



COMMUNITY RESOURCES REFERRAL GUIDE

Palo Alto Program



AUGUST 31, 2019

IOWA DEPARTMENT OF PUBLIC HEALTH
Iowa WISEWOMAN Program

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Key

 Services paid by the WISEWOMAN Program

 Updated resources

Agency	Contact Name	Address	Phone number/ email	Website	Notes
A	Health Related Services				
1	Chronic Disease Management				
Fresch Conversations	Elderbridge Area Agency on Aging: Danielle Bowlin	Program site: Spencer Activity Center, 104 E 4th Street Spencer, IA 51301	800-243-0678; dbowlin@elderbridge.org		Spencer, Clay County
		Program site: Sunset Apartments, 111, E 20th Street, Spencer, IA 51301; (800) 243-0678			Spencer, Clay County
		Program site: Lake Park Senior Center, 903 S. Market Street, Lake Park, IA 51347			Lake Park, Dickinson County
		Program site: Lakes Area Senior Center, 2101 Zenith, Spirit Lake, IA 51360			Spirit Lake, Dickinson County
		Program site: Estherville Senior Center, 4 N 7th St, Estherville, IA 51334; (712)362-7018			Estherville, Emmet County
		Program site: Sibley Senior Center, 612 8th Street, Sibley, IA 51249; (712) 754-2434			Sibley, Osceola County
		Palo Alto County Health System - 3201 1st St, Emmetsburg, IA 50536	(712) 852-5500	http://www.pachs.com/paloalto	Emmetsburg, Palo Alto County
		Avera McKennan Holy Family Health - 826 N 8th St, Estherville, IA 51334	(712) 362-2631	https://www.avera.org/locations/profile/avera-holy-family-hospital/	Estherville, Emmet County

State-Certified Diabetes Self-Management Education Programs/Sites		Avera McKennan Osceola Community Hospital - 115 Cedar Lane Sibley, IA 51249	712-754-4611	https://www.avera.org/locations/profile/osceola-community-health-services-sibley/?searchId=a53d838b-beaf-e911-a824-000d3a611c21&sort=13&page=1&pageSize=10	Sibley, Osceola County
		Spencer Municipal Hospital - 1200 1st Ave E, Spencer, IA 51301	(712) 264-6198	https://www.spencerhospital.org/	Spencer, Clay County
		Lakes Regional Healthcare - 2323 US-71, Spirit Lake, IA 51360	(712) 336-1230	https://www.avera.org/locations/lakes-regional-healthcare/	Spirit Lake, Dickinson County
Diabetes Prevention Program, Recognized Lifestyle Change Program		Avera Holy Family Hospital, 415 S 18th St. Estherville, IA 51334	(712) 362-6306		Estherville, Emmet County
		Avera Holy Family Wellbeing Clinic, 826 N 8th St. Estherville, IA 51334	(712) 362-2636		Estherville, Emmet County
Medication Therapy Management	Amy Fitch PIC	Thrifty White Pharmacy, 715 S Grand Av Spencer IA 51301	712-262-1523		Spencer, Clay County
2	Clinics				
Community Health Clinics / Free Clinics					

Grand Avenue Free Medical Clinic		605 N Grand Ave, Spencer, Iowa 51301	(515) 954-7508		<p>Clay County. Hours:4:00 – 8:00 p.m. on 1st & 3rd Thursdays of the month 4:00 - 6:00 p.m. Patient Registration. No appointment necessary. Dental 11:00 a.m. – 5:00 p.m. on Wednesdays (when Dentists are available). If you are having dental issues you must be screened on the 1st or 3rd Thursday of the month during clinic hours. Patients will then be put on a waiting list. The current waiting list is over 6 months long. Appointment only.</p>
Family Practice Clinics	Marilee Orr, Office Manager	201 1st Street, Emmetsburg, IA 50536	712-852-5555		
		109 West Robins Ave Graettinger, IA 51342.	712-859-3131		
		107 West Division Street West Bend, IA	515-887-789		
Estherville Free Clinic		205 N 7th St Estherville, Iowa 51334	712-209-1213		<p>6:00 p.m. on the 2nd Tuesday of each month. No appointment necessary - must be checked in by 6:30 p.m. Dental services offered on the 3rd Monday of each month from 6:00-9:00 p.m. Dental is offered by appointment only - call #712-209-1213</p>
WISEWOMAN Clinics					

Avera Medical Group, A Department of Spencer Hospital	Kathy Lawson	116 East 11th Street Suite 101, Spencer, IA 51301	712-264-3530		
Palo Alto County Health System - Family Practice Clinic - Emmetsburg	Mary Lee Orr	3201 1st Street, Emmetsburg, IA 50536	712-852-5481		
Palo Alto County Health System - Family Practice Clinic -Graettinger	Mary Lee Orr	109 West Robins Ave, Graettinger IA 51342	712-859-3131		
Palo Alto County Health System - Family Practice Clinic - West Bend	Mary Lee Orr	107 West Division, West Bend IA 50597	515-887-7881		
Palo Alto County Health System - Palo Alto County Hospital	Candy Bisenius	3201 First Street, Emmetsburg IA 50536	712-852-5419		
Woman to Woman Clinic	Penny Swanson	619 2nd Ave N. Estherville, IA 51334	712-362-2404		
Crown Clinic - Spencer	Marla Thomas	337 11th St. S.W. Spencer IA 51301	712-580-4570		
Hicks Family Health Care	Jamie Hicks	1004 21st St., Suite 2, Milford, IA 51351	712-338-6220		
3	Community Gardens				
Emmetsburg Community Garden		Emmetsburg, IA			
Iowa State University Extension and Outreach Clay county				https://www.extension.iastate.edu/clay/news/spencer-community-gardens-accepting-applications	

Ruthven Community Garden		Ruthven, IA			
4	Farmers' Market				
Gardeners' Farmers Market		10th Street - Courthouse Square - northside, Emmetsburg, IA 50536	712-424-3775		June 15 - October 19, 2019. Saturdays, 8AM - 12PM June 20 - October 17, 2019 Thursdays, 12PM - 5PM
Estherville Farmers Market		613 Central Avenue, Estherville, IA 51334	712-362-3541		
Spencer Farmer's Market		1019 S Grand Ave (131.77 mi) Spencer, Iowa 51301	(415) 318-9925		Hours 4:00 PM - 6:00 PM
5	Free Blood Pressure Screenings				
6	Fitness/Recreation				
YMCA		1001 11th Ave W Spencer, IA 51301	712-262-3782		
Wellness Center		3200 College Drive Emmetsburg, IA 50536	712-852-5311		
Regional Wellness Center		415 S. 18th Street Estherville, IA 51334	712-362-8484	https://yourrwc.org/	
Emmetsburg Pool		3200 College Drive Emmetsburg, IA 50536	712-852-5311		located at Wellness Center
Spencer Pool.Spencer City Aquatic Center		612 4th St SE, Spencer, IA 51301	712-580-7275	http://www.spenceriowacity.com/parksandrec.php	
Graettinger Pool		Graettinger			
West Bend Pool		West Bend			
Playgrounds and Parks					

Estherville Parks & Recreation		2 N 7th St, Estherville, IA 51334	(712) 362-3575		
Fort Defiance State Park		175th St, Estherville, IA 51334	(712) 337-3211		
Spurgin Park		Estherville, IA 51334			
Joe Hoyer Park		220 8th Ave N, Estherville, IA 51334			
Thoreson Memorial Park		1560 7th Ave N, Estherville, IA 51334			
South Fourteenth Street Park		314 S 14th St, Estherville, IA 51334			
South Tenth Street Park		409 S 11th St, Estherville, IA 51334			
North Fourteenth Street Park		259 N 14th St, Estherville, IA 51334			
Soper Park		601-699 Lake St, Emmetsburg, IA 50536			
Mural Park		2114 Main St, Emmetsburg, IA 50536			
Harrison Park		Main Street, between Call and State Streets, Emmetsburg, IA			
Brown-Robbins Park		South Broadway/Hwy. 4, between 19th and 20th Streets, Emmetsburg IA			
Harlan Park		5th and Des Moines Streets, Emmetsburg IA			
Sewell Park		Lakeshore Drive and North Huron, Picnic area along shore of Five Island Lake, Emmetsburg IA			
Kearney State Park		adjacent to Five Island Golf Club, Emmetsburg IA			
Basswood Recreation Area		Hwy. 4/18 West, Emmetsburg IA			
City of Spencer Parks				http://www.spenceriowacity.com/parksandrec.php	

7		Mental Health Resources			
Horizons Unlimited	Ron Askland, CEO	3826 460th Avenue Emmetsburg, IA	712-852-2211		
Northwest Iowa Care Connections	Maureen Sandberg	1010 Broadway Emmetsburg, IA	712-852-2832		Counties served: Clay, Dickinson, Osceola, and Palo Alto
Seasons		3201 1st Street Emmetsburg, IA 50536	712-852-2922 800-242-5101		
NAMI (National Alliance on Mental Illness) Iowa	Heather Strachan		515.254.0417 heather@namiowa.org		
	Emily Berry (Iowa Office of Consumer Affairs)		515-254-0417 or emily@namiowa.org		Iowa Office of Consumer Affairs is available Monday-Friday, 8:30AM—4:30PM and can be reached at 855-622-4692 or info@ocaiaowa.org
Suicide Hotline (national)			1-800-273-8255		
Suicide Prevention (national) Hotline (Spanish)			1-888-628-9454		
Hope 4 Iowa			crisis call line 844 673 4469; hope4iowa@boystown.org	https://swiamhds.com/hope4iowa/	The HOPE 4 IOWA Crisis Call Line connects individuals in crisis to a helping hand and the resources to address and improve mental wellness. Available 24/7. Have a question? You can also email the Hope 4 Iowa Crisis Line at hope4iowa@boystown.org . One of our counselors will respond within 24 hours.

Lutheran Services of Iowa			(712) 323-1558		Licensed therapist provides counseling for children and adolescents. Expertise in trauma-informed care, adverse childhood experiences, sexual assault crisis advocacy, health promotion and education. Accepts both Medicaid and private insurance.
Therapy Place, Inc.			(712) 254-9018		Licensed therapists and psychiatric nurse practitioners offering psychotherapy, psychiatric, state funded and other services.
Your Life Iowa			(855) 581-8111	www.yourlifeiowa.org	Confidential help for suicide prevention, problem gambling and substance abuse issues, including drugs and alcohol.
8	Nutrition Services				
Palo Alto County Health Systems	Tammy Chapman/ dietician	3201 1st Street Emmetsburg, IA	712-852-5500		Dietician
Hyvee store Spencer IA	Abby Kipfer	819 Grand Ave, Spencer, Iowa 51301	712-262-2443		Dietician
Hyvee Store, Estherville IA	Abby Kipfer	1221 Central Avenue, Estherville, Iowa 51334	712-362-7246		Dietician
9	Prescription Assistance				
Palo Alto County Health System	Jeri Hedding	Emmetsburg, IA 50536	712-852-5439		
SHIP counseling		Emmetsburg, IA 50536	712-852-8068		
SafeNet Rx	Dr Jaclyn Myers		515-276-0066 or pharmacy@safenetrx.org		
10	Tobacco Cessation Programs				

Quitline Iowa			800-784-8669	https://www.quitlineiowa.org/en-US/	Free tobacco cessation program for Iowa resident. On going phone counseling available to assist tobacco users with quitting. Fax referrals.
11	Transportation Services				
Regional Transit Authority RIDES		Spencer, IA	800-358-5037		
Palo Alto County Hospital Van Wheelchair Accessible	Palo Alto County Community Health	3201 1st Street Emmetsburg, IA 50536	712-852-5419		uses volunteer drivers
Emmetsburg Care Center Van		Emmetsburg, IA 50536	712-852-4266		
12	Walking Programs/Trails				
Lost Island Natural Trail		3267 350th Ave, Ruthven, IA 51358	(712) 837-4866		
Spencer Bike Trail		Spencer, IA		https://www.traillink.com/trail/spencer-recreational-trail/	
Emmetsburg Bike Trail		Emmetsburg, IA		https://www.traillink.com/city/emmetsburg-ia-trails/	
Iowa Walking Trails				https://www.traillink.com/stateactivity/ia-walking-trails/	
Live Healthy Iowa Challenge				www.livehealthyiowa.org	
Walk With Ease Program	Michelle Huenecke, RN, CNWC, CPT - Nurse Navigation Director		515-512-9225 x. 1008; michelle.huenecke@my-chp.com		Available across Iowa
13	Weight Loss Programs				

Weight Watchers	Spencer Area Activity Center	104 E 4th St.Spencer, IA 51301			Mon. night
	Palo Alto Community Center. Donna Kliegl	Senior Center 2008 11st Street Emmetsburg, IA 50536			Wed. night
B	Other Services				
1	African American Community				
2	Computer Access				
Emmetsburg Public Library		707 N Superior St. Emmetsburg, IA	712-852-4009		
3	Disability Services				
Veteran's Affairs		Emmetsburg, IA	712-852-2066		
Upper Des Moines Opportunity, Inc		Emmetsburg, IA	712-852-3482		
Palo Alto General Assistance		Emmetsburg, IA	712-852-2832		
Disability Rights Iowa			800-779-2502	https://disabilityrightsowa.org/	
Easter Seals Rural Solutions			515-309-1783	https://www.easterseals.com/ia/our-programs/rural-solutions/	
Iowa Compass		Iowa Compass, Center for Disabilities & Development, 100 Hawkins Dr. #S295 Iowa City, IA 52242-1011	1-800-779-2001	https://iowacompass.org/	Iowa Compass connects people with disabilities and complex health-related needs to services and supports in their communities throughout Iowa.
Iowa Focus			+1-877-50-FOCUS; Derek@IowaFocus.com	http://iowafocus.com/	We serve persons diagnosed with an Intellectual Disability, a Brain Injury, or Chronic Mental Illness. We strive to meet your needs, in your home, and according to your schedule.

Iowa Vocational Rehabilitation Services	Fort Dodge Area Office	Two Triton Circle, Fort Dodge, IA 50501	(515) 573-8175	https://ivrs.iowa.gov/	
4 Domestic Abuse Services					
Upper Des Moines Opportunity, Inc		Estherville, IA for Palo Alto county	800-499-6540		
FCC- Family Crisis Centers			1-800-382-5603	www.familycrisiscenters.org	Domestic Abuse services in 17 counties of Region 1- Buena Vista, Calhoun, Carroll, Cherokee, Clay, Crawford, Dickinson, Emmet, Ida, Lyon, Monona, O'Brien, Osceola, Palo Alto, Pocahontas, Sac & Sioux Counties.
Centers Against Abuse & Sexual Assault in Spencer, IA			Hotline 877-362-4612 (24/7); Business 712-262-4612		
Statewide Services					
CRIME VICTIM ASSISTANCE DIVISION (CVAD)		Des Moines, IA 50319	Phone: (515) 281-5044; Crisis Line: (800) 373-5044	https://www.iowaattorneygeneral.gov/	
IOWA AFFIRMATION & RESOURCES CHAT				http://www.iowaarch.org/	Iowa Affirmation & Resources Chat (ARCh) is an online, text based service that victims can utilize for support. ARCh has advocates available each day from 9 am - 9 pm.
IOWA COALITION AGAINST DOMESTIC VIOLENCE (ICADV)		Des Moines, IA 50310	Phone: (515) 244-8028; Crisis Line: (800) 942-0333; icadv@icadv.org	http://www.icadv.org/	
IOWA COALITION AGAINST SEXUAL ASSAULT		Des Moines, IA 50310	Phone: (515) 244-7424	http://www.iowacas.org/	

Iowa DHS Child and Dependent Adult Abuse Hotline			1 (800) 362-2178	www.dhs.iowa.gov/report-abuse-and-fraud	Confidential reporting and assessment of suspected abuse against children and dependent adults in Iowa.
IOWA DOMESTIC VIOLENCE & CRIME VICTIM CALL CENTER		Sioux Center, IA	Crisis Line: (800) 770-1650		
State of Iowa Sexual Abuse Hotline			1 (800) 284-7821	https://isah.uiowa.edu/	Provides free, confidential, trauma-informed service for people in Iowa affected by sexual violence.
National Human Trafficking Hotline			1 (888) 373-7888; Text: 233733	www.humantraffickinghotline.org	If you or someone you know is a victim, call now to access support and services to get help and stay safe.
National Domestic Violence Hotline			1-800-799-7233 or TTY 1-800-787-3224 or local 556-1100		
RVAP- STATEWIDE SEXUAL ABUSE HOTLINE		Iowa City, IA	Phone: (319) 335-6001; Crisis Line: (800) 284-7821		
5	Financial Assistance				
UDMO, DHS, Veteran's Affairs/ Palo Alto General Assistance					
Disaster Aid-Red Cross/ Farmer's Home Administration			712-262-1574 or 1800-242-5033/712-852-4470		
Social Security Office SPENCER IA 51301		1610 12TH AVE SW SPENCER, IA 51301	1-866-273-6050		

Iowa Concern Line			1 (800) 447-1985	https://www.extension.iastate.edu/iowaconcern/finance.html	A free, confidential resource to Iowans who need financial, legal, stress or crisis assistance.
Consumer Credit Counseling Service of Nebraska			800-550-1961	https://www.greenpath.com/ccsne/	
6	Food Assistance				
Emmet County Food Pantry		508 South 1st Street Esterville, IA 51334	712-362-2391		
Upper Des Moines Inc.		Palo Alto IA	712 852 3482		
Upper Des Moines Inc Emmetsburg		Emmetsburg, IA	712-852-3482		
Upper Des Moines Opportunity Inc Spencer		407 East 3rd Street, Spencer IA	712-262-7409		
Upper Des Moines Opportunity Inc Spirit Lake		1575 18th Street, Spirit Lake IA 51360	712-336-1112		
7	Housing Assistance				
The Northwest Iowa Regional Housing Authority// Low Rent Housing Agency			712-262-7460//712-852-4169		
FmHA-Elder Housing Units// Upper Es Moines	UDMO Energy Assistance and Weatherization		712-852-4470//712-852-3889 & 712-852-4241		
8	Immigrant/Refugee Services				
Lutheran Services in Iowa - Milford Office		1004 22nd St., Milford, IA 51351	712.262.4083		

Lutheran Services in Iowa - Spencer		12 E. 5th St. Spencer, IA 51301	712.262.4083		
The National Immigrant Women's Advocacy Project - Benefits Map				http://map.niwap.org/?utm_medium=email&utm_source=govdelivery	
Iowa Immigration Services Providers					
American Friends Service Committee	Erica Johnson, Director	4211 Grand Avenue, Des Moines, IA 50312	515-274-4851; EJohnson@afsc.org	https://www.afsc.org/program/iowa-immigrant-rights-program	
Diversity Service Center of Iowa		1514 Isett Ave., Muscatine, IA 52761	563-264-8883; dscimuscatine@gmail.com		Consultations on Immigration issues; Immigration case investigations; Provide and prepare all immigration forms; Give employer seminars, training and workshops on Immigrations documents and diversity
Immigration Attorneys -provided by the American Friends Service Committee.				https://humanrights.iowa.gov/sites/default/files/media/Immigration%20lawyers%20list%201-12-17_0.pdf	
Iowa Justice for Our Neighbors			515-255-9809, info@iowajfon.org	http://www.iowajfon.org/	Iowa Justice For Our Neighbors (JFON) is a faith-driven ministry, welcoming immigrants into our churches and communities by providing free, high-quality immigration legal services, education, and advocacy. Services are available to all without regard to race, gender, or religion.

Iowa Legal Aid		1111 9th St, Suite 230 Des Moines, IA 50314	800-532-1275		Assistance with T visas, U visas, Violence Against Women Act (VAWA) petitions.
Proteus - Iowa Programs		Home Office: Proteus, Inc. 1221 Center Street, Suite 16, Des Moines, Iowa 50309	800-372-6031; 515-271-5306	http://www.proteusinc.net/programs/iowa/	
9	Latino Community Resources Leaders/Churches				
ISU Extention & Outreach Latino Advisory Committee	Britney Rosburg	Esterville, IA	712-362-3434		
Centro Latino of Iowa		300 W Broadway Suite 40, Council Bluffs, IA 51503	(712) 256-6009	http://www.sucentrolatino.com/	
Iowa Latino Center c/o Grand View University		2811 East 14th Street, Box 403, Des Moines, IA 50316	1 (515) 635 4134	http://www.latinocentrofiowa.org/	
Latino Center of Iowa			(515) 635-4134	http://www.latinocentrofiowa.org/	
Latinos Unidos of Iowa	Lena Robinson		(515)979-0770; iowalatina12@live.com	http://latinosunidosofiowa.org/	
Iowa Latinx Mental Health Providers				https://humanrights.iowa.gov/iowa-latinx-mental-health-providers?utm_medium=email&utm_source=govdelivery	

League of United Latin American Citizens (Lulac) - Statewide	Mike Reyes, State Director		800-293-9576; Reyesmr1@mchsi.com	https://www.lulaciowa.org/	
10	Legal Assistance				
Legal Services Corporation of Iowa			800-447-1985		
Iowa Concerns, Financial, Legal Issues			800-447-1985		
Iowa Concern Hotline			1-800-447-1985	https://www.extension.iastate.edu/iowaconcern/	
Iowa Legal aid			1-800-532-1275	https://www.iowalegalaid.org/	Free legal help with civil law problems for eligible low-income Iowans.
Iowa Mediation Services			515-331-8081	http://www.iowamediationservice.com/	
Legal Hotline for Older Iowans			1-800-992-8161	https://www.iowaaging.gov/legal-hotline-older-iowans	Free legal services to Iowans 60 and over
Legal Aid			877-564-2156, 24/7 Legal Help Line	MyAttorneyHome.com/Iowa	
11	Minority Health Coalition Agencies				
Estherville Free Clinic		Estherville, IA	712-209-1213		

ISU Extention & Outreach Latino Advisory Committee	Britney rosburg	Estherville, IA	712-362-3434		
12	Utility Assistance				
Upper Des Moines Opportunity, Inc LIHEAP Low-Income Home Energy Assistance Program	Jennifer Corley LIHEAP Director	Emmetsburg, IA	712-852-3889 ext 100. jcorley@udmo.com	http://www.udmo.com/LIHEAP.htm	
Upper Des Moines Opportunity, Inc Weatherization	Kyle Dietrich Weatherization Director	Emmetsburg, IA	712-852-4241 Ext 103 kdietrich@udmo.com	http://www.udmo.com/Weatherization.htm	
Low Rent Housing Agency		Emmetsburg, IA	712-852-4169		
13	General Resources				
Clay County General Relief		215 W 4th St #6, Spencer, IA 51301	(712) 262-9438		
Dickinson County General Relief		1802 Hill Ave #2502, Spirit Lake, IA 51360	(712) 336-0775		
Emmet County General Relief		609 1st Ave N #5, Estherville, IA 51334	(712) 362-5224		
Palo Alto County General Relief		1010 Broadway St, Emmetsburg, IA 50536	(712) 852-2832		
Clay County Iowa State Extension Office		110 W 4th St, Spencer, IA 51301	(712) 262-2264	https://www.extension.iastate.edu/plymouth/countynews	Collaborating with communities to reduce poverty; helping farmers and consumers enhance energy efficiency; educating lowans about food, feed and fuel issues; and helping companies develop
Dickinson County Iowa State Extension Office		1600 15th Street Spirit Lake, IA 51360	712-336-3488	https://www.extension.iastate.edu/dickinson/	
Emmet County Iowa State Extension Office		26 S 17th St, Estherville, IA 51334	(712) 362-3434	https://www.extension.iastate.edu/emmet/	

Osceola County Iowa State Extension Office		110 Cedar Ln, Sibley, IA 51249	(712) 754-3648	https://www.extension.iastate.edu/osceola/	strategies to improve their bottom line. Monday-Friday 8a-4p.
Palo Alto County Iowa State Extension Office		2008 10th Street Emmetsburg, Iowa 50536	712-852-286	https://www.extension.iastate.edu/paloalto/	