

COMMUNITY RESOURCE GUIDE

Allamakee County Public Health

Veterans Memorial Hospital Community & Home Care

40 First St SE

Waukon, Iowa 52172

Phone 563-568-5660

Fax 563-568-4667

www.veteransmemorialhospital.com/service/community-and-home-care/



last updated 11 June 2024

Introduction

Welcome to the Community Resource Guide for Allamakee County. It contains information on many resources serving Allamakee County residents.

“How do I find a doctor?”

For those struggling with housing, mental health, unemployment, addiction, having difficulty staying in their homes due to finances or poor health, recovering from illness, and many other concerns, here is support.

“Where do I get my baby vaccinated?”

Inclusion in this guide does not imply Allamakee County’s endorsement of

the organization. These are suggestions only. Information changes frequently. You are strongly advised to call before driving to any address listed, and to utilize websites as the primary means of contact.

“I need to find a good daycare for my child.”

There is an index at the end to help you find what you need. Go to page 55 for the index.

The Guide is updated twice each year. If you have suggestions for additions, or if you find information that is out of date, please call us at 563-568-5660.

“How do I set up my veteran benefits?”

Quick Reference

Veterans Memorial Hospital Community & Home Care

Offering home nursing, home care aides, therapy, vaccination, and care coordination.

Call 563-568-5660.

Allamakee County Relief Office

Providing assistance to needy and poor people in need of immediate assistance with rent, food, medical care, utilities, fuel and medication.

Call 563-568-3591.

“Mom is getting forgetful and needs some help in her home.”

Great Rivers 211

Referral to many resources in northeast Iowa and southwest Wisconsin.

Call 800-362-8255.

Iowa 211

Referral to helping resources throughout Iowa.

Call 211 when in Iowa.

“My gambling is becoming a problem. I think I need help.”

Allamakee Substance Abuse Prevention (ASAP)

Substance abuse education, information, consultation, resource and referral services provided free to Allamakee County residents. Call 563-568-2204.

Child Care Resource & Referral of Northeast Iowa

Referrals to child care, both licensed and unlicensed. Resources for child care providers.

Call 855-244-5301.

Community Resources

Aase Haugen Senior Services

4 Ohio St
Decorah, IA 52101

<https://www.aasehaugen.com/>

Phone: 563-382-3603 or
563-382-3603
Fax: 563-382-3603

Assisted living, respite care, hospice care, independent living, long term care, skilled nursing care and rehabilitation; dementia unit.

Keywords: shelter assisted living nursing home/long term care respite care hospice independent living dementia postoperative rehabilitation physical therapy occupational therapy speech therapy dementia postoperative rehabilitation physical therapy occupational therapy speech therapy

ABCM Healthy Living Home Care

960 4th St NW
Waukon, IA 52172

<https://www.abcmcorp.com/abcm-healthy-living-home-care>

Phone: 563-568-3493
Fax: 563-568-3494

ABCM Healthy Living Home Care offers homemaking and personal care services in the home including shopping and errands, light housekeeping, laundry, meal planning and preparation, personal care and medication assistance.

Keywords: health & healthcare grocery shopping, delivery personal care/bathing/dressing assistance homemaking, chores, housework help

Adcare Hospital Substance Abuse Hotline

Worcester, MA 01605

commserv@adcare.com
Phone: 800-252-6465
Fax:

Provides an alcohol abuse hotline that is available to persons of all ages experiencing any alcohol or drug related problems. The hotline operates 24 hours/ 7 days a week. Trained, online staff are available to find a treatment program or support group resource.

Keywords: wellbeing mental health addiction hotline/helpline recovery

Al-Anon Family Groups

Various groups meeting in person in the area and on line. Check the website for current groups.

<https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

Phone:

Fax:

Support for the friends and family of people with alcohol addiction.

Keywords: wellbeing mental health addiction recovery caregiver support twelve step

Alateen

Various groups meeting in person in the area and on line. Check the website for current groups.

<https://al-anon.org/al-anon-meetings/find-an-alateen-meeting/>

Phone:

Fax:

Support for teens who have friends or family members with alcohol addiction.

Keywords: wellbeing mental health addiction recovery caregiver support twelve step

Alcoholics Anonymous

Various groups meeting in person in the area and on line. Check the website for current groups.

<https://www.aa-iowa.org/meetings/>

Phone:

Fax:

Support for people with alcohol addictions. Twelve-step program with strong peer support.

Keywords: wellbeing mental health addiction recovery twelve step

Allamakee County Environmental Health

110 Allamakee St
Waukon, IA 52172

<https://allamakeecounty.iowa.gov/environmentalhealth>
moody@allamakeecounty.iowa.gov
Phone: 563-568-4104
Fax: 563-217-3820

Well water testing. Permitting for private septic systems and private wells. Public water supply testing.

Keywords: health & healthcare well water water testing water quality private septic private well

Allamakee County Food Shelf

1125 W Main St
Waukon, IA 52172

Phone: 563-568-3598
Fax:

The food shelf is open for limited hours on Thursdays. Best to call and double-check hours. Donations accepted; call same number for arrangements.

Keywords: food food shelf/food pantry

Allamakee County Relief Services

110 Allamakee St.
Waukon, IA 52172

allamakeecounty.iowa.gov/relief
rhawes@co.allamakee.ia.us
Phone: 563-568-3591
Fax: 563-217-3016

Allamakee County Relief Services provides assistance to people in need of immediate assistance or people who cannot obtain assistance from any other source.

Assistance is provided to an individual who has income or benefits delayed from a state program or not actually received because not attributable to the person, and who does not have liquid assets of the family unit to pay for the items of assistance that can be provided. Kinds of assistance available include emergency assistance for those in need. Allamakee Relief Office provides assistance to people who need help with rent, food, medical, utilities, fuel, and medication. The assistance program is designed to provide short-term emergency type assistance to persons lacking the resources to meet their basic needs. Seasonally also offers pool passes, back-to-school shopping passes, and assistance at Christmas.

To apply, call the office to schedule an appointment. When you come for your appointment you will need to bring the following information: documentation of income, Social Security card, bills that you pay monthly, and any other information regarding your monthly situation.

Keywords: financial needs emergency housing rental assistance medications/prescriptions food shelf/food pantry utility assistance financial independence

Allamakee County Social Services

110 Allamakee St First Floor
Waukon, IA 52172

<https://www.countysocialservices.org/>
jhowes@countysocialservices.org
Phone: 563-568-2204
Fax: 563-568-6417

Service coordination and funding for individuals with mental health concerns and physical disabilities.

Jason Howes, Justice Coordinator, 563-568-6227 extension 5

Stephanie Kuhn, Mental Health Advocate, 563-547-9293

Keywords: financial needs mental health care coordination disability

Allamakee County Veterans Affairs

110 Allamakee St.
Waukon, IA 52172

<https://allamakeecounty.iowa.gov/veteranaffairs>
hhomewood@co.allamakee.ia.us
Phone: 563-568-6135
Fax:

Allamakee County Veterans' Affairs Office works with honorably discharged veterans, their spouses, and eligible dependants to assist in making application for a wide range of benefits to our veterans, service members and their families. Help includes assistance filling out a large array of forms for pension, compensations, grave markers, burial benefits, life insurance, and health benefits; to request military records/medals; and much more. Also provides temporary emergency assistance for basic needs to veterans and their families including assistance with rent, food, burial, utilities, and emergency medical care. Allamakee County Veterans Affairs also coordinates a van that travels to the Iowa City VA Medical Center Tuesday through Friday, picking up from five different counties. Call the office to schedule transportation. Also available is the help of a contracted licensed counselor to provide local counseling for veterans and their spouses. These services are available three days per month in Waukon.

Upon request, military Honor Guard for military funerals is available in all towns in Allamakee County.

Keywords: wellbeing veteran transportation veteran services veteran medical veteran burial service financial independence career assistance insurance

Allamakee Public Health

40 First St SE
Waukon, IA 52172

<https://www.veteransmemorialhospital.com/service/public-health-2/>

Phone: 563-568-5660
Fax:

Allamakee Public Health is located within the Veterans Memorial Community and Home Care office at Veterans Memorial Hospital. Services provided include vaccinations, blood pressure screenings, educational offerings and infectious disease management and investigation.

Keywords: health & healthcare vaccination immunization blood pressure education disease screening

Allamakee Substance Abuse Prevention (ASAP)

110 Allamakee St First Floor
Waukon, IA 52172

Phone: 563-568-2204
Fax:

ASAP is a substance abuse prevention program that is funded by the Allamakee County Board of Supervisors, an Iowa State Grant, and various local contributors. ASAP provides substance abuse education, information, consultation, resource and referral services for Allamakee County communities and residents. The philosophy is based on the Asset-Building approach of the Search Institute. ASAP believes that substance abuse prevention and building assets should be fun and exciting, and strives to do activities and lessons that are both fun and educational. ASAP resources are free to Allamakee County.

Jean Bossom, Coordinator
Maxine Grotegut, SPF-SIG Coordinator

Keywords: wellbeing mental health substance abuse recovery addiction alcohol narcotics

Alzheimer's Association - Iowa Chapter

Offices in Cedar Rapids and Davenport

<https://www.alz.org/crf>

Phone: 800-272-3900
Fax:

Offers support groups and education programs in-person and virtually. Four offices throughout Iowa. The 800 number is the Helpline.

Keywords: health & healthcare dementia senior living mental health hotline/helpline

American Red Cross - Eastern Iowa Chapter

2400 Asbury Rd
Dubuque, IA 52001

Disaster relief and temporary shelter for events like home fires. Blood donation centers, First Aid/CPR Classes.

<https://www.redcross.org/local/iowa/about-us/locations/eastern-iowa.html>

Phone: 563-583-6451

Fax:

Keywords: shelter emergency housing disaster first aid classes CPR classes blood bank

Amy Straate

Pet sitting on an occasional basis. Don't let worrying about the care of your pets prevent you from seeking the healthcare you need!

Phone: 563-794-0966

Fax:

Keywords: wellbeing pet sitting/pet care

Area Substance Abuse Council (ASAC)

asac.us

Phone: 319-390-4611

Fax:

The Area Substance Abuse Council (ASAC) is a leader in providing substance use and problem gambling prevention, treatment and recovery services across Eastern Iowa. ASAC is licensed by the Iowa Department of Public Health, Division of Behavioral Health, to address substance use and gambling disorders. Our services follow the continuum of care beginning with prevention and intervention moving through the various levels of treatment to recovery and continuing care. Achieving the highest level of accreditation, ASAC has been independently reviewed by CARF International and found to provide exceptional patient care. Call the phone number or fill out the Get Help Now link on the website as the first step.

Keywords: health & healthcare mental health substance abuse narcotics alcohol addiction recovery gambling drug abuse

Barthell Eastern Star Homes

911 Ridgewood Dr
Decorah, IA 52101

easternstardecorah.com

Phone: 563-382-8787
Fax:

Decorah area nursing home and assisted living also offering four independent living apartments and eight Barthell Bluffs independent-living townhomes. Available nursing home services include long-term care; physical, occupational and speech therapy; dementia care; wound care; hospice services. Residents of any of the levels of care receive priority admission to any other level of care needed when the time comes.

Keywords: shelter nursing home/long term care postoperative rehabilitation memory care dementia physical therapy occupational therapy speech therapy assisted living senior living hospice occupational therapy speech therapy assisted living senior living hospice

Bluff Haven Assisted Living

700 S Fremont St
Prairie du Chien, WI 53821

<https://www.chscwi.org/>
info@chscwi.org
Phone: 608-326-3200
Fax:

Bluff Haven Assisted Living is a 20 bed assisted living apartment building in Prairie du Chien, Wisconsin. It is designed to allow tenants to live in their own private apartments with the peace of mind that supportive, personal and nursing care is close at hand. When a person can no longer live independently but does not need the skilled services of a nursing home or hospital, assisted living is a perfect option. The atmosphere created makes a sense of a small community and allows people to connect with others.

Keywords: shelter assisted living senior living nurse

Bureau of Family Health State of Iowa Department of Health and Human Services

<https://hhs.iowa.gov/family-health>

Phone: 800-369-2229 800-443-8336
Fax:

The Bureau of Family Health promotes the health of Iowa families by providing resources for healthcare services through public and private collaborative efforts. The Bureau advocates for services that are family-centered, community-based, and culturally sensitive. Through these efforts, community entities are empowered to develop local healthcare systems that meet present and future health needs. Services include newborn and infant health, family support, child and adolescent health, maternal health, family planning, Personal Responsibility Education Program, and Sexual Risk Avoidance Education Program. Location maps for specific services can be found at <https://hhs.iowa.gov/family-health/locations>.

Keywords: health & healthcare infant birth control substance abuse child development parenting teens

Canyon Pawz Pet Services

Lansing, IA

canyonpawzpetsaz@yahoo.com

Phone: 623-363-1731

Fax:

Keywords: wellbeing pet sitting/pet care

Owner Jackie Kaukver is a veterinary technician and offers in-home pet sitting. Licensed, bonded and insured. Don't let worrying about the care of pets keep you from getting the healthcare you need!

Cedar Court Senior Apartments (Good Samaritan Society)

201 Hall St
West Union, IA 52175

<https://www.good-sam.com/locations/west-union>

Phone: 563-412-4722

Fax:

Keywords: shelter senior living independent living

One- and two-bedroom senior apartments available with convenient services including utilities, internet, basic cable tv, maintenance, housekeeping, meal programs, central heat and air, emergency response systems and transportation.

Child and Dependent Adult Abuse Hotline

<https://dhs.iowa.gov>
csiu@dhs.state.ia.us
Phone: 800-362-2178
Fax: 515-564-4011

Keywords: wellbeing child abuse elder abuse vulnerable adult hotline/helpline

A 24-by-7 hotline to report child abuse and dependent adult abuse. Offered by the Iowa Department of Human Services.

Child Care Resource & Referral of Northeast Iowa

<https://iowaccrr.org/>

Phone: 855-244-5301

Fax:

Keywords: wellbeing child care/day care preschool child development parenting early childhood education

Child care referrals for parents, both licensed and unlicensed; child care resources for caregivers seeking licensing, food programs, and recruitment/retention. Resources for those considering going into the childcare field.

Child Support Recovery Unit

Decorah office: 317
Washington St Ste 2
Decorah, IA 52101

<https://hhs.iowa.gov/child-support>

Phone: 563-382-2666
Fax:

State of Iowa's Child Support Recovery Unit works with parents to establish paternity, locate parents, establish and enforce child support and medical support orders. Includes a portal for payment of child support and updating the state on individual cases.

Keywords: financial needs child support child welfare parenting court legal

Childhelp Iowa

Phone: 800-422-4453

This hotline is staffed 24 hours a day, 7 days a week, with professional crisis counselors who have access to a database of tens of thousands of emergency, social service, and support resources. The service is available to anyone with a telephone: children who face confusion, parents in despair, mandatory reporters and other adults who are uncertain about the next best step when faced with questions related to abuse and neglect.

Keywords: wellbeing child abuse child welfare parenting court legal hotline/helpline teens

Children & Families of Iowa's Domestic Violence Hotline

<https://cfiowa.org/programs/domestic-violence/iowa-domestic-violence-hotline/>

Phone: 800-942-0333
Fax:

Children & Families of Iowa operates a toll-free number and local crisis line for victims, loved ones and community members. Certified Domestic Violence Advocates are here 24 hours a day to provide crisis support, help victims find safe solutions across the state, answer questions and provide resource referrals. Number listed here is the state number; the local crisis Decorah number is listed under Helping Services.

Keywords: wellbeing domestic abuse child abuse parenting violence hotline/helpline teens

Claddagh Senior Living Assisted Living & Memory Care

508 Krukow Ave
Caledonia, MN 55921

<https://www.claddaghseniorliving.com/>

Phone: 507-725-5200
Fax: 507-725-5115

Caledonia Assisted Living community is for older adults who value their independence but need assistance with their activities of daily living (ADLs). These activities can include bathing, dressing, grooming, medication management, incontinence management and more. Assisted living provides a combination of housing, personal care and services that is designed to meet the unique needs of the aging community. Memory care with Claddagh Senior Living helps residents feel a sense of belonging and purpose. Caregivers are trained to understand the needs of those with memory loss using research-based activities and experiences that are flexible and accommodating to diverse needs and that promote opportunities for success. Through high-quality care, Claddagh is able to keep residents engaged, watch them flourish in activities they enjoy, and enhance their overall wellbeing. No matter where an individual is in his or her life journey, each person has the right to enjoy life and to have meaningful experiences.

Keywords: shelter assisted living senior living nursing home/long term care dementia memory care

Consumer Credit Counseling Service of Northeast Iowa

1003 W. 4th Street
Waterloo, IA 50702

<https://www.cccsofiowa.org/contact-us>

cccsinfo@cccsofiowa.org
Phone: 800-714-4388
Fax:

Locally based non-profit Credit Counseling Agency offering services from debt management and credit counseling to housing counseling and first-time home buyer help.

Keywords: financial needs financial independence

Crossing Rivers Center for Specialty Care

37868 Wisc Hwy 18
Prairie du Chien, WI 53821

Phone: 608-357-2525
Fax:

Diabetic foot care with Podiatry Department. Medicare may cover some services for those with diagnosed diabetic neuropathy; see <https://www.medicare.gov/coverage/foot-care-for-diabetes> and/or check with provider for coverage options.

Keywords: health & healthcare diabetic foot care foot care

Crossing Rivers Foot Care Clinic

37868 Wisc Hwy 18
Prairie du Chien, WI 53821

Foot care services offered on a private pay basis (no insurance accepted). Cash or credit card payment accepted.

Phone: 608-357-2000

Fax:

Keywords: health & healthcare diabetic foot care foot care

Crossing Rivers Health Hospice

37868 US Hwy 18
Prairie du Chien, WI 53821

<https://www.crossingrivers.org/services/hospice/>

Phone: 608-357-2262

Fax:

Crossing Rivers Health Hospice serves the river communities of southwest Wisconsin and Allamakee and Crawford counties in Iowa with hospice care in clients' homes, whether home is a private residence or a nursing home. Limited inpatient short stay hospice care is also available.

Keywords: health & healthcare hospice

Deanna Arnold-Brandt - Pet Sitting

Postville, IA
Phone: 319-300-5755

In-home pet visits in the Postville area. Don't let concerns for the care of your pets keep you from getting the healthcare you need!

Keywords: wellbeing pet sitting/pet care

Disaster Distress Helpline

Phone: 800-985-5990

Fax:

A 24/7/365 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster such as tornadoes and severe storms, floods, wildfires, earthquakes, drought, mass violence incidents, and the anniversaries and other triggering events that bring back feelings of helplessness and distress to those who have experienced disaster. Speak with trained crisis counselors. Live interpreters in over 100 languages are available upon request.

Keywords: wellbeing crisis disaster emergency housing hotline/helpline

Driftless Integrative Psychiatry

20 N Second St
Lansing, IA 52151

<https://www.driftlessintegrativepsychiatry.com/>

Phone: 563-272-0858
Fax: 866-230-8698

Dr. Erica Burger is an integrative psychiatrist specializing in holistic psychiatry, offering both modern and traditional approaches to improving mental wellbeing. She loves "helping people reclaim their peace, tap into their own inner wisdom, and feel more balanced so they can live the life they want to be living." She offers assistance with depression, mood swings, anxiety, fatigue, burnout, bipolar spectrum, insomnia, trauma manifestations, premenstrual health symptoms, side effects from current psychiatric medications, mental health symptoms during pregnancy/postpartum/menopause, chronic stress, ADHD chronic fatigue, traumatic brain injury and brain fog. All calls go to voice mail.

Keywords: health & healthcare mental health adult mental health child mental health substance abuse gambling addiction depression anxiety stress teens

EARL Public Transit (NEICAC)

Phone: 866-382-4259
Fax:

EARL Public Transit provides door-to-door service in the Northeast corner counties of Allamakee, Clayton, Fayette, Howard and Winneshiek.

All rides are open to the general public, including persons with disabilities. We provide rides for work, appointments, getting groceries or running errands. EARL Public Transit vehicles are ADA compliant and wheelchair accessible.

Keywords: transportation general transportation

Early ACCESS

Keystone Area Education Agency

1400 2nd St NW
Elkader, IA 52043

keystoneaea.org/earlyaccess

Phone: 800-632-5918
Fax: 563-245-1484

Early Access is Iowa's early intervention system for children from birth through age 3. Do you have concerns about your baby's or toddler's development? Do you want to know more about normal developmental milestones? Contact Early ACCESS if you have concerns about your child's talking, moving, seeing, hearing, listening, thinking, eating or playing.

Keywords: health & healthcare child development parenting early childhood infant

Elkader Care Center

116 Reimer St SW
PO Box 519
Elkader, IA 52043

<https://www.elkadercarecenter.com/>

Phone: 563-245-1620
Fax:

Elkader Care Center specializes in long-term care and short-term skilled rehabilitation. We are passionate about helping our residents experience an improved quality of life.

Transitioning to Long Term Care is a difficult decision for everyone involved. Elkader Care Center walks families through this process, with the resident's quality of life and care as the top priorities.

Long Term Care not only provides a full array of nursing and therapy services but also life enrichment activities and convenience services with the goal to provide the best quality of life for residents, despite the challenges they are facing.

Keywords: shelter nursing home/long term care senior living nurse memory care

Evergreen Court Senior Living

25 First St SE
Waukon, IA 521721

Phone: 563-568-3447
Fax:

Evergreen Court Senior Living Apartments is a complex consisting of 12 one- and two-bedroom apartments. The apartments feature all the amenities residents need for comfortable living, while common areas provide space for special events and larger family gatherings.

Evergreen Court provides convenience and a homelike atmosphere with controlled-access entrances and exits with client comfort in mind. Social and recreational activities increase opportunities for socializing, and space is available for entertaining and special events.

Keywords: shelter independent living senior living

Everlasting Home Healthcare, LLC

PO Box 303
Decorah, IA 52101

<https://www.everlastinghhc.com/about-us>

Phone: 563-387-3837 563-928-6202
Fax:

Everlasting Home Healthcare's mission is to provide clients with affordable home health care services and support in a home-based environment that is familiar, reducing stress, and allowing clients to maintain the level of independence they are accustomed to.

The need for care varies from client to client and every situation is different. That is why each care plan is customized to fit the situation and can be changed as needs change. Whether you need help with personal cares, grocery shopping, transportation to and from the doctor, or cleaning around the house Everlasting Home Healthcare, L.L.C. can provide the service promptly and efficiently.

Services offered include

- Consumer directed attendant care (assistance with dressing, personal cares, cooking, toileting, transferring, ambulation, mobility, cleaning, laundry, grocery shopping, minor wound care, financial and scheduling assistance, communicating with others, transportation to and from the doctor, essential shopping, picking up medication from the pharmacy, and medication assistance)

- Supported community living (helping mentally disabled children and adults one on one as they set and meet personal independence goals)

- Respite care (allowing caregivers time away from administering care before they become exhausted or overwhelmed and at the same time fill the needs of the individual receiving care)

Keywords: shelter homemaking, chores, housework help grocery shopping, delivery medications/prescriptions respite care general transportation personal care/bathing/dressing assistance personal care/bathing/dressing assistance

Faith and Family Care

226 S Main St
Tripoli, IA 50676

faithandfamilycare.com
faith@faithandfamilycare.com
Phone: 855-970-6296
Fax:

Offering a range of in-home services to residents of many Iowa counties, as well as SCL group and host homes for individuals with disabilities and chronic illnesses. Care is individualized to the specific need. Some clients receive assistance with showers and dressing, with cleaning, and with meal prep. Faith & Family is a veteran-owned business and works with the VA to provide help to those transitioning back to civilian life. Respite care is also available in the client's home, in a facility or in one of the SCL homes.

Keywords: wellbeing homemaking, chores, housework help personal care/bathing/dressing assistance meals at home medications/prescriptions respite care veteran services disability residential homes veteran services disability residential homes

Family Development & Self Sufficiency (FaDSS)

<https://www.neicac.org/programs/fadss/>

Phone: 563-419-8243

Fax:

A voluntary, strength-based home visiting program for families with limited resources, FaDSS engages families in dynamic partnerships to address their basic needs, improve child wellbeing, and develop career opportunities that, in turn, improve lives, families and communities. This is accomplished by 1) reducing sources of stress, strengthening core skills, and creating responsive relationships that are safe and supportive. Income and legal residency requirements apply.

Keywords: wellbeing financial independence child development parenting career assistance employment stress

Foundation2 Crisis Hotline

Cedar Rapids, IA

Phone: 988

Fax:

Suicide and Crisis Lifeline answered 24/7/365. Any crisis - a stress or pressure that has become too great to cope with alone - merits a call to 988.

Keywords: wellbeing suicide crisis stress hotline/helpline

Gamblers Anonymous

Various groups meeting in person in the area and on line. Check the website for current groups.

<https://www.gamblersanonymous.org/ga/locations>

Phone:

Fax:

Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

The only requirement for membership is a desire to stop gambling. There are no dues or fees for Gamblers Anonymous membership; GA is self-supporting through its own contributions. Gamblers Anonymous is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any cause. Its primary purpose is to stop gambling and to help other compulsive gamblers do the same.

Keywords: wellbeing gambling addiction substance abuse recovery twelve step

Garden View Place Senior Living

800 Darby Dr
Monona, IA 52159

<https://www.cornerstonemgmt.com/garden-view-place/>
director@gardenviewplace.com
Phone: 563-539-4528
Fax:

Living at Garden View is the pinnacle of care and apartment-style comfort! Our senior living community features spacious apartments, customized activities, and care plans designed to improve the independence and well-being of every resident. Stay close to home with 5-star assisted living, memory care, and respite care in Monona, Iowa.

Keywords: shelter assisted living senior living nurse memory care dementia respite care

Good Samaritan Center Meals

21 E Main St
Waukon, IA 52172

Frozen meals delivered on the first and third Wednesdays of each month for a small delivery charge. Pickup is also available.

Phone: 563-568-3447
Fax:

Keywords: food meal delivery meals at home

Good Samaritan Society - Waukon

21 E Main St
Waukon, IA 52172

Offering long-term care, inpatient and outpatient rehabilitation, and senior independent living apartments. Adjacent to Veterans Memorial Hospital.

<https://www.good-sam.com/locations/waukon>

Phone: 563-276-0996
Fax:

Keywords: shelter senior living nursing home/long term care postoperative rehabilitation nurse

Great River Care Center

1400 W Main
McGregor, IA 52157

Long-term care/nursing home offering skilled rehabilitation services.

<https://www.greatrivercare.com/>

Phone: 563-873-3527
Fax: 563-873-1941

Keywords: shelter nursing home/long term care physical therapy occupational therapy postoperative rehabilitation nurse

Gundersen Health System - Lansing Clinic

50 N Fourth St
Lansing, IA 52151

Gundersen Health System offers a family health clinic in Lansing.

<https://www.gundersenhealth.org/locations/gundersen-lansing-clinic>

Phone: 563-538-4874
Fax: 563-538-3099

Keywords: health & healthcare clinic

Gundersen Health System - Waukon Clinic

120 Second Ave SE
Waukon, IA 52172

Gundersen Health System offers a family health clinic in Waukon. The Waukon clinic also offers Vivitrol IV medication for alcohol abuse.

<https://www.gundersenhealth.org/locations/gundersen-waukon-clinic>

Phone: 563-568-3000
Fax: 563-568-3337

Keywords: health & healthcare clinic

Gundersen Palmer Lutheran Home Health and Hospice

200 Jefferson St
West Union, IA 52175

Gundersen Palmer Home Medical Equipment offers services to all Allamakee County.

<https://www.gundersenhealth.org/locations/gundersen-palmer-lutheran-home-health-services-west-union>

Gundersen Palmer Lutheran Home Health and Hospice covers portions of Allamakee County with home hospice, home nursing, home health aides and light homemaking services. Communities of Waukon, Postville, Farmersburg, Gunder and Monona are covered. Call to see if services are available in your area.

Phone: 563-422-6267
Fax: 563-422-9876

Keywords: health & healthcare hospice oxygen home medical equipment home health personal care/bathing/dressing assistance homemaking, chores, housework help homemaking, chores, housework help

Gundersen Palmer Lutheran Postville Clinic

111 S Reynolds
Postville, IA 52162

Clinic appointments

<https://www.gundersenhealth.org/locations/gundersen-palmer-lutheran-postville-clinic>

Phone: 563-864-7512

Fax: 563-864-7511

Keywords: health & healthcare clinic

Hartig Drug

21 W Main
Waukon, IA 52172

hartigdrug.com

Phone: 563-568-6315

Fax:

Hartig Drug offers many services including

- prescriptions
- MedPak prescription packaging
- RediRefill - automatic refill of maintenance medications
- Medicare Part D
- medication compounding services
- vial recycling
- unused drug disposal
- flu shots
- other immunizations

Keywords: health & healthcare prescription pharmacy immunization vaccination flu shot covid shot

HAWC Partnerships for Children

1111 Paine St Ste H
Decorah, IA 52101

Provides collaborative services to families and children from birth to age 5.

<https://earlychildhood.iowa.gov/node/1821>

hawcp4c@cijdc.com

Phone: 563-382-4447

Fax: 563-382-1870

Keywords: financial needs child development parenting financial independence

Healthy and Well Kids in Iowa (Hawki) Children's Health Insurance Program (CHIP)

<https://hhs.iowa.gov/hawki>
Hawki@dhs.state.ia.us
 Phone: 800-257-8563
 Fax:

The Children's Health Insurance Program (CHIP) is offered through the Healthy and Well Kids in Iowa program, also known as Hawki. Iowa offers Hawki health coverage for uninsured children of working families. Income limits for Hawki are more generous than Medicaid income limits.

No family pays more than \$40 a month. Some families pay nothing at all. A child who qualifies for Hawki health insurance will get health coverage through a Managed Care Organization (MCO). These are the MCOs or health plans from which to choose:

- Amerigroup Iowa, Inc.
- Iowa Total Care

Dental benefits for Hawki are covered by Delta Dental of Iowa.

Keywords: health & healthcare insurance dentistry clinic CHIP teens child development

Helping Services for Youth & Families

805 E Main St
 Decorah, IA 52101
helpingservices.org
info@helpingservices.org
 Phone: 563-387-1720 or
 800-383-2988
 Fax: 563-382-5730

Programs designed to help people make healthier choices that ultimately result in healthier communities. Prevention education, domestic abuse advocacy, youth mentoring and family education.

Keywords: health & healthcare addiction substance abuse narcotics domestic abuse parenting mental health teens

Iowa Center for Children's Justice

501 SW 7th St Ste G
 Des Moines, IA 50309

<https://iowachildrensjustice.org/>
info@iaccj.org
 Phone: 515-414-9562
 Fax:

A nonprofit organization providing legal support for children and their families. Services include divorce workshops for children, legal representation for children, child custody mediation, parenting coordination and neutral evaluation.

Keywords: wellbeing divorce child abuse legal court parenting custody child support

Iowa Concern Hotline

<https://www.extension.iastate.edu/iowaconcern/>

Phone: 800-447-1985

Fax:

Provided by Iowa State University Extension and Outreach, Iowa Concern is a source of help for Iowans in need of legal education, help with financial concerns, stress counseling, and resources related to crisis and disaster such as homeland security, illness and recovery. Round-the-clock, confidential expert advice and referrals by phone, email and live chat. Language interpretation is available.

Keywords: wellbeing legal court financial independence stress crisis disaster hotline/helpline

Iowa Department for the Blind

524 4th St

Des Moines, IA 50309-2364

[https://blind.iowa.gov/](https://blind.iowa.gov/contact@blind.state.ia.us)

contact@blind.state.ia.us

Phone: 800-362-2587

Fax: 515-281-1263

The Iowa Department for the Blind believes all Iowans can lead productive, fulfilling lives - including those who happen to be blind or low vision. The Department supports and encourages independent living and full participation in life - at home, at work and in communities.

Vision loss knows no boundaries with respect to age, gender or ethnicity. It should not and does not need to limit accomplishment in whatever a person wishes to do.

The Iowa Department for the Blind helps educate, train and empower blind and low vision individuals to pursue lifelong goals. With offices in Des Moines and field staff operating statewide, the Department is committed to three goals:

- To improve skills so the blind and low vision may obtain or retain competitive employment throughout Iowa.
- To increase confidence and independence in all aspects of daily life.
- To improve access to information, activities and opportunities.

Keywords: wellbeing blind career assistance employment

Iowa Department of Human Rights Office of Deaf Services

<https://humanrights.iowa.gov/cas/ds>

Phone: 515-242-5655

Fax:

The Office of Deaf Services provides a key link to services that help deaf and hard of hearing people succeed, including health, education, employment and justice. To do this we:

- assist with Americans with Disabilities Act (ADA) issues and policy development
- develop ways for primary customers to access information in ASL within the community and society.
- maintain resources and information to meet the accessibility needs of Deaf and Hard of Hearing consumers.
- provide training and workshops on a wide variety of topics.
- develop partnerships with local agencies and businesses to better serve the Deaf and Hard of Hearing.
- serve as a central information clearinghouse and resource for information.
- provide referrals to local, state and national Deaf and Hard of Hearing organizations, legal rights information, access to government agencies, and much more.

The Office works closely with Deaf Services Commission of Iowa.

Keywords: wellbeing deaf legal employment court

Iowa KidSight

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

Phone: 319-353-7616

Iowa KidSight is 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 (target population 6 months of age through kindergarten) in Iowa communities through screening and public education.

The goals of the project are:

- objectively screen vision in infants and young children throughout all of Iowa's 99 counties-for FREE.
- educate the public about the risk of undetected vision loss.
- identify ways to sustain vision screening programs of this type.

Keywords: health & healthcare blind clinic vision

Iowa Legal Aid

<https://www.iowalegalaid.org/resource/applying-for-help-from-iowa-legal-aid>

Phone: 800-532-1503

Fax:

Legal assistance for low income and/or vulnerable Iowans. Eviction prevention, small claims court, housing, family custody and visitation, Medicare, derecho victim support and much more. No criminal defense assistance. To access services call the 800 number or apply on the website.

Keywords: financial needs legal court financial independence rental assistance custody eviction disaster

Iowa State Registry of Interpreters for the Deaf

<https://www.iowastaterid.org/SearchInterpreter/>

Phone:

Fax:

Searchable lists of interpreters for the deaf. Search by zip code or city.

Keywords: wellbeing deaf

Iowa State University Beginning Farmer Center

Kitt Tovar Jensen, Attorney and Coordinator

211 Curtiss Hall

513 Farmhouse Rd

Ames, IA 50011

<https://beginningfarmer.iastate.edu/>
kwtovar@iastate.edu

Phone: 515-357-6680

The Beginning Farmer Center provides educational resources and programming for new farmers and their professional advisors. For those wishing to transition their farm business to the next generation or for new farmers seeking to get a start, the Beginning Farmer Center can help. Part of the Iowa State University Extension program.

Keywords: financial needs rural agriculture employment career assistance financial independence

Iowa Vocational Rehabilitation Services and IowaWORKS Decorah Branch Office

312 Winnebago St
Decorah, IA 52101

<https://ivrs.iowa.gov/>

Phone: 563-382-0457 563-202-0178

Fax: 563-382-4998

Iowa VR is an employment program for individuals who experience a disability, focusing on service delivery that assists individuals to prepare for, obtain, retain, and advance in employment. For those who have been determined eligible, it is an individualized program that delivers employment services based on your unique individualized employment plan.

Iowa Vocational Rehabilitation Services (IVRS) is Iowa's state vocational rehabilitation program and is a division of the Iowa Department of Education. It is a part of the state-federal vocational rehabilitation system. Each state receives funding to operate a vocational rehabilitation program(s) based on the Rehabilitation Act of 1973, as amended by the Workforce Innovation and Opportunity Act (WIOA). Parents of children who may at some point require supports to maintain independent employment in adulthood are encouraged to connect with IVRS early, as many resources may be available such as tuition assistance, vehicle modifications, college readiness coaching, even tools for the workplace. Start by applying on the website.

Keywords: financial needs employment career assistance financial independence teens disability

Iowa Workforce Development

<https://www.iowaworkforcedevelopment.gov/>

Iowa's one-stop shop website for filing a new claim for unemployment, maintaining your weekly benefit, and job searching.

IowaWORKS has opened a part-time expansion office in Postville at the Postville Public Library, 235 W Tilden St., phone 563-382-0457. It is generally open on Wednesdays from 9:30 a.m. to 3:00 p.m.

Keywords: financial needs career assistance unemployment benefits employment

J Nails & Spa

7 Spring Ave
Waukon, IA 52172
Phone: 563-568-3769

Pedicures offered to stretch time interval between podiatry visits

Keywords: health & healthcare diabetic foot care foot care

Kingston Court Assisted Living

116 Reimer St SW
PO Box 519
Elkader, IA 52043

<https://www.elkadercarecenter.com/>

Phone: 563-245-3792
Fax: 563-245-2198

Kingston Court Assisted Living combines a beautiful community and professional staff with good friends and amenities that make life stress-free. Kingston Court Assisted Living provides a home-like environment that helps tenants to be active and independent while having access to nursing assistance 24/7 if needed. Affordable apartment style living enables tenants to personalize their new home and to come and go as they please. Tenants can access a variety of services, such as meals, laundry, housekeeping, and life enrichment activities. Tenants enjoy life by concentrating on socializing with friends and hobbies rather than the stresses of daily tasks. Professional staff will tailor care and chore service to meet specific client needs. Monthly service plan fees are based on an individual assessment, which is completed during an initial consultation, 30-days after move-in, and thereafter on a quarterly basis. In addition, when a significant health condition is noted, an assessment will be made to better assess client needs. Based on the results of the review, monthly fees are then increased or decreased to accurately reflect the service plan level.

Keywords: shelter assisted living senior living independent living

La Batisse Apartments and Residence at Bluff Haven

700 S Fremont St
Prairie du Chien, WI 53821

<https://www.chscwi.org/>
info@chscwi.org
Phone: 608-326-8471
Fax:

La Batisse Apartments and Residence at Bluff Haven are the two Independent Living housing options offered by Community Health Services Corporation. Tenants enjoy living in a comfortable and secure facility which offers many special features.

Residence at Bluff Haven, Prairie du Chien, WI, is a 24 unit certified assisted living apartment building. It is designed to allow tenants to live in their own private apartments with the peace of mind that supportive, personal and nursing care is close at hand.

La Batisse Senior Apartments, on Dousman Street in Prairie du Chien WI, is a 24 unit independent living apartment complex. The building features a secure entry, on-site coin-operated laundry, and off-street assigned parking. There is a community room and sun room for tenants to socialize and reserve for family gatherings. Three of the 24 units are handicap accessible.

Keywords: shelter assisted living senior living

La Leche League International

Nearest local chapter is in Viroqua, Wisconsin. Online chapters may be found at
facebook.com/lalecheleagueusa/events/

llusa.org

Phone:
Fax:

Breastfeeding support to help families reach their nursing goals.

Keywords: food breastfeeding support child development infant parenting

Lansing Fitness Center

51 N 5th St
Lansing, IA 52151

lansingfitnesscenter.com

Phone: 563-538-4471

Fax:

Keywords: health & healthcare exercise fitness

Cardio equipment, weight machines, free weights and live fitness classes. Discounted membership may be offered for those wishing only to use treadmills for safe winter-weather walking exercise.

Lansing Iowa Food Trust (LIFT)

220 S 3rd St
Lansing, IA 52151

<https://www.facebook.com/Lansingiowafoodtrust/>

Phone: 563-538-4641

Fax:

Keywords: food food shelf/food pantry financial independence

A nonprofit food shelf staffed entirely by volunteers. Call for hours of availability.

Lutheran Services in Iowa

8 Fifth St SW
Waukon, IA 52172

lsiowa.org

Phone: 563-582-0044

Fax:

Keywords: wellbeing parenting mental health child development infant refugee immigrant disability legal early childhood education

One of Iowa's largest nonprofit human services agencies, LSI works to empower families and communities by recognizing and honoring the strengths and gifts of every individual. Call your local LSI office for details on local services. Many services, including mental health therapy, behavioral health for youth, parent support and early childhood resources, services for people with disabilities, and refugee and immigrant services, are available virtually, by computer or phone. For therapy and behavioral health services call 888-457-4692.

Manpower Staffing Solutions

915 Short St Ste 167
Decorah, IA 52101

<https://www.manpowergroupusa.com/manpower/locations/decorah>

Phone: 563-382-2119
Fax:

Temporary and permanent staffing agency connecting employers with people looking for work. Website offers a job search function and contact information for personalized services.

Keywords: financial needs career assistance employment financial independence

Medicine Assistance Tool

<https://medicineassistancetool.org/>

Phone: 571-350-8643

PhRMA's Medicine Assistance Tool (MAT) is a prescription drug search engine designed to help patients, caregivers and health care providers learn more about the resources available through the various biopharmaceutical industry programs. MAT is not its own patient assistance program, but rather a search engine for many of the patient assistance resources that the biopharmaceutical industry offers.

Keywords: health & healthcare medications/prescriptions

Mercy One Patient Engagement (formerly Ask-a-Nurse)

Phone: 800-593-1414

Iowa residents may call with health concerns about anything from pinkeye to chest pain and receive nurse advice as to the next steps of treatment. Need not be a MercyOne patient or even have medical insurance.

Keywords: health & healthcare hotline/helpline nurse

MercyOne North Iowa Home Care

<https://www.mercyone.org/northiowa/find-a-service-or-specialty/home-care/lifeline>
Phone: 641-428-5495 800-274-5285

MercyOne North Iowa Home Care offers the basic Lifeline System and Lifeline with Reminders medical alert systems. These easy to use systems provide emergency response access to help 24 hours a day by the press of a personal help button. Lifeline is designed for those who live alone, those with chronic or post-hospital health conditions and those who are physically challenged. Lifeline dials into the emergency response center and within seconds a highly trained Lifeline professional will answer the call dispatching any needed assistance. Lifeline with Reminders goes one step further with up to six recorded reminder messages that can be set up to play daily, weekly, or only once.

Keywords: health & healthcare home medical equipment senior living dementia medical alert

Mom's Meals

momsmeals.com
Phone: 877-508-6667

Home delivery of refrigerated meals. Accepts Medicaid, some Medicare Advantage plans, self pay. Dietician guided meal choices but each client selects each meal individually. Has a 99% satisfaction rating.

Keywords: food meal delivery meals at home

Mosaic in Northern Iowa

12 E Main St
Waukon, IA 52172

mosaicinfo.org/northerniowa

Phone: 563-380-5189 641-585-3050
Fax:

Mosaic is a private, mission-driven, faith-based nonprofit healthcare organization empowering people with disabilities, mental and behavioral health needs, and autism, as well as aging adults, to live their best life. Services are personalized to the individual and include group settings of three or more persons living in a shared setting with 24/7 support staff present; supported living, where people live independently or in a family setting with in-person or virtual access to Mosaic support staff as needed; Mosaic at Home, where contractors provide a shared living environment and 24/7 support to allow persons to be part of the community; hourly supported living services; and mental and behavioral health and autism services in all settings.

Keywords: shelter adult day program mental health caregiver support disability family support residential homes vulnerable adult autism

Nar-Anon

Various groups meeting in person in the area and on line. Check the website for current groups.

<https://www.nar-anon.org/find-a-meeting>

Phone:

Fax:

Support for family members and friends of those who have drug addictions.

Keywords: wellbeing addiction narcotics drug abuse recovery twelve step

Narcotics Anonymous

Various groups meeting in person in the area and on line. Check the website for current groups.

<https://www.na.org/meetingsearch/>

Phone:

Fax:

Support for those dealing with drug addiction.

Keywords: health & healthcare addiction narcotics drug abuse recovery twelve step

National Cancer Institute Cancer Information Service Helpline

<https://www.cancer.gov/contact>
 NCIinfo@nih.gov
 Phone: 800-422-6237

NCI's Cancer Information Service (CIS) can help answer your cancer-related questions whether you are a patient, family or friend, health care provider, or researcher via phone, live chat or email.

Since 1975, we have been providing accurate, up-to-date, and reliable information that is easy to understand. CIS is a free and confidential service.

Our trained information specialists provide personalized responses to a range of cancer topics, including

- general cancer information
- cancer prevention and screening
- symptoms and risk factors
- treatment
- living and coping with cancer
- finding cancer treatment
- cancer research and clinical trials
- questions about NCI and its programs

Keywords: health & healthcare cancer

National Cancer Institute Smoking Cessation Helpline

<https://www.cancer.gov/contact>
 Phone: 877-448-7848
 1-877-44U-QUIT

Need help with quitting smoking?

Quitting smoking is hard. Staying quit can be even harder. NCISSH's trained smoking cessation counselors can help clients prepare to quit tobacco use, manage cravings, deal with triggers, and provide them with support to see your quit through.

Keywords: health & healthcare tobacco smoking substance abuse recovery addiction cancer

National Human Trafficking Hotline

Phone: 888-373-7888

A hotline and referral service for victims or witnesses of human trafficking. Staff are focused on assisting victims and survivors.

Keywords: wellbeing child abuse crime victim crime witness hotline/helpline

National Runaway Safeline/National Communications System for Runaway and Homeless Youth

Phone: 800-786-2929

Fax: 773-929-5150

Hotline offering resource referrals, Home Free (reuniting youth with their families via a free bus ticket home), and mediation and messaging services to allow healthy lines of communication for youth and their parents/guardians.

Keywords: wellbeing hotline/helpline teens immigrant homelessness

New Albin Community Center

137 Railroad Ave
New Albin, IA 52160

Indoor walking space available, currently on an ad hoc basis. Call the phone line to make arrangements - leave a message for a call back.

Phone: 563-544-8069

Fax:

Keywords: health & healthcare exercise fitness

New Albin Senior Housing Administered through city offices

228 Third St SE
New Albin, IA 52160
Phone: 563-544-4269

Four one-bedroom and two two-bedroom apartments for seniors. Heat, refuse and recycling included in rent; laundry on premises. City of New Albin owns/operates the apartments and maintains a wait list for people interested in renting in the future.

Keywords: shelter senior living

Northeast Iowa Agency on Aging (NEI3A) Decorah Office

607 Washington St
Decorah, IA 52101

<https://www.nei3a.org/>

Phone: 800-779-8707

Fax:

Offering coordination of services, respite care, food assistance, dementia support, employment advisement and elder abuse support to area older adults. Some programs are income limited. Call to apply for meals on wheels programs offered through local restaurants.

Keywords: health & healthcare senior living financial independence food assistance respite care care coordination elder abuse employment dementia

Northeast Iowa Behavioral Health

17 Allamakee St
Waukon, IA 52172

neibh.org

Phone: 563-382-3649 or
563-379-9046
Fax:

Northeast Iowa Behavioral Health offers both immediate crisis counseling and ongoing individual and group counseling for behavioral health issues. Even the strongest people need help sometimes. Individuals and families face a growing number of challenges—troubled relationships, blended families, grief, parenting children and adolescents, substance use disorders, domestic abuse, problem gambling, or identity concerns. For some, mental health problems, such as depression, anxiety, or bipolar disorder, may require professional help. NEIBH provides local services to Allamakee County at Veterans Memorial Hospital in Waukon.

Keywords: health & healthcare mental health adult mental health child mental health substance abuse gambling addiction depression anxiety stress teens

Northeast Iowa Community Action Corporation Early Childhood Programs

<https://www.neicac.org/programs/education/>

Phone: 563-382-8436
Fax:

NEICAC offers early childhood programs promoting school readiness of children birth to age five, licensed by the Iowa Department of Human Services. Children who attend Head Start enter kindergarten ready to learn. Income guidelines apply. Apply through the website for Early Head Start (home-based, pregnancy to age 3) and Head Start (preschool, ages 3-5) services. Income limits apply. As of this printing, Head Start is presented in Waukon, Decorah and Postville.

Keywords: wellbeing Head Start preschool child development parenting early childhood

Northeast Iowa Regional Housing Trust Fund

325 Washington St
Decorah, IA 52101

<https://uerpc.org/northeast-iowa-regional-housing-trust-fund/>

Phone: 563-382-6171
Fax:

Upper Explorerland established a Northeast Iowa Regional Housing Trust Fund for Allamakee, Clayton, Fayette, Howard, and Winneshiek Counties. The Housing Assistance Plan has been approved for certification from the Iowa Finance Authority (IFA). The goal is to develop, redevelop, rehabilitate, and renovate single-family and/or multi-family owner-occupied and rental dwellings. This will be to render assistance to economically and socially disadvantaged persons in Allamakee, Clayton, Fayette, Howard, and Winneshiek Counties. It will possibly fund: roof repair, furnace repair and replacement, energy efficiency updates, electrical and plumbing, handicap accessibility, homebuyer assistance, etc. Funding limits are set at \$12,500 per project including 1st time homebuyers.

The Northeast Iowa Regional Housing Trust Fund sponsors FREE Green Iowa Home Energy Assessments for low-moderate income single family homes.

Keywords: shelter housing rehabilitation homelessness disability utility assistance energy affordable housing

Northeast Iowa Wellness & Recreation Center

313 W Post St
Postville, IA 52162

neiawrc.org/home

Phone: 563-864-9622
Fax:

Formerly the YMCA, Northeast Iowa Wellness & Recreation Center seeks to increase the social, cultural and physical wellbeing of Northeast Iowa residents and visitors through a wide range of wellness and recreation programs including group fitness classes and pool time. A gymnasium is shared with the adjoining school and is available when not in use by students.

Keywords: health & healthcare exercise fitness recreation

Northgate Care Center

960 4th St NW
Waukon, IA 52172

<https://www.abcmcorp.com/northgate-care-center>

Phone: 563-568-3493 563-599-9956
Fax: 563-568-3494

Northgate Care Center is a nursing home offering long-term and rehabilitative care, hospice care, IV therapy, psychiatric services, dentistry and skilled nursing.

Home care services are also offered through ABCM. Call for current services offered.

Keywords: health & healthcare homemaking, chores, housework help grocery shopping, delivery home health nursing home/long term care memory care dementia postoperative rehabilitation physical therapy occupational therapy hospice dentistry

Nursing Home Resident Abuse Hotline

Dependent abuse hotline specifically for persons residing in long term care.

Phone: 877-686-0027
Fax:

Keywords: wellbeing nursing home/long term care elder abuse vulnerable adult hotline/helpline

Polished on Main

353 Main St
Lansing, IA 52151
Phone: 563-794-1405

Pedicures offered at around \$40-60. Can stretch time interval between podiatry visits.

Keywords: health & healthcare diabetic foot care foot care

Postville Pharmacy (Nightingale Drug)

139 N Lawler St
Postville, IA 52162
Phone: 563-863-3666
Fax: 563-863-3667

support@nightingaledrug.com
nightingaledrug.com

Full-service pharmacy offering prescription refills and transfers, home delivery, medication adherence assistance, medication therapy management, travel vaccinations, multi-dose packaging (bubble packs), medication synchronization/reconciliation and scheduled appointments. Over-the-counter medications, vitamins and supplements, oral health products, first aid products, cosmetics and school supplies, infant care, hair care, shower and bath products and sunscreen and bug spray. Gifts and home décor items, greeting cards, scarves, purses and tote bags. Call now to schedule your immunizations conveniently close to home.

Keywords: vaccination immunization health & healthcare prescription medications/prescriptions pharmacy

Prairie Maison

700 S Fremont St
Prairie du Chien, WI 53821

<https://www.chscwi.org/>
info@chscwi.org
Phone: 608-326-8471
Fax:

Prairie Maison is a Skilled Nursing Facility in the Community Healthcare Service Campus, Prairie du Chien, WI.

Prairie Maison consists of 32 private bedrooms (Frenchtown Terrace) and 12 private and 20 semi-private bedrooms (Joliet Court). Each area of the facility was specifically designed to make the residents feel like they are at home.

Staff strive to make every resident and visitor feel welcome and comfortable while they are here, and provide both outpatient and inpatient physical, occupational and speech therapy.

Keywords: shelter nursing home/long term care physical therapy occupational therapy postoperative rehabilitation senior living dementia

Proteus, Incorporated

1221 Center St. Suite 16
Des Moines, IA 50309

<https://www.proteusinc.net/>
info@proteusinc.net
Phone: 800-372-6031
Fax:

Proteus provides agricultural workers and their families in Iowa, Nebraska and Indiana with affordable health care, education assistance and job training. It strives to support agricultural workers on the path to personal and professional self-sufficiency.

Keywords: financial needs agriculture rural financial independence employment career assistance

Recipes from French Creek

Waukon, IA, area

recipesfromfrenchcreek.com/order-freezer-meals
recipesfromfrenchcreek@gmail.com

Phone:

Offering freezer meals produced using quality ingredients and supporting local farmers using meat, eggs, dairy and produce locally produced. All food sources are licensed and safe regardless of locale. We assure a quality, wholesome and delicious product for busy families, the elderly, new moms, or sympathy gifts. Pickup available in Waukon and Lansing, with limited delivery available within 3 miles of Waukon. No shipping. Check the website for details and order form.

Keywords: wellbeing food delivery meals at home

Relay Iowa TTY Phone Service

Phone: 800-735-2943 or 711

Telecommunications Relay Services permit persons with a hearing or speech disability to use the telephone system via a text telephone (TTY) or other device to call persons with or without such disabilities. To make using TRS as simple as possible, you can simply dial 711 to be automatically connected to a TRS operator.

Keywords: wellbeing deaf

Senior Health Insurance Information Program (SHIIP)

<https://shiip.iowa.gov/>
shiip@iid.iowa.gov
 Phone: 800-351-4664

The Senior Health Insurance Information Program (SHIIP) is a free, objective and confidential service offered through the state of Iowa to help people sort through confusing information about Medicare and health insurance. Our trained, certified volunteer counselors assist thousands of Iowans annually, helping them save millions of dollars. Local SHIIP volunteer counselors answer your questions and give you one-on-one help. For an appointment with a counselor call your local SHIIP sponsor site.

Keywords: financial needs insurance senior living Medicare

Social Security Administration Decorah Office

317 Washington St
Decorah, IA 52101

<https://www.ssa.gov/>

Phone: 800-772-1213

Social Security is the financial support arm of the US Government, seeking to provide retirement benefits for older adults and living support for younger disabled adults. Apply for benefits and sign up for Medicare on the website rather than visiting the local office.

Keywords: financial needs senior living financial independence

Southcrest Manor II Assisted Living

602 2nd St SW
Waukon, IA 52172

<https://www.abcmcorp.com/southcrest-manor-ii>

Phone: 563-568-4207

Fax:

Southcrest Manor II Assisted Living is a 16-unit living complex featuring a distinct one bedroom type apartment, size 588 sq.ft., three levels of care based on individual needs, generous amenities and services, as well as additional options to accommodate lifestyle choices. Southcrest Manor II Assisted Living focuses on wellness and keeping tenants as independent as possible.

Keywords: shelter assisted living senior living nurse

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

<https://hhs.iowa.gov/wic>

Phone: 563-880-0941

Fax:

WIC serves pregnant and postpartum women, infants, and children to the age of 5. Services include nutritious foods, nutrition education, breastfeeding support, a mobile clinic and referrals to other health care agencies. To establish with WIC, call the phone number and leave a message. Messages are returned promptly Monday through Thursday.

Keywords: food pregnancy child development breastfeeding support clinic parenting food assistance

St Croix Hospice

Strawberry Point, IA 52076

<https://www.stcroixhospice.com/strawberry-point-ia/>
info@stcroixhospice.com

Phone: 563-933-2070

Fax:

Home hospice care

Keywords: health & healthcare hospice

Stoney Brook Village

705 S Pine St
West Union, IA 52175

<https://www.stoneybrookassistedliving.net/>

Phone: 563-422-5690 563-422-7145

Fax:

Keywords: shelter assisted living senior living independent living

Assisted living center offering 36 apartments, three daily meals, weekly vital sign checks, weekly housekeeping and laundry, activity and wellness programs.

TASC, Inc.

2213 Mount Olivet Rd NW
Waukon, IA 52172

tascinc.org

Phone: 563-568-4060

Fax:

TASC offers vocational, residential, and day programs for persons age 16 and older with a diagnosed mental, physical or emotional disabling condition in need of support and supervision to live and maintain employment successfully in the community. TASC embraces the personal choices of persons and seeks to accommodate these choices whenever possible. All decisions regarding each person's care are guided by the individual needs and desires of each person. TASC promotes community involvement for each person served by teaching skills of self-reliance. All TASC services and activities are designed to produce outcomes that ensure every person gains the ability to live, work, and to lead a fulfilling life of dignity such as that accorded every citizen of the United States of America.

Keywords: wellbeing disability employment career assistance residential homes adult day program independent living financial independence

Teen Line

<https://www.extension.iastate.edu/teenline/>

Phone: 800-443-8336

Fax:

A 24/7 confidential talk line for teens or parents to speak with counselors about health related issues such as healthing eating/weight, relationships with parents or friends, violence, AIDS/HIV, alcohol or drug use, sexual relationships, birth control, pregnancy, stress or sexually transmitted diseases. Not a crisis or hotline.

Keywords: health & healthcare parenting addiction birth control pregnancy violence stress sexually transmitted disease teens

The Way Station

223 Ross Ave.
New Albin, IA 52160

thewaystationnewalbin@gmail.com

Phone: 563-544-4815

Fax:

Community supported, volunteer staffed thrift store, food pantry and emergency support. Thrift store offers quality, low-cost household goods and clothing for all ages. Hours vary so best to call before visiting. Regular annual events are a community Easter sunrise service and a community Thanksgiving dinner.

Keywords: wellbeing food shelf/food pantry clothing household essentials thrift store emergency financial assistance

Thornton Heights Assisted Living

1329 Main St
Lansing, IA 52160

thorntonmanorlansing.com

info@thorntonmanorlansing.com

Phone: 563-538-4236

Fax:

One- and two-bedroom garden- and bluff-view apartments complete with kitchens, with three levels of help available. Three meals provided daily. On-site laundry and access to physical therapy room.

Keywords: shelter assisted living senior living physical therapy occupational therapy speech therapy

Thornton Manor Nursing Home

1329 Main St
Lansing, IA 52160

thorntonmanorlansing.com

info@thorntonmanorlansing.com

Phone: 563-538-4236

Fax:

Community owned, nonprofit skilled nursing facility certified by the State of Iowa. Services include Medicare Part A and B, licensed physical, occupational and speech therapy in the Outpatient Therapy Clinic, postoperative rehabilitation (short stay), wound care, IV antibiotics, enteral nutrition, peritoneal dialysis, MRSA care, hospice services, respite services.

Keywords: shelter nursing home/long term care postoperative rehabilitation physical therapy occupational therapy speech therapy

Thornton Manor Outpatient Therapy

1329 Main St
Lansing, IA 52160

thorntonmanorlansing.com

info@thorntonmanorlansing.com

Phone: 563-538-4236

Fax:

Licensed therapists from Rehab Visions provide PT, OT and Speech therapies. Whether it's a slip, trip, strain, fall, post-surgery or general well-being we can get you on the mend. We also provide treatment for worker's comp and sports injuries.

Keywords: health & healthcare physical therapy occupational therapy speech therapy

Traditions of West Union

609 State Hwy 150
West Union, IA 52175

no website

Phone: 563-422-9200

Fax:

Keywords: shelter assisted living

Assisted living in West Union. Call for information.

Turner Pointe Assisted Living

1400 W Main
McGregor, IA 52157

<https://www.greatrivercare.com/>

Phone: 563-873-3527

Fax: 563-873-1941

Keywords: shelter assisted living senior living

Assisted living center offering weekly housekeeping, two chef-prepared meals daily, utilities, basic cable and wifi. Standard and deluxe one-bedroom apartments are available.

University of Iowa School of Dentistry

801 Newton Rd
Iowa City, IA 52242

<https://dentistry.uiowa.edu/patient-care>

Phone: 319-335-7499

Fax:

Keywords: health & healthcare dentistry

Iowa's only school of dentistry offers a student clinic at significantly reduced fees of approximately a third to a half the cost of similar services from a private dentist's office. Treatment takes longer than in a private practice. Potential clients need to be able to stay for half-day appointments and attend multiple appointments to cover the same services a private dentist might cover in one visit, such as evaluation, xrays, cleaning and treatment. Clients must be reliable and willing to follow through on treatment recommendations to help these future dentists gain the experience they need. Most private dental insurance plans, Iowa Medicaid (Title 19) and Iowa Dental Wellness Plan accepted.

Upper Explorerland Regional Planning Commision (UERPC)

325 Washington St
Decorah, IA 52101

<https://uerpc.org/>

Phone: 563-382-6171
Fax:

Among many other services, UERPC coordinates assistance to low-income families with decent, safe, and sanitary housing in the private rental market; training and support assistance to low-income individuals, dislocated workers, and youth through classroom, pre-employment and on-the-job training programs; and facilitating access to employment and services for Iowa job seekers with disabilities.

Keywords: shelter affordable housing housing rehabilitation financial independence rural employment career assistance rental assistance

UERPC Regional Housing Authority Rental Assistance

325 Washington St
Decorah, IA 52101

<https://uerpc.org/regional-housing-authority-section-8-housing-program/>

Phone: 563-382-6171
Fax:

UERPC houses the Regional Housing Authority. This Section 8 Housing Program is the major effort in assisting lower-income families to live in decent, safe and sanitary housing. This program provides assistance for low-income families in the private rental market through the HUD Housing Choice Voucher Program. Eligibility for a rental voucher is determined by the local Housing Authority based on the total annual gross income and family size and is limited to U.S. citizens and specified categories of non-citizens who have eligible immigration status. Income guidelines and rent limitations are available at the local housing authority office in Decorah. The assistance is available for low-income households in Allamakee, Clayton, Fayette, Howard and Winneshiek Counties. Families making application will be placed on a wait list. Households will pay at least 30% of their monthly adjusted income towards their rent. Anyone interested or wanting further information should contact the Upper Explorerland Regional Housing Authority at 563-382-6171.

Keywords: shelter affordable housing housing rehabilitation financial independence rural rental assistance

USDA Rural Development (Iowa Area 2)

Jenny Theesfeld, Area Director
1510 3rd St SW
Waverly, IA 50677

<https://www.rd.usda.gov/ia>

Phone: 319-352-1715
Fax: 866-255-6573

USDA Rural Development offers a number of services to rural communities. Individuals may be interested in their help with renting or purchasing affordable housing.

Keywords: shelter affordable housing housing rehabilitation financial independence rural

Veterans Crisis Line

veteranscrisisline.net

The Veterans Crisis Line serves Veterans, service members, National Guard and Reserve members, and those who support them. Are you a Veteran in crisis or concerned about one? The Veterans Crisis Line is here for you. You don't have to be enrolled in VA benefits or health care to call. Phone, chat and text support available.

Keywords: wellbeing veteran services veteran transportation veteran medical hotline/helpline suicide mental health

Veterans Memorial Community and Home Care

40 First St SE
Waukon, IA 52172

[www.veteransmemorialhospital.com/
service/community-and-home-care/](http://www.veteransmemorialhospital.com/service/community-and-home-care/)

Phone: 563-568-5660

Fax: 563-568-4667

VMH Community & Home Care can provide medical treatment to help clients recover and remain safe in the comfort of their own homes. Nursing, therapy and home care aid services can assist with recovery from surgery, illness and/or injury, help clients avoid unnecessary re-hospitalization and manage chronic health conditions.

Skilled nursing services offered may include medication set-up, administration and education; dressing change and wound care; injections and IV therapy; catheter and ostomy management and education; physical assessments; patient and family care instruction; communication with physicians; recommendations to improve home safety; and coordinating medical appointments.

Home care aide services may include personal cares such as bathing and dressing and home exercise programs.

Occupational, physical and speech therapists provide in-home evaluation and treatment to help clients develop and maintain their function, posture and balance, and ability to speak and swallow.

Keywords: health & healthcare nurse physical therapy occupational therapy speech therapy oxygen personal care/bathing/dressing assistance postoperative rehabilitation

Veterans Memorial Hospital

40 First St SE
Waukon, IA 52172

<https://www.veteransmemorialhospital.com/info@vmhospital.com>
Phone: 563-568-3411
Fax:

Centrally located in the county in Waukon, Veterans Memorial is a 25-bed critical access hospital offering 24/7 emergency room and ambulance coverage; in-house CT, MRI, mammography, ultrasound and bone densitometry; outpatient behavioral health; telecare; outpatient clinic services; surgical; sleep medicine; lab medicine; obstetrics and gynecology (childbirth) and home health.

Keywords: health & healthcare hospital emergency room surgery inpatient mental health pregnancy infant childbirth

VMH Medical Clinic - Postville

124 W Green St
Postville, IA 52162

<https://www.veteransmemorialhospital.com/service/vmh-medical-clinic-postville/>

Phone: 563-864-7221
Fax:

Located in the former Postville Medical Clinic in downtown Postville, VMH Medical Clinic now offers OB, newborn care, well-child visits, well-woman visits, and acute/same day care for male and female patients.

Keywords: health & healthcare clinic

VMH Medical Clinic - Waukon

40 First St SE
Waukon, IA 52172

<https://www.veteransmemorialhospital.com/service/vmh-medical-clinic-waukon/>

Phone: 563-568-5530
Fax:

Located on the grounds of Veterans Memorial Hospital in the old Mayo Clinic Health System offices, VMH Medical Clinic now offers OB, newborn care, well-child visits, well-woman visits, and acute/same day care for male and female patients.

Keywords: health & healthcare clinic

Volunteer Income Tax Assistance (VITA)

Phone: 563-277-7246

The IRS's Volunteer Income Tax Assistance (VITA) program offers free basic tax return preparation to qualified individuals and families. VITA has operated for over 50 years and is staffed by trained and certified volunteers offering free tax help to

-- individuals and families generally earning \$60,000 a year or less

-- persons with disabilities

-- limited-English-speaking taxpayers

Tax preparation appointments are offered in person at many locations throughout Allamakee County. In addition, tax prep help is offered by drop-off and virtually. Virtual tax prep help is particularly useful for persons who no longer live in the area but still need to file taxes.

Tax help is available only for personal taxes and for small businesses that do not have inventory.

To begin, call the phone number and set up an appointment. The phone line is answered by volunteers; if it is not answered by a live person, callers are asked to leave their names, a phone number where they can be reached, and their preference of a location, drop-off or virtual option.

Keywords: financial needs income tax return preparation financial independence

Waterville Community Center Gym

115 Main St.

Waterville, IA 52170

Phone: 563-535-7295

The gym of the old Waterville School is open for walkers to exercise. Call for current hours and availability.

Keywords: wellbeing exercise fitness

Waukon Nightingale Drug

606 Rossville Rd
Waukon, IA 52172
Phone: 563-568-0033
Fax: 563-568-2141

support@nightingaledrug.com
nightingaledrug.com

Full-service pharmacy offering prescription refills and transfers, home delivery, medication adherence assistance, medication therapy management, travel vaccinations, multi-dose packaging (bubble packs), medication synchronization/reconciliation and scheduled appointments. Over-the-counter medications, vitamins and supplements, oral health products, first aid products, cosmetics and school supplies, infant care, hair care, shower and bath products and sunscreen and bug spray. Gifts and home décor items, greeting cards, scarves, purses and tote bags. Call now to schedule your immunizations conveniently close to home.

Keywords: vaccination immunization health & healthcare prescription medications/prescriptions pharmacy

Waukon Wellness Center

1220 3rd Ave NW
Waukon, IA 52172

waukonwellness.com
director@waukonwellness.com
Phone: 563-568-0074
Fax:

Community-owned wellness center offering an activity-driven space where community members can play and keep fit. Provides quality programs in a fully equipped indoor recreational center. Affordable monthly membership options; senior memberships available at age 62. Walking only memberships allow members to walk the track in safety year round, and there are discounted couples memberships.

Keywords: health & healthcare exercise fitness

Wellington Place Assisted Living

2475 River Rd
Decorah, IA 52101

Phone: 563-382-2292
Fax:

Assisted living home in apartment-style units. Services offered include meals, laundry, housekeeping and life enrichment activities. One- and two-bedroom deluxe apartments.

Keywords: shelter senior living assisted living

Wellington Place Nursing and Rehabilitation Campus

2479 River Rd
Decorah, IA 52101

Nursing home, skilled rehabilitation, long-term care, and memory care home.

Phone: 563-382-9691

Fax: 563-382-9694

Keywords: shelter nursing home/long term care postoperative rehabilitation memory care dementia physical therapy occupational therapy speech therapy occupational therapy speech therapy

Winneshiek Medical Center Home Medical Equipment

901 Montgomery St
Decorah, IA 52101

Home medical equipment supplier of oxygen concentrators, sleep apnea equipment (CPAP), oxygen and oxygen delivery systems,.

<https://www.winmedical.org/service/home-medical-equipment>

Phone: 563-382-2911

Keywords: health & healthcare home medical equipment oxygen

Winneshiek Medical Center Hospice

<https://www.winmedical.org/service/hospice>

Phone: 563-387-3024

Hospice care offered by a skilled interdisciplinary team in clients' homes throughout Allamakee County, wherever "home" may be - a private home, a nursing home or senior living. The hospice team supports the family along with the patient.

Keywords: health & healthcare hospice

Worldmaker Resilience Institute

www.World-Maker.org

Phone: 319-362-5433

Fax: 319-365-7720

Worldmaker is here to equip you to thrive - before, during or after a crisis. We offer resources and education for crisis and disaster response, anxiety and stress management, mental health, resilience, suicide prevention, and overall wellbeing. Using the evidence-based THRIVE Resilience Model, our trauma-informed clinicians tailor programs for veterans, first responders, organizations, service providers, educators, families, and caregivers. Call our phone number or use our website contact form to take the next step toward help!

Keywords: wellbeing adult mental health anxiety caregiver support crisis disaster education family support first responders mental health parenting resilience stress suicide teens veteran services

Your Life Iowa - Adult Mental Health Helpline

yourlifeiowa.org/adult-mental-health

Phone: 855-581-8111

Mental health hotline/helpline to help people find mental health services in their area, get information on crisis services, learn about ways to take care of their mental health, cope with brain injuries, and learn about a course called Mental Health First Aid that teaches the public how to recognize mental health problems and support those facing them.

Keywords: health & healthcare mental health adult mental health child mental health suicide anxiety depression hotline/helpline

Your Life Iowa - Alcohol Helpline

<https://yourlifeiowa.org/alcohol>

Phone: 855-581-8111

Problem drinking affects persons from all different backgrounds, regardless of religion, race, education or income. Almost 20% of Iowans have admitted to binge drinking in the last month. Getting help is one of the best things for one's relationships, work or school and all other aspects of life. That's why it's so important to recognize the warning signs of problem alcohol use.

Your Life Iowa provides free, confidential support--a listening ear, good information, and connections to experienced counselors or simply a shoulder to lean on. Phone, text and chat lines available.

Keywords: wellbeing alcohol addiction recovery hotline/helpline mental health

Your Life Iowa - Children's Mental Health Helpline

yourlifeiowa.org/childrens-mental-health

Phone: 855-581-8111

Keep children mentally healthy.

We all want the youth in our life to be healthy and happy. One of the most important ways to can help is to recognize when children could use support for their mental health. Mental health issues can affect the way children learn, act and handle their emotions. This can impact their life at home, school and more.

When children receive the support they deserve, the brighter their future will be. Talk, text and live chat lines available.

Keywords: health & healthcare mental health child mental health suicide hotline/helpline teens

Your Life Iowa - Drug Use Helpline

<https://yourlifeiowa.org/drugs>

Phone: 855-581-8111

When in the midst of a problem with drug use, it can be hard to find a way out. Getting help is one of the best things for one's relationships, work and all other aspects of life. That's why it's so important to recognize the warning signs of problem drug use.

Your Life Iowa offers free, confidential support - good information, a connection to an experienced counselor or simply a shoulder to lean on. Phone, text and live chat lines.

Keywords: wellbeing drug abuse addiction recovery hotline/helpline narcotics mental health

Your Life Iowa - Gambling Helpline

<https://yourlifeiowa.org/gambling>
Phone: 800-238-7633

Helpline through the Iowa Lottery to help Iowans identify if gambling is becoming a problem. Referrals, live chat and text lines.

Keywords: wellbeing gambling addiction recovery hotline/helpline mental health

Your Life Iowa - Suicide Helpline

yourlifeiowa.org/suicide
Phone: 855-581-8111

Thoughts of suicide attempts and completion affect many Iowans. Suicide does not discriminate, and can affect anyone. When someone says they are thinking about suicide, or says things that sound as if the person is considering suicide, it can be very upsetting. One may not be sure what to do to help, whether one should take talk of suicide seriously, or if intervention might make the situation worse. Your Life Iowa offers free, confidential support including connections to help, good information and a shoulder to lean on. Talk, text and chat lines available.

Keywords: wellbeing suicide hotline/helpline mental health child mental health adult mental health

Youth Law Center

<https://youthlawcenter.org/>
Phone: 800-728-1172

Advocacy for Iowans under age 18 in issues of Child in Need of Assistance actions (child welfare), juvenile justice (delinquency matters), emancipation, infant toddler court program, minor crime victims/witnesses, involuntary mental health or substance abuse committals, minor guardianships, Young Motherhood Program and Too Good to Lose ("Girls Court"). They do not represent children in child custody cases between parents; for legal representation for a child in a custody matter contact the Iowa Center for Children's Justice.

Keywords: wellbeing court juvenile court suicide child welfare juvenile justice emancipation crime victim involuntary committal legal guardianship crime witness crime victim child abuse

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