

# *Poweshiek County Resource Directory*



*Poweshiek County, Iowa 2018*

*Poweshiek County Resource Directory online version:*

[www.marionph.org](http://www.marionph.org)

<b>County Office</b>		
<b>Office</b>	<b>Location</b>	<b>Phone Number</b>
Assessor	302 E. Main St. PO Box 516 Montezuma, IA 50171	641-623-5445
County Attorney	4802 Barnes City Rd. PO Box 455 Montezuma, IA 50171	641-623-5135
Auditor	302 E. Main St. PO Box 57 Montezuma, IA 50171	641-623-5443
Board of Supervisors		641-623-2363
Clerk of Court	302 E. Main St. PO Box 218 Montezuma, IA 50171	641-623-5644
Community Services	200 4 <sup>th</sup> Ave. West PO Box 401 Grinnell, IA 50112	641-236-9199
Conservation	4896 Stagecoach Rd. PO Box 666 Montezuma, IA 50171	641-623-3191
Emergency Management	4802 Barnes City Rd. PO Box 166 Montezuma, IA 50171	641-623-4357
Recorder	302 E. Main St. PO Box 656 Montezuma, IA 50171	641-623-5434
Sheriff	4802 Barnes City Rd. PO Box 297 Montezuma, IA 50171	641-623-5679
Zoning	102 S. 3 <sup>rd</sup> St. PO Box 418 Montezuma, IA 50171	641-623-3762
Treasurer	302 E. Main St. PO Box 700 Montezuma, IA 50171	641-623-2137
Veteran's Affairs	200 4 <sup>th</sup> Ave. West Grinnell, IA 50112	641-236-5722

## Quick Reference Phone Guide

Affordable Healthcare – <a href="http://www.healthcare.gov">www.healthcare.gov</a>	1-800-318-2596
AIDS Hotline	1-800-273-AIDS
Alcoholics Anonymous	1-515-282-8550
Alzheimer’s Disease Helpline	1-800-272-3900
American Association on Diabetes	1-800-232-3472
American Cancer Society	1-800-227-2345
American Council of the Blind	1-800-424-8666
American Foundation for the Blind	1-800-232-5463
American Heart Association	1-800-242-8721
American Kidney Fund	1-800-638-8299
A.R.C. (Association of Retarded Citizens of Iowa)	1-800-433-5255
American Red Cross	1-800-733-2767
Arthritis Foundation	1-844-571-HELP
Better Business Bureau (BBB) – <a href="http://www.bbb.org">www.bbb.org</a>	1-703-276-0100
Boys Town National Hotline	1-800-448-3000
Child Find of America – 2 <sup>nd</sup> Line	1-800-426-5678
Child Find of America – Parents Help Line	1-800-AWAYOUT
Child/Adult Abuse/Neglect Reporting	1-800-362-2178
Children’s Wish Foundation	1-800-323-9474
COMPASS for Disabled People (Iowa)	1-800-779-2001
Disability Rights IOWA (Iowa Protection & Advocacy)	1-800-779-2502
Deaf Iowans Against Abuse Hotline	cell to cell text 515-661-4015 or 1-319-531-7719
Office of Deaf Services of Iowa – <a href="http://www.deafservices.iowa.gov">www.deafservices.iowa.gov</a>	1-888-221-3724
Dependent Adult and Child Abuse	1-800-362-2178
Dependent Adult/Child Referral	1-800-362-2178
Domestic Abuse Hotline	1-800-770-1650
Dyslexia Association (International)	1-800-222-3123
Easter Seal Society of Iowa, Inc.	1-515-289-1933
Epilepsy Foundation	1-800-332-1000
Eye Care – National Help Line	1-877-887-6327
Family Planning	1-800-452-3365
Family Violence (Crisis Intervention Services)	1-800-270-1620
Farm – On (Iowa Concern Hotline)	1-800-447-1985
Federal Insurance Consumer Help Line (Insurance Information Institute - <a href="http://www.iii.org">www.iii.org</a> )	1-800-942-4242
First Call for Help (United Way 211 Line)	1-515-246-6555
Foundation Through Crisis	1-800-332-4224
Gambling Hotline	1-800-BETSOFF
G.E.D. or High School Equivalency Diploma (adult basic education)	1-800-316-6850
Hawk – I (Free or Low-Cost Health Coverage for Kids)	1-800-257-8563
Hay Hotline (Hay & Straw selling list for producers to buy from-call to add your product)	1-800-383-5079
Health Information Resource Center – <a href="http://www.health.gov/nhic">www.health.gov/nhic</a>	1-240-453-8280
Healthy Families Hotline (ISU)	1-800-369-2229
Health and Human Services Information (Iowa Dept. of Human Services)	1-800-972-2011
Hearing & Speech Action (National Association for Hearing and Speech Action)	1-800-638-8255
Hearing Help Line (Better Hearing Institute)	1-800-EAR-WELL
Help Health Drug/Alcohol/Substance Abuse	1-800-662-HELP
Huntington’s Disease Society of America	1-800-345-4372
Iowa Attorney General – Consumer Protection	1-888-777-4590
Iowa Arson/Crime Hotline	1-800-532-1459
Iowa Commission for the Blind	1-800-362-2587
Iowa Commission on the Status of Women	1-800-558-4427
Iowa Compass (disabilities resources)	TTY 1-800-735-2942
Iowa Concern Hotline (ISU)	1-800-447-1985
Iowa Child Abuse Reporting Hotline	1-800-362-2178
Iowa Department of the Blind – <a href="http://www.blind.state.ia.us">www.blind.state.ia.us</a>	1-800-362-2587

Iowa Department on Aging – <a href="http://www.iowaaging.gov">www.iowaaging.gov</a>	1-800-532-3213
Iowa Foundation of Medical Care (Telligen)	1-800-383-2856
Iowa Legal Aid – <a href="http://www.iowalegalaid.org">www.iowalegalaid.org</a>	1-800-532-1275
Iowa Legal Aid (60 & older)	1-800-992-8161
Iowa Ombudsman (Report concerns on government agencies)	1-515-281-3592
Iowa One Call, 48hr notice required – <a href="http://www.iowaonecall.com">www.iowaonecall.com</a>	Call 811 or 1-800-292-8989
Iowa Poison Control Center (Emergency: 800-222-1222)	1-712-279-3710
Iowa Sexual Assault Hotline	1-800-284-7821
Iowa Society to Prevent Blindness	515-244-4341 or 1-800-329-8782
Iowa State Bar Association (Locate a Lawyer) – <a href="http://www.iowabar.org">www.iowabar.org</a>	1-800-457-3729
Iowa State Patrol Emergency	1-800-525-5555
Iowa Victim Service Call Center text 'iowahelp' to 20121 or <a href="http://www.survivorshelpline.org">www.survivorshelpline.org</a>	1-800-770-1650
Iowa Workforce Development	1-800-562-4692
IRS (Assistance for Individuals)	1-800-829-1040
ISU Extension and Outreach	1-800-262-3804
Juvenile Diabetes Foundation (International)	1-800-533-2873
Legal Aid/Legal Services Corporation of Iowa	1-800-452-0007
Living Bank Organ Donation	1-800-528-2971
Lupus Foundation	1-800-558-0121
Lymphedema Network (National)	1-800-541-3259
Medical Alert/Connect America – <a href="http://www.MedAlert.net">www.MedAlert.net</a>	1-800-215-4206
Medicare	1-800-633-4227 or 1-800-MEDICARE
Medicare/Social Security	1-800-772-1213
Mental Health Information and Referral (Emergency Assessment)	1-800-562-4944
Thursday's Child – <a href="http://www.thursdayschild.org">www.thursdayschild.org</a>	1-800-USA-KIDS
Motor Vehicle Information Center (Iowa DOT)	1-800-532-1121
Multiple Sclerosis Society	1-800-FIGHT MS
National Alcohol Hotline	1-800-252-6465
National Alliance for the Mentally Ill (NAMI)	1-800-950-6264
National Center of Missing and Exploited Children	1-800-THE LOST
National Council on Aging	1-571-527-3900
National Council on Alcoholism	1-800-NCA-CALL
National Down's Syndrome Society	1-800-221-4602
National Institute on Drug Abuse	1-800-729-6686
National Kidney Foundation	1-800-522-9559
National Reyes Syndrome Foundation	1-800-233-7393
Ombudsman/Iowa Citizens Aid	TTY: 515-281-3592 1-888-426-6283 or 1-515-281-3592
Parkinson's Disease (National Parkinson's Foundation)	1-800-457-6676
Poison Control	1-800-222-1222
Refugee Services	1-800-362-2780
Scleroderma Foundation	1-800-722-HOPE
Senior Health Insurance Program (SHIP)	1-800-351-4664
SIDS American Institute – <a href="http://www.SIDS.org">www.SIDS.org</a>	1-239-431-5425
Substance Abuse Information & Mental Health Treatment Referral	1-800-662-4357
State Civil Rights	1-800-457-4416
STI (STD) Resource Center Hotline	1-800-227-8922
Suicide Prevention Hotline	1-800-273-TALK
Teen Line (ISU extension)	1-800-443-8336
Venereal Disease	1-800-227-8922
Veteran's Information (National) – <a href="http://www.va.gov">www.va.gov</a>	1-800-827-1000
Vocational Rehab	1-800-532-1486
WIC (State)	1-800-532-1579

## **Index**

Abuse & Prevention.....	6-8
Advocacy/Outreach/Referral.....	8-10
Assistance.....	10-18
Child Care.....	19
Chiropractic.....	19-20
Community Groups.....	0-21
Counseling & Consultation Services.....	21-2
Disability Services.....	24-26
Dental Services.....	26-27
Disaster Assistance.....	27
Education.....	27-31
Elected Officials.....	31-32
Employment Services.....	32-33
Group Homes.....	33
Healthcare Services & Medical Assistance.....	34
Hospice & Home Health.....	34-35
Hospitals & Clinics.....	35
Hotlines & Information.....	36-39
Housing.....	39-40
Law Enforcement.....	40-41
Legal Services.....	41
Medical Supplies.....	42
Nursing Homes, Assisted & Independent Living.....	42-43
Pharmacies.....	43
Public Health Programs.....	43-44
Recreation.....	44-45
Senior Services.....	45-46
Support Groups.....	46-49
Transportation.....	49-50
Utilities, Water, & Sanitation.....	50
Vision Care & Services.....	50-51

## **ABUSE & PREVENTION**

### **Capstone Behavioral Healthcare**

*Psychiatric therapy for mentally ill; help with substance abuse. Walk-ins accepted.*

200 4<sup>th</sup> Ave. W (upper level)

Website: [www.capstonebh.com](http://www.capstonebh.com)

Grinnell, IA 50112

Phone: 641-260-8270

Fax: 641-260-8213

### **Family Crisis Center**

*Provide 24 hour crisis line, one-on-one counseling, general support services, court advocacy, medical advocacy, and housing advocacy*

1014 N. Elm St.

PO Box 446

Website: [ottumwacrisiscenter.org](http://ottumwacrisiscenter.org)

Ottumwa, IA 52501

Phone: 641-683-1750

24hr Crisis Line: 800-464-8340

- Poweshiek Co. Advocate: Kelly More (641-799-2370) or email ([kellym@ottumwacrisiscenter.org](mailto:kellym@ottumwacrisiscenter.org)) Non-emergency use

### **Crisis Intervention Services (CIS)**

*Provide comprehensive sexual assault services, violent crime services, prevention programming, and emergency housing for victims of domestic abuse, sexual violence, and violent crimes for the counties of Appanoose, Davis, Jasper, Jefferson, Keokuk, Lucas, Mahaska, Marion, Monroe, Poweshiek, Wapello, & Wayne*

Grinnell Office

810 5<sup>th</sup> Ave. Suite 1

Website: [www.stopdvsa.org](http://www.stopdvsa.org)

Grinnell, IA 50112

E-mail: [help@stopdvsa.org](mailto:help@stopdvsa.org)

Phone: 641-670-1505 (Office)

- 1-844-673-5499 (Emergency Housing Crisis line)
- 1-800-270-1620 (Sexual Assault Crisis Line)

### **Iowa Coalition Against Sexual Assault**

*Provide training and certification for victim counselors and advocates; referrals to other agencies*

3030 Merle Hay Rd.

Website: [www.iowacasa.org](http://www.iowacasa.org)

Des Moines, IA 50310

Phone: 515-244-7424

### **Iowa Coalition Against Domestic Violence**

*Provide training, counseling, community outreach, program management, and technical support for the member programs, professionals and the community.*

6200 Aurora Ave. Suite 405E

Website: [www.icadv.org](http://www.icadv.org)

Urbandale, IA 50322

Phone: 515-244-8028

Iowa Victim Services: 800-770-1650

## **Deaf Iowans Against Abuse**

*Provide support services to help Deaf victims and their families deal with the trauma of Domestic Violence, Sexual Assault, Teen Dating Violence Bullying, and/or Stalking.*

24/7 Text Only: 515-661-4015

Website: <https://diaaiowa.org>

24/7 Crisis Hotline V/VP: 319-531-7719

## **Central Iowa Juvenile Detention Center (In-Home Services)**

*Behavioral Health Intervention Services (BHIS) Clients must be Title 19 eligible. They may be referred by parents, JCO, DHS, school or other professionals.*

2317 Rick Collins Way

Website: [www.cijdc.com](http://www.cijdc.com)

Eldora, IA 50627

Phone: 641-858-3852

## **Prelude Behavioral Services (formerly MECCA)**

*Prelude provides an array of services including substance abuse and problem gambling treatment, outpatient and residential treatment, halfway and transitional housing, and case management.*

### Des Moines Location

3451 Easton Blvd.

Des Moines, IA 50317

Phone: 515-262-0349

Website: [www.preludeiowa.org](http://www.preludeiowa.org)

### Iowa City Location

430 Southgate Ave.

Iowa City, IA 52240

Phone: 319-351-4357

## **Substance Abuse Treatment Unit of Central Iowa (SATUCI)**

*Offers evaluations, outpatient treatment, prevention and education*

611 4<sup>th</sup> Ave.

Website: [www.satuci.com](http://www.satuci.com)

Grinnell, IA 50112

Phone: 641-236-8662

## **Four Oaks**

*A safety and permanency option that partners with DHS to keep and/or reunite children with their families*

821 5<sup>th</sup> Ave. Suite 4112

Website: [www.fouroaks.org](http://www.fouroaks.org)

Grinnell, IA 50112

Phone: 641-236-0900

## **Youth & Shelter Services of Marshall County**

*Lighthouse Homes and apartments serve as residences for a unique Transitional Living Program targeting homeless, pregnant young women and young parents, ages 16-25. Shelter for young adults aging out of foster care. The program helps non-system-involved young mothers and fathers become independent and self-sufficient.*

11 East State St.

Website: [www.yss.org](http://www.yss.org)

Marshalltown, IA 50158

Phone: 641-752-2300

## **Quakerdale – Youth Shelter**

*Waterloo shelter for at-risk youth; treatment-focused atmosphere*

Phone: 319-233-2554

Website: [www.quakerdale.org](http://www.quakerdale.org)

## **Quakerdale – Promise Academy**

*A residential academy for students ages 10 – 18 who seek a private alternative educational setting and desire to develop and work on academic, spiritual, work, career, and life skills.*

26866 County Highway S55

Website: [www.quakerdale.org](http://www.quakerdale.org)

PO Box 8

New Providence, IA 50206

Phone: 641-497-5294

## **ADVOCACY/OUTREACH/REFERRAL**

### **Grinnell United Way**

PO Box 121

Website: [www.grinnellunitedway.org](http://www.grinnellunitedway.org)

Grinnell, IA 50112

Phone: 641-236-7575

### **Family Team Meetings**

*Sometimes families need assistance in developing a plan for a problem or concern. A Family Team Meeting is a meeting of people chosen by the family to identify family strengths, need, and resources. A plan is created that provides for the safety and wellbeing of children in the family. To refer or schedule a family team meeting, please call Grinnell Regional Public Health.*

306 4<sup>th</sup> Ave.

Website: <https://www.grmc.us>

Grinnell, IA 50112

Phone: 641-236-2385

### **Children and Families of Iowa (CFI)**

*Mental Health Services, Family-Centered Services. Programs include 24/7 Dads, Community Partnerships for Protecting Children (CCPC), and DHS program Parent Partners.*

111 E. Main St.

Website: [www.cfiowa.org](http://www.cfiowa.org)

Ottumwa, IA 2501

Phone: 641-954-1233

### **Parent Partners (DHS program)**

*This program is about parents helping parents who are involved with the child welfare system. Parent advocates are birth parents who have been through the "system" and have had successfully resolved cases. The primary goal is to help birth parents get their children returned to them. Parent partners provide support and motivation for those parents who need the extra push to begin their case plan activities. The program is funded by Iowa DHS and administered by Children and Families of Iowa.*

111 E. Main St.

Website: [www.dhs.iowa.gov/parent-partners](http://www.dhs.iowa.gov/parent-partners)

Ottumwa, IA 52501

Phone: 641-954-1233



## **Iowa Aftercare Services Network (IASN)**

*Is a group of organizations across the state who work together to support youth who have aged out of foster care or other out-of-home placement. We can help if you are 18,19 or 20 years old and have left foster care placement at age 18 or older. Marshalltown Youth and Shelter Services covers Poweshiek, Tama, Jasper, Marshall and Grundy counties.*

Contact Darcy Andersen at 641-752-2300

Website: [www.iowaaftercare.org](http://www.iowaaftercare.org)

## **Visiting Nurse Services (VNS) of Iowa**

1111 9<sup>th</sup> St. #320

Website: [www.vnsia.org](http://www.vnsia.org)

Des Moines, IA 50314

Phone: 515-288-1516

## **Healthy Homes Family Services**

*Offers mental health counseling for all ages, individuals, couples, and families as well as the BHIS services. Behavioral Health Intervention Services (BHIS) In-home skill building working with children age 3 to 17 years as well as their families struggling with a child's behaviors in the home or school setting. Medicaid and other major insurance are accepted. They also offer support groups.*

812 Commercial St.

Website: [www.healthyhomesfs.com](http://www.healthyhomesfs.com)

Grinnell, IA 50112

Phone: 641-236-0273

## **Habitat for Humanity**

*Call to donate building items or check if items are available for purchase.*

402 E. 1<sup>st</sup> Ave.

PO Box 782

Newton, IA 50208

Phone: 515-250-8857

## **Lions Clubs of Iowa**

*Provides support to the following programs: Iowa Cochlear Implant Center, Iowa Department for the Blind, Iowa Kidsight, Iowa Lions Eye Bank, Iowa Lions Hearing Aid Bank, Iowa School for the Deaf, Leader Dogs for the Blind, and Camp Courageous of Iowa.*

2300 S. Duff Ave.

Website: [www.iowalions.org](http://www.iowalions.org)

Ames, IA 50010

Phone: 515-232-2215

Email: [info@iowalions.org](mailto:info@iowalions.org)

## **Mid-Iowa Community Action (MICA)**

*MICA is a private, non-profit organization serving children and families in central Iowa. Services include: Family Development Center, food pantry, and Head Start.*

611 4<sup>th</sup> Ave.

Grinnell, IA 50112

Phone: 641-236-3923

## **MICA WIC Clinics (Well Child)**

*WIC gives vouchers for formula, milk, and nutritious food supplies, and medical referrals for income-eligible pregnant women, nursing mothers, and children to five years of age. Clinics are run out of the MICA office in Marshalltown.*

Phone: 641-753-4816

Toll Free: 800-390-5293

- In Grinnell: Light Center for Community Health (306 4<sup>th</sup> Ave.)
  - 3<sup>rd</sup> Tuesday 8:30am-3:30pm; 4<sup>th</sup> Tuesday 8:30am-5:00pm
- In Brooklyn: United Methodist Church (603 Clay St.)
  - 3<sup>rd</sup> Monday 9:00am-2:00pm

## **Big Hands 4 Tiny Hearts**

*Support for NICU babies and families for Poweshiek County residents.*

Phone: 641-236-5518

- Find on Facebook @BigHeartsForTinyHands

## **ASSISTANCE – Clothing**

### **Clothes Closet**

*Provide clothing and household items at no cost to anyone in need*

109 S. 4<sup>th</sup> St. Unit C

Montezuma, IA 50171

Phone: 641-891-4010

### **Second Mile**

*Inexpensive used clothing, furniture, and much more.*

515 3<sup>rd</sup> Ave.

Grinnell, IA 50112

Phone: 641-236-7892

### **Goodwill Industries**

*Inexpensive used clothing and furniture*

230 West St.

Grinnell, IA 50112

Phone: 641-236-7312

### **Andersen Used Furniture**

*Inexpensive used furniture*

1018 Washington Ave.

Grinnell, IA 50112

Phone: 641-236-3466

## **Phase 2 Consignment**

914 Main St.  
Grinnell, IA 50112  
Phone: 641-236-8126

## **Salvation Army Poweshiek County Service Extension #261**

303 E. Washington St. Website: [www.centralusa.salvationarmy.org](http://www.centralusa.salvationarmy.org)  
Montezuma, IA 5011  
Phone: 641-623-3275

## **White's Consignment**

806 S. Front St.  
Montezuma, IA 50171  
Phone: 641-623-2208

## **Once and Again Consignment**

102 N. Orchard St.  
Brooklyn, IA 52211  
Phone: 641-522-2333

## **ASSISTANCE – Financial**

### **Christmas Shares**

*Program to help low-income families by purchasing gift items. Families should call to sign up for the program.*

Contact: Pam Montgomery  
Phone: 641-236-7402

### **Christmas Joy**

*Program offered through the Montezuma Ministerial Association to help low-income families living within the Montezuma school district with gifts for custodial children. Program collaborates with Christmas Share in Grinnell: families may sign up for one or the other program but not both. Sign up at the First Presbyterian Evangelical Church October the 4<sup>th</sup> weekend of the month. Bring identification to serve as current address verification. Call for more information.*

Phone: 641-623-3275

### **The Campbell Fund**

*Financial assistance for groceries, taxes services, utilities and medical services for income-eligible Grinnell residents.*

City of Grinnell  
520 4<sup>th</sup> Ave.  
Grinnell, IA 50112  
Phone: 641-236-2600

Website: [www.grinnelliowa.gov](http://www.grinnelliowa.gov)

## **Social Entrepreneurs of Grinnell (SEG)**

### Emergency Loan Program

*This program provides no-interest loans for emergencies such as car repair, temporary loss of income, or medical emergencies. It is also intended to serve as an alternative to predatory loans.*

932 Broad St.

Website: [www.segrinnell.org](http://www.segrinnell.org)

PO Box 481

Grinnell, IA 50112

Email: [grinnellmicrofinance@gmail.com](mailto:grinnellmicrofinance@gmail.com)

## **Child Support Recovery Unit (CSRU)**

204 ½ West State St.

Website: [www.childsupport.ia.gov](http://www.childsupport.ia.gov)

Marshalltown, IA 50158

Phone: 641-753-6408

Phone: 888-229-9223

## **VITA Tax Program**

Poweshiek County ISU Extension & Outreach

Phone: 641-623-5188

- *Call for an appointment in February or March*

## **ASSISTANCE – Food & Nutrition**

### **MICA Women, Infant & Children Nutrition Program (WIC)**

*For children 0-5 years old and women who are pregnant, breastfeeding, or just had a baby. This program provides nutritional education and checks to families to purchase baby formula, milk, eggs, & other healthy foods.*

Mid-Iowa Community Action (MICA)

611 4<sup>th</sup> Ave.

Grinnell, IA 50112

Phone: 641-753-4816

Toll Free: 800-390-5293

### **Grinnell Community Meal**

*FREE meal prepared by community members and Grinnell College Social Justice Action Group. Open to anyone.*

Davis Elementary School (Cafeteria)

818 Hamilton Ave.

Grinnell, IA 50112

Email: [SJAG@grinnell.edu](mailto:SJAG@grinnell.edu)

- *Tuesdays from 5:45 to 6:30pm (Except during the month of August and the weeks of Christmas and New Year)*

### **ISU Extension and Outreach**

*Offers recipes that are low-cost and nutritious.*

Website: [www.extension.iastate.edu/foodsavings/recipes/all](http://www.extension.iastate.edu/foodsavings/recipes/all)

## **Food Recovery Network**

*Prepared foods are available for pickup. Bring your own containers.*

First Presbyterian Church

Phone: 641-236-6059

1025 5<sup>th</sup> Ave.

Grinnell, IA 50112

- *Tuesday, Wednesday, Thursdays from 12:00-1:00pm (Tuesday only in summer and during all college breaks)*

Station Clubhouse

729 Pearl St. (lower level of Pearl St. Apts.) Park on west side of building

Grinnell, IA 50112

- *Saturdays at 2:00pm (Except during summer and all college breaks)*

## **Imagine Grinnell – Garden Plots**

*Coordinates the Grinnell Community Garden, which offers low-cost and free growing space. Plot reservations are due in the month of March; the growing season is April through November. Also provides FREE summer educational programming.*

PO Box 344

Website: [www.imaginegrinnell.org](http://www.imaginegrinnell.org)

Grinnell, IA 50112

Phone: 641-236-5518

## **SNAP (Food Stamps)**

*This is a DHS program. MICA can give families the application forms for this and other DHS programs. The Grinnell Farmer's Market accepts SNAP payments.*

MICA (Mid-Iowa Community Action)

Phone: 641-236-3923

## **Local Foods Connection**

*Purchases local food for low-income residents of the Grinnell community through the form of CSA shares, farmers' market credits, and bulk deliveries to agency partners.*

PO Box 719

Grinnell, IA 50112

Phone: 641-990-0018

## **Grinnell Food SHARE (Food buying co-op)**

*Order and pay for food the first Tuesday of each month from 12:30-1:30m. Pick up food on the fourth Saturday of every month.*

Phone: 641-236-3972 (Robin Young)

Order & Pay

Grinnell Senior Center

927 4<sup>th</sup> Ave.

Grinnell, IA 50112

Website: [www.shareiowa.com](http://www.shareiowa.com)

Pick Up

St. Mary's Religious Education Center

1013 Broad St.

Grinnell, IA 50112

## **Bountiful Baskets Food Co-op**

*Not-for-profit food co-op for families that want to have more fresh produce for less money.*

Website: [www.bountifulbaskets.org](http://www.bountifulbaskets.org)

- *Find local information by selecting the tab "Locations" and enter IA for the state*

## **Meals on Wheels**

### **Grinnell Senior Center**

First Baptist Church

925 East St.

Grinnell, IA 50112

Phone: 641-236-2612

- *Meals on Wheels and Congregate (on site) Meals*

### **Brooklyn Activity Center**

122 Jackson St.

Brooklyn, IA 52211

Phone: 641-522-5400

- *Meals on Wheels and Congregate (on site) Meals*

### **Montezuma Nursing and Rehab**

316 Meadow Lane Dr.

Montezuma, IA 50171

Phone: 641-623-5497

- *Meals on Wheels*

## **Food Pantries**

### **Mid-Iowa Community Action (MICA)**

*Operates an emergency food pantry for those in need; distributes vouchers for milk and bread provided by local churches; distributes fresh produce from local farmers.*

611 4<sup>th</sup> Ave.

Grinnell, IA 50112

Phone: 641-236-3923

- *Monday through Friday from 8:30am – 4:30pm*

### **Brooklyn Food Pantry**

St. Patrick's Catholic Church

211 Jackson St.

Brooklyn, IA 52211

Phone: 641-522-7185 or 641-522-9283

- *Wednesdays from 2:00 – 6:00pm*

## **Malcom Food Pantry**

Methodist Church

602 4<sup>th</sup> St.

Malcom, IA 50157

Phone: 641-528-4004

- *Thursdays from 4:00 – 6:00pm*

## **Montezuma Food Pantry**

*The client choice pantry is for Poweshiek county residents only. Clients must meet government guidelines of household income not exceeding over 185% of federal poverty threshold and have updated ID to serve as address verification and list all living in the household with DOB, and SS.*

501 N. Front St.

Montezuma, IA 50171

Phone: 641-623-3275

- *Mondays 10:00am-12:30pm, Wednesdays 2:00-4:30pm, Thursdays 4:30-6:30pm, and Friday 12:30-2:00pm*
- *Located at the southeast side of the building in front of the Community Hope Church*

## **Malcom Mobile Food Pantry**

*Food from Northeast Iowa Food Bank*

Malcom Auditorium

212 Main St.

Malcom, IA 50157

Phone: 641-528-4245

- *1<sup>st</sup> Wednesday of every month at 4:30pm*

## **Food in the Schools**

### **Free and Reduced Lunch Programs**

*Paid for through USDA, this program offers free and reduced-cost lunches to income-eligible children. Sign up through the schools.*

#### **Grinnell-Newburg CSD**

Contact: Carrie Nachazel (food service director)

Phone: 641-236-2668

Email: [carrie.nachazel@grinnell-k12.org](mailto:carrie.nachazel@grinnell-k12.org)

#### **BGM School District**

Phone: 641-522-7058

Email: [bcaldерwood@brooklyn.k12.ia.us](mailto:bcaldерwood@brooklyn.k12.ia.us)

#### **Montezuma CSD**

Phone: 641-623-5121

Email: [aradeke@montezuma.k12.ia.us](mailto:aradeke@montezuma.k12.ia.us)

## **Montezuma Backpack Program**

Phone: 641-623-5121

## **Grinnell Tiger Packs & High School Food Pantry**

*Food is placed in backpacks for students in need (identified by school staff or family). Questions may be addressed to Grinnell High School, which also has a small food pantry.*

Phone: 641-236-2720

## **Summer Lunch Program**

### Grinnell CSD

Davis Elementary School

818 Hamilton Ave.

Grinnell, IA 50112

Phone: 641-236-2775

- *June 4, 2018 – August 3, 2018 From 11:00am-12:30pm*

### Montezuma CSD

Phone: 641-623-5121

## **ASSISTANCE – General**

### **General Assistance (Community Services)**

*General assistance provides emergency assistance to Poweshiek County residents to meet basic needs such as food, shelter, medical and utilities. It is not intended to provide on-going, long term assistance to any individual and/or family.*

200 4<sup>th</sup> Ave. West

PO Box 401

Website: [www.poweshiekcounty.org](http://www.poweshiekcounty.org)

Grinnell, IA 50112

Phone: 641-236-9199

### **Iowa Department of Human Services (DHS)**

717 5<sup>th</sup> Ave. Suite 6

Website: [www.dhs.iowa.gov](http://www.dhs.iowa.gov)

Grinnell, IA 50112

Phone: 641-792-1955

- *Office by appointment only (served by Jasper County Office)*

### **Assurance Wireless**

*Federal lifeline assistance program that provides free cell phones to income-eligible people.*

PO Box 5040

Charleston, IL 61920

Phone: 888-898-4888

Website: [www.assurancewireless.com](http://www.assurancewireless.com)

### **House of Compassion**

*Services include free evening meals, supply closet, and dental/prescription vouchers.*

211 W. Church St.

Website: [www.houseofcompassion.net](http://www.houseofcompassion.net)

Marshalltown, IA 50158

Phone: 641-752-5999



### **Montezuma Ministerial Association**

*Local churches working together to meet needs of community residents. Community Needs fund is for emergency need and crisis situation and not for negligence, irresponsibility, or repeated use throughout the year. Immediate assistance available. Persons from the Montezuma school district may call and speak with Darla Wilson, welfare secretary, and then schedule an appointment to meet with her.*

Phone: 641-623-3275

### **Salvation Army Poweshiek County Service Extension #261**

*Call welfare secretary, Darla Wilson, for information and an appointment. Provides assistance within the county for a variety of emergency needs according to SA guidelines.*

First Presbyterian Church

303 E. Washington St.

Montezuma, IA 50171

Phone: 641-623-3275

### **Brooklyn Ministerial Association**

503 Clay St.

Brooklyn, IA 52211

Phone: 641-522-9298

### **Grinnell Ministerial Association**

*MICA will screen candidates for rent, utilities, and gas vouchers for residents of Grinnell, Malcom, Newburg, and Searsboro. Grinnell Police Department distributes 1 time vouchers for hotel room and meals for transient persons.*

Phone: 641-236-4748

### **Mid-Iowa Community Action (MICA)**

*Emergency funds for rent, utilities, and gas vouchers for medical appointments. Low-Income Home Energy Assistance Program (LIHEAP), budgeting assistance. .*

611 4th Ave.

Grinnell, IA 50112

Phone: 641-236-3923

### **Partnership for Prescription Assistance**

*Helps connect people to prescription assistance programs*

Phone: 888-477-2669

Website: [www.pprx.org](http://www.pprx.org)

### **SafeNet Rx**

*Provide low-cost pharmaceutical access to our most vulnerable populations while generating significant cost savings across health systems*

Phone: 515-327-5405

Website: [www.safenetrx.org](http://www.safenetrx.org)

Toll Free: 866-282-5817

## **NeedyMeds**

*Find help with the cost of medicine*

Phone: 800-503-6897

Website: [www.needymeds.org](http://www.needymeds.org)

## **ASSISTANCE - Homelessness**

### **Central Iowa Shelter & Services**

*Provide low-barrier shelter, meals and support services at no cost to adults experiencing homelessness and help facilitate their move toward self-sufficiency*

1420 Mulberry St.

Website: <http://centraliowashelter.org>

Des Moines, IA 50309

Phone: 515-284-5719

### **Primary Health Care – Homeless Support Services**

West Side Entrance

Website: [www.phciowa.org](http://www.phciowa.org)

1200 University Ave. Suite 110A

Des Moines, IA 50314

Phone: 515-248-1850

### **Hope Ministries**

*Offer free community meals, long-term life recovery program, and men's emergency shelter*

PO Box 862

Website: [www.hopeiowa.org](http://www.hopeiowa.org)

Des Moines, IA 50304

Phone: 515-265-7272

### **Bethel Mission Men's Shelter (Hope Ministries)**

*Provide emergency shelter, food, clothing, & case management and support for men*

1310 6<sup>th</sup> Ave.

Des Moines, IA

Phone: 515-244-5445

### **Door of Faith (Hope Ministries)**

*Provide food, clothing, shelter, and life recovery support for men, women and children in desperate need*

6701 SW 9<sup>th</sup> St.

Des Moines, IA 50315

Phone: 515-974-0545

## **ASSISTANCE – Utility**

### **Low-Income Home Energy Assistance Program (LIHEAP)**

*Helps low-income families and individuals pay their heating bills through energy assistance grants. The grant results in a one-time payment for an eligible household's heating costs.*

611 4<sup>th</sup> Ave.

Grinnell, IA 50112

Phone: 641-236-3923

## **CHILD CARE – Finding Care**

### **Iowa Child Care Resource & Referral of Central Iowa**

*Helps parents find child care and provides home providers, centers and preschools with consultation, staff training and registration information and resources to improve the quality of care provided.*

Orchard Place

Website: [www.iowaccrr.org](http://www.iowaccrr.org)

808 5<sup>th</sup> Ave.

Des Moines, IA 50309

Local Consultant: 641-820-1923

Regional Office: 800-722-7619

## **CHILD CARE – Resources and Education for Child Care Providers**

### **Iowa Child Care Resource & Referral of Central Iowa**

*Provides information and support on child care registration and program licensure. Offers regular training, resources and financial support to improve the quality of child care.*

Orchard Place

Website: [www.iowaccrr.org](http://www.iowaccrr.org)

808 5<sup>th</sup> Ave.

Des Moines, IA 50309

Local Consultant: 641-820-1923

Regional Office: 800-722-7619

## **CHILD CARE – Child Care Centers**

### **Zuma Zoo Daycare Center**

108 E. Irwin St.

Website: [www.zumazoodaycare.com](http://www.zumazoodaycare.com)

Montezuma, IA 50171

Phone: 641-623-3457

### **Grinnell Community Daycare & Preschool**

1436 Penrose St.

Website: [www.grinnellcommunitydaycare.com](http://www.grinnellcommunitydaycare.com)

Grinnell, IA 50112

Phone: 641-236-7214

## **CHILD CARE – Preschools**

- See *Education – Preschools*

## **CHIROPRACTIC**

### **Brown Chiropractic**

304 West St.

Website: [www.bjbrowndc.com](http://www.bjbrowndc.com)

Grinnell, IA 50112

Phone: 641-236-5743

### **Healing Hands Chiropractic**

809 4<sup>th</sup> Ave.

Grinnell, IA 50112

Phone: 641-236-0309

### **Koenen Chiropractic Clinic**

933 West St.  
Grinnell, IA 50112  
Phone: 641-236-7565

### **Strovers Chiropractic Care**

807 Broad St.  
Grinnell, IA 50112  
Phone: 641-236-9355

### **Utech Chiropractic, P.C.**

603 6<sup>th</sup> Ave.  
Grinnell, IA 50112  
Phone: 641-236-8988

Website: [www.utechchiropracticpc.com](http://www.utechchiropracticpc.com)

### **Utech Integrative Health, P.C.**

629 West St. S #300  
Grinnell, IA 50112  
Phone: 641-236-8000

Website: [www.utechhealth.com](http://www.utechhealth.com)

## **COMMUNITY GROUPS**

### **Studio 6 and Free Imagination (Grinnell Area Arts Council)**

*After school arts program for children in grades K-6. Studio 6: Monday – Thursday. Sign up for 2 – 4 days per week. Tuition is charged; some scholarships are available.*

926 Broad St.  
Grinnell, IA 50112  
Phone: 641-236-3203

Website: [www.grinnellarts.org](http://www.grinnellarts.org)

### **Malcom-Sheridan Youth and After School Program**

United Methodist Church  
602 4<sup>th</sup> St.  
Malcom, IA 50157  
Phone: 641-528-4004

Contact: Dawn Hamilton (641-990-4300)

- *Tuesdays from 3:30-6:00pm*

### **Heart of Iowa Big Brothers Big Sisters**

*Heart of Iowa Big Brothers Big Sisters helps to instill hope, introduce children to positive and healthy activities, empower kids to set goals, and encourage them to grow into confident, competent members of the community. Positive outcomes from this one on one mentoring include increased self-esteem, improved student academic success, increased connection to the school community, and improved positive social interactions.*

811 E. Main St. Suite 200  
Marshalltown, IA 50158  
Phone: 641-753-6370

Website: [www.heartofiwabigs.org](http://www.heartofiwabigs.org)

Email: [bbbsgrinnell@gmail.com](mailto:bbbsgrinnell@gmail.com)

## **Grinnell Little League**

*The Grinnell Little League's mission is to teach youth, ages 4-14, the fundamentals of baseball and softball in a safe and fun environment*

Website: [www.eteamz.com/grinnelllittleleague1](http://www.eteamz.com/grinnelllittleleague1)

Email: [grinnelllittleleague@gmail.com](mailto:grinnelllittleleague@gmail.com)

## **Girl Scouts of America**

10715 Hickman Rd.

Website: [www.girlscoutsiowa.org](http://www.girlscoutsiowa.org)

Des Moines, IA 50322

Phone: 800-342-8389

Local contact: 641-236-6403 (Linda Tish) Email: [lmtish@iowatelecom.net](mailto:lmtish@iowatelecom.net)

## **Boy Scouts of America**

6123 Scout Trail

Website: [www.midiowacouncilbsa.org](http://www.midiowacouncilbsa.org)

Des Moines, IA 50321

Phone: 515-266-2135

Local contact: 641-990-8405 (Mike Sokol) Email: [mssokol@windstream.net](mailto:mssokol@windstream.net)

## **Poweshiek County Extension – 4H Program**

*4H empowers youth to reach their full potential working and learning in partnership with caring adults. To contact a club or join 4H call or visit the website.*

114 S. Third St.

Website: [www.extension.iastate.edu/poweshiek](http://www.extension.iastate.edu/poweshiek)

PO Box 70

Montezuma, IA 50171

Phone: 641-623-5188

## **COUNSELING & CONSULTATION SERVICES**

### **Capstone Behavioral Healthcare**

*Psychiatric therapy for mentally ill; help with substance abuse. Walk-ins accepted.*

200 4<sup>th</sup> Ave. W (upper level)

Website: [www.capstonebh.com](http://www.capstonebh.com)

Grinnell, IA 50112

Phone: 641-260-8270

Fax: 641-260-8213

### **Creative Hope Counseling**

*Offers mental health therapy for children, adolescents, and adults dealing with a myriad of issues, and using various techniques, including art/play therapy*

106 N. 8<sup>th</sup> St.

Website: [www.creative-hope.com](http://www.creative-hope.com)

PO Box 946

Montezuma, IA 50171

Phone: 641-226-2665

## **Healthy Homes Family Services**

*Offers mental health counseling for all ages, individuals, couples, and families as well as the BHIS services. Behavioral Health Intervention Services (BHIS) In-home skill building working with children age 3 to 17 years as well as their families struggling with a child's behaviors in the home or school setting. Medicaid and other major insurance are accepted. They also offer support groups.*

812 Commercial St.

Website: [www.healthyhomesfs.com](http://www.healthyhomesfs.com)

Grinnell, IA 50112

Phone: 641-236-0273

## **Berryhill Psychiatry**

*Pediatric general psychiatry and ADHD; adult general psychiatry (refers for psychometric testing)*

Megan Berryhill, ARNP

709 1<sup>st</sup> Ave. W. Suite 3

Newton, IA 50208

Phone: 641-275-7759

- Takes appointments at Healthy Homes in Grinnell

## **The Station Clubhouse**

*The Station Clubhouse is dedicated to the recovery of men and women with mental illness by providing opportunities for our members to live, work and learn while contributing their talents through a community of mutual support. Our goals is a high quality of life for all members.*

729 Pearl St.

Grinnell, IA 50112

Phone: 641-236-5325

## **Pauline M Hampton, MS, SAP, LPHA, LMHC**

*Mental health and substance abuse services*

1297 Holiday Ln.

Brooklyn, IA 52211

Phone: 641-990-1569 or 641-522-4400

## **Jeff Wells, LMFT, CADC**

*Individual therapy for adults and older adolescents; substance abuse evaluation and counseling*

827 High St.

Grinnell, IA 50112

Phone: 641-236-4680

## **Bridget Baecht, LISW**

*Surgical Associates. Licensed Psychotherapist. Specializes in Bariatric Therapy; PTSD (Trauma); Eating Disorders; Individual, Family, and Group Therapy.*

112 4<sup>th</sup> Ave.

Website: [www.grinnellsurgeons.com](http://www.grinnellsurgeons.com)

Grinnell, IA 50112

Phone: 641-236-4323

## **Grinnell Counseling (Kun-Hong Lu, LISW)**

*Collaborative & Strength-Based Counseling. Offering individual therapy and conjoint couples and family work. The office is located near downtown Grinnell, Iowa. In addition to in-person sessions, option of tele-sessions for Iowa residents.*

827 High St.

Grinnell, IA 50112

Phone: 641-236-8811

Website: [www.grinnellcounseling.com](http://www.grinnellcounseling.com)

## **Davis Psychological Services, PC**

*A unique approach to marriage counseling and have each person meet individually with Rachael or Dr. Davis, with group meetings occurring occasionally. Davis sees children 4 years-old and up. Experience with a wide variety of issues such as: Autism, Attachment Anxiety/stress, Emotional regulation, Grief and Loss, Behavioral problems, Trauma, Social Interactions. Also offer treatment for depression, anxiety/stress, Post-traumatic Stress Disorder, Coping with emotions, Relationship problems, Grief and loss, Death and dying issues, and Behavior problems. Offer Psychological evaluations include: Weight loss surgery, Memory/dementia, IQ, Personality, Disability, and Diagnostic.*

1104 5<sup>th</sup> Ave.

Website: [www.davispsychservices.org](http://www.davispsychservices.org)

Grinnell, IA 50112

Phone: 641-236-0632

## **Midwest Counseling, LLC**

*Counseling services are available in Grinnell. Dr. Robert Detlefsen, DNP, sees all ages and offers psych med management. All major insurance accepted; sliding scale available.*

818 4<sup>th</sup> Ave.

Website: [www.midwestcounselingllc.com](http://www.midwestcounselingllc.com)

Grinnell, IA 50112

Phone: 641-236-1644

## **H. Jacquie (Ye) Perman, Ph.D.**

*Strength-based, change-focused approach, from assisting individuals to quickly regain their "footing" in the middle of crisis, improving their coping with circumstantial stressor and pre-existing psychological vulnerability, to healing from complex past trauma.*

Phone: 641-812-2990

Website: [www.drhjperman.com](http://www.drhjperman.com)

Email: [drhjperman@gmail.com](mailto:drhjperman@gmail.com)

## **Steiner & Associates**

*Clinical Psychology*

821 5<sup>th</sup> Ave. Suite 403

Website: [www.steinerpsych.com](http://www.steinerpsych.com)

Grinnell, IA 50112

Phone: 877-944-1200

- In Grinnell on Wednesday mornings only

## **National Alliance on Mental Illness Helpline**

*Offers general information about mental illness, referrals to local affiliates and support groups, and volunteer support.*

Phone: 800-950-6264

Website: [www.namiiowa.com](http://www.namiiowa.com)

- Jasper County Support Group – 4<sup>th</sup> Monday of each month at 6:30pm
  - Congregational United Church of Christ (308 E. 2<sup>nd</sup> St. North, Newton)
  - Contact: 641-792-441

## **Central Iowa Crisis Line**

*Central Iowa Community Services has contracted to provide a Crisis Phone Line for residents living in a 10-county area. People can call for a variety of reasons including: a major loss, such as the death of a loved one, a divorce or a serious illness, or it could be a series of smaller problems that have compounded and become overwhelming. A crisis is any stress or pressure that has become too great for a person to cope with alone. Trained, compassionate telephone counselors are available 24 hours a day, 365. All contacts are confidential.*

Toll-Free Crisis Line: 844-258-8858

Online Chat Counseling: [www.Foundation2CrisisChat.org](http://www.Foundation2CrisisChat.org)

\* Available Monday-Friday, 9am to 3pm

Text Support: 800-332-4224

\* Available Monday-Friday, 9am to 3pm

## **DISABILITY SERVICES**

### **Iowa Vocational Rehabilitation Services**

*Provide services to individuals with disabilities to help them achieve their employment, independence, and economic goals.*

204 W. State St.

Website: [www.ivrs.iowa.gov](http://www.ivrs.iowa.gov)

Marshalltown, IA 50158

Phone: 641-352-7942

### **Central Iowa Community Services – Poweshiek County**

*CICS provides coordination and financial support for mental health and disability services to eligible applicants. Services include service coordination, drop-in centers, mental health crisis services, outpatient non-crisis psychiatry services, housing supports, work supports, and other services.*

200 4<sup>th</sup> Ave. West

Website: [www.cicsmhds.org](http://www.cicsmhds.org)

PO BOX 401

Fax: 641-236-1349

Grinnell, IA 50112

Phone: 641-236-9199

Email: [bdaily@poweshiekcounty.org](mailto:bdaily@poweshiekcounty.org) or [Brenda.daily@cicsmhds.org](mailto:Brenda.daily@cicsmhds.org)

### **Central Iowa Recovery**

*Provides support during recovery and on-going care from mental illness and mental disability.*

200 4<sup>th</sup> Ave. West

Grinnell, IA 50112

Phone: 515-832-9550

- Office staffed by appointment



## **Central Iowa Residential Services, Inc. (CIRSI)**

*Community-based services for the mentally disabled.*

821 5<sup>th</sup> Ave. Suite 205

Website: [www.cirsi.org](http://www.cirsi.org)

Grinnell, IA 50112

Phone: 641-236-5774

## **Diamond Life Health Care**

*Residential Care Facility for the mentally ill and mentally disabled.*

4912 Barnes City Rd.

PO Box 820

Montezuma, IA 50171

Phone: 641-623-5715

## **Lutheran Services in Iowa**

*Services for people with mental illness or mental disability*

1714 N. 4<sup>th</sup> Ave. E

Website: <https://lsiowa.org>

Newton, IA 50208

Phone: 641-792-1541

## **Genesis Development**

*Provides support for people with disabilities, including supported community living services*

925 Broad St.

Website: [www.genesisdevelopment.com](http://www.genesisdevelopment.com)

Grinnell, IA 50112

Phone: 641-236-0230

## **The Arc of East Central Iowa**

*Provide services for individuals with intellectual and related disabilities. Services include respite, supported community living, consumer directed attendant care, intermittent medical monitoring and treatment, HCBS habilitation services program, daycare/after work enrichment program, community integration, Project SEARCH, and assessment & employment services.*

680 2<sup>nd</sup> St. SE Suite 200

Website: [www.arceci.org](http://www.arceci.org)

Cedar Rapids, IA 52401

Poweshiek County Contact: Karen Veerhusen-Langerud

Phone: 319-365-0487

Email: [veerhuse@grinnell.edu](mailto:veerhuse@grinnell.edu)

## **Life Long Links**

*Aging and disability resources to maintain independence.*

Phone: 866-468-7887

Website: [www.lifelonglinks.org](http://www.lifelonglinks.org)

## **Goodwill Industries of Central Iowa**

*Supported training and employment for mentally ill and mentally disabled*

5355 NW 86<sup>th</sup> St.

Website: [www.dmgoodwill.org](http://www.dmgoodwill.org)

Johnston, IA 50131

Phone: 515-265-5323

## **Special Olympics Iowa**

551 Dovetail Rd.  
PO Box 620  
Grimes, IA 50111  
Phone: 515-986-5520

Website: [www.soiowa.org](http://www.soiowa.org)  
Email: [rschwarzkopf@soiowa.org](mailto:rschwarzkopf@soiowa.org)

## **Iowa Department for the Blind**

524 4<sup>th</sup> St.  
Des Moines, IA 50309  
Phone: 515-281-1333

Website: <https://blind.iowa.gov>

## **DENTAL SERVICES**

### **Poweshiek County Dental Coalition**

*Promotes screening and dental clinics for children 0-18. Voucher funds are available for dental care for children who are underserved. Offers education program for preschools.*

Email: [poweshiekdentalcoalition@gmail.com](mailto:poweshiekdentalcoalition@gmail.com)  
Phone: 515-650-1877

### **Broadlawns Dental Clinic**

*Provides emergency, preventative and comprehensive dental services for patients of all ages*  
1801 Hickman Rd. Website: [www.broadlawns.org/dental-clinic](http://www.broadlawns.org/dental-clinic)  
Des Moines, IA 50314  
Phone: 515-282-2421

### **The Pediatric Dentistry Clinic at Center for Disabilities and Development**

*Serves infants, children and young adults, including patients with special health care needs.*  
100 Hawkins Dr. Website: <https://uichildrens.org>  
Iowa City, IA 52242  
Phone: 319-353-6711 Toll Free: 877-686-0031

### **Dental Lifeline Network Iowa**

*Donated Dental Services. Provide comprehensive treatment to eligible patients, do not provide emergency services. Applicants must lack adequate income to pay for dental care and have a permanent disability, be 65 or older, or qualify as medically fragile.*  
9000 Northpark Dr. Website: <https://dentallifeline.org/iowa>  
Johnston, IA 50131 Toll Free: 888-235-5826  
Phone: 515-251-8000 Email: [dwells@dentallifeline.org](mailto:dwells@dentallifeline.org)

### **I-Smile™**

*Dental services for 0-21 or pregnant women. Also provide assistance with dental insurance and finding a dentist.*

Marion County Public Health  
2003 North Lincoln  
P.O. Box 152  
Knoxville, IA 50138  
Phone: 641-828-2238

Fax: 641-842-3442  
Website: [www.marionph.org](http://www.marionph.org)

**Family Dentistry**

825 Broad St.  
Grinnell, IA 50112  
Phone: 641-236-6169

**Dental Associates**

902 Park St.  
Grinnell, IA 50112  
Phone: 641-236-6174

**Diamond Trail Dental**

301 S. 4<sup>th</sup> St.  
Montezuma, IA 50171  
Phone: 641-623-5100

**Family Dentistry**

613 4<sup>th</sup> St.  
Sully, IA 50251  
Phone: 641-594-4285

**Family Dentistry**

105 S. 4<sup>th</sup> St.  
Montezuma, IA 50171  
Phone: 641-623-2013

**DISASTER ASSISTANCE****American Red Cross**

*Serving the Iowa Region*  
2116 Grand Ave.  
Des Moines, IA 50312  
Phone: 515-243-7681

Website: [www.redcross.org](http://www.redcross.org)

**Salvation Army**

*Call with inquiry*  
Phone: 641-623-3275

**EDUCATION – Family Based****Poweshiek County Extension and Outreach**

*Provide assistance in helping community members with making decisions that affect their family, community, business, or farm by providing unbiased, research based information and education.*

114 S. 3<sup>rd</sup> St.  
PO Box 70  
Montezuma, IA 50171  
Phone: 641-623-5188

Website: [www.extension.iastate.edu/poweshiek](http://www.extension.iastate.edu/poweshiek)

## **Babies Room Parenting Classes**

*Grinnell Regional's Babies Room provides incentives and educational programs to women who are pregnant or who have a child less than 3 years of age. Earn free child merchandise/items for good parenting and care for your infant and toddler.*

Light Center for Community Health

306 4<sup>th</sup> Ave.

Grinnell, IA 50112

Phone: 641-236-2385

## **Prenatal/Childbirth Classes**

*Provides education on what to expect, what happens in your body, how to care for yourself and your baby after delivery, breastfeeding, and so much more. Call for schedule.*

GRMC Tomasek Room

Phone: 641-236-2324

## **Breastfeeding Education**

*Certified lactation counselors offer a course that focuses on breastfeeding. Address first two hours after delivery, teaching your baby to suck, tips on milk production, reducing barriers experienced when breastfeeding and returning to work, nutrition and birth control for mothers nursing, and much more.*

Light Center for Community Health (GRMC)

306 4<sup>th</sup> Ave.

Grinnell, IA 50112

Phone: 641-236-2385

## **EDUCATION – College**

### **Grinnell College**

1115 8<sup>th</sup> Ave.

Grinnell, IA 50112

Phone: 641-269-4000

Website: [www.grinnell.edu](http://www.grinnell.edu)

### **Iowa Valley Community College**

3700 S Center St.

Marshalltown, IA 50158

Phone: 641-752-4645

Website: [www.iavalley.edu](http://www.iavalley.edu)

## **EDUCATION – Preschool**

### **Head Start (MICA)**

611 4<sup>th</sup> Ave.

Grinnell, IA 50112

Phone: 641-236-3923

**Grinnell Community Daycare & Preschool**

1436 Penrose St.  
Grinnell, IA 50112  
Phone: 641-236-7214

Website: [www.grinnellcommunitydaycare.com](http://www.grinnellcommunitydaycare.com)

**Grinnell College Preschool**

1022 Park St.  
Grinnell, IA 50112  
Phone: 641-269-3320

Website: [www.grinnell.edu](http://www.grinnell.edu)

**Grinnell Newburg Preschool (Fairview Elementary)**

1310 Hobart St.  
Grinnell, IA 50112  
Phone: 641-236-2780

Website: [www.grinnell-k12.org](http://www.grinnell-k12.org)

**BGM Preschool**

1090 Jackson St.  
Brooklyn, IA 52211  
Phone: 641-522-9268

Website: [www.brooklyn.k12.ia.us](http://www.brooklyn.k12.ia.us)

**Montezuma Preschool**

504 N. 4<sup>th</sup> St.  
Montezuma, IA 50171  
Phone: 641-623-5121

Website: [www.montezuma-schools.org](http://www.montezuma-schools.org)

**Grinnell UCC Community Preschool**

902 Broad St.  
Grinnell, IA 50112  
Phone: 641-236-3111

Website: [www.grinnelluccpreschool.com](http://www.grinnelluccpreschool.com)

**EDUCATION – Elementary, Middle, High School, & Alternative School****Central Iowa Christian School (Grades K-8<sup>th</sup>)**

201 380<sup>th</sup> Ave.  
Grinnell, IA 50112  
Phone: 641-236-3000

Website: [www.centraliowachristian.org](http://www.centraliowachristian.org)

**Brooklyn-Guernsey-Malcom (BGM) Community School (Grades PreK-12<sup>th</sup>)**

1090 Jackson St.  
Brooklyn, IA 52211  
Phone: 641-522-7058

Website: [www.brooklyn.k12.ia.us](http://www.brooklyn.k12.ia.us)

## **Grinnell – Newburg Community School District**

Phone: 641-236-2700

Website: [www.grinnell-k12.org](http://www.grinnell-k12.org)

### **Fairview Elementary School (Grades Preschool – 2<sup>nd</sup>)**

1310 Hobart St.

Phone: 641-236-2780

Grinnell, IA 50112

### **Bailey Park Elementary School (Grades K-2<sup>nd</sup>)**

210 Eighth Ave.

Phone: 641-236-2770

Grinnell, IA 50112

### **Davis Elementary School (Grades 3<sup>rd</sup> – 4<sup>th</sup>)**

818 Hamilton Ave.

Phone: 641-236-2790

Grinnell, IA 50112

### **Grinnell Middle School (Grades 5<sup>th</sup> – 8<sup>th</sup>)**

132 East St. South

Phone: 641-236-2750

Grinnell, IA 50112

### **Grinnell High School (Grades 9<sup>th</sup> – 12<sup>th</sup>)**

1333 Sunset St.

Phone: 641-236-2720

Grinnell, IA 50112

### **Independent Learning Center**

1333 Sunset St.

Phone: 641-236-2720

Grinnell, IA 50112

## **Lynnvile – Sully Community School (Grades K-12<sup>th</sup>)**

12476 Hwy. F62 E.

Website: [www.lshawks.org](http://www.lshawks.org)

Sully, IA 50251

Phone: 641-594-4445

## **Montezuma Community School (Grades PreK-12<sup>th</sup>)**

504 N. 4<sup>th</sup> St.

Website: [www.montezuma-schools.org](http://www.montezuma-schools.org)

Montezuma, IA 50171

Phone: 641-623-5129

## **EDUCATION – Special Services**

### **Iowa Valley Community College District (IVCCD)**

*Call or see website for programs including High School Equivalency Diploma (HSED, formally GED), ESL tutoring, and continuing education classes.*

Grinnell Campus

Website: [www.iavalley.edu](http://www.iavalley.edu)

123 6<sup>th</sup> Ave. West

Grinnell, IA 50112

Phone: 641-236-0513

## **Central Rivers Area Education Agency (AEA)**

*Early childhood services and services for children with disabilities.*

909 S. 12<sup>th</sup> St.

Website: [www.centralriversaea.org](http://www.centralriversaea.org)

Marshalltown, IA 50158

Phone: 641-753-3564 or 800-735-1539

## **English Language Learners (ELL)**

*Tutoring available through the Grinnell public schools*

Email: [Carlos.gallegos@grinnell-k12.org](mailto:Carlos.gallegos@grinnell-k12.org)

## **Network of Iowa Christian Home Educators (NICHE)**

PO Box 158

Website: <https://homeschooliowa.org>

Dexter, IA 50070

Phone: 515-478-5454

Email: [niche@homeschooliowa.org](mailto:niche@homeschooliowa.org)

## **ELECTED OFFICIALS**

### **US Senators**

#### **Senator Joni Ernst**

Des Moines Office

733 Federal Bldg.

210 Walnut St.

Des Moines, IA 50309

Phone: 515-284-4574

Fax: 515-284-4937

Washington DC Office

111 Russell Senate Office Bldg.

Washington, DC 20510

Phone: 202-224-3254

Fax: 202-224-9369

Website: [www.ernst.senate.gov](http://www.ernst.senate.gov)

#### **Senator Chuck Grassley**

Des Moines Office

721 Federal Bldg.

210 Walnut St.

Des Moines, IA 50309

Phone: 515-288-1145

Fax: 515-288-5097

Washington DC Office

135 Hart Senate Office Bldg.

Washington, DC 20510

Phone: 202-224-3744

Fax: 202-224-6020

Website: [www.grassley.senate.gov](http://www.grassley.senate.gov)

### **US Representative**

#### **Representative David Loebsack**

Iowa City Office

125 S. Dubuque St.

Iowa City, IA 52240

Phone: 319-351-0789

Fax: 319-351-5789

Website: <https://loeb sack.house.gov>

Washington DC Office

1527 Longworth House Office Bldg.

Washington, DC 20515

Phone: 202-225-6576

Fax: 202-226-0757

## **State Senator**

### **Senator Tim L Kapucian**

1007 E. Grand Ave.  
Des Moines, IA 50319  
Phone: 515-281-3371  
Fax: 515-242-6108

Website: [www.legis.state.ia.us](http://www.legis.state.ia.us)

## **State Representative**

### **Representative Dave Maxwell**

1007 E. Grand Ave.  
Des Moines, IA 50319  
Phone: 515-281-3221  
Fax: 515-281-5868

Website: [www.legis.state.ia.us](http://www.legis.state.ia.us)

## **EMPLOYMENT SERVICES**

### **Aventure**

*Aventure Staffing provides employment solutions at all levels for our valued employees and clients. We will build enduring partnerships based on integrity, loyalty, mutual respect and trust. Our consultative approach and excellence in quality and service will set the standards for the staffing industry*

820 4<sup>th</sup> Ave.

Website: [www.aventure.com](http://www.aventure.com)

Grinnell, IA 50112

Phone: 641-236-7470

### **First Class Staffing**

*At 1st Class Staffing we understand what you need to get the job done. Regardless of your company's location, size, product or service we will provide the professional talent to help you get the work done we get it and are here for you.*

929 Broad St.

Grinnell, IA 50112

Phone: 641-236-6808

### **QPS Employment Group, Inc.**

1108 West St.

Website: [www.qpsemployment.com](http://www.qpsemployment.com)

Grinnell, IA 50112

Phone: 641-236-9722

### **Promise Jobs**

*Provides work experience opportunities, job skills training, and family development to FIP recipients. To schedule a meeting Grinnell, call the Marshalltown number listed here.*

Phone: 641-754-1400

Website: [www.iowaworkforcedevelopment.gov/promise-jobs](http://www.iowaworkforcedevelopment.gov/promise-jobs)



## **Denison Job Corps**

*For young women and men 16-24 years old and solo parent program. Second chance to graduate; vocational training. Must meet educational guidelines.*

10 Opportunity Dr.  
Denison, IA 51442  
Phone: 712-263-4192

Website: [www.jobcorps.gov](http://www.jobcorps.gov)

Toll Free: 800-733-5627

## **Iowa Vocational Rehabilitation Services**

*Iowa Vocational Rehabilitation Services is to work for and with individuals who have disabilities to achieve their employment, independence, and economic goals. IVRS works with sophomores in high school through adults. Services offered include: college funding, job training, employment search, assistive technology, medical and psychological assessment, physical/mental restoration services which may include therapy, wheelchairs, hearing aids, etc., job coaching, career guidance and counseling. For more information about the full spectrum of services offered, visit the website.*

204 W. State St.  
Marshalltown, IA 50158  
Phone: 641-352-7942

Website: [www.ivrs.iowa.gov](http://www.ivrs.iowa.gov)

## **Temp Associates**

1029 Broad St.  
Grinnell, IA 50112  
Phone: 641-236-9220

Website: [www.tempassociates.com](http://www.tempassociates.com)

Email: [grinnell@tempassociates.com](mailto:grinnell@tempassociates.com)

## **Mid-Iowa Community Action (MICA)**

*MICA has information on applying for jobs. Through the Strong Parents Strong Children (SPSC) program they offer job coaching.*

611 4<sup>th</sup> Ave.  
Grinnell, IA 50112  
Phone: 641-236-3923

Website: [www.micaonline.org](http://www.micaonline.org)

## **Iowa Workforce Development**

3405 S. Center St.  
Marshalltown, IA 50158  
Phone: 641-754-1400

Website: [www.iowaworkforcedevelopment.gov](http://www.iowaworkforcedevelopment.gov)

## **GROUP HOMES**

### **Genesis Development**

*Provides support for people with disabilities, including supported community living services*

925 Broad St.  
Grinnell, IA 50112  
Phone: 641-236-0230

Website: [www.genesisdevelopment.com](http://www.genesisdevelopment.com)

## **HEALTH CARE SERVICES & MEDICAL ASSISTANCE**

### **Medicaid (also called Title 19)**

*Provides health coverage through a Managed Care Organization (MCO). Some members get coverage through the Medicaid Fee-for-Service program.*

Phone: 515-256-4606

Website: [www.dhs.iowa.gov/ime](http://www.dhs.iowa.gov/ime)

Toll Free: 800-338-8366

### **Iowa Health and Wellness Plan (IHAWP)**

*Provides comprehensive health coverage at low or no cost to Iowans between the ages of 19-64. Eligibility is based on household income. An Iowa Medicaid program.*

Phone: 515-256-4606

Website: [www.dhs.iowa.gov/IHAWP](http://www.dhs.iowa.gov/IHAWP)

Toll Free: 800-338-8366

### **Hawk-I (Healthy & Well Kids in Iowa) & hawk-I Dental Only**

*To qualify, a child must live in Iowa and: Be under 19 years old; have no other health insurance; be a citizen of the United States or a qualified alien; be in a family that meets the hawk-I income limits; cannot be dependent of a State of Iowa employee; children who qualify for Medicaid cannot get hawk-I.*

Marion County Public Health Department

2003 N Lincoln St.

Website: [www.marionph.org](http://www.marionph.org)

PO Box 152

Knoxville, IA 50138

Website: [www.hawk-i.org](http://www.hawk-i.org)

Phone: 641-828-2238

## **HOSPICE & HOME HEALTH**

### **Grinnell Regional Hospice**

*Support with end-of-life care, both in-home and in the hospital (GRMC).*

210 4<sup>th</sup> Ave.

Website: [www.grmc.us/services/hospice](http://www.grmc.us/services/hospice)

Grinnell, IA 0112

Phone: 641-236-2418

### **Grinnell Regional Home Care**

210 4<sup>th</sup> Ave.

Website: [www.grmc.us/services/home-care](http://www.grmc.us/services/home-care)

Grinnell, IA 50112

Phone: 641-236-2059

### **PCS Homecare**

604 Williams St.

Victor, IA 52347

Phone: 319-647-2175

## **Visiting Nurse Services (VNS) of Iowa**

1111 9<sup>th</sup> St. #320  
Des Moines, IA 50314  
Phone: 515-288-1516

Website: [www.vnsia.org](http://www.vnsia.org)

## **HOSPITALS & CLINICS**

### **Grinnell Regional Medical Center (GRMC)**

*Specialties include primary care in family practice, and general surgery, as well as specialists in anesthesiology, bariatrics/weight loss surgery, emergency medicine, gynecology, internal medicine, mental health, obstetrics, pain management, pathology, podiatry, psychiatry, radiology, rheumatology, and urology. Visiting specialists in 11 areas provide additional specialty care for area residents.*

210 4<sup>th</sup> Ave.

Website: [www.grmc.us](http://www.grmc.us)

Grinnell, IA 50112

Phone: 641-236-7511

ER: 641-236-2380

### **Manatt Family Urgent Care**

*Walk-in clinic. Check in on first floor of the Ahrens Medical Arts Building.*

210 4<sup>th</sup> Ave.

Grinnell, IA 50112

Phone: 641-236-2378

### **VA Clinic**

101 Iowa Ave. W

Marshalltown, IA 50158

Phone: 641-754-6700 or 877-424-4404

### **Total Rehab Orthopedic & Sports Therapy**

*Providing Physical Therapy, Occupational Therapy, Industrial Rehab, Sports Medicine, Pediatric Therapy, Vestibular Therapy, The Graston Technique (for scars, adhesions, and muscle injuries), Women's Health, & Aquatic Therapy.*

234 West St. #4

Website: [www.totalrehab-pt.com](http://www.totalrehab-pt.com)

Grinnell, IA 50112

Phone: 641-236-4506

### **Community Health Park**

*Integrated and complementary services. Including the following: Physical Therapy, Massage and Relaxation Therapies, AquaMed Treatment, Body Wraps, Ear Candling, Massage Therapy, Paraffin Treatment, Reflexology, etc.*

807 Broad St.

Website: <https://grmc.us/services/integrated-medicine>

Grinnell, IA 50112

Phone: 641-236-2953

## **HOTLINES & INFORMATION**

### **AIDS Information Hotline**

*The AIDS hotline answers questions and provides information about resources related to HIV/AIDS treatment.*

Phone: 800-448-0440

Website: [www.aids.gov](http://www.aids.gov)

### **2-1-1 Resources and Referral Hotline**

*2-1-1 is an easy to remember three digit phone number that provides information for basic health, human services, or community resources that is free, confidential, and available 24/7. Simply dial 2-1-1 on your phone.*

Phone: 2-1-1

Website: [www.211iowa.org](http://www.211iowa.org)

### **Al-Anon Hotline**

*Al-Anon helps family and friends of alcoholics cope with the effects of living with a problem drinker. Alateen is the recovery program for young people.*

Phone: 1-888-4AL-ANON (1-888-425-2666)

Website: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Business Office: 757-563-1600

Fax: 757-563-1655

### **Americans with Disabilities (ADA) Hotline**

*ADA specialists provide information regarding the Americans with Disabilities Act, answer specific questions, offer free ADA materials, and assist with filing complaints.*

Phone: 800-514-0301

Website: [www.ada.gov](http://www.ada.gov)

### **Gay and Lesbian National Hotline**

*Offers confidential telephone and email peer-counseling to callers of all ages regarding coming-out issues, relationship concerns, HIV/AIDS, and safer-sex information.*

Phone: 888-THE-GLNH (888-843-4564)

Website: [www.glbthotline.org](http://www.glbthotline.org)

### **Iowa Compass Hotline**

*Provides information and referrals about disability related services and programs.*

Phone: 800-779-2001

Website: [www.iowacompass.org](http://www.iowacompass.org)

### **Iowa Healthy Family Hotline**

*Provides health information and referrals for pregnancy, immunizations, and other family related issues.*

Phone: 800-369-2229

### **Iowa Poison Control Center**

Phone: 712-279-3710

Website: [www.iowapoison.org](http://www.iowapoison.org)

Emergency: 800-222-1222

## **Central Iowa Crisis Line**

*Central Iowa Community Services has contracted to provide a Crisis Phone Line for residents living in a 10-county area. People can call for a variety of reasons including: a major loss, such as the death of a loved one, a divorce or a serious illness, or it could be a series of smaller problems that have compounded and become overwhelming. A crisis is any stress or pressure that has become too great for a person to cope with alone. Trained, compassionate telephone counselors are available 24 hours a day, 365. All contacts are confidential.*

Toll-Free Crisis Line: 844-258-8858

Online Chat Counseling: [www.Foundation2CrisisChat.org](http://www.Foundation2CrisisChat.org)

\* Available Monday-Friday, 9am to 3pm

Text Support: 800-332-4224

\* Available Monday-Friday, 9am to 3pm

## **Iowa Brain Injury Information Center**

Brain Injury Alliance of Iowa

Website: <https://biaia.org>

1556 S. First Ave. Suite A

Iowa City, IA 52240

Phone: 855-444-6443

## **Iowa Gambling Treatment Program**

*Offers the following services to individuals with a gambling addiction: assessment and evaluation, individual or group counseling, transitional housing, distance treatment, financial counseling, financial aid, confidentiality, and emergency assistance.*

Phone: 800-BETS-OFF

Website: [www.1800betsoff.org](http://www.1800betsoff.org)

## **Lawyer Referral Services Hotline**

*Call this number to be referred to a local lawyer.*

Phone: 800-532-1108

Website: [www.iowafindalawyer.com](http://www.iowafindalawyer.com)

## **Life Long Links**

*Aging and disability resources to maintain independence.*

Phone: 866-468-7887

Website: [www.lifelonglinks.org](http://www.lifelonglinks.org)

## **Legal Hotline for Older Iowans (60+)**

Phone: 800-992-8161

## **Medline Plus**

*Produced by the National Library of Medicine and offers information about diseases, conditions, and wellness issues.*

Website: [www.medlineplus.gov](http://www.medlineplus.gov)

## **National Alliance on Mental Illness Helpline**

*Offers general information about mental illness, referrals to local affiliates and support groups, and volunteer support.*

Phone: 800-950-6264

Website: [www.nami.org](http://www.nami.org)

## **National Council on Alcoholism and Drug Dependence Hope Line**

*Offers referrals to local affiliate offices, as well as provides information about alcoholism and drug dependence.*

Phone: 800-622-2255

Website: [www.ncadd.org](http://www.ncadd.org)

## **Mental Health America**

*Information and literature regarding mental illness is provided to professionals and the general public.*

Phone: 800-969-6642

Website: [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

## **National Life Center**

*Provides compassionate guidance and counseling to any woman or girl facing pregnancy. Services offered include assistance finding medical, legal, or psychological help shelter, education, and adoption guidance as desired.*

Phone: 800-848-5683

Website: [www.nationallifecenter.com](http://www.nationallifecenter.com)

## **National Runaway Switchboard**

*24-hour crisis line serving teenagers thinking of running away or who have run away and want to return home. Also provides information to adults about how to help someone who may be at risk of running, and to teachers to pass along to students about youth homelessness and life on the streets.*

Phone: 800-RUNAWAY or 800-786-2929

Website: [www.1800runaway.org](http://www.1800runaway.org)

## **National Suicide Prevention Lifeline**

*Available to anyone in suicidal crisis or emotional distress providing crisis counseling or mental health referrals.*

Phone: 800-273-TALK or 800-273-8255

Website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

## **Rape, Abuse & Incest National Hotline (RAINN)**

*RAINN anonymously and automatically connects sexual assault victims with the nearest rape crisis center and a counselor who is able respond to the call.*

Phone: 800-656-HOPE or 800-656-4673      Website: [www.rainn.org](http://www.rainn.org)

## **Substance Abuse and Mental Health Service Administration (SAMHSA's) National Helpline**

*Treatment referral and information service for individuals and families facing mental and/or substance use disorders.*

Phone: 800-662-4357

Website: [www.samhsa.gov](http://www.samhsa.gov)

## **Veterans Affairs (VA)**

Phone: 844-698-2311

Crisis Line: 800-273-8255

Website: [www.centraliowa.va.gov](http://www.centraliowa.va.gov)

## **Quitline Iowa**

*Quitline Iowa is a free program that provides helpful tools, information and support throughout your quit process.*

Phone: 800-784-8669

Website: [www.quitlineiowa.org](http://www.quitlineiowa.org)

## **Q Link Wireless**

*Provides a free smartphone with free monthly calling, unlimited texting, and free data through a special government benefit program called "Lifeline" which is available to eligible low-income consumers.*

Phone: 855-Q-Link43

Website: [qlinkwireless.com](http://qlinkwireless.com)

## **Zero To Three**

*National nonprofit that informs, trains, and supports professionals, policymakers and parents in their efforts to improve the lives of infants and toddlers.*

Website: [www.zerotothree.org](http://www.zerotothree.org)

## **HOUSING – Subsidized & Low Income**

### **Grinnell Housing Authority**

*Rent assistance for income-eligible elderly, disabled, and families. Funded by HUD. Eligible families select their own rental units anywhere in Poweshiek County. Applications are accepted continuously.*

520 4<sup>th</sup> Ave.

Grinnell, IA 50112

Phone: 641-236-2611

Email: [rentassist@iowatelecom.net](mailto:rentassist@iowatelecom.net)

### **Income-based Housing for Families**

Arbor Apartments	401 Washington Ave, 2&3 BR	641-236-9233
Center Street Apartments	506 Center St, 2 BR	641-236-6679
Grinnell Park Apartments	223 4 <sup>th</sup> Ave. West, 1&2 BR	800-394-1288
Spaulding Lofts	827 4 <sup>th</sup> Ave, 1&2 BR	515-221-6696
Westfield Apartments	308 4 <sup>th</sup> Ave. West, 1&2 BR	641-236-8909

### **Income-based Housing for Elderly\*\* and Disabled (in Grinnell)**

Grinnell Area Housing	214 4 <sup>th</sup> Ave. West	641-236-6679
• Brookside East		
• Brookside West	131 4 <sup>th</sup> Ave. West	
• Brookside South	214 4 <sup>th</sup> Ave. West	
• MonroePark Apartments		
• Pearl Street Apartments	729 Pearl St.	
• Poynter Apartments (for CMI)	412 3 <sup>rd</sup> Ave.	
Grinnell Estates	2020 West St.	641-236-0102

Spaulding Lofts

827 4<sup>th</sup> Ave.

515-221-6696

**Income-based Housing for Elderly\*\* and Disabled (outside Grinnell)**

Barnes City Housing (Financial Service Group, Inc.)	319-664-3002
Brooklyn Housing, Inc. (Karen McNaul)	641-623-5026
Deep River Housing (Financial Service Group, Inc.)	319-664-3002
Malcom Manor (Karen McNaul)	641-623-5026
Montezuma, Sunny View Square (Grinnell Area Housing)	641-236-6679
Searsboro Manor Apartments (Financial Services Group, Inc.)	319-664-3006
Victor Senior Housing (National Management)	515-223-0300

**Iowa Finance Authority**

*Services may include down payment assistance for both first-time home buyers and previous homeowners. Military Homeownership Assistance programs. Some grant funds may also be available.*

2015 Grand Ave.

Website: [www.iowafinanceauthority.gov](http://www.iowafinanceauthority.gov)

Des Moines, IA 50312

Phone: 515-725-4900

**Region 6 Housing Trust Fund**

*Income-based funding for new home buyers, existing home owners, rental property owners, and other affordable housing projects may qualify.*

903 E. Main St.

Website: [www.region6planning.org](http://www.region6planning.org)

Marshalltown, IA 50158

Phone: 641-752-0717

Toll Free: 800-417-4699

**USDA Rural Development – Iowa**

Single Family Home Loan Guarantees – Program assists approved lenders in providing low and moderate-income households the opportunity to own a home. Work directly with approved lender. Single Family Housing Direct Home Loans – Program assists low and very-low-income applicants obtain homeownership.

Albia Office

Website: [www.rd.usda.gov](http://www.rd.usda.gov)

1709 S. B St.

Albia, IA 52531

Phone: 641-932-3031

**Fair Housing**

*Deals with issues of discrimination and landlord-tenant issues.*

Phone: 800-743-5323

**LAW ENFORCEMENT**

**Grinnell Police Department**

1020 Spring St.

Grinnell, IA 50112

Phone: 641-236-2670



## **Poweshiek County Sheriff Office**

4802 Barnes City Rd.  
PO Box 297  
Montezuma, IA 50171  
Phone: 641-623-5679

Website: [www.poweshiekcosherriff.com](http://www.poweshiekcosherriff.com)

## **LEGAL SERVICES**

### **Iowa Legal Aid**

*Provide legal assistance to low-income & vulnerable Iowans*

Phone: 800-532-1275

Website: [www.iowalegalaid.org](http://www.iowalegalaid.org)

### **Iowa Concern**

Phone: 800-447-1985

Website: [www.extension.iastate.edu/iowaconcern](http://www.extension.iastate.edu/iowaconcern)

### **Find-A-Lawyer**

*Attorney referral service offered by the Iowa State Bar Association*

625 E. Court Ave.  
Des Moines, IA 0309  
Phone: 800-532-1108

Website: [www.iowafindalawyer.com](http://www.iowafindalawyer.com)

### **Juvenile Court Services**

200 4<sup>th</sup> Ave. West  
Grinnell, IA 50112  
Phone: 641-236-0655

### **Disability Rights IOWA**

*Defend and promote the human and legal rights of Iowans who have disabilities and mental illness.*

400 E. Court Ave. Suite 300  
Des Moines, IA 50309  
Phone: 515-278-2502  
TTY: Relay 711

Website: [www.disabilityrightsiowa.org](http://www.disabilityrightsiowa.org)

Toll Free: 800-779-2502

### **Iowa Attorney General**

1305 E. Walnut St.  
Des Moines, IA 50319  
Phone: 515-281-5164

Website: [www.iowaattorneygeneral.gov](http://www.iowaattorneygeneral.gov)

### **Iowa Workman's Compensation**

1000 E. Grand Ave.  
Des Moines, IA 50319  
Phone: 515-725-4120

Website: [www.iowaworkcomp.gov](http://www.iowaworkcomp.gov)

Toll Free: 800-645-4583

## **MEDICAL SUPPLIES**

### **Grinnell Regional Home Care, Loan Closet**

210 4<sup>th</sup> Ave.

Grinnell, IA 50112

Phone: 641-236-2059

### **Hammer Medical Supply**

1719 1<sup>st</sup> Ave. East

Newton, IA 50208

Phone: 641-792-9339

Website: [www.hammermedical.com](http://www.hammermedical.com)

### **Lincare**

4454 NW Urbandale Dr.

Urbandale, IA 50322

Phone: 515-223-6078

Website: [www.lincare.com](http://www.lincare.com)

### **Long Term Medical Supply**

929 Broad St.

Grinnell, IA 50112

Phone: 641-236-0608

## **NURSING HOMES, ASSISTED & INDEPENDENT LIVING**

### **Grinnell Health Care Center**

*Skilled nursing facility*

415 6<sup>th</sup> Ave. West

Grinnell, IA 50112

Phone: 641-236-6511

Website: [www.grinnellhealthcarecenter.com](http://www.grinnellhealthcarecenter.com)

Fax: 641-236-6713

### **Windsor Manor**

*Assisted living*

229 Pearl St.

Grinnell, IA 50112

Phone: 641-236-8700

Website: [www.windsor-manor.com](http://www.windsor-manor.com)

Fax: 641-236-9514

### **Mayflower Homes, Inc.**

*Independent living, assisted living, or 24 hour nursing care for a health or memory need*

616 Broad St.

Grinnell, IA 50112

Phone: 641-236-6151

Toll Free: 800-936-6151

Website: [www.mayflowerhomes.com](http://www.mayflowerhomes.com)

Fax: 641-236-6154

## **Saint Francis Manor & Seeland Park**

*Independent living, assisted living, or 24 hour nursing care*

2021 4<sup>th</sup> Ave.

Website: [www.stfrancismanor.com](http://www.stfrancismanor.com)

Grinnell, IA 50112

Phone: 641-236-7592

Fax: 641-236-8035

## **Brooklyn Community Estates**

*Skilled nursing and intermediate care facility*

406 North St.

Website: [www.brooklyncommunityestate.com](http://www.brooklyncommunityestate.com)

Brooklyn, IA 52211

Phone: 641-522-9263

Fax: 641-522-5684

## **Montezuma Nursing & Rehabilitation Center**

*24 hour nursing care*

316 Meadow Lane Dr.

Website: [www.careinitiatives.org](http://www.careinitiatives.org)

Montezuma, IA 50171

Phone: 641-623-5497

Fax: 641-623-2297

## **PHARMACIES**

### **Hy-Vee Pharmacy**

320 Brownells Pkwy.

Grinnell, IA 50112

Phone: 641-236-4287

### **Medicap Pharmacy**

320 6<sup>th</sup> Ave.

Grinnell, IA 50112

Phone: 641-236-3663

### **Walmart Pharmacy**

415 Industrial Ave.

Grinnell, IA 50112

Phone: 641-236-6333

## **PUBLIC HEALTH PROGRAMS**

### **Grinnell Regional Medical Center Public Health**

*Immunization clinics, communicable disease control, community care clinic, and lead tests.*

Light Center for Community Health

306 4<sup>th</sup> Ave.

Website: [www.grmc.us/services/public-health](http://www.grmc.us/services/public-health)

Grinnell, IA 50112

Phone: 641-236-2385

## **Immunization Clinic**

*Call for an appointment*

Phone: 641-236-2385

## **Grinnell Regional Community Care Clinic (Free Clinic)**

*Free medical services for uninsured, low-income residents of Poweshiek County. Call for an appointment.*

Phone: 641-236-2385

- 1<sup>st</sup> Thursday of the month from 2-4pm

## **Blood Pressure Clinic**

*Free; no appointment needed.*

Phone: 641-236-2385

- Thursdays from 1-2pm

## **Adult Foot Care Clinic**

*Call Grinnell Regional Home Care for an appointment.*

Phone: 641-236-2385

- 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month from 9am-noon

## **Iowa Department of Public Health**

321 E. 12<sup>th</sup> St.

Des Moines, IA 50319

Phone: 515-281-7689

Website: <https://idph.iowa.gov>

## **RECREATION**

### **Drake Community Library**

930 Park St.

Grinnell, IA 50112

Phone: 641-236-2661

Website: [www.grinnell.lib.ia.us](http://www.grinnell.lib.ia.us)

### **Grinnell Recreation Department**

*Programming for families, children, and youth. Scholarships are available for income-eligible families*

1500 Penrose St.

Grinnell, IA 50112

Phone: 641-236-2620

Website: [www.grinnelliowa.gov](http://www.grinnelliowa.gov)

### **Newton YMCA**

1701 S. 8<sup>th</sup> Ave. East

Newton, IA 50208

Phone: 641-792-4006

Website: [www.newtonymca.org](http://www.newtonymca.org)

## **Paul W Ahrens Fitness Center**

*Exercise classes with on-site childcare. Immediate family members of inpatients may use the PWA Fitness Center at no cost.*

807 Broad St.

Grinnell, IA 50112

Phone: 641-236-2999

## **SENIOR SERVICES**

### **Grinnell Senior Center**

*Meals on Wheels, Social activities, and referrals (Healthy Lifestyle Coordinator)*

925 East St.

Grinnell, IA 50112

Phone: 641-236-2612

### **Brooklyn Activity Center**

*Meals and social activities*

122 Jackson St.

Brooklyn, IA 52211

Phone: 641-522-5400

### **Northeast Iowa Area Agency on Aging (NEI3A)**

*NEI3A connects older adults, caregivers and persons with disabilities to the services they need to remain independent.*

Waterloo Office

Website: [www.nei3a.org](http://www.nei3a.org)

2101 Kimball Ave. Suite 320

Waterloo, IA 50702

Phone: 319-272-2244

### **Life Long Links**

*Aging and disability resources to maintain independence.*

Phone: 866-468-7887

Website: [www.lifelonglinks.org](http://www.lifelonglinks.org)

### **Office of the State Long-Term Care Ombudsman**

*In Iowa, the Office of the State Long-Term Care Ombudsman (OSLTCO) is authorized by the federal Older Americans Act and the state Older Iowans Act. Operating as an independent entity within the Iowa Department on Aging, its mission is to protect the health, safety, welfare and rights of individuals residing in long-term care facilities by investigating complaints, seeking resolutions to problems and providing advocacy with the goal of enhancing quality of life and care.*

Iowa Department on Aging

Website: [www.iowaaging.gov](http://www.iowaaging.gov)

510 E. 12<sup>th</sup> St. Suite 2

Des Moines, IA 50319

Phone: 515-725-3333 or 866-236-1430

## **Senior Health Insurance Information Program (SHIIP)**

*Today's Medicare and insurance billing processes can be complex. Let a trained SHIIP volunteer help you understand Medicare and insurance billing questions. Free Service.*

Phone: 641-236-2588

Email: kolson@grmc.us

## **SE\*ED Program**

*GRMC's Senior Education Program provides programs designed for adults—of any age—to extend their knowledge on healthcare issues, diseases, nutrition, community resources, current and cultural events, as well as art, biology, history, or religion. Visit the website for a schedule of classes.*

Drake Community Library

Phone: 641-236-2593

930 Park St.

Grinnell, IA 50112

Website: [www.grmc.us/classes-events/older-adult-programs](http://www.grmc.us/classes-events/older-adult-programs)

- Mondays from 10-11am

## **SUPPORT GROUPS**

### **Bariatric Surgery Patient Support**

*Open to patients who have had weight-loss surgery; as well as support people and Surgical Associates patients who are considering surgery.*

Grinnell Regional Medical Center

Tomasek Conference Room

210 Fourth Ave.

Grinnell, IA 50112

- Saturdays – 9am to 11am

*For more information call 641-236-2069.*

### **Moms off Meth (MOMs)**

Contact: Jackie Allen Black – Crisis Intervention Services

Phone: 641-673-0336

Email: [jackie@cismc.org](mailto:jackie@cismc.org)

### **Breastfeeding Support Group**

*Support group for women to encourage and support breastfeeding their babies. It is free and open to nursing mothers. Infant weight checks are done following the class and are open to anyone, or may be scheduled.*

Grinnell Regional Medical Center

210 Fourth Ave.

Grinnell, IA 50112

- 1<sup>st</sup> Tuesday of the month at 4:30pm

*For more information call 641-236-2324*

## **Cancer Support**

*Provides an informational time of sharing and support for anyone with a cancer diagnosis.*

Grinnell Regional Medical Center

210 Fourth Ave.

Room 204

Grinnell, IA 50112

- Every Tuesday from 9:30am-10:30am

*For more information call 641-236-2568 or email [LRomer@grmc.us](mailto:LRomer@grmc.us)*

## **Caregivers Support Group**

*Support group offered by Grinnell Regional Hospice for anyone caring for an older adult loved one. Provides caregivers with the opportunity to gain support, strength and encouragement from each other.*

First Presbyterian Church

1025 5<sup>th</sup> Ave.

Grinnell, IA 50112

- 4<sup>th</sup> Tuesday of the month from 10am-11am

*For more information call 641-236-2418*

## **Diabetes Living Support Group**

*Support group includes a visit with the dietitian and diabetes educator. Speakers and topics vary.*

Grinnell Regional Medical Center

Tomasek Conference Center

210 Fourth Ave.

Grinnell, IA 50112

- Meets bi-monthly from 7pm-8pm

*For specific dates or more information call 641-236-2488*

## **Lyme Disease Support Group**

*Support group for those who suffer from Lyme disease and their family or support persons. The group provides educational speakers, support, and discussion of treatment modalities.*

Lamb Law Office

717 5<sup>th</sup> Ave. Suite 2

Grinnell, IA 50112

Phone: 641-236-3610 (Dale Lamb)

## **Grief Support Group**

*Support group for adults who have experienced the loss of a loved one or friend. The group supports participants through the emotions, reactions, and experiences that follow the death of someone close.*

Drake Community Library

930 Park St.

Grinnell, IA 50112

- 2<sup>nd</sup> Wednesday of the month from 10am-11am

*For more information call 641-236-2418 or email [shuls@grmc.us](mailto:shuls@grmc.us)*

## **Meet and Eat Bereavement Support**

*A monthly dinner gathering for those who have lost a loved one. It is a time to remember that even though you may have lost a loved one, you can still be social and enjoy a meal out with others who share similar experiences. Meal costs \$6.*

Grinnell Regional Medical Center

Tomasek Conference Center

210 Fourth Ave.

Grinnell, IA 50112

- 1<sup>st</sup> Sunday of the month at 5:30pm

*For more information call 641-236-2418 or email [shuls@grmc.us](mailto:shuls@grmc.us)*

## **Narcotics Anonymous**

Station Club House

729 Pearl St.

Grinnell, IA 50112

- Friday at 7:30pm

*For more information call 641-236-0270 or 641-821-9565*

## **Perinatal Loss Support Group**

Grinnell Regional Medical Center

East Tomasek Room

210 Fourth Ave.

Grinnell, IA 50112

- Call for specific dates and times

*For more information call the Kintzinger Women's Health Center at 641-236-2324 or email [sbaarda@grmc.us](mailto:sbaarda@grmc.us)*

## **ANAD: National Association of Anorexia Nervosa and Associated Disorders**

*Support group for men and women with bulimia or anorexia*

410 Washington Lot 31

Grinnell, IA 50112

Contact: Brooke Burkett @ 641-510-1141

- Mondays 7:30-8:30pm

## **Alcoholics Anonymous (AA)**

United Church of Christ

902 Broad St.

Grinnell, IA 50112

- Monday & Thursday at noon

St. Paul's Episcopal Church

6<sup>th</sup> and State

Grinnell, IA 50112

- Tuesday, Thursday, Saturday, Sunday at 7:30pm



- Meeting for women: first Saturday of month at 9:00am

Grinnell College Campus  
1233 Park St. (CRSSJ Prayer Garage)  
Grinnell, IA 50112

- Monday at 7:00pm

For more information call 641-236-0270

### **Al-Anon Meetings**

*Support group for families of persons with alcohol addiction*

First Presbyterian Church  
1025 5<sup>th</sup> Ave.

Toll Free: 888-4AL-ANON

Grinnell, IA 50112

Website: [www.ia.al-anon.alateen.org](http://www.ia.al-anon.alateen.org)

Contact: Kim Hinkle (515)422-2510

- Every Monday at 7:00pm

## **TRANSPORTATION**

### **People Rides**

*Transportation within Grinnell 7:30am – 3:30pm, \$2.50 on way. Transportation to out-of-town medical appointments is offered subject to driver availability. A shuttle is available to Iowa City on the first Thursday of the month, \$10 each way; \$20 total. Departs from Marshalltown, with pickups in Grinnell or locations en-route. ETA to Iowa City no sooner than 9:30am; return no later than 3:30pm (early if all clients are ready). Vehicles are handicapped-accessible. Call for rates, or visit the website. All services are open to the general public, including persons with disabilities. Dispatch hours: Monday – Friday, 7:30am – 4:30pm, answering machine available for after-hours messages. 24 hour advance notice preferred.*

903 E. Main St.

Website: [www.region6planning.org](http://www.region6planning.org)

Marshalltown, IA 50158

Phone: 641-752-6202

Toll free: 888-616-4298

### **Access2Care**

*For Medicaid Non-Emergency Medical Transportation (NEMT) for Medicaid members now with fee-for-services rather than Managed Care Organization. Call at least 3 days prior to the appointment to schedule transportation. Access2Care can act as a broker, helping transportation providers to receive Medicaid reimbursement for services.*

Phone: 866-572-7662

Website: [www.access2care.net](http://www.access2care.net)

### **Presbyterian Church Drivers Program**

*Rides to scheduled medical and dental appointments. Please call two weeks in advance if possible.*

Phone: 641-236-6059

### **Poweshiek County Veterans Affairs Drivers**

*Rides for veterans to scheduled medical and dental appointments. Please call two weeks in advance.*

Phone: 641-236-5722

## **LogistiCare**

*For Medicaid members with Amerigroup as their designated Managed Care Organization (MCO).*

Phone: 844-544-1389

## **Medical Transportation Management**

*For Medicaid members with United Healthcare as their designated MCO.*

Phone: 888-513-1613

## **UTILITIES, WATER, & SANITATION**

### **Alliant Energy**

Phone: 800-255-4268

Website: [www.alliantenergy.com](http://www.alliantenergy.com)

### **City of Grinnell**

520 4<sup>th</sup> Ave.

Grinnell, IA 50112

Phone: 641-236-2600

Website: [www.grinnelliowa.gov](http://www.grinnelliowa.gov)

### **Poweshiek Water Associates**

125 Industrial Dr.

Brooklyn, IA 52211

Phone: 641-522-7416

Website: [www.poweshiekwater.com](http://www.poweshiekwater.com)

### **Montezuma Water Department**

1185 Diamond Trail Rd.

Montezuma, IA 50171

Phone: 641-623-5675

### **Audas Sanitation & Recycling**

830 S. Front St.

Montezuma, IA 50171

Phone: 641-623-5691

Website: [www.audassanitation.com](http://www.audassanitation.com)

### **TIP Rural Electric Cooperative**

612 West Des Moines

Brooklyn, IA 52211

Phone: 641-522-9223

Website: [www.tiprec.com](http://www.tiprec.com)

## **VISION CARE & SERVICES**

### **InfantSee**

*Participating optometrists provide a comprehensive infant eye assessment between 6 and 12 months of age as a no-cost public services. Use below website to locate participating optometrists.*

Website: [www.infantsee.org](http://www.infantsee.org)

## **Prevent Blindness Iowa**

*Sight for Students program. Referrals and applications are available through school nurses and support staff.*

1111 9<sup>th</sup> St. #250

Website: <https://iowa.preventblindness.org>

Des Moines, IA 50314

Phone: 515-244-4341

Toll Free: 800-329-8782

## **Iowa KidSight**

*A joint project of the Lions Clubs of Iowa and the Department of Ophthalmology & Visual Sciences at the University of Iowa Stead Family Children's Hospital, dedicated to enhancing the early detection and treatment of vision impairments in young children in Iowa communities through screening and public education. (6 months to Kindergarten)*

2431 Coral Court #5

Website: <https://medicine.uiowa.edu/kidsight>

Coralville, IA 52241

Phone: 319-353-7616

Email: [kidsight@uiowa.edu](mailto:kidsight@uiowa.edu)

## **Grinnell Eye Care, PC**

208 West St.

Website: [www.grinnelleeyecare.com](http://www.grinnelleeyecare.com)

PO Box 420

Grinnell, IA 50112

Phone: 641-236-4002

## **Jensen Optometrists PLLC**

935 Broad St.

Website: [www.jensenop.com](http://www.jensenop.com)

Grinnell, IA 50112

Phone: 641-236-7502

# *Poweshiek County Resource Directory*

## *2018*

Thank you to the following organizations for making this year's directory possible:

### **1<sup>st</sup> Five Program through Marion County Public Health Department**

·For funding and coordinating this project

*Poweshiek County Resource Directory online version: [www.marionph.org](http://www.marionph.org)*



**Public Health**  
Prevent. Promote. Protect.

If your organization or agency provides help to area families and would like to be listed in future editions or for any additions, corrections, or deletions to the current listing, please contact Marion County Public Health Department at 641-828-2238.