

NUMBERS TO KNOW

Iowa Concern 1-800-447-1985
 **Financial questions, legal issues, family transitions (All hours, all days)

Poison Control 1-800-222-1222
 **Health concerns related to coming in contact with poison

ISU Answer Line 1-800-262-3804
 **Questions relating to home and family (M-F, 9-noon 1-4 pm)

National Runaway Switchboard 1-800-786-2929 (1-800-RUNAWAY)
 **A person can report oneself as a runaway, or report that a family member has runaway

Better Business Bureau, Des Moines 1-515-243-8137
 **Financial information

Consumer Protection Division
 Attorney General 1-515-281-5926
 Emergency 911
 **Consumer rights

Alliance for the Mentally Ill 1-800-950-6264 (1-800-950-NAMI)
 **Provides support, education, and information to families, friends, and individuals with a mental illness

ISU Extended & Continuing Education 1-800-262-0015
 **Off-Campus credit courses, non-credit conferences (M-F, 7:30am – 5pm)

Healthy Families 1-800-369-2229
 **Prenatal health care questions and information (all hours, all days)

Teen Line 1-800-443-8336
 **Personal and health-related information and referral (all hours, all days)

Veteran's Regional Office 1-800-827-1000
 **Information on benefits for veterans (Des Moines)

Veteran's Medical Center 1-800-316-8387
 **Medical care and mental health services (Sioux Falls)

Bets Off 1-800-BETSOFF or 1-800-238-7633
 **Hotline of Iowa Gambling Treatment Program. Gambling concerns for yourself or others.

RESOURCES FOR DICKINSON COUNTY FAMILIES

Compiled by:
 ISU Extension
 Dickinson County
 and
 Dickinson County
 Community Services
 2011



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712-336-0657

Iowa Substance Abuse Information Center
1-866-242-4111

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

Compass Pointe
710 Lake Street Suite 2
Spirit Lake, IA 51360
712-336-5281

TRANSPORTATION

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

VAC/RSVP
800 21st Street
Spirit Lake, IA 51360
712-336-4444
Contact: Christina Ostovic

Harley Rides
712-330-2587

Red's Rides
712-320-0383

Chopper Cab
712-330-6276

Boji Rids
877-332-2964

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Spirit Lake Veteran Affairs Home Health Care
1310 Lake Street
Spirit Lake, IA 51360
712-336-6425 or 712-336-6400

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SUBSTANCE ABUSE

Alcoholics Anonymous
Spirit Lake

Contact: All are mandatory reports.

State Domestic Abuse Hotline

1-800-942-0333

CAASA

(Centers Against Abuse & Sexual Assault)

1-877-362-4612

Iowa Sexual Abuse Hotline

1-800-284-7821

FUEL ASSISTANCE

Upper Des Moines Opportunity

Great Lakes Mall

1575 18th St.

Spirit Lake, IA 51360

712-336-1112

www.udmo.com

Contact: Laurie Ruf or Deb Weir

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ABUSE

Child Abuse and Neglect Reporting

1-800-362-2178

Dickinson County Dept. Of Human Services

1802 Hill Avenue Suite 2401

Spirit Lake, IA 51360

712-336-2555

1-866-336-2555

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CHILDREN'S ISSUES

Child Abuse Hotline (to report abuse)

1-800-362-2178

Child Abuse Hotline

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

Northwest Aging Association

714 10th Avenue East, PO Box 213
Spencer, IA 51301
1-800-242-5033
712-262-1775

Good Samaritan Society Home Care

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

VAC/RSVP

800 21st Street
Spirit Lake, IA 51360
712-336-4444
Contact: Christina Ostovic

Seniors and Lawman Together

% Dickinson County Sheriffs Office
Spirit Lake, IA 51360
712-336-2793

Social Security

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

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SENIOR CITIZENS

AARP

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

Dependent Adult Abuse

1-800-362-2178

Dinner Date

2100 Zenith Avenue
Spirit Lake, IA 51360
712-336-5247

Dickinson County Dept. of Human Services

1802 Hill Avenue Suite 2401
Spirit Lake, IA 51360
712-336-2555

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

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

Lifeline at Lakes Regional Homecare

1003 21st Street
Milford, IA 51351
712-336-2682

Meals on Wheels

800 21st Street
Spirit Lake, IA 51360
712-336-4444
Contact: Christina Ostovic

1-866-336-2555

Dickinson County Veterans Affairs

1802 Hill Ave. Suite 1508
Spirit Lake, IA 51360
712-336-0883

Health Information Center

1-800-336-4797

Home Maker Health Aid

Lakes Regional Healthcare – Community Health Services
1003 21st Street
P.O. Box 500
Milford, IA 51360
712-338-9998/712-336-2682
Contact: Micki Kohorst
Public Health-Contact: Mary Dunleavy

Iowa Protection and Advocacy Services

3015 Merle Hay Rd., Suite 6
Des Moines, IA 50310
800-779-2502
www.ipna.org

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CHILDREN'S SERVICES

The Caring Program for Children

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

Child Health:

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

Lakes Regional Healthcare – Public Health Services

1003 21st Street
P.O. Box 500
Milford, IA 51351
712-336-2682
Contact: Mary Dunleavy

Dickinson County Dept. Of Human Services

1802 Hill Avenue Suite 2401

Spirit Lake, IA 51360

712-336-2555
1-866-336-2555

Home Maker Health Aid

Lakes Regional Healthcare– Public Health Services
1003 21st Street
Milford, IA 51351
712-336-2682
Contact: Mary Dunleavy

Home Health Care

Lakes Regional Healthcare—Lakes Regional Community Health
1003 21st Street
PO Box 500
Milford, IA 51351
712-336-2682
Contact: Micki Kohorst

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K.I.D.S.

(Kommunity Involvement, Development and Support)

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

Good Samaritan Society Home Care

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

Seasons Center for Community Mental Health

710 Lake Street Suite 1
Spirit Lake, IA 51360
712-336-4464

Time-Out Nurseries

1306 32nd Street
Spirit Lake, IA 51360 (Business Mail Only)
712-336-1738
Contact: Amy Kueper and Jenni Cunningham

Chapco
1404 4th Street
Arnolds Park, IA 51331
712-332-2325
Contact: Wendy Barnard

Child Care Resource and Referral

Upper Des Moines Opportunity
101 Robbins Ave., Box 519
Graettinger, IA 51342-0519
800-245-6151
712-859-3885

Best Care for Better Babies

Lakes Regional Healthcare-Public Health Services
1003 21st Street
Milford, IA 51351
712-336-2682
Contact: Diane Zemple

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MEDICAL EQUIPMENT LOAN CLOSETS

Upper Des Moines
1575 18th Street
Spirit Lake, IA 51360
712-336-2682
Contact: Lauri Ruf or Deb Weir
www.udmo.com

American Legion Auxiliary
Bess and Bob Umscheid
514 P Avenue
Milford, IA 51351
712-338-2086

American Legion Auxiliary
Donald Von Ehwegen
Terril, IA 51364
712-853-6577

American Legion Auxiliary
Marilyn Kessler
Lake Park, IA 51347
712-832-3540

Good Samaritan Society Home Care
Jct 9 & 71
Spirit Lake, IA 51360
712-336-3412
Contact: Robin Lock

Iowa Compass
1-800-779-2001

Sanford Home Medical
2317 Circle Drive W. #4
PO Box 465
Spirit Lake, IA 51360
1-866-838-8934
Contact: Liz Lorch

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LEGAL SERVICES

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

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

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

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

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

Iowa Mediation Services
20 West 6th Street

Spencer, IA 51301
712-262-7007

1004 22nd Street
Milford, IA 51351
712-338-3333
info@cherishcenter.org
www.cherishcenter.org

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Upper Des Moines Opportunity

Great Lakes Mall
1575 18th St.
Spirit Lake, IA 51360
712-336-1112
www.udmo.com

Contact: Laurie Ruf or Deb Weir

Priority #1

1600 15th Street
Spirit Lake, IA 51360
712-336-3488
Contact: Karen Byers
Contact: Ron Vincelli

YMCA Kinship

Youth Mentoring
1900 41st Street
Spirit Lake, IA 51360
712-336-9622

Contact: Norm Johnson

Lutheran Social Services of Iowa

Health Concerns
1812 24th Ave. W.
Spencer, IA 51301
712-262-9171

Cherish Center

Cherished Women/Cherished Kids (parent support for moms)
Dads of Cherished Kids (parent support for dads)
Cherish House (maternity home)

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CLOTHING

Upper Des Moines Opportunity

Great Lakes Mall
1575 18th St.
Spirit Lake, IA 51360
712-336-1112
www.udmo.com

Contact: Laurie Ruf or Deb Weir

St. Joseph Catholic Church

1309 Okoboji Ave.
Milford, IA 51351
712-338-2274

Thee Garage Sale

1004 22nd St.
Milford, IA 51351
712-338-3334
Children's Clothing
Household Furnishings

DISASTER ASSISTANCE

Joint Disaster

1802 Hill Ave. Suite 1202
Spirit Lake, IA 51360
712-336-3987
Contact: Mike Ehert

Red Cross
North Mall

1900 Grand Avenue
Spencer, IA 51301
712-262-1574

Salvation Army
1607 Ithaca Avenue
Spirit Lake, IA 51360
712-336-5776
Contact: Jeff Hanson

PO Box 1003
Okoboji, IA 51355
712-338-3333
info@cherishcenter.org
www.cherishcenter.org

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Spirit Lake Veteran Affairs Clinic
1310 Lake Street
Spirit Lake, IA 51360
712-336-6400

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HOUSING

Low-Rent Housing Agency
710 Lake Street Suite 5
Spirit Lake, IA 51360
712-336-2318
Contact: Barbara Carlson

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

Riverwest Apartments
668 Terrace Park Blvd.
Milford, IA 51351
712-332-7228

Broadway Village Apartments
PO Box 283
Milford, IA 51351
712-338-9754

Discovery House
1411 Hill Avenue
PO Box 163
Spirit Lake, IA 51360
712-336-4740 or 712-336-5340
Contact: Julie Scheib

Murphy Management
208 E. State Street
Algona, IA 50511
515-295-2927

Cherish House Maternity Home for girls age 13-22

EDUCATION

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

G.E.D./Adult Basic Education
Iowa Lakes Community College
2008 Hill Ave
Spirit Lake, IA 51360
712-336-3439
Estherville - 1-800-242-5106
Emmetsburg - 1-800-242-5108

Headstart
101 Robbins Ave. P.O. Box 519
Graettinger, IA 51342
1-800-245-6151
712-859-3885

Iowa Lakes Community College
2008 Hill Ave.
Spirit Lake, IA 51360
712-336-3439
Estherville - 1-800-242-5106
Emmetsburg - 1-800-242-5108

ISU Extension - Dickinson County
1600 15th Street
Spirit Lake, IA 51360
712-336-3488
Contact: Karen Byers

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

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

Iowa Legal Aid
506 Nebraska Street
Sioux City, IA 51101
1-800-352-0017
712-277-8686
www.iowalegalaid.org

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

Compass Pointe Behavioral Health Services
710 Lake Street Suite 2
Spirit Lake, IA 51360
712-336-5281
www.adtu.org

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

Women, Infants & Children (WIC)

Upper Des Moines Opportunity
101 Robbins Avenue Box 519
Graettinger, IA 51342-0519
800-245-6151
712-859-3885

Northwest Aging Association

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

Good Samaritan Society Home Care

Jct. 9 & 71
Spirit Lake, IA 51360
712-336-3412
Contact: Robin Lock
www.gentiva.com

Spencer Psychiatry and Counseling Services

2016 Hwy Blvd. South Suite
PO Box 680
Spencer, IA 51301
712-580-3882

National Alliance for the Mentally III

800-950-6264
www.nami.org

Parents Anonymous Helpline

800-345-5044

Merit Behavioral Care

1-800-955-6427

Iowa Hospice

1370 Lake Street
Spirit Lake, IA 51360
712-336-2941
866-752-4692

www.afb.org

Medicaid/Title 19 - General Info.

Dickinson Co. Dept. of Human Services
1802 Hill Avenue Suite 2401
Spirit Lake, IA 51360
712-336-2555
1-866-336-2555
www.dhs.state.ia.us

Medicare

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

Planned Parenthood of Greater Iowa

1900 Grand Avenue
Spencer, IA 51301
712-262-1545
www.ppgi.org

Targeted Case Management

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

Cherish Center

Individual and Family Counseling, Mentor Moms, Marriage Mentors,
Parent Training, Free Pregnancy Tests, Pregnancy and Adoption
Counseling
1004 22nd Street
Milford, IA 51351
712-338-3333
info@cherishcenter.org
www.cherishcenter.org

Vision Impaired:

American Foundation for the Blind -
1-800-232-5463

Dickinson County Veterans Affairs

1802 Hill Ave. Suite 1508

Spirit Lake, IA 51360
712-336-0883

Dickinson County Community Services

1802 Hill Ave. Suite 2502
Spirit Lake, IA 51360
712-336-0775
Contact: Beth Will

Upper Des Moines Opportunity

Great Lakes Mall
1575 18th Street
Spirit Lake, IA 51360
7122-336-1112
www.udmo.com

Contact: Laurie Ruf or Deb Weir

EMERGENCY NUMBERS

Ambulance, Fire, Police

911
712-336-2525

Spirit Lake Police Department

712-336-5776

Dickinson County Sheriff's Office

712-336-2793

Dickinson County Crime Stoppers

712-336-2345

Lakes Regional Health Care

712-336-1230

ILCC Rehabilitation Education & Services

300 S. 18th
Estherville, IA 51334
712-362-5433
217 W 5th Street
Spencer, IA 51301
712-262-9585

Iowa Work Force Development

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

Workforce Investment Act (WIA)

217 W. 5th Street
Spencer, IA 51301
712-262-1971
800-798-7224

ECHO/PLUS, INC.

1808 Jackson Ave
Spirit Lake, IA 51360
712-336-4052

Employment Connections

1710 Lincoln Avenue
Spirit Lake, IA 51360
712-336-2048

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Compass Pointe Behavioral Health Services

710 Lake Street Suite 2
Spirit Lake, IA 51360
712-336-5281
www.adtu.org

Hearing Impaired:

Hearing Aid Helpline 1-800-521-5247
Hearing & Speech - National Assoc. 1-800-638-8255
Hear Now (Financial Aid) 1-800-648-HEAR
(1-800-648-4327)

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EMPLOYMENT

Iowa Work Force Development

620 1ST Avenue South
Estherville, IA 51334
712-362-7327 phone
712-362-7742 fax

Helpline

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

Dental, Iowa Association
515-282-7250

Deaf Services Commission of Iowa
515-281-3164
www.state.ia.us/government/dhr/dhs

Hearing Aid Bank, Lion's
515-752-4337

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

Lutheran Social Services of Iowa
1812 24 Ave. W.
Spencer, IA 51301
712-262-9171
www.lsiowa.org

Seasons Center for Community Mental Health
710 Lake Street Suite 1
Spirit Lake, IA 51360
Spirit Lake – 712-336-4464
Spencer - 1-800-242-5101

Veterans Counseling Center
Sioux City
712-255-3808

Veteran's Affairs Medical Center
2501 West 22nd Street
Sioux Falls, SD
1-800-316-8387
www.va.gov

Dickinson County Central Point of Coordination
Dickinson County Community Services
1802 Hill Ave Suite 2502
Spirit Lake, IA 51360
712-336-0775
Contact: Beth Will

Lakes Regional Healthcare - Community Health Services/Hospice
1003 21st Street
PO Box 500
Milford, IA 51351
712-338-9998
Contact: Micki Kohorst

Dickinson Co. Dept. of Human Services
1802 Hill Avenue Suite 2401
Spirit Lake, IA 51360
712-336-2555
1-866-336-2555

Eye Care Project, National American Academy of Ophthalmol
1-800-222-3937

Family Crisis Line (24 hours)
Spirit Lake
712-336-1255
1-877-362-4612

Teen Health Line
1-800-443-8336

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HEALTH CONCERNS AND FAMILY COUNSELING

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

Child Health Specialty Clinics
1200 First Avenue East
Spencer, IA 51301
712-264-6362 or 712-264-6363
866-219-9119
www.medicine.uiowa.edu/chsc

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FINANCIAL ASSISTANCE

Dickinson County Community Services
1802 Hill Ave Suite 2502
Spirit Lake, IA 51360
712-336-0775
Contact: Beth Will

Dickinson County Dept. of Human Services
1802 Hill Avenue Suite 2401
Spirit Lake
712-336-2555 or 1-866-336-2555

Dickinson County Veterans Affairs
1802 Hill Ave. Suite 1508

Spirit Lake, IA 51360
712-336-0883

Rural Development
Farm Service Agency
306 11th Street SW Plaza
Spencer, IA 51301
712-262-3173

Contact: Sheila Zobrist
1619 North Lake Street
Storm Lake, IA 50588
712-732-1851
Contact: Arnold Thomas

Social Security Administration
1610 12th Avenue SW
Spencer, IA 51301
1-800-772-1213
712-262-5350

Upper Des Moines Opportunity
Great Lakes Mall
1575 18th St.
Spirit Lake, IA 51360
712-336-1112
www.udmo.com
Contact: Laurie Ruf or Deb Weir

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FINANCIAL COUNSELING

Consumer Credit Counseling Service
206 6th St.
712-252-5666

Bill Payer Program
Dickinson County Community Services
1802 Hill Ave Suite 2502
Spirit Lake IA 51360
712-336-0775
Contact: Beth Will

Representative Payee Program
Dickinson County Community Services
1802 Hill Ave Suite 2502
Spirit Lake IA 51360
712-336-0775

Contact: Beth Will

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

ISU Extension - Dickinson County
Financial Management and Counseling
1600 15th Street
Spirit Lake, IA 51360
712-336-3488
Contact: Jan Burk

Cherish Center
Financial Peace
1004 22nd Street
Milford, IA 51351
712-338-3333
info@cherishcenter.org
www.cherishcenter.org

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FOOD

Dickinson County Dept. of Human Services
1802 Hill Avenue Suite 2401
Spirit Lake, IA 51360
712-336-2555
1-866-336-2555

Dickinson County Food Pantry
Upper Des Moines Opportunity
Great Lakes Mall
1575 18th St.
Spirit Lake, IA 51360
712-336-1112
www.udmo.com
Contact: Laurie Ruf or Deb Weir

Dinner Date
2100 Zenith Avenue
Spirit Lake, IA 51360
712-336-5247

Meals on Wheels

800 21st Street
Spirit Lake, IA 51360
712-336-4444
Contact: Christina Ostovic

Women, Infants & Children (WIC)

Upper Des Moines Opportunity
101 Robbins Avenue Box 519
Graettinger, IA 51342-0519
800-245-6151-712-859-3885

Food Stamp Application Available Online

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

Or Call-

1-877-937-3663