

IN-HOME HELP



Angels Care Home Health

Shenandoah

Tami Thomas-712-246-2454



Home Sweet Home

Tish Frazier 712-542-4181



My Nurse Healthcare

402-250-8465

www.mynursehealthcare.com



Pure Health Services

Misty Haffner-Szynskie

712-850-1323



Seniors Helping Seniors

Shenandoah/Drew--712-246-9280

Troy--712-246-9278



St. Croix Hospice

North Star Dementia Program

Tom Maxwell 715-327-3049

www.stcroixhospice.com

DEMENTIA FRIENDLY CLARINDA IS...

An initiative by our community to bring awareness to dementia and create a more welcoming environment in Clarinda for those living with dementia and their caregivers.

To learn more go to Dementia Friendly Iowa online at Dementiafriendlyiowa.org. You can find Clarinda's Dementia Friendly page under the tab "Dementia Friendly Communities". See a list of trained **Dementia Friendly Businesses** on our page!

This resource guide was put together by Dementia Friendly Clarinda's action team co-chaired by Debra Arbuckle (712-542-2388 debraa@waubonsiemhc.com) and Karen Brandt 712-542-2416 karen@clarindapubliclibrary.org)



An initiative of Dementia Friendly Iowa

RESOURCES



MEAL SERVICES

Meals on Wheels

CRHC Joni/Emily 712-542-8215

Connections Area Agency on

Aging Meal Site

Lied Center 712-542-2932

TRANSPORTATION

Clarinda Taxi 712-542-7950

Out of town driver-

Bill Francis 712-542-7457

SUPPORT GROUP

In-person Support Group

1st Thursday of the month starting
in November 2024, 4:30pm
@Lied Public Library
Contact: Debra Arbuckle
712-542-2388
debraa@waubonsiemhc.com

St. Croix Facebook Group

From the St. Croix Facebook page
click "Groups" under the "More" tab

RESPITE CARE

Eiler House

712-542-5508

LIFELINE SERVICES

CRHC EMS Dept.

712-542-8289

FITNESS

Clarinda Lied Center 712-542-3841

The Lied Center accepts Aetna (Silver and Fit), Blue Cross Blue Shield (Silver Sneakers), and United Healthcare (Renew Active). You must have the program on your insurance prior to registering with the Lied Center.

CRHC Sports Med and Rehab Center

712-542-8224

A team of wellness specialists are here to make sure you receive the help necessary to maintain your health and wellness whether you're looking for a 1 on 1 program or group classes. Their **Delay the Disease** fitness program is an evidence-based class designed to retrain the mind & body improving overall quality of life.



OTHER RESOURCES

Lied Public Library 712-542-2416

Memory Kits available for checkout.

These kits are curated with books, music, and activities for caregivers to interact with their loved ones living with dementia.

Informational Resource Collection

Digital Library: Ebooks, audiobooks, magazines, music, movies are accessible via our online apps with a library card.

Homebound Delivery of reading materials and activities when you meet the criteria.