

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 852-4876
Iowa Trust Bank, Emmetsburg
Thursdays 7:30 p.m.

CARE FACILITIES/SENIOR LIVING

Emmetsburg

- Emerald Oaks Assisted Living 852-8408
- 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)
- 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 852-3773
- Handeland Chiropractic 852-2266
- Schwartz Chiropractic 852-8282
- Graettinger Clinic of Chiropractic 859-3298
- Emmetsburg Chiropractic of Ruthven 1-712-837-5000

DISABILITIES/HANDICAPS

- Horizons Unlimited, Inc. 852-2211

DISADVANTAGED/POVERTY

- Upper Des Moines Opportunity, Inc. 852-3482
- Iowa Department of Human Services –
• Dickinson 1-866-336-2555
Emmet County 1-800-449-6540
Kossuth County 1-800-362-2178
- 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
Dickinson County 1-866-336-2555
Emmet County 1-800-449-6540
Kossuth County 1-800-362-2178
- 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

- Emmetsburg – Lou Ann Huberty - 852-2334
- Ruthven – Mary Smith 837-4314
- 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 **1-800-242-5101** 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
(2nd Wed. each month) or Lori Morey 712-852-4266
held at Emerald Oaks Assisted Living
- *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 – Susan Howe 712-262-8858
- 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