

WYD INC'S "WHERE TO GO FOR HELP" LISTING - Wapello County



FOOD



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Below is a listing of Resources in Wapello County. Updated 7/1/18

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Agency Emergency Care Center

641-937-5272

6941 Ashland Rd, Agency, IA 52530

Director - Judy Davidson

email: jdavidson@ahfa.org

FOR CHILDREN ONLY.

AHFA program. Short term and temporary interventions provided through the child welfare. Operates under the umbrella of Child Welfare Emergency Services (CWES) which is a contract between the Iowa Department of Human Services (DHS) and AHFA. These services are all focused on children's safety, permanence and well-being.

They are intended to immediately respond to the needs of the eligible children and their families. CWES' approaches range from "Crisis Intervention" such as family conflict mediations or in-home services provided before children require removal from their homes to more restrictive "emergency" services such as Shelter Care. Eligible children are referred by CWES, Juvenile Court Services and Law Enforcement. If a child cannot be safely maintained in their home, or their safety is in question, a Shelter placement can be made. Youth who are in shelter are placed on a level point system, educational plans are developed and shelter staff work closely with the referring Agency to ensure their efforts have generally been exhausted before a child is placed into shelter care. This is a needed service and at times the only place a youth has left to go when all other attempts at diffusing the situation have failed.

American Home Finding Association

641-682-3449 1-800- 290-0876

217 E 5th St, Ottumwa, IA 52501

American Home Finding Association provides services dedicated to improving the quality of life for children and families in Southeast Iowa.

It is a private, not-for-profit family service agency. We were established in 1899 in Ottumwa, IA to provide Adoption and Foster Care for children. Currently our services include Family Counseling, WIC, and Maternal Child Health Program, Emergency Shelter for adolescents, Child Care and the Foster Grandparent Program.

MCH/WIC Clinic 641-682-8784 1-800-452-1098

Foster Grandparent Program 641-682-3449 ext 103

Teen Health Center 641-683-4444 ext 2215

Child Care Center 641-683-4444 ext 2112

Emergency Shelter Care 641-937-5272

Corinthians House 641-937-5272

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American Legion - Medical Equipment Closet -

On a Borrow Basis

641-682-5232

550 W. Main Street, Ottumwa, IA 52501

Mon-Sat 8 AM to 8 PM

Closed on Sunday, only

You do not have to be a Veteran

Wheel Chairs,
crutches,
porta potty,
walkers,
shower chair.

American Red Cross

1-800-340-4081 (Call this number for representative in Wapello County)

Office located inside the Legacy Foundation building at 111 East Main Street.

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors. Will help in situations where there is a fire, flooding or natural disaster.

Blessings Soup Kitchen

641-777-7997 228 E. Main St, Ottumwa, IA 52501

OPEN M-F 9:00 AM to 11:00 PM

Sheri Locke

Hot cooked meal M-F 11-am to 1:00 pm

Emergency tents

Delivery of meal to campgrounds in summer

Ministry to the homeless

Transitional Housing (must fill out an application) for correct placement in 1 of 4 shelters*

Capacity 14*

Camel Club

641-455-4682 410 W, Keota, Ottumwa, IA 52501

Contact: Bryan Sissell

Open Meetings: Wed: 8pm

Thur: 6:30pm

Fri: noon

(They are working on getting more meetings)

Celebrate Recovery Meeting: Monday's 6:30 pm at 420 Minneopa, Ottumwa, IA 52501

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CASA 

641-683-9474 Toll Free: 866-295-5427

105 E. 3rd Street, Suite 201, Ottumwa, IA

Fax: 641-863-9456

E-mail: aprile.goodman@dia.iowa.gov

Contact: April Goodman

The Iowa Child Advocacy Board (ICAB) is an independent board established in Iowa Code Chapter 237, Division II to provide for citizen involvement in child welfare issues. It is composed of nine members appointed by the Governor of Iowa and confirmed by The Iowa Senate. ICAB is a unit of state government attached to the Iowa Department of Inspections and Appeals. ICAB establishes policies and procedures for two volunteer child advocacy programs: the Court Appointed Special Advocate (CASA) program and the Foster Care Review Boards (FCRB) program.

Along with establishing these programs to support the work of citizen volunteers helping abused and neglected children, ICAB is also required to report annually its findings on issues affecting the best interests of children in Iowa's child welfare system and to offer recommendations for improvements. Court Appointed Special Advocates (CASA)

The **Iowa Court Appointed Special Advocate Program** recruits, trains and supports community volunteers to serve as an effective voice in court for abused and neglected children, strengthening efforts to ensure that each child is living in a safe, permanent and nurturing home. The Court Appointed Special Advocate is typically assigned one case at a time and does a variety of things to promote the child's best interests: investigation, assessment, facilitation, monitoring and advocacy.

CASAs are recruited to serve in all 99 Iowa counties. The **Iowa Foster Care Review Board Program** (FCRB) recruits, trains and supports community volunteers to serve on local community boards working to improve how permanency is achieved for Iowa children placed in foster care. Over 60 local boards meet monthly to review the status of children who have been removed from their parents. Advisory recommendations in the child's best interests are provided by the boards to the Court and other system officials.

Celebrate Recovery

641-455-4682

420 Minneopa, Ottumwa, IA 52501

Contact: Bryan Sissell

Meetings: :

Mondays at 6:30 pm.

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Children & Families of Iowa

641-455-5260

111 E Main Street, Ottumwa, IA 52501

Ottumwa Regional Legacy Foundation Building

Children & Families of Iowa (CFI) is a private, nonprofit organization who recently formed a collaborative of organizations to strategically support children and families in Ottumwa and Wapello County. Children & Families of Iowa is dedicated to restoring hope, building futures and changing lives throughout Iowa. With offices in Ankeny, Des Moines, Fort Dodge, Osceola and Ottumwa, CFI is restoring hope for victims of domestic violence, helping teens find their futures, creating safe homes for children, preparing children to succeed and helping people reshape their lives.

Funds received from the Legacy Foundation have supported many critical services offered, including programs aimed at parent mentoring, camp for youth at-risk of substance abuse, Substance Abuse Task Force Teen Advisory Committee, 24/7 Dads, Southern Iowa Mental Health Center Parent Child Interaction Therapy and strategic planning. These services are part of a collaboration convened by CFI, including The Children's Alliance (Council for Prevention of Child Abuse in Wapello County), Drug Endangered Children, the Substance Abuse Task Force and Community Partnership for the Protection of Children (CPPC). The collaboration, known as Community Partnership for Protecting Children, has a vision that "every child, beginning at birth, will be healthy, safe and reach their full potential."

CPC -

See: MENTAL HEALTH AND DISABILITIES SERVICES (MHDS)

Crest Services



641-682-4624

226 W. Main St, Ste, 502, Ottumwa, IA 52501

Fax: 641-682-0601

Email: LSandegren@abhomes.org

Contact: Lynne Sandegren

Crest Services is a not-for-profit provider of in-home care and independent living programs in Iowa and Minnesota. Since 1974, Crest Services has been providing residential services to individuals with mental or developmental disabilities or those with traumatic brain injuries.

Crest Services is owned and operated by American Baptist Homes of the Midwest (ABHM), a not-for-profit provider of senior living and health care since 1930. ABHM has been providing health care, affordable housing and supportive services to people of many ages, cultures, and conditions for over 80 years. As a not-for-profit,

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A faith-based organization, our mission is to create communities that foster independence, dignity, and self-worth. Simply: our goal is to create environments that encourage all to experience life to its fullest regardless of age or condition.

Services Offered:

Group Living Services are provided through direct support staffing patterns that allow persons needing more assistance to remain in their community. Staffing may be up to 24 hours per day. This service is funded through the Home and Community Based Services (HCBS) waiver. We currently also have 3 licensed Residential Care Facilities for the Intellectually Disabled (RCF/ID).

Independent Living Programs

These programs are for persons with intellectual disabilities or developmental disabilities who are able to live semi-independently in the community with support services. Training and assistance, offered by support staff, enables the member to learn new skills that promote personal growth.

Respite Services

Respite is provided for both children and adults- under either the ID or BI waiver, usually in an hourly setting. This provides an opportunity for the family to have a break from the care of their individual.

Consumer Directed Attendant Care (CDAC)

This program is designed to help members do things that they would normally do for themselves if able. This program is provided under the ID or BI waiver.

Habilitation Services

This program provides support to members with a mental health diagnosis- either in a daily site or in the Independent Living program. Staff provides support to the members so they may live and be a part of their community.

Brain Injury Program

We primarily provide hourly support to persons with Brain Injuries. In some instances, we have been able to provide daily assistance- contact the local office for additional information

Crisis Intervention Services



Sexual Assault

1-800-270-1620 (24 hours Crisis Line)

Office: 641-673-0336

Fax: 641-676-1997

500 High Avenue West .Oskaloosa, IA 52577

Email: help@stopdvsa.org

www.stpdvsa.org

Sexual Assault, Domestic Abuse and Housing Services:

Crisis Counseling

Support and Resources

Advocacy in the Legal, Medical and Social Services System

Assistance seeking Medical Attention

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Eddyville Food Pantry ★

641 660 3584 1001 Main St, Eddyville, IA 52553

When: 2nd & 4th Saturday 9AM to 11PM

Provides food

Must live in Eddyville, Blakesburg, Freemont School District to qualify

Ezra Clinic ◆

610 East Main, Ottumwa, IA 52501

Tues: 6-8:30 pm

<http://www.freeclinicsofiowa.org>

641-682-9260 Bridge Church 8-4 pm

Free medical clinic for Ottumwa and surrounding area. First come, first serve. Limited availability during clinic hours, please arrive early. Donations are welcome but not required. For questions about the clinic or for opportunities to get involved, please contact the Bridge Church at 641-682-9260, Monday-Friday 8-4 pm.

First Presbyterian Church Food Pantry ★

641 684 5465

228 W. Fourth, Ottumwa, IA 52501

Provides Food

When: 3PM to 5:30 PM on 3rd Thursday of each month. Must bring picture ID and proof of address (utility bill w/name)

First Resources □ ● ◆

642-682-2800

102 N. Hancock, Ottumwa, IA 52501

<http://www.firstresources.us/>

We are a private, nonprofit human service corporation. We offer a full range of programs servicing people with disabilities, children and families in need, drug and alcohol counseling for adults and mental health services for adults.

Substance abuse treatment

Access to recovery program: Need income verification letters (Both pages) From Workforce and picture ID:

Bus Passes

Clothing/Hygiene needs

Utility Assistance

Life Skills

Drug Testing

Individual and Family Therapy

Disability Services

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Treatment & Recovery / Therapy / Family & Children Services

102 North Hancock Street

Ottumwa, IA 52501

Phone: 641-682-2800

Fax: 641-682-2826

Community Based Mental Health

1010 East Williams Street

Ottumwa, IA 52501

Phone: 641-682-8082

Fax: 641-682-9965

Food Box Program

641 682-5491

Contact Donna Leedall dleedall@sieda.org or Regina Shultz rshultz@sieda.org
or

Erin Sellman at the Extention Office esellman@lastate.edu

Sign up to reserve your spot in our summer food box program. We deliver boxes of fresh, locally-grown produce directly to your workplace every other week. The cost of each box is \$20.00 and includes 6-10 different types of vegetables and fruits.

Choose to receive boxes on any or all of the dates below.

Pay up front or pay monthly to fit your budget.

Sign up now on our website to reserve your spot.

www.producewithapurpose.com

Dates:

June 13, 27

July 11, 25

Aug 8, 22

Sept 5, 19

Oct 3

Fremont Kids Closet

526 E. Main, Fremont, IA 52561

941-777-8069

By appt only. Call Judy Glancy at number above. Will meet at Fremont United Methodist Church. Infants up to 5th-6th grade. No questions asked.

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General Assistance

641-683-4630

215 N. Court, Ottumwa, IA 52501

Fax: 641-683-6390

Located in Supervisors Office in old jail off of Court, right behind County Courthouse

Open M-F 8:00 AM to 4:30 PM

To Qualify a person must:

- Be a resident of Wapello County
- Be at least 18 years of age
- Meet current income resource guidelines

Types of Assistance:

- Emergency assistance for needy persons
- Assistance for poor persons
- Assistance for an extended nature.

Examples of help:

Help with Utilities if you qualify

Special need foods (diabetic) - if not receiving food stamps

Burial \$1,200.00 but family cannot add to it,

Campground Vouchers *Goes by FIP GUIDELINES"

Tent/Sleeping bags

Vouchers (once a year) to pay for deposit or part of rent (must meet guidelines)

Habitat For Humanity

641-814-2883

C1st CU 235 Richmond Ave. Ottumwa, IA 52501

E-mail: ottumwahabitatforhumanity@gmail.com

Area: Serving Ottumwa and surrounding communities in Wapello County. Founded in 1992

Ottumwa HFH is a locally run affiliate of Habitat for Humanity International, a nonprofit, ecumenical Christian housing organization. Habitat for Humanity works in partnership with people in need to build and renovate decent, affordable housing. The houses then are sold to those in need at no profit and with no interest charged.

<http://www.habitat.org/>

Heartland Pregnancy Center

641-683-3030

101 S. Market Street #302, Ottumwa IA 52501

When: M, T, Th 12 PM to 5 PM

W: 9AM to 5 PM

*24/7 Hotline: 1-866-277-3472

*Walk-ins are welcome during regular hours. We can meet a client anytime, (off hour by appointment. 641-683-3030)

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***Free & confidential:** Pregnancy tests with results while you visit Information about pregnancy, abortion & sexually transmitted diseases.

Emergency Contraception (Plan B On-Step pill). Ongoing support throughout your pregnancy, Ultra-sounds. Counselling & referral for adoption. Referrals for medical care, social services and legal aid.

Maternity clothing. Baby clothes and furniture.

"Healthy Relationships" - Abstinence Ed. for schools and community organizations. Sexual Integrity Program - exploring the gift of sexuality, sexual health and wholeness. Earn While You Learn Program - opportunity to earn Baby Bucks for baby materials.

Hope House

Addiction Treatment Center

641-954-9924

433 N. Weller, Ottumwa, IA 52501

First Resources Corporation Hope House:

Residential facility for men, women and children. Aimed toward helping those recovering from substance abuse and other addictions. Must submit to abuse evaluation to recommend treatment. Child/children must be w/parent or w/in 30 days ...or be pregnant. Must provide their **own food w/food stamps.**

Types of Treatment:

Drug & Alcohol Addiction Treatment

Opioid Addiction Treatment without the use of medication

Addiction Treatment Approaches:

Addiction treatment counseling therapy

Trauma-related counseling therapy

12-step based treatment approach

Brief intervention approach

Counseling for anger management

Martix Model

Relapse prevention planning

Treatment Facility Operation

Privately owned

License/certification/accreditation

State department of health

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Payment & Insurance Policy

Accepts cash or self payment

accepts medicaid

accepts state financed health insurance plan other than Medicaid

Funded through the government

Special Addiction Treatment Programs

Pregnant/postpartum women

Adult Women

Adult men

Persons who have experienced trauma

Persons who have experienced sexual abuse

Persons who have experience intimate partner violence, domestic violence

Other Treatment Services

Offers individual counseling

Offers group counseling

Beds provided for clients children

Ages Accepted

Children and /or Adolescents 17 or younger

Young adults ages 18-25

Adults ages 36-64

Indian Hills Community College Dental Hygiene Clinic

Dental Hygiene Services - Free services for children under 17

Telephone: 1-641-683-5209.

525 Grandview, Ottumwa, IA 52501

Dental Hygiene students are providing comprehensive procedures that are in addition to standard care. a dental hygiene instructor evaluates procedures. Patients are scheduled for 3 hours for each appointment and procedures may take more than one appointment to complete. IHCC does not accept dental insurance but we will assist you in filling out your insurance form so you can be reimbursed.

Fee's are due at time of service.

Child Cleaning (under age 14)

include: exam, teeth cleaning, fluoride and bitewing x-rays 30.00

Adult cleanings (14 and older)

include: exam, teeth cleaning, fluoride and x-rays 50.00 - 85.00

The adult fee is dependent on the gum health of the patient. Service needs and fees will be discussed prior to providing care.

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Other services provided by the IHCC Dental Hygiene Clinic:

-Athletic mouth guard	\$20.00
- Sealant	\$5.00 per tooth + oral exam \$10.00
- Whitening tray and bleach*	\$90.00 tray and bleach
- Bleach Re-fill	\$30.00
- Extra toothbrushes or dental aids	\$2.00
- Bitewing x-rays	\$8.00
- Full Mouth Survey X-rays	\$15.00

INFANTSEE®



Telephone: 1-888-396-3937.

Website: <http://www.infantsee.org/>

A public health program designed to ensure early detection of eye conditions in babies. Member optometrists provide a comprehensive eye and vision assessment for infants within the first year of life regardless of a family's income or access to insurance coverage.

Insight Partnership Group



641-954-9769

1319 N Court St, Ottumwa, IA 52501

Fax number: 641-954-9771

Hours: M-F 8:00 AM to 4:00 PM

About Us

The mission of Insight Partnership Group is

to continually encourage the individuals we are privileged to serve, as they pursue to the best of their ability, a greater physical and emotional stability. The ultimate goal of our staff, in conjunction with the individuals we serve, will be the attainment of the maximum degree of independence possible for each and every person. This striving for independence is perceived by our staff as non-negotiable,

Vision:

Seeing beyond what individuals can do today & opening a whole world of independence by fostering skills & confidence.

Insight Partnership Group is always accepting referrals for the following services:

- Respite Services
- Money Management/Payee Services
- Medication Management
- Obtain/Maintain living environment
- Psychiatric & Physical Health Symptom Management
- Social Activities/Opportunities

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Iowa Justice For Our Neighbors

515-255-9809

United Methodist Immigration Ministry

Wesley United Methodist Church

430 E 2nd Street, Ottumwa, IA 52501

IJFON supports a hospitality ministry that welcomes immigrants by providing affordable, high-quality immigration legal services to low-income immigrants, engaging in advocacy for immigrant rights, and offering education to communities of faith and to the public.

Our Values

- We are compassionate and trustworthy. We create a welcoming atmosphere for IJFON clients.
- We value high-quality immigration legal services provided by staff attorneys.
- We are volunteer-based. We provide opportunities for meaningful interaction between volunteers and clients.
- We are faith-based, yet welcome all clients and volunteers to engage in our services.
- We care about improving our nation's immigration policies and our communities' relationships with immigrants.
- We value our network model to serve more immigrants in need through learning from each other, leveraging our strengths and becoming more productive through shared information and resources.

Justice For Our Neighbors is a network of legal clinics based in United Methodist churches around the country. Our goal is to provide hospitality and compassion to low-income immigrants through immigration legal services, advocacy, and education.

Founded in 1999 by the **United Methodist Committee on Relief (UMCOR)**, Justice For Our Neighbors offers a way for church members to walk alongside immigrants and to assist them as they come out of hiding to seek to normalize their immigration status. Through interaction with Justice For Our Neighbors, immigrants not only receive immigration counseling, they also find places to belong, ways to contribute, and individuals who care about their lives here in the United States. We are a volunteer-based model, with staff attorneys at each site working with volunteers to serve immigrants so that families can unite, women can escape domestic violence, and eligible individuals can attain work authorization and become U.S. citizens.

Justice For Our Neighbors is a network of **locally funded and managed sites** that operate approximately 35 church-based immigration legal clinics serving more than 3,500 low-income clients a year. The National Justice For Our Neighbors office provides support, guidance, and oversight to all the Justice For Our Neighbor sites, including:

- Assistance with the vetting and establishment of new Justice For Our Neighbor sites
- Legal mentoring and guidance to the network
- Training of volunteers who conduct client intake, provide hospitality, advocate, and much more
- Provision of administrative support and payment for necessities such as liability insurance, case management systems, and legal research tools for each site
- Sharing best practices with sites and facilitating communication so sites can learn from one another
- Sponsorship of annual gathering of sites to connect, learn, and share in the challenges and joys of serving low-income immigrants

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Iowa Workforce Development

641-684-5401

15260 Truman St, Ottumwa, IA 52501

Fax: 641-684-4351

Email: Region15.Web@iwd.iowa.gov

Sunday	Closed
Monday	8:30 am to 4:30 pm
Tuesday	8:30 am to 4:30 pm
Wednesday	9:00 am to 4:30 pm
Thursday	8:30 am to 4:30 pm
Friday	8:30 am to 4:30 pm
Saturday	Closed

Assess & improve life skills such as applying for jobs, learning word, excel, etc. Also help w/felons to prepare for re-entry into the workforce. Covers Appanoose, Davis, Jefferson, Keokuk, Lucas, Mahaska, Monroe, VaBuren, Wapello and Wayne Counties

Iowa Works:

- Job search skills development
- Locating employment opportunities
- Academic skill testing
- Hands-on computer classes
- HiSET preparation
- College research
- Creating resumes and cover letters
- Preparing for interviews
- 6 Steps to a Successful Career Transition
- Assistance with managing Unemployment Insurance claims
- Job fairs and other special events
- Skill upgrades and training
- Career and skill assessment

IPONDA – Iowa Protective Order Notification for Domestic Abuse

Call 1-800-373-5044 or 515-281-5044

Fax: 515-281-8199

visit www.registervpo.com to access protective order information

If you feel you are in danger, call 911 immediately.

Program This is a service provided by the Iowa Attorney General's Office Crime Victim Assistance Division. It provides victims with access to information and notifications for protective order statuses. It is an automated service that lets you, the protected party or petitioner track the status of a protective order over the phone or Internet. You can also register to be notified by phone or email about changes in the status of a protective order.

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Before you call IPONDA, be ready with your case number and the defendant or respondent's name as it appears on the order.

J.B. Sax Charity Fund Loan Application

641-682-8369

(located at the Ottumwa Housing Authority)

935 W. Main Street, Ottumwa, IA 52501

J.B Sax is a Charity fund that may help with up to 100.00 for (Rent Deposits, Utility deposits or Utility disconnects). It is asked that you pay back any amount received from the fund. You will not be eligible to receive funds if you still have an outstanding balance from previous help.

Rent Deposits: If the deposit that is owed is more than 100.00, proof is required that the other amount is paid before they will help. Example: On a \$350.00 deposit you will have to have \$250.00 paid before they will pay the other \$100.00.

Utility Deposits: Can pay up to 100.00 on gas and electric. Water deposit is paid up to 150.00.

Utility Disconnects - the fund only pays up to the 100.00 on current balances. if balance is more than 1 month past due, that must be paid before the fund can pay.

The J.B. Sax Charity Fund DOES NOT provide assistance for gasoline, transportation, air conditioners and fans.

Applicants MUST live in the Ottumwa city Limits.

Klassi Kloset

641-682-3005

1207 N. Jefferson, Ottumwa, IA 52501

Located inside the Lighthouse Plaza

Contact: Terri Erenhard

Open:

M-F 10:00am - 5:00 pm

Sat: 10:00 - 2:00 pm

To provide quality merchandise at a reasonable price to benefit the local community, meet practical needs of hurting families in the local area, and feed orphans and widows throughout the world through Impact Ministries International and Feed the Nations."

New or gently used household items

Furniture

Clothes and shoes for families

Volunteers (2 to 10 hours a week)

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Legal Aid

642-683-3166

112 E Third Street, Ottumwa, IA 52501

<http://www.iowalegalaid.org/ia/homepage.html>

Providing Legal Aid to those who cannot afford a Lawyer.

Some Legal Topic:

Family and Juvenile

Housing

Consumer and small Claims Court

Public Benefits

60+ Elder Law

Disaster Relief

Disability

Work

Taxes

Education

Health

Veterans' Issues

Pensions

Individual Rights

Self Help

Immigration

Identity Theft

Migrant Workers and Farmworkers

Living Hope Bible Church

641 652 3481

201 W. Walnut, Eldon, IA 52554

When: M & W & F

1 PM to 3 PM

Provides Food

Eldon residents only

Lord's Cupboard

202 E. Fourth Street, Ottumwa, IA 52501 at the First United Methodist Church

When M-F 12 PM- 3 PM Be there by 2:45 PM to receive service.

Must have SIEDA &/or WIC Vouchers

The Ecumenical Lord's Cupboard, is a non-profit, non-tax entity feeding the hungry in Wapello County. They are a "crisis" enterprise, not a grocery store. They do not discriminate against anyone because of race, color or creed. They serve as a channel for funds and food given to them and distribute it without bias. Last year the

WYD INC'S "WHERE TO GO FOR HELP" LISTING - Wapello County



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Ecumenical Lord's Cupboard provided food to 4,075 individuals in 1,591 households with each receiving enough food for a week.

This worthy project is ecumenical in that area churches participate by giving financial donations which help the Cupboard with the acquisition of the items they cannot purchase at the Southern Iowa Food Bank. They have to purchase milk, eggs, meats, margarine, bread and a lot of other commodities not distributed by the SIFB.

Consequently, monetary donations are always appreciated. Churches also help by contributing food items, cleaning supplies, toiletries and paper products.

The pantry serves as a helping hand to area residents.

Please bring your items to the church to place in the Lord's Cupboard box located at the main entry.

Loving Shepherd Food Pantry

641-938-2918

Methodist Church on High Street, Blakesburg, IA 52536 (See Vera)

When: Last Saturday of the month, 8 AM to 11 AM &
Second Tuesday of the month 10 AM to 1 PM

FOOD and basic needs

Must be a Blakesburg resident only

"Mental Health AND Disabilities Services (MHDS)"

Formally known as:

CPC Central Point Coordination for Wapello County

641-683-4576

102 E. Main, Ottumwa, IA 52501

Contact: Jennifer Vitko

The MHDS is an entity of a larger system that funds MH/DD (mental health/developmental disabilities) services. The county is a partner with other funders, which includes the federal and state governments.

A citizen is eligible for funding assistance in Wapello County if he or she meets the county's basic requirements, the first of which is a diagnosed disability.

Disabilities include mental illness, chronic mental illness, mental retardation, and developmental disabilities.

A citizen must also be below 150 percent poverty and have resources below the guideline as established by Wapello County.

Vouchers for the park/or deposits or rent One time a year for those who disabled with above disabilities.

<http://ottumwacourier.com/local/x1581527881/Just-what-does-the-CPC-do>

WYD INC'S "WHERE TO GO FOR HELP" LISTING - Wapello County



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CLOTHING

MILESTONES ”



641-682-2270 or 855-410-6222

Fax: 641-682-2445

623 Pennsylvania Ave, Ottumwa, IA 52501

Milestones is one of six Area Agencies on Aging designated by the Iowa Department on Aging to provide information and assistance to Iowa seniors age 60 and older, caregivers and adults living with a disability in a seventeen county area. Milestones is your leading source for aging and disability resources and information. Through the aging and disability resource center, LifeLong Links, we help individuals and their families living in Appanoose, Clinton, Davis, Des Moines, Henry, Jefferson, Keokuk, Lee, Louisa, Lucas, Mahaska, Monroe, Muscatine, Scott, Van Buren, Wapello and Wayne Counties. Wherever you are in the aging process, Milestones is the “go to place” for up-to-date, local aging and disability information. Get the knowledge and resources to help you, or the person you care about, stay independent and connected.

Information, Referral and Assistance provides a connection to community networks and resources to help people age 60 and older, along with individuals living with disabilities age 18 and over, maintain independence, security, and quality of life.

Care Coordination assists individuals age 60 and over to live independently at home by coordinating home-based community services that help with activities of daily living.

Senior Nutrition Program offers daily nutritious meals to individuals age 60 and over which are served in a social, congregate dining center or delivered to the home. Individual nutrition counseling and group nutrition/wellness education is also offered.

Family Caregiver Program supports people who care for their parents, spouses, or others by providing information and resources along with individual counseling.

Options Counseling provides person-centered planning and implementing of long-term supports and services for people age 60 and over, individuals age 18 and over living with a disability, veterans and caregivers.

Senior Medicare Patrol empowers individuals to prevent healthcare fraud by providing information to help them “Protect, Detect, and Report” potential or suspected cases of Medicare fraud.

Wellness and Safety evidence-based education classes, “Better Choices, Better Health” and “Matter of Balance”, are offered for chronic disease self-management and fall prevention practices.

Senior Health Insurance Information Program connects experienced volunteers with individuals to help find answers to questions about Medicare and other health insurance issues.

Elder Rights and Abuse Prevention provides resources, information, and proactive solutions for individuals and families that have concern for their safety and well-being.

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Older Worker Employment Program provides an array of employment and supportive services to those age 55 and older with disabilities who are serviced through Iowa Vocational Rehabilitation.

NEST Program (ISU Extension & Outreach)



13011 120th Ave, Ottumwa, IA 52501

Assistant: Roselia Encarnacion

Phone: 641-682-5491

Fax: 641-682-5148

Classes are for first-time & experienced parents with prenatal to age 5 children.

Free classes provide families with education on prenatal care, child development, nutrition and parenting skills. Points earned for going to various community resources like substance abuse classes, Parents as Teachers & coming to our classes. Then we have a store upstairs that they can use those points to buy diapers, wipes, pull ups, bottles, shampoo and many more baby/ toddler related items." New parents receive points as they attend prenatal or postpartum care visits and routine baby checks.

The mission of the program is to encourage parents to enter their child into the health care system at an early age and to promote prenatal care to ensure the birth of a healthy baby. Once you are enrolled in the program you receive points for attending weekly classes, medical appointments for your child, prenatal and postpartum visits, and participating in other community resources; such as WIC, Parent's As teachers, MEICHV & Early Access.

Variety of topics: prenatal care, child development, safety, parenting skills, nutrition, cooking, budgeting techniques, & managing stress.

Childcare avail.

Once your child turns 5 years old, your family will graduate from the program and no longer receive points.

However, you can still attend classes and take all of the valuable resources taught at NEST classes. * For example, the classes may teach breastfeeding basics for working moms one week and the following week educate parents on the effects of television on preschoolers*

New Eyes For The Needy



1-973-376-4903

or visit the New Eyes for the Needy website.

Website: <http://www.neweyesfortheneedy.org/>

Individuals cannot apply for themselves. The online application is only accessible to social service agencies who apply on their clients behalf.

Provides vouchers for the purchase of new prescription eyeglasses.

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They is a non-profit, non-sectarian volunteer organization that purchases new eyeglasses for poor children and adults in the United States. The organization also recycles donated glasses for distribution to indigent people in developing nations worldwide. Founded in 1932, New Eyes for

the Needy has provided free eyeglasses to more than 7 million people in the U.S. and around the world. The organization is based in Short Hills, New Jersey. For more information about New Eyes for the Needy.

OCSD Preschool Program

641 684 7179

608 E. Williams, Ottumwa, IA 52501

Contact -Delores Allman

Ottumwa Community School District FREE Preschool Program @ Agassiz School. Must be 4 to go full day. Must fill out application. * The following preschools are a part of the OCSD Preschool Program: Seton Montessori Preschool and Indian Hills Preschool Program. Must go there to fill out apps.

OPTIMAE Life Services - COMMUNITY SERVICES

641-684-6441 226 W. Main Street, Ottumwa, IA

Optimae **Home and Community Based Services (HCBS)** offer a personalized approach to providing services for children and adults with mental retardation or a qualifying brain injury or handicapping condition. We provide individualized support so that each consumer receiving this service may experience success and satisfaction in the community-based living environment of their choice. These services are provided in the consumer's home and other community based settings, and are available 24 hours a day. Optimae Life Services currently serves more than 250 people in its HCBS program.

Optimae **Home-Based Habilitation Services (HBHS)** are designed to assist individuals with serious and persistent mental illness with the acquisition, retention or improvement in skills related to living in the community. These services are provided in the individual's home or community, and assist them in living in the most integrated setting appropriate to their needs. Services are intended to provide for the daily living needs of the member and can be provided at any time of the day or night that is necessary to meet the individual's needs. These services include the following supports; adaptive skill development, assistance with activities of daily living, community inclusion, transportation (except to and from a day program), adult educational supports, social and leisure skill development, protective oversight and supervision.

Supported Employment Services (known as S.T.E.P. - Supporting The Employment Process) uses proven technology to ensure the consumer is empowered to choose, obtain and keep a job he/she desires and is able to do.

Supported Employment Services help the consumer:

- Complete a job search profile
- Identify areas of experience and interest
- Determine preferred number of hours, wages, shifts, duties and work environments
- Create or update resumes

WYD INC'S "WHERE TO GO FOR HELP" LISTING - Wapello County



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- Make contacts with employers
- Arrange interviews
- Practice interview skills

- Negotiate employment
- Get on-the-job training
- Identify and develop job accommodations and modifications
- Arrange follow-up support

Optimae **Respite Services** provide a temporary reprieve from the daily responsibility of being a primary care giver. Our services provide a paid staff member to care for the person with a disability while the primary care giver(s) (i.e., parents, legal guardian) has time to participate in personal leisure/recreational activities.

Services are available to individuals who have a family member(s) or legal dependent(s) with a disability living in their home.

Optimae operates the only community based **Intermediate Care Facility** - Persons with Mental Illness (ICF/PMI) in the state of Iowa. An ICF/PMI is a specialized nursing home serving the geriatric population who also experience severe and persistent mental illness. This program participates in the Iowa Medicaid program as a (NF/MI), the only one in the state, so the non-federal share of the ICF per diem is paid for by the state while the non-federal share of the enhanced MH per diem is the responsibility of the individual's county of legal settlement.

Located in Bloomfield, Iowa, the Davis Center ICF-PMI provides nursing care as well as other intensive supports and services to 25 individuals 65 years of age or older in a safe and helpful environment. The facility is staffed by a devoted, caring and highly skilled team of professionals and paraprofessionals consisting of a psychiatrist, qualified mental health professional (QMHP), licensed social worker and a team of RN's and LPN's. Services provided include 24-hour psychiatric nursing, service coordination and activities in daily living (ADLs). The primary objectives of the services are to decrease specific symptoms, enhance the quality of life and empower consumers to choose desired roles in their lives.

Optimae's RCF is licensed by the Iowa Department of Inspections and Appeals.

Ottumwa Fire Dept (OFD) Car Seat Program

(Call to see if still available)

641-683-0666

201 N. Wapello, Ottumwa, IA 52501

Contact - Tony

Provides Car Seats for those who cannot afford them.

They had two people attend a 4 day training on car seats. Anyone can contact OFD to have their carseat properly installed.

Tony stated they do have a few car seats available & is checking with the person in charge of that area. He also stated they have applied for a grant through the State of Iowa so they can purchase more as needed.

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Ottumwa High School

641-683-4444

501 E. Second, Ottumwa, IA 52501

Contact - Bobbie in office

Ottumwa High School offers:

Caps/Gowns for graduation for those students who cannot afford one.

Closet located on the 3rd floor for for students who may need clothing. Go to the **Welcome Center the 1st Floor for referral.**

Daycare for Students with children* Go to the Daycare for Application.

Food Pack Program:Ottumwa High School is offering a supply of nutritious food, free of charge, for students over weekends. Go to the **Welcome Center on 1st floor to register.** Beginning the 2015-16 school year, bags of food will be distributed the last day of school every week. Any child enrolled at Ottumwa High School is eligible for the program, including elementary and middle school siblings. Once your child has applied, registered, and been approved for the program, he/she will receive a numbered bag. This bag will be your child's bag for the remainder of the year. Your student must return this bag in order to receive a refill for the following week.

Only one form is needed for all of the children in your family. All of the information you provide will be kept confidential. *If you wish to discontinue services or need to report a lost or stolen bag, contact Kami Millikin at kami.millikin@ottumwaschools.com or 641-683-4444 x 2527

Free or reduced breakfast/lunch for those considered "homeless" even if they live w/ grandparents *

See: <http://www.ottumwaschools.com/food-services/documents/2016-2017InformationLetter-Parent.pdf>

Ottumwa Housing Authority

641-682-8369

935 West Main Street, Ottumwa, IA 52501

Fax: 641-682-7287

Ottumwa Housing Authority provides low income residents with housing assistance through the management of Low Rent Housing. These rentals are income based and the eligibility guidelines are set by HUD. There may be waiting lists for these rentals due to the overwhelming need for affordable housing and at times the lists may close to new applicants based on the size of and length of wait on the lists. If you are in need of assistance please contact the Housing Authority directly to obtain more information about eligibility requirements, availability of rentals, the status of any waiting lists and their application procedures.

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Programs they offer:

Public Housing Program

Neighborhood Stabilization Program

Vouchers:

Housing Choice Voucher

Ottumwa Noon Lions Club



641-799-6048

PO BOX 445, Ottumwa, IA 52501

Contact - Blaire Siems

<http://www.ottumwaeveningpost.com/9470/243663/a/ottumwa-noon-lions-club-collects-eyeglasses-for-those-in-need>

Help with purchasing eyeglasses, as well as the screenings. Application must be filled out.

Oxford House Humility



641-954-8012

175 N. Ward St. (women)

641-814-9167

201 N Ward St. (men)

Ottumwa, IA 52501

Contact - Lisa Pffor

Self-supporting and drug free home. Oxford House Humility is an all women & a separate all men sober house. Oxford Houses are a concept in recovery from drug and alcohol addiction. The women and men of the Oxford Houses pay **ALL** the expenses related to the maintenance of the house. There are 7 beds in this self-supporting & drug free home. Oxford House Humility is part of a nonprofit corporation umbrella organization which provides the network connecting all Oxford Houses & allocates resources to duplicate the Oxford House concept.

PACE Program (Pathways for Academic Careers and Employment)

641-683-5131 or 1-800-726-2585 Ext 5131

525 Grandview Avenue, Ottumwa, IA 52501

Indian Hills Community College

indianhills.edu/PACE

Contact:Debbie Boyer

Navigating college can be a challenge. PACE Program provides support services to enable qualifying students to acquire effective workforce training to obtain quality in-state employment.

Potential participants include students who are:

Iowa residents pursuing a career-oriented field

And one or more of the following:

Unemployed, underemployed or dislocated workers

Undereducated or uneducated

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Living at or below the 250% level of the poverty line

PACE offers customized services including

Knowledge of campus and community resources

Knowledge of IHCC credit, non-credit certificate diploma and degree programs

Grant-funded financial assistance

Financial literacy education

Consistent and personalized support

Promise Center

641-682-8772

531 Church Street, Ottumwa, IA 52501

M/F: 11 - 4pm

T/TH : 10 - 6pm

W: 10-4pm

Sat: 2-6pm

Promise Center is a peer ran drop-in center for adults with mental illness and a program of Southern Iowa Mental Center.

It is staffed by a licensed bachelor social worker. It is not a crisis center or treatment center but rather a place to develop and use social skills, learn about the community, and work toward personal recovery. There is no charge for the service.

It is centrally located in the downtown area on a bus route and less than one block from the main bus stop. Members are responsible for their own transportation and there is parking available in front of and behind the building. In addition to unstructured socialization and recreation, there are numerous structured activities scheduled throughout the month, such as birthday celebrations, movies, skill-building/problem-solving groups, peer support, art therapy, guest speakers, games, business and planning meetings, crafts, holiday parties and community outings. Members decided how to spend their time while at Promise Center.

Membership is available to individuals age 18 and older who have a mental illness.

Individuals wishing to join must apply for membership with Coordinator. At that time, the individual may be asked to sign a release of information to verify their diagnosis.

Accepted members must sign an agreement indicating their willingness to abide by the rules of Promise Center.

PUBLIC TRANSPORTATION

10-15 Transit

State and federally funded PUBLIC transportation system. Available for anyone needing transportation in Region 15 and 17. All services are open to the general public, including persons with disabilities. Riders may use the bus for nearly any purpose: grocery

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shopping, medical and dental visits, congregate meals, going to work or school or personal business.

THREE EASY STEPS TO GET SERVICE FOR 1015:

1. Call the Dispatcher - 800-227-6390. Relay Iowa 711.
2. State your destination and desired pick up time.
3. State if you will need a return trip.

General Public Fare for local transportation - \$2.00 in town and \$4.00 in the County.

Central Office: 800-227-6390

Hours of Service are 24 hours per day/7 days a week. Trips must be scheduled by at least the previous business day and are subject to availability of a driver and vehicle

Ottumwa Transit

2417 Emma St, Ottumwa, IA 52501

641-683-0695

Greyhound and Trailways Bus Stop

210 W. Main Street, Ottumwa, IA 52501

800-992-4618 (Greyhound) 641-682-8018 (Trailways)

Ottumwa Amtrak

641-682-3876

210 W Main Street, Ottumwa, IA 52501

The Ottumwa station is on the California Zephyr route and has daily service twice a day either going towards Chicago (#6) or San Francisco (#5) and the stops in between in both directions. .

RETAIL TO RESCUE



2110 N. Court Ottumwa, Iowa 52501

641-799-2497

Anne Riddle Michel - Owner

Summer hours for shopping or donating

Saturdays 8:00 am to 11 am or by appointment (Call first)

Call or text to make an appointment on other days.

All kinds of nice, gently used clothing... all sizes. All profits from sales benefit area animals and people in need.

We also donate clothing and housewares etc to those referred to us. We are also needing volunteers!

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RIVER HILLS COMMUNITY HEALTH CENTER

201 South Market Street P.O. Box 458 Ottumwa, Iowa 52501

641-683-5773 (Family Practice / Dental / Behavioral Health)

641-684-3000 (Pediatrics)

641-455-5431 (Gynecology)

(You may also call our office 24 hours a day to access a triage nurse.)

Hours of Operation

Medical Clinic

Mon	8-8pm
Tue	7:30-8pm
Wed	7:30 -8pm
Thur	7:30-8pm
Fri	7:30-5pm

Pediatrics

Mon	8-7pm
Tue	7:30-6pm
Wed	7:30 -6pm
Thur	7:30-6pm
Fri	7:30-6pm

Gyn

Mon	8:30-4pm
Tue	8:00-noon
2nd Tue	
(each month)	8-6pm
Wed	9 -4pm
Thur	9-4pm
Fri	No Gyn Services.

Dental Clinic

Mon	8-6pm
Tue	8--6pm
Wed	8-6pm
Thur	8-6pm
Fri	8-noon

Behavior Health Clinic

Mon	8-6pm
Tue	7--6pm
Wed	7-6pm
Thur	7-6pm
Fri	8-noon

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Medical

- Adult & Child Medical Care
- Well Child Visits
- Preventative Care
- Chronic Disease Management
- Women's Healthcare
- Birth Control
- Immunizations
- Cancer Screenings
- Referrals to Specialists
- Family Practice
- Pediatrics
- Prescription Assistance Program
- Lab Testing
- Radiology
- Interpreter Services

Dental

- Dental Care for All Ages
- Routine Exams
- Cleanings
- Cavity Fillings
- Tooth Extractions
- Root Canals
- Crowns
- Limited Dentures
- Local Anesthesia
- Referrals to Specialists
- Oral Hygiene Instruction
- Preventative Healthcare Education
- Interpreter Services

Gynecology \ Women's Health Services

- Well Women Exams and Preventive Health Screenings
- Cancer Screenings: Pap Smears and Breast Exams
- Abnormal Pap Follow Up
- Menstrual Irregularities
- Urinary Tract Infections
- Vaginal Infections
- Decreased Libido
- Painful Intercourse

Family Planning Services

- Wellness Exams Including Birth Control Exams
- Wide Range of Birth Control Methods
- Sexually Transmitted Infection Screening and Treatment
- Infertility Exams, Counseling and Referral
- Pregnancy Tests
- Reproductive Life Planning

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- Health Education
- Confidential Services
- Immunizations
- Appointments for Men and Women

Behavioral Health

- Assessments and Evaluations
- Diagnosis
- Referrals
- Art Therapy
- Play Therapy Techniques
- Individual Therapy
- Couples Therapy
- Family Therapy
- Group Therapy
- Substance Abuse Therapy
- Medication Management

Salvation Army & Thrift Store

641-954-8131

505 W. Main St, Ottumwa, IA 52501

Open M-F 9 AM-12 PM

Contact– Beth Woodard

Clothing and many basic needs

Emergency tents

Possible help with lot rent at campgrounds

Help on utilities disconnect

Rent referral to SIEDA, Food pantries and organizations that help homeless and transits

Sunday Meetings:

Worship Service 10:30 AM

Wednesday Meetings:

Women's Ministry: 1-3pm

Bible Study and Prayer: 4:30 - 6PM

Ministry Center & Office:

M/W/F 9-4pm Closed for lunch 12-1pm

Crisis Assistance:

M/W/F 9 - 12PM

Donation Hours:

Sat 10-2pm

Sallies Closet

M/W/F - 1-4pm

Sat 10-2pm

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SHARE Food Program ★

641-682-8741 or 1-800-622-8340

Sieda Community Action Building
725 W Second Street, Ottumwa, IA 52501

A food buying group that specializes in bringing you the best quality food at unbelievable prices. Through SHARE's unique food network, thousands of people save money by stretching their grocery dollars.

Our Best Value Package includes a wide assortment of frozen meats, fresh fruits and vegetables, and convenience foods — just like you see in major grocery stores, but at a savings of up to 50% off retail prices! Additional packages, including meat and specialty packages, are also available.

You can pay for your SHARE packages with cash, check or EBT/food stamps at your local pickup site. Online orders require payment with a credit or debit card, or by check.

SHARE Iowa partners with places of worship, schools, and other organizations to create neighborhood "host sites" to make picking up your SHARE packages fun and convenient.

Wapello County's Host Site is Sieda Community Action.

SICM Southeast Case Management ◆

641-684-6399 Ottumwa Office:

207 W. Second, Suite 3, Ottumwa, IA 52501 PO Box 1626, Ottumwa, IA 52501

Email: sicm3@seiwacasemgmt.com

641-932-5697 Albia Office:

103 S. Clinton Street, Albia, IA 52531 PO Box 113, Albia, IA 52531d

Email: sicm5@seiwacasemgmt.com

Independent Case Management, Inc. (ICM) is a social service agency that provides support to individuals who are diagnosed with brain injury, chronic mental illness, mental retardation, and developmental disabilities and who are Medicaid eligible. We also serve individuals who qualify as frail elderly, those who receive 100% county payment for services, and those who are able to privately pay for their support. ICM is a private organization that subcontracts with thirteen counties in Southeast Iowa area forming a consortium, which creates the single entity "Southeast Iowa Case Management (SICM)." Through SICM, the counties are able to combine their efforts and share resources of funding and personnel. SICM also serves 21 other counties in Iowa through a mutual agreement with the individual county's Central Point of Coordination and Board of Supervisors.

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Services from SICM

SICM is accredited by the Division of Mental Health and Disability Services to provide Case Management within the State of Iowa.

We locate and provide a link to many services for our clients as part of several Medicaid funded programs:

- Intellectual Disabilities Waiver
- Brain Injury Waiver
- Elderly Waiver
- Habilitation Services
-

Services Available

- Adult Day Care
- Assistive Devices
- Behavioral Programming

Chore Services

- Consumer Directed Attendant Care
- Family Counseling and Training
- Home Delivered Meals
- Home and Vehicle Modifications
- Home Health Aide
- Interim Medical Monitoring and Treatment
- Mental Health Outreach
- Nursing
- Personal Emergency Response System
- Prevocational
- Respite
- Specialized Medical Equipment
- Supported Community Living
- Supported Community Living - Residential Based
- Supported Employment
- Transportation

SIEDA Southeast Iowa Economic Development Association



641-682-8741

725 W. Second, Ottumwa, IA 52501 (Administrative Offices)

226 West Main Street, Ottumwa, IA 52501 - (Behavior Health and Treatment Services Building)

Southern Iowa Economic Development Association (SIEDA) is one of the 18 Community Action Agencies covering the entire 99 counties of Iowa. SIEDA was founded July 7, 1965 as a not-for-profit corporation. Because the majority of SIEDA's funding comes from government sources, it is a common misconception that it is a public agency, not the private agency that it has always been. SIEDA provides services in Appanoose, Davis, Jefferson, Keokuk, Lucas, Mahaska, Monroe, Van Buren, Wapello & Wayne counties in southern Iowa. Community Action Agencies

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are charged with the responsibility of identifying the unique needs of the poverty population within their communities and designing programs to meet those needs. Although Community

Action Agencies across the nation administer several similar programs, each agency has the ability to tailor its services to the needs of its local communities. SIEDA's programs are funded by a combination of federal and state grants, local funds, donations, client fees and private resources. The agency is governed by a 24 member Board of Directors. The Board is composed of elected officials, representatives elected by the low-income and members of the private sector.

Heat Assistance : LIHEAP (heat assistance) the previous year, that income verification is **good for 12 months**. If they did not apply for LIHEAP, they will need to bring their **Federal Tax Form or verification of income for the past 30 days**.

School Supplies If they received LIHEAP last year, they just need to come down and complete a form for school supplies. If they did not receive LIHEAP or have their income verified in the past 12 months, we will need to verify income as stated above.

Christmas (We will begin taking applications for the Christmas program in October 2018. The applications should be available on our website and they can pick them up at our office at 725 W. Second. If they get an application off the website, they will need to bring it to the office and set-up a time to pick-up their gifts. (Again, the same income rules apply as for School Supplies.)

Elderly Christmas - Clients must be over 60 and be income eligible for LIHEAP. We are taking these applications as the elderly apply for LIHEAP. This consists of a food box and possibly some gifts.

Food Referrals, Child and Adult Care Food Program (CACFP): Registered child care providers are eligible to enroll in the program. Day Care Providers are provided with nutrition education and submit monthly menus to assure that meals and snacks follow standard nutrition guidelines. Providers also plan nutrition activities for the children in their care, which helps prepare young children to make healthy food choices for the rest of their lives. Providers are provided with partial reimbursement for the cost of the meals and snacks as a result of participating in the program. *

Weatherization and Winter Moratorium: The Weatherization component works to tighten and insulate homes against the elements and to assure the safety of appliances by providing health and safety checks, furnace repair/replacement, refrigerator replacement, home insulation, minor repairs and client education. **To be eligible for Weatherization, clients must first be approved for LIHEAP. Head Start:**

Sieda Head Start™ is a preschool experience for low-income and disabled children 3-5 years of age. Head Start™ is a holistic approach to early childhood education that addresses not only the educational needs of the children but also the health, nutrition, social, mental health and literacy needs as well. Multi-cultural classrooms serve children who are unable to speak English or speak English as a secondary language. Children attend preschool classes four days a week. Meals and snacks are served. In addition to the classroom activities, children and their parents take part in field trips to expose them to educational and cultural activities in their

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communities. * **What you need to fill out Head Start App:***Child's birth verification (Birth Certificate, Title 19 #/Medical Card, Hospital Certificate, or Passport). Proof of income for at least 12 previous months (copy of pay stub, taxes, W-2, letter from employer, FIP, or other form of verification). Birth dates and/or Social Security numbers for all family members in the house.

***The Family Development and Self Sufficiency (FaDSS)** program is an **intensive in-home visitation program** for families receiving family investment program payments (FIP) from the Department of Human Services. All FaDSS Specialists are Certified Family Development Specialists. **Family must be receiving FIP to be eligible to participate in the FaDSS program.** The FaDSS program is available in Appanoose, Davis, Jefferson, Keokuk, Mahaska, Van Buren & Wapello counties

***The Maternal Infant Early Childhood Home Visitation (MIECHV)** provides intensive home-visitation services to new and expectant families to strengthen the parent child relationship, encouraged healthy child growth and development and nurture parents in their role as the child's first teacher and prevent child abuse and neglect. The MIECHV program seeks

to: Improved maternal and newborn health; Prevention of child injuries, child abuse, neglect, or maltreatment, and reduction of emergency department visits; Improvement in school readiness and achievement; Reduction in crime or domestic violence; Improvements in family economic self-sufficiency; and improvements in the coordination and referrals for other community resources and supports. *The **MIECHV** program utilizes the Healthy Families America (HFA) evidence-based model. MIECHV is a voluntary program for prenatal women or mothers with newborns who reside in **Wapello** or **Appanoose** Counties.

***Parents as teachers (PAT)** is an in-home visitation program for parents with children ages birth to age 5. The PAT program provides parents with child developmental knowledge and parenting support, provide early detection of developmental delays and health issues, prevent child abuse and neglect, and increase children's school readiness. The PAT model includes one-on-one home visits, monthly group meetings, developmental screenings, and a resource network for families. Parent Educators conduct the home visits using structured visit plans and guided planning tools. PAT Educators offer at least 12 one-hour home visits annually (more are offered to higher-need families) and offer a monthly Group Connection for PAT families. PAT serves families for at least two years between pregnancy and kindergarten entry. PAT Educators provide parents with information on child development and suggests learning opportunities that encourage the development of language, intellect, and physical and social skill. * **Sieda Community Action Behavioral Health and Treatment Services** offers mental health services. Our [CARE](#) accredited program offers a wide-range of services including: **Family & Relationship Issues Children's Services,**

Adolescent Behavior Depression Anxiety Grief Issues Trauma * We accept Medicaid as well as other third-party insurers. They have a sliding fee scale for treatment services * For more information and to schedule an appointment call 641.683.6747. * **A/C units...** We don't have funding for this at the present time. When we do, clients must have a statement from their doctor that it is **medically "necessary"** for them to have A/C and be under 175% of poverty.

**Poverty guidelines: <https://www.sieda.org/content/poverty-guidelines>

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Sight For Students

1-888-290-4964 or visit the Sight for Students website.

Website: <http://www.sightforstudents.org/>

Free Eyeglasses...Sight for Students, a Vision Service Plan (VSP) program, provides eye free exams and free glasses to low-income, uninsured children. The program operates nationally through a network of community partners who identify children in need and VSP network eye doctors who provide the services. VSP founded Sight for Students in 1997 and was one of the original commitment-makers to America's Promise, which strives to bring together organizations dedicated to helping America's youth. For more information about Sight for Student.

Must have a US Social Security Number

Must be 19 years old or younger

Family income at or under 200% of Federal Poverty Level

Haven't received care through a VSP program during the last 12 months.

Note: Eye care services and prescription eyewear are not available if already covered through a private insurer and/or government program.

Certificates are distributed through community partners to children who qualify.

Community Partners in this area:

Ottumwa Eye Care

Dr. William R Adler OD - Albia

Soles for Souls (Shoe Pantry)

Pam Schell-Cloyd 641-777-1426 or the Bible Baptist Church 641-682-9609

Bible Baptist Church 944 W. Williams Street, Ottumwa, IA 52501

Hours open for shopping are: 1st & 3rd Tuesday of each month- 5:30 PM - 6:30 PM

Drop Offs can be made at Integrated Health Home Office 226 W. Main,
3rd Floor or back door of the Church at 944 W. Williams (Donation box)

Free to those who need them...slightly used shoes, boots, work boots and sock.

Southern Iowa Mental Health

641-682-8772

1527 Albia Road (New Location), Ottumwa, IA 52501

Open Tues, Thurs, Fri 8 AM - 2:30 PM

Contact Laura Webster

Southern Iowa Mental Health Center (SIMHC) is a private nonprofit corporation accredited by the State of Iowa. We are dedicated to enhancing the quality of life for individuals and families in our communities by providing easily accessed mental health services and promoting awareness of mental health issues.

We offer you a number of services provided in a professional and confidential manner which promote the value, dignity, and rights of each individual regardless of age, sex, race, creed,

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marital status, sexual preference, social status, or the ability to pay for services. The center is a multi-disciplinary group of mental health professionals working together to provide the help that our clients need. Our team includes a psychiatrist, psychiatric nurse, psychologist, clinical social workers, mental health counselors, outreach programs, and administrative assistants.

Must be resident of Wapello County.

Stellar Woods

641-682-9958

720 N. Fellows Ave, Ottumwa, IA 52501

This is a low income apartment. The government gives funds directly to this apartment owner. They charge lower rent for low income persons. Contact this apartment for low rent Family housing with subsidized government low income rates..

This apartment accepts HUD subsidies. For HUD subsidized apartments, if you qualify for low income housing and they have available apartments, rent is based on 30% of your Adjusted Gross Income. Call for details.

2 bedroom apartments at location

3 bedroom apartments at location

Student Support Services - IHCC

641-683-5133 or 800-726-2585, Ext 5133

Indian Hills Community College

525 Grandview Ave, Ottumwa, IA 52501

<http://www.indianhills.edu/trio/sss.html>

Recognizing that the ultimate responsibility for success lies with you, the student, Student Support Services promotes self-advocacy and leadership and provides academic, cultural, career-oriented, and social activities to help you continue your education and achieve academic success. We promote the educational opportunity of eligible students whose aspirations, participation, and achievement of post-secondary academic goals may be at risk.

The Student Support Services Project is funded by the U.S. Department of Education. Liberal eligibility requirements allow most students at Indian Hills to qualify for the program. The key requirement is the desire to improve your grades. Undergraduate students at all levels of academic performance are encouraged to apply.

Participants are identified and selected from one or more of the following criteria: economic status, first generation college students (neither parent has a bachelor's degree), or individuals with disabilities.

Student Support Services will:

- Provide assistance to students in the areas of counseling and guidance, instruction, services to students with disabilities, and cultural activities. The cornerstone of Student

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Support Services is guidance and counseling. Counseling includes: academic, financial, or personal services.

- Host special workshops, sponsor cultural activities and speakers, and provide opportunities for students to participate in cultural and recreational events.
- Help students with disabilities function independently in an educational setting.
- Offer tutoring both on an individual and/or group basis.
- Assist in securing admission and financial aid for enrollment in four-year institutions.

All services are free of charge for eligible students.

Swaddling Clothes

Trinity Lutheran Church

295 Shaul Ave, Ottumwa, IA 52501

641-684-7279

Open 2nd Sat of each month 9am to noon

www.swaddlingclothes.org

Mission Statement:

The mission of Swaddling Clothes is to share the mercy of Christ with our neighbors through the gifts of clothing, food, friendship, and the forgiving Word of God.

From various donors, we assemble a collection of items associated with pregnancy and motherhood—maternity and baby clothes, diapers, formula, bottles, etc... Then, on the second Saturday of each month, Trinity hosts a “shopping day” where you can survey our collection and take whatever you need, up to a certain number of items. If any of the items you take can be re-donated to Swaddling Clothes when you are done with them, we ask that you do so to help those in need after you. We also partner with a number of other organizations, providing you with referrals if you are seeking counseling, health care, employment, etc... And, of course, being a part of a Lutheran congregation, we are always ready to share pastoral care and a Gospel word with those who need them.

Tenco

641-682-8114

710 Gateway Drive, Ottumwa, IA 52501

Residential Programs Respite:

Provides one-on-one activities to a person with disabilities, designed to allow free time for the primary caregiver.

Group Respite: A group service offering activities to people with disabilities; designed to provide time away from the primary caregiver.

Supported Community Living: Goal-oriented programming that assists individuals, over the age of 18, with developing the life skills necessary to live as independently as possible in the community.

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Residential Care Facilities (RCF): Residential Care Facilities are designed to assist persons, over the age of 18, with mental illness and/or intellectual disabilities, in developing daily living skills for future community living.

Crisis Stabilization Home: A voluntary service for people, with mental illness, experiencing crisis but not requiring hospitalization. This alternative offers 24-hour support, for up to 6 weeks, during re-stabilization.

Day Habilitation Program: This is a program designed to assist individuals interested in: working on life skills (i.e. cleaning, cooking, socialization, and community safety). This program also focuses on peer interaction and appropriate social skills, while promoting the individuals independence.

Organizational Employment: Provides work opportunities to individuals not able to utilize our Community Employment Services. Individuals we serve in this program are in need of close supervision that may be due to behavioral, health and/or safety concerns. With Organizational employment we focus on the development of skills necessary for work in the community. All individuals are offered paid work opportunities through Tenco. The work tasks are provided in a workshop setting (work is provided thru contracts with local businesses, and self generated work (such as our greenhouse) and enclaves.

Partnering Opportunities: Tenco can help your company increase profits, meet production schedules and maintain quality standards. By sub-contracting with Tenco, you will be able to meet this challenge as well as providing our individuals with a variety of work opportunities designed to increase work skills and independence. Current contracts include, but are not limited to: manufacturing, assembly, disassembly, packaging, quality control, mailing services, and document destruction. A few of our current partners are: John Deere, Kness Manufacturing, NyPro, Cequent Consumer Products, Fairfield Line, Pro Optics, and L. Daniels Netting.

Small Group Employment: Tenco offers multiple enclaves; a small group of adults with disabilities, working in a community-based business or setting, accompanied by a working supervisor to provide training on specific job duties. Small group employment services provide individuals with real life experience to prepare them for community employment. Some of our current enclave placements include: Cequent Consumer Products, Wells Manufacturing, and Pioneer Hi-Bred International.

Community Employment: This program is designed to offer community employment opportunities to individuals who have both the desire to work in an integrated work setting and employment abilities for this type of work. It is also important for the individual to be able to problem solve and have the appropriate social skills. The two major goals for supported employment are to give the individuals the opportunity to earn competitive wages and to earn these wages in an integrated work setting. Stages of community employment include:

Discovery: A process that highlights the strengths and passions of an Individual in order to assist with learning about them through experiences in living, learning, and working environments from a network of supports.

Employer Development: A phase that allows the Employment Training Specialist an opportunity to gain knowledge of the needs, expectations, etc, of potential community employers.

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Job Development: A service that assists Individuals with completing job applications, identifying employment preferences, mock-interviewing, and carving out an appropriate placement in the community.

Job Coaching: A service that provides continued supports once employment has been obtained to assist with ensuring successful employment.

Green House Operations: This service provides paid work opportunities to the people we serve with disabilities. They are provided the skills to assist with picking the produce, transplanting the plants, packaging and labeling the produce along with helping sell the product at our local farmers' markets. The agency opened its first hydroponic greenhouse in Fairfield, IA, in September, 2012.

Retail Operations: Tenco owns and operates the "Second Time Around" thrift store in Centerville, IA. This service provides transferable skill building opportunities for people with disabilities. All proceeds are reinvested to benefit Tenco's mission.

Truant Officer & Homeless Liaison ★ ◆ ●

641-777 0245

1112 N. Van Buren, Ottumwa, IA 52501

Contact - Toby Mitchell

At Risk Student Services * Pre-school – 24 yrs. MUST be enrolled in school program to Include GED* MUST qualify for Federal guidelines as "homeless". Will provide clothes, coats, boots, school meal transportation to school, teen health, counseling.

Vocational Rehabilitation

641-682-7569 (V/TTY)

15260 Truman St., Suite 4, Ottumwa, IA

Fax # (641) 682-6219

Mission to work for and with individuals who have disabilities to achieve their employment, independence and economic goals.

<http://www.ivrs.iowa.gov/>

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Wapello County Department of Human Services (DHS)



641-682-8793

120 E. Main Street, Ottumwa, IA 52501

If you need assistance in locating the appropriate office to address your concerns, please call toll free to 1-800-972-2017 Relay Iowa TTY 1-800-735-2942 Email: Contactdhs@dhs.state.ia.us

Some important numbers..

Child or dependent adult abuse	1-800-362-2178
Child care payments or registration	1-877-347-5678
Abuse Registry	1-800-362-2178
Abuse Reporting:	
Child abuse:	1-800-362-2178 toll free 24 hrs
Adult abuse:	1800-362-2178 toll free 24 hrs
Adoptions:	515-281-8799
Adult daycare:	515-725-1147
In-home health:	1-800-338-8366
Child Care Assistance:	1-866-448-4605
Providers, Licensed Centers:	515-281-5584
Childcare Provider Complaint hotline:	1-844-786-1296
Child Support Automated information line:	1-888-229-9223
Commodities/Food Distribution:	515-281-5410
Family Investment Program (FIP)	
To report changes to an existing case:	1-877-347-5678
Fax:	515-564-4041
Food Assistance:	
To report changes to an existing case:	1-8778-347-5678
Fax:	515-564-4041
Foster Care:	
Group Foster Care:	515-281-9368
Independent Living (Foster Care for 16 & Older):	515-242-5271
Foster Care Recovery Unit:	1-888-229-9223 or 515-369-2844
Fraud Reporting:	
Report Suspected Welfare Fraud:	1-800-831-1394
hawk-i (Healthy & Well Kids in IA) -	1-800-257-8563
Health Care:	
Early & Periodic Screening, Diagnosis & Treatment (EPSDT) -	515-256-4649
Medicare:	1-800-633-4227
Nursing Facility Care:	1-877-344-9628 or 515-564-4040

Program Information

AIDS/HIV	515-256-4641
Brain Injury	515-256-4653
Children's Mental Health	515-256-4642

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Elderly

515-256-4642

Intellectual Disabilities

515-256-4661

Physical Disability

515-256-4661

To report changes to an existing case:Call:

1-877-347-5678

FAX:

515-564-4041

Email: IMCustomerSC@dhs.state.ia.us

Interstate Compact for juveniles

Placement of juveniles

515-281-5730

Juvenile Facility - Eldora State Training School for Boys - 641-858-5402

Juvenile Justice Delinquency Services

515-242-5452

Record Check Evaluations: Status Report:

515-362-7441

Refugee Services:

1-800-362-2780 or 515-875-5600

Runaway Children:

515-281-3123

Special Needs Children: Children at home -

515-281-5127

Teens:Independent Living (Foster Care for 16 and Older) 515-242-5271

State Training School for Boys at Eldora

641-858-5402

Delinquency, Juvenile Justice programs

515-242-5452

Free cell phone: Sign up w/DHS or

<http://www.freegovernmentcellphones.net/states/iowa-government-cell-phone-providers>

Wapello County United Way

641-682-1264

224 2nd St E, Ottumwa, IA 52501

OPEN: M-F 8:30 AM TO 5:00 PM CLOSED SAT-SUN

United Way 2-1-1 is a free and confidential, information and referral service. Call 2-1-1 to speak with a trained professional that will connect you with agencies and resources, and find the best solution possible to fill your needs. Dial 2-1-1 (land line), 319-739-4211 (cell phone or pay phone), 866-469-2211 (toll free), or go online at <http://www.211iowa.org/>

Wapello County Mini Food Pantries



Five locations in Ottumwa (please donate by putting food in boxes)

The Ottumwa Courier

Madison Avenue Kwik Shop

The YMCA

Ottumwa Christian School

The Elks Lodge

This is on an honor basis. People can help themselves to what they need. Please do not take more than you need.

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Wapello County Veterans Affairs



641-684-8079

118 W 3rd St, Ottumwa, IA 52501

Contact: Terry Bradley

Fax: 641-683-2654

wapelloveterans@pcsia.net

**Hours: Monday and Wednesday 1PM - 7PM,
Thursday and Friday 8 am to 2 pm
Saturdays by appointment only**

The Veteran Affairs (VA) Department offers assistance in making application for a wide range of benefits to our veterans, service members and their families

Available Benefits:

VA benefits and services fall into these major categories:

Disability benefits

Education & training benefits

Vocational rehabilitation & employment

Home loans burial benefits

Dependents and survivors benefits

Life insurance

Health care

Eligibility:

You may be eligible for VA health care benefits if you are a veteran.

You may be eligible for other VA benefits if you are a:

Veteran

Veteran's dependent

Surviving spouse or child of a deceased veteran

Member of the military reserves or National Guard

Active duty military service member

County Benefits:

The Wapello County Veterans Affairs office provides the following services to eligible veterans and their families:

Obtaining military records

Distributing markers/flag holders for veterans graves

Coordination of transportation to VA Medical Centers

Iowa Veterans Home

Veteran lifetime hunting & fishing license

Veterans vehicle license plates

Iowa Workforce Development

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Military exemption from real estate taxes
County funded Veterans Relief Program

The Veterans Affairs office also provide emergency assistance with basic needs to veterans and families:

Rent / mortgage payments

Utilities

Food

Emergency medical

Emergency dental

Special needs

Burial

Our Pledge to You

Treat you with courtesy, compassion and respect at all times.

Communicate with you accurately, completely and clearly.

Provide timely service to you.

Make our services accessible to you.

Fully answer your questions, concerns and complaints.

Always give you our very best effort.

Helpful Resource [Iowa Department of Veteran's Affairs](#)
[Department of Veterans's Affairs](#)

Veterans and Widows of Veterans now can ride the Ottumwa Transit Free! You will need to apply for a special card. See Terry Bradley at the Wapello County Veteran Affairs Office address is 118 W. 3rd St. Ottumwa, Ia.

WIC (Woman, Infants & Children)

641-682-8784

333 Church St, Ottumwa, IA 52501

Make sure to verify what documents you need to bring with you so that they have everything they need to determine if you are eligible to receive Iowa WIC benefits.

Provides food to low-income pregnant, postpartum and breastfeeding women, infants and children up to the age of five. The WIC program, also known as the Special Supplemental Nutrition Program, provides nutrition education, supplemental foods, breastfeeding promotion and support, and referrals for health care. WIC participants receive checks or vouchers to purchase groceries from a

WIC approved food list each month. These foods are designed to supplement their diets with nutrients that benefit the target population. Some states have now moved to using an EBT card. Must meet the income eligibility requirements

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(go to : <http://www.womeninfantschildrenoffice.com/apply-for-wic-in-iowa-wa15>) for guidelines , state residency and be determined to be at nutritional risk by a health professional.

FMNP (WIC Farmers Market Nutrition Program), provides coupons to WIC participants that can purchase fresh fruits and vegetables at participating local farmers markets.

To see Iowa WIC approved foods go to : <http://www.womeninfantschildrenoffice.com/iowa-wic-food-list-wf15>

Women's Crisis Center



800-464-8340

Sexual Assault Crisis Line

1-800-270-1620

Help@ottumwacrisiscenter.org

Providing safety & advocacy to victims of Intimate Partner Violence in South Central Iowa. If safety is not @ risk they have limited space. If safety IS @ risk...may refer to nearest shelter (such as Osky). Will provide voucher for Klassi Kloset if needed for clothing. Serving Appanoose, Davis, Jasper, Jefferson, Keokuk, Lucas, Mahaska, Marion, Monroe, Poweshiek, Wapello & Wayne Counties.

WRAP Program

608 E. Williams (Second Floor) , Ottumwa, IA 52501

Phone: 641-684-7179 Ex 1006.

The district's expanded WRAP Program provides before and after care for working parents.

Children attending the four-year-old preschool program can attend WRAP when not in preschool between 6:30 a.m. and 6 p.m. WRAP is housed on the second floor of the Ottumwa Community Preschool, located at 608 E. Williams.

The program can serve approximately 50 children and is offered free to parents.

Regarding behavior, children must be able to be successful in a 1:12 ratio environment.

WYD, Inc - Whatever You Do inc. - Wapello County



641-226-7684 - Mary Margaret Butler (M-F after 5 pm),

Sat (9:00-12:00)

No calls on Sun

641-684-4404 - Janice Bailey (M-F -Between 9 am-4:30pm)

517 Burrhus Ottumwa, IA 52501 (For mailing purposes only)

All administrators are volunteers. We work full time jobs so please have patience with us.

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WYD inc, is a last resort when all other resources have been exhausted.

We are a Non-Profit Group dedicated to helping those less fortunate in Wapello County. People coming together to help by following the words of Christ when he said, "WHATSOEVER YOU DO for the least of my brothers you do unto me" - Matthew 25:40

Services:

Food - Provide food cards and groceries for emergency needs (Food stamp recipients are not eligible)

Busing Passes (one time only)

Shelter - Provide tents, sleeping and camping gear for the park in the summer -

Homeless must visit General Assistance or Sieda to get assistance for lot rent

Bus Ticket to Shelters in DM and Iowa City (by need)

Emergency Clothing - Provide clothing for specific requests

Furniture - Provide basics needed such as beds, chairs, tables etc

Housing miscellaneous - kitchen items, bedding, etc...

Help with specific emergencies such as broken furnaces, air conditions, stoves, etc

Fans in summer

Must be a resident of Wapello County for over a year and be able to show proof... for services.

Exceptions may be made in situations of homelessness and the weather.

YMCA 

641 684-6571

611 N Hancock St, Ottumwa, IA 52501

After School Food Program. FREE supper M-F for youth 3-18 from 4:45-5:30 PM. No paperwork, no questions just great food and good fun! Stop into the YMCA during the meal time and kids get in for FREE if they are participating in the after school meal program!!! No Sign on needed.

Summer Food Service Program. (Subject to change) The Ottumwa Family YMCA and American Home Finding Association would like to invite you to participate in the 2018 Summer food Service Program. Youth ages 2-18 can stop by any of the 7 different locations around Ottumwa to receive a Free lunch meal! There are no income requirements and we'll have activities and games at these sites as well.

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HOTLINES FOR SPECIFIC NEEDS:

National Suicide Prevention Hotline:

1-800-273-8255

Veterans Crisis & Suicide Hotline:

1-800-275-8255 Press (1) or Text to 838255 to get help now!

Wapello County Crisis Center Hotline:

1-800-464-8340

No child should go hungry:

Beginning June 4th, if you know a child under the age of 18 who is in need of breakfast and lunch this summer, text "FOOD" to 877877. You'll get a message back that asks you to text your zip code (You can also text the child's zip code). The next message you get will be a list of schools closest to the zip code where kids can get free meals this summer. No child deserves to go hungry. ever.

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If you have an organization or know of a contact that we have not listed, please contact Mary Margaret Butler at 641-226-7684 or email me at ["wydincorporated@gmail.com"](mailto:wydincorporated@gmail.com) .

If you see something on this list that needs corrected or updated, please let me know. We will be keeping this list updated at all times and will be adding to it as we come across more contacts that can help. This is an ongoing project and we hope to get as much input as possible from our community.

Thank you to all those who have contributed to making this wonderful list of "Places to Go for help" in Wapello County. A special THANK YOU goes out to Janice Bailey who spent hours and hours making phone calls, gathering and putting all this information on paper for us.

Thanks to all who are a source of help to those who need it, here in Wapello County.

It is WYD's hope that this list will help those "Less Fortunate" to find the help that they need and to make it much more convenient by having one place to search, for that help.

Sincerely,

Mary Margaret Butler
WHATSOEVER YOU DO inc.
641-226-7684
wydincorporated@gmail.com

