

Poweshiek County Resource Directory



Poweshiek County, Iowa 2019

Poweshiek County Resource Directory online version:

www.marionph.org

County Office		
Office	Location	Phone Number
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 th 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 rd 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 th Ave. West Grinnell, IA 50112	641-236-5722

Quick Reference Phone Guide

Affordable Healthcare – www.healthcare.gov	1-800-318-2596
Alcoholics Anonymous (24 hrs. a day 800-207-2172)	1-515-282-8550
Alzheimer’s Association Helpline	1-800-272-3900
American Cancer Society	1-800-227-2345
American Council of the Blind	1-800-424-8666
American Diabetes Association	1-800-232-3472
American Foundation for the Blind	1-800-232-5463
American Heart Association	1-800-242-8721
American Kidney Fund	1-866-300-2900
A.R.C. (Association of Retarded Citizens of Iowa)	1-800-433-5255
American Red Cross	1-800-733-2767
Arthritis Foundation / Family Caregiver Alliance	1-844-571-4357
Better Business Bureau (BBB) – www.bbb.org	1-703-276-0100
Boys Town National Hotline	1-800-448-3000
Child Find of America – Parents Help Line	1-800-292-9688
Child Find of America – 2 nd Line	1-800-426-5678
Children’s Wish Foundation International	1-800-323-9474
Deaf Iowans Against Abuse Hotline	cell to cell text 515-661-4015 or
Office of Deaf Services of Iowa – www.deafservices.iowa.gov	1-888-221-3724
Domestic Abuse Hotline	1-800-770-1650
Dyslexia Association (International) www.inerdys.org	1-800-222-3123
Easter Seal Society of Iowa, Inc.	1-515-289-1933
Emergency Housing Crisis Line	1-844-673-5499
Epilepsy Foundation of America	1-800-332-1000
Eye Care America – National Help Line	1-877-887-6327
Federal Insurance Consumer Help Line (Insurance Information Institute - www.iii.org)	1-800-942-4242
First Call for Help (United Way 211 Line)	1-515-246-6555
Foundation 2 Crisis	319-362-2174 or
G.E.D. (Your Future Starts Here Iowa Adult 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 – www.health.gov/nhic	1-240-453-8280
Healthy Families Hotline (ISU)	1-800-369-2229
Health and Human Services Information (Iowa Dept. of Human Services)	1-800-972-2017
Hearing & Speech Action (American Speech-Language-Hearing Association)	1-800-638-8255
Hearing Help Line (Better Hearing Institute)	1-800-327-9355
HIV/AIDS Hotline	1-800-273-2437
Huntingtins Disease Society of America	1-800-345-4372
Iowa Adult/Child Abuse Reporting Hotline	1-800-362-2178
Iowa Attorney General – Consumer Protection	1-888-777-4590
Iowa Arson/Crime Hotline	1-800-532-1459
Iowa Compass (disabilities resources)	TTY 1-800-735-2942
Iowa Concern Hotline (ISU)	1-800-447-1985
Iowa Civil Rights Commission	1-800-457-4416
Iowa Department of Human Rights - Status of Women	1-800-558-4427
Iowa Department of the Blind – www.blind.state.ia.us	1-800-362-2587
Iowa Department on Aging – www.iowaaging.gov	1-800-532-3213
Iowa Foundation of Medical Care (Telligen)	1-800-383-2856
Iowa Gaming Association (Gambling Hotline)	1-800-238-7633
Iowa Legal Aid – www.iowalegalaid.org	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 – www.iowaonecall.com	Call 811 or	1-800-292-8989
Iowa Sexual Assault Hotline		1-800-284-7821
Iowa State Bar Association (Locate a Lawyer) – www.iowabar.org		1-800-457-3729
Iowa State Patrol Emergency		1-800-525-5555
Iowa Victim Service Call Center text 'iowahelp' to 20121 or www.survivorshelpline.org		1-800-770-1650
Iowa Vocational Rehabilitation Services		1-800-532-1486
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 Research Foundation (International)		1-800-533-2873
Legal Aid/Legal Services Corporation of Iowa		1-800-452-0007
LifeLongLinks Aging & Disability Resource Center (ADRC)		1-866-468-7887
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 – www.MedAlert.com		1-800-215-4206
Medicare	TTY: 877-486-2048	1-800-633-4227
Mental Health Information and Referral (Emergency Assessment)		1-800-562-4944
Thursday's Child – www.thursdayschild.org		1-800-872-5437
Motor Vehicle Information Center (Iowa DOT)		1-800-532-1121
Multiple Sclerosis Society		1-800-344-4867
National Alcohol Hotline-AdCare		1-800-252-6465
National Alliance on Mental Illness (NAMI Help Line)		1-800-950-6264
National Center of Missing and Exploited Children		1-800-843-5678
National Council on Aging		1-571-527-3900
National Council on Alcoholism & Drug Dependence		1-800-622-2255
National Downs Syndrome Society		1-800-221-4602
National Institute on Drug Abuse		1-800-729-6686
National Kidney Foundation		1-800-596-7943
National Reyes Syndrome Foundation		1-800-233-7393
Ombudsman/Iowa Citizens Aid	TTY: 515-242-5065	1-888-426-6283 or
Parkinson Disease (National Parkinson's Foundation)		1-800-457-6676
Prevent Blindness Iowa	1-515-244-4341 or	1-800-329-8782
Poison Control		1-800-222-1222
Refugee Services		1-800-362-2780
Scleroderma Foundation		1-800-722-4673
Senior Health Insurance Information Program (SHIIP)	TTY: 800-735-2942	1-800-351-4664
Sexual Assault/Violent Crime Line (Crisis Intervention Services)		1-800-270-1620
SIDS American Institute – www.SIDS.org		1-239-431-5425
Social Security Administration/Medicare		1-800-772-1213
STD Hotline - CDC		1-800-227-8922
Substance Abuse & Mental Health Services Administration (Treatment Referral)		1-800-662-4357
Suicide Prevention Hotline		1-800-273-8255
Teen Line (ISU extension)		1-800-443-8336
Veteran's Information (National) – www.va.gov		1-800-827-1000
WIC (State)		1-800-532-1579

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ABUSE & PREVENTION

Capstone Behavioral Healthcare

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

200 4th Ave. W (upper level)

Website: www.capstonebh.com

Grinnell, IA 50112

Phone: 641-260-8270

Fax: 641-260-8213

Crisis Center & Women's Shelter

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

Ottumwa, IA 52501

Phone: 641-683-1750

24hr Crisis Line: 800-464-8340

- Poweshiek Co. Advocate phone: (641-799-2370)

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 5th Ave. Suite 1

Website: www.stopdvsa.org

Grinnell, IA 50112

E-mail: help@stopdvsa.org

Phone: 641-670-1505 (Office)

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

Main Office: Oskaloosa

Phone: 641-673-0336

500 High Ave. W

Oskaloosa, IA 52577

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

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

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

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

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 4th Ave.

Website: www.satuci.com

PO Box 565

Grinnell, IA 50112

Phone: 641-752-5421-Marshalltown Office

Four Oaks

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

821 5th Ave. Suite 4112

Website: 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.

22 N. Center St.

Website: www.yss.org

Marshalltown, IA 50158

Phone: 641-752-2300

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

PO Box 8

New Providence, IA 50206

Phone: 641-497-5294

Youth Emergency Services & Shelter (YESS)

Provides a safety net of programs designed to help kids. Serves newborn to 17 years of age with services such as: emergency shelter, crisis nursery care, mental health counseling, and care coordination.

918 SE 11th St.

Website: <https://www.yessiowa.org>

Des Moines, IA 50309

Fax: 515-557-2246

Phone: 515-282-9377

ADVOCACY/OUTREACH/REFERRAL

Grinnell United Way

PO Box 121

Website: www.grinnellunitedway.org

Grinnell, IA 50112

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 4th 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

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

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

EveryStep-Care and Support Services

1111 9th St. #320

Website: www.everystep.org

Des Moines, IA 50314

Phone: 515-558-9946

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

Grinnell, IA 50112

Phone: 641-236-0273

Habitat for Humanity

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

Mahaska County HFH

PO Box 583

Oskaloosa, IA 52577

Phone: 641-295-5805

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.

Montezuma, IA 50171

Website: www.iowalions.org

Email: info@iowalions.org

Phone: 319-560-9311

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 4th Ave.

Grinnell, IA 50112

Phone: 641-236-3923

MICA WIC Clinics

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 4th Ave.)
 - 3rd Tuesday 8:30am-3:30pm; 4th Tuesday 8:30am-5:00pm
- In Brooklyn: United Methodist Church (603 Clay St.)
 - 3rd Monday 9:00am-2:00pm

ASSISTANCE – Clothing

Clothes Closet

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

109 S. 4th St.

Thurs: 9am-5pm

Montezuma, IA 50171

2nd Sat. 9am-12pm

Phone: 641-623-3275

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

Montezuma, IA 50111

Phone: 641-623-3275

White's Consignment

806 S. Front St.

Montezuma, IA 50171

Phone: 641-623-2208

ASSISTANCE – Financial

Christmas Shares

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

Contact: Pam Montgomery email:share@windstream.net

Phone: 641-236-7402

The Campbell Fund

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

City of Grinnell

Website: www.grinnelliowa.gov

520 4th Ave.

Grinnell, IA 50112

Phone: 641-236-2600

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

PO Box 481

Grinnell, IA 50112

Email: grinnellmicrofinance@gmail.com

Child Support Recovery Unit (CSRU)

204 ½ West State St.

Website: 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

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.

Poweshiek County Family Development Center

611 4th Ave.

Grinnell, IA 50112

Phone: 641-236-3923

Grinnell Farmers Market

Customers will find locally grown fresh produce, baked goods, jams, plants, crafts and more. SNAP benefits are accepted and offer Double Up Food Bucks (each \$1 use of a SNAP card customers get a free \$1 to use for fruits and veggies, up to \$10 per visit) along with debt and credit cards.

4th & Broad Street Central Park

website: www.grinnellfarmersmarket.com

Grinnell, IA 50112

Thurs. 3pm-6pm Sat. 10am-Noon

Phone: 641-236-6555(M-F 8am-5pm)

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

- 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

Food Recovery Network

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

First Presbyterian Church

Phone: 641-236-6059

1025 5th Ave.

Grinnell, IA 50112

- **MAY-AUG:** Tuesday 12:00-12:30 *Bring containers for prepared food.
- **SEPT- APR:** Tuesday, Wednesday, Thursdays from 12:00-12:30pm (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

- **SEPT-APR:** Saturdays at 2:00-3:00pm (Except during summer and all college breaks) *Bring containers for prepared food.

Imagine Grinnell – Grinnell Giving Gardens

The Giving Gardens are a collaborative effort of local organizations that aim to improve the health of Poweshiek County by providing access to fresh, local produce.

During the growing season, the Giving Gardens depend on volunteers to maintain that gardens and harvest food. The harvested produce is then delivered to locations where community members can receive it, such as, MICA, UPH-GRMC Public Health, the Senior Center, Brookside Housing, and the Station Clubhouse. Area farmers and gardeners are encouraged to donate excess produce to these locations.

PO Box 344

Website: www.imaginegrinnell.org

Grinnell, IA 50112

Phone: 641-236-5518

Locations Include:

Ahrens Park Garden

1510 Penrose

Grinnell Community Day Care

1436 Penrose

St. John's Lutheran Church

1224 East St.

Fairview Elementary School

1310 Hobart St.

Summer Street Park (Rotary)

736 Summer St.

Davis Elementary School

818 Hamilton

Marvin Garden (Imagine Grinnell)

Marvin Ave. West of Los Girasoles

UPH-GRMC Public Health

306 4th Ave.

Bailey Park Elementary

210 8th Ave.

Brooklyn-near the city park

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

Meals on Wheels

Baptist Church

925 East St.

Grinnell, IA 50112

Phone: 641-236-2613

**Located in the lower level of the Baptist Church.*

Brooklyn Activity Center

122 Jackson St.

Brooklyn, IA 52211

Phone: 641-522-5400

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

Food Pantries & Nutrition-Poweshiek County

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 4th Ave.

Grinnell, IA 50112

Phone: 641-236-3923

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

Brooklyn Food Pantry

Front Street across from the post office

Phone: 641-522-7185

**Wednesdays from 1:00 – 5:00pm*

Brooklyn Mobile Food Pantry

Sign up at MICA, Grinnell

Phone:641-236-3923

**Food is delivered to your door once a month.*

Malcom Food Pantry

Methodist Church

602 4th St.

Malcom, IA 50157

Phone: 641-990-4300 **Thursdays from 5:00 – 6:45pm* **No one is turned away.*

Montezuma Food Pantry

The client choice pantry is for Poweshiek county residents. 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. People outside the county or unable to present ID will be given a pre-bagged sack of USDA commodities & given opportunity to get produce & bakery goods. Available to all regardless of eligibility during pantry hours.

501 N. Front St.

Montezuma, IA 50171

Phone: 641-623-3275

- *Mondays 10:00am-12:30pm, Wednesdays 2:00-4:30pm, Thursdays 4:30-6:00pm, 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 **1st Wednesday of every month at 4:30pm until food is gone, bring bags or boxes.*

MICA Mobile Food Pantry- Brooklyn location

Grace United Methodist Church

603 Clay St.

Brooklyn, IA 52211

Phone: 641-236-3923 **2nd Saturday of every month from 1030am-1230pm*

MICA Mobile Food Pantry-Victor location

Victory Public Library

710 2nd St.

Victor, IA 52347

Phone: 641-236-3923 * 3rd Wednesday of every month from 1230pm-245pm

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.

Montezuma Backpack Program

Food is placed in backpacks for students in need (identified by school staff or family). Please call your local school dist. For more information.

Phone: 641-623-5121

Grinnell Tiger Packs & High School Food Pantry

Tiger packs include a bag of shelf-stable food placed in backpacks for students K-8th in need (identified by school staff or family). Questions may be addressed to the school your child attends. The Middle School and High School each have a food pantry and questions about the pantries can be directed to those schools. I, which also has a small food pantry.

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 4th Ave. West

PO Box 401

Grinnell, IA 50112

Phone: 641-236-9199

Website: www.poweshiekcounty.org

Iowa Department of Human Services (DHS)

717 5th Ave. Suite 6

Website: 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

House of Compassion

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

211 W. Church St.

Website: 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 to see if funds/eligibility are available.

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 when funds are available.

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

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

Toll Free: 866-282-5817

NeedyMeds

Find help with the cost of medicine

Phone: 800-503-6897

Website: 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

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

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 6th 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 9th 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 4th 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

808 5th Ave.

Des Moines, IA 50309

Parent referrals: (855)-244-5301

Main Office: 515-246-3590

If you choose to use one phone number only-Please choose the parent referral number (855).

CHILD CARE – Child Care Centers

Zuma Zoo Daycare Center

108 E. Irwin St.

Website: www.zumazoodaycare.com

Montezuma, IA 50171

Phone: 641-623-3457

Grinnell Community Daycare & Preschool

1436 Penrose St.

Website: www.grinnellcommunitydaycare.com

Grinnell, IA 50112

Phone: 641-236-7214

CHIROPRACTIC

Brown Chiropractic

304 West St.

Website: www.bjbrowndc.com

Grinnell, IA 50112
Phone: 641-236-5743

Healing Hands Chiropractic

809 4th 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.

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

Website: www.utechchiropracticpc.com

Utech Integrative Health, P.C.

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

Website: 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

Malcom-Sheridan Youth and After School Program

United Methodist Church
602 4th 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.

31 S. 1st St.

Website: www.heartofiwabigs.org

Marshalltown, IA 50158

Phone: 641-753-6370

Email: 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: <https://tshq.bluesombrero.com/grinnellball>

Email: grinnelllittleleague@gmail.com

Girl Scouts of America

10715 Hickman Rd.

Website: www.girlscoutsiowa.org

Des Moines, IA 50322

Phone: 800-342-8389

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

Boy Scouts of America

6123 Scout Trail

Website: www.midiowacouncilbsa.org

Des Moines, IA 50321

Phone: 515-266-2135

Local contact: 641-990-8405 (Mike Sokol) Email: 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

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 4th Ave. W (upper level)

Website: www.capstonebh.com

Grinnell, IA 50112
Phone: 641-260-8270

Fax: 641-260-8213

CICS (Central Iowa Community Services) – Mental Health

Offers funding for inpatient or outpatient mental health services to residents of Jasper County. Applicants must have a primary diagnosis of mental illness, chronic mental illness, or mental retardation.

115 N 2nd Ave. East
Newton, IA 50208
Phone: 641-791-2304

Fax: 641-787-1302
Website: www.co.jasper.ia.us
Email: cpc@co.jasper.ia.us

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. 8th St.
PO Box 946
Montezuma, IA 50171
Phone: 641-226-2665

Website: www.creative-hope.com

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.
Grinnell, IA 50112
Phone: 641-236-0273

Website: www.healthyhomesfs.com

Berryhill Psychiatry

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

Megan Berryhill, ARNP
709 1st 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

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 4th Ave.

Website: 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.

Phone: 641-236-8811

Website: 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.

809 5th Ave.

Website: 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 4th Ave.

Website: www.midwestcounselingllc.com

Grinnell, IA 50112

Phone: 844-631-1220

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

Steiner & Associates

Clinical Psychology

821 5th Ave. Suite 403

Website: 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

- Jasper County Support Group – 4th Monday of each month at 6:30pm
 - Congregational United Church of Christ (308 E. 2nd 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

* 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.

819 Wheeler St.

Website: www.ivrs.iowa.gov

Suite 6

Ames, IA 50010

Phone: 515-233-5753

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 4th Ave. West

Website: www.cicsmhds.org

PO BOX 401

Fax: 641-236-1349

Grinnell, IA 50112

Phone: 641-236-9199

Email: bdaily@poweshiekcounty.org or Brenda.daily@cicsmhds.org

Central Iowa Recovery

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

200 4th 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 5th Ave. Suite 205 Website: 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

120 1st St. N. #203 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
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 2nd St. SE Suite 200 Website: www.arceci.org
Cedar Rapids, IA 52401
Phone: 319-365-0487 Email: veerhuse@grinnell.edu

Life Long Links

Aging and disability resources to maintain independence.

Phone: 866-468-7887 Website: www.lifelonglinks.org

Goodwill Industries of Central Iowa

Supported training and employment for mentally ill and mentally disabled

5355 NW 86th St. Website: 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
Email: rschwarzkopf@soiowa.org

Iowa Department for the Blind

524 4th 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
Phone: 515-650-1877

Broadlawns Dental Clinic

Provides emergency, preventative and comprehensive dental services for patients of all ages

1801 Hickman Rd.
Des Moines, IA 50314
Phone: 515-282-2200

Website: www.broadlawns.org/dental-clinic

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.
Iowa City, IA 52242
Phone: 319-353-6711

Website: <https://uichildrens.org>

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.
Johnston, IA 50131
Phone: 515-251-8000

Website: <https://dentallifeline.org/iowa>
Toll Free: 888-235-5826
Email: 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
Family Dentistry
825 Broad St.
Grinnell, IA 50112
Phone: 641-236-6169

Fax: 641-842-3442
Website: www.marionph.org

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

Diamond Trail Dental
301 S. 4th St.
Montezuma, IA 50171
Phone: 641-623-5100

Family Dentistry
613 4th St.
Sully, IA 50251
Phone: 641-594-4285

Family Dentistry
105 S. 4th 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

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. 3rd St.
PO Box 70
Montezuma, IA 50171

Website: www.extension.iastate.edu/poweshiek

Phone: 641-623-5188

Family Connections-MICA

Program designed to help children 5 & under or a pregnant mother to improve the overall health & well being of the family by setting goals 1:1 with a developmental specialist.

611 4th Ave.

Grinnell, IA 50112

Phone: 641-236-3923

MICA-Family Connections Program

Program is designed to help children 5 and under or a pregnant mother to improve the overall health and well-being for the family by setting goals and working 1:1 with a developmental specialist.

611 4th Ave.

Grinnell, IA 50112

Phone: 641-236-3923

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 4th 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.

East Tomasek Room @ GRMC

Phone: 641-236-2324

EDUCATION – College

Grinnell College

1115 8th Ave.

Grinnell, IA 50112

Website: www.grinnell.edu

Phone: 641-269-4000

Iowa Valley Community College

3700 S Center St.
Marshalltown, IA 50158
Phone: 641-752-4645

Website: www.iavalley.edu

EDUCATION – Preschool

Head Start (MICA)

611 4th 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

Grinnell College Preschool

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

Website: www.grinnell.edu

Grinnell Newburg Preschool (Fairview Elementary)

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

Website: www.grinnell-k12.org

BGM Preschool

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

Website: www.brooklyn.k12.ia.us

Montezuma Preschool

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

Website: www.montezuma-schools.org

Grinnell UCC Community Preschool

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

Website: www.grinnelluccpreschool.com

EDUCATION – Elementary, Middle, High School, & Alternative School

Central Iowa Christian School (Grades K-8th)

201 380th Ave.

Website: www.centraliowachristian.org

Grinnell, IA 50112

Phone: 641-236-3000

Brooklyn-Guernsey-Malcom (BGM) Community School (Grades PreK-12th)

1090 Jackson St.

Website: www.brooklyn.k12.ia.us

Brooklyn, IA 52211

Phone: 641-522-7058

Grinnell – Newburg Community School District

Phone: 641-236-2700

Website: www.grinnell-k12.org

Fairview Elementary School (Grades Preschool – 2nd)

1310 Hobart St.

Phone: 641-236-2780

Grinnell, IA 50112

Bailey Park Elementary School (Grades K-2nd)

210 Eighth Ave.

Phone: 641-236-2770

Grinnell, IA 50112

Davis Elementary School (Grades 3rd – 4th)

818 Hamilton Ave.

Phone: 641-236-2790

Grinnell, IA 50112

Grinnell Middle School (Grades 5th – 8th)

132 East St. South

Phone: 641-236-2750

Grinnell, IA 50112

Grinnell High School (Grades 9th – 12th)

1333 Sunset St.

Phone: 641-236-2720

Grinnell, IA 50112

Independent Learning Center

1333 Sunset St.

Phone: 641-236-2720

Grinnell, IA 50112

Lynnville – Sully Community School (Grades K-12th)

12476 Hwy. F62 E.

Website: www.lshawks.org

Sully, IA 50251

Phone: 641-594-4445

Montezuma Community School (Grades PreK-12th)

504 N. 4th St.

Website: www.montezuma-schools.org

Montezuma, IA 50171

Phone: 641-623-5121

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
123 6th Ave. West
Grinnell, IA 50112
Phone: 641-236-0513

Website: www.iavalley.edu

Central Rivers Area Education Agency (AEA)

Early childhood services and services for children with disabilities.

909 S. 12th St.
Marshalltown, IA 50158
Phone: 641-753-3564 or 800-735-1539

Website: www.centralriversaea.org

Grant Wood Area Education Agency (AEA)

Early childhood services and services for children with disabilities.

1120 33rd Ave SW
Cedar Rapids, IA 52404
Phone: 319-399-6700 or 800-332-8488

Website: www.grantwoodaea.org

English Language Learners (ELL)

Tutoring available through the Grinnell public schools

Email: Carlos.gallegos@grinnell-k12.org

Network of Iowa Christian Home Educators (NICHE)

PO Box 158
Dexter, IA 50070
Phone: 515-478-5454

Website: <https://homeschooliowa.org>

Email: 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

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

US Representative
Representative Abby Finkenauer

Cedar Rapids Office
308 3rd St. SE Suite 200
Cedar Rapids, IA 52401
Phone: 319-364-2288
Website: <https://finkenauer.house.gov>

Washington DC Office
124 Cannon HOB
Washington, DC 20515
Phone: 202-225-2911

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

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

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 4th Ave.
Grinnell, IA 50112
Phone: 641-236-7470

Website: www.aventure.com

Advance Services Inc.

629 West Street S.
Suite 700
Grinnell, IA 50112

Phone: 515-635-0015

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.

Grinnell, IA 50112

Phone: 641-236-9722

Website: www.qpsemployment.com

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.

204 ½ W. State St.

Marshalltown, IA 50158

Phone: 641-754-1400

Website: 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

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.

819 Wheeler St.

Suite 6

Ames, IA 50010

Phone: 515-233-5753

Website: www.ivrs.iowa.gov

Temp Associates

1029 Broad St.

Grinnell, IA 50112

Website: www.tempassociates.com

Phone: 641-236-9220

Email: 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 4th Ave.

Grinnell, IA 50112

Website: www.micaonline.org

Phone: 641-236-3923

Iowa Workforce Development

204 ½ W. State St.

Marshalltown, IA 50158

Phone: 641-754-1400

Website: www.iowaworkforcedevelopment.gov

GROUP HOMES

Genesis Development

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

925 Broad St.

Grinnell, IA 50112

Website: www.genesisdevelopment.com

Phone: 641-236-0230

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

Toll Free: 800-338-8366

Website: www.dhs.iowa.gov/ime

MCO Contact Information

Amerigroup Member Services – 1-800-600-4441

Website: <http://www.myamerigroup.com/IA>

Amerigroup Transportation Request: Call Logisticare at **1-844-544-1389**

Iowa Total Care Member Services – 1-833-404-1061

Website: <https://www.iowatotalcare.com/>

Iowa Total Care Transportation Request: Call Iowa Total Care Member Services **1-833-404-1061**

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

Toll Free: 800-338-8366

Website: www.dhs.iowa.gov/IHAWP

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

PO Box 152

Knoxville, IA 50138

Website: www.hawk-i.org

Phone: 641-828-2238

Affordable Care Act Health Insurance Marketplace

Dept. of Health and Human Services

Website: www.healthinsurance.org/iowa/

465 Industrial Blvd.

Website: www.healthcare.gov

London, KY 40750-0001

State of Iowa: Phone: 1-800-987-6810

Phone: 800-318-2596

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

website: <https://ship.iowa.gov>

American Cancer Society

Provides information on cancer, staying healthy, treatment & support (transportation/lodging) and more for any age group. The American Cancer Society can also help with questions about health insurance.

1717 Ingersoll Ave #111 Website: <https://www.cancer.org>

Des Moines, IA 50309

Phone: 515-253-0147

HOSPICE & HOME HEALTH

Grinnell Regional Hospice

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

210 4th Ave.

Website: www.unitypoint.org/grinnell/hospice.aspx

Grinnell, IA 0112

Phone: 641-236-2418

Grinnell Regional Home Care

210 4th Ave.

Website: www.unitypoint.org/grinnell/home-care.aspx

Grinnell, IA 50112

Phone: 641-236-2059

PCS Homecare

604 Williams St.

Victor, IA 52347 Phone: 319-647-2175

EveryStep-Care and Support Services

1111 9th St. #320
Des Moines, IA 50314
Phone: 515-558-9946

Website: www.everystep.org

HOSPITALS & CLINICS

Grinnell Regional Medical Center- UnityPoint Health

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 4th Ave.

Website: www.grmc.us

Grinnell, IA 50112

Phone: 641-236-7511

ER: 641-236-2380

Manatt Family Urgent Care-UnityPoint Health

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

210 4th 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

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

Child Health Specialty Clinic

Community based public health agency serving Iowa children and youth with special healthcare needs.

Iowa City Clinic

100 Hawkins Drive
230 CDD

Iowa City, IA 52242

Phone: 319-356-3808 or 866-219-9119

Website: <https://chsciowa.org/>

Ottumwa Clinic

123 E. Third
Suite 2

Ottumwa, IA 52501

Phone: 641-682-8145 or 641-682-8857

Website: <https://chsciowa.org/>

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

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

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

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

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

Iowa Compass Hotline

Provides information and referrals about disability related services and programs.

Phone: 800-779-2001

Website: 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.iowapoisson.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

* 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

Lawyer Referral Services Hotline

Call this number to be referred to a local lawyer.

Phone: 800-532-1108

Website: www.iowafindalawyer.com

Life Long Links

Aging and disability resources to maintain independence.

Phone: 866-468-7887

Website: 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

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

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

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

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

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

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

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

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

Veterans Affairs (VA)

Phone: 844-698-2311

Crisis Line: 800-273-8255

Website: 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

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

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

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 4th Ave.

Grinnell, IA 50112

Phone: 641-236-2611

Email: 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	641-643-7042
Grinnell Park Apartments	223 4 th Ave. West, 1&2 BR	877-635-6184
Spaulding Lofts	827 4 th Ave, 1&2 BR	515-505-7191
Westfield Apartments	308 4 th Ave. West, 1&2 BR	641-236-8909
Sunnyview Apartments	502 E. Ogden St. Montezuma	866-558-9306

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

Grinnell Area Housing

214 4th Ave. West

641-236-6679

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

LEGAL SERVICES

Iowa Legal Aid

Provide legal assistance to low-income & vulnerable Iowans

Phone: 800-532-1275

Website: www.iowalegalaid.org

Iowa Concern

Phone: 800-447-1985

Website: 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

Juvenile Court Services

200 4th 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

Toll Free: 800-779-2502

Iowa Attorney General

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

Website: www.iowaattorneygeneral.gov

Iowa Workman's Compensation

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

Website: www.iowaworkcomp.gov

Toll Free: 800-645-4583

MEDICAL SUPPLIES

Grinnell Regional Home Care, Loan Closet

210 4th Ave.
Grinnell, IA 50112
Phone: 641-236-2385

Hammer Medical Supply

1719 1st Ave. East
Newton, IA 50208
Phone: 641-792-9339

Website: www.hammermedical.com

Lincare

4454 NW Urbandale Dr.
Urbandale, IA 50322

Website: www.lincare.com

Phone: 515-223-6078

Long Term Medical Supply

929 Broad St.
Grinnell, IA 50112
Phone: 641-236-0608

Senior Services: ASSISTED, INDEPENDENT LIVING, & HOSPICE

Grinnell Health Care Center

Skilled nursing facility
415 6th Ave. West
Grinnell, IA 50112
Phone: 641-236-6511

Website: 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

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.

Website: www.mayflowerhomes.com

Grinnell, IA 50112

Fax: 641-236-6154

Phone: 641-236-6151

Toll Free: 800-936-6151

Saint Francis Manor & Seeland Park

Independent living, assisted living, or 24 hour nursing care

2021 4th Ave.

Website: www.stfrancismanor.com

Grinnell, IA 50112

Fax: 641-236-8035

Phone: 641-236-7592

Brooklyn Community Estates

Skilled nursing and intermediate care facility

406 North St.

Website: www.brooklyncommunityestate.com

Brooklyn, IA 52211

Fax: 641-522-5684

Phone: 641-522-9263

Montezuma Nursing & Rehabilitation Center

24 hour nursing care

316 Meadow Lane Dr.

Website: www.careinitiatives.org

Montezuma, IA 50171

Fax: 641-623-2297

Phone: 641-623-5497

PHARMACIES

Hy-Vee Pharmacy

320 Brownells Pkwy.

Grinnell, IA 50112

Phone: 641-236-4287

NuCara Pharmacy

323 E. Main St.

Montezuma, IA 50171

Phone: 641-623-0099

Medicap Pharmacy

320 6th 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 4th Ave.

Website: 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

**1st 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

**2nd and 4th Thursday of the month from 9am-noon*

Iowa Department of Public Health

321 E. 12th St.

Des Moines, IA 50319

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

Phone: 515-281-7689

Marion County Public Health Department

2003 N. Lincoln

Knoxville, IA 50138

Phone: 641-828-2238

Website: www.marionph.org

Fax: 641-842-3442

Maternal & Child Health

For children 0-21 years old and women who are pregnant, or just had a baby. This program assists in finding healthcare coverage and healthcare providers or dentists, provides education to promote a health pregnancy, evaluates emotional stress and family adjustment to pregnancy and parenting, arranges transportation to medical and dental appointments, provides nutritional education, and a home visit after you deliver your baby.

Marion County Public Health Department

2003 N. Lincoln

Fax: 641-842-3442

P.O. Box 152
Knoxville, IA 50138
Phone: 641-828-2238 -*Marion County Public Health Department*

Website: www.marionph.org

1st Five Program

(For Appanoose, Clarke, Decatur, Jasper, Lucas, Marion, Monroe, Poweshiek, Ringgold & Wayne Counties)
1st Five is a public-private partnership bridging primary care and public health services in Iowa. The 1st Five model supports health providers in the earlier detection of social-emotional and developmental delays and family risk-related factors in children birth to 5 and coordinates referrals, interventions and follow-up.

Marion County Public Health Department (Manages this program for Jasper County)

2003 N. Lincoln

Fax: 641-842-3442

P.O. Box 152

Website: www.marionph.org

Knoxville, IA 50138

Phone: 641-828-2238

**Find us on Facebook–Marion County Public Health Department*

I-Smile™

Dental services for 0-21 or pregnant women

Marion County Public Health

Website: www.marionph.org

2003 North Lincoln

Fax: 641-842-3442

P.O. Box 152

Knoxville, IA 50138

Phone: 641-828-2238

**Find us on Facebook-Marion County Public Health Department*

Iowa Care for Yourself – Breast and Cervical Cancer Early Detection Program (BCCEDP)

Provides free mammograms, pap tests, breast and cervical diagnostic testing, and one yearly office visit to women ages 40 to 64 who are uninsured or under-insured, or women who have breast cancer symptoms.

Polk County Health Department-Serves Poweshiek and Jasper County.

1907 Carpenter Ave.

Des Moines, IA 50314

Phone: 515-286-2095

RECREATION

Drake Community Library

930 Park St.

Website: www.grinnell.lib.ia.us

Grinnell, IA 50112

Phone: 641-236-2661

Grinnell Recreation Department

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

1500 Penrose St.

Website: www.grinnelliowa.gov

Grinnell, IA 50112 Phone: 641-236-2620

Newton YMCA

1701 S. 8th Ave. East
Newton, IA 50208
Phone: 641-792-4006

Website: 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

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
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

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
510 E. 12th St. Suite 2 Website: www.iowaaging.gov
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

website: <https://ship.iowa.gov>

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

- 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

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

*1st 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

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 5th Ave.

Grinnell, IA 50112 *4th 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 5th 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 *2nd Wednesday of the month from 10am-11am

For more information call 641-236-2418 or email 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 *1st Sunday of the month at 5:30pm

For more information call 641-236-2418 or email 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

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

6th 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

Toll Free: 888-4AL-ANON

1025 5th Ave.

Grinnell, IA 50112

Website: www.ia.al-anon.alateen.org

Phone: (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

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

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

Medicaid Medical Transportation

Amerigroup Member Services – 1-800-600-4441

Website: <http://www.myamerigroup.com/IA>

Amerigroup Transportation Request: Call Logisticare at **1-844-544-1389**

Iowa Total Care Member Services – 1-833-404-1061

Website: <https://www.iowatotalcare.com/>

Iowa Total Care Transportation Request: Call Iowa Total Care Member Services **1-833-404-1061**

UTILITIES, WATER, & SANITATION

Alliant Energy

Phone: 800-255-4268

Website: www.alliantenergy.com

City of Grinnell

520 4th Ave.

Grinnell, IA 50112

Phone: 641-236-2600

Website: www.grinnelliowa.gov

Poweshiek Water Associates

125 Industrial Dr.

Brooklyn, IA 52211

Phone: 641-522-7416

Website: 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

TIP Rural Electric Cooperative

612 West Des Moines

Brooklyn, IA 52211

Website: www.tiprec.com

Phone: 641-522-9223

VISION CARE & SERVICES

InfantSee

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

Website: www.infantsee.org

Prevent Blindness Iowa

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

1111 9th St. #250

Des Moines, IA 50314

Phone: 515-244-4341

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

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
Coralville, IA 52241
Phone: 319-353-7616

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

Email: kidsight@uiowa.edu

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.

Montezuma, IA 50171 Website: www.iowalions.org Email: info@iowalions.org
Phone: 319-560-9311

Grinnell Eye Care, PC

208 West St.
PO Box 420
Grinnell, IA 50112
Phone: 641-236-4002

Website: www.grinnelleeyecare.com

Jensen Optometrists PLLC

935 Broad St.
Grinnell, IA 50112
Phone: 641-236-7502

Website: www.jensenop.com

Poweshiek County Resource Directory

2018

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

1st Five Program through Marion County Public Health Department

·For funding and coordinating this project

Poweshiek County Resource Directory online version: 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.