

RESOURCE GUIDE



OLDER ADULT RESOURCE NETWORK
DOUGLAS AND CHARLES MIX COUNTIES **SPRING 2024**



DIRECTORY OF CITY OFFICES

CHARLES MIX COUNTY

Lake Andes	605-487-7694
Wagner	605-384-3741
Platte	605-337-3921
Geddes	605-337-9632
Pickstown	605-487-7553

DOUGLAS COUNTY

Armour	605-724-2167
Delmont	605-779-2621
Corsica	605-946-5421





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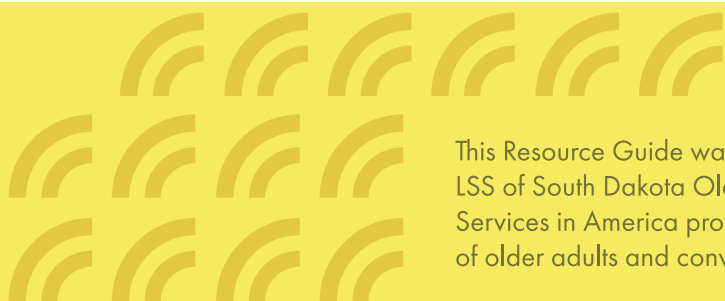
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This Resource Guide was produced for Douglas and Charles Mix Counties, as part of the LSS of South Dakota Older Adult Resource Network (OARN) in Spring 2024. Lutheran Services in America provides LSS grant funding to implement OARN to improve the lives of older adults and convenes us with other peers in a group learning collaborative.



OLDER ADULT RESOURCE NETWORK

Keep in touch with OARN events
[facebook.com/LssOARN](https://www.facebook.com/LssOARN)

To add or request resources
or to get involved, email:
OARN@LssSD.org

Communities are at their best when people of all ages are engaged and supported.

That's why LSS is dedicated to connecting people aged 55 and above with resources and support, helping them to age comfortably at home in the community of their choice. Rural communities present unique challenges when it comes to healthcare, transportation, safe housing, food security, social activities, and other services vital to maintaining independence while aging.

Through the Older Adult Resource Network (OARN), LSS helps older adults and caregivers in Douglas and Charles Mix counties access services at no charge. LSS connects a network of providers to offer referrals and services to qualifying individuals, continuously working on sustainability and service expansion.

Whole Person Approach

The LSS OARN coordinator builds a relationship with each person individually. Through conversations and home visits, LSS identifies needs and enhances awareness of services available to older adults and caregivers.

A Network of Stakeholders

LSS connects individuals with local, state, and national entities that deliver services, making needed referrals and helping identify potential solutions. Qualifying individuals have free access to LSS Behavioral Health Services, the LSS Center for Financial Resources, and the LSS Better Together program.

Strengthened Caregiver Capacity

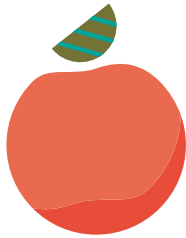
Through OARN, caregivers and community partners are better equipped to address gaps in care, harness resources in their community, and meet the needs of older adults. LSS also coordinates unique education sessions and materials to assist the community as a whole.

BY THE NUMBERS OARN IMPACT

In September 2022, LSS launched OARN and has helped 150 older adults and caregivers so far. Of the 750+ referrals for services, here's where we've helped:

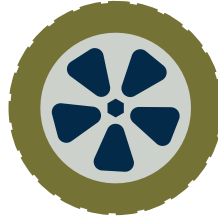
137

referrals to food resources



55

referrals to transportation services



191

referrals to healthcare services

36

referrals to social activities



178

referrals to safe housing services



180

referrals to "misc." services (e.g. legal or tech support)

OARN ENROLLMENT

REFERRALS

An individual, family member, or caregiver can make a referral to the LSS Older Adult Resource Network by emailing OARN@LssSD.org or calling **605-496-4388**. Self-referrals are accepted. For a list of eligible communities, contact the program or visit OARN.LssSD.org.

HOME VISITS

After receiving a referral, the LSS coordinator will reach out to set up an introductory meeting with the individual, where a brief assessment will be given to help determine needs. The older adult or their family can choose whether to enroll, with no charge for the home visit and no obligation to participate in additional services.

Connecting to Services

Upon enrollment, the coordinator will work directly with the individual to connect them to local, state, and national services to meet the older adult's needs. LSS provides ongoing support to older adults and conducts regular check-ins to ensure needs are being met.





SUPPLYING



A
HEALTHY
BALANCE

FOOD SECURITY

You might not think much about the food you eat. It can be easy to rely on the same favorite foods, or simply settle for whatever is cheapest. But as we get older, what we eat can have a major impact on our quality of life, as certain nutrients become key to supplying our strength and energy.



According to Lori Dykstra, CEO of Feeding South Dakota, securing healthy and affordable food is a common issue for older adults.

“As people retire, their income is reduced. But at the same time, medical expenses go up,” Lori explained. “Many individuals who are 55 and older are having to face really tough decisions, ‘Am I paying my housing or my medical bill? Am I paying for food or electricity?’”

To make grocery shopping more affordable, LSS Center for Financial Resources encourages planning a menu and sticking to your list at the store. Shopping on a full stomach can also reduce impulse buys, and store brands are often less expensive than name-brand goods.

However, visiting the store may not be an option for some. With small-town grocery stores steadily disappearing, many folks are being forced to travel several miles to do their shopping. While some grocery stores offer home delivery, the cost can create yet another barrier—and that’s what Feeding South Dakota is working to address.

“When older individuals are homebound, we have to do what we can to get food to them.”

Through their Senior Box Program, Feeding South Dakota distributes around 2,400 boxes each month throughout the state. Each box contains nonperishable USDA food items specifically designed to supplement nutrients that may be lacking in people's diets.

"Even older adults who grocery shop may not be buying the right foods to get the nutrition they need at their age," said Lori.

"The USDA created this program to help meet those needs."

A nutritional insert is included in every box with helpful information on keeping a balanced diet. These inserts will often feature a recipe using at least one ingredient in the box.

"We may send an information sheet about fiber and the importance of fiber in your diet, and then the box will contain an item with high fiber, like beans," Lori explained. "Other times it might be an insert about leftovers—how to store and reheat them properly."

Contents of the boxes typically vary month to month, but some items are so popular they've become staples.

"There's always a box of cheese. Everybody loves the cheese."

While Senior Boxes are being distributed at relatively high numbers, Lori says there are still plenty of people who could benefit from the resource.

"The latest data we have through Feeding America says that in South Dakota, there are more than 6,700 individuals aged 60 and older who lack access to the food they need to be healthy."

Individuals must qualify for the program through an application process. They can also receive food through the organization's Mobile Food Distribution Program. Feeding South Dakota hosts 120 distributions per month across the state.

"Awareness is a big part of it—we need to make sure that seniors and their families know this could

be an option," Lori said. "We are an organization that works to make sure anybody who needs food can get food."

In addition to Feeding South Dakota, many communities have their own food pantry. For a list of these, check the food category in the resource directory on page 16.

If preparing food becomes a challenge, the Rural Office of Community Service (ROCS) offers affordable hot meals at senior centers and other locations throughout the region. Residents of some communities can also receive home delivery of meals through ROCS.

If you or someone you know would benefit from a monthly supply of healthy, nutritious food, contact:

FEEDING SOUTH DAKOTA
605-335-0364

ROCS
605-384-3883 or
605-487-7634

EVERYDAY CHARCUTERIE

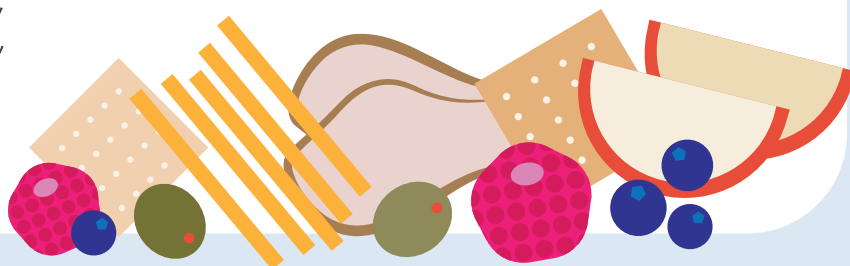
The charcuterie board is a French plate comprised of prepared meats and cheeses, often accompanied by fruits, crackers, nuts, and jams. Not only are boards a delightful and nutritious snack, but selecting and organizing ingredients can be therapeutic.

YOU CAN DESIGN YOUR OWN BOARD ON A BUDGET.

Start by arranging 2-3 sliced cheeses, 1-2 deli meats, and 1-2 in-season fruits on a plate.

Finish your board by filling in the gaps with mixed nuts and your favorite cracker.

A full board looks bountiful and the colors create an inviting snack and conversation piece for guests.



TIME TOGETHER IS WELL-SPENT



Good friendships are essential to our health, happiness, and longevity. As we get older, it becomes especially important, but also especially challenging, to maintain close relationships and continue doing activities that bring us joy.

That's why LSS Better Together matches older adults ages 55 and up, called "Neighbors," with volunteers to provide socialization and friendship, share resources, and build a lasting relationship. Matches spend four hours a month doing anything from running errands together to seeing a movie or grabbing lunch.

"It's very flexible, we let them choose what they want to do when they get together," said LSS Better Together Coordinator Amy Feterl. "We have some matches who like to go to the park when it's nice out...others do a Bible study together. So it's really open; we even had one match that challenged themselves to try a cup of coffee at every cafe in the area."

When you sign up to become a Neighbor, LSS will match you with a volunteer based on your interests, preferences, and location.

“LSS visits with the volunteer and the older adult to learn about their background, where they’re from, those types of things. From there, LSS does an initial meeting to see if they feel like they’d be a good match, and a lot of them end up being matched for years,” Amy explained.

Volunteers say it’s fulfilling to spend time with someone older and wiser, and neighbors appreciate having someone to try new things. Beyond having fun, the experience promotes a connection that can be immensely healing.

“There was a study done a few years ago by AARP (American Association of Retired Persons) which found that prolonged loneliness was as harmful as smoking 15 cigarettes a day,” said Amy.

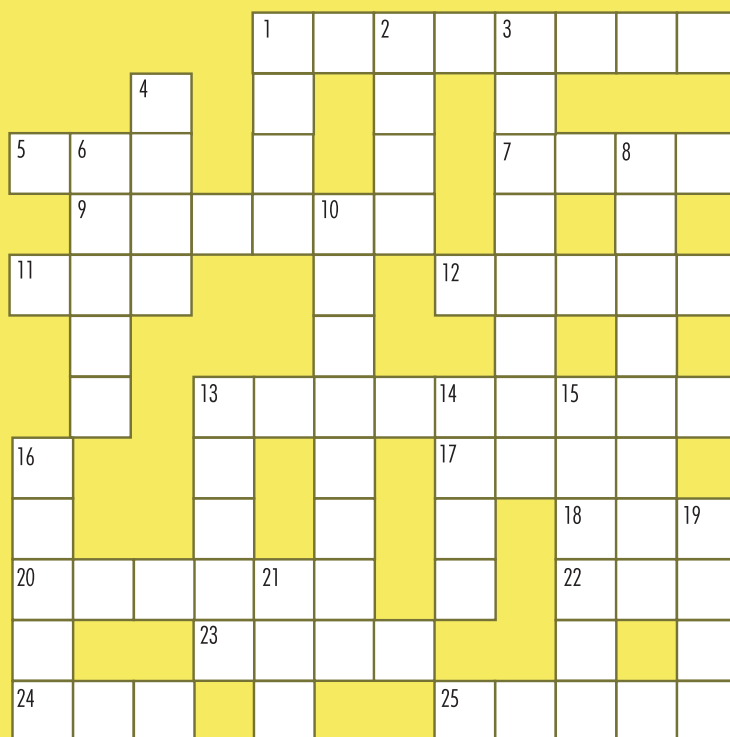
Over time, isolation is one of the biggest detriments to mental and physical health, with research showing it can reduce your life by as many as seven years. Being around others and having plenty of new experiences are key to staying sharp. Getting out can also boost mood and help maintain strength and stamina.

“Get connected and stay connected,” said Rachel Shepherd, Director of LSS Behavioral Health Services. “In-person is always the best option. It is a huge benefit to mental health. That is why Better Together is such a great program.”

Volunteers and Neighbors will often use their time to engage with the community. Each opportunity is aimed at strengthening our sense of belonging and improving our experience of aging.

“Better Together is really about adding something to bring joy and fun into everyday life,” said Amy.

To become part of Better Together, call 605-444-7803 or visit BetterTogether.LssSD.org



ACROSS

1. Foot treatment at a spa
5. Service org. most commonly known for roadside assistance
7. “My mistake”
9. Crooner Bing of High Society
11. Public transit option
12. Creature with a fetid exudation
13. 1969’s 3 Days of Peace & Music
17. Louisiana _____ Bulldogs
18. Cotton gin inventor Whitney
20. One of the seven dwarves
22. Device which uses electricity to stop arrhythmia (abbrev.)
23. Turner of Peyton Place
24. “Big girls don’t _____”
25. Bucatini, e.g.

DOWN

1. 1961 failed military operation at Bay of _____
2. June 6th, 1944
3. Longtime CBS newsman Walter
4. 1977 surprise blockbuster Star _____
6. Angle less than 90°
8. Card game in which 10 is the second most powerful card
10. Borough where Pee Wee Reese played ball
13. Merv Griffin’s _____ of Fortune
14. One would not do this to James Bond’s dry martini
15. Pacific et al.
16. Holly, Valens, and The Big Bopper tragedy “The Day the _____ Died”
19. Notion
21. Microwave (slang)

LIVING EASY

HOME SAFETY

Any long-time homeowner has likely made a few updates—installed new tile, replaced the carpet, or swapped out an old chair for something more stylish. But much like our taste in furniture, our abilities change over time, and adapting our homes to make daily living safer and easier can play a big role in aging comfortably.



“Steps, throw rugs, anything like that could make you more likely to fall and break something,” said Dr. Jerome Bentz, a family medicine specialist in Platte, SD.

Several of Dr. Bentz’s patients have suffered injuries in their home environment. Slips and spills can often result when long-time fixtures of a home become unforeseen hazards. However, a free home assessment can help determine which modifications are necessary to improve a home’s safety. Trained professionals are available to help walk through the process, using a checklist to evaluate the usability, visibility, and accessibility of a home.

“We have experts who can visit your home and make recommendations such as removing rugs or adding a handrail to your steps, or tell you if your bathtub is dangerous,” said Dr. Bentz. “That’s a good first step, better than doing it after breaking a hip.”

While removing rugs, adding night lights, or reorganizing storage are simple adjustments that homeowners can make themselves, some changes may require more work—even a bit of light construction.

But when an individual’s needs are more extensive or complex, it can be impractical—sometimes impossible—to modify their home effectively.

That's why experts like SDSU Extension Gerontology Field Specialist Leacey Brown are advocating to make adaptable homes more popular.

"Accessibility is about having necessary space in key areas of the home," Leacey explained. "Homes with good bones are much easier to reconstruct later on."

Adaptable homes are built with accessibility in mind. Doorways and halls measure wider, and major features are designed to be readily adjusted based on a person's particular needs. Counters, for example, can be easily lowered for individuals to cook, wash dishes, or brush their teeth comfortably from a seated position. The format offers plenty of room for moving furniture or navigating tricky fixtures like showers and toilets.

Because virtually any home will require changes, Leacey says it's best to address renovations proactively. "People spend years making their home the way they want it, only to have to change everything following an injury. They should think about this before it becomes a crisis."

Ultimately, home modifications aren't simply an issue of getting older, either.

"We can be injured at any time—this is just about being a human," said Leacey.

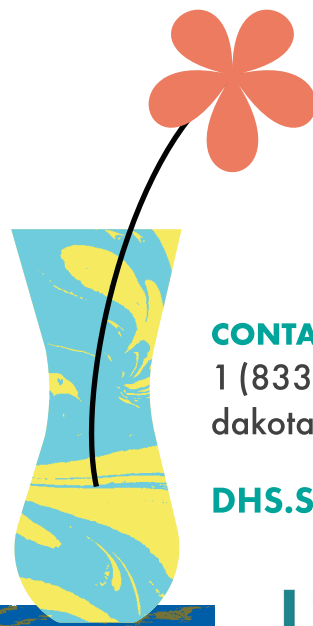
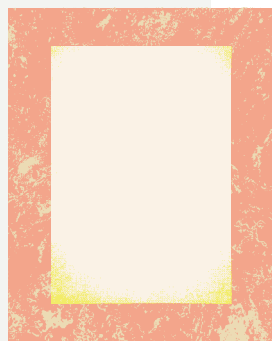
While modifying or adapting a home can sometimes be expensive, plenty of resources are available to help. The SDSU Extension Office has a guide to different financing options, and Dakota at Home's expert staff can help access funding, answer questions, and check eligibility.

Planning ahead and making necessary adjustments allows us to remain safe and live confidently in our homes for a long time. While adding safety features isn't as flashy as a new throw rug or as dynamic as a new coat of paint, the impact can have a profound effect on our everyday lives.



Dakota at Home is South Dakota's Aging and Disability Resource Center (ADRC). Dakota at Home provides free unbiased information, referrals, and assistance to help older South Dakotans, adults with disabilities, and their caregivers continue living at home or in their community.

Understanding available options helps individuals, caregivers, and family members identify the long term services and supports necessary to remain living at home for as long as possible. When people can make informed decisions, they are likely to be more satisfied with their quality of life.



CONTACT

1 (833) 663-9673

dakotaathome@state.sd.us

DHS.SD.GOV/LTSS



DECODING GEN Z

While things could be “cool” or “on the hot seat” for the Silent Generation (Born ‘28-‘45) or “right on” or “far out” for Baby Boomers (‘46-‘64), Gen Z (‘97-‘12) has its own way of expressing themselves. See if you can correctly match Gen Z slang by drawing a line to its definition below. (Answers are at the bottom of the page.)

Bet	An Outfit
Bussin	Makeover
Drip	Not Lying
Fit	Stylish Appearance
Ghost	Average
Glow Up	Suspicious
Mid	Really Good
No Cap	Charisma
Rizz	Yes, OK
Sus	Cut Off Communication

ACTIVE &

There’s more to healthy living than eating right and staying active. Simply put, living well requires a well-rounded life. According to Heath Brouwer, Administrator of Douglas County Memorial Hospital, community health is at the foundation.



Bet=Yes, OK; Bussin=Really Good; Drip=Stylish Appearance; Fit=An Outfit; Ghost=Cut Off Communication; Glow Up=Makeover; Mid=Average; No Cap=Not Lying; Rizz=Charisma; Sus=Suspicious

INVOLVED

Heath oversees a network of rural health clinics, retail pharmacies, and assisted living facilities. His job is to connect community members with programs and services to help them stay healthy and be self-sufficient.

“We’re trying to help older adults stay in their homes,” he said. “For example, we provide homemaker services where someone will go in and clean, and a visiting nurse can help with meds, do blood pressure checks, and just see how people are doing.”

Heath’s team also focuses on building confidence by teaching self-advocacy—a vital piece to living independently.

“Through technology like One Chart, people can see their own medical records. We also encourage people to bring in their medications so we can make sure they know exactly what each prescription is doing for them,” said Heath.

Support should always feel within reach; that’s why the team does whatever it can to make services affordable. While most people get connected to Medicaid or Medicare, Charity Care is also an option. Individuals who can’t afford services can fill out a financial form, and if they meet the requirements, they aren’t obligated to pay.

“Finances should never get in the way of people receiving the care they need,” said Heath.

Many people feel pressure to choose between essentials like food and medication. By removing the financial barrier, individuals can prioritize diet—a key component to staying healthy that can be overlooked by older adults.

“If they aren’t able to get nutritious meals, they may end up in assisted living or a nursing home prematurely as it affects their overall mental and physical health,” said Heath.

In addition to resources like home-delivered meals or the local food pantry, older adults can access healthy and affordable meals at locations across both counties, like the Senior Citizen Center in Armour, Shorty’s Bar & Grill in Platte, or the Parkview Villa Apartments in Wagner, to name a few.

“Individuals who want to get out of their home and socialize with others can go to that community space,” said Heath. Prairie Villa in Armour also offers opportunities to connect with others via its fitness area, group classes, and free entertainment and activities that are open to anyone.

“We have activities every day,” said Heath. “We encourage people to come in and play bingo or cards, or sit for a cup of coffee and a cookie.”

A strong sense of community promotes good health across multiple areas of life. Heath says some people thrive by knocking on doors to visit with neighbors, while others may volunteer or take part in community groups.

“It’s amazing,” said Heath, on the impact of community. “If you can get people to stay active, healthy, and involved, it really helps them extend their life inside their homes.”



CLOSE CONNECTED RESOURCEFUL

Small communities are built on closeness and connection. But when you lose the ability to drive, the people and places that enrich your life feel increasingly far away. Without safe and reliable transportation, going out becomes complicated or unsafe, medical appointments get missed, and you grow accustomed to feeling stuck.

The lack of transportation in Douglas and Charles Mix counties reflects an even bigger issue faced by non-driving older adults throughout the country.

“There’s no simple solution,” said Ashley Washington, Senior Director of Aging Initiatives at Lutheran Services in America (LSA).

In her role, Ashley supports the work of LSA members who provide home- and community-based programs for older adults in rural areas across the Midwest. Transportation, she says, is often the most difficult for these communities, with many barriers such as liability and insurance preventing organizations from stepping in to meet the need.

TURNING BARRIERS INTO OPPORTUNITY

While rural areas lack the infrastructure of a big city, they have a unique power—resourcefulness. When coupled with the close-knit and willing spirit of neighbors, people in these communities can accomplish a lot.

“We’re looking at assets differently by looking for a community culture as well as associations like clubs, or a quilting group. It’s about reframing the narrative of rural communities as having different strengths and different assets that can be built upon,” said Ashley.

Each community is unique, but many have found creative ways to leverage their resources, from recruiting former truck drivers as volunteer chauffeurs to repurposing school buses for meal delivery.

“Once community partners and neighbors are more aware of the challenges of aging, they mobilize and rally to help their neighbors,” said Ashley. “It’s been amazing to see.”

Some older adults have even inspired systems of skill-sharing to pass their knowledge on to others.

“We’ve seen train-the-trainer-style programs where older adults are teaching each other. For example, in one community outside of South Dakota, an older adult who is a retired driver’s education teacher now teaches a refresher course on driving for other older adults in the community,” explained Ashley.

IT TAKES A COMMUNITY

Giving of your time and abilities not only benefits others, it provides a sense of purpose. According to Dr. Jerome Bentz, a family medicine specialist in Platte, SD, purpose and motivation are hallmarks of a healthy human experience. This becomes especially true as we get older.

"The people I've seen stay healthy and age well are usually busy doing things for others. I think that's what keeps them going, that's why they get up in the morning," said Dr. Bentz.

Those looking to better their community can make a big difference by helping drive others or offering rides to friends. Finding a purposeful rhythm can also be easier as a group; having regular, planned outings encourages friends to check in on each other and ensure everyone is being looked after.

"It's more motivating, in some way, to do things as a group. If you don't show up, the rest of the group can say, 'Where were you today?'" said Dr. Bentz.

While it can be discouraging to lose certain freedoms, relying on a community can also brighten life in unexpected ways, and prove that support is closer than you think.

TRANSPORTATION SERVICES IN THE AREA

Rural Office of Community Service (ROCS)

Call **605-384-3883** (Provides fee-based rides that must be scheduled 24 hours in advance)

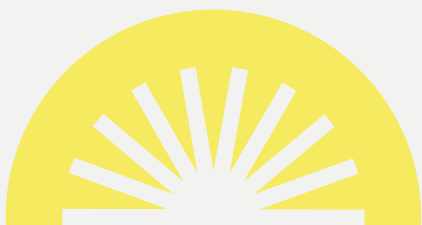
County Veterans Service Office (Veterans only)

Call **605-724-2750** (Douglas County)
Call **605-487-7691** (Charles Mix County)

Disabled American Veterans Van

Free transportation to VA medical facilities for injured and ill Veterans.

Call Charles Mix County Veterans Service Officer **605-487-7691** or **605-481-1338**



GLOBAL AGING TIPS

Small pockets of the world, often called "Blue Zones," have seemingly unlocked the secrets to aging gracefully. In these regions, people live longer, healthier, and happier than anywhere else. Here are a few tips we can learn from these communities:

SPICE UP YOUR MEALS

In India, the Ayurvedic diet implements spice to increase the body's functions. Along with eating plenty of fruits and vegetables, try adding turmeric, garlic, or cinnamon to your meals.

MAKE GOOD FRIENDS

Friends who are committed to each other for life tend to live longer, especially when they share a goal of staying healthy. To model those in Okinawa, Japan, consider expanding your circle with like-minded people by joining a club or fitness class.



CULTIVATE A PASSION

Japan and Costa Rica prove that investing in a meaningful hobby, interest, or cause can provide purpose and increase life expectancy by up to seven years.

STAY MOVING

Residents of Sardinia, Italy are always on their feet. Activities like gardening, cooking, or walking the dog allow you to stay active without stepping foot in a gym.

FOOD RESOURCES

Douglas County Food Pantry

Armour, SD

605-999-0483

Contact: Barb Mills

email: bjm_60@yahoo.com

Feeding South Dakota

605-335-0364

email: info@feedingsouthdakota.org

www.feedingsouthdakota.org

We offer four mobile food distributions, the Senior Box Program, and have agency partners in these counties.

Helping Hands Community Pantry

27895 363rd Avenue, Platte, SD 57369

605-207-0330

Contact: Barbara Boltjes

email: bjb_rt44@hotmail.com

Krull's Market – Grocery store

709 1st St, Armour, SD 57313

605-724-2459

www.KrullsMarketArmourSd.com

facebook.com/krullsmarket

We make home deliveries during the week Monday-Friday, call and place your order before noon for same day delivery.

The Vine's Bountiful Table

520 Wyoming Ave., Platte, SD 57369

605-337-3572

email: plattecrc@gmail.com

We are a ministry that serves people 50 years or older. We meet once a month for a free meal and fellowship with each other in our community. Membership to the church is not required. Jan-March, we serve on the second Saturday at 11:30-12:15. April-Dec, we serve on the second Thursday at 5:30pm.

HEALTHCARE RESOURCES

Alzheimer's Association

5915 S. Remington Place, Suite 110,
Sioux Falls, SD 57108

605-339-4543

email: sd@alz.org

www.alz.org

Armour Dental

600 Main Ave Armour, SD 57313

605-570-5444

email: frontdesk@armourdentalclinic.com

www.armourdentalclinic.com

Family Dentistry

Avera@Home

1115 E 5th Avenue, Mitchell, SD 57301

605-995-2268

www.avera.org/avera-at-home

Corsica Good Samaritan Society

455 North Dakota Ave., Corsica, SD 57328

605-946-5467

email: wpodze@good-sam.com or

antoinette.bartunek@good-sam.com

DHS Division of Long Term Services and Supports (LTSS) & Dakota at Home

Dakota at Home

1-833-663-9673

email: DakotaAtHome@state.sd.us

www.dhs.sd.gov

Food, Healthcare, Social

Dakota at Home is a free information and referral service. We provide objective information and options planning to help individuals, regardless of age, disability, or income, identify and access public and private services and supports in their local communities.

Douglas County Memorial Hospital

708 8th Street Armour, SD 57313

605-724-2159

www.dcmhsd.org

Hospital, Clinic, Pharmacy, Assisted Living

HOUSING RESOURCES

Kore Cares Home Health Services

106 West 5th Street, Mitchell, SD

605-277-1447

email: mitchell@korecares.com

www.korecares.com

Lake Andes Senior Living

740 E. Lake St., Lake Andes, SD 57356

605-487-7674

www.accura.healthcare/communities/lake-andes

LSS Behavioral Health Services

705 E 41st Street Suite 100 Sioux Falls, SD 57104

605-444-7500

email: Intake@LssSD.org

www.LssSD.org

Mental Healthcare

Rural Office of Community Services (ROCS)

107 2nd St. SW, Wagner, SD 57380

605-384-3883

email: rocs@rocsinc.org

www.rocsinc.org

Food, Transportation, Healthcare,

Social, Housing

SHINE Active Generations

2300 W 46th St, Sioux Falls, SD 57105

605-336-6722

email: khealy@activegen.org

www.activegenerations.org

Senior Health Information and Insurance

Education—free, unbiased assistance with

Medicare enrollment & education

Wagner Community Memorial Hospital-Avera

513 3rd St SW, Wagner, SD 57380

605-384-3611

email: WagnerclinicROI@avera.org

www.avera.org/locations/wagner-
community-memorial-hospital-avera

Independent Living Choices

920 Broadway Ave. Suite 1, Yankton, SD 57078

605-668-2940

email: i-l-c@ilcchoices.org

www.ilcchoices.org

Healthcare, Social, Housing

Integrity Management Company, Lynlo Heights Apartments

605 Dobson Street, Armour, SD 57313

563-535-7102

email: lyn-pm@imcsllc.com

www.imcsllc.com

Leisure Living Assisted & Independent Living

310 N Dakota Ave, Corsica, SD 57328

605-946-5229

email: corsica@leisurelivingSD.com

www.leisurelivingsd.com

Healthcare, Housing

Therapy services will come into the facility for residents

LSS Center for Financial Resources

1-888-258-2227

email: CFR@LssSD.org

www.CFR.LssSD.org

LSS offers financial counseling, resources

and education to support your financial

needs and help you reach your goals.

Parkview Villa Inc. Senior Living Apartments

105 Front Ave. NE, Wagner, SD

605-384-5402

Contact: Dana Sanderson

email: danasanderson51@gmail.com

TRANSPORTATION RESOURCES

Ruby35 Transportation

5530 E. Blarney Pl, Apt 2,
Sioux Falls SD 57110

417-274-6174

email: ruby35transport@gmail.com

www.ruby35transport.com

SAFETY RESOURCES

FirstCall Emergency Monitoring

422 5th Ave SE #102,
Aberdeen, SD 57401

605-229-6850

email: info@myalertsysteem.com

www.myalertsysteem.com

Peace of mind at the touch of a button

Safe Place of Eastern South Dakota

1809 North Wisconsin Street,
Mitchell, SD 57301

Crisis Hotline 605-996-4440

email: shelter@safepace-esd.org

www.safepace-esd.org

LEGAL RESOURCES

East River Legal Services

335 N. Main Ave., Suite 200,
Sioux Falls, SD 57104

605-336-9230

email: info@erlservices.org

www.erlservices.org

We can provide services to Douglas County,
but NOT Charles Mix County.

SOCIAL RESOURCES

Armour Community Foundation

PO Box 333, Armour, SD 57313

605-530-3683

Contact: Jay Spaans

email: jay@douglaelec.coop

www.sdcommunityfoundation.org/local-impact/
community-foundations/armour

Caregivers by Active Generations

2300 W 46th St, Sioux Falls, SD 57105

605-336-6722

email: cspurling@activegen.org

www.activegenerations.org

Free caregiver resource across the state.

LSS Better Together

605-444-7803

email: Mentoring@LssSD.org

www.BetterTogether.LssSD.org

Senior Companions of South Dakota

4800 W 57 St. Sioux Falls, SD 57117

888-239-1210

email: sdscp@good-sam.com

www.good-sam.com/scpsd

Service to the Blind and Visually Impaired

Hillsvie Properties Plaza, 3800 E. Hwy 34
c/o 500 E. Capitol Pierre SD 57501

605-773-4644

email: InfoSBVI@state.sd.us

www.dhs.sd.gov/en/sbvi

Women In Action

P.O. Box 333, Armour, South Dakota

605-770-7656

Contact: Lea Ymker

email: llymker@unitelsd.com

CHURCHES

Academy UCC

501 1st St, Platte, SD 57369

605-337-3794

email: lnepodal@yahoo.com

Lighthouse Ministries Church

29719 394th Avenue, Wagner, SD
(West of Wagner High School)

605-491-2862

email: boomswagner@hotmail.com

Olive Presbyterian Church

501 1st St, Platte, SD 57369

605-337-3891

email: presbyterian@midstatesd.net

facebook.com/groups/162941084613

EDUCATION

Armour School District

604 3rd Street, Armour, SD

605-724-2153

Contact: Craig Holbeck

email: craig.a.holbeck@k12.sd.us

www.armour.k12.sd.us

South Dakota State University Extension

711 North Creek Drive, Rapid City SD 57703

605-394-1722

Contact: Leacey Brown

email: leacey.brown@sdstate.edu

www.extension.sdstate.edu/family/older-adults

VETERANS

Charles Mix County Veterans Service Officer

400 Main Street, Lake Andes, SD

605-487-7691

email: jseiner@charlesmixcounty.org

Douglas County Veterans Service Officer

Douglas County Court House
706 Braddock St., PO Box 159
Armour, SD 57313

605-724-2750

email: vetserviceofficer@goldenwest.net

LIBRARIES

Lake Andes Public Library

17 Park Ave, Lake Andes, SD 57356

605 487-7524

email: lalibrary@hcinet.net

www.lakeandes.yoursdlibrary.org

Armour Carnegie Library

915 Main Street, Armour, SD

605-724-2743

email: citylibrary@unitelsd.com

facebook.com/armourcarnegielibrary

We will deliver books if there is hardship getting to the library.

Platte Public Library

310 South Main Street Platte, SD 57369

605-337-9869

email: plattelibrary@midstatesd.net

www.platte.yoursdlibrary.org

Priscilla Club Library

335 E. Main Street, Corsica, SD 57328

605-630-1918

email: priscillaclub@siouxvalley.net

Wagner Public Library

106 Sheridan Ave. SE, Wagner, SD

605-384-5248

email: wagpblb@hcinet.net

www.wagnerpublic.yoursdlibrary.org

all healthy
all safe
all accepted



all
with


From safe and stable home environments for families to ensuring our communities are welcoming to people of all ages, faiths, races, and economic statuses, LSS provides access to support and resources that help people thrive.

**Contact LSS to
access services:**

**605-444-7500
LssSD.org**



OUR WHOLE-PERSON, FAMILY-CENTERED SERVICES INCLUDE:

- In-person and virtual counseling to help navigate everyday life and hardship through Behavioral Health Services
- Financial guidance and education to strengthen financial futures through the Center for Financial Resources
- Hands-on, enriching activities for kids through Childcare & Education
- Friendship and guidance for children and older adults through volunteer mentors and companions in Community and School-based Mentoring
- Support for refugees and immigrants to help with integration into our workforce, schools, and communities through the Center for New Americans
- Interpreting, community engagement, and education to promote a welcoming community through the Multi-Cultural Center
- Assistance and recovery through Disaster Response
- Education and support lead to successful second chances for those transitioning from jail or prison through Re-Entry Services
- Resources and education for birth parents through Pregnancy Counseling and for growing families through Adoption Services
- Safe, stable home environments to help children reach their full potential through Foster Care and Kinship Services
- Family support and preventative planning through CARES Wraparound Services
- Therapeutic treatment and support for youth and their families through Residential Treatment and Group Care: Canyon Hills, Summit Oaks, and New Beginnings
- Guidance to success in their community for youth and their families through Shelter Care and Runaway and Homeless Youth Services
- Support and education for youth as they transition into adulthood through Independent Living Programming