

# Senior & Caregiver Services

## in Henry County

### Dedication

The *Senior Resource Guide* is dedicated to Mary Ann Smith, director of the Henry County Retired and Senior Volunteer Program, 2001-2006. Through her efforts we are able to offer this informational tool. We thank Mary Ann for a job well done.

## EMERGENCY

### EMERGENCY SERVICES

	Call 911
Ambulance	911
Fire	911
Highway Patrol	911
Police	911
Sheriff	911
Henry County Health Center/Hospital	319.385.3141
Henry County Sheriff	319.385.2712
Iowa State Patrol	319.385.8715
Iowa State Patrol Toll Free	800.525.5555
Mt. Pleasant Police	319.385.3511
New London Police	319.367.7700
Poison Control Center	800.222.1222
Wayland Police	319.256.3277
Winfield Police	319.257.6661

## ZIP CODES

Hillsboro	52630
Mt. Pleasant	52641
Mt. Union	52644

New London	52645
Olds	52647
Rome	52642
Salem	52649
Swedesburg	52652
Wayland	52654
Winfield	52659

### **COMMUNITY & SENIOR CENTERS**

Mt. Pleasant, 103 South Jackson Street	319.385.2512
Mt. Union, 209 East Lehigh	319.865.1402
New London, 106 North Division	319.367.7706
Salem, 201 South Main Street	319.258.4111
Winfield, 114 North Locust Street	319.257.6921

### **EMERGENCY INFORMATION**

#### **CHILD AND DEPENDENT ADULT ABUSE & NEGLECT**

State number	1.800.362.2178
Southeast Iowa number	1.888.270.3864
(Includes Scott, Muscatine, Cedar, Louisa, Des Moines, Henry & Lee Counties)	

**EMERGENCY MANAGEMENT** 319.385.1479  
 220 West Monroe Street, Mt. Pleasant

#### **EMERGENCY RESPONSE PROGRAMS**

**Lifeline**  
 Henry County Health Center 319.385.3141  
 ~A personal call button 24 hours a day/365 days a year

**FOUNDATION II CRISIS LINE**

1.800.332.4224

~Services: 24 hours/day phone service crisis line for abuse, rape, suicide, etc.

**HENRY COUNTY HEALTH CENTER/HOSPITAL**

407 South White Street, Mt. Pleasant

319.385.3141

**EMPLOYMENT**

**EXPERIENCE WORKS/IOWA WORKFORCE CENTER**

1000 N. Roosevelt, Suite 9, Burlington, Iowa 52601 1.800.642.4032

~Experience Works, established as Green Thumb in 1965, is a national non-profit organization with funding from the U.S. Department of Labor that offers training and employment opportunities for people 55 and over that are income eligible. This includes a variety of services designed to help mature individuals enter the workforce including: job search assistance, tuition for courses for training, on-the-job-training, job referrals. **No fee for services.** Representative will travel to Henry County to work with interested individuals.

**Iowa Workforce Development**

217 East Monroe, Mt. Pleasant

319.385.4241

**ENERGY ASSISTANCE**

**Access Energy Cooperative**

907 East Washington Street, Mt. Pleasant

319.385.1577

~RECare is a voluntary energy assistance program that offers funds to local families who need assistance with their heating bills.

**Tolson Community Action Center**

1303 West Washington Street, Mt. Pleasant

319.385.2310

~Energy assistance available to eligible households for assistance in paying utility bills.

~Weatherization of eligible homes available to improve energy usage and

reduce airflow.

## EQUIPMENT AND RENTALS

### **Community Medical Equipment**

1501 39<sup>th</sup> Street, Ft. Madison 319.376.1511

~Services: Durable medical equipment. Free Delivery.

### **First Medical Equipment**

1701 Osborn Street, Burlington 319.753.2802

~Services: Durable medical equipment. Free delivery to Henry County.

### **Heritage Medical Equipment and Supplies**

624 South Roosevelt Ave, Burlington 319.768.4300

1225 South Gear Avenue, West Burlington 319.768.4312

1.800.247.0762

~Services: Durable medical equipment. Free delivery to Henry County area on Tuesdays.

### **Hy-Vee Drugstore**

129 South Jefferson, Mt. Pleasant 319.385.8781

~Services: Durable medical equipment and prescriptions. Insurance and Medicare billing. Free Delivery.

### **Keokuk Area Medical Equipment and Supply Inc.**

420 North 17<sup>th</sup> Street, Keokuk 319.524.6356

1.800.952.4069

~Services: Durable medical equipment. Free delivery to Henry County.

## FOOD & MEALS

### FOOD PANTRY & EMERGENCY MEALS

#### **Fellowship Cup**

203 North Jefferson Street, Mt. Pleasant 319.385.3242

~Food pantry and holiday meals for the needy

**Tolson Community Action Center**

1303 West Washington Street, Mt. Pleasant 319.385.2310

~Food pantry available for emergency food

~SHARE, food program provides approximately 35 pounds of food for \$16.00 and 2 hours of community service.

**HOME DELIVERED MEALS**

**Mom's Meals**

1.866.204.6111

~Ready to heat meals delivered right to your door

**New London Nursing Rehab Center**

100 Care Circle Street, New London 319.367.5753

~Meals on wheels serving New London only

**Parkview Home**

102 North Jackson, Wayland 319.256.2775

~Wayland mobile meals, delivery within city limits only

**Southeast Iowa Area Agency on Aging**

509 Jefferson Street, Burlington, IA 52601 319.752.5433

Or Toll-Free 1.800.292.1268

~The Congregate Meal program offers both home delivered meals to older adults who are homebound within city limits, and provides nutritious meals to older adults in a dining room setting with an opportunity for social interaction and participation in nutrition education. The only eligibility criteria to participate in this program on a contribution basis is age. An age eligible individual is an individual sixty (60) years of age or older or the spouse of an age eligible individual. A 24-hour reservation is required.

**Congregate Meals:**

Mt Pleasant

103 South Jackson, Mt Pleasant 319.385.2512

Open: 8 am-2 pm Monday – Friday. Lunch served at 11:30 am.

Salem

201 South Main Street, Salem 319.258.4111  
Open: 8:30 am-1:30 pm Monday – Friday. Lunch served at 12 pm.

Winfield

114 North Locust Street, Winfield 319.257.6921  
Open: 10 am-2 pm Monday, Wednesday, Thursday and Friday.  
Lunch served at 12 pm.

**GROCERY STORE DELIVERY**

**Dave's Super Valu**

204 East Washington, Mt Pleasant 319.385.2525

**Main Street Grocery**

216 West Main Street, Wayland 319.256.4031

**Walgreen's Market** (Wednesday AM only)

412 West Main Street, New London 319.367.2670

**GOVERNMENT**

**ELECTED OFFICIALS**

**US Senators**

Senator Charles Grassley

135 Hart Senate Office Building

Washington, DC 20510

Email: [chuck\\_grassley@grassley.senate.gov](mailto:chuck_grassley@grassley.senate.gov)

Phone 202.224.3744

Fax 202.224.6020

Senator Tom Harkin

731 Hart Senate Office Building

Washington, DC 20510

Email (through web form): <http://harkin.senate.gov>

Phone 202.224.3254

Fax 202.224.9369

**U.S. Representative Third District**

The Honorable Jim Leach  
2186 Rayburn House  
Washington, DC 20515  
Email: rep.leach.ia03.mail.house.gov

Phone 202.225.6576  
Fax 202.226.1278

**Governor of Iowa**

The Honorable Thomas J. Vilsack  
State Capitol  
Des Moines, IA 50309  
Email: tom.vilsack@gov.state.ia.us

Phone 515.281.5211  
Fax 515.281.6611

**State Representative**

The Honorable Dave Heaton  
510 East Washington Street, Mt Pleasant  
Email: dave.heaton@legis.state.ia.us

Phone 319.385.9342

**State Senator**

The Honorable Gene Fraise  
1699 280<sup>th</sup> Avenue  
Fort Madison, IA 52627  
Email: eugene.fraise@legis.state.ia.us

Phone 319.528.6176

**BOARD OF SUPERVISORS**

Mr. Marc Lindeen  
Mr. Gary See  
Mr. Tom Young  
P.O. Box 149, Mt. Pleasant  
Email: supervisors@henrycountyiowa.us

319.385.0759  
319.385.0759  
319.385.0759  
Fax 319.385.3601

**MAYORS OF HENRY COUNTY**

**Coppock**

100 Coppock Road  
Coppock, IA 52654

319.256.3153

**Hillsboro**

105 East Commercial Street  
Hillsboro, IA 52630

319.253.4615

<b>Mt. Pleasant</b> 220 West Monroe Mt. Pleasant, IA 52641	319.385.1470
<b>Mt. Union</b> Mount Union, IA 52654	1.888.536.9675
<b>New London</b> 112 West Main New London, IA 52645	319.367.7702
<b>Olds</b> Mayor Olds, IA 52647	319.254.2415
<b>Rome</b> City Hall 106 East Maple Rome, IA 52642	319.986.5757
<b>Salem</b> Salem, IA 52649	319.258.7700
<b>Wayland</b> 218 West Main Wayland, IA 52654	319.256.3276
<b>Westwood</b> 4012 Sycamore Drive Mt. Pleasant, IA 52641	319.986.6885
<b>Winfield</b> 115 North Locust Winfield, IA 52659	319.257.6692

**HEALTH SUPPORT SERVICES**

**AUDIOLOGISTS**

**Aird, Jason, Au. D.**

Iowa Audiology & Hearing Aid Centers

407 South White Street, Mt. Pleasant

1.800.227.0156

Second floor of Henry County Health Center by Physical Therapy

Rehabilitation Entrance

**Concha Audiology & Rehabilitation PLC**

207 South Harrison Street, Suite 4, Mt. Pleasant

319.385.9030

**CHIROPRACTORS**

**Carter Chiropractic Clinic**

107 East Main Street, New London

319.367.5854

9am-6pm Mon.— Fri.

**Cox Chiropractic Clinic PLC**

207 South Harrison Street, Suite 3, Mt. Pleasant

319.385.1430

**Kauffman Chiropractic Center**

203 South Jackson Street, Mt. Pleasant

319.385.4011

**Mt Pleasant Chiropractic Center**

319.385.9422

305 East Washington Street, Mt. Pleasant

1.800.965.3732

**Shull Chiropractic Center**

811 East Washington Street, Mt. Pleasant

319.385.7320

**DENTISTS**

**Family Dental Care**

501 South White Street, Suite 25, Mt Pleasant

319.385.6770

New Patients Call

319.385.6771

**Braun, Lois M DDS**

307 East Washington Street, Mt. Pleasant

319.385.8110

**Family Dental Health Services**

501 South White Street Suite 28, Mt. Pleasant 319.385.6750

**Iris Dental PC**

217 East Monroe Street, Mt. Pleasant 319.385.4680

**Pothitakis, Mark C DDS PC**

107 Toothache Drive, New London 319.367.2311

**Mt. Pleasant Dental Associates**

304 North Jefferson Street, Mt. Pleasant 319.385.8912

**HEARING AIDS & ASSISTIVE DEVICES**

**Beltone Hearing Aid Center**

114 East Monroe Street, Suite 105, Mt. Pleasant 319.385.7278  
Or 1.800.999.1391

**HOME HEALTHCARE/HOMEMAKER SERVICES**

**Advanced Home Healthcare LTD**

1525 Mt Pleasant Street, Burlington 319.753.6270

~Homecare aides, homemaker programs, companion, respite, skilled nursing, therapies

**Ft Madison Community Hospital (FMCH) Home Health Care**

5409 Avenue O, Ft. Madison 319.376.2166

~Skilled nursing, personal care, rehabilitation, homemaking services, support, companionship services

**Great River Home Health Care and Hospice**

1221 South Gear Avenue, West Burlington 319.768.3350

501 South White Street, Suite #24, Mt. Pleasant 319.986.6325

~Providing home health care and hospice 1.877.404-4766

**Henry County Community Health Department**

407 South White Street, Mt Pleasant 319.385.6724

~Services:

Senior Health Program: Blood pressure screenings at the senior citizen sites around the county once a month; Cholesterol screenings,

education for health promotion; foot clinics scheduled at each senior site by appointment specifically for nail trimming.

Adult Health Maintenance Program: Public Health Nurse home visits are available to set up medications in a dispenser, assessment and other medical interventions.

Homemaker Program: Home Care Aide will make home visits to give personal care, do housekeeping, laundry, and food preparation.

**Mobile Nursing Service Ltd.**

705 Avenue G, Ft. Madison 319.372.8023  
~Home health care

**Option Care**

3321 Agency Street, Burlington 319.752.0483  
~Home health care

**Regional Home Health Care Inc.**

418 Main Street, Donnellson 319.835.3933  
~Also has a companion service

**Sunny Brook Assisted Living**

3000 West Madison Avenue, Fairfield 641.469.3060

**HOSPICE**

**Hospice of Central Iowa Mt. Pleasant Office**

204 South Jefferson Street, Suite 103, Mt. Pleasant 319.385.4772  
1.888.385.4472

**Great River Home Healthcare and Hospice**

501 South White Street, Suite 24, Mt. Pleasant 319.986.6325  
1.877.404.4766

**MENTAL HEALTH**

**Alternatives Family Counseling**

307 West Monroe Street, Mt. Pleasant 319.385.4277  
~Psychological services for all ages

**Family Medicine of Mt. Pleasant**

**Cyndi Walljasper, Ph.D.**

501 South White Street, Suite 1, Mt. Pleasant 319.385.6700

~Clinical Psychology

**Henry County Central Point of Coordination**

106 North Jackson Street, Mt. Pleasant 319.385.4050

~Services: Funding assistance and referral for mental health, mental retardation, developmental disability related services. Monday -Friday, 8:00 am - 4:30pm.

**Henry County Recovery Center**

211 West Monroe Street, Mt. Pleasant 319.385.2900

~Services for individuals with mental health needs. Daily activities include group activities, social events and meals.

**LBR Psychological Consultants**

**Luis Rosell Psy. D.**

114 East Monroe Street, Suite 109, Mt. Pleasant 319.385.8868

~Psychologist

**Mental Health Center of Henry County**

106 North Jackson Street, Mt. Pleasant 319.385.8051

~Services: Individual, family and group outpatient mental counseling for children and adults. Psychiatric and psychological evaluations and medication management. Licensed psychiatrists, social workers and psychologist are on staff.

**Mental Health Institute, Center for Adult Psychiatric Care**

1200 East Washington Street, Mt. Pleasant 319.385.7231

~Services: 30 bed alcohol/drug program. 15 bed dual diagnosis program. 14 bed adult psychiatric program. Residential treatment center.

**Regeneration**

1652 Hwy 34 West, Mt. Pleasant 319.385.4187

~Services: Neurofeedback Therapy, Cranio Sacral Therapy, EMDR and

Psycho-therapy

**Rescare Mental Health Services**

106 North Jackson Street, Mt. Pleasant 319.385.8051  
~Community mental health center

**ResCare, Inc.**

106 North Jackson Street, Mt. Pleasant 319.385.2830  
~Assisted living, supported employment and psychiatric rehabilitation.

**Sunrise Enterprise**

1405 North Broadway Street, Mt. Pleasant 319.385.2910  
~Outpatient Mental Health

**OPTOMETRISTS**

**Complete Eye Care Center**

Dr. Christopher Olson  
301 West Monroe Street, Mt. Pleasant 319.385.9534

**Family Vision Center**

Dr. D. L. Rupp  
Dr. M. A. Ryther  
Park Plaza Medical Building  
501 South White Street, Suite 21, Mt. Pleasant 319.385.2020

**McPheron, Robert**

103 West Main Street, New London 319.367.5313

**PHARMACY DELIVERY**

**Hy-Vee Drugstore**

129 South Jefferson, Mt. Pleasant 319.385.3163

**Hy-Vee Pharmacy**

1700 East Washington, Mt. Pleasant 319.986.6979

**Hy-Vee Clinic Pharmacy**

3 Park Plaza, Mt. Pleasant 319.385.6745

**Medicap Pharmacy**

300 West Washington, Mt Pleasant

319.986.5151

**Wal-Mart Pharmacy (mail out)**

1045 North Grand Ave., Mt Pleasant

319.385.8600

**HOSPITALS AND MEDICAL CARE****DIABETES**

Diabetes Education Center

319.385.6518

407 South White Street, Mt. Pleasant

~Develop the skills, knowledge and attitude which allow you to live a full, flexible lifestyle while balancing diabetes control. This self-management training program is certified and covered by most insurance carriers. Individual and group classes are offered. A support group meets every other month at Henry County Health Center.

**DIALYSIS**

Southeastern Renal Dialysis LC

319.385.6720

407 South White Street, Mt. Pleasant

**HOSPITALS**

Henry County Health Center

407 South White Street, Mt. Pleasant

319.385.3141

Website [www.hchc.org](http://www.hchc.org)

~Services: Ambulatory Day Surgery, Cardiac and Cardiopulmonary Rehabilitation, Chemotherapy and Oncology Services, Comprehensive, State-of-the-Art Imaging Services/Radiology, Diabetes Evaluation and Education Center, Dialysis, Family Centered Maternity Services, Sleep Disorder Services, Full Range of Outpatient Clinics and Specialties, Lifeline Emergency Medical Response System, Nationally Recognized 24-Hour Paramedic Ambulance Service, Outpatient Exercise Programs, Park Place Long-Term Care Facility, Sleep Disorder Center, 24-Hour Emergency Department, and Rehabilitation Services.

Business office	385.6142
Cardiopulmonary	385.6504
Laboratory	385.6149
Human Resources	385.6534
Community Relations	385.6124
Diabetic Education Center	385.6518
Lifeline	385.3141
Oncology/Infusion Therapy	385.6185
Outpatient Clinic	385.6512
Park Place Long Term Care	385.6192
Public Health/Immunizations	385.6724
Pulmonary Diagnostics	385.6104
Radiology/Imaging	385.6158
Rehabilitation	385.6102
RSVP	385.6547
Surgery-Ambulatory	385.6171

**Iowa City VA Medical Center**

601 Highway 6 West, Iowa City 319.338.0581

**MEDICAL CLINICS**

**Family Medicine of Mt. Pleasant, PC**

501 South White Street, Suite 1, Mt. Pleasant 319.385.6700

**Hometown Medical Center**

204 North Jefferson Street, Mt. Pleasant 319.385.8805

~Mon.- Fri., 9:00 am-5:30 pm, closes at 12:00 noon on Thursdays

**Mt. Pleasant Center for Women's Health, PC**

407 South White Street, Suite 104, Mt Pleasant 319.385.6765

**Wayland Clinic**

227 West Main Street, Wayland 319.256.7100

~Hours: Monday & Thursday 8:30 am-12 pm & 1:00-5:00 pm

**Winfield Clinic**

110 West Pine Street, Winfield 319.257.6211

~Hours: Tuesday & Friday 8:30 am-12 pm & 1 pm-5 pm

**ONCOLOGY**

**U of I Outreach Physician**

Henry County Health Center (HCHC) Outpatient Clinic 319.385.6512

**ORTHOTICS/PROSTHETICS**

**American Prosthetics, Inc.**

2203 Muscatine Ave., Iowa City 319.337.4928

**PHYSICIANS & SURGEONS**

**Alkurdy, Nidal, M.D.**

Henry County Health Center (HCHC) Outpatient Clinic 319.754.4400

~Neurology

**Ammar, Rick M.D., F.A.C.C**

319.385.6512

Henry County Health Center (HCHC) Outpatient Clinic

~Cardiology

**Bainbridge, Thomas M.D.**

319.385.6700

Family Medicine of Mt. Pleasant

501 South White Street, Suite 1, Mt. Pleasant

~Internal Medicine/Nephrology

**Bennett, John M.D.**

319.385.6700

Family Medicine of Mt. Pleasant

501 South White Street, Suite 1, Mt. Pleasant

~Internal Medicine

**Bouchey, Reed M.D.**

501 South White Street, Suite 23, Mt. Pleasant

319.385.6775

~Ophthalmology

**Buck, Charles, M.D.**

Henry County Health Center (HCHC) Outpatient Clinic ~Occupational Health	319.339.3921
<b>Campbell, Cam, M.D., F.A.C.C</b> Henry County Health Center (HCHC) Outpatient Clinic ~Cardiology	319.385.6512
<b>Davis, Steven W., M.D.</b> 501 South White Street, Mt. Pleasant ~Radiologist	319.385.6158
<b>Dhuna, Anil, M.D.</b> Henry County Health Center (HCHC) Outpatient Clinic ~Neurology	319.754.4400
<b>Dupuis, Christopher, M.D.</b> 407 South White Street, Suite 101, Mt. Pleasant ~Orthopedic Surgery	319.385.6190
<b>Elliott, Douglas, M.D.</b> 407 South White Street, Suite 103, Mt. Pleasant ~General Surgery	319.385.6166
<b>Ewing, R. Joe, M.D.</b> 540 East Jefferson Street, Suite 102, Iowa City Henry County Health Center (HCHC) Outpatient Clinic ~Gastroenterology	319.337.5997 319.385.6512
<b>Ferguson, J. Scott, M.D.</b> Henry County Health Center (HCHC) Outpatient Clinic ~Pulmonary	319.385.6512
<b>Garrett, R. Tyson, M.D.</b> Henry County Health Center (HCHC) Outpatient Clinic ~Neurology	319.338.5451
<b>Gralnek, Dan, M.D.</b>	319.385.6512

Henry County Health Center (HCHC) Outpatient Clinic  
~Urology

**Hart, John, D. P. M.**

Heartland Foot & Ankle Center, P. C. 319.385.1128  
209 South White Street, Mt. Pleasant 1.888.895.4888  
~Podiatry

**Hauptman, Tiffany, D. P. M.**

Seymour Foot & Ankle Center, P. C. 319.385.6756  
501 South White Street, Suite 27, Mt. Pleasant 1.877.525.6755  
~Podiatry

**Hill, Annette, D.O.**

Hometown Medical Center 319.385.8805  
204 North Jefferson Street, Mt. Pleasant  
~Family Practice

**Hopson, James "Rick", M.D., F.A.C.C**

Henry County Health Center (HCHC) Outpatient Clinic 319.385.6512  
~Cardiology

**Henrich, Douglas, M.D.**

Henry County Health Center (HCHC) Outpatient Clinic 1.888.455.2725  
~Ear Nose & Throat

**Kapoor, Sid, M.D.**

Henry County Health Center (HCHC) Outpatient Clinic 319.754.4400  
~Neurology

**Layman, Thomas, M.D, F.A.C.C**

Henry County Health Center (HCHC) Outpatient Clinic 319.339.3666  
~Cardiology

**Lee, Linda, M.D., F.A.C.C.**

Henry County Health Center (HCHC) Outpatient Clinic 319.385.6512  
~Cardiology

<b>Mehegan, John, M.D., F.A.C.C.</b> Henry County Health Center (HCHC) Outpatient Clinic ~Cardiology	319.385.6512
<b>Metcalf, Kent, D.O.</b> Family Medicine of Mt. Pleasant 501 South White Street, Suite 1, Mt. Pleasant ~Family Practice	319.385.6700
<b>Miller, Linwood, D.O.</b> Family Medicine of Mt. Pleasant 501 South White Street, Suite 1, Mt. Pleasant ~Family Practice	319.385.6700
<b>Nordyke, Billy R., M.D.</b> 110 West Pine Street, Winfield ~Family Practice	319.257.6211
<b>Readinger, H.M., M.D.</b> 111 West Washington Street, New London ~Family Practice	319.367.2241
<b>Readinger, Steve, M.D.</b> Family Medicine of Mt. Pleasant 501 South White Street, Suite 1, Mt. Pleasant ~Family Practice	319.385.6700
<b>Reschly, Ronald, M.D.</b> Reschly Orthopedic PC 407 South White Street, Suite 101, Mt. Pleasant ~Orthopedic Surgery	319.385.6760
<b>Rynders, Kent, M.D.</b> Family Medicine of Mt. Pleasant 501 South White Street, Suite 1, Mt. Pleasant ~Family Practice	319.385.6700

**Savage, Alfred, D.O.** 319.385.4915  
107 East Madison Street, Mt. Pleasant  
~Internal Medicine

**Situmeang, Djonggi, M.D.** 319.385.6700  
Family Medicine of Mt. Pleasant  
501 South White Street, Suite 1, Mt. Pleasant  
~Family Practice

**Widmer, James, M.D.** 319.385.6700  
Family Medicine of Mt. Pleasant  
501 South White Street, Suite 1, Mt. Pleasant  
~Family Practice

**Woodard, Mary Anna, M.D.** 319.385.6765  
Mt Pleasant Center for Women's Health, P.C.  
407 South White Street, Suite 104, Mt. Pleasant  
~Gynecology

**Vaughan, William, M.D.** 319.367.2241  
111 West Washington, New London  
~Family Practice

**Zielinski, Beth, M.D.** 319.385.6550  
Surgical Services of Mt. Pleasant PC  
407 South White Street, Suite 102, Mt. Pleasant  
~General Surgery

**PHYSICIAN ASSISTANT**

**Burns, Annie, PA-C** 319.385.6700

**Schmidgall, Kimberly, PA-C** 319.385.6700

**Sheeley, Amber, PA-C** 319.385.6700

All Physician Assistants listed above are located at Family Medicine of Mt. Pleasant, 501 South White Street, Suite 1, Mt. Pleasant.

## HOUSING

### SENIOR LIVING

#### **Arbor Court Healthcare Center Inc.**

701 East Mapleleaf Drive, Mt. Pleasant 319.385.1400  
~Nursing Home, assisted living, independent living

#### **Park Place Long Term Care Unit of Henry County Health Center**

401 South Van Buren Street, Mt. Pleasant 319.385.6192

#### **New London Nursing and Rehab Center**

100 Care Circle, New London 319.367.5753

#### **Parkview Home**

102 North Jackson, Wayland 319.256.3525

#### **Pleasant Manor Care Center**

413 North Broadway, Mt. Pleasant 319.385.8095

#### **ResCare Inc.**

106 North Jackson, Mt. Pleasant 319.385.2830  
~ Assisted living, supported employment and psychiatric rehabilitation.

#### **Stonebrook**

126 West Stonebrook Drive, Apt 163, Mt. Pleasant 319.385.9144  
~Independent living.

#### **Sunny Brook Assisted Living**

1406 East Linden Drive, Mt. Pleasant 319.385.7227  
~RN supervised care, full meal service, weekly housekeeping service, emergency call system, activities program.

#### **Sunrise Terrace Care Center**

706 West Central Avenue, Winfield 319.257.3303

#### **Van Vorhies Haus**

601 West Monroe, Mt. Pleasant 319.385.3935

~Retired living.

### RESIDENTIAL CARE FACILITY

#### **Henry County Care Facility**

915 South Iris Street, Mt. Pleasant

319.385.2046

### MONUMENTS & FUNERAL PROVIDERS

#### FUNERAL PROVIDERS

#### **Beatty-Murphy Funeral Home**

408 North Broadway Street, Mt. Pleasant

319.385.4713

~Funeral home and Advisor

#### **Beatty Funeral Home**

301 West Main, Wayland

319.256.4081

#### **Elliott Chapel**

1 Redbud Lane, New London

319.367.5211

~Funeral, pre-need, after care, granite sales

1.800.604.6049

#### **Honts Funeral Home**

102 South Olive Street, Winfield

319.257.6244

~Traditional, funeral, cremation, pre-arrangements

#### **Olson-Powell Memorial Chapel**

709 East Mapleleaf Drive, Mt. Pleasant

319.385.1998

~Traditional, funeral, memorial services, caskets

#### **Weir & Kimzey Funeral Home**

213 North Main Street, Mt. Pleasant

319.385.2244

~Funerals and pre-arranged funerals, cremation services

### MONUMENTS

#### **Case Memorials**

212 North Main Street, Mt. Pleasant

319.385.8421

**Elliot Chapel**

1 Redbud Lane, New London

319.367.5211

**Honts Funeral Home**

102 South Olive Street, Winfield

319.257.6244

**SUPPORT GROUPS****BEREAVEMENT****Olson-Powell Memorial Chapel**

709 East Mapleleaf Drive, Mt. Pleasant

319.385.1998

**Elliott Chapel**

1 Redbud Lane, New London

319.367.5211

**CANCER SUPPORT****Hospice of Central Iowa, Mt. Pleasant Office**

319.385.4772

204 South Jefferson Street, Suite 103, Mt. Pleasant

1.888.385.4772

**Great River Home Healthcare and Hospice**

319.986.6325

501 South White Street, Suite #24, Mt. Pleasant

1.877.404.4766

**SUBSTANCE ABUSE****Alcoholics Anonymous**

24-Hour Hotline

319.385.9213

~Call for information about 12-step program and/or weekly support group meeting times. Sites in Mt. Pleasant, Salem and New London.

**Alcohol and Drug Dependency Services (ADDS)**

122 North Main Street, Mt. Pleasant

319.385.2216

Open: 8 am-5 pm Monday – Friday

~Services: Outpatient services, education and prevention services, residential treatment (Burlington Facility), consultation, employee assistance programs, crisis intervention, substance abuse screenings and operating while intoxicated screenings.

**Center for Substance Abuse** 1.800.662.4357  
~Treatment helpline

**Iowa Residential Treatment Center/Mental Health Hospital Mt. Pleasant**  
1200 East Washington Street, Mt Pleasant 319.385.7231  
~Residential inpatient and outpatient substance abuse treatment.

**Substance Abuse Information Center** 1.800.247.0614

**Narcotics Hotline** 1.800.532.0052  
~Report suspected methamphetamine labs.

**SUPPORT GROUPS/HELPLINES**

**Alcohol & Drug Treatment Referral Network: National** 1.800.996.3784

**Alcoholics Anonymous** 24-Hour Hotline 319.385.9213  
~Refer to Substance Abuse section above.

**Alcoholism & Drug Dependence, National Council on** 1.800.622.2255

**Alzheimer's Association, Greater Iowa Chapter** 1.800.448.3650

**Alzheimer's & Related Disorders** 1.800.621.0379

**American Cancer Society** 1.800.227.2345

**American Heart Association** 1.800.242.8721

**American Lung Association of Iowa** 1.800.586.4872

**Gambling Hotline** 1.800.238.7633

**NAMI-National Alliance for Mentally Ill - Henry County** 319.385.7468

**Veterans of the Vietnam War** 1.800.843.8626

**Rape, Abuse & Incest National Network (RAINN)** 1.800.656.4673

**Sexual Abuse Hotline** 1.800.284.7821

**VETERANS**

**Veterans Administration**

www.va.gov

1.877.222.8387

~Information about benefits and other sources of assistance for veterans and their families.

**Veterans Affairs Commission of Henry County**

106 North Jackson Street, Mt. Pleasant

319.385.0790

~Mon–Fri, 8 am-12:00 & 1 - 4:30 pm

**Iowa City VA Medical Center**

601 Highway 6 West, Iowa City

319.338.0581

**VOLUNTEER OPPORTUNITIES**

**Henry County Congregate Meal Sites**

Meal delivery to homebound; gardening around meal site perimeter

Mt. Pleasant

319.385.2512

Salem

319.258.4111

Winfield

319.257.6921

**Healthy Henry County Communities**

407 South White Street, Mt. Pleasant

319.385.6523

**Retired and Senior Volunteer Program (RSVP)**

407 South White Street, Mt. Pleasant

319.385.6547

**TRANSPORTATION**

**RSVP (Retired & Senior Volunteer Program)**

407 South White Street, Mt. Pleasant

319-385-6547

~Volunteers providing medical transportation with advance notice

**Southeast Iowa Bus (SEIBUS)**

200 Front Street, Suite 400, Burlington 1-866-753-5107  
~Public transportation service in Southeast Iowa  
Handicapped accessible  
~Medical shuttle to Iowa City on Tuesday & Thursday

### **ADDITIONAL RESOURCES**

**Southeast Iowa Area Agency on Aging**  
509 Jefferson Street, Burlington 319.752.5433  
1.800.292.1268

~The Case Management Program For The Frail And Elderly coordinates community based services to help the elderly and their families make long term care choices and avoid inappropriate or premature institutionalization.

**Better Business Bureau** 563.355.6344  
Or 515.243.8137

**COMPASS, Iowa** 1.800.779.2001  
~For disabled and their families

**Department of Human Services Henry County/Social Services**  
205 West Madison, Mt. Pleasant 319.986.5157  
~Open: 8:00 am-4:30 pm Monday–Friday  
~Aids with economic programs: Food Stamps, Medical Assistance (Medicaid), Title 19 assistance. Referrals/funding for service programs including: shelter care, institutional care, independent living.

**Iowa Family Caregiver Program** 1.866.468.7887  
[www.iowafamilycaregiver.org](http://www.iowafamilycaregiver.org)  
~This program works with the Area Agency on Aging. A caregiver specialist can connect you with resources in your community to make your care-giving role easier.

**Iowa Department of Elder Affairs** 515.242.3333  
[www.state.ia.us/elderaffairs](http://www.state.ia.us/elderaffairs) 1.800.532.3213

~Information and resources for persons age 60 and over in Iowa including the Case Management Program for the Frail and Elderly.

**Iowa Insurance Division**

[www.iid.state.ia.us](http://www.iid.state.ia.us)

1.877.955.1212

~Investigate complaints as well as answer your questions about insurance companies and agents.

**Iowa Legal Aid**

[www.iowa-legalaid.org](http://www.iowa-legalaid.org)

1.800.532.1275

~Provides assistance to lower income families, older Iowans and persons with disabilities who can't afford to hire a private lawyer.

**Legal Hotline for Older Iowans**

1.800.992.8161

~Iowans 60 years and older can get a free and confidential legal advice on non-criminal matters.

**Medicaid (Title XIX)**

[www.dhs.state.ia.us](http://www.dhs.state.ia.us)

1.800.972.2017

~A state program providing healthcare coverage to low-income people. To apply for these programs contact the Department of Human Services (DHS).

**Medicare Hotline**

1.800.MEDICARE

Or

1.800.633.4227

**Medicare Rights Helpline**

[www.ifmc.org](http://www.ifmc.org)

1.800.752.7014

~Medicare hospital rights and concerns regarding the quality of healthcare received.

**Operation Restore Trust**

1.800.423.2499

~Call to report suspected incidents of Medicare fraud and abuse

**Senior Health Insurance Information Program (SHIIP)**

[www.shiip.state.ia.us](http://www.shiip.state.ia.us)

1.800.351.4664

Email: [shiip@iid.state.ia.us](mailto:shiip@iid.state.ia.us)

~Information regarding Medicare benefits and claims, Medicare choices, Medicare supplement insurance, long-term care insurance, and other types of health insurance sold to older Iowans.

**Social Security Administration**

3012 Division Street, Burlington

319.752.6322

Or

1.800.772.1213

[www.ssa.gov](http://www.ssa.gov)

~Medicare enrollment, eligibility, Medicare + Choice disenrollment and Medicare card replacement.

**State Long-Term Care Ombudsmen**

1.800.532.3213

~Investigates complaints and advocates for residents of long-term care facilities in Iowa.

**WEATHER**

**Iowa Weather and Road Information**

1.800.288.1047

**PETS AND ANIMALS**

**A Paw Above**

1372 Salem Road, Hillsboro

319.258.9106

~Pet grooming and boarding

**Bath & Doggy Works**

103 James Avenue, Swedesburg

319.254.2326

~Pet grooming

**Henry County Veterinary Hospital**

1225 West Washington Street, Mt. Pleasant

319.385.8034

~Boarding and grooming available

**Hometown Veterinary Care**

407 West Main Street, New London

319.367.5511

~Grooming available. Pet boarding

<b>Jo Mar Pet Grooming</b> 408 East Washington Street, Mt. Pleasant ~Cat and dog grooming	319.986.5331
<b>Northeast Animal Hospital</b> 703 East Winfield Avenue, Mt. Pleasant ~Boarding is available	319.385.9533
<b>The Grooming Room</b> 104 North Jefferson Street, Mt. Pleasant ~All breed dog and cat grooming. Boarding	319.385.1605
<b>Wayland Veterinary Clinic</b> 101 South Pearl, Wayland ~Grooming and boarding	319.256.3205
<b>Wickham Veterinary Service</b> 701 East Winfield Avenue, Mt. Pleasant ~Livestock only	319.385.2277

## GLOSSARY

**Advance Directive**~ An Advance Directive is a written document stating your health care choices or naming someone to make the choices for you if you become unable to do so.

Iowa law recognizes two types of Advance Directives

1. Living Will
2. Durable Power of Attorney for Health Care Decisions.

A **Living Will** becomes effective **only** if you are in a **terminal condition** as defined as an incurable or irreversible condition that will result in death in a relatively short time if life-sustaining measures are not administered or a state of permanent unconsciousness. In a

Living Will you can direct your physician to provide or withhold life-sustaining procedures if you ever become terminal. Life-sustaining procedures may in some cases include providing nutrition and hydration.

**Durable Power of Attorney for Health Care** - This is a document in which you designate another to make health care decisions for you any time you are unconscious or unable to make medical decisions for yourself. You **do not** need to be in a terminal condition, just unable to participate in healthcare decisions, for a Durable Power of Attorney for Health Care to become active.

### **ADVANCE DIRECTIVE PREPARATION**

You may have either or both types of Advance Directives. A valid Advance Directive must be a written document that has been signed by you and properly witnessed or notarized.

**Area Agency on Aging~** The local or regional agency established under the Federal Older Americans Act to coordinate and provide a wide variety of services to the elderly.

**Assisted Living~** Assisted living facilities offer private, homelike living space (for example, an apartment or cottage) with some of the same services a nursing facility can offer, including help with personal care needs and some health care services. Most facilities also include housekeeping, meals, and an activity program.

**Care Conferences~** Meetings held in a nursing facility or other care setting to devise and carry out a plan of care for the resident. Care conferences are attended by the care team, made up of key provider staff, the resident and family members (if the resident desires).

**Case Management~** A comprehensive system of coordinated community services specifically targeted to seniors (60+) residing in Des Moines,

Henry, Lee and Louisa Counties. Clients are able to remain in their own home longer than would otherwise be possible and clients receive appropriate care to meet their unique needs.

**Cycle of Inactivity**~ A pattern that can develop when an older adult sustains a fall, and develops a fear of falling that leads to a lack of exercise, leading to a decline in physical condition, which in turn makes another fall more likely.

**Deductible**~ The amount of expense that an insured person must incur before an insurance carrier becomes liable for payment.

**Discharge Planning**~ A service provided through hospitals and other health care providers to help place a convalescing patient in an appropriate care setting, or to arrange appropriate services at home or other lesser-care location.

**Durable Medical Equipment**~ Home care equipment that is used over an extended period of time including equipment such as oxygen delivery system, hospital bed, wheelchair, commode.

**Enteral Therapy**~ Feeding through a tube when a patient cannot receive adequate nutrients by eating.

**Geriatric Care Manager**~ An eldercare professional, usually a nurse or social worker, who can do assessments, give guidance, and help families develop and implement a plan of care for frail older adults.

**Guardianship**~ A legal proceeding in which a person is appointed by the court to control and manage another person's affairs and / or property- most typically when the person is incapacitated and unable to act on his/her own.

**Health Care Directive~** Also called a Living Will. This is a document that lets you say what kinds of care you would want and not want if you were nearing the end of your life. Usually deals with life-sustaining measures.

**Home Delivered Meals~** This program provides home-delivered nutritious meals to older adults who are homebound.

**Home Health Care~** Health care services provided in the home. Includes care and support provided by home health aides, certified nursing assistants, registered and licensed nurses, rehabilitation therapists, and social workers.

**Home Helper~** A person who comes into your home to provide help with personal (non-medical) care needs and household chores (also called Chore Services).

**Hospice Care~** Care for the terminally ill and their families, emphasizing pain management and controlling symptoms, rather than seeking a cure. Offered by hospitals, long-term care facilities and hospice organizations, on an inpatient basis or at home.

**Independent Living Retirement Communities~** Also called Congregate Care Communities. Retirement communities offer independent senior living, serving seniors who are generally in good health and able to live independently. They typically offer services such as housekeeping, transportation, and exercise facilities.

**Informed Consent~** Your right to be in charge of your own health care by having your medical situation and proposed treatment explained to you in language you understand; and your right to give or refuse consent for medical treatment.

**Infusion Therapy**~ Intravenous (IV) medications, such as antibiotics, pain relief drugs, nutritional infusion, or chemotherapy.

**Meals On Wheels**~ Community based meal service that delivers meals to the homes of older adults who are homebound. Also known as Congregate Meals and other independent names.

**Medicaid**~ A joint state/federal program which helps pay the medical expenses of low-income individuals who meet the program's qualifying standards.

**Medicare**~ The federal program that provides health insurance for people 65 and over, for people with permanent kidney failure, and those with certain disabilities.

**Ombudsman**~ In long-term care and assisted living, the ombudsman program provides advocacy and trouble-shooting support for residents. Open access to the ombudsman is a protected resident right.

**Palliative Care**~ Medical care designed not to cure disease or halt adverse medical conditions, but to minimize symptoms and control pain.

**Power of Attorney**~ A legal document that gives another person legal authority to act on one's behalf. (See Durable Power of Attorney.)

**Respite Care**~ Temporary care for a person, provided by a home health care agency or other provider, in order to give the person's regular caregiver rest and personal time. Respite care can be in the home, at an adult day center, or in a long-term care facility or hospital.

**Reverse Mortgage**~ A loan against your house that allows you to convert part of your equity into cash; the loan and interest are paid back when the home is sold or the owner dies.

**Skilled Nursing Facility**~ Also called Nursing Homes, these facilities play two important roles: they provide rehabilitation or “sub-acute care” for people who have just been discharged from the hospital but are not medically or physically able to return home; and they provide extended long-term care to frail or chronically ill persons who require a higher level of skilled nursing and medical supervision than is available in other settings.

**Trust**~ A form of ownership under which property is held and managed by a person or institution (the trustee) for the benefit of other persons or institutions (the beneficiaries).

### Personal Information Area

**Doctor**

**Pharmacy**

**Allergies**

**Dietary Restrictions**

**Chronic Conditions**

**Hospital**

**Funeral Provider**

**Family**

**Pet's Name**

**Veterinarian**

**Plumber**

**A/C and Heating Technician**

### **The Power of Information**

This guide was produced by The Elderly Resource Group of Henry County, and was supported financially by the ads for the businesses and agencies that appear on these pages. Their support is deeply appreciated. This guide serves as a resource for the community and is not a recommendation for any product or provider.

Finding just the right information you're looking for can be difficult. Our hope is that this guide will assist you in that task. We trust that you will find this guide helpful and encourage you to call our office if you would like additional information or assistance.

**Henry County RSVP      319.385.6547**

**NOTES**