abbeyoflemars.com

Contact: Deb De Rocher, Assistant to Administrator

Hours: 8:30 am - 5:00 pm

Services: Intermediate Care, Skilled Care & Residential Care

Aging Resources of Central IA

5835 Grand Ave Ste 106

Des Moines IA 50312

Phone: 515-255-1310 800-747-5352

Fax: 515-255-9442

Email: info@agingresources.com

Web: www.agingresources.com

Contact: Administrative Associates: Ellen Gilstrat

Hours: 8:00 am - 4:30 pm

Services: Has specific programs designed to address specific needs. Experts will guide through the process of resolving specific issues. See Website-all of the programs & guidelines are explained there.

Akron Care Center

991 Hwy 3

Akron IA 51001

Phone: 712-568-2422

Fax: 712-568-2424

Email: socialworker@akroncarecenter.com

Web: www.akroncarecenter.com

Contact: Becky Borchers, Social Worker

Hours: Mon-Fri 9:00 am - 5:00 pm

Services: A non-for-profit, city-owned Intermediate & Skilled Care Facility. Licensed for 45 Medicare & Medicaid approved beds. Our mission is to provide a homelike environment for persons where their health may be maintained or enhanced through daily activities, physical therapy, nursing care & good nutrition. We are a small nursing home geared to serve people in need with quality loving care.

Alzheimer's Association

201 Pierce St Ste 110
Sioux City IA 51101
Phone: 712-279-5802 800-282-3900
Fax: 712-277-8076
Email: egarber@alz.org
Web: www.alz.org/siouxland
Contact: Emily Garber, Manager of Education & Outreach
Hours: Mon-Fri 8:30 am - 5:00 pm
Services: Provides Professional education support groups, education to families & the professional communities, in-home respite care, Advocacy, Physician Outreach, Medic Alert - Safe Return, Trial Match, 24/7 Helpline, Care Consultation, Comfort Zone Safety program, Alznavigater online program for long term care planning. See website for list of support groups.

Bavarian Meadows Assisted Living

632 L 14
Remsen IA 51050
Phone: 712-786-1660
Fax: 712-786-1664
Email: bmeadows@midlands.net
Web: <http://bavarianmeadows.homestead.com>
Contact: Sandra Reuter, Nurse Administrator
Hours: 8:00 am - 4:30 pm
Services: 22 unit facility - strickly assisted living.

Connections Area Agency on Aging

2301 Pierce Street
Sioux City IA 51104
Phone: 712-279-6900 800-432-9209 800-432-9209
Fax: 712-233-3415
Email: connectionsaaa@connectionsaaa.org
Web: www.connectionsaaa.org
Contact: Vicki Lohry, Nutrition Asst Director Sioux City Location vickyl@siouxlandaging.org
Hours: Mon-Fri 8:00 am - 4:30 pm
Services: As of July 212, 2013 all 21 Connections Sites (Area Agency on Aging) serving 20 counties in Western Iowa were merged. Provides Case Management, Meals on Wheels for the home bound, Congregate meals for those without need assistance. See website for more information.

Elderly Abuse/Neglect

822 Douglas St
Sioux City IA 51101
Phone: 712-255-0833

Foster Grandparent Program

4200 War Eagle Dr
Sioux City IA 51109
Phone: 712-225-2610
Fax: 712-224-2617

Contact: Linda Hesebeck, Volunteer Coordinator
Hours: Mon-Fri 8:30 am - 4:30 pm

Services: Seniors provide mentoring in public schools, parochial schools, daycare centers or head start with 1:1 or small group activities. Seniors are paid mileage to provide these services. Is a service provided by seniors who need a "reason to get up in the morning". Call above phone number for more information.

Good Samaritan Society (Le Mars)

1140 Lincoln St NE
Le Mars IA 51031
Phone: 712-546-4101
Fax: 712-546-9488
Web: www.good.sam.com

Contact: Amy Harnack, Marketing Director

Hours: nurse available 24 hours a day/365 days a year; 8:30am - 4:30 pm business office

Services: Christian based 24-hour skilled nursing community, providing day-to-day health care, wellness education, inpatient & outpatient therapy and memory care. Affordable senior housing, Willow Creek Place Apartments and Home Care Services.

Happy Siesta Care Center

423 Roosevelt St
Remsen IA 51050
Phone: 712-786-1117
Fax: 712-786-1119
Email: crbraun@midlands.net

Contact: Charlotte Braun, Adm

Hours: 24 hours a day/365 days per year

Services: Nursing care, skilled care, Alzheimer's unit.

Heartland Care Center

604 E Fenton
Marcus IA 51035
Phone: 712-376-2500
Fax: 712-376-4445
Email: heartland@midlands.net
Web: www.heartlandcarecenter.com

Contact: LuAnn Rogge, Administrator
Hours: 8:00 am - 4:30 pm
Services: 30 skilled beds and 21 Assisted Living.

Helping Hands

1360 4th Ave SW
Le Mars IA 51031
Phone: 712-540-4611 Julie Heising, Director 712-540-9585 Mary Livermore
Email: helpinghands@live.com
Contact: Julie Heising - Director, Mary Livermore
Hours: As needed
Services: Provides help with independent living. Will clean your home, do errands, provide Transportation to doctor appointments & grocery store. Provide help with: laundry, paying bills, meal preparation, companionship.

Home Instead Senior Care

200 South Fairmount
Sioux City IA 51106
Phone: 712-258-4267 888-900-4267
Fax: 712-258-4279
Email: amy.raymond@homeinstead.com
Web: www.homestead.com
Contact: Ann Marie Olson, Manager
Hours: Mon-Fri 9:00 am - 5:00 pm
Services: Provides non-medical companionship, home helper & personal care services, such as bathing, grooming & feeding assistance to senior citizens. Also: meal preparation, light housekeeping, laundry, errands, & Incidental transportation.

Iowa Department of Elder Affairs

510 E 12th St Ste 2
Des Moines IA 50319
Phone: 515-725-3333 800-532-3213
Fax: 515-242-3300
Email: <http://www.iowa.gov>
Web: <http://www.state.ia.us/elderaffaires>
Hours: Mon-Fri 8:00 am - 4:30 pm
Services: Services for elderly: employment, transportation, homemaker, home-health, advocacy, information & referral. See Aging resources of Central IA in Des Moines.

Kingsley Nursing & Rehab Center

305 W 3rd St PO Box 10
Kingsley IA 51028
Phone: 712-378-2400
Fax: 712-378-3522
Email: mrottert@careinitiatives.org
Web: www.careinitiatives.org

Contact: Matt Robert, Admin
Hours: 24 hours a day/365 days per year
Services: Long-term care provider, skilled nursing care & rehabilitation, independent living. Meals on wheels.

Le Mars Senior Center

110-1/2 6th Ave NE
Le Mars IA 51031
Phone: 712-546-6740
Hours: Mon-Fri 11:00 am Congregate meal
Services: Pinochle, Bingo, Exercises, Line Dancing - Call for times.

Legal Aid Hotline for Older Iowans (over 60)

Phone: 800-992-8161
Contact: Mon-Fri 9:00 am - 4:40 pm

Little Help Home Care, A

367 15th St SW
Le Mars IA 51031
Phone: 712-546-4950
Email: alittlehelphomecare@gmail.com
Web: www.alittlehelphomecare.com
Contact: Jerry McGill
Hours: anytime
Services: Assistance to seniors or those with disabilities, provide light housekeeping, personal care, transportation, companionship, respite, spiritual support

Meals On Wheels

Le Mars IA 51031
Phone: 712-546-6740
Services: Noon meals delivered to homes within city limits

Park Place Estates

900 Lincoln St NE
Le Mars IA 51031
Phone: 712-546-6793
Fax: 712-546-8085
Email: ppe@floydvalleyhospital.org
Web: www.avera.org/floyd-vlley/senior-services
Contact: Judith Raddy, Director
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: Assisted living options for seniors who require oversight & assistance with activities of daily living. A secure, comfortable environment with maintenance-free living & the camaraderie of a friendly community. Weekly housekeeping, linen service. 3 meals per day provided. Scheduled transportation.

Plymouth Manor Care Center

954 7th Ave SE
Le Mars IA 51031
Phone: 712-546-7831
Fax: 712-546-7990
Email: emccarty@premieronline.com
Web: www.plymouthmanorlemars.com
Contact: Coleen Mc Carty, Administrator
Hours: 24 hours a day/365 days per year
Services: See Web Site for more information. occupational & speech therapy along with restorative services. Hospice & spiritual guidance for end-of-life issues. Daily living activity services: beauty salon, podiatry, activities & social time.

Prime Living Apartments

108 1st Ave NW
Le Mars IA 51031
Phone: 712-548-5488
Fax: 712-546-6299
Web: www.primeassistedliving.com
Contact: Jean Parrish, Director
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: Affordable assisted living to persons who may have limited income. Apartment rent is based on income. Will work with government agencies to reduce costs. Nursing Home & Assisted living. Nearest Hospital is 1 mile away. Life Care Homes, NursingCare, Personal Care Assistance, Residential Care

Prime Time Health Network - Avera/Floyd Valley Hospital

714 Lincoln St NE PO Box 10
Le Mars IA 51031
Phone: 712-546-3385 712-546-3410 to register
Fax: 712-546-8085
Email: www.michelle.tennapel.floydvalleyhospital.org
Web: www.floydvalleyhospital.org
Contact: Michelle Ten Napel, Activities Coor.
Hours: Mon-Fri 8:00 am - 4:30 pm
Services: For adults age 55 & older they offer: winter walking, by-monthly newsletter, monthly educational programs, workshops, Senior health Insurance Program, discounts on heat & eat meals, Aquacise through YMCA.

Senior Companion Program

4200 War Eagle Dr
Sioux City IA 51109
Phone: 712-224-2617

Senior Companion Program - Center for Siouxland

Sioux City IA 51101

Web: www.rvseniorvolunteerprograms.org
Contact: Amy Campbell
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: Provides companionship & assistance by providing transportation, respite for family members/caretakers & companionship/outreach so that their clients are able to live independently & with dignity in their own home.

SHIIP - Senior Health Ins Information Program

330 Maple St
Des Moines IA 51319
Phone: 800-351-4664
Fax: 515-281-3059
Email: shiip@iid.iowa.gov
Web: www.shiip.state.ia.us
Contact: Kim Gross, Director
Hours: Mon-Fri 8:00 am - 4:00 pm
Services: Offer free confidential one-on-one counseling throughout Iowa from trained volunteers. Assistance with Medicare Part D decision making, information on Medicare drug benefits, Medicare Advantage, supplemental insurance & long term care. See Siouxland Aging Services Web Site for information.

Social Security Administration

3555 Southern Hills Dr
Sioux City IA 51106
Phone: 866-338-2859 712-274-8986 TTY 800-772-1213 National
Web: www.ssa.gov
Hours: Mon, Tue, Thu Fri 9:00 am - 3:00 pm Wed 9:00 am - 12:00 pm
Services: Delivers Social Security Services that meet the changing needs of the public.

Wellness Recreation - Good Samaritan Care Center

1140 Lincoln St NE
Le Mars IA 51031
Phone: 712-546-4101
Fax: 712-546-9488
Email: rsitzmann@good-sam.com
Web: www.good-sam.com
Contact: Becky Sitzmann, Wellness Recreation Director
Hours: 24 hours a day - Business office Mon - Fri 7 am - 4:30 pm
Services: Wellness programming for 50 & older. Open to the community.

CLOTHING SERVICES

Goodwill Industries

1116 Holton Dr
Le Mars IA 51031
Phone: 712-546-1438
Web: www.goodwillscia.com
Services: Available used clothing, small appliances, household goods.

Helping Hands Thrift Shop

501 5th St
Akron IA 51001
Phone: 712-568-2208
Contact: Vivian Miller - Chairman, Mary Lucken Co-Founder
Hours: Wed 5:30 pm - 7:30 pm Sat 9:00 am - 3:00 pm
Services: Used clothing, household items, some furniture, toys, etc. Over 50 people in the community volunteer to run the shop. All proceeds benefit the Akron Children's Center.

Junior League Discovery Shop

316 W 7th St
Sioux City IA 51103
Phone: 712-255-0072
Email: shop@juniorleagueofsiouxcity.com
Web: jlsc.juniorleagueofsiouxcity.com
Hours: Mon-Sat 10:00 am - 5 pm Thurs 10am - 6 pm
Services: Provides quality, gently used items at affordable prices. Dress for Success program.

Mission of the Messiah

2803 Correctionville Rd
Sioux City IA 51105
Phone: 712-224-2803 712-490-0070 cell Pr. Lil
Contact: Pastor Lil
Hours: Mon-Sat 9:00 am - 5:00 pm Closed Sun. Call Pr Lil for emergency needs
Services: Thrift Store - Used Clothing, Furniture, Appliances at little or no cost.

Wall Street Mission: Gordon Drive

5931 Gordon Dr
Sioux City IA 51106
Phone: 712-274-4380
Services: Donations & purchases help reuse, resell, recycle & reinvest. Serves portions of Iowa, South Dakota, Nebraska & Minnesota

Wall Street Mission: Administrative office

3100 W 4th St

Sioux City IA 51103

Phone: 712-258-4511 877-608-7775

COMMUNICATION SERVICES

Iowa Relay Service - Relay Iowa - Telecommunications Access Iowa

6925 Hickman Rd

Des Moines IA 50322

Phone: 711 TTY/ASCII 800-735-2942 TTY/ASCII 800-735-2943 Voice

Fax: 515-244-2333

Email: www.relayiowa.com

Edit: 24 hours a day/365 days per year

Services: Provides telecommunications relay service for telephone accessibility for persons who are deaf, hard-of-hearing or speech impaired.

EMERGENCY ASSISTANCE

American Hope Resources

Web: www.americanhoperesources.com

Edit: See Website to check eligibility

Services: AHR is a multiple-media public service organization serving U.S. citizens 18 years of age & older. The mission of AHR is to strengthen our communities with financial resources & discounts to help individuals facing hardship get back on track. AHR is not affiliated with any state, Federal or government party of any kind.

Center for Siouxland

715 Douglas St

Sioux City IA 51101

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

Fax: 712-255-1352

Email: cfs@centerforsiouxland.org

Web: www.centerforsiouxland.org

Hours: Mon-Fri 8:00 am - 5:00 pm

Services: Provides Transitional Housing - 'Bridges West' - for homeless families & individuals; Making Home affordable through HUD Housing; Consumer credit Counseling; Credit Report Counseling; Food, Clothing, & Prescription assistance; Opportunities for volunteering. See Web Site for further information. Provides assistance in Plymouth Co., Woodbury Co., Monona Co., Dakota (NE) Co., Union (SD) Co..

Christian Needs Center

900 6th St SW

Le Mars IA 51031

Phone: 712-546-9428

Email: waltz79@msn.com

Web: none

Contact: Barb Waltz, Director

Hours: Mon, Tue 8:30 am - 3:30 pm closed 12:00 pm - 1:00 pm Wed 8:30 am - 7:00 pm closed 12:00-1:00 pm Call First

Services: Food pantry & clothing for Plymouth County only.

Department of Human Services-Plymouth County

215 Central Ave. SE PO Box 375

Orange City IA 51041

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

Fax: 712-546-4072

Email: cplymo01@dhs.state.ia.us

Web: www.dhs.iowa.gov

Contact: Sharon Nieman - Ply Co. Contact 712-546-4352 x4031

Hours: Mon-Fri 8:00 am - 4:30 pm

Services: Financial assistance, social work services, food stamps, Medicaid, emergency services, FIP, Title XIX.

Department of Human Services-Sioux County

215 Central Ave. SE PO Box 375

Orange City IA 51041

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

Fax: 712-546-4072

Email: csioux01@dhs.state.ia.us

Web: www.dhs.iowa.gov

Contact: Sharon Nieman - Ply Co. Contact 712-546-4352 x4031

Hours: Mon-Fri 8:00 am - 4:30 pm

Services: Financial assistance, social work services, food stamps, Medicaid, emergency services, FIP, Title XIX.

Gospel Mission Men & Children's Shelter

500 Bluff St

Sioux City IA 51103

Phone: 712-255-1769

Fax: 712-258-5951

Email: kim@thegospelmission.org

Web: www.siouxcitygospelmission.org

Contact: Kim Haggerty, Business Manager

Hours: Mon-Fri 8:00 am - 5:00 pm

Services: Thrift store: Clothing, Household Goods, Furniture. Mon - Fri 9:00 a.m. - 5:30 p.m. Men & Women's shelter. Food pantry provides meals 3 days a week at 6 a.m., noon & 5 p.m. to the public.

Gospel Mission Women's & Children's Shelter

415 Bluff St

Sioux City IA 51103

Phone: 712-255-1119

Fax: 712-258-5951

Email: kim@thegospelmission.org

Web: www.siouxcitygospelmission.org

Contact: Kim Haggerty, Business Manager

Hours: Mon-Fri 8:00 am - 5:00 pm

Services: Thrift store: Clothing, Household Goods, Furniture. Mon - Fri 9:00 a.m. - 5:30 p.m. Men & Women's shelter. Food pantry provides meals 3 days a week at 6 a.m., noon & 5 p.m. to the public.

Iowa Concern

Phone: 800-447-1985

Web: www.extension.iastate.edu/iowaconcern

Hours: 24 hours a day/365 days per year

Services: Information on where to go for legal & financial help; family concerns; family crisis & disaster
A program of ISU extension service. See Website.

Iowa Legal Aid NW Iowa Regional Office

520 Nebraska St Ste #337

Sioux City IA 51101

Phone: 712-277-8686 800-532-1275

Fax: 712-277-2554

Email: www.iowalegalaid.org/about

Hours: Mon-Fri 8:30 am - 5:00 pm

Services: Provides critical legal assistance to low-income & vulnerable iowans. Volunteer lawyers help the legal system work for those who cannot afford help with legal issue.

Iowa Statewide Poison Control Center

401 Douglas St Ste 402

Sioux City IA 51101

Phone: 712-279-3710 800-222-1222

Fax: 712-234-8775

Email: kalinlb@ihs.org

Web: www.ihs.org

Contact: Linda Kalin, Director

Hours: 24 hours a day/365 days per year

Services: Provides Emergency poison information and treatment guidance over the telephone for all residents in the State of Iowa. This includes medication poisonings, identification of unknown pills, information about medication reactions, etc. For the education department call 712-279-3717

National Runaway Safeline

3080 N Lincoln Ave

Chicago Il 60657

Phone: 800-786-2929 800-runaway 773-880-9860 office

Fax: 773-929-5150

Email: info@1800runaway.org

Web: www.1800runaway.org

Contact: 8 people answer the phones

Hours: Office 733-880-9860 Mon-Fri 9:00 am - 5:00 pm

Services: Serves kids 12-21, help make plans & figuring out for run aways or if someone is thinking about running away or for people who knows someone who is thinking about running away. Provide a bus service for free ride home

Poison Control Center

401 Douglas St Ste 215

Sioux City IA 51101

Phone: 800-222-1222 712-279-3710

Fax: 712-234-8775

Email: kalinlb@ihs.org Administration nobletf@ihs.org Education office

Web: <http://iowapoisn.org>

Contact: Linda Kalin/Director

Hours: 24 Hour Call Center - 7 days a week - free of charge. Poison help 1-800-222-1222

Services: Exposure management; public & professional education services; Poison prevention material; poison help

Suicide Hotline

Phone: 800-784-2433 800-273-8255

Web: <http://suicidehotlines.com/iowa.html>

Hours: 24 hour Call Center

FOOD & NUTRITION RESOURCES

Congregate Meal Sites: Akron

240 S 4th St Akron Senior Citizens Center
Akron IA 51001

Phone: 712-568-3120 800-798-6916 Connections Area Agency on Aging Sioux City

Email: connectionsaaa@connectionsaaa.org

Web: www.connectionsaaa.org

Contact: Barb Mitchell, Site Manager

Edit: Mon-Fri 7:00 am - 5:00 pm - Allowed to do activities; 6:30 am - 1:30 pm Barb is there

Services: Senior Nutrition meal program Will deliver meals for a fee. Must call 2 days in advance for reservations. Meal served at 12:00 p.m. For Age 60 & older - activities include play pool, puzzles, cards, exercise, TV

Congregate Meals: Kingsley (no site in Kingsley, can get through the Kingsley Nursing & Rehab Center)

305 W 3rd St

Kingsley IA 51028

Phone: 712-378-2400

Fax: 712-378-3522

Contact: Ask for Diane, Dietary

Congregate Meal Sites: Le Mars

110 1/2 6th Ave NE Le Mars Senior Center

Le Mars IA 51031

Phone: 712-546-6740 800-798-6916

Contact: Brenda Kray, Site Manager

Hours: Mon-Fri 11:00 am - 4:00 pm

Services: Senior nutrition meal program and Meals on Wheels delivered within city limits. Meal served 11:30 a.m. - Mon - Fri, Pinochle, Bingo, Exercises, Line Dancing - Call for times

Congregate Meal Sites: Marcus

Senior Center

Marcus IA 51039

Phone: 712-376-4495 800-798-6916

Services: Senior nutrition meal program Meal served Mon, Wed, Fri

Congregate Meal Sites: Merrill

308 4th St Civic Center

Merrill IA 51038

Phone: 712-938-2503 800-798-6916

Email: connectionsaaa@connectionsaaa.org

Web: www.connectionsaaa.org

Contact: Ethel Cunningham, Site Manager

Hours: Mon-Fri 9:00 am - 1:00 pm

Services: Senior nutrition meal program Meal served 12:00 p.m.

Congregate Meal Sites: Remsen

105 Madison St Remsen Senior Center
Remsen IA 51050
Phone: 712-786-2044 800-798-6916
Email: connectionsaaa@connectionsaaa.org
Web: www.connectionsaaa.org
Contact: Martha Haverkamp, Site Manager
Hours: Mon-Fri 8:30 am - 12:30 pm
Services: Senior nutrition meal program Meal Served 12:00 p.m. - Mon-Fri

Heat and Eat Meals

714 Lincoln St NE PO Box 10 Floyd Valley Hospital
Le Mars IA 51031
Phone: 712-546-3395 800-642-6074
Fax: 712-546-3386
Web: www.floydvalleyhospital.org
Contact: Kathryn Massey, Dietary Manager
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: Heat & eat meals fully cooked & frozen to purchase.

MOM's Meals

718 SE Shurfine Dr
Ankeny IA 50021
Phone: 877-508-6667
Fax: 515-382-3789
Email: <http://www.momsmeals.com>
Web: www.momsmeals.com
Contact: Nathan Jensen/General Manager
Hours: Mon-Fri 8:00 a.m - 6:00 pm
Services: Prepared meals that are delivered to the elderly, disabled & individuals in poor health who are eligible for economic assistance through Medicaid Waiver or other government funded nutrition programs or for a fee. Special diet menus available - see email address.

SHARE Program Le Mars

126 3rd St SW Assembly of God Church
Le Mars IA 51031
Phone: see contacts
Web: www.shareiowa.org
Contact: Betty Dutcher: 712-546-4229 (leader) June Muth: 712-533-6286 Wanda Gagnon: 712-568-2530
Hours: Various hours & Days
Services: Monthly food distribution at reduced costs with documented 2 hours/month volunteer time done anywhere in your community.

Siouxland Community Soup Kitchen

703 W 5th St
Sioux City IA 51103
Phone: 712-255-3577
Email: homelessupport@gmail.com
Web: www.siouxlandcommunitysoupkitchen.org
Contact: Audrey
Hours: Meals Served: Mon-Fri 5:15 pm - 6:00 pm
Services: Serves evening meals free of charge, five nights a week to the needy.

Sunshine Natural Foods

13 Central Ave NW
Le Mars IA 51031
Phone: 712-546-7241
Contact: Rosemary Wibe, Herb Specialist, Rn
Hours: Mon-Sat 9:00 am-5:00 pm Wed 9:00 am-7:00 pm
Services: Natural, Organic food, Gluten free foods, Vitamins, Minerals and herbs.

Weight Watchers - Akron

251 Reed St. Security National Bank
Akron IA 51001
Web: www.weightwatchers.com
Hours: Wed 6:00 pm
Services: Support group & Weigh-in

Weight Watchers - Hinton

205 W Main St Hinton Community Center
Hinton IA 51024
Web: www.weightwatchers.com
Hours: Wed 5:30 pm
Services: Support group & Weigh-in

Weight Watchers - Le Mars

126 3rd St SW Assembly of God Church
Le Mars IA 51031
Web: www.weightwatchers.com
Contact: Luella R.
Hours: Thu 5:30 pm
Services: Support group & Weigh-in

HEALTHCARE FACILITIES

Abbey of Le Mars, The

320 1st Ave SE
Le Mars IA 51031
Phone: 712-546-7844
Fax: 712-546-9318
Email: theabbeycare@yahoo.com
Web: www.abbeyoflemars.com
Contact: Deb De Rocher, Assistant to Administrator
Edit: 8:30 am - 5:00 pm
Services: Intermediate Care, Skilled Care & Residential Care

Akron Care Center

991 Hwy 3
Akron IA 51001
Phone: 712-568-2422
Fax: 712-568-2424
Email: socialworker@akroncarecenter.com
Web: www.akroncarecenter.com
Contact: Becky Borchers, Social Worker
Hours: Mon-Fri 9:00 am - 5:00 pm
Services: A non-for-profit, city-owned Intermediate & Skilled Care Facility. Licensed for 45 Medicare & Medicaid approved beds. Our mission is to provide a homelike environment for persons where their health may be maintained or enhanced through daily activities, physical therapy, nursing care & good nutrition. We are a small nursing home geared to serve people in need with quality loving care.

Bavarian Meadows Assisted Living

632 L 14
Remsen IA 51050
Phone: 712-786-1660
Fax: 712-786-1664
Email: bmeadows@midlands.net
Web: http://bavarianmeadows.homestead.com
Contact: Sandra Reuter, Nurse Administrator
Hours: 8:00 am - 4:30 pm
Services: 22 unit facility - strickly assisted living.

Brentwood Good Samaritan Center

1140 Lincoln St NE
Le Mars IA 51031
Phone: 712-546-4101
Fax: 712-546-9488
Web: www.good.sam.com
Hours: 24 hours a day/365 days per year
Services: Christian based 24-hour skilled nursing community providing day-to-day health care, wellness education, inpatient & outpatient therapy & memory care.

Happy Siesta Care Center

423 Roosevelt PO Box 380
Remsen IA 51050
Phone: 712-786-1117
Fax: 712-786-1119
Email: crbraun@midlands.net
Contact: Charlotte Braun, Administrator
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: 100% skilled nursing, Alzheimers unit

Heartland Care Center

604 E Fenton
Marcus IA 51035
Phone: 712-376-2500
Fax: 712-376-4445
Email: heartland@midlands.net
Web: www.heartlandcarecenter.com
Contact: LuAnn Rogge, Administrator
Hours: 8:00 am - 4:30 pm
Services: 30 skilled beds and 21 Assisted Living.

Iowa Veterans Home

1301 Summit St
Marshalltown IA 50158
Phone: 641-752-1501 800-645-4591
Fax: 641-753-
Web: ivh.iowa.gov
Services: Long-term care facility for honorably discharged veterans and spouses. Also, Domiciliary level of care.

Kingsley Nursing & Rehab Center

305 W 3rd St PO Box 10
Kingsley IA 51028
Phone: 712-378-2400
Fax: 712-378-3522
Email: mrottert@careinitiatives.org
Web: www.careinitiatives.org
Contact: Matt Robert, Admin
Hours: 24 hours a day/365 days per year
Services: Long-term care provider, skilled nursing care & rehabilitation, independent living. Meals on wheels.

Park Place Estates

900 Lincoln St NE

Le Mars IA 51031
Phone: 712-546-6793
Fax: 712-546-8085
Email: ppe@floydvalleyhospital.org
Web: www.avera.org/floyd-vlley/senior-services
Contact: Judith Raddy, Director
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: Assisted living options for seniors who require oversight & assistance with activities of daily living. A secure, comfortable environment with maintenance-free living & the camaraderie of a friendly community. Weekly housekeeping, linen service. 3 meals per day provided. Scheduled transportation.

Plymouth Manor Care Center

954 7th Ave SE
Le Mars IA 51031
Phone: 712-546-7831
Fax: 712-546-7990
Email: emccarty@premieronline.com
Web: www.plymouthmanorlemars.com
Contact: Coleen Mc Carty, Administrator
Hours: 24 hours a day/365 days per year
Services: See Web Site for more information. occupational & speech therapy along with restorative services. Hospice & spiritual guidance for end-of-life issues. Daily living activity services: beauty salon, podiatry, activities & social time.

Prime Living Apartments

108 1st Ave NW
Le Mars IA 51031
Phone: 712-548-5488
Fax: 712-546-6299
Web: www.primeassistedliving.com
Contact: Jean Parrish, Director
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: Affordable assisted living to persons who may have limited income. Apartment rent is based on income. Will work with government agencies to reduce costs. Nursing Home & Assisted living. Nearest Hospital is 1 mile away. Life Care Homes, NursingCare, Personal Care Assistance, Residential Care

The Pride Group, Inc

501 7th Ave SW

Le Mars IA 51031

Phone: 712-546-6500

Fax: 712-546-6643

Email: info@thepridegroup.org

Web: www.thepridegroup.org

Contact: Nancy Holtgrewe, Program Admin

Hours: Mon-Fri 8:00 am - 4:00 pm

Services: A private not-for-profit corporation which provides residential & community based services to mentally disabled adults in Plymouth, Cherokee, O'Brien, Dickinson & Woodbury counties in Iowa.

See Web Site for more information.

HOUSING ASSISTANCE

Atlas Group

315 1st Ave NE

Sioux Center IA 51250

Phone: 712-722-4900

Fax: 712-722-4901

Email: atlas@mtcnet.net

Web: www.atlasofsiouxcenter.org

Contact: Ashley Egforf, Administrative Asst.

Edit: Mon-Thu 8:00 am - 5:00 pm Fri 8:00 am - 4:00 pm

Services: Provides bilingual, personal development and referral to professional services. Men & Women accountability housing is also available. All services provided through ATLAS are free. Serves people in Plymouth County also.

Floyd Valley Apartments

110 6th Ave NE

Le Mars IA 51031

Phone: 712-546-9423

Email: sueh@oakleafpm.com

Web: oakleafpropertymanagement.com

Contact: Sue Hatch, General Manager

Hours: 24 hours a day/7 days a week

Services: Senior center adjacent to apartments. Accepts housing vouchers. Homemaker services, activities, controlled access & a variety of floor plans are all included. On-site laundry & a manage on site. Utilities included in rent. Beauty shop in building. 24-hour maintenance. In Nat'l Historic Register.

HUD Certified Housing Counseling

715 Douglas St Center for Siouxsland

Sioux City IA 51101

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

Fax: 712-255-1352

Email: www.centerforsiouxsland.org

Web: jonette.spurlock@centerforsiouxsland.org

Contact: Kathy Craig, Counselor

Hours: Mon-Fri 8:00 am - 5:00 pm

Services: Provides individualized housing counseling covering all aspects of housing including: rental, pre- and post-purchase, HECM/reverse mortgage & delinquency/default counseling.

Kingston Apartments

315 E 4th St

Kingsley IA 51028

Phone: 712-378-3863

Email: karlab@oakleaftpm.com

Web: www.oakleafpm.com

Contact: Karla Bohle, Service Coordinator

Hours: Mon-Fri 9:00 am - 4:00 pm After hours will go to Karla's cell phone

Services: Individual living for elderly ages 50 and older or any age if you are disabled. Handicap accessible. Controlled access. On-site laundry. Rent is based on income. Mail Delivery. Meals on Wheels. Elevator.

Mid-Sioux Opporutnity, Inc - Akron

180 10th St SE PO Box 1
Le Mars IA 51001
Phone: 712-546-6603 800-859-2025
Fax: 712-786-3250
Web: www.midsioux.org
Contact: Laura Benson Family & Development Supervisor
Hours: Tues & Thur 9:00 am - 4:00 pm
Services: Program applications, Emergency Services

Mid-Sioux Opporutnity, Inc - Le Mars

180 10th St SE PO Box 1
Le Mars IA 51031
Phone: 712-546-6603 800-859-2025
Fax: 712-786-3250
Web: www.midsioux.org
Contact: Sue Reed, Outreach Coordinator
Hours: Mon, Wed, Fri 8:00 am - 4:30 pm
Services: Fuel assistance October 1 - April 15. Liheap is a federal program to help with a portion of heating costs in winter.

Mid-Sioux Opporutnity, Inc - Remsen

418 S Marion
Remsen IA 51050
Phone: 712-786-2001 800-859-2025
Fax: 712-786-3250
Email: info@midsioux.org
Web: www.midsioux.org
Contact: Dick Sievers, Executive Director
Hours: Mon-Fri 8:00 am - 4:30 pm
Services: Provides energy assistance, weatherization, food pantry, crisis support. Offers child care resources & referrals, head start, family development & self-sufficiency. WIC, Smile, Hawk-I available.

Ridgewood Apartments

260 S 4th St
Akron IA 51001
Phone: 712-568-3420
Fax: 712-568-3453
Email: sharon.F@oakleafpm.com
Web: oakleafpm.com
Contact: Sharon Frerichs, Site Manager
Hours: Mon-Fri 9:00 am - 12:00 pm

Services: Independent living for persons ages 50 & over or the disabled. HUD subsidized housing.
Facility was completely remodeled in 2013

Ronald McDonald House - Charities of Siouxland, Inc.

2500 Nebraska St

Sioux City IA 51104

Phone: 712-255-4084

Fax: 712-255-4281

Web: <http://www.rmhc-siouxland.org>

Contact: Barb Knepper, Executive Director

Hours: 24 hours a day/365 days per year

Services: Provides a home-away-from-home for families with children (age 21 or younger) who are receiving medical care in Siouxland.

Rural Development - Home Buying

1100 12th St SW Ste C

Le Mars IA 51031

Phone: 712-546-5149

Web: www.rurdev.usda.gov/ia

Services: Provides incoming & housing eligibility.

Siouxland Habitat for Humanity

1150 Tri View Ave

Sioux City IA 51103

Phone: 712-255-6244 712-224-6133 Restore

Fax: 712-255-7203

Web: www.siouxlandhabitat.org

Contact: Anyone on the board

Hours: Mon-Sat 9:00 am - 5:00 pm

Services: Seeks to eliminate poverty housing & homelessness in our area 7 to make decent shelter a matter of conscience & action. A non-profit, ecumenical Christian housing ministry.

Sunrise Villa Apartments

524 Sunset Dr SW

Le Mars IA 51031

Phone: 712-546-6062

Fax: 888-546-6062

Email: primemd@frontiernet.net

Web: http://primeapartmentrental.com/Sunrise_Villa.ph

Contact: Marnee Daugherty, Property Manager

Hours: Mon-Fri 8:00 am - 5:00 pm

Services: Independent Senior Living, common dining room, common hallway connects units, activities.
Rent is based on income & is directly subsidized by Rural Development

JOB PLACEMENT

Hope Haven: Le Mars

121 5th Ave SW

Le Mars IA 51031

Phone: 712-546-1711

Web: www.hopehaven.org

Edit: Mon-Fri 8:00 am - 4:30 pm

Services: Offers adult living and support services. Vocational services and job placement are provided along with mental health & recovery.

Hope Haven: Rock Valley

1800 19th St PO Box 70

Rock Valley IA 51247

Phone: 712-476-2737

Web: www.hopehaven.org

Hours: Mon-Fri 8:00 am - 4:30 pm

Services: Offers adult living and support services. Vocational services and job placement are provided along with mental health & recovery.

LEGAL SERVICES

Iowa Legal Aid - Regional Office

520 Nebraska St Ste 337

Sioux City IA 51101

Phone: 800-532-1275

Web: www.lsc.gov

Edit: Mon-Fri 9:00 am - 11:00 am, 1:30 pm - 3:30 pm; Thursday afternoon closed

Services: Critical Legal assistance to low-income & vulnerable Iowans with no where else to turn. See website for more information.

Legal Aid Hotline for Older Iowans (over 60)

Phone: 800-992-8161

Contact: Mon-Fri 9:00 am - 4:40 pm

Legal Services Corporation

1111 9th St Suite 230

Des Moines IA 50314

Phone: 515-243-2151

Fax: 512-246-6075

Web: www.iowalegalaid.org

Contact: Call Center

MEDICAL CARE: CHIROPRACTIC

Akron Chiropractic Center

222 Reed St PO Box 135

Akron IA 51001

Phone: 712-568-2444 800-541-2446

Fax: 712-568-2445

Email: acc1@hickorytech.net

Contact: Dr. Timothy Allard, DC Sharon Nielsen, Office Manager

Edit: Mon, Tue, Thu 7:00 am - 5:00 pm Wed 7:00 am - 12:00 pm Fri & Sat by appointment only

Services: Chiropractic Care.

Bolin Chiropractic & Accupuncture

212 Plymouth St SW

Le Mars IA 51031

Phone: 712-546-7789

Fax: 712-546-6554

Email: bolingchiro@yahoo.com

Contact: Jeremy Bolin, DC

Hours: Mon, Tue 8:30 am - 5:30 pm Wed 8:30 am - 1:00 pm Thu 8:30 am - 6:30 pm Fri 8:30 pm - 12:00 pm Closed for lunch 1:00 pm - 2:30 pm

Services: Chiropractic care, Accupuncture

Britton Chiropractic & Rehab Clinic

351 Hwy 12

Akron IA 51001

Phone: 712-568-2304

Fax: 712-568-3792

Email: drbritton@premieronline.net

Web: www.brittonchiropracticandrehab.com

Contact: Bradley Britton, DC

Hours: Mon, Wed, Thu 8:00 am - 5:30 pm Tue 8:00 am - 11:00 am Fri 8:00 am - 3:30 pm Sat by appointment

Services: Chiropractic, Rehabilitation & therapy; Accupuncture, Nutrition.

Knull Chiropractic Center

44 5th Ave SW

Le Mars IA 51031

Phone: 712-546-7744

Fax: 712-546-1770

Contact: Dr. A D Knull, DC

Hours: Mon, Tue, Thu, Fri 8:00 pm - 5:00 pm

Services: Chiropractic Care

Meylor Chiropractic & Acupuncture

400 Plymouth St SW

Le Mars IA 51031
Phone: 712-546-5121
Fax: 712-546-5023
Email: wmeylor@frontiernet.net
Web: www.meylorchiropractic.com
Contact: Wayne Meylor, Owner
Hours: Mon-Thu 9:00 am - 6:00 pm closed 12:30 pm - 2:30 pm
Services: Chiropractic care for people of all ages. Provides quality affordable care & prompt service that allows you to call & get an appointment on the same day.

Nilles Chiropractic Clinic PC/Accupuncture

220 Plymouth St. SW
Le Mars IA 51031
Phone: 712-546-4004
Fax: 712-546-4007
Email: nilleschiro@yahoo.com
Web: drrobertnilles.com
Contact: Traci Dreckman, Office Manager
Hours: Mon-Wed 9:15 am - 12:30 pm & 12:15 pm - 6:pm Thu 9:15am - 12:30 pm
Services: Chiropractic, acupuncture, IS beds, physical exams, DOT exams, X-ray Facility

Zollman Chiropractic Clinic and Wellness

200 5th Ave NW
Le Mars IA 51031
Phone: 712-546-8151
Fax: 712-546-7653
Email: zollmanchiropractic@premieronline.net
Web: zollmanchiropractic.com
Contact: Danielle Heissel, Office Manager
Hours: Mon, Thu 8:30 am - 7:00 pm Tue 8:30 am - 6:00 pm Wed, Fri 8:00 am - 12:00 pm
Services: Provides Chiropractic care.

MEDICAL CARE: DENTIST

Advanced Eye Health

1111 Holton Dr
Le Mars IA 51031
Phone: 712-546-6868
Fax: 712-546-6739
Email: drbecky@lemarseyedoctor.com
Web: www.lemarseyedoctor.com
Contact: Dr. Becky De Ruyter
Edit: Mon-Fri 8:00 am-8:00 pm Sat 12:00 pm-5:00 pm
Services: Provides eye exams, including diabetic checkups, cataract evaluations, glaucoma treatment & macular degeneration management.

Family 1st Dental of Hawarden

810 Central Ave
Hawarden IA 51023
Phone: 712-551-4220
Contact: Heidi Draayer, DDS Laure Giese, DDS
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: General Dentistry

Family 1st Dental of Le Mars

29 Plymouth St NE
Le Mars IA 51031
Phone: 712-546-8823
Fax: 712-546-9477
Email: ffdlemars@frontiernet.net
Contact: Stefanie Dreckman, Office Manager
Hours: Mon-Thu 8:00 am - 5:00 pm closed 1:00 pm - 2:00 pm
Services: General dental care

Kaler, Daniel L, DDS & Brenda F. Dick DDS - Le Mars

405 Plymouth St. NW
Le Mars IA 51031
Phone: 712-546-5179
Email: braces@drkaler.com
Web: www.drkaler.com
Contact: Becky, Office manager
Hours: Mon 8:00 am - 4:00 pm
Services: Orthodontist services

Kaler, Daniel L, DDS & Brenda F. Dick DDS - Sx City Indian Hills

2801 Outer Drive N Indian Hills
Sioux City IA 51104
Phone: 712-202-5313

Email: braces@drkaler.com
Web: www.drkaler.com
Contact: Becky, Office manager
Hours: Thu 8:00 am - 4:00 pm
Services: Orthodontist services

Kaler, Daniel L, DDS & Brenda F. Dick DDS - Sx City Morningside (Main Office)

4224 Sergeant Rd Morningside
Sioux City IA 51106
Phone: 712-202-5306
Email: braces@drkaler.com
Web: www.drkaler.com
Contact: Becky, Office manager
Hours: Mon-Fri 8:00 am - 4:00 pm
Services: Provides invisalign invisible braces, clear braces, clarity braces & more

Le Mars Dental Center

1311 Hawkeye Ave SW
Le Mars IA 51031
Phone: 712-546-5183
Fax: 712-546-9278
Email: info@lemarsdentalcenter.com
Web: www.lemarsdentalcenter.com
Contact: Sarah Haverkemp, Admin. Coord Tammy Rhea, DDS Karla Bechtold, DDS
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: Provides early dental care; TMJ/TMD; snoring therapy; General Dental Treatment.

Promise Community Health Center

388 1st Ave. NW
Sioux Center IA 51250
Phone: 712-722-1700 877-722-1770
Fax: 712-722-1770
Email: care@promise.org
Web: www.promisechc.org
Contact: Del Lassen, MD Medical Director
Hours: Mon, Thu 8:00 am - 7:00 pm; Tue, Fri 8:00 am - 5:00 pm

MEDICAL CARE: HOME CARE

Community Health Services (Floyd Valley Hospital)

714 Lincoln St NE PO Box 10

Le Mars IA 51031

Phone: 712-546-3335 800-642-6074 x335

Fax: 712-546-3451

Email: home.health@floydvalleyhospital.org

Web: www.floydvalleyhospital.org

Contact: Tara Geddes, RN Nurse Manager

Edit: Mon-Fri 8:00 am - 4:30 pm

Services: Home Health Services are ordered by physicians and provided by nurses; physical, speech & occupational therapists; trained CNA's who assist with personal care and rehabilitation activities.

Immunization clinics. Homemaker services for light housekeeping.

Home Health & Hospice

400 Central Ave NW #100

Orange City IA 51014

Phone: 712-737-5279 800-808-6264

Fax: 712-737-5258

Hours: Mon, Tue, Thu, Fri 8:30 am - 5:30 pm; Wed 8:30 am - 8:30 pm; Sat 9:00 am - 12:00 pm

Services: Home Health provides follow-up care after a hospitalization, Supportive care to enhance independence, or care to help manage a chronic disease. Hospice care provides a comprehensive service to meet the needs of the individual patient & their family. Helps people seek the best possible quality of life with comfort & dignity. Team specializes in pain & symptom management, emotional & spiritual support.

Mercy Home Care

801 5th St. Ste 320

Le Mars IA 51031

Phone: 800-897-3840 712-233-5100

Web: www.mercysiouxcity.com/home-care

Hours: 8:00 am - 4:30 pm

Services: RH's, Aides, Physical, Occupational, Speech therapists and social works provide a wide range of services individualized to meet each patient's needs. No private pay or housekeeping.

MEDICAL CARE: HOSPICE

Care Initiatives Hospice SC

4301 Sargeant Rd

Sioux City IA 51106

Phone: 712-239-1226

Email: careinitiativeshospice.org

Web: www.careinitiativeshospice.org

Contact: Deb Schillinger, Team Director

Edit: Mon-Fri 8:00 am - 5:00 pm Help Desk

Services: Hospice care. Interdisciplinary team: RN, Social worker, spiritual care, hospice aide, volunteers

CHEERS Home Health & Hospice

30 19th St SW

Sioux Center IA 51250

Phone: 712-722-8108

Children's Hospice International

1101 King St Ste 360

Alexandria VA 22314

Phone: 800-2-4-child 703-684-0330

Web: www.chionline.org

Services: Provides a continuum of care for children & their families from time of diagnosis, with hope for a cure, through bereavement if cure is not attained. Any insurance is expected. No organization in Iowa, Nebraska or South Dakota.

Home Health & Hospice

400 Central Ave NW #100

Orange City IA 51014

Phone: 712-737-5279 800-808-6264

Fax: 712-737-5258

Hours: Mon, Tue, Thu, Fri 8:30 am - 5:30 pm 8:30 am - 8:30 pm Sat 9:00 am - 12:00 pm

Services: Home Health provides follow-up care after a hospitalization, Supportive care to enhance independence, or care to help manage a chronic disease. Hospice care provides a comprehensive service to meet the needs of the individual patient & their family. Helps people seek the best possible quality of life with comfort & dignity. Team specializes in pain & symptom management, emotional & spiritual support.

Hospice of Siouxland - Le Mars

Le Mars IA 51031

Phone: 712-546-4848 800-383-4545

Fax: 712-546-1498

Services: See Hospice of Siouxland.

Hospice of Siouxland - Sioux City

4300 Hamilton Blvd

Sioux City IA 51101

Phone: 712-233-4144 800-383-4545

Fax: 712-233-1123

Email: matteyk@hospicemail.com

Services: Provides high quality & compassionate service to relieve suffering & improve quality of life for individuals & their families facing advanced illness, end of life & grief. Pain & symptoms managed to achieve optimal comfort level. Personalized plan of care for each individual. Provides education & support. Programs & services designed to meet the unique needs of patients & families. Collaborates with physicians, hospitals, nursing facilities & clergy to assure coordination of services.

MEDICAL CARE: HOSPITALS

Floyd Valley Hospital/An Avera Partner

714 Lincoln St NE PO Box 10

Le Mars IA 51031

Phone: 712-546-7871 800-642-6074

Fax: 712-546-3352

Web: www.floydvalleyhospital.org

Contact: Michael T Donlin, Administrator

Edit: 24 hours a day/365 days per year

Services: A general, acute care critical care access hospital providing emergency, inpatient, outpatient & home health care. Diagnostic services available include: laboratory, radiology & endoscopy.

Rehabilitation services include cardiac rehab, physical therapy, occupational therapy, pulmonary rehabilitation & speech therapy. General & orthopedic surgeries are offered on site including total knee & hip replacements. A number of specialists hold monthly clinics as well as perform procedures on-site. Other services offered include oncology, diabetic management, home health, Lifeline & nutritional counseling. See Website for more information.

Mercy Medical Center

801 5th St

Sioux City IA 51102

Phone: 712-279-2010

Web: www.mercysiouxcity.com

Contact: Robert J. Peebles, CEO

Regional Health Care - Hawarden

1111 11th St

Hawarden IA 51023

Phone: 712-551-3108

Fax: 712-551-3177

UnityPoint Health - St. Luke's

2720 Stone Park Blvd

Sioux City IA 51104

Phone: 712-279-3500

Web: www.unitypoint.org/siouxcity

Contact: Peter Thoreen, CEO

University of Iowa Hospitals & Clinics

200 Hawkins Dr

Iowa City IA 52242

Phone: 319-356-1616 877-686-0031

Fax: 319-356-8284

Email: www.uihealthcare.org

Web: www.iowauniversityhospitalsandclinics.org

Services: Provides expertise from primary care through highly specialized services.

MEDICAL CARE: OTHER

Community Health Services (Floyd Valley Hospital)

714 Lincoln St NE PO Box 10

Le Mars IA 51031

Phone: 712-546-3335 800-642-6074 x335

Fax: 712-546-3352

Email: home.health@floydvalleyhospital.org

Web: www.floydvalleyhospital.org

Contact: Deb Steffen, RN Nurse Manager

Edit: Mon-Fri 8:00 am - 4:30 pm

Services: Home Health Services are ordered by physicians and provided by nurses; physical, speech & occupational therapists; trained CNA's who assist with personal care and rehabilitation activities.

Lifeline for seniors available. Immunization clinics.

Le Mars Area Dialysis Services

1 1st SW

Le Mars IA 51031

Phone: 712-541-6150

Fax: 712-541-6155

Email: clinic7088@fmc-na.com

Web: none

Contact: Jean Theisen, Coordinator

Hours: Mon, Wed, Fri 6:00 am - 4:30 pm

Services: In Center Hemodialysis.

Le Mars Optometric Center

120 First St NW

Le Mars IA 51031

Phone: 712-546-4183

Fax: 712-548-4101

Contact: Delana Ihrke, Office Manager Scott Ihrke, OD Paul Schroeder, OD

Hours: Mon-Fri 8:30 am - 5:00 pm, 1st & 3rd Sat 8:30 am - 12:00 pm

Services: Family Vision Care, Optical Care

Recover Health

117 Pierce St Ste 100

Sioux City IA 51101

Phone: 712-233-5494

Fax: 712-233-5496

Email: kpetrie@recoverhealth.org

Web: recoverhealth.org

Contact: Kathie Petrie, Branch manager

Hours: Mon-Fri 8:00 am - 5:00 pm do provide services 24/7

Siouxland Pace

3309 Cook St

Sioux City IA 51103

Phone: 712-224-7223

Fax: 712-224-7250

Web: www.unitypoint.org

Contact: Randy Ehlers, Executive Director

Hours: Mon-Fri 8:00 am - 4:30 pm

Services: Operates its therapeutic & recreational center housed with the Siouxland Center for Active Generations.

MEDICAL CARE: PHYSICAL THERAPY

Le Mars Physical Therapy

789 Holton Dr

Le Mars IA 51031

Phone: 712-546-1718

Fax: 712-546-1770

Email: lpt@lemarspt.com

Web: www.lemarspt.com

Edit: See Web Site

Services: Provides physical therapy for post-joint replacement, HA's, back pain, joint & muscle problems, dizziness & lymphedema, Occupational therapy & customized exercise programs.

MEDICAL CARE: PRIMARY CARE

Akron Mercy Medical Clinic

321 Mill St PO Box 200

Akron IA 51001

Phone: 712-568-2411

Fax: 712-568-2849

Email: heerenl@mercyhealth.com

Web: www.mercysiouxcity.com

Contact: Lori Heeren, Office Manager

Edit: Mon-Fri 8:00 am - 5:00 pm

Services: Medical services. Assistance for our patients with billing and insurance questions. Addiction Medicine, Jealth Coach, Psychotherapist.

Family Medicine Clinics: Le Mars

194 6th Ave NE

Le Mars IA 51031

Phone: 712-546-8113 press 7 for list of direct lines 800-458-4421

Fax: 712-546-9307

Web: www.familymedicineclinics.org

Contact: Julie Sitzman, Clinic Manager

Hours: Mon-Thu 8:00 am - 8:00 pm (5:00 pm - 8:00 pm - Urgent care) Fri 8:00 am - 5:00 pm

Services: Primary Health care. Call 800 number for physician phone numbers

Family Medicine Clinics: Marcus

101 E Pine St

Marcus IA 51035

Phone: 712-376-4181

Fax: 712-376-4606

Web: www.familymedicineclinics.org

Contact: Staci Ronfeldt, ARNP Dr. Andrew Geha - Thursdays

Hours: Mon, Wed 8:00 am - 5:00 pm Tue, Thu, Fri 8:00 am - 12:00 pm

Services: Primary Health Care.

Family Medicine Clinics: Remsen

15 E 2nd St

Remsen IA 51050

Phone: 712-786-1114

Fax: 712-786-3291

Web: www.familymedicineclinics.org

Hours: Mon 8:00 am - 5:00 pm Tue-Fri 8:00 am - 12:00 pm

Services: Primary Health Care.

Family Medicine Clinics: Urgent Care

194 6th Ave NE

Le Mars IA 51031

Phone: 712-546-8111 x201 800-458-4421 x201
Fax: 712-546-9307
Web: www.familymedicineclinics.org
Hours: Mon-Thu 5:00 pm - 8:00 pm Sat 8:00 pm - 12:00 pm
Services: After office hours call 712-546-7871

Kingsley Mercy Medical Clinic

111 Main St PO Box 160
Kingsley IA 51028
Phone: 712-378-2921
Fax: 712-378-3680
Web: www.mercysiouxcity.com/kingsley-mercy-medical-clinic
Contact: Denise White, Office Manager Jeffreu Krohn, MD Cindy Inman, ARNP
Hours: Mon-Fri 8:00 am - 4:30 pm Sat 8:00 am - 11:30 am acute care only
Services: Family practice.

Promise Community Health Center

388 1st Ave. NW
Sioux Center IA 51250
Phone: 712-722-1700 877-722-1770
Fax: 712-722-1770
Email: care@promise.org
Web: www.promisechc.org
Contact: Del Lassen, MD Medical Director
Hours: Mon, Thu 9:00 am - 7:00 pm; Tue 9:00 am - 6:00 pm; Wed 8:00 am - 6:00 pm; Fri 8:00 am - 4:00 pm
Services: Provide quality, affordable health care services to all individuals. Access to resources for patients. Will assist in enrolling in Medicaid, CHIP & the Marketplace insurance exchange. Sliding scale fee program to help pay for care.

Siouxland Community Health Center

1021 Nebraska Street
Sioux City IA 51105
Phone: 712-252-2477 888-371-1965
Web: www.slandchc.org
Hours: Mon-Thu 8:00 am-8:00 pm Fri 8:00 am-5:00 pm
Services: Full range of medical care.

VA Medical Center & Clinic - Sioux City

1551 Indian Hills Dr Ste 214
Sioux City IA 51104
Phone: 712-255-3808
Fax: 712-255-3725
Email: marcia.kelley@va.gov
Web: www.va.gov
Contact: Michelle Kuhlmann, Vet Center Renee Dobney - Clinic

Hours: Mon-Fri 8:00 am - 4:30 pm others by appt

Services: Center: Provides individual, group, family, marital, significant other & readjustment counseling for wartime veterans. Help with alcohol & drug related problems. Assistance with applications for veteran's benefits.

MEDICAL CARE: SPECIALISTS

Child Health Specialty Clinics: Iowa City

100 Hawkins Dr

Iowa City IA 52242

Phone: 866-219-9119

Fax: 319-359-3715

Web: www.chsiowa.org

Edit: 24 Hour Call Center

Services: Provides care for children from birth to 21 years of age who have chronic conditions (physical, developmental, behavioral or emotional) or at increased risk for a chronic condition & also have needs for special services.

Child Health Specialty Clinics: Sioux City

1014 Nebraska St

Sioux City IA 51105

Phone: 712-224-5437

Fax: 712-224-5444

Web: www.chsiowa.org

Services: Provides care for children from birth to 21 years of age who have chronic conditions (physical, developmental, behavioral or emotional) or at increased risk for a chronic condition & also have needs for special services.

Chronic Pain/Fibromyalgia Support

(Mercy Medical Center Pain Clinic)

801 5th St

Sioux City IA 51102

Phone: 712-279-2479 800-352-3559

Hours: 12:00 pm - 1:00 pm, 2nd Thurs. of every month

Services: Chronic pain clinic.

Groetken Family Eye Care

16 Central Ave NE

Le Mars IA 51031

Phone: 712-546-8998

Fax: 712-546-8971

Email: kari.tomlinson@groetkenfamilyeyecare.com

Web: www.groetkenfamilyeyecare.com

Contact: Kari Tomlinson, Office Manager

Hours: Mon, Thurs, Fri 8 am - 5 pm Tues, Wed 8 am - 6 pm

Services: Provides eye care services

Hearing Health Centers: Le Mars

125 1st St NW

Le Mars IA 51031

Phone: 712-546-4723 800-416-4736
Fax: 712-546-7003
Contact: Cheryl Heissel, Technician LeMars Office
Hours: Mon-Thu 8:00 am - 3:30 pm
Services: Hearing evaluations; Hearing Health Club

Hearing Health Centers: Spencer

Phone: 800-798-9187
Contact: Dave

June E Nylén Cancer Center

230 Nebraska St
Sioux City IA 51102
Phone: 712-252-0088
Fax: 712-252-9337
Email: <http://www.nylencancercenter.com>
Web: www.jencc.com
Contact: Karen Vande Steeg, Executive Director
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: Provides cancer treatment, clinical trials & education to patients and their families. Have a resource room, free wig boutique & support groups.

Plymouth County Eye Care

38 Central Ave NE PO Box 436
Le Mars IA 51031
Phone: 712-546-6803
Fax: 712-546-4151
Email: staff@plymouthcountyeyecare.com
Contact: Dr. Benjamin Uhl, OD
Hours: Mon, Tue 9:00 am - 5:00 pm Wed 9:00 am - 1:00 pm Thu 8:00 am - 5:00 pm Fri 8:00 am - 4:00 pm
Services: Optometric Care - see website for complete list of eye care services.

Siouxland Podiatry Associates, PC

192 6th Ave NE PO Box 128
Le Mars IA 51031
Phone: 712-546-7490 888-255-1621
Fax: 712-546-5462
Web: www.siouxlandpodiatry.com
Contact: Dr. Charles Keenen, DPM Dr. Sara Oelke, DPM
Hours: Call for appt; Mon-Thu 8:00 am - 4:30 pm Fri 8:00 am - 3:00 pm
Services: Podiatry services including foot surgery.

Stroke Center - Mercy Medical Center

801 5th St

Sioux City IA 51102

Phone: 712-279-5879 800-352-3559

Fax: 712-279-2582

Email: schenzha@mercyhealth.com

Web: www.mercysiouxcity.com

Contact: Holly Schenzel, Stroke Program Manager

Hours: Mon-Fri 8:00 am - 4:30 pm

Services: Support group for stroke patients and their caregivers. Covers Tri-state area - Iowa, South Dakota & Nebraska. Stroke Risk Factor Assessment; Patient & Public Stroke Education.

MEDICAL EQUIPMENT & SUPPLIES

American Home Health Care Co.

214 W 7th St
Sioux City IA 51103
Phone: 712-277-2273 800-217-2275
Fax: 712-277-3829
Email: ahhcsc@aol.com
Web: www.ahhcsc214.com
Contact: Peggy Hughes, Office Mgr.
Edit: Mon-Fri 8:00 am - 5:00 pm
Services: Provides all types of medical equipment including oxygen.

Avera Home Medical equipment of FVH

190 6th Ave NE Family Medicine Clinic Bldg
Le Mars IA 51031
Phone: 712-546-7342
Fax: 712-546-5699
Contact: Micah Bonderson, Manager
Hours: Mon-Fri 9:00 am - 5:00 pm
Services: Provides all lines of home medical equipment and supplies for rent or sale to individuals in need of continuing care.

Hometown Mobility

101 Jackson St
Merrill IA 51038
Phone: 712-938-2029 877-928-5388
Fax: 712-938-2058
Email: tammya1@hometownmobilityla.com
Web: www.hometownmobility.com
Contact: Tammy Allaway/Sales/Admin
Hours: Mon-Fri 9:00 am - 5:00 pm
Services: Sale and rental of scooters, lefts, stair lifts

HyVee Pharmacies: Le Mars

1201 12th Ave SW
Le Mars IA 51031
Phone: 712-546-4503
Hours: Mon, Tue, Thu, Fri 8:30 am - 5:00 pm Wed 8:30 am - 8:00 pm Sat 9:00 am - 12:00 pm
Closed Christmas Day
Services: Pharmacy services

HyVee Pharmacies: Marcus

321 N Main St
Marcus IA 51035
Phone: 712-376-2844

Hours: Mon, Tue, Thu, Fri 8:30 am - 12:30 pm, 1:00 pm-5:00 pm Closed Wed, Sat, Sun & Christmas Day

Services: Pharmacy services. Operated under the direction of Cherokee HyVee Pharmacy

Iowa Compass: Center for Disabilities & Development

100 Hawkins Dr. Rm #5295

Iowa City IA 52242

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

Fax: 319-384-5139 TTY

Email: iowa-compass@uiowa.edu

Web: www.iowacompass.com

Hours: Mon-Fri 8:00 am - 5:00 pm

Services: Medical information & referrals; Used equipment; legal advocacy & representation for Iowans with disabilities. Has information on available services, assistive technology & funding for that technology. All Services Free of charge.

Uniquely You - Breast Prosthesis Products

612 Genesco St

Storm Lake IA 50588

Phone: 712-732-7724

Fax: 712-213-1072

Email: srweiland@iw.net

Contact: Kay Lyons Weiland, SN, RNC, LBSW, CMF, Health Services Coordinator, Breast Cancer Survivor

Hours: To schedule an appointment call 712-732-7724

Services: Services designed to meet the needs of women who have undergone, or are preparing for breast surgery. Pre-surgical consultations; Certified Mastectomy Fitter; Post-mastectomy products; Care Coordination; Resource & Referral; Advocacy & Support; Durable Medical Equipment Licensed Provider; Non-surgical Breast reconstruction/radiant Impressions by CAMP.

Walk-Thru Bathtub Insert - Surface Solutions

1395 220th St

Sergeant Bluff IA 51054

Phone: 712-943-3311

Contact: Gary & Stacy Kaiser

Services: A Walk-Thru insert for Bath Tub. Enables an individual with limited mobility or decreased flexibility to access their bathtub in a safe & assured manner. Insert reduces the height of the tub edge which lowers the barrier that results in easier access. Is installed using the present tub whether it is made of fiberglass, steel or cast iron. No major demolition is required & is affordable.

MEDICATION ASSISTANCE

Family Pharmacy, Le Mars

44 1st Ave NE
Le Mars IA 51031
Phone: 712-546-4560
Fax: 712-546-4575
Email: spd.2010@yahoo.com
Contact: Tom Ryan, Owner
Edit: Mon-Fri 8:00 am - 6:00 pm Sat 8:00 am - 1:00 pm
Services: Provides Pharmacy services - delivery service available

Iowa Prescription Drug Corporation

1241 8th St Ste 232
West Des Moines IA 50265
Phone: 515-327-5405 866-282-5817
Fax: 515-327-5422
Email: info@iowapdc.org
Web: www.iowapdc.org
Hours: Mon-Fri 8:00 am - 4:30 pm
Services: Prescription medication discount card for the medicare population. Goal is to help ease the financial burden of the high cost of prescription medications for the Medicare eligible Iowan. Not-for-profit org.

Kingsley Pharmacy

7 W 2nd St
Kingsley IA 51028
Phone: 712-378-2700
Contact: Donita Green, Owner
Hours: Mon-Fri 8:30 am - 5:30 pm Sat 8:00 am - 12:00 pm
Services: Limited Delivery Services

Remsen Pharmacy

111 S Washington St
Remsen IA 51050
Phone: 712-786-2093
Fax: 712-786-3299
Contact: Brent Plender, Pharmacist/Owner
Hours: Mon-Fri 8:30am - 5:00 pm
Services: Accepts most prescription plans, supports & supplies nursing home in Remsen. Full line of vitamins and Nutrients. Takes blood pressures. Delivers prescriptions.

Thorson Drug

233 Reed St
Akron IA 51001
Phone: 712-568-2171 712-568-2013 Pharmacist

Contact: Martha Morin, Pharmacist
Hours: Mon-Fri 9:00 am - 6:00 pm Sat 9:00 am - 4:00 pm
Services: Free local delivery of prescriptions daily at 3:00 p.m.

Wal-Mart Pharmacy

1111 Holton Dr
Le Mars IA 51031
Phone: 712-546-5150 800-400-8534
Fax: 712-546-4374
Contact: Rick Habeck, Manager
Hours: Mon-Fri 9:00 am - 9:00 pm Sat 9:00 am - 7:00 pm Sun 10:00 am - 6:00 pm
Services: Provides Pharmacy services. No delivery service but will mail out free of charge.

MENTAL HEALTH SERVICES & COUNSELING

Bethesda Christian Counseling Midwest

209 1st St NE Ste 103

Orange City IA 51041

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

Fax: 712-737-2344

Email: bcc@orangecitycomm.net

Web: <http://bethesdachristiancounseling.org>

Contact: Linda Huizenga, Office Manager

Edit: Mon-Fri 8:30 am - 5:00 pm (closed during noon hour) some evening hours by appointment

Services: Individual psychotherapy; Counseling; Psychological evaluation & testing; Family Therapy, Medication management; Trauma Recovery. Community Education programs available. Christian based.

Boys and Girls Home

2101 Court Street

Sioux City IA 51102

Phone: 712-293-4700

Web: www.boysandgirlshome.com

Services: Programs and services that meet the emotional and behavioral needs of children, 12-18 years of age.

Catholic Charities

1601 Military Road

Sioux City IA 51103

Phone: 712-252-4547

Fax: 712-252-3785

Email: cathchar@cableone.net

Web: www.catholicglobe.org

Contact: Jerry Eaton, Director

Hours: Mon, Wed, Thu, Fri 8:30 am - 5:00 pm Tue 12:00 pm - 8:00 pm

Services: Family counseling, Individual counseling, Marital counseling, Child/Parent counseling, Play Therapy, Maternity Services, Counseling for Adoption or Single Parenting, Adoption service, Mediation services, Project Rachel-Post abortion counseling, social concerns/advocacy in congruence with Catholic Social teaching, Families in crisis program - emergency assistance.

Cherokee Mental Health Institute

1251 W Cedar Loop

Cherokee IA 51012

Phone: 712-225-2594

Email: rmoller@dhs.state.ia.us

Contact: Roxanne Moller, Health Information Services 712-225-1698

Hours: 24 hours a day/365 days per year

Services: Provides active inpatient treatment to adults, adolescents & children who are in need of active psychiatric service. Serves people in Cherokee, IA for 41 counties for adults; 55 counties for children & adolescents. Application for services goes through the Central Point Coordinators from

each county of residence. Plymouth County CPC: Sharon Nieman, Ply. Co. DHS 19 2nd ave NW, Le Mars 712-546-4352, 712-546-4031, snieman@dhs.state.ia.us See web page for eligibility to receive services.

Children's Square USA (Christian Home Association)

North 6th St & 4th Ave E PO Box 8-C

Council Bluffs IA 51502

Phone: 712-322-3700

Web: www.childrensquare.org

Contact: Kevin Kimm, Admissions Coordinator & Clinical Supervisor of Residential Prog.

Hours: 24 hour call center using above number

Services: A not-for-profit organization caring for children from birth to 21 & their families, instilling hope & helping restore lives. Services include Early childhood care & Education program; Educational classes & Counseling services; Emergency services for children including a telephone help line & temporary Shelter; Residential treatment for children & adolescents experiencing emotional disorders; Aftercare services for young adults who have aged out of foster care. See Web site for more information. Services provided in Iowa & Nebraska.

Children's Square USA: Aftercare, Recruitment & Retention - Sioux City

705 Douglas St

Sioux City IA 51101

Phone: 712-255-9061

Fax: 712-255-3729

Contact: Sarah G. - SC office

NAMI - National Alliance on Mental Illness - Sioux Center

102 S Main Ave Sioux Center Public Library

Sioux Center IA 51250

Phone: 712-722-4462

Email: nsmath@mtcnet.net

Web: www.nami.org

Contact: Shirley Matheis - Leader of the group

Hours: 7 pm - 9:30 pm Thursdays in the library. A new 12 week course starts after X-mas

Services: A support Group for people with mental illness & their family members. Meets from 7 p.m. - 9 p.m. the 1st Tues of every month at Central Reformed Church in the fireside room. 113 North Main, Sioux Center, IA. Use entrance located directly across from Butlers & then go downstairs. This group has met for 6 yrs

NAMI - National Alliance on Mental Illness - Siouxland

101 Court St % Friendship House

Sioux City IA 51105

Phone: 712-255-4209

Email: fnkathy@siouxland.net

Contact: Kathey Roberts, Secretary

Hours: Mon-Fri 9:30 am - 4:30 pm

Services: Provides support, education, information & referral & advocacy to support those with serious mental illness & their families.

National Suicide Prevention Hotline

1540 2nd Ave SE

Cedar Rapids IA 52403

Phone: 800-237-8255 800-237-TALK

Web: www.suicidepreventionlifeline.org

Contact: Crisis line - many people answer

Hours: Confidential 24 Hour Call Center

Services: A call to the call center is routed to the nearest crisis center in our national network of more than 150 crisis centers. Provides crisis counseling & mental health referrals day and night.

Plains Area Mental Health Center

180 10th St SE Ste 201 PO Box 70

Le Mars IA 51031

Phone: 712-546-4624 800-325-1192

Fax: 712-546-9395

Web: www.plainsareamentalhealth.org

Contact: Kassie McDougal, Receptionist

Hours: Mon, Wed, Thu 8:00 am - 5:00 pm Tue 8:00 am - 8:00 pm Fri 8:00 am - 4:00 pm

Services: Provides professional, confidential psychiatric services for medication management, along with outpatient counseling to assist individuals of all ages, couples & families. Treatment focuses on issues ranging from stress, depression, anxiety, trauma, abuse, loss & more. Psychological testing. Community support.

Suicide Hotline

Phone: 800-784-2433 800-273-8255

Web: <http://suicidehotlines.com/iowa.html>

Hours: 24 hour Call Center

Teen Line - IA Dept of Public Health

321 E 12th St.

Des Moines IA 50319

Phone: 800-443-8336

Web: www.extension.iastate.edu/teenline/

Contact: There are 6 different people that answer calls

Hours: 24 Hour Call Center via Iowa State University Extension

Services: Confidential help for teens: Health, eating & weight; Relationships, Violence; AIDS/HIV; Alcohol or drug use; Sexual Relationships; Birth Control/Pregnancy; Stress; STD's, Bullying. They have a program called "I'm in control" website www.imincontrol.org. They also have a live chat that teens can chat with with others going through the same things they are going through.

OTHER SERVICES

Alpha Center, The

4016 Morningside Ave Lower Level
Sioux City IA 51106
Phone: 712-276-0237 800-276-0237
Fax: 712-276-0239
Web: www.alphacenter-sc.org
Edit: Mon-Thu 8:45 am - 4:30 pm

Services: Purpose is to provide sexual integrity by equipping individuals to make healthy, life affirming choices. A nonprofit organization devoted to promoting life with the help of individuals, area churches, designated corporate gifts & fund-raising events. Services are provided free of charge: confidential advice, pregnancy testing, ultrasound referral, post-abortion counseling, STD information, adoption referrals, maternity needs, parenting program. Does not perform or refer for abortion.

ALS Association

17030 Pacific St Ste 103
Omaha NE 68114
Phone: 402-991-8788 818-880-9006
Fax: 402-991-3690
Email: nebraska@alsa-midwest.org
Web: www.alsa-midwest.org
Contact: Shannon Todd, Care Services Specialist
Hours: Mon-Fri 8:30 am - 5:00 pm

Services: Support group for persons with ALS/Lou Gehrig's disease and their loved ones. Education & information, equipment loan pool, newsletters & website, community referral. Serves Nebraska & Western Iowa. No support group in Siouxland area.

American Cancer Society

905 Hwy 30 E
Carroll IA 51401
Phone: 712-794-0100 800-227-2345 Nat'l - Austin, TX
Fax: 712-784-0101
Email: ann.hoepfner@cancer.org
Web: www.cancer.org
Contact: Ann Hoepfner, Relay for Life Specialist (works out of her home)
Hours: Mon-Fri 8:00 am - 4:30 pm

Services: Offers research, education, advocacy and service to the general public regarding cancer. Transportation assistance, Lodging, Financial Assistance, Support Groups, Free Wigs.

American Heart & Stroke Association

32468 K42
Hinton IA 51024
Phone: 712-255-4798
Fax: 712-239-1134
Email: linda.jochim@heart.org
Web: siouxlandheartwalk.org plymouthsiouxcountyheartwalk.org

Contact: Linda Jochim Cell 712-490-0511
Hours: 8:00 am - 5:00 pm
Services: Education, research, fund raising, Go Red For Women

American Heart Association

705 Douglas St
Sioux City IA 51101
Phone: 712-255-4798

American Lung Association of IA

2530 73rd St
Des Moines IA 50322
Phone: 515-309-9507 800-586-4872 Nat'l-Springfield, Il
Fax: 515-334-9564
Email: mickisandquist@lungia.org
Web: www.lungia.org
Contact: Micki Sandquist, Executive Director 515-309-9507
Hours: Mon-Fri 8:00 am - 4:30 pm
Services: Advocacy; Better Breather's Clubs-check for these clubs via local hospitals; COPD Coalition; Freedom from Smoking Program; Healthy Lung Expo for Patients, Care Givers & Health Care Providers; IA Asthma Coalition; Radon Kits; 2 Events a year: Fight for Air Climb in March & Fight for Air Walk in September. Become an Asthma Educator at Institute for Providers & receive certification to provide asthma education to adults & children. For details on program or more information, see Web Page.

American Parkinson Disease Asso.

988440 NE Medical Center
Omaha NE 68198
Phone: 402-559-8839 402-392-2732
Fax: 402-449-4278
Email: karen.anderson@unmc.edu nebraska@apda.omhcoxmail.com
Web: www.parkinsonsne.org
Contact: Karen Anderson, Information & Referral Center Coordinator
Hours: Tue, Wed, Fri
Services: Support Groups: Jack Schermann - 712-277-9337 in Sioux City. I & R provides education, support group sponsorship, information & resource provision, referral assistance & awareness; Raise support for Parkinson's research; educational programs & resources

Arthritis Foundation - Iowa Chapter

1025 Ashworth Road Ste 505
West Des Moines IA 50265
Phone: 515-278-0636 866-378-0636
Fax: 515-278-2603
Email: info.ia@arthritis.org
Web: www.arthritis.org
Contact: Dessiea La Croix, Programs & Services
Hours: 10:00 am - 3:00 pm

Services: Train volunteers to teach programs in exercise, aquatic programs for which seniors benefit.
Resource Materials available for patients of all ages. See Website for other resources.

Centering Corporation

7230 Maple St

Omaha NE 68134

Phone: 402-553-1200 866-218-0101

Email: centeringcorp@aol.com

Web: <http://centering.org>

Contact: Nick Sieff, Sales

Hours: Mon-Fri 9:00 am - 5:00 pm

Services: Publishes educational materials on grief for adults & children, My Friends Emotion Dolls, A Memory Bag for children, DVD's & caring cards, also available other publishers books. Educational offerings & workshops for caregivers & families. Publishes Grief Digest magazine.

Child Find of America

Phone: 800-426-5678 800-IAMLOST

Web: www.childfindofamerica.org

Hours: 24 Hour Call Center

Services: Call 911 first, then call 800 number. CFA is a national not-for-profit organization dedicated to the prevention & resolution of child abduction. Offers America's families: Free investigation & location services. Free kidnapping prevention programs, Free referral & support services, Free mediation services for parental abduction cases.

Consumer Credit Counseling

715 Douglas St Center for Siouxland

Sioux City IA 51101

Phone: 712-252-1861 x47 877-580-5526

Fax: 712-255-1352

Email: cccc@centerforconsumercredit.org

Web: www.consumercredit.org

Contact: Kathy Craig, Counselor

Services: Provides individualized counseling & group education/workshops covering all aspects of personal finance including: budgeting, money management, debt reduction, credit reports, credit cards & loans & avoiding predatory lending practices.

Cystic Fibrosis Foundation

4150 Westown Parkway

West Des Moines IA 50265

Phone: 515-525-1530 800-798-5151

Fax: 515-327-8990

Email: www.iowa@cff.org

Web: www.cff.org

Contact: Claire Scholl, Executive Director

Hours: Mon-Fri 8:30 am - 5:30 pm Nat'l office: 800-344-4823 (FIGHTCF) located in Bethesda, MA

Services: Focus is to support the development of new drugs to fight CF & to improve the quality of life for those with CCF, ultimately to find a cure. Are strictly a fund raising organizaion.

Deaf Services, Office of (formerly Deaf Services Commission of Iowa)

Lucas State Office Building 321 E 12th St Dept of Human Rights

Des Moines IA 50319

Phone: 515-281-3164 888-221-3724

Fax: 515-242-6119

Email: dhr.hsci@iowa.gov

Web: www.deafservices.iowa.gov

Contact: Lysie Crawford, Consultant

Hours: Mon-Fri 8:00 am - 4:30 pm

Services: Our Motivation is to Serve, Represent & Provide greater understanding of Deaf & Hard of Hearing individuals at any age across the state. Our Vision is "Equal Communication, Education & Access." See Web Site for further information.

Easter Seals of Iowa

401 NE 66th Ave

Des Moines IA 50313

Phone: 515-289-1933 (Voice) 515-289-4069 (TTY)

Fax: 515-289-1281

Email: <http://ia.easterseals.com>

Hours: Mon-Fri 8:00 am - 4:30 pm

Services: Provides exceptional services to ensure that all people with disabilities or special needs & their families have equal opportunities to live, learn, work & play in their communities.

Fibromyalgia - LAF (Life After Fibromyalgia)

3700 28th St Lot 437 Office Library Lake Forest

Sioux City IA 51105

Phone: 712-203-9814

Email: brorobbrit@live.com

Contact: Trish Parvu, Leader

Hours: 5:00 pm - 6:00 pm - Tue

Services: Fibromyalgia patients meet to get to know one another; try to come up with solutions on how group can raise awareness; how we get donations to hire our own doctor for meeting times; how we together can help each other to stay informed.

Find a Lawyer - Iowa

Web: www.iabar.net/attorneyonline.nsf

Services: A Service provided by the Iowa Bar Association. Can find an attorney by county.

Foster Grandparent Program

4200 War Eagle Dr

Sioux City IA 51109

Phone: 712-225-2610

Fax: 712-224-2617

Contact: Linda Hesebeck, Volunteer Coordinator

Hours: Mon-Fri 8:30 am - 4:30 pm

Services: Seniors provide mentoring in public schools, parochial schools, daycare centers or head start with 1:1 or small group activities. Seniors are paid mileage to provide these services. Is a service provided by seniors who need a "reason to get up in the morning". Call above phone number for more information.

Iowa Department for the Blind

524 4th St

Des Moines IA 50309

Phone: 515-281-1333 800-362-2587 515-281-1355

Fax: 515-281-1263 TTY

Email: information@blind.state.ia.us contact@idbonline.org

Web: www.blind.state.ia.us

Contact: Richard Sorey, Director

Hours: Mon-Fri 8:00 am - 4:30 pm Closed Holidays

Services: IDP helps empower blind & visually impaired Iowans to lead active & fulfilling lives. Educates & trains them in alternative techniques while instilling them with confidence for independent living & competitive job placement. These skills enable those with vision loss to fully participate in life, through work, family & community & helps them achieve their dreams. See Website

Iowa Department of Public Health

321 E 12th St Lucas State Office Bldg

Des Moines IA 50319

Phone: 515-281-7689 866-277-9878

Fax: 515-281-4958

Email: <http://www.idph.state.ia.us>

Hours: Mon-Fri 8:00 am - 4:30 pm

Services: Reporting concerns: restaurants, hospitals, nursing homes. Questions regarding health protection, immunizations, HIV, TB, tattoos & rabies. Promote & Protect Health of Iowans.

Iowa Lions Eye Bank

2346 Mormon Trek Blvd Ste 1500

Iowa City IA 52246

Phone: 319-356-2871 866-435-7733

Fax: 319-384-9781

Hours: Mon-Fri 8:30 am - 5:00 pm

Services: Acts as a clearing house between the person in need of a corneal transplant to restore or improve vision & the person willing to donate his/her eyes at the time of death.

Iowa State University Answer Line

1000 E Grand Ave

Des Moines IA 50319

Phone: 800-262-3804

Email: answers@iastate.edu

Web: www.extension.iastate.edu/families/answerline

Hours: Mon-Fri 9:00 am - 4:00 pm (closed noon hour)

Services: Answers questions on child development, cleaning, consumer management, food preparation & preservation, food safety, home environment, household equipment, nutrition, textiles & laundry.

Legal Aid Hotline for Older Iowans (over 60)

Phone: 800-992-8161

Contact: Mon-Fri 9:00 am - 4:40 pm

Life Skills Training Center, Inc

1510 Industrial RD SW

Le Mars IA 51031

Phone: 712-546-9554

Fax: 712-546-4985

Email: lstc@frontiernet.net

Contact: Don Nore, Executive Director

Hours: Mon-Fri 7:00 am - 4:00 pm

Services: Aid to the handicapped, job training, counseling assistance

Little Help Home Care, A

367 15th St SW

Le Mars IA 51031

Phone: 712-546-4950

Email: alittlehelphomecare@gmail.com

Web: www.alittlehelphomecare.com

Contact: Jerry McGill

Hours: anytime

Services: We provide, with passion, the highest quality of help to individuals, which will enable them to live with fullness of life in their homes. We believe fullness of life refers to four key areas: physical, social, spiritual & emotional. We seek to offer help in any of the mentioned areas that individuals may need to enhance fullness of life for them.

Lutheran Services of Iowa

2039 S St Aubin St

Sioux City IA 51106

Phone: 712-255-2505 888-457-4692

Fax: 712-258-0518

Email: www.lsiowa@lsiowa.org

Services: LSI serves individuals & their families statewide. Provides experts in the fields of child welfare, mental health, parent education, child abuse prevention, foster care, adoption, disability services, refugee services, behavior management, home health care & many other areas.

Muscular Dystrophy Association Iowa

1755 West Lakes Parkway #B

West Des Moines IA 50266

Phone: 515-453-9489
Fax: 515-453-9494
Email: desmoines@mdausa.org
Web: mda@mdausa.org
Contact: Janet Van Pelt - Home Care Services Coord
Hours: Mon-Fri 9:00 am - 5:00 pm
Services: Support group meets in Sioux City - 3rd Sat of each month - 10:30 a.m. at Unity Point/St. Lukes Hospital Make clinic appointments, support groups, repair equipment, loan out equipment.

Muscular Dystrophy Association Nebraska

14344 Y St #211
Omaha NE 68137
Phone: 402-390-2914
Fax: 402-390-2918
Email: omaha@mdausa.org
Web: mda@mdausa.org
Contact: Katherine Kreiger - Healthcare Coordinator
Hours: Mon-Fri 9:00 am - 4:00 pm
Services: MDA is the nonprofit health agency dedicated to curing muscular dystrophy, ALS & related diseases by funding worldwide research. Also provides comprehensive health care & support services, advocacy & education.

Muscular Dystrophy Association South Dakota

524 N Main St #211
Sioux Falls SD 57104
Phone: 605-339-2728
Fax: 605-339-1923
Email: sioiuxfalls@mdausa.org
Web: MDA.org
Contact: Erin Rohrer - Executive Director
Hours: Mon-Fri 9:00 am - 4:00 pm
Services: MDA is the nonprofit health agency dedicated to curing muscular dystrophy, ALS & related diseases by funding worldwide research. Also provides comprehensive health care & support services, advocacy & education.

National Federation of the Blind - Siouxland Chapter

5010 Country Club Blvd
Sioux City IA 51104
Phone: 712-239-2665 712-277-5451
Web: www.nfbi.org
Hours: anytime
Services: Consumer advocacy, support group, counseling services for blind & newly blind. Braille & travel skill training, information, literature concerning blindness & speakers about blindness. More Information

National Federation of the Blind of Iowa

2721 34th St
Des Moines IA 50310
Phone: 515-284-1569
Email: michael.nfbi@gmail.com
Web: www.nfbi.org
Contact: Michael Barber, President

National Kidney Foundation of MN, ND, SD, IA

19710 Oak Crest Ave Ste 208
St. Paul MN 55113
Phone: 651-636-7300 800-596-7943
Fax: 651-636-9700
Email: www.NKFmdi.org
Web: www.NKFmdi.org
Services: Patient services, public & professional education, speaker's bureau, information & referral services.

National Multiple Sclerosis Society

2508 S Carolyn Ave
Sioux Falls IA 57106
Phone: 605-336-7017 800-582-5296
Email: info@mmsociety.org
Web: www.nationalmssociety.org/chapters
Contact: Susan
Hours: Meets 3rd Friday Avera Living Well Center, 33rd & Minnesota Ave
Services: Promotes research, educate, advocate on critical issues & organize a wide range of programs including support for the newly diagnosed & those living with MS over time.

National Multiple Sclerosis Society - Upper Midwest Chapter

200 12th Ave S
Minneapolis MN 55415
Phone: 612-335-7900
Fax: 612-335-7997
Email: info@mmsociety.org
Web: www.nationalmssociety.org
Contact: Susan @ Avera McKennon Hospital 605-322-8000; Sx Falls Chapter Office: 605-336-7017
Hours: Support group meets 3rd Friday - times vary. @ Avera Living Well Center, 33rd & Minnesota Ave, Sx Falls
Services: MS is a chronic, unpredictable disease of the central nervous system. It is thought to be an autoimmune disorder. The problems may be permanent or may come & go. Patients are mostly diagnosed between the ages of 20 & 50.

Overeaters Anonymous

Rejoice Community Church 1320 3rd Ave SE
Le Mars IA 51031

Phone: 712-548-4430

Email: rejoice@hotmail.com

Web: www overeatersanonymous.org

Contact: Lynn Snyder, Admin Secretary

Hours: Thu 7:00 pm East Conference Room - FVH

Services: Purpose is to abstain from compulsive eating & to carry the message of recovery through the Twelve steps of OA to those who still suffer. A fellowship of individuals who, through shared experience, strength & hope, are recovering from compulsive overeating.

Relaxing Touch

37642 260th St

Le Mars IA 51031

Phone: 712-548-4647 712-541-8538

Contact: Gena Cronin, Owner

Hours: By Appt only - no set hours

Services: Licensed massage therapy

Siouxland Epilepsy Support Group, Inc

4260 Hickory Ln Ste 414

Sioux City IA 51106

Phone: 712-281-1741

Email: slf1970@cableone.net

Web: <http://www.epilepsyfoundation.org>

Contact: Steve Fox

Hours: Steve works out of his home, said he doesn't have any set time

Services: Offers training to become a presenter of epilepsy in-services, assists in development of support groups, offers personalized educational presentations on epilepsy. Call Steve at 712-281-1741 for support group meeting times.

Synergy Home Care of Sioux City

Phone: 605-242-6056

Email: info@synergysiouxland.com

Web: www.synergyhmecare.com

Services: Non-medical homecare for all ages. Provide companionship, personal care, light housekeeping, meal prep, medication reminders, errands, respite care.

Thursday's Child

10325 Donna Ave

Porter Ranch CA 0

Phone: 800-872-5437

Email: clay5child@thursdaychild.org

Web: www.thursdayschild.org

Contact: Don Austin, Administration

Hours: 24 Hour Call Center

Services: Teen toll-free helpline - there are 10 toll-free numbers & 37 toll-free directory listings.

REHABILITATIVE SERVICES

Akron Care Center

991 Hwy 3
Akron IA 51001
Phone: 712-568-2422
Fax: 712-568-2424
Email: therapy@akroncarecenter.com
Web: www.akroncarecenter.com
Contact: Roxanne Larson, Therapy Secretary
Edit: Mon-Fri 8:30 am - 5:00 pm
Services: Physical Therapy, Occupational Therapy, Speech Therapy.

Avera - Floyd Valley Hospital

714 Lincoln St NE PO Box 10
Le Mars IA 51031
Phone: 712-546-3377 800-642-6074
Fax: 712-546-3352 x377
Web: <http://www.avera.org/floyd-valley/services/physical-therapy/>
Contact: Jerry DeWit, PT
Hours: Mon-Fri 7:00 am - 5:00 pm or as need arises
Services: Provides therapy to a patient with the end result of decreased pain & improved function & has been educated so he/she can maintain his/her condition & feels that he/she has been cared for as a unique & important individual. Occupational therapy & Functional Agility Speed training also available.

Floyd Valley Hospital Cardiac Rehab

714 Lincoln St NE
Le Mars IA 51031
Phone: 712-546-3383 800-642-6074
Fax: 712-546-3451
Email: lavonne.galles@floydvalleyhospital.org
Web: www.floydvalleyhospital.org
Contact: Lavonne Galles, RN, BSN, Cardiac Care Rehab Coordinator
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: Provides therapeutic services in conjunction with preventative methods to individuals with preventative methods to individuals with heart disease to improve their optimal health.

Good Samaritan Care Center

1140 Lincoln St NE
Le Mars IA 51031
Phone: 712-546-4101
Fax: 712-546-9488
Web: cortmann@good-sam.com
Contact: Mary Toel - Social Worker
Hours: 24 hours
Services: Home Health - Special care unit - CCDI for dementia patients - Long-term care facility

Happy Siesta Care Center

423 Roosevelt PO Box 380
Remsen IA 51050
Phone: 712-786-1117
Fax: 712-786-1119
Email: crbraun@midlands.net
Contact: Charlotte Braun, Administrator
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: 100% skilled nursing, Alzheimers unit

Hawarden Regional Healthcare Cardiac Rehab

1111 11th St
Hawarden IA 51023
Phone: 712-551-3100
Fax: 712-551-3177
Email: meerdind@mercyhealth.com
Web: www.hawardenregionalhealthcare.com
Contact: Dee Meerdink, RN Cardiac Care Manager
Hours: Mon-Fri 8:00 am - 4:30 pm
Services: Provide medically supervised services that help improve the health and well-being of people with heart problems following a cardiac event.

Heartland Care Center

604 E Fenton
Marcus IA 51035
Phone: 712-376-2500
Fax: 712-376-4445
Email: heartland@midlands.net
Web: www.heartlandcarecenter.com
Contact: LuAnn Rogge, Administrator
Hours: 8:00 am - 4:30 pm
Services: 30 skilled beds and 21 Assisted Living.

Regional Health Care - Hawarden

1111 11th St
Hawarden IA 51023
Phone: 712-551-3108
Fax: 712-551-3177
Email: maymj@mercyhealth.com
Contact: Mike May, Director of Physical Medicine & Rehabilitation
Hours: Mon-Fri 8:00 am - 5:00 pm
Services: Physical Therapy, Occupational Therapy, Speech Therapy.

TRANSPORTATION SERVICES

Get N Go Taxi Co

Le Mars IA 51031
Phone: 712-546-5142
Contact: Chris Pippet, Owner
Edit: 24 hours a day/7 days a week
Services: Taxi Service

Siouxland Regional Transit System

1122 Pierce St
Sioux City IA 51105
Phone: 712-279-6919 800-881-2076
Fax: 712-279-6890 712-279-6920
Web: www.simpco.org
Contact: Teri Brewer, Director
Hours: Mon-Fri 6:00 am - 6:00 pm
Services: SRTS is a demand-responsive, ADA accessible, public transit system which provides public transportation services to residents of Plymouth County. Use mobility device lift equipped busses.

TMS - Transport Management System for Medicaid

5800 Fleur Dr Rm 231
Des Moines IA 50321
Phone: 866-584-7601 712-279-6900 x15
Email: doreen.chamberline@idph.gov
Web: www.tmsmanagementgroup.com
Contact: Dawn Kimmel, Sxland Mobility Mgr
Hours: <http://www.iowadot.gov/transit> - transportation schedules & routes
<http://www.iowadot.gov/transit/publications.html> - print a brochure
Services: Medicaid recipients can receive mileage reimbursement or transportation to non-emergency medical appointments. Arrangements must be made 3 business days in advance. Serves Plymouth Co.