1. Medical Care

A. **UnityPoint Medical Center**
   
   **Telephone:** 515.573.3101
   
   **Address:** 802 Kenyon Road, Fort Dodge
   
   *Entrance C is closed at this time. Please enter using the Main Entrance or Entrance B.*
   
   *Please call ahead before any visit.*
   
   If you have a medical emergency, please call 911.
   

   **Care for COVID-19 Exposure or Symptoms**
   
   If you have symptoms including fever, cough and/or difficulty breathing, and you have had contact with a person with COVID-19, please call (515) 574-6110 or your Primary Care Provider before visiting a medical facility. You'll go through an assessment over the phone, which will help protect others from possible exposure to the virus.

   **Changes to Clinic and Clinic Hours**
   
   UnityPoint Clinic Family Medicine – 2nd Ave North has opened a Respiratory Illness Clinic, effective March 23, 2020, for patients w/ respiratory illnesses, open 8 am – 5pm. If patient volumes increase to the level where the entire clinic is needed patients w/ COVID-19 symptoms, the Second Ave North location will fully transition to a Respiratory Illness Clinic. If this happens, regular patients would see their provider at the Family Medicine location on Kenyon Road.

   **Care Options for Everything Else**
   
   If you need treatment for something other than COVID-19, we've got your back. Take advantage of Virtual Urgent Care, call your Primary Care Provider or find a walk-in clinic near you.

   **Virtual Urgent Care** – Visit [https://www.unitypoint.org/clinics/virtual-care.aspx](https://www.unitypoint.org/clinics/virtual-care.aspx)

   See a doctor anytime, anywhere from a computer, smartphone or tablet with UnityPoint Health Virtual Care.

   **Through April 30, 2020, there's a free, $0 copay for all Virtual Urgent Care visits.** This service provides treatment for conditions like sinus infections, rashes, urinary tract infections, allergies and other illnesses. If your provider writes a prescription, it's automatically sent to the pharmacy of your choice.

   **UnityPoint Clinic Kenyon Road - Walk-In**
   
   **Address:** 800 Kenyon Road, Suite R
   
   Visit to check wait times [https://www.unitypoint.org/fortdodge/urgent-care.aspx](https://www.unitypoint.org/fortdodge/urgent-care.aspx)

   Walk In Care provides medical care after hours, on weekends and during holidays. Walk-In Care can provide treatment for non-emergency situations, including burns, colds, cuts, allergies, flu, fractures, infections, sprains and more.
Medical Care (con’t.)

**Primary Care & Pediatric Options**
We’ve expanded our primary care and pediatric services at select clinics to include scheduled visits over the phone or by video. We’ve also launched a new texting platform which creates a virtual waiting room for appointments that require a clinic visit. If you still aren't sure where to go for care, or if you have other questions, you can always call your primary care clinic, or message your doctor directly with the MyUnityPoint patient portal. **MyNurse:** For those who do not have primary care doctor
Telephone: 800.424.3258
If you don’t have a primary care doctor, our MyNurse hotline stands ready to help answer your questions. MyUnityPoint Nurse is staffed 24 hours a day, 7 days a week.

B. **Community Health Center of Fort Dodge**
**Contact Person:** Renae Kruckenberg, CEO
All ages served; no referral necessary
Spanish speaking staff available;
Language line for other languages
American Sign Language available
**Telephone:** 515.576.6500
**Address:** 126 N. 10th St., Fort Dodge
**Medical Care:** Sunday through Saturday, 8 am - 5pm
**Dental:** Emergencies only Monday – Thursday 8am – 5pm; Friday 8am – 3pm - Please call ahead for screening, 515.576.6500
Community Health Center is seeing patients in office, curbside and via tele-health

C. **Webster County Health Department**
**Contact Person:** Jamie Saxton – Intake Coordinator
**Telephone:** 515.573.4107
**Address:** 723 1st Ave South (office closed to the public but all services continue – staff can be reached by phone)
**Email:** public_health@webstercountyia.org
Regular services continue in the best capacity that WCH can provide.
WIC is completed via phone contacts w/ clients and new clients ARE accepted
Family Support programs continue via phone or in person
Home Health continues
Financial assistance applications – call 573-4107 and ask for fiscal assistance
Other programs and services are offered via phone
Staff can be reached by calling 515.573.4107.
Vulnerable population needing assistance and having difficulty leaving their home may call the office and someone may be able to assist them.
All ages served
No referral necessary
Spanish interpreter and access to language line available
Fees: Insurance is billed for eligible services – otherwise, no fee
2. Mental Health

A. Berryhill Center
   Telephone: 515.955.7171
   Address: 720 Kenyon Road, Fort Dodge
   If you're experiencing a mental health crisis, Berryhill Center is open 5 days a week
   From 7:30 am – 6:30pm with an Urgent Care Center that is open until 8pm, M-F.
   Patients must be 18 years or older or have a guardian with them. Patients are advised to
   utilize the ER instead if they also need medical attention
   (i.e. open or fresh wounds), are a minor who does not have a guardian to sign a consent
   to treat, demonstrating aggressive behavior or having a crisis outside of 10am-10pm

B. Community Health Center
   Contact Person: Renae Kruckenberg, CEO
   Telephone: 515.576.6500
   Address: 126 N. 10th St., Fort Dodge
   Email: info@chcfortdodge.com
   Mental Health Care: Monday – Friday, 8 am – 5pm
   CHC is seeing patients in office, curbside and via tele-health. All ages served; no referral
   necessary. Spanish speaking staff available; Language line for other languages;
   American Sign Language available

C. Catholic Social Services
   Contact Person: Amy Bloch
   Telephone: 515.576.4156
   Email: info@cathchar.com
   Address: 3 N. 17th Street
   Mental health services through Telehealth for children and adults, and are taking new
   clients. We serve people of all faiths and backgrounds, and offer day and evening hours.

D. Community and Family Resources
   Contact Person: Michelle DeLaRiva
   Telephone: 515-576-7261
   Email: MichelleD@cfhelps.org
   Address: 211 Ave. M West
   Assessments and treatment for Substance Use Disorders, Gambling and Mental Health.
   We can provide all of these items virtually. Our adult and adolescent residential
   programs are still open and we are taking referrals for both programs as well as for our
   adult detox program.

E. Children and Families of Iowa
   Telephone: 515.573.2193
   Mental health counseling for children and adolescents and adults by telehealth
3. **Food Assistance** Please check our website for immediate updates for food assistance

**A. The Lord’s Cupboard**
- **Contact Person:** Joni Ham – Olson, Director
- **Telephone:** 515.576.7586
- **Address:** 127 N. 10th Street, Fort Dodge
- **Email:** lordscupboardfd@hotmail.com
- **Hours:**
  - Tuesday: 9:30 – 11:30 and 4:00 – 6:00
  - Thursday: 9:10-11:30
  - Friday: 1:00-3:00

Services available to anyone during the COVID-19 Pandemic.

**F. Holy Trinity Parish Food Pantry**
- **Contact Person:** Heidi Touney
- **Telephone:** 515.955.6077 (if you need immediate assistance, please call 574.274.0318 to reach someone who can assist you immediately)
- **Hours:** Wednesdays, 10 am – 3pm
- **Address:** 403 N8th Street, Fort Dodge (across from Corpus Christi Church)

Use main doors on west side of building (used to be a school). All ages served, no referral necessary. No fee.

**G. Upper Des Moines Opportunity**
- **Contact Person:** Alisa Schlief
- **Telephone:** 515.576.7774 or 515.570.0767
- **Email:** aschlief@udmo.com

Office is closed, but is taking phone calls. UDMO will have once-a-month drive through food pantries. May 13, 2020 will be the next drive through food pantry. 4:30-6:00 pm in UDMO’s parking lot, 1325 1st Avenue South.

**H. Backpack Buddies**
- **Contact Person:** Terry Moehnke
- **Telephone:** 515.955.6720
- **Email:** tmoehnke@frontiernet.net

Backpack Buddies weekend food bags can be picked up at AFES, 712 3rd Street NW, Fort Dodge on Fridays between 4pm and 6pm. Food bags for children – no fee. **Please call AFES 515.955.2969 ahead of time to confirm the exact pickup time.**
I. **Fort Dodge Community Schools-Grab and Go Lunches**
   - Contact Person: Allison Hynes
   - Telephone: 515.576.1161
   - Address: 104 S. 17th St., Fort Dodge
   - Email: ahynes@fdschools.org
   - The office is closed; contact via email only

   **Grab and Go Lunches** will continue to be distributed to all children 18 and under from 11:30 – 12:30 Monday through Friday from buses parked at Butler, Cooper, Duncombe and Riverside. The child does not need to be present to receive a lunch. The lunches also include a light breakfast for the following day. Families needing to contact the district during the closure should email directly the staff person they want to reach or can email ahynes@fdschools.org and the message will be forwarded to the appropriate person.

J. **Elderbridge Agency on Aging**
   - Contact Person: Angie Martens
   - Telephone: 800.243.0678
   - Address: 308 Central Avenue, Fort Dodge
   - Email: amartens@elderbridge.org

   Ensuring seniors over age 60 and disabled adults, ages 18-59, have necessary food. Please email Angie Martens at amartens@elderbridge.org if you need assistance, as the office is closed. No referrals necessary; no fee for service.

   Elderbridge can assist in finding food for those who do not have access to home delivered meals or grocery delivery. Elderbridge may also be able to assist with unmet material aid items

G. **Meals on Wheels**
   - Contact Person: Barb Michaels
   - Telephone: 515.570.0965
   - Email: info@mealsonwheelsfd.com
   - To Register Online: www.mealsonwheelsfd.com/get_meals/application_for_services

   Meals on Wheels is a non-profit program that delivers a nutritious meal, friendly visit and safety check to seniors and other unable to leave their homes

H. **Salvation Army**
   - Contact Person: Sharka Alstott
   - Email: sharka_alstott@usc.salvationarmy.org
   - Telephone: 515-576-1281
   - Address: 126 N. 7th St.
   - Noon meal, perishable food distribution, small food pantry, open 9:00 am, 4:30 pm, M-F
I. Local Grocery Stores:

a. **HyVee** – 115 S. 29th St., Fort Dodge, IA 50501, 515.573.4105
   Order online at [https://www.hy-vee.com/](https://www.hy-vee.com/)
   Curbside pickup; also has deliver services (fees may apply)
   Shopping for “At Risk” people (customers ages 60 and older; expectant mothers and anyone with underlying health conditions that makes them more susceptible to serious illness)

b. **Fareway** – 1231 1st Avenue South, 515.576.0341
   Fareway will allow its customers who are 65 and over, expecting mothers, those living with a serious chronic medical condition, and anyone with an underlying medical condition that increases the susceptibility to serious illness from COVID-19 to shop from 8 am to 9 am daily.

c. **Target** - 2910 1st Ave S, Fort Dodge, IA 50501, 515.573.7950
   Dry goods only can be ordered online; no dairy, no fresh produce, meat, etc.
   Target.com
   Target has special hours for “At Risk” customers: The first hour the stores are open on Tuesdays and Wednesdays (8 am-9am) are available for those over 65 years old, pregnant women and those defined by the CDC as vulnerable or at risk. During this time, team members will be outside the store, reminding guests to practice social distancing (in line and in the store); pharmacies in the stores will also be open so guests can pick up prescriptions, along with any other items they made need. Product limits apply.

d. **Wal-Mart** – 3036 1st Ave S, Fort Dodge, IA 50501 (515) 576-7400
   Order Online at [www.walmart.com](http://www.walmart.com)
   From March 24 through April 28, the Fort Dodge Wal-Mart will host an hour long senior shopping time every Tuesday for customers aged 60 and older, beginning one hour before the store opens (6am-7am).

**Aldi** - 2736 1st Ave. South, Fort Dodge, IA 50501 855.955.

Effective Thursday, April 9th, the number of people in the store will be limited to five customers per 1,000 square feet. Shoppers will be admitted one at a time; Medical professionals (with ID), will have immediate access. If a line forms outside the store, customers will be asked to stand six feet apart. Shoppers are asked to only have one person per family shop and to maintain a distance of 6 feet apart from other shoppers while in the store (this will be enforced – exceptions are made for customers who need to assist a vulnerable shopper or who has a child). Traffic in the store will be limited to one-way aisles. Store and warehouse employees will have their temperatures checked on a regular basis, as well as answering health screening questions before reporting to work. Any employee with a fever of 100.0 or higher will be sent home. Employees must be free of all symptoms for at least 72 hours before returning to work.
4. **Other Services and Organizations:**

**A. United Way**
- Contact Person: Randy Kuhlman, CEO
- Telephone: 515.573.3171
- Email: rk@fd-foundation.org
- Contact Person: Amy Bruno, Program Coordinator
- Telephone: 515-573-3180
- Email: amy@fd-foundation.org

Provides information and referrals to specific agencies for specific needs.
*Formed Disaster Response Fund* to help with food insecurity, utilities and other unmet needs for people affected by COVID-19.

Other Services and Organizations (con’t)

**B. Mediacom – Low cost internet service**

- **Connect2Compete:**
- Mediacom offers internet service in your community or area
- You have at least one student in grades K-12 living at home who qualifies for free or reduced-price school lunch through the National School Lunch Program (NSLP)
- You are not a current Mediacom internet customer and have NOT subscribed to our internet service in the past 90 days
- You do not have an outstanding Mediacom bill or unreturned equipment (Families with an outstanding bill or unreturned equipment can discuss payment options with Mediacom customer support representatives to determine how a resolution can be met.
- $9.95/month + taxes, 1-855-904-2225 or [https://mediacomc2c.com/](https://mediacomc2c.com/)

**C. Webster County DHS**
- Telephone: 515.955.6353
- Address: 330 1st Ave South, Fort Dodge

All services are being provided, although the office is locked. Applications for services are located in the lobby. Return completed applications to the drop box outside.

**D. Iowa Workforce Development**
- Email: uiclaimshelp@iwd.iowa.gov

Provides help with unemployment claims. Due to overwhelming demand, please contact Iowa Workforce Development via email: uiclaimshelp@iwd.iowa.gov

**E. Iowa Legal Aid:**
- Iowa Legal Aid is open and working remotely. All phone lines are staffed
F. Youth Living in a Congregate Setting

- As essential workforce who interact with clients, please follow these mandatory guidelines:
  - **For Children in Congregate Settings**
    - Any child who lives in a congregate setting and develops a fever (100.4 degrees or above) or an emerging cough must be tested for COVID-19, regardless of underlying condition.
    - All positives must be reported to Krislin Konchalski (Kkoncha@dhs.state.ia.us) at the Iowa Department of Human Services.
  - **For Residential Facility Staff**
    - If you have a fever (100.4 degrees or above) or an emerging cough, you must stay home and contact your healthcare provider. Inform them that you are essential workforce in a direct care role working with vulnerable individuals.
    - All positives must be reported to Krislin Konchalski (Kkoncha@dhs.state.ia.us) at the Iowa Department of Human Services.

Should you have questions, please call the Department of Human Services.

G. Fort Dodge Community Schools

**Contact Person:** Jennifer Lane, jlane@fdschools.org

**Chrome Books:** The FDCSD is offering weekly Chrome book and staff laptop repair throughout the extended closure. Chrome books and staff laptops that need fixed should be dropped off at Duncombe Elementary between 11:30 - 12:20 on Tuesdays. There will be a form to complete at that time. Repairs will be made on Wednesdays and the Chrome books will be available for pick up on Thursdays from 11:30 - 12:20 at Duncombe Elementary. Staff laptop repair will take longer so specific pick up details will be communicated to you when it's ready.

**Voluntary Continuous Learning Opportunities:** These are being provided for students who want to continue to practice the skills they were learning in school.

- **Preschool through 4th grade students:** Guidebooks are mailed to families and should arrive every other Monday beginning April 13 throughout the closure
- **Grades 5-12 students:** Activities are available in their Google classrooms each Monday. For students who do not have internet access at home activities are being mailed every two weeks beginning April 13.

H. Fort Dodge Housing Agency

**Contact Person:** Celia Taylor
**Telephone:** 515.573.7751
**Email:** info@fd-housing.org
**Address:** 700 S. 17th Street, Fort Dodge

The office is closed, however, they are answering phones and returning calls from M thru F 8 am to 4pm. FD Housing is still offering Security Deposit assistance but not utility bill help. It is not charging late fees on late rent this month (April, 2020).
I. Iowa State Extension and Outreach (ISU)  
Financial Counseling Assistance

Contact Person: Barb Wollan  
Telephone: 515.832.9597 or 800.447.1985  
Email: bwollan@iastate.edu

If clients have decreased income, ISU has help available to help people manage their financial situation. There is no charge for these services. Everything is confidential – when Barb Wollan returns the client’s call, it will come from a blocked number.

https://www.extension.iastate.edu/disasterrecovery/covid-19  
Food industry and food safety  
Families and personal finance  
Ag industry  
Caregiving and Relationships  
Child Care  
Food Access  
Healthy Eating on a Budget  
Finance  
Food Safety  
Mental Health and Wellbeing  
Parenting

J. Iowa Central – Aid and information for those who have lost jobs

https://secure.iowacentral.edu/forms/retrain_inquiry.asp

5. Domestic Abuse

a. Crisis Intervention Service (CIS)  
Contact Person: Alison Clabaugh: Sexual Assault Advocate-515.570.4565  
Julee Wilson: Domestic Assault Advocate-515.570.4185

Telephone: 24-Hour Your Sexual Assault Hotline: 800.479.9071  
24-Hour Domestic Abuse Hotline: 855.424.9133  
Email: cis@CIShelps.org  
Location: 809 Central Avenue, Fort Dodge

medical, personal advocacy, safety planning, community resources and information, housing assistance and programs, individual counseling and 24 hour crisis response. All services are free and confidential.
b. D/SAOC (Domestic & Sexual Assault Outreach Center)
Contact Person:   Brenda McBride
Telephone:        888.356.2006 or 515.955.5677
Website:          wwwdsaoc.com

Serves men, women and children who are victims of domestic violence, sexual assault, stalking, human trafficking and other violent crimes.