

RESOURCE LIST, 2011/2012

The Social Concerns/Global Missions Committee and Palestine Lutheran Church neither endorses nor recommends the organizations on this list. This list is for informational purposes only, to direct people to possible resources available in the area.

1-800 Bets Off (Iowa Gambling Treatment Program)

<http://www.1800betsoff.org>

Phone: 800-238-7633

A.A. (Alcoholics Anonymous)

<http://www.aa.org>

To find a local meeting and information:
<http://www.amesaa.org:80>

Click on "Meeting Schedule" to find meetings in the Ames/central Iowa area. When the list comes up, click on the entry to find the location.

Phone: 515-232-8642

"Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.."

Al-Anon/Alateen

<http://www.al-anon.alateen.org>

Iowa Al-Anon/Alateen:
<http://www.ia.al-anon.alateen.org>

Towns/Meetings are on a clickable link on the left hand sidebar.

Local phone (Ames): 515-233-6312

ACCESS (Adult Care Center Extending Shelter and Support)
P.O. Box 1429

Ames, IA 50014

<http://www.assaultcarecenter.org>

Crisis Line: 515-292-5378
800-203-3488

Business Line: 515-292-0500

"ACCESS is a harbor for all whom have experienced domestic and sexual violence, providing a safe environment for empowerment and exploration of personal strengths. We advocate for social change, partnering with other agencies to deliver education and professional training to end domestic and sexual violence."

Aging Resources of Central Iowa

5835 Grand Ave., Suite 106
Des Moines, IA 50312-1437

Contact: 515-255-1310
800-747-5352

<http://www.agingresources.com>

"The mission of Aging Resources of Central Iowa is to lead, advocate and serve as well as plan and coordinate services in the provision of services to persons in central Iowa, their families, caregivers or representatives enabling elders to lead independent meaningful and dignified lives in the least restrictive environment."

Ames Free Medical Clinic

First United Methodist Church
516 Kellogg
Ames, IA 50010

<http://www.freeclinicsofiowa.org/mames.shtml>

Hours: Thursdays 6-8 p.m.

Phone: 515-233-5910 (answered during open hours only)

Voice Mail (leave a message): 515-598-4341

Free Clinics of Iowa website:

<http://www.freeclinicsofiowa.org/index.shtml>

The ARC of Story County

130 S. Sheldon, #302
Ames, IA 50014

<http://www.thearcstory.org>

Phone: 515-232-9330

Email: info@thearcstory.org

"The Arc of Story County strives to enrich the lives of persons with intellectual and developmental disabilities as they learn, work, play, and grow within the community."

Ballard Community Clothes Pantry

Ballard Creek Retirement Community
908 North Highway 69
Huxley, IA 50124

Wednesdays: 4-6 p.m.

Saturdays: 10 a.m. - noon

Sundays: 1-3 p.m.

Also open by appointment

Phone: 515-597-3533

515-597-2971 ext. 207

Contact person: Jeriann McLaughlin

"We provide a place where everyone, regardless of their economic status, can donate items they no longer need and take things they may be in need of, free of charge."

Bethesda Lutheran Church

1517 Northwestern Avenue
Ames, IA 50010-5299

Phone: 515-232-6256

Food Pantry:

<http://www.bethesdanet.org/outreach/food-pantry>

Monday and Wednesday: 9-11 a.m.

Tuesday and Thursday: 1-3 p.m.

Tuesday: 6:30-8:30 p.m.

Clothing Room:

<http://www.bethesdanet.org/outreach/clothing-room>

Monday and W: 9:30-11 a.m.

Tuesday: 6:30-8 p.m.

Enter through church basement, and bring photo i.d.

Birthright of Ames, Inc

108 Hayward Ave.
Ames, IA 50014

National website: <http://www.birthright.org>

Contact (Ames): 515- 292-8414

Nat'l Crisis Line: 800-550-4900

Children and Families of Iowa

1111 University Avenue
Des Moines, IA 50314

Contact: 515-288-1981

<http://www.cfiowa.org/Home/tabid/147/Default.aspx>

"For over 12 decades, we have been restoring hope, building futures and changing lives for Iowa's most vulnerable children, families and communities."

ChildServe

1915 Philadelphia St.
Ames, IA 50010

Phone: 515-232-7220

Email: contactus@cfiowa.org

<http://www.childserve.org>

"Child Serve is a not-for-profit organization that partners with families to help children with special health care needs live a great life... Through the support of private insurance, public funds, and the generosity of donors, Child Serve offers accessible, family-centered care unique to each child's needs, hopes, and dreams."

Community and Family Resources

1619 South High Avenue
Ames, IA 50010

Phone: 515- 232-3206

Toll Free: 800-286-3205

See website for additional locations throughout Iowa.

<http://www.cfrhelps.org/index.cfm>

"Community and Family Resources is a pro-active organization dedicated to assisting individuals, families, and communities achieve healthy behavior and lifestyle through advocacy, prevention, and treatment of substance abuse and problem gambling."

Emergency Residence Project

225 S. Kellogg Ave.
Ames, IA 50010-6720

<http://amesshelter.org/erp>

Phone: 515-232-8075

Email: erp@mid Iowa.net

"The Emergency Residence Project (ERP) seeks to provide shelter with meals, referrals and, if possible, intervention to prevent homelessness."

EXTENSION SERVICE:

<http://www.extension.iastate.edu>

Families Extension Answer Line:

<http://www.extension.iastate.edu/answerline>

Phone: 800-262-3804

"Families Extension Answer Line provides information and resources for Iowa consumers with home and family questions"

Polk County Extension:

1625 Adventureland Drive, Suite A
Altoona, IA 50009

<http://www.extension.iastate.edu/polk>

Contact: 515-957-5760

Baldwin@iastate.edu

Story County Extension:

220 H Avenue
Nevada IA 50102-2044

<http://www.extension.iastate.edu/story>

Phone: 515-382-6551

Email: xstory@iastate.edu

FOOD PANTRIES:

<http://www.storycountyresourceguide.org>

See also entries for "Bethesda Lutheran Church" and "Good Neighbor Emergency Assistance" and "Food at First"

Cambridge:

United Methodist Church
215 2nd St.
Cambridge, IA
515-383-4392

Hrs: Tuesdays 6-7pm

"Can visit every 2 wks. Must live in Cambridge/ Enter through basement"

Huxley/Kelley:

Fjeldberg Lutheran Church
209 N. 2nd Ave.
Huxley, IA 50124

515-597-2831

Hrs: Wednesdays 6-7 pm

"Can visit once a month. Will deliver in emergency situations. Huxley and Kelley residents only"

Maxwell/Collins:

First Presbyterian Church
221 Main St.
Maxwell, IA

515-387-8505

Hrs: 3rd Tuesday of the month, 6-7 pm

“For Maxwell and Collins communities only.
Proof of residence required”

Slater/Sheldahl:

Slater City Hall
105 Greene
Slater, IA

515-685-2531

Hrs: Wednesdays 7-8 pm

“Can visit once a month”

Story County Residents:

MICA
230 SE 16th St.
Ames, IA 50010

515-956-3333

Hrs: Mon-Fri 8:30 am – 4:30 pm

“Can be visited once every 2 months. Photo
ID required with current address.”

Food at First (Ames, IA)

515-344-HELP (4357)

<http://foodatfirst.wordpress.com>

Email: Scott Walker, Director
scott@FoodAtFirst.com

Candy Hay, Coordinator
candy@FoodAtFirst.com

Meals served at First United Methodist in
Ames (516 Kellogg):

- **Dinner** 5:15-6:45 PM
Sun., Mon., Tues., Thurs and Friday
- **Breakfast** 7:15 -8:45 AM - Wed.

- **Brunch** 11:15 AM-12:45 PM Saturday
- Meals** served at the Ames Woman’s Club
(106 South Dakota Ave):
- **Dinner** 5:15-6:45 on Wednesday

Free Food Pantry/Market:
116 N. Sherman Ave (next to Craig
Carroll Photography, near Burger King)

Mondays and Thursdays: 5PM

“Free meal program and perishable food pantry”
NOTE: Anyone 5th grade and above can volunteer!

Furniture Bank
126 S. Kellogg, Suite 201
Ames, IA 50010

<http://www.storycounty.com/default.aspx?DN=219,14,6,1,Documents>

Hours: M-F 8:30 a.m. to noon and 1 – 4 p.m.

Phone: 515-382-7290

“Must fill out a form to determine eligibility”

Good Neighbor Emergency Assistance
3206 S. Duff
Ames, IA 50010

Phone: 515-296-1449

Hours: M-W, 9 a.m. – noon

<http://www.gnea.org/services>

“The mission of Good Neighbor Emergency Assistance, Inc., a 501c3 nonprofit corporation organized by member faith groups in Ames and Story County, Iowa, is to provide emergency rent, utility and food assistance in an atmosphere of dignity, comfort and encouragement.”

Hawk-I (Healthy and Well Kids in Iowa)
(Affordable insurance for qualified kids)

http://www.hawk-i.org/en_US/index.html

Contact: 800-257-8563 (M-F, 8 am – 7 pm)

Website (above) also has a “contact us” webpage that can be used to submit questions.

Heartland Senior Services

205 S. Walnut Ave.
Ames, IA 50010

<http://www.heartland seniorservices.com>

Contact: 515-233-2906
Email: info@hsservicesia.com

“Heartland Senior Services of Story County offers life-enriching opportunities for older adults, and provides support for their families and caregivers”

Homeward Home Health Care

Mary Greeley Medical Center
1111 Duff Ave.
Ames, IA 50010

<http://www.mgmc.org/services/home-health/home-health.aspx>

Contact: 515-239-6730
800-529-4610

“Homeward Home Health Care provides comprehensive, coordinated services to patients within a 50-mile radius of Ames.”

Homeward Hospice

Mary Greeley Medical Center
1111 Duff Ave.
Ames, IA 50010

<http://www.mgmc.org/services/home-health/homeward-hospice.aspx>

Contact: 515-956-6000

HOSPITALS:

AMES:

Mary Greeley Medical Center
1111 Duff Ave.
Ames, IA 50010

<http://www.mgmc.org>

Contact: 515-239-2011

BOONE:

Boone County Hospital
1015 Union St.
Boone, IA 50036

<http://www.boonehospital.com>

Contact: 515-432-3140

DES MOINES:

Blank Children’s Hospital
1200 Pleasant St.
Des Moines, IA 50309

<http://www.iowahealth.org/blank-childrens-hospital.aspx>

Contact: 515-241-KIDS

Broadlawns Medical Center
1801 Hickman Road,
Des Moines, IA 50314-1597

<http://www.broadlawns.org/index.cfm>

Contact: 515-282-2200

Iowa Lutheran
700 E. University Ave.
Des Moines, IA

<http://www.iowahealth.org/iowa-lutheran-hospital.aspx>

Contact: 515-263-5612

Iowa Methodist
1200 Pleasant St.
Des Moines, IA 50309

<http://www.iowahealth.org/iowa-methodist-medical-center.aspx>

Contact: 515-241-6212

John Stoddard Cancer Center
1200 Pleasant St.
Des Moines, IA 50309

<http://www.iowahealth.org/john-stoddard-cancer-center.aspx>

Contact: 515-241-4141

Mercy Medical Center
1111 6th Ave.
Des Moines, IA 50314

<http://www.mercydesmoines.org>

Contact: 515-247-3121

Methodist West (Maternity Ctr)
1660 60th St.
West Des Moines, IA 50206

<http://www.iowahealth.org/methodist-west-hospital.aspx>

Contact: 515-343-1000

NEVADA:

Story County Medical Center:
North Campus: 630 6th St.
Nevada, IA 50201
South Campus: 640 So. 19th St.
Nevada, IA 50210

<http://www.storymedical.org>

Contact: 515-382-2111

End “Hospitals” category

Iowa Concern Hotline (A source of help and information for lowans in need)

Contact: 800-447-1985

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

Iowa Department of Public Health
321 E. 12th St.
Des Moines, IA 50319-0075

<http://www.idph.state.ia.us>

Directory of services, etc:
http://www.idph.state.ia.us/az_index.asp#E

Contact Information: 515-281-7689
Toll Free: 866-227-9878

“The Iowa Dept. of Public Health partners with local public health policymakers, health care providers, business and other to fulfill our mission or promoting and protecting the health of lowans.”

Iowa Domestic Violence Hotline:
800-942-0333

Ames hotline number:
Ames: 800-303-3488

(Part of Children & Families of Iowa)

Iowa Legal Aid
1111 Ninth St., Suite 230
Des Moines, IA 50314-2527

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

Contact: 800-532-1275

“Free legal help and information on civil law problems for eligible lowans in every county of the state.”

Iowa Mediation Services
1025 Ashworth Road, Suite 504
West Des Moines, IA 50265

<http://www.iowamediationservice.com/index.asp>

Contact: 515-331-8081
info@iowamediationservice.com

Iowa Substance Abuse Information Center
Cedar Rapids Public Library
2600 Edgewood Road SW
Cedar Rapids, IA 52404

Contact: 866-242-4111
Email: isaicmail@crlibrary.org

<http://www.drugfreeinfo.org>

Iowa Workforce Development
1000 East Grand Avenue
Des Moines, IA 50319-0209

<http://www.iowaworkforce.org>

Contact: 515-281-5387
800-562-4692

Contact list for special services:
<http://www.iowaworkforce.org/files/contiwd.htm>

Legal Aid of Story County

937 6th St.
Nevada, IA

<http://www.midiowa.net/~legalaidstory/index.htm>

Contact: 515-382-2471
Email: legalaidstory@midiowa.net

“Mission: To provide legal representation in civil matters for income eligible families of Story County.”

Lutheran Services in Iowa (LSI)

<http://www.lsiowa.org>

Ames locations:

Beloit
1323 Northwestern Ave.

Ames, IA 50010
Phone: 515-232-7262

The People Place
219 6th St.

515-233-1677

“Lutheran Services in Iowa responds to the love of Jesus Christ through acts of service to all.”

Mainstream Living

2012 E 13th St.
Ames, IA 50010

<http://www.mainstreamliving.org>

Contact: 515-232-8405

“Mainstream Living provides residential and vocational services designed to enhance opportunities, create success and fulfill dreams.”

Medicaid – Iowa (IME: Iowa Medicaid Enterprise)

100 Army Post Road
Des Moines, IA 50315

<http://www.ime.state.ia.us/index.html>

Online Contacts list:

<http://www.ime.state.ia.us/Contacts.html>

“(IME) is an endeavor that unites State Staff and “Best of Breed” contractors into a performance-based model for administration of the Medicaid program. Medicaid is a state-federal funded program that is administered by the State of Iowa, Department of human Services.”

Medicaid (Federal Program Info):

<http://www.cms.hhs.gov/home/medicaid.asp>

Medicare

Centers for Medicare & Medicaid Services
7500 Security Boulevard
Baltimore, MD 21244-1860

<http://www.medicare.gov>

see also: <http://www.cms.hhs.gov>

Phone: 1-800-MEDICARE (1-800-633-4227) 24 hours a day, 7 days a week

Medicare’s Webpage on Nursing Home Comparisons:

<http://www.medicare.gov/NHCompare/Include/D ataSection/Questions/ProximitySearch.asp>

Mid-Iowa Community Action, Inc. (MICA)

Ames Office:
230 E. 16th St.
Ames, IA 50010

Story County Family Development Center
Phone: 515-956-3333

Story County Health Services
515-232-9020

Story County Community Dental Clinic
Phone: 515-956-4595 (for information)
515-598-5298 (for an appointment)

See website for additional locations and services beyond Story County.

<http://www.micaonline.org>

“MICA is a private, nonprofit organization serving children and families in central Iowa...affected by poverty. Programs include Early Head Start, Head Start, Women, Infants, and Children (WIC), Maternal and Child Health, Weatherization, Energy Assistance, and Family Development. MICA primarily serves families in Hardin, Marshall, Poweshiek, Story, and Tama counties.”

NAMI (National Alliance on Mental Health) of Iowa

5911 Meredith Drive, Suite E
Des Moines, IA 50322-1903

Contact: 515-254-0417
800-417-0417

Email: info@namiowa.com

<http://www.namiowa.com>

NAMI of Central Iowa

130 Sheldon Ave. #306
Ames, IA 50014-7287

Contact: 515-292-9400

Email: namiofci@gmail.com

<http://www.namiofci.org>

Narcotics Anonymous

Local Meetings:

<http://portaltools.na.org/portaltools/meetingLoc>

General Information: <http://www.na.org>

Planned Parenthood

2530 Chamberlain Street
Ames, IA 50014-7272

Phone: 877-811-7526

National Website:

<http://www.plannedparenthood.org>

RSVP (Retired and Senior Volunteer Program):

113 Colorado Avenue
Ames, IA 50014

<http://www.rsvpvolunteer.org>

Phone; 515-292-8890

General Iowa number: 888-781-7787

“RSVP matches the life skills, experiences, and interests of adults aged 55 and older with a variety of opportunities to address priority community needs.”

Richmond Center Community Mental Health Services

125 S. 3rd St, Suite 200
Ames, IA 50010

The Livery
8067th Street
Boone, Iowa 50036

<http://www.richmondcenter.net>

Phone: 515-232-5811
800-830-7009

“The Richmond Center offers outpatient psychotherapy and psychiatric services available by appointment at its offices. The Center also offers in-home and in-community services to adults with persistent and serious mental illnesses.”

Social Security (National)

<http://www.socialsecurity.gov>

Phone: 1-800-772-1213

Social Security Office (Ames)

2615 University Blvd.
Ames, IA

Office Hrs: Mon-Fri 9 am-3:30 pm

Phone: 866-899-1928

Story County Community Services

126 S. Kellogg Ave., Suite 201
Ames, IA 50010

Contact: 515-382-7290

www.storycounty.com

“Story County Community Services is an umbrella origination which directs individuals/families with multiple needs”

Story County Dental Clinic (a MICA resource)

226 SE 16th St.
Ames, IA.

Phone: 515-598-5298 for an appointment

Open Monday-Thursday, 8 a.m. – 6 p.m.

http://www.micaonline.org/story_county_dental_clinic

“Created to fulfill the dental needs of low-income families, the Story County Dental Clinic has helped many adults and children who have Medicaid or who have no dental insurance obtain affordable dental care”.

Veterans Affairs, Story County

126 S. Kellogg, Suite 002
Ames, IA 50010

Phone: 515-382-7292

Email the Director: bmclain@storycounty.com

<http://www.storycounty.com/default.aspx?DN=25,6,1,Documents>

Volunteer Center of Story County

130 S. Sheldon Ave, Suite 201
Ames, IA 50014-7287

Contact: 515-268-5323

Email: info@vcstory.org

<http://www.vcstory.org/home>

“Building a strong and caring community through volunteerism”

Youth and Shelter Services

P.O. Box 1628
Ames, IA 50010

<http://www.yss.ames.ia.us>

General Information: 515-233-3141

Help Line: 515-233-2330
800-600-2330

(Helpline is answered 24 hrs/day, every day)

“YSS exists to provide prevention, education, treatment and residential services to children, youth and families; to advocate on their behalf; and to help them solve problems, grow and be self-sufficient, responsible, contributing members or society.”

Last update: 12/30/2011