

## IN-HOME HELP

- ▶ [Angels Care Home Health](#)  
Shenandoah  
Tami Thomas-712-246-2454
- ▶ [Home Sweet Home](#)  
Terry Bitting 712-542-4181
- ▶ [My Nurse Healthcare](#)  
402-250-8465  
[www.mynursehealthcare.com](http://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](http://www.stcroixhospice.com)
- ▶ [Home Care Advocacy Network](#)  
712-318-1992  
[hcanthrive.com/southwestiowa/](http://hcanthrive.com/southwestiowa/)

## 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](http://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](mailto:debraa@waubonsiemhc.com)) and Karen Brandt 712-542-2416 [karen@clarindapubliclibrary.org](mailto:karen@clarindapubliclibrary.org))



*An initiative of Dementia Friendly Iowa*

## RESOURCES



## MEAL SERVICES

### Fresh Eats

CRHC Michelle/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

**2nd** 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

## RESPIRE CARE

### Eiler House

712-542-5508

## LIFELINE SERVICES

### CRHC EMS Dept.

712-542-8289

## CLARINDA MENTAL HEALTH CENTER

712-542-8358

## 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 Rehabilitation & Sports 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 or needing physical, occupational, or speech therapy. 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.