

## Resource Directory for Palo Alto County

### ABUSE

- Child Abuse/Neglect Reporting – DHS 1-800-362-2178  
(TDD # for Deaf Access Also)
- CAASA 1-877-362-4612  
Centers Against Abuse/Sexual Assault
- Crisis Center for Domestic Abuse 852-4612
- Family Crisis Line 852-4612

### AGING/ELDERLY

- NW Aging Association - Spencer 1-800-242-5033
- Multipurpose Senior Center 852-3350
- Meals on Wheels – Emmetsburg 852-5432
- Meals on Wheels – West Bend 515-887-4071
- Meals on Wheels – Ruthven 837-5411
- Meals on Wheels – Drive up -Graettinger 712-859-3140
- Social Security Administration 712-262-5350

### ALCOHOL & DRUG/SUBSTANCE ABUSE

- Prairie Ridge Addiction 515-295-5158  
Treatment and Services
- Compass Pointe 852-3471  
Treatment and Prevention 852-9931
- AA Meetings 852-5500  
Iowa Trust Bank, Emmetsburg  
Tuesdays and Thursdays 7:30 p.m.

### CARE FACILITIES/SENIOR LIVING

#### Emmetsburg

- Emerald Oaks Assisted Living 852-8508
- Horizons Unlimited 852-2211  
Residential Care, Mental Retardation (MR)  
Group Home, Apartment, Supported Employment
- Kathleen's Residential Care 852-2267  
Intermediate Care (ICF), MR
- Emmetsburg Care Center 852-4266  
ICF, Day Care, Telecare
- Lakeside Lutheran Home – ICF 852-4060
- \*PARC Hall – ICF 852-5520
- \*Willow Ridge 852-5480  
Senior Independent Living Apartments

#### Ruthven

- Ruthven Community Care Center 837-5411  
Adult Day Care, Assisted Living, Meals on  
Wheels, Reach Out to Elderly, Respite

#### West Bend

- West Bend Care Center 515-887-4071  
ICF, Adult Day Care, Respite,  
Meals on Wheels, Assisted Living

\*Affiliated with Palo Alto County Health System

### SUPPLEMENTAL CARE

- Prairie Lakes AEA 8 –  
- Early Access 1-866-540-3855  
- AEA KIDS program 1-866-540-3855  
- PAK Empowerment 1-866-540-3855
- Child Care Resource & Referral 1-800-245-6151
- Well Child Health Assessments 1-800-245-6151
- Palo Alto Child Care Nursery 1-712-298-0947  
(Free Tues, Wed, Thurs AM at Trinity  
Episcopal Church)
- \*PACH – Sick Child Day Care 852-5500  
(Needs pre-registration)
- WIC (Women/Infant/Children) 1-800-245-6151

### PHYSICIANS/FAMILY PRACTICE

- \*Family Practice Clinic – Emmetsburg  
Frank E. Veltri, M.D. 852-5555  
Jean Eichmeier, PA-C 852-5555  
Daunyale Spora, D.O. 852-5555  
Jennifer Boevers, D.O. 852-5555  
Paul Matthews, M.D. 852-5555  
Patricia Banwart, D.O. 852-5555  
Amy Friedls, ARNP 852-5555  
Julie Buehler, ARNP 852-5555
- \*Family Practice Clinic – Graettinger 1-800-685-2431  
Frank E. Veltri, MD 712-859-3131  
Patsi Nystrom, ARNP 712-859-3131
- \*Family Practice Clinic – West Bend  
Patricia Banwart, D.O. 515-887-7891  
Luan Montag, PA-C 515-887-7891

### DENTISTS

- Graettinger Dental Clinic 859-3613
- Michael G. Louscher 852-2054
- Dr. Zimmerman 852-3777

### CHIROPRACTORS

- Emmetsburg Chiropractic 852-4699
- Handeland Chiropractic 852-2266
- Schwartz Chiropractic 852-8282
- Graettinger Clinic of Chiropractic 859-3298
- Fehr Chiropractic- Ruthven –for appt. call 712-841-4572

### DISABILITIES/HANDICAPS

- Horizons Unlimited, Inc. 852-2211

### DISADVANTAGED/POVERTY

- Upper Des Moines Opportunity, Inc. 852-3482
- Iowa Department of Human Services –  
Emmet County 1-800-449-6540  
Kossuth County 1-800-840-6525
- Veteran's Affairs 852-2066
- Palo Alto County General Assistance 852-2832
- Disaster Aid – Red Cross 712-262-1574  
1-800-242-5033
- Dinner Date 852-4421

## EDUCATION

- Headstart 1-800-245-6151
- Iowa Lakes Community College 852-3554
- Iowa State University 852-2865  
Extension Office, Palo Alto County

## EMPLOYMENT

- Horizons Unlimited 852-2211  
(with Developmental Disabilities)
- Job Service of Iowa 852-3412  
Dislocated Workers Program
- Job Partnership Training Act 1-800-798-7224
- NW Planning and 712-262-7225  
Developmental Commission
- Farm Focus 1-800-222-6857
- Vocational Rehabilitation 515-295-7613

## FINANCIAL ASSISTANCE

- Department of Human Services  
Emmet County 1-800-449-6540  
Kossuth County 1-800-840-6525
- PAC General Assistance 852-2832
- Farmer's Home Administration 852-4470
- Upper Des Moines Opportunity, Inc. 852-3482
- Veteran's Affairs 852-2066

## HOME HEALTH CARE

- \*Hospice of Palo Alto County 852-5419
- \*Palo Alto County Home Care Service 852-5444
- \*Palo Alto County Public Health Nursing 852-5419

## HOSPITAL

- \*Palo Alto County Hospital 852-5500

## HOTLINES

- AIDS 1-800-458-5231
- Iowa Concerns 1-800-447-1985  
Financial, Legal Issues,  
Family Transitions (24 hours)

## HOUSING/HOME REPAIR

- The Northwest Iowa Regional 712-262-7460  
Housing Authority
- FmHA --- Elder Housing Units 852-4470
- Upper Des Moines Opportunity, Inc. 852-3889  
Energy Assistance
- Upper Des Moines Opportunity, Inc. 852-4241  
Weatherization
- Veteran's Affairs 852-2066
- Low Rent Housing Agency-Barb Puff 852-4169

## LEGAL

- Legal Services Corporation of Iowa 1-800-392-0021

## OPTOMETRISTS

- Emmetsburg Eye Clinic, Dr. Reedy 852-2979
- Family Vision Care, Dr. VerMulm 852-4123

## LOAN CLOSETS AND EQUIPMENT

Walkers, Commodes, Other Equipment

- Mallard – Pearl Hood 425-3531
- Emmetsburg – Lou Ann Huberty - 852-2334
- Ruthven – Mary Smith 837-4314
- Graettinger – E. Frerichs 859-3289
- West Bend Care Center 515-887-4071
- American Prosthetics 712-262-4227

## PHARMACY/HEALTH SERVICES

- Hughes Pharmacy 852-3433  
Or 1-800-242-7839
- Mansmith Pharmacy 852-2727  
Or 1-800-777-2525

## MEDICATION ASSISTANCE

Jeri Hedding 852-5424

## MENTAL HEALTH & FAMILY COUNSELING

- Northwest Iowa Mental Health Center 1-800-242-5101
- Catholic Social Services 515-576-4156
- Lutheran Family Services 1-800-622-7285
- Children & Families of Iowa 515-573-2193
- Seasons Center 852-2922
- Suicidal Hotline 712-279-2400
- Teenline 1-800-443-8336  
(Personal and Health – Related  
Information and Referral)

## SOCIAL SERVICES

- Lutheran Social Services of Iowa 712-262-9171
- Bethesda Christian Counseling 712-737-2635

## SUPPORT GROUPS

- Alzheimer's – Regional Director 800-426-6512  
Estherville contact - 712-362-4743  
Spencer contact - 712-332-7398  
Emmetsburg – contact Kelly Schultz 712-580-4236  
(2<sup>nd</sup> Wed. each month )
- \*Grief Recovery 852-5419
- Prenatal Class 852-5419
- Sibling Class 852-5419

## TRANSPORTATION

- Regional Transit Authority (RIDES) 800-358-5037
- \*Palo Alto County Hospital Van 852-5419  
Wheelchair Accessible

## VOLUNTEERISM

- RSVP 852-5313
- Iowa Lakes S.C.O.R.E. Chapter 712-262-3059
- SHIIP Volunteer 1-800-242-5033
- Elder Guide 1-800-242-5033  
Fills form in home,  
Program information
- Respite Help 1-800-426-6512  
-Regional