

Watertown Area

SERVICES For The AGING

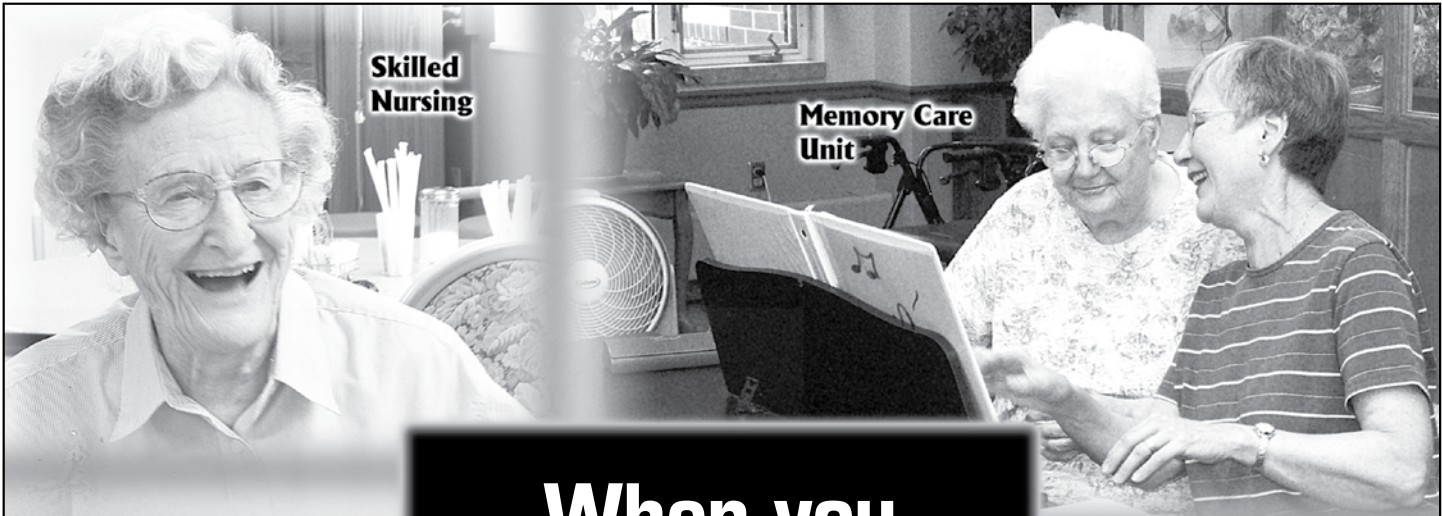
RESOURCE DIRECTORY

Ninth Edition

2010

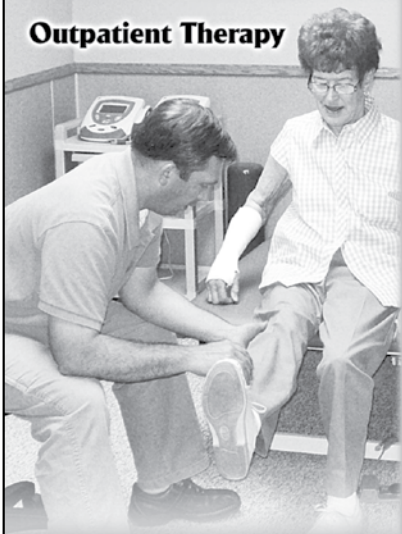


Prepared by the WATERTOWN AREA COUNCIL FOR THE AGING (WACA)



**Skilled
Nursing**

**Memory Care
Unit**



Outpatient Therapy

When you need us, we'll be here!

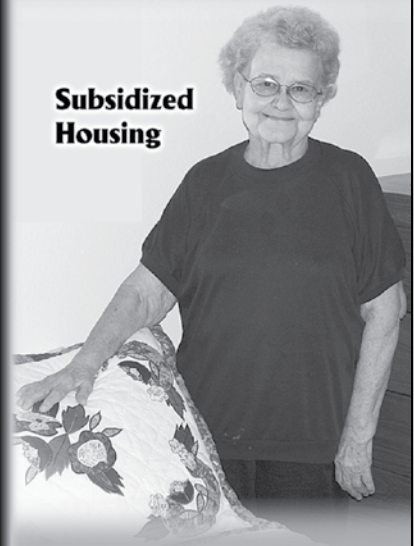
For information on any of our services,
please call us at 886-5777.



JENKINS
LIVING CENTER, INC.

215 S. Maple St., Watertown, SD
www.jenkinslivingcenter.com

"A tradition of excellence for over 50 years"



**Subsidized
Housing**



Assisted Living



Independent Living



**Jenkins
Town View Apartments**



**200 Maple Place
Independent Living**



**Cedar View
Assisted Living**



**Reflections
A Memory Care Unit**



**Jenkins Living Center
Skilled Nursing Facility**

The Watertown Area Council for the Aging (WACA) is a non-profit organization incorporated in November 1985. The purpose of WACA is to provide a common forum for individuals and organizations who have an interest in or offer services to the aging in Watertown and the surrounding area.

WACA was formed to coordinate the assembly of information on the services for the aging that are available in the community, to annually assess the need for new services for the aging and to promote the establishment of these new services, to work with the organizations and individuals now providing services for the aging to increase the effectiveness of these services, to prepare and distribute informational materials on the services available for the aging, and to assist organizations and individuals to become informed on the various problems of the aging.

The Council meets on the third Tuesday of each month at noon at Godfather's Pizza (back room) in Watertown. The meetings consist of a short business meeting and the opportunity to exchange/hear information on the issues of the aging from members or a guest speaker.

You are invited to attend any of the meetings with no obligation to join. If you wish for more information on WACA, please call Adult Services and Aging – **882-5003**, or write to:

**Watertown Area Council on the Aging
P.O. Box 382
Watertown, SD 57201**

★ The inclusion or exclusion of a service does not in any way indicate the endorsement of the Watertown Area Council on the Aging.

To obtain additional copies of this publication, contact
Adult Services & Aging at 882-5003.

EMERGENCY NUMBERS

Fire	911
Police	911
Sheriff	911
Ambulance	911
Hospital – 24 Hour Emergency	882-7800
Poison Control Center	1-800-222-1222

ROUTINE BUSINESS NUMBERS

Codington County Emergency Management	882-6272
Fire Department	886-4733
Highway Patrol	882-5057
Police Department	882-6210
Prairie Lakes Hospital	882-7000
Sheriff	882-6280

FREQUENTLY CALLED NUMBERS

Brown Clinic/Northridge	886-8482
Consumer Protection (Pierre)	1-800-300-1986
Department of Social Services	882-5003
Home Connections/Home Health	882-7841
Mallard Pointe Surgical Center	882-4743
Sanford Clinic	886-8471
60’s Plus Dining/Meals on Wheels	882-2166
Watertown Area Transit	882-5287

Doctor _____ Telephone _____

Other Important Numbers

TOLL FREE 1-800 DIRECTORY

Advocacy Services	1-800-658-4782
Alzheimer’s Association Center – Help Line	1-800-232-0851
AMA Cancer Information Center	1-800-525-3777
American Council for the Blind	1-800-424-8666
American Diabetes Association	1-800-232-3472
American Foundation for the Blind	1-800-232-5463
American Heart Association	1-800-437-9710
American Kidney Fund.	1-800-638-8299
American Liver Foundation & Hepatitis Disease Help Line	1-800-223-0179
Christopher Reeve Paralysis Foundation	1-800-225-0292
Christopher & Dana Reeve Resource Center	1-800-539-7309
Association for Retarded Citizens of the U.S.	1-800-433-5255
Cancer Information Service - National Line	1-800-422-6237
Communication Service for the Deaf (CSD)	1-800-642-6410
Consumer Protection/Division of Consumer Affairs (SD).	1-800-300-1986
Dakotalink.	East River, 1-800-645-0673
Easter Seal South Dakota	1-800-952-1852
East River Legal Services.	1-800-952-3015
Eldercare Locator	1-800-677-1116
Huntington’s Disease Society of America	1-800-345-4372
International Hearing Aide Society	1-800-521-5247
Lung Line (Lung Disorders, Allergies)	1-800-222-5864
Medicare Information Part B for SD beneficiaries.	1-800-633-4227
Medicare Hotline	(1-800-Medicare) 1-800-634-2273
National Asthma Center - Lung Line	1-800-222-5864
National Easter Seal Society, 230 West Monroe Street, Suite 1800, Chicago, IL 60506	1-800-221-6827 email: easter-seals.org
National Eye Care Project Hotline	1-800-222-3937
National Fraud Information Center	1-800-876-7060
National Headache Foundation.	1-800-843-2256
National Parkinson Foundation	1-800-327-4545 or 1-800-433-7022
Poison Hotline.	1-800-222-1222
Social Security	1-800-772-1213
South Dakota State Library – Large Print & Recorded Books	1-800-423-6665
Veterans Administration	1-800-827-1000

INDEX OF SERVICES

<p><u>TOLL FREE 1-800 DIRECTORY</u> 3</p> <p><u>COMMUNITY OPPORTUNITIES</u> 6</p> <p>Activities</p> <ul style="list-style-type: none"> Over 90's Dinner Promenaders Square Dance Club Town Players Watertown Community Concert Association Watertown Municipal Band Chamber of Commerce Senior Citizens Center Goss Opera House and Gallery <p>Education</p> <ul style="list-style-type: none"> Mount Marty College/Watertown Campus Lake Area Technical Institute Watertown Regional Library Benedictine MultiCultural Center <p>Organizations</p> <ul style="list-style-type: none"> National Active Retired Federal Employees (NARFE) Watertown Area Retired Teachers Golden Age Service Club Watertown Area Coalition on Aging <p>Recreation and Fitness</p> <ul style="list-style-type: none"> Grace Lutheran Senior Exercise Class Watertown Senior Games Watertown Parks and Recreation Department Watertown Community Recreation Center J-Club <p><u>EMPLOYMENT</u> 8</p> <ul style="list-style-type: none"> Watertown Learning Center Experience Works Department of Labor <p><u>FINANCIAL ASSISTANCE/INSURANCE</u> 9</p> <ul style="list-style-type: none"> Codington County Assistance Programs <ul style="list-style-type: none"> Welfare Office Sales or Property Tax Refund Assessment Freeze Program Prescription Discount Card Department of Social Services Programs <ul style="list-style-type: none"> Supplemental Nutritional Assistance Program Medicaid Discount Card <ul style="list-style-type: none"> Golden Age Sports Passes Inter-Lakes Community Action Programs <ul style="list-style-type: none"> Garden Program Low Income Energy Assistance Tax Reduction Assistance Weatherization Program Information and Referral Representative Payee Service Self Help Housing Rehabilitation Head Start and Early Head Start Rental/Utility Assistance Crime Victim's Compensation Program RX Access Program National Eye Care HELPLINE Salvation Army 	<ul style="list-style-type: none"> Social Security Telephone Assistance Programs Watertown Area Homes of Hope Thrift Shops <ul style="list-style-type: none"> Angels Attic Thrift Store GSI Thrift Store Hidden Treasures Humane Society Thrift Store Salvation Army Thrift Store Thrifty Threads Worth Repeating <p><u>HEALTH ORGANIZATIONS</u> 12</p> <ul style="list-style-type: none"> American Cancer Society American Diabetes Association American Heart Association Arthritis Foundation Communication Service for the Deaf Dakota Link Muscular Dystrophy Association Services to the Blind and Visually Impaired American Lung Association of South Dakota <p><u>HEALTH SERVICES</u> 13</p> <ul style="list-style-type: none"> Adult Services and Aging <ul style="list-style-type: none"> Information and Referral Services In-Home Services Placement Services Respite Care Services Senior Companions Home and Community Based Waiver Protective Services Ombudsman Program Caregiver Program Veterans Services Tri State Nursing Prairie Lakes Healthcare Systems <ul style="list-style-type: none"> Hospice Home Care Home Connections Caring Club House Prairie Lakes Cancer Center Retail Pharmacy Professional Hearing Services Family Dental Center Watertown Family Eyecare <p><u>COUNSELING SERVICES</u> 15</p> <ul style="list-style-type: none"> Human Service Agency Lutheran Social Services, Watertown Area Counseling Lutheran Social Services, Consumer Credit Counseling Watertown Resource Center Catholic Family Services <p><u>HOUSING</u> 16</p> <ul style="list-style-type: none"> Elderly/Handicapped Subsidized Apartments <ul style="list-style-type: none"> Friendship Village Governor's Houses Hi-Rise Parkview Apartments Jenkins Townview Apartments
---	---

HOUSING cont'd

Stewart Rentals
 Sunchase
 The Colonial
 The Tower
 Cornell Apartments
 Plum Creek Apartments
 Stone Bridge
 Watercrest
 Briar Creek
 Jefferson Court
 Watertown Housing Authority
 South Dakota Housing Development Authority
 Independent Senior Living
 Benet Place Independent Senior Apartments
 200 Maple Place
 The Commons of Prairie Crossings
 Good Samaritan Society – Hidewood Estates
 Assisted Living
 Castlewood Assisted Living
 Cedar View Assisted Living
 Country View Assisted Living
 Good Samaritan Society - Four Seasons Assisted Living
 Estelline Care Center
 Benet Place Assisted Living
 Fay Wookey Assisted Living
 Homestead Assisted Living
 Meadow Lake Acres Assisted Living
 Park Place Assisted Living
 Prairie Crossings Assisted Living
 Roetell Assisted Living
 Parkview Assisted Living
 StoneyBrook Suites of Watertown
 Residential Care Homes
 Snell Residential Care Home
 R & J Residential Home

INSURANCE AND TAX ASSISTANCE 19

Division of Insurance
 Medicare
 Medicare Part B
 Medicare Part D
 South Dakota Medicaid
 Senior Health Information and Education Program
 South Dakota Foundation for Medical Care/
 Quality Improvement Organization
 Tax Counseling for the Elderly

MEDICAL EQUIPMENT AND SUPPLIES 20

Avera Home Medical Equipment
 Midwest Medical Services, Inc.
 American Cancer Society
 American Legion Codington County Post #17
 Audio Books
 Lions Club International
 Multiple Sclerosis Society
 Muscular Dystrophy Association
 South Dakota Cares
 Opportunities for Independent Living

EMERGENCY RESPONSE SYSTEMS 21

Whetstone Valley Electric
 Telecommunication Devices for the Deaf-Relay System

NURSING HOMES 21

Golden Living Center – Clark
 Estelline Nursing Care Center
 Good Samaritan Society – Deuel County
 Jenkins Living Center, Inc.
 Golden Living Center – Lake Norden
 Parkview Care Center
 Golden Living Center – Watertown
 St. William’s Care Center
 Golden Living Center – Milbank
 Tekakwitha Nursing Center

NUTRITION 23

60’s Plus Dining Program
 Home-Delivered Meals from 60’s Plus Dining
 HyVee Foods – Grocery Delivery
 Salvation Army
 Watertown Banquet
 Angel Food Ministries
 Cornerstone Church Food Panty
 Grace Lutheran Food Bank
 County Fair Food Store

PROTECTIVE SERVICES 24

Division of Consumer Protection
 East River Legal Services
 Department of Social Services/Adult Services and Aging
 Watertown Resource Center

SUPPORT GROUPS 24

Alcoholics Anonymous
 Al-Anon
 Alzheimer’s/Aging Family Support Group
 Alzheimer’s Support Group
 Bereavement Support Group
 Breast Cancer Support Group
 Disabled American Veterans
 F.R.I.E.N.D.S Cancer Support
 NAMI Watertown Support Group
 Widowed Person Service
 Parkinson’s Support Group
 Stroke Survivor’s Support Group

TRANSPORTATION 26

MediVan
 Handicapped Parking Emblems
 Watertown Area Transit, Inc.
 Lake City Cab
 Title XIX Non-Emergency Medical Transportation

VOLUNTEER OPPORTUNITIES 26

Prairie Lakes Healthcare System
 Retired and Senior Volunteer Program
 Watertown Volunteer Center
 Foster Grandparent Program
 Senior Companion Program of SD

GOVERNMENT 27

Watertown Mayor and City Council Members
 Codington County Commissioners
 Governor M. Michael Rounds
 Representative Stephanie Herseth Sandlin
 Senator Tim Johnson
 Senator John Thune

COMMUNITY OPPORTUNITIES

ACTIVITIES

Over 90's Dinner..... **886-5797**
Annual dinner for all persons 90 and over. Sponsored by the Watertown Kiwanis Club.

Promenaders Square Dance Club..... **886-8723**
Club meets Saturday nights at 8:00 p.m. at the Senior Citizens Center, 301 East Kemp Avenue.
Non-profit organization. Square dance lessons available.

Town Players, 5 South Broadway, Watertown, SD 57201, www.townplayers.net **882-2076**
Several productions a year, plus youth theater. 11 a.m.-3 p.m. M-F. Casting for plays is advertised.
Annual meeting in July.

Watertown Community Concert Association..... **886-7757**
Presents four to six concerts by professional musicians each year to Watertown Area residents.
Admission by season ticket only.

Watertown Municipal Band..... **886-2780 or 882-4596**
Rehearsals begin mid-May. The band is contracted by the City of Watertown to make 16 public appearances, which include Tuesday evening concerts in Stokes-Thomas Lake City Park during the summer, Memorial Day, Veterans Day, July 4th parades, and other special events.

Chamber of Commerce **886-5814**
Please contact for specific interest.

Watertown Senior Citizens Center **886-7063**
301 East Kemp Avenue, Watertown, SD 57201
A place where people who are 55 or older may gather. The activities are many including Wii games, craft and exercise groups, billiards, dances, chorus, computer lab, cards, Friday night Bingo and much more. Facility is open from 9:00 a.m. to 4:00 p.m. weekdays. The nutrition center is also available to those 60 and over for a noon meal.

Goss Opera House and Gallery..... **878-4677**
100 E. Kemp Avenue, Watertown, SD 57201
Facility offering art, food entertainment, shopping and music. Contact for current information
info@gossoperahouse.com

EDUCATION

Mount Marty College/Watertown Campus **886-6777**

1225 Arrow Avenue NE

The college department offers several bachelor degrees and a wide variety of college courses.

Lake Area Technical Institute **LuAnn Strait, 882-5284 Ext. 241 or 1-800-657-4344**

230 11th Street NE

Lake Area Tech offers twenty-five high demand programs of study and seven online E-degrees to approximately 1400 students throughout the year. In addition, the school serves many individuals who attend the short-term Corporate Education courses. At Lake Area Tech, students receive a quality education, experience small class sizes, receive personal attention from the instructors, benefit from outstanding placement and all at an affordable price.

Watertown Regional Library **882-6220**

160 6th Street NE

Provides the following: delivery of books to your home if you are unable to get to the library; Telecommunication Devices for the Deaf (TDD); use of computers; computer classes including the Internet at no charge; and training on how to use in-house systems.

Benedictine MultiCultural Center **878-2021**

2500 5th Street SE (Hwy. 81), Watertown, SD 57201

Facility embraces and celebrates diverse cultures by promoting understanding and respect for all and by providing education, referrals and multicultural resources.

Contact www.benedictinemulticulturalcenter.com

ORGANIZATIONS

National Active Retired Federal Employees (NARFE) **Gerald Cornelius, 882-0456**

Meets the first Monday of each month at noon at the Pizza Ranch. Offers information and socializing for retired federal employees, spouses of deceased federal employees, and current federal employees.

Watertown Area Retired Teachers **Patricia Johnson, 886-8756**

Meets the second Thursday of each month at the Elks at 8:30 a.m. for breakfast and 9:30 a.m. for the program. Offers fellowship to all persons in the Watertown area who have been employed by a school system in any capacity.

Golden Age Service Club **Dwight Helland, 886-6915**

219 1st Avenue SE

Lloyd Christians, 886-5276

Meets each Wednesday at 9:30 a.m. at the Knights of Columbus building. This club offers the opportunity for service to children, youth and the elderly of the community through service projects. Membership is open to men and women of all ages.

Watertown Area Council for the Aging (WACA) **882-5003**

PO Box 382, Watertown, SD 57201

Non-profit organization that is a common forum for individuals and organizations that have an interest in or offer services to the aging in Watertown and the surrounding area. Council meets on the third Tuesday of each month at noon at Godfather's Pizza (back room) in Watertown. Guests welcome.

RECREATIONAL AND FITNESS

Grace Lutheran Senior Exercise Class..... 882-2797
Grace Lutheran Church, 202 2nd Street SE, Watertown, SD 57201
Exercise group meets Mondays, Wednesdays and Fridays at the Fellowship Hall at 9:30 a.m.
Open membership with no fees. Participants need to bring own weights and a mat.

**Watertown Senior Games, Watertown Parks and Recreation Department/
City Auditorium Office..... 882-6260**
125 South Broadway, Watertown, SD 57201
Open to any persons 50 and older, with competition events divided into various age groups.
Participants can compete in different athletic and recreational activities including track and field,
billiards, golf, swimming, bowling, card games, basketball, horseshoes, shuffleboard, bean bag
toss, and disc golf.

Watertown Parks and Recreation Department/City Auditorium Office 882-6260
125 South Broadway, Watertown, SD 57201
A city recreation program is provided with a wide variety of recreational activities including
swimming, camping, walking, golf, tennis, arts and special events.

Watertown Community Recreation Center 882-6250
200 9th Street NE, Watertown, SD 57201
Offers a variety of exercise and recreational programs including swimming, 55+ aquacise (very
good for people with arthritis), individual orientation, healthy back program, aerobics lite,
weightlifting, whirlpool, Nautilus equipment, Cybex weight machines, a cardio area, treadmills,
stationary bicycles, rowing machine, walking/running track, racquetball courts, sauna, steam
room, and whirlpool, and offers Silver Sneakers program.

J-Club..... 886-5777
215 South Maple Street, Watertown, SD 57201
Jenkins Living Center provides the J-Club which is a health and fitness program designed spe-
cifically for individuals 55 years of age or older. A person needs to set up an appointment for a
licensed JLC therapy staff to train each member in the use of all the equipment. The J-Club
provides easy-to-use and state-of-the-art equipment. Equipment provides strengthening, range of
motion, cardiovascular benefits and balance. A free J-Club T-shirt is received with each member-
ship. The J-Club provides fun and friendship with other members assisting with motivation.
J-Club members enjoy exercising at their own pace Monday-Friday between 6:30 a.m.-4:30 p.m.
and on Saturdays and Sundays from 8:00 a.m. to noon. J-Club members may utilize the private
therapy entrance for J-Club use. Minimal cost. Interested persons should contact Jenkins Living
Center at 605-886-5777 to set up an appointment.

EMPLOYMENT

Watertown Learning Center 882-5080
2001 9th Avenue SW, Suite 100, Watertown, SD 57201
Provides Adult Education and Literacy Services which includes brush-up and pre-GED classes and inde-
pendent study; is a GED Testing Center; self paced independent computer study available; and provides
English as a Second language and Citizenship study. NCRC certification available.

Experience Works **886-6522**
Assists mature workers (age 55 and older) in gaining work experience and training before re-entering the workforce. Must be unempolyed and income eligible and have a strong desire to work part-time or full-time.

Department of Labor **882-5131**
2001 9th Avenue SW, Suite 200, Watertown, SD 57201
Provides job referrals, career counseling, and employment search assistance. Provides workforce training such as on-the-job training and work experiences. Provides unemployment benefits to people who have lost their jobs through no fault of their own. Provides other services such as Temporary Assistance for Needy Families (TANF)

FINANCIAL ASSISTANCE/INSURANCE

CODINGTON COUNTY ASSISTANCE PROGRAMS

Codington County Courthouse
14 1st Avenue SE, Watertown, SD

Welfare Office **882-6286**
Assistance may be granted for rent, utility bills, medical care, medication, and hospitalization provided there is no other resource to meet these needs.

Sales or Property Tax Refund **882-6285**
A program to refund a portion of sales and/or property taxes paid by low income persons over the age of 65 or disabled persons. Applications may be obtained from the County Treasurer's Office. Forms are available starting May 15 to June 30, sales tax must be filed by June 30.

Assessment Freeze Program **882-6285**
This program allows the assessed value of a person's home to be rolled back to the value during the year that the individual turned 65 or became disabled. The person must be 65 or older and meet other income guidelines.

Prescription Discount Card **882-6286**
Codington County and the National Association of Counties have a Prescription Discount Card that is available at various County offices in the Courthouse. It can be used any time a prescription is not covered by insurance. There are no restrictions on eligibility and no limit on how may times the card can be used. Using the card may provide higher discounts on select medications as well as high tech and injectable drugs.

DEPARTMENT OF SOCIAL SERVICES PROGRAMS **882-5000**
2001 9th Avenue SW, Suite 300, Watertown, SD 57201

Supplemental Nutritional Assistance Program provides a supplemental food program for low income families and individuals. Eligibility is based on income, resources and allowable expenses.

Medicaid provides a program of medical assistance for qualified aged, blind or disabled persons who need help in paying for required long-term care in a nursing home/assisted living facility or are receiving Federal Supplemental Security Income (SSI) payments This is a Title XIX program. Assistance for the at-home spouse is available under the Spousal Impoverishment Program.

Under the Special Low-Income Medicare Beneficiary (SLIMB) Program, the state is required to pay the Medicare Part B premiums for certain eligible elderly, blind or disabled individuals.

The Qualified Medicare Beneficiary (QMB) Program helps low income elderly or disabled people on Medicare pay their Medicare premiums, co-insurance and deductibles.

DISCOUNT CARD – GOLDEN AGE SPORTS PASSES 882-6314
Watertown Senior High School, 200 9th Street NE, Watertown, SD 57201

Golden Age Sports Passes are available to individuals who are 65 or above and live in the Watertown School District. The passes are for Watertown School activities and regular season sporting events. Apply at the Watertown School District Business Office in the Senior High building.

INTER-LAKES COMMUNITY ACTION PROGRAMS. 886-7674
7 8th Avenue SE, Watertown, SD 57201

Garden Program provides vouchers for plants and seeds for persons meeting low income guidelines.

Low Income Energy Assistance 1-800-233-8503

Provides financial assistance to supplement heat costs during the winter months. Eligibility is determined by income and family size.

Tax Reduction Assistance provides assistance with applications for rebates of sales and property taxes for persons meeting low income guidelines.

Weatherization Program provides material and labor to reduce energy costs for eligible households that meet income guidelines.

Information and Referral helps eligible persons to locate services that would help those persons to meet some or all of their needs.

Representative Payee Service provides persons requiring assistance with financial management of their households.

Self Help Housing Rehabilitation offers participating families an opportunity to save money by providing labor to help with their own house repairs. Construction experience not necessary.

Head Start and Early Head Start offers pregnant mothers, low-income children and children with disabilities, ages 0-5, and their families developmental services (both home-based and center-based).

Rental/Utility Assistance provides assistance with security deposit/first month's rent and rent and utilities that are past due. This program is income based and all inquiries are screened for eligibility (This program is available when funding is available.)

Crime Victim's Compensation Program1-800-696-9476

Compensation may be available for expenses incurred as a direct result of the criminal acts of another person. Examples of economic losses covered under the law are: medical care, rehabilitation, funeral expenses, loss of income, counseling or child care costs.

RX Access Program1-605-773-3656

Assistance is provided to individuals with Medicare coverage to access patient assistance programs sponsored by pharmaceutical manufacturers. These programs can provide some medication at no cost. Income guidelines apply.

National Eye Care HELPLINE.1-800-222-3937

Offers medical eye care to persons with eye problems who are over 65 and require financial help and who do not have a medical eye physician. Must be a U.S. citizen or a legal resident of the United States. Professional eye care will be offered to the disadvantaged elderly at no cost. Sponsored by the Foundation of the American Academy of Ophthalmology, the Knights Templar Eye Foundations, and the South Dakota Academy of Ophthalmology.

Salvation Army886-4030
621 4th Street SE, P.O. Box 136, Watertown, SD 57201

Endeavors to meet social and spiritual needs of others without discrimination. Emergency aid includes, but is not limited to: food pantry, clothing and lodging. Stranded motorists may receive travelers' aid through the Police Department. The Thrift Store, 882-4898, sells used items with proceeds supporting all Salvation Army programs.

Social Security.886-8284 or 1-800-772-1213
514 10th Avenue SE, Watertown, SD 57201

Determines eligibility for and provides assistance and information on Social Security, Medicare, Supplemental Security Income (SSI) and disability benefits. Monday through Friday, 9:00 a.m. to 4:00 p.m.

Telephone Assistance Programs.1-800-244-1111

Federal government programs available to low income customers of major providers of telephone service such as Qwest. Lifeline provides eligible customers with a monthly credit to help offset the cost of their home telephone line. Free long distance restriction is also available, at the customer's request. Link-up provides eligible customers with a one-time credit to help offset the installation charge associated with their home telephone line. Customers must apply for Lifeline and Link-up within 60 days of installation of Qwest phone service. Obtain an application for South Dakota at qwest.com. Call 1-800-244-1111 to place an order for service before sending in completed application.

Watertown Area Homes of Hope.880-6730
415 E. Kemp, Suite 7, Watertown, SD 57201

Provides a housing referral service to existing housing programs for individuals and families. Some financial assistance may be available if no other support is available for individuals and families to remain in their homes.

THRIFT SHOPS

Angels Attic, 1300 9th Avenue SE (Watertown Mall), Watertown, 57201	878-2300
GSI Thrift Store, 102 W. Kemp Avenue, Watertown, SD 57201	882-9955
Hidden Treasures, 109 E. Kemp Avenue, Watertown, SD 57201	878-0983
Humane Society Thrift Store, 12 W. Kemp Avenue, Watertown, SD 57201	878-4803
Salvation Army Thrift Store, 621 4th Street SE, Watertown, SD 57201	882-4898
Thrifty Threads, 9 S. Maple, Watertown, SD 57201	882-3292
Worth Repeating, 103 E. Kemp Avenue, Watertown, SD 57201	882-4734

HEALTH ORGANIZATIONS

American Cancer Society **1-605-882-2957 or 1-800-227-2345**
525 5th Street SE #4

Watertown contact, Peg Schultz. Provides volunteer programs such as Reach to Recovery, Look Good . . . Feel Better and the Great American Smokeout. Also available are videos and written materials for persons affected by cancer and their family members. www.cancer.org

American Diabetes Association (SD Affiliate) **1-888-342-2383**
P.O. Box 91534, Sioux Falls, SD 57107 **1-605-361-0098**

Provides awareness programs, professional health care, seminars, support groups, education, public service, special events and fund-raising. www.diabetes.org

American Heart Association **1-701-252-5122**
P.O. Box 1287, 1005 12th Avenue SE, Jamestown, ND 58402-1287

Provides education on nutrition, cardiac wellness, stroke and exercise for the public and for professionals and offers information on smoking cessation. www.americanheart.org

Arthritis Foundation **1-800-283-7800**
1330 West Peachtree, Atlanta, GA 30309

Provides literature on rheumatic diseases, health fairs, free public forums, programs to suit various audiences, quarterly chapter and national newsletters, periodic releases of current information and professional education. www.arthritis.org

Communication Service for the Deaf **Toll free voice/tty 1-866-246-5759**
3520 Gateway Lane, Sioux Falls, SD 57106

Provides interpreter services (sign language) and interpreter training through workshops, information and referral, and Telecommunications Devices for the Deaf and Hard of Hearing (TEDP).
www.c-s-d.org

Dakota Link **1-800-645-0673**
1161 Deadwood Avenue, Suite 5, Rapid City, SD 57702

Provides technology solutions to life's limitations. www.dakotalink.net

Muscular Dystrophy Association **call collect 1-605-339-2728**
524 N. Main Avenue, Suite 211, Sioux Falls, SD 57105

Covers 43 different neuromuscular diseases. Offers clinical and diagnostic services, referral services and literature. Summer camp for ages 6 to 17, ALS Support Group and a Loan Closet for persons with neuromuscular disease. www.mda.org

Services to the Blind and Visually Impaired1-605-626-2395

1707 4th Avenue SE, Suite A, Aberdeen, SD 57401-5055

Offers rehabilitation services for the blind and visually handicapped person which may include medical, psychological, vocational, home instruction and counseling. Covers a 13 county area: Brown, Clark, Codington, Day, Deuel, Faulk, Grant, Hamlin, Hand, Marshall, McPherson, Roberts, Spink.

American Lung Association of South Dakota1-605-336-7222 or 1-800-586-4872

108 E. 38th Street, Suite 600, Sioux Falls, SD 57105

Offers patient education programs and support groups, which include programs on smoking, radon, and indoor air. Also offers educational materials for patient and health professionals.

www.lungusa.org/sd

HEALTH SERVICES

ADULT SERVICES AND AGING 882-5003

Department of Social Services, 2001 9th Avenue SW, Suite 300,

P.O. Box 670, Watertown, SD 57201

Information and Referral Services which provides information and/or referral regarding community resources for the elderly and disabled adult.

In-Home Services provide a menu of services which includes homemaker aide for general cleaning and personal care, nursing, emergency response system, adult day care, purchased meals, assistive devices, and medical equipment and supplies. These services may involve a cost share which is established by income and household size.

Placement Services is designed to assist eligible individuals in changing their current living arrangement. Examples include moving from independent living into a residential care home or nursing facility or from those settings back to independent living.

Respite Care Services are available to the primary caregiver of an elderly or dependent adult. A neighbor, friend or community volunteer is identified to relieve the primary caregiver for short periods of time.

Senior Companions is an in-home service which offers regular, scheduled visits by a companion. Depending on the circumstances, the companion may provide friendship and assistance with daily activities to those who live alone; give a break to those caring for a family member or friend; assist those recuperating from a hospital or nursing home stay; assist those who are terminally ill; provide respite care for families of those with Alzheimer's disease or related disorders.

A Home and Community Based Waiver is available for eligible persons 18 years of age and older, who must meet financial eligibility and have an intermediate level of care need for services. Waivered services include homemaker services, nursing and adult day care.

Protective Services provides assistance to adults who are at risk of abuse, neglect or exploitation and are unable to protect their own interests.

Ombudsman Program receives, investigates and resolves complaints that are made by, or on behalf of, individuals who are residents of a nursing facility, assisted living and residential care facilities and adult foster care homes. The Ombudsman is an advocate for the resident.

Caregiver Program – Adult Services & Aging offers services that can help caregivers deal with the daily burden of caring for an elderly person. These services can help caregivers avoid burnout by giving them the relief they need to work or pursue other daytime activities. The program provides services such as Information and Referral, Case Management, Caregiver Relief and Supplemental Services.

Veterans Service Office **882-6289**

Codington County Courthouse, Room 5, 14 1st Avenue SE, Watertown, SD 57201

Assistance with an array of Veterans benefits. Provides DAV transportation for veterans via a van to VA medical facilities.

Tri State Nursing **753-7530**

420 4th St. NE, Suite 109, Watertown, SD 57201

When you need a little extra assistance, Tri State Nursing can help. Tri State Nursing's individualized assistance service programs include basic services to meet almost any need. A private care service coordinator is available to speak with you and answer any questions you may have.

PRAIRIE LAKES HEALTHCARE SYSTEM **882-7000**

401 9th Avenue NW, P.O. Box 1210, Watertown, SD 57201

Prairie Lakes Healthcare System (PLHS) has served the needs of the region since 1986. As South Dakota's largest independent health system, PLHS provides healthcare services to a population of approximately 90,000 residents in northeastern South Dakota and western Minnesota. PLHS has built a solid foundation specialty care services including interventional cardiology, cancer care, surgery, emergency services and other medical specialties.

Hospice **882-7745**

A Medicare certified program that offers symptom control and hands-on care of the terminally ill person in the home, respite, and hospital/acute setting. RNs, aides, social workers, pastoral care personnel, and volunteers help the family by providing social, physical and spiritual help in the home, nursing home, assisted living, or hospital setting. The program strives to help the patient move through the end-of-life process in comfort. The program also strives to support the caregiver/family during the end-of-life process and through a 12 month bereavement program.

Home Care **882-7745**

A certified Home Health agency which offers the skilled level of care covered by Medicare and private insurances. RN's, physical, occupational, and speech therapy, medical social services and aides care which is covered by the patient's insurance carrier are provided in the home setting on an intermittent (not shift) visit basis. Services may be requested by phone, in writing or in person by the MD, family or patient.

Home Connections **882-7841**

Home Connections provides in-home services for patients who need housekeeping, errand/shopping services, personal care assistance, exercise assistance, housekeeping, medication management and any other non-skilled task. Services are available from a visit to multi-hour schedule, seven days a week. A nurse case manager provides overall supervision and management.

Caring Club House **868-1868 and 882-6888**

220 9th Avenue NW, Watertown, SD 57201

The Caring Club House offers a home away from home for patients, outpatients, or family members with a loved one in the hospital. Night or day, the doors to the Prairie Lakes Caring Club House will be open to anyone who needs an affordable, comfortable night's stay.

Prairie Lakes Cancer Center **882-6800**

909 3rd Street NW

At the Prairie Lakes Cancer Center, patients receive the most advanced oncology treatments available in our region. These services are provided in the comfort of beautiful surroundings and a tranquil atmosphere. The highly skilled health professionals at the Prairie Lakes Cancer Center work as a team offering patients many levels of expertise in areas such as radiation, chemotherapy, nutrition, education and emotional well-being.

Retail Pharmacy **882-7790**
Prairie Lakes Healthcare System offers a full-service retail pharmacy conveniently located in the lobby of Prairie Lakes Hospital. Prairie Lakes Campus Pharmacy serves walk-in customers as well as inpatients and outpatients of Prairie Lakes Healthcare System.

Professional Hearing Services **882-1591**
405 18th Avenue NE, Watertown, SD 57201

Our mission at Professional Hearing Services Inc. is to improve the quality of life for our patients and their families through better hearing and education. Our education, service and technology are continually improving so we can provide the best solutions for our patient's hearing health care needs. More than 80% of our new patients come from physician and current patient referrals. If your hearing loss is effecting your quality of life, we can help. Visit us at www.2ears.com or call 882-1591.

Family Dental Center **886-2805**
21 1st Avenue SE, Watertown, SD 57201

Offers 2 full time dentists and 3 full time hygienists providing gentle dental care for all ages in a relaxed, state-of-the-art facility.

Watertown Family Eyecare **753-3937**
21 1st Avenue SE, Watertown SD 57201

Watertown Family Eyecare is committed to providing the highest quality eyecare. Our state-of-the-art facility helps us diagnose and treat macular degeneration, glaucoma, diabetes, red eye, dry eye as well as many other eye conditions. Vision therapy services are also available. Our facility is wheelchair accessible. We accept Medicare, Medicaid and most health insurances. Our trained team will answer your questions. We have a full service optical to get you seeing your best.

COUNSELING SERVICES

Human Service Agency **886-0123**

After hours emergency **886-5841**
123 19th Street NE, P.O. Box 1030, Watertown, SD 57201

Offers individual counseling, family counseling, group counseling, and referrals for in-patient treatment. Other services provided include drug, alcohol, and gambling programs, as well as Serenity Hills (detox center and halfway house). HSA offers consultation services to nursing homes, public education and provides a full range of counseling services. HSA also has programs for the severely mentally ill. A minimum charge on a sliding fee scale determines cost of services.

Lutheran Social Services, Watertown Area Counseling **605-882-2740 or 1-800-568-7116**
1424 9th Avenue SE, Cedar Square, Watertown, SD 57201

Provides confidential individual, couple, family and group counseling. Professional, licensed staff have experience in a wide array of issues such as abuse, anger, anxiety, blending families, depression, eating disorders, family and relationship conflict, grief, loss, parent/child conflict and stress. LSS provides hope and healing for people of all ages, races, faiths and economic levels. Fees are based on household income and insurance is accepted. Day and evening appointments available.

Lutheran Social Services, Consumer Credit Counseling Services **605-330-2700 or 888-258-2227**
1424 9th Avenue SE, Cedar Square, Watertown, SD 57201

Provides low-cost services including individual budget counseling, bankruptcy counseling and education, credit report consultation, debt management plan, homeowner counseling and community financial education. These services are specifically designed to help clients take control of their financial future.

Watertown Resource Center **886-4300 or 1-800-660-8014**
504 2nd Avenue SE, Watertown, SD 57201

Services include professional counseling for men, women, children and families; rape crisis services; support groups and life skills classes and legal and court advocacy.

Catholic Family Services 886-6321 or 1-866-700-2376

309 2nd Avenue SE, Watertown, SD 57201

Services provided are individual therapy; family therapy; couple counseling; grief groups are available once or twice a year (seven weeks); Divorced, Widowed & Separated Support Group (nine weeks) starting in January, March and September. They take insurance, Medicaid and use a sliding fee scale. Programs are available to help with the cost of counseling.

HOUSING

ELDERLY/HANDICAPPED SUBSIDIZED APARTMENTS

Friendship Village 1-605-256-6985

Giles Property Management, 109 W. Center Street, Madison, SD 57042

10th and 5th Avenue SE, Watertown, SD 57201

24 – Two bedroom elderly/multi-family units

Governor’s Houses 1-605-773-3181

South Dakota Housing Development Authority, PO Box 1237, Pierre, SD 57501

Reasonably sized, affordable homes that can be purchased by income qualified individuals and families.

Hi-Rise (Watertown Housing Authority) 886-2867

24 West Kemp, Watertown, SD 57201

Rent is calculated at 30% of adjusted income. 56 – one bedroom units, 4 – two bedroom units.

Parkview Apartments 1-605-628-2771

412 S. Broadway, Bryant, SD 57221

Jenkins Townview Apartments Anne Fischer, 886-5777

220 South Maple Street, Watertown, SD 57201

Rent is calculated at 30% of adjusted income after medical expenses. 60 – one bedroom units.

Stewart Rentals Jim and Kathy Stewart, 886-7533

1004 East Kemp, Watertown, SD 57201

One and two bedroom apartments available. Must qualify with Watertown Housing Authority for apartments based on income.

Sunchase Marlene Nogelmier, 886-8996

218 21st Street SW, Watertown, SD 57201

Rent based on income (there is a base and maximum), plus electricity. 41 – one bedroom units. Offers Meals on Wheels from Senior Citizens Center in Sunchase dining area.

The Colonial Cheryl Squires, 886-4480

325 East Kemp, Watertown, SD 57201

Rent is calculated at 30% of adjusted income for most units. 24 – one bedroom units, some handicap accessible, outdoor patio and elevator.

The Tower Cheryl Squires, 886-4480

17 1st Street SW, Watertown, SD 57201

For those 62 years of age or older or disabled. Rent is calculated at 30% of adjusted income, utilities included. 50 one bedroom units some units handicap accessible. Community room, screened in patio and elevator.

Cornell Apartments Cheryl Squires, 886-4480

1801-1806 Westminster Avenue, Watertown, SD 57201

Rent is calculated at 30% of adjusted monthly income for most units. All utilities except electricity are paid. 48 – one, two and three bedroom units.

Plum Creek Apartments Cheryl Squires, 886-4480

1600 1st Avenue NE, Watertown, SD 57201

Basic rent of \$361 for one bedroom units. Basic rent of \$436 for two bedroom units. All utilities, but electricity, paid. 24 – one and two bedroom units.

Stone Bridge Cheryl Squires, 886-4480

102 8th Avenue SW, Watertown, SD 57201

Rent calculated at 30% of adjusted income. All utilities paid. 27 – one and two bedroom units.

Watercrest Wayne Langenfeld, 882-2552 or 886-5284

107 8th Avenue SW, Watertown, SD 57201

Rent plus utilities calculated at 30% of adjusted income. 16 – one bedroom units.

Briar Creek Cheryl Squires, 886-4480

1810-1844 N. Westminster Avenue

8 – two bedroom and 8 – three bedroom town home units with washer and dryer, stove, refrigerator & dishwasher furnished. Rent runs from \$399-\$623, housing voucher welcome.

Jefferson Court Cheryl Squires, 886-4480

400 11th Street NE, Watertown, SD 57201

24 – two bedroom townhomes. Washer, dryer, and dishwasher are all included. Utilities included except electric and gas.

Watertown Housing Authority – Rental Assistance 886-7731

24 West Kemp, Watertown, SD 57201

Administers and maintains a 60 unit elderly/disabled apartment complex (56 one-bedroom and 4-two bedrooms).

Administers and maintains 25 family houses (two, three and four bedrooms).

Administers Section 8 Rental assistance in Codington and Clark Counties.

All rents calculated at 30% of family's income for those that are income eligible.

South Dakota Housing Development Authority 1-605-773-3181

P.O. Box 1237, Pierre, SD 57501

Provides financing that allows low income families, the elderly and persons with disabilities the opportunity to live in decent, affordable, single family housing or apartment communities. Administers the Governor's Housing program and homeless assistance programs. Processes all applications for low cost housing.

INDEPENDENT SENIOR LIVING

Benet Place Independent Senior Apartments 886-9177

100 28th Avenue SE, Watertown, SD 57201

It consists of 36 one-bedroom, two-bedroom, and deluxe apartments. Rent includes utilities, 24-hour emergency system, general maintenance, weekly housekeeping assistance and many social activities.

Optional services available, noon meal and garage/transportation.

200 Maple Place 882-2201

200 South Maple Street, Watertown, SD 57201

A retirement community developed by Jenkins Living Center to offer independent living to the elderly in a comfortable and secure environment. Offers a variety of one and two bedroom apartments in a multi-level building with elevator, one meal a day, year-round maintenance, housekeeping and other services.

The Commons of Prairie Crossings 882-3084

901 14th Avenue NE, Watertown, SD 57201

Enjoy your independence with the comfort of maintenance-free living. Affordable one and two bedroom apartments, lunch served daily, weekly housekeeping, fireside parlor, 24-hour Emergency Response System, and elevator.

Good Samaritan Society – Hidewood Estates 605-874-8403

907 Col. Pete Street, Clear Lake, SD 57226

Providing maintenance free living in a comfortable, safe environment. Rent includes noon meal, light housekeeping, Phillips Lifeline system and all utilities except for phone. Garage space and transportation services available.

ASSISTED LIVING

Castlewood Assisted Living 1-605-793-2234

108 West Main, Castlewood, SD 57223

Licensed for medication administration, oxygen, physically impaired, cognitively impaired, special diets. Will accept Medicaid.

Cedar View Assisted Living 882-8419

225 14th Avenue NE, Watertown, SD 57201

Licensed for medication administration, oxygen, cognitively impaired, physically impaired and special diet.

Country View Assisted Living 1-605-758-2050

1004 6th St., Florence, SD 57235

Licensed for medication administration, oxygen, physically impaired, cognitively impaired, incapable of self-preservation.

Good Samaritan Society – Four Seasons Assisted Living. 1-605-874-2159

913 Col. Pete Street, Clear Lake, SD 57226

Bridging the gap between living on your own and traditional skilled nursing care. We are licensed for medication administration, oxygen, cognitively impaired and special diets. Will accept Medicaid.

Estelline Care Center 1-605-873-2278

PO Box 130, Estelline, SD 57234

Licensed for medication administration, oxygen, physically impaired, cognitively impaired, incapable of self-preservation, special diets. Will accept Medicaid.

Benet Place Assisted Living 882-8555

90 28th Avenue SE, Watertown, SD 57201

Licensed for medication administration, oxygen, cognitively impaired, physically impaired, therapeutic diets.

Fay Wookey Assisted Living 1-605-532-5799

700 North Smith, Clark, SD 57225

Licensed for oxygen use, medication administration, residents that are physically impaired, cognitively impaired or incapable of self-preservation. Will accept Medicaid. Facility has 30 beds with 8 independent living apartments attached.

Homestead Assisted Living 1-605-785-3310

802 First Avenue S., Lake Norden, SD 57248

Licensed for oxygen use, medication administration, residents that are physically impaired, cognitively impaired and special diets. 8 beds. Will accept Medicaid.

- Meadow Lake Acres Assisted Living** 882-4388
17444 Meadow Lake Road, Watertown, SD 57201
 Licensed for medication administration, oxygen and special diets. Will accept Medicaid.
- Park Place Assisted Living**1-605-432-5695
1105 South 2nd, Milbank, SD 57252
 Licensed for medication administration, oxygen, physically impaired, cognitively impaired, incapable of self-preservation, special diets. Will accept Medicaid.
- Prairie Crossings Assisted Living** 882-9003
424 9th Street SE, Watertown, SD 57201
 Licensed for medication administration, oxygen, special diets. Will accept Medicaid.
- Roetell Assisted Living**1-605-532-5430
108 South Smith, Clark, SD 57225
 16 bed facility that is licensed for medication administration, oxygen, therapeutic diets, residents that are physically impaired and cognitively impaired. Will accept Medicaid.
- Parkview Assisted Living**1-605-628-2155
P.O. Box 247, Bryant, SD 57221
 Licensed for medication administration, oxygen, physically impaired, special diets. Will accept Medicaid.
- StoneyBrook Suites of Watertown** 882-0013
511 16th Avenue NE, Watertown, SD 57201
 Licensed for medication administration, oxygen, physically impaired, cognitively impaired, incapable of self-preservation, special diets.

RESIDENTIAL CARE HOMES

- Snell Residential Care Home**1-605-432-9343
1405 High View Drive, Milbank, SD 57252
 Home setting with 4 beds licensed for adult foster care and 5 beds registered for residential care. Private rooms with meals, laundry, cleaning and activities provided in a home-like environment.
- R & J Residential Care Home**1-605-432-9353
318 East 12th Avenue, Milbank, SD 57252
 10 beds registered for residential care. Meals, laundry, cleaning and activities provided in a home-like environment.

INSURANCE AND TAX ASSISTANCE

- Division of Insurance**1-605-773-3563
445 E. Capitol Avenue, Pierre, SD 57501
 Licenses and regulates companies and agents selling insurance in South Dakota. The Division of Insurance has various brochures and materials available to assist consumers with their insurance purchasing decisions.
- Medicare**1-800-633-4227
South Dakota - information only
 Medicare is a Federal health insurance program for people 65 years or older; people of any age with permanent kidney failure; and disabled persons. Local Social Security offices take applications for Medicare and provide information about the program.
 Codington County residents contact Social Security office at 1-605-886-8284
 Clark and Hamlin County residents contact 1-800-453-0494 or 1-866-563-4604
 Grant, Day and Roberts County residents contact 1-800-444-5576 or 1-605-226-7231
 Deuel County residents contact 1-800-453-0494 or 1-605-330-4334.

Medicare Part B/Nordian Mutual Insurance for State of South Dakota1-800-633-4227

Medicare Part D 882-6300

Codington County

Provides information and assistance in sorting out Medicare Part D prescription drug plans.

Contact your local county Extension Office.

South Dakota Medicaid1-605-773-4678

Senior Health Information and Education Program (SHIINE).Tom Hoy, 1-800-536-8197

Health insurance information for Medicare recipients. Provides trained volunteers who will help people with questions about health insurance, sort, organize and process medical bills; identify gaps in Medicare coverage and errors in coverage determinations; assist with private health insurance claims; evaluate Medicare supplement insurance policies, long term care insurance and other private health insurance policies. Contact for information on Medicare Part D.

South Dakota Foundation for Medical Care/Quality Improvement Organization1-800-658-2285

2600 West 49th Street, Sioux Falls, SD 57105

The South Dakota Foundation for Medical Care is a private, non-profit Quality Improvement Organization (QIO) authorized by Medicare to ensure that Medicare patients receive the highest quality health care.

Assistance is provided if the patient feels they are being discharged from a health care facility too soon or if there is concern about the care the patient received as a Medicare patient.

Tax Counseling for the Elderly882-5284, Ext. 213

Lake Area Technical Institute, 230 11th Street NE, Watertown, SD 57201

Lake Area Technical Institute Financial Services and Business Accounting students in conjunction with the Internal Revenue Service are available to assist low-income and elderly persons with their taxes. The student volunteers have received extensive training and testing by the IRS. They are available every Tuesday from 12 noon-3 p.m. through March 4, 2010. Clients have the option to file their taxes electronically or through the mail and there is no charge for any of the services. Students will not prepare complicated returns such as farm, rentals, or businesses with investors. For more information or to schedule an appointment, contact Lake Area Tech Financial Services, at 882-5284, ext. 213.

MEDICAL EQUIPMENT AND SUPPLIES

Avera Home Medical Equipment 882-3511 or 1-800-481-3511

1508 4th Street NE, Watertown, SD 57201

Hours: Monday-Friday 8:30 a.m. to 5:00 p.m.

Aids to daily living – walkers, bathroom safety equipment, wheelchairs, scooters, mastectomy forms and bras, oxygen, CPAP supplies – rental and sales.

Midwest Medical Service, Inc. 1-800-657-8098 or 882-4210

615 6th Street SE, Watertown, SD 57201

Home oxygen, medical equipment and supplies for use in the home. Mastectomy supplies.

Free delivery and set up, education and insurance billing are available.

American Cancer Society 882-2957

Provides information on cancer. Assistance in locating support services (transportation to treatment, support groups, equipment and supplies, financial assistance, etc.).

American Legion Codington County Post #17. 886-6243

1412 9th Avenue SW, Watertown, SD 57201

Has a limited number of wheelchairs, walkers, crutches and commodes available for loan without cost to Veterans and their family members.

Audio Books1-800-423-6665

South Dakota State Library for the Handicapped, 800 Governors Dr., Pierre, SD 57501

Offers services at no cost to persons who cannot read print because of eyesight or physical disability in the form of Braille or audio books. For information or arrangements for audio or Braille books, contact the Watertown Regional Library at **882-6220**.

Lions Club International **886-2323**

Offers limited financial aid with eye glasses when a definite need exists and the family cannot provide fully. Assistance is limited to a portion of the cost.

Multiple Sclerosis Society1-800-344-4867

Offers information about the disease; financial assistance for needed equipment and or home/vehicle modifications.

Muscular Dystrophy Association1-605-339-2728

Provides information about the disease; MD clinic visits; annual physical/occupational therapy evaluations; and a loan closet for needed equipment.

South Dakota Cares **882-3292 or 1-800-592-1852**

9 South Maple, Watertown, SD 57201

Equipment loan program available with such items as wheelchairs walkers, canes, quad canes and crutches for a donation. Hearing aids are available via a lending program to those individuals who meet financial guidelines.

Opportunities for Independent Living **1-800-406-2649 or 882-5249**

312 9th Avenue SE, Suite C, Watertown, SD 57201

Opportunities for independent living is a state funded, not for profit, community based agency. The program assists disabled individuals in becoming independent or maintaining independent lifestyles by providing independent living skills training, peer support services, self-advocacy training and locating affordable/accessible housing. It also provides home modifications and assistive devices based on financial eligibility.

EMERGENCY RESPONSE SYSTEMS

Whetstone Valley Electric1-800-568-6631 or 1-605-432-5331

The Main Street Messenger offers safety and independence. When wrist or necklace transmitter is activated by pressing button, a trained dispatch person will be in 2-way voice contact with customer requesting assistance. Dispatcher gives assurance to customer until help arrives.

Telecommunication Devices for the Deaf-Relay System1-800-877-1113

Utilizes telephone service to convey messages for people who are speech or hearing impaired.

NURSING HOMES

Golden Living Center - Clark1-605-532-3432

201 NW 8th Avenue, Clark, SD 57225

Offers 24 hour skilled nursing care with a capacity of 45 beds, all 45 beds Medicare. Physical, occupational and speech therapy is also available. Psychological services, outpatient therapy, respite care, short term rehab and long term care by professional, certified staff.

Estelline Nursing Care Center1-605-873-2278

205 Fjerestad Avenue, P.O. Box 130, Estelline, SD 57234, Fax: 605-873-2989, email: encc@itctel.com

Assisted living and skilled care specialists serving a 62-bed not-for-profit, community-owned care center. A professional staff, focusing on the quality of life of their residents, provides 24-hour care. Medicare and Medicaid certified.

Good Samaritan Society – Deuel County1-605-874-2159

913 Colonel Pete Street, Clear Lake, SD 57226

Serving our community since 1966 by caring for our resident’s physical, spiritual and emotional needs in a Christian based atmosphere. Our 24-hour professional nursing facility is Medicare and Medicaid certified. We offer in-house physical, occupational and speech therapy. Respite, Adult day care and Hospice services also available. Contact Pam Harris Social worker or Theresa Schake, Marketing.

Jenkins Living Center, Inc.toll free 1-877-358-5777 or 886-5777

215 South Maple, Watertown, SD 57201 www.jenkinslivingcenter.com

Jenkins Living Center is a 158 bed skilled nursing facility that is both Medicare and Medicaid certified. The facility provides short-term rehabilitation featuring on-staff physical, occupational, and speech therapists, as well as long term care for those with ongoing medical needs. Jenkins specializes in Alzheimer's and dementia care by providing 60 dedicated beds on three different secure units. The J-Club at Jenkins is a fitness center for individuals who are age 55 and older. For more information, contact Alissa Blank, Social Services at ext. 473.

Golden Living Center - Lake Norden..... 785-3654 or 1-800-959-3401

803 Park Street, Lake Norden, SD 57248

A 60-bed Medicare-certified skilled nursing facility in a comfortable, home-like environment. Our facility specializes in Alzheimer’s care, offering a 22-bed Alzheimer’s/dementia care unit. We specialize in rehabilitation, offering inpatient and outpatient physical therapy, occupational therapy, and speech therapy. Adult day care, respite care, and hospice services are also available. We accept admissions 24/7 and accept Medicare, Medicaid, private pay, and insurance. Contact Kari Fischer, Social Worker, or June Spelling, Alzheimer’s Care Director.

Parkview Care Center 628-2771

P.O. Box 247, Bryant, SD 57221

Offers 24 hour professional nursing care with a capacity of 45 beds and 14 bed assisted living. Residents are served by full-time dietary, social services, activities and rehabilitation aid staff. Medicare and Medicaid certified with physical, occupational and speech therapy available. Contact Nell Rust, Administrator or Denise Larson, Social Services.

Golden Living Center – Watertown 886-8431

415 4th Avenue NE, Watertown, SD 57201

Offers 24-hour professional nursing care in a 51 skilled bed care center. Is fully Medicare and Medicaid certified, private pay and long-term care insurance accepted. Residents are served by a full-time social worker, activity, dietary, and ancillary personnel. Physical, occupational and speech therapy are available. The staff focuses on resident centered care.

St. William’s Care Center1-605-432-5811

100 South 9th Street, Milbank, SD 57252

A 60-bed skilled nursing facility (52 private rooms at no extra cost to the resident, 4 semi-private rooms) owned and operated by the Daughters of St. Mary of Providence. Physical, occupational and speech therapies available. Attached to Milbank Area Hospital/Avera Health. Medicare and Medicaid certified, private pay and long term care insurance accepted. Contact Char Eliason, Social Worker.

Golden Living Center - Milbank.....1-605-432-4556

1103 South 2nd Street, Milbank, SD 57252

Is an 81-bed Medicare-certified skilled nursing facility that specializes in rehabilitation. Physical, occupational and speech therapy are available on an inpatient and outpatient basis using state-of-the-art equipment and therapy programs including Freedom through Functionality and Geriatric Enhanced Modalities. Comfortable rehab suites are available. Golden Living Center offers Alzheimer’s care in our 18-bed Alzheimer’s Care Unit that provides comforts of home, including family-style dining and an outdoor courtyard, in a safe, secure environment. Respite care and Adult daycare are available. Golden Living Center Milbank accepts Medicare, Medicaid, Private pay, and insurances, and also has a Veteran’s Administration Contract. Contact Heidi Muellenbach for further information.

Tekakwitha Nursing Center..... **1-605-698-7693**

6 East Chestnut Street, Sisseton, SD 57262

Offers 24-hour professional nursing care, with a capacity of 75 which are Medicare, Medicaid, and VA certified. The additional services offered: main street theme, physical, occupational and speech therapies, 45 child daycare, intergenerational activity. Bariatric Unit and Short Term Stay Unit. Member Organization of Benedictine Health System.

NUTRITION

60's Plus Dining Program **882-2166**

301 East Kemp Avenue, Watertown, SD 57201

A fully-staffed kitchen facility provides senior adults (age 60 or older) with a delicious hot meal in a positive social atmosphere. Participants gather in the newly renovated Senior Center where they can engage in a variety of activities after dinner. In most areas, home delivered meals are also available for those who are home bound due to illness or frailty. Donations are requested to help meet program expenses. There are no income eligibility requirements.

Home Delivered Meals from 60's Plus Dining..... **605-882-2166**

301 E. Kemp Avenue, Watertown, SD 57201

Hot, nutritious meals are prepared each weekday at the 60's Plus Dining kitchen facility. Community volunteers deliver meals to senior adults (age 60 or older) who are unable to prepare meals or leave their homes due to illness or frailty. Donations are requested to help meet program expenses. There are no income eligibility requirements.

HyVee Foods - grocery delivery..... **882-3311**

1320 9th Avenue SE, Watertown, SD 57201

Deliveries are made Tuesday, Wednesday and Friday afternoons. Orders must be in by 11:00 a.m.

Salvation Army **886-4030**

621 4th Street SE, Watertown, SD 57201

Operates the Food Pantry which is open Monday through Friday, 1:00 p.m. to 4:00 p.m. Seniors, aged 60 and above, with a specified income level could be eligible for an entitlement program of a monthly package of a variety of foods.

Watertown Banquet

Held every Monday, including holidays at Grace Lutheran Church. The serving time is 5:30 to 6:15 p.m.

Angel Food Ministries **Patsy Schmidt, 868-4913**

11120 4th Street NE (Family Worship Center Foursquare Church), Watertown, SD 57201

Non-profit, non-denominational organization that provides food boxes available for purchase at a much reduced cost. Orders and payments collected at host site Monday through Fridays from 9 a.m. to 4 p.m. or by calling contact person. Food boxes available later on specific dates. Senior/Convenience frozen complete meals available. No income eligibility. Menus change monthly. Food stamps accepted.

Cornerstone Church Food Pantry **882-2242**

1350 11th Street NE, Watertown, SD 57201

Food assistance available. Open Mondays from 10:00 a.m. to 12:30 p.m.

Grace Lutheran Food Bank..... **886-5737**

202 SE 2nd Street, Watertown, SD 57201

Food assistance available. Open the third Thursday of each month from 5:00 p.m. to 7:00 p.m.

County Fair Food Store 605-886-4127
14 2nd Street NE, Watertown, SD 57201

County Fair Food Store really is the friendliest store in town. And, we are 100% locally owned! We really care about our customers, and it shows! We carry your groceries right to your car, every time you shop. And we care about the quality of our products too, from the freshest produce to the finest cuts of meat like USDA choice beef. We also offer you unlimited double coupons, the best catering, a full service bakery and deli and a banquet hall for all your gatherings. One thing is certain at County Fair Food Store – we’re high on service, and low on price. We thank all of our customers for shopping with us at County Fair.

PROTECTIVE SERVICES

Division of Consumer Protection1-800-300-1986
Office of the Attorney General, 1302 E. Hwy. 14, Suite 3, Pierre, SD 57501

Handles consumer complaints regarding deceptive trade practices, business or sales issues, and other things such as door-to-door sales, warranty violations, automobile complaints, medical claims and fair credit. Will inform landlords and tenants of their rights and responsibilities.

East River Legal Services.....1-800-952-3015
335 North Main Avenue, Suite 300, Sioux Falls, SD 57104

No fees to person meeting guidelines. Taking applications on Tuesdays and Thursdays between 9:00 a.m. and 12:00 p.m. Local attorneys provided. Offers assistance in writing wills, guardianships, defense of custodies, power of attorney and services regarding Social Security benefits.

Department of Social Services/Adult Services and Aging882-5003
2001 9th Avenue SW, Suite 300, Watertown, SD 57201

Ombudsman Service receives, investigates and resolves complaints made by or on behalf of individuals who are residents of long-term care facilities. The Ombudsman is an advocate for the individual and provides information or assistance regarding concerns or complaints about the health, safety, welfare and the rights of residents.

Protective Services provides assistance to adults who are at risk of abuse, neglect or exploitation and are unable to protect their interests.

Watertown Resource Center

Domestic Violence Shelter and Family Visitation Center.....886-4300, 1-800-660-8014
P.O. Box 781, Watertown, SD 57201

Provides a 24-hour crisis line to victims of abuse; domestic violence shelter; rape crisis services; peer & professional counseling; information & referral; education & training; support groups; supervised visitations and exchanges; & more.

SUPPORT GROUPS

Alcoholics Anonymous886-9070
Gilbert Group, 1021 Gilbert Avenue, Watertown, SD 57201

Offers 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. There are no dues or fees for membership. The organization is self-supporting through member’s contributions. Meetings held at 12:15 p.m.; 5:15 p.m.; and 8:15 p.m., 7 days a week. Handicap accessible.

Al-Anon 886-9070

1021 Gilbert Avenue, Watertown, SD 57201

A program designed for the spouse, children, relative or friend of an alcoholic to teach one how to cope with the alcoholic. Meetings held at 10:00 a.m. on Tuesdays and at 8:15 p.m. on Wednesdays of each week. Handicap accessible.

Alzheimer's/Aging Family Support Group Connie Lake, 886-5777

Meets first Wednesday of each month at 7:00 p.m. at Jenkins Living Center. Caregivers are encouraged to attend.

Alzheimer's Support Group1-605-785-3654

Offers support for family members and friends of persons diagnosed as having Alzheimer's disease or related illnesses and memory loss in later life. Meets the last Monday of every month at Perkins in Watertown. Contact Janna Gutzmer at Golden Living Center, Lake Norden.

Bereavement Support Group..... 882-7714

A six week therapeutic bereavement support group which meets regularly throughout the year. Sponsored by Prairie Lakes Hospital. Call for information.

Breast Cancer Support Group..... 881-9485

25 Third Avenue SW, Watertown, SD 57201

Anyone currently in treatment or survivors of breast cancer is welcome. Meets third Monday of each month at 7:00 p.m. at the Roosevelt Elementary School Library located at 412 Second Street SE, Watertown, SD.

Disabled American Veterans Jerald Messerschmidt, 884-1848

American Legion Post, 1412 9th Avenue SW, Watertown, SD 57201

F.R.I.E.N.D.S Cancer Support..... Rachel Geier, 882-6800

Support group designed especially for people with cancer and their families. Meets first Monday of each month at the Cancer Center next to Prairie Lakes Hospital from 5:30 p.m. to 6:30 p.m.

NAMI Watertown Support Group (SD Voice on Mental Illness) 886-9408

Open to consumers and family members. Meets first Monday of each month at 7:00 p.m., at the Quality Inn and Suites located at I-29 & Hwy. 212.

Widowed Persons Service 882-2797

Meets at 9:30 a.m. on the third Saturday of each month at the Wheel Inn and the 4th Wednesday of each month at 12 noon at the Pizza Ranch. Provides mutual one-on-one support in assisting men and women who have been newly bereaved in coping with adjustment to widowhood.

Parkinson's Support Group..... Pat Mahowald, 886-6051 or 886-4100

Meet the 2nd Wednesday of every month at Jenkins Living Center in the Fireside Room at 2:00 p.m.

Stroke Survivor's Support Group..... Andrea Vosberg, 886-1486

Jenkins Living Center, 215 S. Maple Street, Watertown, SD 57201

Group open to all stroke survivors, caregivers and family members. Meets the fourth Wednesday of each month, except December, in the Fireside Room at Jenkins Living Center at 10:00 a.m.

TRANSPORTATION

MediVan, Clark, SD1-605-532-5665

Handicapped Parking Emblems 882-6285

**Codington County Treasurer's Office, Codington County Courthouse,
14 1st Avenue SE, Watertown, SD 57201**

Watertown Area Transit, Inc. 882-5287

205 1st Avenue NE, PO Box 235, Watertown, SD 57201

A demand response transit system serving Watertown and Codington County. Monday thru Friday, 6:15 a.m. to 6:30 p.m., & Saturday, 8:00 a.m. to 6:00 p.m. Dispatch hours to call for a ride are 8:00 a.m.-12:00 noon, 12:30 p.m.-4:30 p.m. For evening rides call the day before, no exceptions. Special event transportation also available, call 2 weeks in advance for more info. Current bus fares are 1-way rides: \$1.75 (Watertown Proper) & \$3.00 (Outside Area), call for further details. Rider may pay driver on a per ride basis or 10 ride ticket books & 20 ride punch cards are also available at the Transit Office. Schedules, fares and donation are current and also may be subject to change.

Lake City Cab 886-0080

Title XIX Non-Emergency Medical Transportation 1-866-403-1433

This program provides assistance to non-emergency medical transportation needs of eligible Title XIX Medicaid recipients for reimbursement for mileage, meals and housing.

VOLUNTEER OPPORTUNITIES

Prairie Lakes Healthcare SystemKrista McGillivary, 882-7716

Prairie Lakes Healthcare System welcomes people of all ages, backgrounds and abilities to Volunteer within a variety of healthcare settings. Volunteers at Prairie Lakes serve in a variety of areas including working in the hospital gift shop, greeting at the information desk, helping families in the Same Day Surgery waiting area, and volunteering at the reception desk at the Caring Club House.

RSVP (Retired & Senior Volunteer Program) Glacial Lakes Region 605-345-3741, 1-877-734-9684

711 W. 1st Street #109, Webster, SD 57274-1398, Fax 1-605-345-1333

Marge Kilber, Director, email: m.kilber@voa-dakotas.org

Offers a variety of opportunities for retired persons 55 years and older to participate in volunteer service to their communities in Codington, Day, Roberts, Deuel, and Grant counties and the Sisseton Sioux Reservation.

Watertown Volunteer Center 886-5270

111 E. Kemp, Watertown, SD 57201

Foster Grandparent Program Glacial Lakes Region 605-345-3741, 605-753-6808, 1-877-734-9684

711 W. 1st Street #109, Webster, SD 57274-1398, Fax 1-605-345-1333

Marge Kilber, Director, email: m.kilber@voa-dakotas.org

Foster Grandparents serve children ages 0-21 years in settings such as schools, head start and day care to help children to succeed.

Senior Companion Program of South Dakota 605-361-1133 or 1-888-239-1210

1000 N. West Avenue, Suite 260, Sioux Falls, SD 57104, Email: kfox1@good-sam.com

Senior Companions provide friendship, assistance with grocery shopping and other daily tasks necessary to maintaining independence, as well as respite care to family caregivers. Services are free to clients willing to reach out and provide service to others. They are paid a tax free stipend, mileage reimbursement, meal allowance, paid holidays, vacation and sick leave.

