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# Health & Wellness Directory & Resource Guide **2019**

A Complete Listing of Aberdeen Area Healthcare Providers, Facilities, Senior Services and More.

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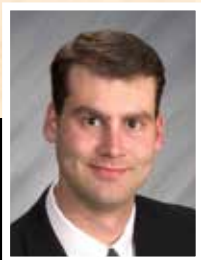
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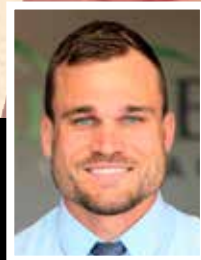
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# WELCOME TO THE 2019 HEALTH & WELLNESS DIRECTORY AND RESOURCE GUIDE

## Robyn Ewalt

*Aberdeen Chamber Health & Wellness Committee Chair*



Aberdeen is a vibrant community with plenty of room to play, move, and grow. The health and wellness committee of the Aberdeen Area Chamber of Commerce is vested in connecting people to resources within the sectors of health, wellness, and more. We hope you find this directory to be a valuable resource for those within and around our community.

This committee looks forward to bringing you this tool each year, along with offering an opportunity to increase awareness in areas of public health and wellness. We look forward to seeing you at our symposium this June, where we will present a topic that unfortunately is starting to hit close to home. Join us for this event as we offer up a panel of experts as well as those who have been personally impacted by the opioid addiction epidemic.

*Robyn Ewalt is a Consultant with Leadership and Organizational Development for Avera Health. As a health-focused colleague and mom, Robyn focuses on making healthy living choices a daily tactic and sharing her passion with her family of five and the community she lives and works in. She loves to cook and teach her kids about healthy food options, and makes being active with her family in and around the Aberdeen area a priority.*

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Asparagus, Beans (green lima and snap), Beets, Broccoli, Cabbage (head), Carrots, Cucumbers and Pickles, Eggplant, Garlic, Lettuce (head and leaf), Onions (dry and green), Peas (green excluding southern), Peppers, Potatoes, Pumpkins, Radishes, Spinach, Squash (summer and winter), Sweet Corn, Tomatoes



Barley, Buckwheat, Corn for grain (e.g., flour), Oats, Popcorn, Rye, Wheat



Beans (other than lima beans), Beef, Bison, Chicken, Duck, Eggs, Elk, Emu, Flaxseed, Goat, Goose, Lamb, Lentils, Partridge, Peas, Pheasant, Pigeon or Squab, Pork, Quail, Rabbit, Soybeans, Sunflower Seeds, Turkey, Venison



Milk, Milk from sheep and goats

Source: [choosemyplate.gov/south-dakota](http://choosemyplate.gov/south-dakota)



## Hand Guide to Portion Control

To avoid a calorie-packed-punch, limit pasta servings to 1/2 cup, or about the front of your clenched fist.

The recommended serving size of meat is 3 oz., roughly the size of your palm.

Look at your fingertip. That's about a teaspoon, or how much butter your toast needs.

Your thumb, from knuckle to tip, is about the size of a tablespoon. Double it for a single serving of peanut butter.

A clenched fist is roughly one cup, or a double-serving of ice cream.

Sources:  
<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2000/2000068BrochureHowMuch.pdf>  
<http://www.healthty.arkansas.gov/programsServices/chronicDisease/Nutrition/Pages/ServingSizes.aspx>

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  - ★ **Jacob Miller MD**, 3015 3rd Ave SE, Aberdeen, SD 57401 • 605-226-5500 • Board Certified • [www.sanfordaberdeen.org](http://www.sanfordaberdeen.org)
  - ★ **Danny Wolfgram MD**, 701 8th Ave NW, Aberdeen, SD 57401 • 605-226-2663 • Board Certified • [www.avera.org](http://www.avera.org)

## TELEMEDICINE

The following physicians provide specialty consultations via telemedicine at Avera St. Luke's & Sanford Aberdeen Hospitals. Local physicians will refer their patients to see these specialists, without the patients having to travel from Aberdeen, using advance technology. For information about telemedicine services, call Avera at 622-2803 or Sanford at 226-5500.

## AVERA

- Cardiology** Jonathan Adams, MD; Michael Hibbard, MD
- Endocrinology** Ajaz Baka, MD; Charles Longo, MD; Karen Hutchinson, MD; Mark Oppenheimer, MD; Raquel Anel-Tiangco, MD; Richard Crawford, MD
- Gastroenterology** Christopher Hurley, MD; Cristina Hill Jensen, MD; Conner Lapp, MD; Steven Condrom, MD
- Genetic Counseling** Kali Swift, MD, LCGC
- Gynecologic Oncology** Luis Rojas-Espaillet, MD; David Staks, MD
- Hematology** Ahmed Galal, MD; Vinod Parameswaran, MD
- Hepatology** Hesham Elgouhari, MD; Mumtaz Niazi, MD
- Infectious Disease** Robert Kessler, MD; Brian Pepito, MD; Fares Masannat, MD; Jawad Nazir, MD; Asma Syed, MD
- Nephrology (eIC)** Junaid Syed, MD
- Nephrology** Arvin Santos, MD; Robert Santella, MD; Jeffrey Steers, MD
- Nephrology/Critical Care Medicine** Walter Astorne Figari, MD; Ankur Sandhu, MD; Jan Levora, MD
- Neurology** Rebecca Hruby, CNP; Elizabeth Kruse, CNP; William Rossing, MD; Leslie Wilson, CNP
- Neurosurgery** Henk Klopper, MD
- Occupational Medicine** Bruce Elkins, MD
- Pediatric Asthma & Sleep** Wilfredo Velloira, MD
- Pediatric Cardiology** Sami Awadallah, MD
- Pediatric Endocrinology** Ashutosh Gupta, MD
- Pediatric Gastroenterology** Stephen Nanton, MD
- Pediatric Neurology** Germano Falcao, MD

- Pulmonary Disease** Brian Hurley, MD; Fady Jamous, MD; Noel Dexter Tiangco, MD; Rizan Hajal, MD
- Pulmonary/Critical Care Medicine** Dayna Groskreutz, MD; Anthony Hericks, DO

## SANFORD

- Behavioral Care** Steven Cochran, MD (Pediatrics); Rajesh Singh, MD (adult); David Ermer (Pediatrics)
- Diabetes/Endocrinology (Adult)** Randall Fenner, MD; John Palmer, DO;
- ENT** Greg DeSautel, MD
- Genetic Counseling** Lior Borovik MS, CGC; Kristen De Berg, MS, CGC; Larissa Risty, MS, CGC
- Hematology/Oncology** Bongji Rudder; Miroslaw Mazyrzak; Steven Powell
- Infectious Disease** Gerard David, MD; Wendell Hoffman, MD; Susan Hoover, MD; Jennifer Hsu, MD; Srividya Srinivasan, MD
- Maternal/Fetal Medicine** Jeffrey Boyle, MD; Kerry Lewis, MD; Michael McNamara, DO; Maria Palmquist, MD; Jason Picconi, MD
- Bariatrics** Kristin Turek CNP

## THORACIC, PERIPHERAL VASCULAR SURGERY

- ★ **Chris Larson MD**, 310 S Penn St, Aberdeen, SD 57401 • 605-229-1367 • Board Certified • [www.avera.org](http://www.avera.org)
- ★ **David Ring MD**, 310 S Penn St, Aberdeen, SD 57401 • 605-229-1367 • Board Eligible • [www.avera.org](http://www.avera.org)
- ★ **Roger Werth MD**, 310 S Penn St, Aberdeen, SD 57401 • 605-229-1367 • Board Certified • [www.avera.org](http://www.avera.org)

## UROGYNECOLOGY - VISITING PHYSICIANS

- ★ **Michael Fiegen MD**, 3015 3rd Ave SE, Aberdeen, SD 57401 • 605-328-8750 • Board Certified • [www.sanfordaberdeen.org](http://www.sanfordaberdeen.org)

## UROLOGY

- ★ **Jessica Bierschbach CNP**, 310 S Penn St, Aberdeen, SD 57401 • 605-225-7326 • [www.avera.org](http://www.avera.org)
- ★ **Melissa Brown MD**, 3015 3rd Ave SE, Aberdeen, SD 57401 • 605-226-5500 • Board Certified • [www.sanfordaberdeen.org](http://www.sanfordaberdeen.org)
- ★ **G. Craig Kiser MD**, 310 S Penn St Ste 202, Aberdeen, SD 57401 • 650-225-7326 • Board Certified • [www.avera.org](http://www.avera.org)

## VASCULAR SURGERY - VISITING PHYSICIAN

- ★ **Patrick Kelly MD**, 3015 3rd Ave SE Aberdeen, SD 57401 • 605-312-7300 • Board Certified • [www.sanfordaberdeen.org](http://www.sanfordaberdeen.org)
- ★ **Angelo Santos MD**, 3015 3rd Ave SE Aberdeen, SD 57401 • 605-312-7300 • Board Certified • [www.sanfordaberdeen.org](http://www.sanfordaberdeen.org)

## WEIGHT LOSS SURGERY

- ★ **David Ring MD**, 310 S Penn St, Aberdeen, SD 57401 • 605-229-1367 • Board Eligible • [www.avera.org](http://www.avera.org)

## WOMEN'S HEALTH

- ★ **Leah Bennett PA-C**, 506 S Wilson St, Aberdeen, SD 57401 • 605-725-3900 • [www.horizonhealthcare.org](http://www.horizonhealthcare.org)
- ★ **Catherine Friesen CNP**, 506 S Wilson St, Aberdeen, SD 57401 • 605-725-3900 • [www.horizonhealthcare.org](http://www.horizonhealthcare.org)



## **Aberdeen Family YMCA**

5 S State St  
Aberdeen SD 57401  
605-225-4910  
www.aberdeenyumca.org

## **Anytime Fitness**

321 S Main St  
Aberdeen SD 57401  
605-262-5010  
www.anytimefitness.com/gyms/2376

## **Balance Fitness Studio**

2201 6th Ave SE, Suite 16  
Aberdeen SD 57401  
605-226-7074  
www.facebook.com/  
balancefitnessstudioabd

## **CrossFit Erosion**

315 S Main St  
Aberdeen SD 57401  
crossfiterosion@gmail.com  
http://crossfiterosion.com

## **CrossFit Rails**

821 Railroad Ave SE  
Aberdeen SD 57401  
605-725-3688  
http://crossfitrails.com

## **Fit and Fire Studios at Profiling Beauty Health & Wellness Center**

224 1st Ave SE, Suite 1  
Aberdeen SD 57401  
605-262-0405  
www.leanbodybarre.com

## **Massenomics Gym**

209 Railroad Ave SE, Ste 4  
Aberdeen, SD 57401  
getbig@massenomics.com  
www.massenomics.com

## **Northern State University Barnett Center**

1200 S Jay St  
Aberdeen SD 57401  
605-626-2566  
www.northernstatewolves.com

## **Parks, Recreation & Forestry Department**

Various fitness programs  
605-626-7015  
www.aberdeensd.us

## **Presentation College Winter Dome (seasonal)**

1500 N Main St  
Aberdeen SD 57401  
605-229-8395  
Krista Christianson  
www.presentation.edu/www.pcsaints.com

## **SNAP Fitness**

1601 6th Ave SE  
Aberdeen SD 57401  
605-262-7327  
www.snapfitness.com

## **TM Fitness Studio, Inc.**

18 2nd Ave SE  
Aberdeen SD 57401  
605-228-2909  
www.facebook.com/tmfitnessstudio

# WELLNESS & WEIGHT LOSS

## **Avera Comprehensive Weight Management Program**

815 1st Ave SE, Suite 104  
Aberdeen SD 57401  
605-622-5452  
www.avera.org

## **Body by Design**

1225 6th Ave SE, Suite 3  
Aberdeen SD 57401  
605-725-4223  
www.bodybydesignaberdeen.com

## **FitPath Nutrition**

5 S State St  
Aberdeen SD 57401  
605-225-4910  
www.aberdeenyumca.org

## **GNC**

3315 6th Ave SE  
Aberdeen SD 57401  
605-229-7343  
www.gnc.com  
Vitamins, supplements and nutrition.

## **Lifestyle Solutions Nutrition Center**

924 6th Ave SE, Ste 2  
Aberdeen SD 57401  
605-725-5433  
www.goherbalife.com/healthcoachkaren

## **On Track Nutrition**

1923 6th Ave SE, Ste 111  
Aberdeen SD 57401  
605-262-4200  
www.goherbalife.com/coachbrenda

## **Profile by Sanford**

2905 3rd Ave SE  
Aberdeen SD 57401  
605-277-1285  
www.profileplan.net

## **TOPS (Take Off Pounds Sensibly)**

502 S Lincoln St  
Aberdeen SD 57401  
605-225-5680  
Meets Tuesdays from 8-10 a.m.

## **Total Package MedSpa, LLC**

1400 6th Ave SE, Ste 5  
Aberdeen, SD 57401  
Ph: 605-725-4772  
www.totalpackagemedspa.com

## **Weight Loss Center of Aberdeen**

901 6th Ave SE  
Aberdeen SD 57401  
605-225-1555  
www.aberdeensweightloss.com



## *The Secret to Happiness*

“It’s not the things you accumulate or the money you have in the bank that truly makes you happy.” How many of us have heard this from friends and family members over the years? It turns out they were right all along according to data collected from a study on adult development being conducted at Harvard University.

### **A group of pioneers**

The study began in the 1930s and 40s with two different groups of teenagers and has continued to monitor the participants, who are now well into their late 80s and 90s, to this day. One group consisted of Harvard graduates with affluent families and another of low-income inner city men between the ages of 11 and 16. For over 70 years, Harvard has been in regular contact with these men – keeping tabs on their health, their marriages, their financial status, their families – in order to determine what keeps them happy and healthy.

### **The key to happiness**

Over seven decades, the data collected indicates that happiness and good health are not driven by wealth or

fame. Instead, what they found consistently is that those who were the most socially connected to their families and friends were the ones who were the happiest and who lived the longest lives. Those who were well-off financially but lived in relative isolation lived shorter lives and experienced more health and memory-related complications while they were alive.

### **Stay connected**

Maintaining regular, personal contact with others and finding ways to stay involved in your community are necessary to maintain health and happiness as we age. Senior living communities offer many opportunities to spend time with other seniors, and they make it easy for family to visit as well.

## **ADULT DAY SERVICES**

### **BETHESDA ADULT DAY HEALTH CENTER**

1403 15th Ave SE, Aberdeen, SD 57401

Ph: 605-225-7602

Hours: Mon-Fri, 8 am-5 pm

Customized and person-centered care during the day in order to stay at home longer. A new alternative to assisted living and nursing home care.

## **ADULT SERVICES AND AGING**

### **DEPARTMENT OF SOCIAL SERVICES**

3401 10th Ave SE, Aberdeen, SD 57401

ADRC Call Center Phone: 833-663-9673

Aberdeen Office Phone: 605-626-2375

Toll Free: 866-239-8855 • [www.dss.sd.gov](http://www.dss.sd.gov)

Office Hours: Mon-Fri, 8 am-5 pm

The Division of Adult Services and Aging (ASA) provides access to available services and supports which assist older South Dakotans and adults with disabilities to continue to live at home in their local communities. Through various programs, ASA provides or purchases services through contracts with community providers for older adults (60 and over) and adults with disabilities (18 and over) who are determined eligible for services through ASA programs. ASA Specialists evaluate the needs of each person and respond to inquiries or requests for services, either from the individual or on behalf of the older adult or adult with a disability. For information on ASA programs, visit the DSS website at [www.dss.sd.gov](http://www.dss.sd.gov).

Services available include:

Adult Protective Services – Provides assistance to individuals residing in the community who are at-risk of abuse, neglect, exploitation or self-neglect. If you know, or have reasonable cause to believe someone needs protection, please call the office listed above or local law enforcement.

Aging and Disability Resource Connections (ADRC) – The ADRC provides objective information and assistance to help individuals, regardless of income or resources, identify and access available public and private long-term services and supports within their local communities. To learn more about available long-term services and supports available in your community, visit the ADRC Resource Directory at [www.southdakota.assistguide.net](http://www.southdakota.assistguide.net).

Caregiver Program – Provides services (i.e., respite care) to caregivers who assist individuals with the tasks of daily living and access to additional services and supports.

Home and Community Based Services – Provides services to individuals who need assistance with tasks they are unable to manage on their own. Services may include: personal care (i.e., assistance

with bathing or dressing); homemaker (i.e., cleaning, laundry, vacuuming); nursing services (i.e., medication management or wound care); emergency response system; assistive devices; medical supplies; medical equipment; meals and nutritional supplements.

Information and Referral – Offers objective information, assistance and access to public or private long-term services and supports which are available to anyone, regardless of income.

Ombudsman Program – Advocates to protect the rights of residents in nursing and assisted living facilities. ASA Specialists serve as advocates for facility residents and investigate, and assist in, the resolution of their complaints. All reports and inquiries are confidential.

Options Planning – Offers decision support to individuals and their families, regardless of income, on available long-term services and supports to meet individual care needs at home and in the community.

## **COUNSELING SERVICES**

### **AVERA ST. LUKE'S MENTAL HEALTH PROGRAM SERVICES**

305 S State St, Aberdeen, SD 57401

Ph: 605-622-5552

### **BREAKTHROUGH PSYCHOLOGICAL SERVICES**

404 S Lincoln St, Ste L1, Aberdeen, SD 57401

Ph: 605-725-5505 • [www.breakthroughpsychservices.com](http://www.breakthroughpsychservices.com)

Hours: Mon-Fri, 9 am-5 pm (other times by appointment)

### **CATHOLIC FAMILY SERVICES**

310 15th Ave SE, Aberdeen, SD 57401

Ph: 605-226-1304 • Toll Free: 800-700-7867

[www.sfcatholic.org](http://www.sfcatholic.org)

Hours: Mon-Fri, 8:30 am-5 pm (evenings by appointment)

### **LUTHERAN SOCIAL SERVICES**

110 6th Ave SE, Ste 200, Aberdeen, SD 57401

Ph: 605-229-1500 • Toll Free: 800-584-9248

Toll Free: 800-568-2401

Hours: Mon-Thurs, 8 am-6 pm; Fri, 8 am-5 pm

Counseling and support services available to individuals and families who are experiencing problems in their daily lives.

### **NORTHEASTERN MENTAL HEALTH CENTER**

14 S Main St, Ste 1E, Aberdeen, SD 57401

Ph: 605-225-1010

Hours: Mon-Thurs, 8 am-5 pm; Fri 8 am-4 pm

(evenings and weekends by appointment)

Comprehensive mental health agency providing services in 10 counties; promotes change through strength-based, outcome-focused service for individuals, couples and families.

## **NORTHERN PLAINS PSYCHOLOGICAL ASSOCIATES**

404 8th Ave NW, Ste 333, Aberdeen, SD 57401  
Ph: 605-225-3622 • [www.northernplainspsych.com](http://www.northernplainspsych.com)  
Counseling services to people of all ages, addressing a wide range of issues.

## **FOOD & NUTRITION**

### **GOOD SHEPHERD LUTHERAN CHURCH**

1429 N. Dakota St, Aberdeen, SD 57401  
605-229-0846

Meal and commodity food distribution the third Monday of each month from 4 to 6 pm. Recipients must complete eligibility paperwork on an annual basis to qualify.

## **MEALS ON WHEELS**

Aberdeen Area Senior Center  
1303 7th Ave SE, Aberdeen, SD 57401  
Ph: 605-626-3330

Contact: Jackie Whitlock  
[seniorcenter@aberndeen.sd.us](mailto:seniorcenter@aberndeen.sd.us) • [www.aberndeen.sd.us/senior](http://www.aberndeen.sd.us/senior)

Special diets or regular meals prepared at Avera St. Luke's Hospital are delivered to individual homes by volunteers at a cost of \$4.00 (subject to change). Lunch only, delivered Monday through Friday.

## **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**

Department of Social Services  
3401 10th Ave SE, Aberdeen, SD 57401  
Ph: 650-626-3160 • <http://dss.sd.gov/economicassistance/snap>

Supervisor: Erin Likness  
Hours: Mon-Fri, 8 am-5 pm

The Supplemental Nutrition Assistance Program helps low-income South Dakotans buy the food they need to stay healthy while they work to regain financial independence. SNAP benefits are not intended to cover all of a person or family's food costs but will help with purchasing the food needed for a nutritionally adequate diet. SNAP benefits can be spent at the nutrition sites, Meals On Wheels, grocery stores, meat markets and some delivery services. The amount of SNAP benefits a person or household receives is based on household size, income and allowable expenses.

## **THE SALVATION ARMY**

1003 6th Ave SW, Aberdeen, SD 57401  
Ph: 605-225-7410

Hours: Mon-Fri, 9 am-4:30 pm  
Free lunch program available to all. Other services available by appointment to include, but not limited to: food pantry, senior food box program, seasonal assistance, clothing, furniture, hygiene items, rental & utility assistance, pastoral counseling and referrals.

## **SENIOR MEALS PROGRAM**

Area IV Senior Nutrition  
405 8th Ave NW, Ste 203A, Aberdeen, SD 57401  
Ph: 605-229-4741 (Admin Office) • 605-225-0182 (Aberdeen)

Executive Director: Emily Richardt  
[areaiv@nvc.net](mailto:areaiv@nvc.net) • [www.members.nvc.net/seniorareaiv](http://www.members.nvc.net/seniorareaiv)  
The Senior Meals Program offers nutritious noon meals. Meals are available Monday through Friday. Age is the only requirement for participating; meals are available to anyone age 60 or older and their spouse. Home delivered meals are available to those meeting eligibility requirements. There is no set charge for the meals, however participants are encouraged to donate what they can afford. EBT cards are accepted. Meal reservations are required.

## **HOUSING – ASSISTED LIVING**

### **ANGELHAUS**

1717 E Melgaard Rd, Aberdeen, SD 57401  
Ph: 605-725-7777

Angelhaus is an assisted living and memory care center, bridging the gap between residential care and nursing homes. A viable nursing home alternative with a strong belief in "aging in place", and licensure including hospice care and full assistance with ADLs. Plans are tailored for those who are independent, with mild to severe memory loss or in need of assistance with daily activities.

### **BETHESDA TOWNE SQUARE/ASSISTED LIVING**

1425 15th Ave SE, Aberdeen, SD 57401  
Ph: 605-225-7600

Contact: Brittany Erickson  
[www.bha.cc](http://www.bha.cc)  
Spacious apartments with on-site skilled nursing.

### **GELLHAUS CAREHAUS**

1004 Redwood Lane, Aberdeen, SD 57401  
Ph: 605-229-7977

Contact: Dennis Gellhaus

### **NANO NAGLE VILLAGE**

1020 N Jay St, Aberdeen, SD 57401  
Ph: 605-622-5047

Contact: Jennifer Davison  
[Jennifer.davidson@avera.org](mailto:Jennifer.davidson@avera.org) • [www.avera.org](http://www.avera.org)

### **PRIMROSE COTTAGES-MEMORY CARE**

1518 Meadowbrook Court, Aberdeen, SD 57401  
Ph: 605-226-4040

[www.primroseretirement.com](http://www.primroseretirement.com)  
Our Memory Care apartments are designed specifically to complement our person-centered care approach. At Primrose, dementia is the only common denominator in our program, individual likes, dislikes, emotional, spiritual, and social needs define our residents as unique individuals and our care plans reflect that. Primrose Retirement Communities has been based in Aberdeen since its founding in 1989.

**PRIMROSE PLACE**

1801 3rd Ave SE, Aberdeen, SD 57401

Ph: 605-226-1515

[www.primroseretirement.com](http://www.primroseretirement.com)

Primrose assisted living is designed for seniors who want the privacy of an apartment home with the security of 24-hour care and service. Our cozy apartments feature modern amenities and convenience. Primrose Retirement Communities has been based in Aberdeen since its founding in 1989.

**HOUSING – INDEPENDENT LIVING****DAVIS COURT APARTMENTS**

321 9th Ave NE, Aberdeen, SD 57401

Ph: 605-622-5836

Contact: Lori Nielsen

[www.avera.org](http://www.avera.org)**PARKSIDE RETIREMENT COMMUNITY AT BETHESDA**

1324 12TH Ave SE, Aberdeen, SD 57401

Ph: 605-225-7900

Contact: Deb Rice

[www.bha.cc](http://www.bha.cc)

Offers 61 apartment homes for independent senior living.

**PRIMROSE RETIREMENT COMMUNITY – WESTIN COURTE**

1701 3rd Ave SE, Aberdeen, SD 57401

Ph: 605-725-3915

[www.primrosertirement.com](http://www.primrosertirement.com)

Senior living at Primrose is all about enjoying freedom and vitality while having easy access to everyday conveniences. Our apartments feature daily safety checks, one meal a day, transportation, housekeeping and so much more. Primrose Retirement Communities has been based in Aberdeen since its founding in 1989.

**PRIMROSE VILLAS**

815 N 2nd St, Aberdeen, SD 57401

Ph: 605-725-3915

[www.primrosertirement.com](http://www.primrosertirement.com)

Spacious and beautiful and with 2 bedrooms and 2 baths, an attached garage and modern amenities, the only thing you won't find in our gorgeous townhomes is a CHORE LIST. The Primrose lifestyle is a maintenance-free lifestyle! Primrose Retirement Communities has been based in Aberdeen since its founding in 1989.

**ROSEWOOD COURT**

705 N 6th St, Groton, SD 57445

Ph: 605-397-4444

Contact: Monte or Sandi Sippel

Offering supervised living. Rent includes 3 meals a day, laundry services and light housekeeping.

**HOUSING – LOW INCOME****5TH AVENUE APARTMENTS**

506 S 1st St, Aberdeen, SD 57401

Ph: 605-225-1578

Contact: Joop Bollen

[5thaveapt@nvc.net](mailto:5thaveapt@nvc.net)

49 (1-bedroom) low-income apartments for elderly and disabled. Income and age guidelines apply unless disabled. EQUAL HOUSING OPPORTUNITY.

**BI-CENTENNIAL APARTMENTS**

1212 S Lawson St, Aberdeen, SD 57401

Ph: 605-229-0080

48 (1-bedroom) rent-assisted apartments for elderly, handicapped and disabled independent living. There are eligibility requirements. Rent is based on income. EQUAL HOUSING OPPORTUNITY.

**CARLYLE APARTMENTS**

1901 3rd Ave SE, Aberdeen, SD 57401

Ph: 605-715-6331 or 605-262-4151

[www.costelloco.com](http://www.costelloco.com)

42 (1-bedroom) apartments for those 55 years or older. Some handicapped accessible units. Must meet income guidelines to qualify. EQUAL HOUSING OPPORTUNITY.

**GOVERNOR'S HOUSE PROGRAM**

PO Box 223, Turton, SD 57477

Ph: 605-897-7636 or 605-698-7654

For viewing: 605-225-4274 (HAPI)

Contact: Jim Becker • [jabecal@nvc.net](mailto:jabecal@nvc.net)

An affordable home ownership opportunity. 2 bedroom, 1 bath, 1008 square foot home or 3 bedroom, 2 bath, 1200 square foot home, each with main floor laundry area. Can be set up on a basement or a crawl space. For 1 to 3 person household or individuals 62 and older. EQUAL HOUSING OPPORTUNITY.

**HOMES ARE POSSIBLE, INC (HAPI)**

320 S Main St, Aberdeen, SD 57401

Ph: 605-225-4274

Executive Director: Jeff Mitchell

[info@homesarepossible.org](mailto:info@homesarepossible.org)

Provides home ownership assistance programs such as home rehabilitation grants, down payment & closing cost assistance, low-to-moderate income housing sites and homebuyer education. A builder of fully-accessible, energy-efficient housing. EQUAL HOUSING OPPORTUNITY.

## **HOMESTEAD APARTMENTS**

2222 3rd Ave SE, Aberdeen, SD 57401  
Ph: 605-225-9095 • [jzueger@aberdeenhousing.com](mailto:jzueger@aberdeenhousing.com)  
Executive Director: Jody A. Zueger  
Hours: Mon-Thurs, 10 am-5 pm; Fri 10 am-2:30 pm  
73 (1 bedroom) and 2 (2 bedroom) low-income apartments designed for elderly (62 or older) or disabled individuals meeting terms of the lease. Income eligibility requirements. Rent based on income. EQUAL HOUSING OPPORTUNITY.

## **SECTION 8 HOUSING CHOICE VOUCHER**

310 S Roosevelt St, Aberdeen, SD 57401  
Ph: 605-226-2321 • [jzueger@aberdeenhousing.com](mailto:jzueger@aberdeenhousing.com)  
Executive Director: Jody A. Zueger  
Hours: Mon-Thurs, 10 am-5 pm; Fri 10 am-2:30 pm  
Program assists low income families with rental housing, which includes apartments, single-family home and mobile homes. Unites must meet Housing Quality Standards. EQUAL HOUSING OPPORTUNITY.

## **THE SHERMAN APARTMENTS**

223 S Main St, Aberdeen, SD 57401  
Ph: 605-226-2321 • [jzueger@aberdeenhousing.com](mailto:jzueger@aberdeenhousing.com)  
Executive Director: Jody A. Zueger  
Hours: Mon-Thurs, 10 am-5 pm; Fri 10 am-2:30 pm  
51 (1 bedroom) low income apartments for elderly (62 or older) or disabled individuals meeting terms of the lease. Income eligibility requirements. Rent based on income. EQUAL HOUSING OPPORTUNITY.

## **HOUSING – NURSING HOMES**

### **ABERDEEN HEALTH & REHAB**

1700 N Highway 281, Aberdeen, SD 57401  
Ph: 605-225-7315  
[www.aberdeenhealthandrehab.com](http://www.aberdeenhealthandrehab.com)

### **AVERA MOTHER JOSEPH MANOR RETIREMENT COMMUNITY**

1002 N Jay St, Aberdeen, SD 57401  
Ph: 605-622-5850  
[www.averastlukes.org](http://www.averastlukes.org)

### **BETHESDA HOME OF ABERDEEN/ SKILLED NURSING HOME CARE**

1224 S High St, Aberdeen, SD 57401  
Ph: 605-225-7580  
[www.bha.cc](http://www.bha.cc)

### **GROTON CARE AND REHABILITATION CENTER**

1106 N 2nd St, Groton, SD 57445  
Ph: 605-397-2365  
Contact: Jennifer Rogers  
Skilled nursing facility offering 49 beds, outpatient therapy services for children, young adults.

## **IPSWICH CARE AND REHABILITATION CENTER**

617 Bloemendaal Dr, Ipswich, SD 57451  
Ph: 605-426-6622  
Assisted living, skilled nursing care and outpatient therapy.

## **PRAIRIE HEIGHTS HEALTH CARE**

400 8th Ave NW, Aberdeen, SD 57401  
Ph: 605-225-2550  
Prairie Heights Health Care offers short-term rehabilitation and long-term residential care.

## **REDFIELD CARE AND REHABILITATION CENTER**

1015 3rd St E, Redfield, SD 57469  
Ph: 605-472-2288

## **LIBRARIES**

### **BEULAH WILLIAMS LIBRARY – NSU**

1200 S Jay St, Aberdeen, SD 57401  
Ph: 605-626-3018 • [www.northern.edu/library](http://www.northern.edu/library)  
The Beulah Williams Library, on campus at Northern State University, is available to NSU students, faculty and staff as well as the Aberdeen Public Library and Presentation College cardholders. Free wireless internet access and many online databases are available for use by the patrons.

### **EMMA BURNHAM PUBLIC LIBRARY**

403 Main St, Frederick, SD 57441  
Ph: 605-329-2241  
[fredericklibrary@gmail.com](mailto:fredericklibrary@gmail.com)  
Hours: Mon, Wed & Fri, 1 pm-6 pm; Sat, call 329-2424 for an appointment  
The library has a large variety of adult, juvenile and children's books and videos. Also available are audio books, Internet access, local & area history books and Frederick newspapers from 1882 from genealogy research.

### **HECLA PUBLIC LIBRARY**

206 Main St, PO Box 188, Hecla, SD 57446  
Ph: 605-994-2333 • [heclasd@heartlandpower.org](mailto:heclasd@heartlandpower.org)  
Hours: Mon-Fri, 8 am-5 pm  
Many current books and several audiotapes are available for checkout to all community residents. The library also has the Britton Journal available for viewing.

### **KO LEE ABERDEEN PUBLIC LIBRARY**

214 4th Ave SE, Aberdeen, SD 57401  
Ph: 605-626-7097 • Fax: 605-626-3506  
[aberdeen.sd.us/library](http://aberdeen.sd.us/library)  
Hours: Mon-Thurs, 9 am-9 pm; Fri 9 am-6 pm; Sat 9 am-5 pm  
Regular and large print books, magazines, newspapers, audio books, videos, DVDs, Internet access, reference and genealogical information available. Interlibrary services available. Homebound delivery services. Programs for all ages, technology classes, test proctoring and one-on-one technology appointments.

Free E-Books, audiobooks and magazines available for download online, compatible with all devices. Online card catalog and databases available at [aberdeen.sd.us/library](http://aberdeen.sd.us/library).

**WAAGE MEMORIAL LIBRARY**

209 N Main St, PO Box 587, Groton, SD 57445  
Ph: 605-397-8422

[cityhall@grotonsd.net](mailto:cityhall@grotonsd.net) • [www.city.grotonsd.gov/library](http://www.city.grotonsd.gov/library)

Hours: Mon-Fri, 8 am-4:30 pm

General library services including large print books, children & youth books, state library loan, audio books and video.

**RECREATION****ABERDEEN AREA SENIOR CENTER**

1303 7th Ave SE, Aberdeen, SD 57401

Ph: 605-626-32330

[seniorcenter@aberdeen.sd.us](mailto:seniorcenter@aberdeen.sd.us) • [www.aberdeen.sd.us/seniorcenter](http://www.aberdeen.sd.us/seniorcenter)

Director: Jackie Whitlock

The Aberdeen Area Senior Center provides its members, ages 50 years and older, with various social, informational and health care programs. For a yearly membership fee of \$30, seniors can participate in a variety of groups and programs.

**ABERDEEN PARKS, RECREATION & FORESTRY DEPT.**

225 3rd Ave SE, Aberdeen, SD 57401

Ph: 605-626-7015

[prf@aberdeen.sd.us](mailto:prf@aberdeen.sd.us) • [www.aberdeen.sd.us/parksandrec](http://www.aberdeen.sd.us/parksandrec)

Director: Doug Johnson

Hours: Mon-Fri, 8 am-5 pm

The department offers recreation activities designed specifically for senior citizens, adults and youth. Activities offered focus on the arts, music, education, crafts and fitness.

**BARNETT CENTER – NORTHERN STATE UNIVERSITY**

1200 S Jay St, Aberdeen, SD 57401

Ph: 605-626-3336

Indoor walking track available. Call for days and hours.

**SERVICES & SOCIAL AGENCIES****ABERDEEN RIDE LINE**

205 N 4th St, Aberdeen, SD 57401

Ph: 605-626-3333

Hours: Mon-Fri, 7 am-7 pm • Dispatch Hours: 7 am-5 pm

Public transportation service for the general public, people with disabilities (wheelchair accessible), the elderly and children, including citizens within 2 ½ miles of the city limits. Transportation for shopping, doctor appointments, employment, business transactions, Senior Center activities, Senior Nutrition and volunteer sites. Ridership is scheduled; all calls must be received by 4 pm daily for next day rides. A 24-hour notice for all rides is required. Shuttle service to Jefferson Bus Lines, Monday-Friday. Call for information.

**ALCOHOLICS ANONYMOUS**

519 S Arch St, PO Box 165, Aberdeen, SD 57402

Ph: 605-225-1292

Daily meetings and fellowship of men and women who have the same affliction – the disease of alcoholism. The only requirement is the desire to stop drinking. Meeting times at 1 pm and 8:30 pm.

**AMERICAN CANCER SOCIETY**

4904 S Technopolis Dr, Sioux Falls, SD 57106

Ph: 605-323-3540

<https://www.cancer.org/about-us/local/south-dakota.html>

Hours: 8:30 am-4:30 pm

Programs, services and access to community resources for cancer patients and community resources for cancer patients and community organizations. Includes presentation, printed materials and patient referrals. Wigs & prostheses – look good and feel better!

**AMERICAN RED CROSS**

808 West Ave, Sioux Falls, SD 57104

Ph: 605-336-2448

[www.redcross.org](http://www.redcross.org)

Disaster response, volunteer training, health & safety training and service to military and their families.

**ANGELKARE HOME HEALTH AND CAREGIVING SERVICES**

Aberdeen, SD, 57401

Ph: 605-262-0506

[Jenny.angelkare@yahoo.com](mailto:Jenny.angelkare@yahoo.com) • [www.angelkare.org](http://www.angelkare.org)

Providing professional and compassionate caregivers for all ages. Dressing, bathing, medication reminders, Alzheimer's care, rehabilitation care, light housework, transfers, safety supervision and meal preparations. Bonded and insured.

**AVERA@HOME (HOME HEALTH)**

201 S Lloyd St, Ste W210, Aberdeen, SD 57401

Ph: 605-622-5200 • [www.avera.org](http://www.avera.org)

Hours: Mon-Fri, 8 am-5 pm

Medicare & Medicaid certified. Provides intermittent care. Free evaluation visit to determine home care services needed. Services available: skilled nursing, home health aide, homemaker/companion, rehabilitation therapists and respiratory home care services.

**AVERA@HOME (HOSPICE)**

201 S Lloyd St, Ste W210, Aberdeen, SD 57401

Ph: 605-622-5200 • [www.avera.org](http://www.avera.org)

Hours: Mon-Fri, 8 am-4:30 pm

Medicare & Medicaid certified. Provides comprehensive end of life care for patients and their families in their home or nursing home. Free evaluation visit to discuss needs. People suffering from cancer, heart disease, Alzheimer's disease and a number of other terminal or chronic diseases can benefit from hospice care.

## **AVERA ST LUKE'S VOLUNTEER PROGRAM**

305 S State St, Aberdeen, SD 57401

Ph: 605-622-5000 • [www.avera.org](http://www.avera.org)

This is an opportunity for individuals wishing to enrich their daily lives by being of service to others. The program includes approximately 200 adult volunteers serving in various areas of the hospital or other healthcare divisions of Avera.

## **BETHESDA IN-HOME COMMUNITY SERVICES**

1324 12th Ave SE, Aberdeen, SD 57401

Ph: 605-225-7900

Contact: Deb Rice

[www.bha.cc](http://www.bha.cc)

In-home senior care in your own home environment.

## **BROWN COUNTY WELFARE**

1019 1st Ave SE, Aberdeen, SD 57401

Ph: 605-626-7125 • [www.brown.sd.us](http://www.brown.sd.us)

Hours: Mon-Fri, 8 am- 5 pm

## **BROWN COUNTY SHERIFF**

22 Court St, Aberdeen, SD 57401

Ph: 605-626-7100

Hours: Mon-Fri, 8 am- 5 pm

Cell phone loan program – cell phones are donated by the public and available to seniors while they are traveling for emergency use. (Cellular service is sporadic in some parts of the country.)

## **CAREGIVER SUPPORT GROUP**

1701 3rd Ave SE

Contact: Aberdeen Senior Center

Ph: 605-626-3330

Meets the second Wednesday of each month at 1 PM.  
Open to all.

## **COMMUNITY ACTION PROGRAM OF NORTHEAST SOUTH DAKOTA – GROW South Dakota**

104 Ash St E, Sisseton, SD 57262

Ph: 605-698-7654

[info@growsd.org](mailto:info@growsd.org) • [www.growsd.org](http://www.growsd.org)

Hours: Mon-Fri, 8 am-4:30 pm

GROW South Dakota is a non-profit agency that provides a variety of services related to housing, community and economic development to clients throughout South Dakota. EQUAL HOUSING OPPORTUNITY.

## **CONSUMER PROTECTION HELPLINE**

Office of Attorney General, Division of Consumer Protection

1302 E Hwy 14, Ste 3, Pierre, SD, 57501

Ph: 605-773-4400 • Toll Free: 1-800-300-1986

(in SD only)

[consumerhelp@state.sd.us](mailto:consumerhelp@state.sd.us)

Information on medical issues and billing, healthcare privacy (HIPAA), medical identity theft and correcting mistakes in your medical records.

## **CSD (COMMUNICATION SERVICE FOR THE DEAF, INC)**

1707 4th Ave SE, Aberdeen, SD 57401

Ph: 605-626-2668 • [www.csd.org](http://www.csd.org)

CSD provides direct assistance for deaf and hard of hearing individuals in these areas: peer support, advocacy, community integration, skills training, deaf awareness training, information & referral, sign language instruction, employment and mentoring for interpreters. Adaptive telephone equipment is available at no cost to eligible individuals with a hearing loss or speech impairment.

## **DAKOTA LINK**

2201 6th Ave SE Suite 17B, Aberdeen, SD 57401

Ph: 605-380-9790 • [www.dakotalink.com](http://www.dakotalink.com)

Contact: Mark Cook

A program to assist individuals who have difficulty with everyday activities and may benefit from assistive technology solutions. These services are available to all SD residents with limitations due to disabilities or aging.

## **ENERGY AND WEATHERIZATION ASSISTANCE**

104 Ash St E, Sisseton, SD 57262

Ph: 605-698-7654 • Toll Free: 1-800-245-3895

Low Income Energy Assistance helps pay for home heating costs through financial assistance. Guidelines for a household's income and family size are used to determine the level of assistance. The Weatherization Assistance Program is designed to help overcome the high cost of energy by making homes more energy efficient. Both programs are for low-income South Dakotans.

## **EXPERIENCE WORKS**

100 S Spring Ave, Ste 140, Sioux Falls, SD 57104

Ph: 605-332-7991 • Toll Free: 1-800-450-5627

[www.experienceworks.org](http://www.experienceworks.org)

Experience Works offers employment training services through the Senior Community Service Employment Program (SCSEP) to low-income older workers in 60 counties in South Dakota. Experience Works partners with local 501 (c)(3) not-for-profit agencies in each of the counties we serve as training sites for participants. Experience Works also actively collaborate with local and public employers to create permanent employment opportunities for older workers who want to re-enter the workforce.

## **HORIZON HEALTH CARE, INC.**

Aberdeen Community Health Center

506 S Wilson St, Aberdeen, SD 57401

Ph: 605-725-3900 • [www.horizonhealthcare.org](http://www.horizonhealthcare.org)

Quality medical care you can afford. Discounted prices offered on office visits and services with a sliding fee program.



**INDEPENDENT LIVING CHOICES**

110 6th Ave SE, Ste 101, Aberdeen, SD 57401  
 Ph: 605-626-2976 • www.ilcchoices.org  
 Independent Living Specialist: Susan Hook  
 Independent Living Choices services people of all ages with any type of disability. Services include independent living skills, peer support, advocacy, home modifications and adaptive devices & telecommunications. Their mission is to provide services to people with disabilities who make independence their choice.

**THE JOURNEY HOME**

420 S Washington St, Aberdeen, SD 57401  
 Ph: 605-725-7031  
 www.journeyhomesd.org  
 The Journey Home Supportive Housing Program assists people who are experience homelessness or a potential housing crisis in northeast South Dakota.

**LONG TERM CARE – MEDICAID  
DEPARTMENT OF SOCIAL SERVICES**

3401 10th Ave SE, Aberdeen, SD 57401  
 Ph: 605-626-3160  
 Individuals in nursing facilities or homes who meet eligibility criteria may qualify for Medical Assistance. A person must be 65 years or older. If under age 65, a person must be blind or disabled. Resources and income determine eligibility. Individuals who are eligible are entitled to full Medical Assistance coverage. Covered services include doctor appointments, hospital stays, dental and vision services, prescription drugs, rehab/therapy, chiropractic, etc. In addition, Medical Assistance will provide payment or partial payment of a person's nursing home bill.

**MEICAID FRAUD**

Attorney General's Medicaid Fraud Control Unit  
 1302 E Hwy 14, Ste 4, Pierre, SD 57501  
 Ph: 605-773-4102  
 atgmedicaidfraudhelp@state.sd.us  
 Handles provider fraud, patient abuse & neglect and exploitation.

**MEMORY CARE SUPPORT GROUP FOR  
CAREGIVERS**

Parkside Retirement Community at Bethesda  
 1324 12th Ave SE, Aberdeen, SD 57401  
 Ph: 605-225-7580  
 Meets the third Wednesday of each month at 1 pm.

**NORTHERN STATE UNIVERSITY**

1200 S Jay St, Aberdeen, SD 57401  
 Ph: 605-622-5725 • www.northern.edu  
 Seniors over the age of 65 will receive a small reduction of the regular tuition rate. For more information, contact the Finance Office at the number listed above.

**PARKINSON'S SUPPORT GROUP**

Parkside Retirement Community at Bethesda  
 1324 12th Ave SE, Aberdeen, SD 57401  
 Ph: 605-225-7580  
 A service of Avera St Luke's Speech Therapy. Meets the second Thursday of each month from 1:30-2:30 pm.

**PRESENTATION COLLEGE**

Admissions Office, 1500 N Main St,  
 Aberdeen, SD 57401  
 Ph: 605-229-8492 • Toll Free: 1-800-437-6060  
 admit@presentation.edu • www.presentation.edu  
 Special reduced tuition rate for seniors, plus lab or material fees. For more information, contact the Admissions office at the number above.

**SDSU EXTENSION, ABERDEEN REGIONAL OFFICE**

13 2nd Ave SE, Aberdeen, SD 57401  
 Ph: 605-626-2870 • www.iGrow.org  
 Non-biased, research-based educational information is offered in an effort to improve the quality of life for people within the community. Information is available in the areas of family & community life, consumerism, agriculture management & production, community development and 4-H & youth development. Family and home & garden questions may be address to the "Answer Line" service which is available Mon – Fri, 9 am-4 pm at 1-888-393-6336. Inquiries may also be sent to "Ask An Expert" at <https://www.ask.extension.org/ask>.

**SAFE HARBOR**

2005 S Merton St, Aberdeen, SD 57401  
 Ph: 605-226-1212 • Toll Free: 1-888-290-2935  
 www.safeharborsd.org  
 Executive Director: Gina Karst  
 Safe Harbor provide safe shelter, 24 hours a day, to any victim (children and adults) of domestic violence or sexual assault.

**SALVATION ARMY**

1003 6th Ave SW, Aberdeen, SD 57401  
 Ph: 605-225-7410  
 Services provided include food pantry, personal care items, meal share program, senior box program and limited financial assistance for rent and/or utilities.

**SANFORD ABERDEEN MEDICAL  
CENTER VOLUNTEER PROGRAM**

2905 3rd Ave SE, Aberdeen, SD 57401  
 Ph: 605-626-4210  
 Sanford Aberdeen Medical Center has several volunteer opportunities available. Volunteers need to be available for 3-4 hour shifts and able to commit to at least two shifts per month on average.

## SENIOR MEDICAL PATROL

Toll Free: 1-877-331-4834

Provides education to groups and individuals regarding fraud prevention and awareness as well as Medicare Part D and supplemental insurance plans.

## SERVICES TO THE BLIND & VISUALLY IMPAIRED

1707 4th Ave SE, Ste A, Aberdeen, SD 54701

Ph: 605-626-2395 • Toll Free: 1-800-439-3417

<http://dhs.sd.gov/servicetotheblind>

Rehabilitation teachers, rehabilitation counselors and vocational services available. Independent living program teaches skills to individuals in their homes using adaptive aids and techniques that will allow individuals to remain independent in their homes and community. Includes services in the areas of home management, low vision (magnification), communications, mobility and talking books. Employment programs include job placement & development, career exploration, assistive technology for employment, guidance & counseling and restoration services.

## SHIINE – SENIOR HEALTH INFORMATION & INSURANCE EDUCATION

Toll Free: 1-877-331-4834

[www.shiine.net](http://www.shiine.net) • [SHIINE@activegen.org](mailto:SHIINE@activegen.org)

SHIINE can help you understand Medicare and your benefits and provides free, confidential and unbiased counseling to Medicare beneficiaries in South Dakota. Areas include Medicare coverage, Medicare supplemental insurance, Medicare related claims, appeals or paperwork and prescription assistance programs. Referrals are also given to other relevant agencies.

## SOCIAL SECURITY ADMINISTRATION

115 4th Ave SE, Room 111, Aberdeen, SD 57401

Ph: 855-278-4196 • National Toll Free: 800-772-1213

Medicare Toll Free: 800-633-4227 • TTY: 800-325-0778

Hours: Mon, Tues, Thurs, Fri, 9 am- 3pm; Wed 9 am- 12 noon

The Aberdeen Social Security Office processes application for retirement, Medicare, survivors and disabled persons as well as administers the Supplemental Security Income (SSI) program. Assistance is also provided to individuals who are disabled, blind or ages 65+ who have limited income and resources.

## SOUTH DAKOTA DIVISION OF INSURANCE

124 S Euclid, 2nd Floor, Pierre, SD 57501

Ph: 605-773-3563

[www.dlr.sd.gov/insurance](http://www.dlr.sd.gov/insurance) • [insurance@state.sd.us](mailto:insurance@state.sd.us)

The division answer consumer questions and/or complains regarding current life or health insurance company issues, such as major medical, long-term care, Medicare supplements and Medicare Part D.

## SERVICE TO AGING RESIDENTS (STAR) PROGRAM

A Program of the South Dakota Housing Development Authority

3060 E Elizabeth St, PO Box 1237, Pierre, SD 57501

Ph: 605-773-3181 • Fax: 605-773-5154

Toll Free: 800-540-4241

[info@sdhda.org](mailto:info@sdhda.org) • [www.sdhda.org](http://www.sdhda.org)

This program coordinates providing of supportive services to residents of SDHDA-financed housing developments, targeted to the elderly. Services provided include housekeeping, transportation, meals, service coordination and other services.

## V.A. CLINIC

2301 8th Ave NE, Suite 225, Aberdeen, SD 57401

Ph: 605-229-3500 • Fax: 605-229-3505

Hours: Mon-Fri, 8 am-4:30 pm

## VETERANS SERVICE OFFICE

Brown County Courthouse, Suite 100

101 1st Ave SE, Aberdeen, SD 57401

Ph: 605-626-7129

Director: Aaron Walberg

[veteransservice@browncounty.sd.gov](mailto:veteransservice@browncounty.sd.gov)

The Brown County Veterans Service Office acts as an advocate to military veterans and their dependents in determining eligibility for various federal and state benefits and provides assistance in applying for them. These benefits include: service-connected compensation, non-service connected pension, outpatient and hospital medical treatment, guaranteed home loan certificates, education and on-the-job training benefits, burial benefits, survivor benefits, referral information and many other services.

## WEBSITE ADDRESSES

AARP – [www.aarp.org](http://www.aarp.org)

Academy of Nutrition and Dietetics – [www.eatright.org](http://www.eatright.org)

American Geriatrics Society – [www.americangeriatrics.org](http://www.americangeriatrics.org)

Easter Seals – [www.easterseals.com/our-programs/senior-services](http://www.easterseals.com/our-programs/senior-services)

Official US Government Site for Medicare – [www.medicare.gov](http://www.medicare.gov)

Senior Corps – [www.seniorcorps.org](http://www.seniorcorps.org)

Senior Service America – [www.seniorserviceamerica.org](http://www.seniorserviceamerica.org)

South Dakota Attorney General – [www.state.sd.us/attorney](http://www.state.sd.us/attorney)

South Dakota Senior Resources – [www.care.com/south-dakota-senior-care-resources-p1387-q24251967.html](http://www.care.com/south-dakota-senior-care-resources-p1387-q24251967.html)

South Dakota Senior Services and Information - [www.elderguru.com/resources/south-dakota-senior-services-and-information](http://www.elderguru.com/resources/south-dakota-senior-services-and-information)

## Aberdeen Parks, Recreation & Forestry

225 3rd Ave SE  
Aberdeen SD 57401  
605-626-7015

[www.aberdeen.sd.us/parksandrec](http://www.aberdeen.sd.us/parksandrec)

- City parks
- Wylie Park/Storybook Land/Land of Oz
- Sports complex facilities
- Youth/adult athletics
  - Softball/baseball
  - Bowling
  - Gymnastics
  - Hockey
  - Recreational skating
  - Soccer
  - Tennis
- Lee Park Golf Course
- Aberdeen Aquatic Center
- Aberdeen Recreation & Cultural Center (ARCC)
- Aberdeen trails
- Aberdeen Senior Center
- Yapatatorium (Teen Center)

## Mina Lake Recreation Area

402 Park Avenue  
Mina SD 57451  
605-626-3488

<http://gfp.sd.gov/state-parks/directory/mina-lake/>

- Camping
- Walking trail
- Fishing
- Canoe/kayak rentals

## Richmond Lake Recreation Area

37908 Youth Camp Road  
Aberdeen SD 57401  
605-626-3488

<http://gfp.sd.gov/state-parks/directory/richmond-lake/>

- Camping
- Hiking and walking trails
- Fishing
- Disc golf course

### THE BEST YOGA POSES FOR BACK PAIN

**1 Downward Facing Dog**  
This position can really build strength in your abdominal muscles which are essential to the support of your lower back. Orthopaedic Exercise Specialist Amber Ault explains: "Down dog offers an opportunity to release the forces of gravity that usually act on the spine. The action of the hip joint flexing and firing in the front brings the abdominals in close toward the spine, strengthening them."

**2 Plank Pose**  
It might seem counterintuitive to practice this, when you're suffering from back pain, however it can be very worthwhile. The plank pose forces you to build strength in your back (as well as your core, arms and wrists). Keep your position firm, make sure shoulders and hips are in line and ensure you raise your shoulders to get the most from the pose.

**3 Extended Triangle Pose**  
Research shows that over 50% of those suffering from back pain spend most of their day sitting at work. Extended triangle pose is thought to be effective for helping to relieve those daily aches and pains. The traction of the position can help to loosen up your muscles and joints, easing pain in the back as well as other areas of chronic pain. Researcher triangle pose has also been shown to work wonders for lower back pain.

**4 Cat-Cow Pose**  
Back pain chatters suggest the cat pose for those suffering from lower back pain, which is typically married with the cow pose. The cat-cow pose is also suspected as an effective means for helping and chronic pain. The poses involve rolling your shoulders back, lifting your hips and rounding your spine, after every opening up the spine which can offer relief from pain.

**+THE GOOD BODY**

## 5 OPIOID FACTS THAT WILL SURPRISE YOU

Staggering opioid facts should surprise you and push you toward action.

**122,000 TEENS ADDICTED TO PRESCRIPTION OPIOIDS**  
Our young people are at risk of addiction from prescribed painkillers.

**85% OF HEROIN ADDICTS START AN ADDICTION WITH PRESCRIPTION PAINKILLERS**  
The progression from opioid prescription painkillers to heroin is very common. It could happen to YOU.

**HEROIN USE DOUBLED IN THE LAST FIVE YEARS**  
Prescription drug abuse AND heroin abuse are increasing at an alarming rate.

**HEROIN KILLS**  
Opioids like heroin kill double the number of people than cocaine does.

**OPIOID ABUSE IS NOT A ONE-GENDER ADDICTION**  
While there are more men than women who abuse opioids, women are catching up at a worrying pace.

**THESE FACTS MAY BE A WAKE UP CALL AND A REMINDER THAT THE OPIOID EPIDEMIC IN THE UNITED STATES IS FAR FROM RESOLVED.**

Resources: [https://www.drugabuse.gov/sites/default/files/pers\\_pdr/PCSDr\\_Tools\\_FactSheets\\_Opioids.pdf](https://www.drugabuse.gov/sites/default/files/pers_pdr/PCSDr_Tools_FactSheets_Opioids.pdf)  
<http://www.aamr.org/docs/default-source/advocacy/opioid-addiction-disease-facts-figure.pdf>

# Dementia

Caring for a loved one with dementia poses many challenges for families and caregivers. People with dementia from conditions such as Alzheimer's and related diseases have a progressive biological brain disorder that makes it difficult for them to remember things, think clearly, communicate with others, and take care of themselves. In addition, dementia can cause mood swings and even change a person's personality and behavior. At first, we may not know how to communicate with a person with dementia—but we can learn.

## *Ten Tips for Communicating with a Person with Dementia*

1. **Set a positive mood for interaction.** Your attitude and body language communicate your feelings and thoughts more strongly than your words do. Set a positive mood by speaking to in a pleasant and respectful manner. Use facial expressions, tone of voice, and physical touch to help convey your message and show your feelings of affection.
2. **Get the person's attention.** Limit distractions and noise—turn off the radio or TV, close the curtains or shut the door, or move to quieter surroundings. Before speaking, make sure you have their attention; address by name, and use nonverbal cues and touch to help keep them focused and maintain eye contact.
3. **State your message clearly.** Use simple words and sentences. Speak slowly, distinctly, and in a reassuring lower tone. If they don't understand the first time, use the same wording to repeat your message or question. If they still don't understand, wait a few minutes and rephrase the question.
4. **Ask simple, answerable questions.** Ask one question at a time; those with yes or no answers work best. Refrain from asking open-ended questions or giving too many choices. For example, ask, "Would you like to wear your white shirt or your blue shirt?" Better still, show her the choices as visual prompts and cues also help clarify your question and can guide their response.
5. **Listen with your ears, eyes, and heart.** Be patient in waiting for your loved one's reply. If they are struggling for an answer, it's okay to suggest words. Watch for nonverbal cues and body language, and respond appropriately.
6. **Break down activities into a series of steps.** You can encourage your loved one to do as much as they can. Using visual cues, such as showing them with your hand where to place the dinner plate, can be very helpful.
7. **When the going gets tough, distract and redirect.** If your loved one becomes upset or agitated, try changing the subject or the environment. For example, you may suggest going for a walk.
8. **Respond with affection and reassurance.** People with dementia often feel confused, anxious, and unsure of themselves. Avoid trying to convince them they are wrong. Stay focused on the feelings they are demonstrating and respond with verbal and physical expressions of comfort, support, and reassurance.
9. **Remember the good old days.** Many people with dementia may not remember what happened 45 minutes ago, but they can clearly recall their lives 45 years earlier. Instead, try asking general questions about the person's distant past.
10. **Maintain your sense of humor.** People with dementia tend to retain their social skills and are usually delighted to laugh along with you.

Improving these skills will help make caregiving less stressful and will likely improve the quality of your relationship with your loved one.



10,000 steps = 5 miles = 316,800 inches

Staying energized and improving health

# Energy in the Workplace

Walk 10,000 steps each day

**Tip**

**EMERGENCY MUNCHIES**

Focus on Fiber  
carrots, broccoli, apples, pears

Pack in Protein  
almonds, yogurt, cheese, peanuts



**Only 19.3%** of South Dakota adults meet the physical activity guidelines\*



Write in healthy snacks throughout the day



**Keep a food diary and activity log to track progress**

**RETHINK YOUR DRINK**

Drink water or milk instead of sugary drinks!

Add fresh fruit to water for a refreshing twist!

**TODAY'S AGENDA**

1. Drink more water
2. Eat smaller portions
3. Get 7-8 hours of sleep
4. Eat less fried foods
5. Snack on fruits & veggies
6. Walk to the park
7. Take time to enjoy my food
8. Attend a yoga class

**150 min**  
exercise per week

**24.9%** of South Dakotans participate in **no** leisure physical activity\*\*

## Ways to increase your daily physical activity...



- Stand
- Stretching
- Take the Stairs
- Exercise at your desk
- Park farther away from door

\*2015 Behavior Risk Factor Surveillance System (BRFSS)  
\*\*2017 Behavior Risk Factor Surveillance System (BRFSS)

**DT Pharmacy**

815 1st Ave SE, Suite 202  
Aberdeen SD 57401  
Ph: 605-725-4001  
Fax: 605-725-2349

**Jones Drug**

816 6th Ave SE, Suite 1  
Aberdeen SD 57401  
Ph: 605-225-3010  
Fax: 605-225-1906

**Kessler's Pharmacy**

621 6th Ave SE  
Aberdeen SD 57401  
Ph: 605-225-6673  
Fax: 605-225-1612

**Lewis Pharmacies**

1409 6th Ave SE, Suite 2  
Aberdeen SD 57401  
Ph: 605-262-0283  
Fax: 605-262-0214

**Plaza Pharmacy**

2201 6th Ave SE, Suite 23  
Aberdeen SD 57401  
Ph: 605-225-6344  
Fax: 605-225-2695

**State Street Pharmacy**

105 S State St, Suite 111  
Aberdeen SD 57401  
Ph: 605-225-1945  
Fax: 605-725-0037

**United Clinic Pharmacy**

3015 3rd Ave SE, Suite 110  
Aberdeen SD 57401  
Ph: 605-225-4001  
Fax: 605-225-2347

**Walmart Pharmacy**

3820 7th Ave SE  
Aberdeen SD 57401  
Ph: 605-229-1519  
Fax: 605-225-0123

Addiction Help & Hope Line.....	1-800-503-8638
Alzheimer's Disease & Related Disorders.....	1-800-272-3900
AMC Cancer Research Center.....	1-800-525-3777
American Council for the Blind.....	1-800-424-8666
American Diabetes Association.....	1-800-342-2383
American Foundation for the Blind (APH Direct Connect).....	1-800-232-5463
American Kidney Fund.....	1-800-638-8299
American Liver Foundation.....	1-800-465-4837
ARC For People with Intellectual & Developmental Disabilities.....	1-800-433-5255
Cancer Information Service.....	1-800-422-6237
Childhelp National Abuse Hotline.....	1-800-422-4453
Christopher Reeve Foundation.....	1-800-225-0292
Consumer Protection Help Line.....	1-800-300-1986
DakotaLink.....	1-800-645-0673
East River Legal Services.....	1-800-952-3015
Eldercare Locator.....	1-800-677-1116
Helpline Center.....	211
Huntington's Disease Society of America.....	1-800-345-4372
International Hearing Society.....	1-800-521-5247
Lung Line.....	1-877-225-5654
Meat & Poultry Hotline.....	1-800-535-4555
National Easter Seal Society.....	1-800-221-6827
National Eye Care Project Hotline.....	1-800-222-3937
National Parkinson Foundation.....	1-800-327-4545
SHIINE (State, Health and Insurance Program).....	1-800-536-8197
Social Security.....	1-800-772-1213
South Dakota State Library.....	1-800-423-6665
South Dakota Gambling Helpline.....	1-888-781-HELP(4357)
Veterans Administration - Sioux Falls.....	1-800-827-1000
Veterans Crisis Line.....	1-800-273-8255, press 1

## Your Local Pharmacies



Get to know us; we'd love to offer you the personalized, quality care you need to manage your entire family's health.

**Locations:**

- 📍 **Plaza Pharmacy**  
KEN'S SUPERFAIR FOODS  
2201 6TH AVENUE SE SUITE 23  
☎ 605.225.6344
- 📍 **State Street Pharmacy**  
AVERA STATE STREET MEDICAL SQUARE  
105 S STATE STREET SUITE III  
☎ 605.225.1945
- 📍 **United Clinic Pharmacy**  
SANFORD ABERDEEN CLINIC  
3015 3RD AVENUE SE SUITE 110  
☎ 605.225.4001

[ABERDEENPHARMACY.COM/CARING](http://ABERDEENPHARMACY.COM/CARING)


# ABERDEEN

## Medical Center

### PHARMACY

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**HORIZON**  
Health Care  
*Keeping communities well*

## Aberdeen Community Health Center

506 S Wilson St • 605.725.3900

*Primary care services for all ages*



**Hours:**

Mon, Wed & Fri:  
8:00 a.m. - 5:00 p.m.

Tues & Thurs:  
8:00 a.m. - 5:30 p.m.

We accept

**ALL PATIENTS** of **ALL AGES:**

those on Medicare, Medicaid, with or without insurance.

**Sliding Fee Discounts Available**

These pharmacies are independently owned and operated under a license from Health Mart Systems, Inc.



## **ASK FOR PERMISSION. ASK FOR CONSENT.**

Consent. A simple word with a simple definition. *To ask for permission for something to happen or agreement to do something or to give permission for something to happen.* It is easy to ask: may I borrow your pen? May I have glass of water? Can we go to the park? Most of the answers are yes and you get what you were asking for. Getting permission is the polite thing to do rather than just taking or assuming, we ask. It feels better too, that we asked because then you aren't left feeling like maybe you shouldn't have taken that pen. Some people are very particular about the type and style of pen they use and don't want to lose them.

But sometimes, sometimes we may hear the word no. I am pretty picky about the type of pen I use. I like the way a particular pen feels in my hand as I write. I like that the pen has a good solid color blue ink, it writes smoothly for me. So when someone asks to borrow my pen, I should feel ok with saying no. When I tell a person no that they can't borrow THIS pen, maybe I have a different pen that I could offer, or maybe I don't. Either way, I hope that the person asking will be ok with my response, shrug it off and find another pen somewhere. A lot of times we feel obligated to just give in. You feel bad or weird for telling the person no, that they can't use a stupid pen.

What if someone asked to use my special pen today and I said yes. Tomorrow this same person just came and took my pen without asking because they thought it was ok since I said yes yesterday. But yet, I am annoyed that they had to use it again and did it without asking me. What the heck! Find your own pen!!

I understand that the example I give for consent is simple. It should be that simple. It should be part of our everyday conversations with co-workers, friends, acquaintances, family, and children. We want to be polite, but we also should be ok with the answer we give, whether it be yes or no. Same goes for contact of any sort, conversation of any type. Ask for permission. Ask for consent.

April is both Sexual Assault Awareness and Child Abuse Prevention Awareness. We have heard in recent Hollywood news allegations of sexual assault or harassment. We hear the horrible stories of children being physically and sexually abused. I know having these conversations may not be enough, but it is a starting point. Let us all understand that for whatever it is that we desire that involves another person, ask for permission. If a child is not ok giving Uncle Jimbob a hug, tell your child that that is just fine. Uncle Jimbob, be ok with it and validate to the child that you are ok with it. It is good to encourage adults and children that you are ok with the answer "no". We should feel no obligation to anyone to do something that we don't fully want to do. If we can understand that getting consent is good and saying no is just fine, then maybe we won't feel the need to victim blame, instead

*Start by Believing.*

*For more information go to: [www.safeharborsd.org](http://www.safeharborsd.org); [www.startbybelieving.org](http://www.startbybelieving.org)*

# OTHER SERVICES

## **American Red Cross**

808 N West Ave, Sioux Falls, SD 57104  
Ph: 605-336-2448  
[www.redcross.org/loca/dakotas/about-us](http://www.redcross.org/loca/dakotas/about-us)

## **Aberdeen Advance Care Ambulance Service**

111 2nd Ave SE, Aberdeen, SD 57401  
Emergency: 911 • Non-Emergency: 605-626-7048  
Billing: 605-626-7045

## **Aberdeen Ambulance Transfer Service**

524 N 4th St, Aberdeen, SD 57401  
Ph: 605-225-9600 • Toll Free: 800-628-7670

## **Aberdeen Area Autism Spectrum Disorder Parent Support Group**

Krista Bau  
Email: [kristabau@gmail.com](mailto:kristabau@gmail.com)  
Website: [www.facebook.com/AberdeenAreaASDParentSupportGroup](http://www.facebook.com/AberdeenAreaASDParentSupportGroup)  
Meets the first Wednesday of the month at 7pm at Millstone Family Restaurant.  
This group organizes Autism-friendly quarterly family outings in the Aberdeen community.

## **Aberdeen Area Rehabilitation Services**

1707 4th Ave SE, Ste A, Aberdeen, SD 57401  
Ph: 605-626-2398 • Toll Free: 800-439-3417  
TTY: 605-626-2398 • Hours: Mon-Fri, 8 am-5 pm  
Counseling for purposes of employment for disabled persons.

## **Aberdeen Brain Injury Support Group**

305 S State St, Aberdeen, SD 57401  
Ph: 605-395-6655 – Contact: Ron Hoops  
[www.brainandspinalcord.org/support-groups-brain-injury-south-dakota](http://www.brainandspinalcord.org/support-groups-brain-injury-south-dakota)  
Meets the 3rd Tuesday of every month from 7-8:30 pm at the Rehabilitation Center on the 4th floor of Avera St Luke's Hospital.

## **Aberdeen Community Health Center/Horizon Health Care**

506 S Wilson St, Aberdeen, SD 57401  
Ph: 605-725-3900  
[www.horizonhealthcare.org](http://www.horizonhealthcare.org)  
Services offered include: family medicine, women's health, behavioral health services, newborn and pediatric medicine, prenatal and postpartum care, preventative care, telemedicine, same-day appointments lab services and x-rays. Aberdeen Community Health Center accepts all insurance types and offers reduced prices on office visits and all other services provided in the clinic to all individuals and families who qualify through the sliding fee program.

## **Aberdeen Housing Authority**

310 S Roosevelt St, Aberdeen, SD 57401  
Ph: 605-226-2321  
Hours: Mon-Fri, 10 am-5 pm  
[www.aberdeenhousing.com](http://www.aberdeenhousing.com)

## **Aberdeen Massage**

202 S Main St Suite 450, Aberdeen, SD 57401  
Ph: 605-377-5930 • [www.aberdeen-massage.com](http://www.aberdeen-massage.com)  
[aberdeensdmassage@icloud.com](mailto:aberdeensdmassage@icloud.com)  
Live pain free, enjoy those moments that matter most. Integrative massage is not a spa service. Instead, we offer a deep, specific, dynamic therapeutic massage with the aim of balancing your muscles, that is customized for what your body needs. Every session begins with a thorough assessment to ensure you receive the best possible treatment for your unique needs and goals. Your therapist will incorporate many different techniques, such as structural integration, cupping, myofascial release, Swedish, aroma therapy, assisted stretches, and Kinesiology taping; Every session is different and will make progress towards the goal of bringing your body back into balance structurally. For a chronic issue or multiple problem spots, we suggest booking 75 or 90 minutes for your first appointment. That way, we'll have adequate time to address all of your needs. If you're looking for general maintenance of your wellness, a 60 minute appointment should do the trick. If you have a specific trouble spot and you want to move towards balance and live at your natural best, book an integrative massage today. Your body will thank you.

## **Aberdeen Police Department**

114 2nd Ave SE, Aberdeen, SD 57401  
Ph: 605-626-7010  
[www.aberdeen.sd.us/21/Police](http://www.aberdeen.sd.us/21/Police)

## **Adoption Services – Catholic Family Services**

310 15th Ave SE, Aberdeen, SD 57401  
Ph: 605-226-1304 • Toll Free: 800-700-7867  
[cfs@sfcatholic.org](mailto:cfs@sfcatholic.org) • [www.sfcatholic.org/cfs](http://www.sfcatholic.org/cfs)  
Hours: Mon-Fri, 8:00 am-5pm (evenings by appointment)  
Free pregnancy counseling, domestic & international home studies, open & confidential adoption placements, assistance with community resources and decision-making skills.

## **Adoption Services – Lutheran Social Services**

110 6th Ave SE Suite 200, Aberdeen, SD 57401  
Ph: 605-262-6300  
[www.lsssd.org](http://www.lsssd.org)



**Al Anon (N/A) Family Group – Good Shepherd Lutheran Church**

1429 N Dakota St, Aberdeen, SD 57401  
[www.al-anon.org/al-anon-meetings/find-an-al-anon-meeting](http://www.al-anon.org/al-anon-meetings/find-an-al-anon-meeting)  
 Support group to help family members of alcoholics. Meets Mondays at 5:30 pm and Thursdays at 6:30 pm.

**Alcoholics Anonymous**

519 S Arch St, Aberdeen, SD 57401  
 Ph: 605-225-1292  
[www.area63aa.org/meetings](http://www.area63aa.org/meetings)  
 AA is a supportive environment for anyone who needs help recovering from alcohol abuse.

**American Cancer Society**

4904 S Technopolis Dr, Sioux Falls, SD 57106  
 Ph: 605-361-8277  
[www.cancer.org/about-us/local/south-dakota](http://www.cancer.org/about-us/local/south-dakota)  
 Hours: Mon-Fri, 8 am-4:30 pm

**American Registry of Radiologic Technologists**

1255 Northland Dr, St Paul, MN 55120  
 Ph: 651-687-0048 • [www.arrt.org](http://www.arrt.org)

**American Speech-Language-Hearing Association (ASHA)**

2200 Research Blvd, Rockville, MD 20852-3289  
 Toll Free: 800-638-8255 • [www.asha.org](http://www.asha.org)

**Aspire**

607 N 4th St, Aberdeen, SD 57401  
 Ph: 605-229-0263  
 Hours: Mon-Fri, 8 am-4:30 pm  
 Residential, employment support, service coordination, and nursing services for individuals with developmental disabilities.

**Avera Cancer Institute Navigation Center**

Toll Free: 1-888-422-1410  
 Free information, support and comfort 24/7 for cancer patients, family members and friends.

**Avera Home Medical Equipment**

816 6th Ave SE, Ste. 2, Aberdeen, SD 57401  
 Ph: 605-225-5070 • Toll Free: 800-947-5070  
 Hours: Mon-Fri, 8 am-5 pm  
 Provides all home medical equipment.

**Avera St. Luke's Diabetes Support Group**

305 S State St, Aberdeen, SD 57401  
 Ph: 605-622-5161  
 Educates the public and those with diabetes on the importance of early recognition of diabetes, current research and medical management.

**Avera Quick**

Inside Kessler's, 615 6th Ave SE, Aberdeen, SD 57401  
 Ph: 605-622-4000 • [www.avera.org](http://www.avera.org)  
 Treats minor, uncomplicated illnesses and injuries such as fevers, colds, rashes, bumps and scrapes.  
 Hours: Mon-Fri, 8 am-7pm; Sat 8 am-4 pm; Sun 10 am-3:30 pm

**Avera St. Luke's Imaging Center**

620 3rd Ave SE, Aberdeen, SD 57401  
 Ph: 605-622-2550  
 Offers CT scans, x-rays, bone densitometry, ultrasound and digital mammography.

**Avera St. Luke's Pain Management Center**

815 1st Ave SE, Aberdeen, SD 57401  
 Ph: 605-622-5123  
 A clinic dedicated to the diagnosis and treatment of both acute and chronic pain.

**Avera St. Luke's Rehabilitation Center**

305 S State St, Aberdeen, SD 57401  
 Ph: 605-622-5700 • [www.averastlukes.org](http://www.averastlukes.org)  
 Avera St. Luke's Rehabilitation Center is an inpatient unit that offers a full range of rehab services for those who have suffered injury, illness or have had surgery and need help to regain function.

**Avera St. Luke's Massage Therapy**

Avera St. Luke's Therapy Center  
 805 1st Ave SE, Aberdeen, SD 57401  
 Ph: 605-622-5878  
 Providing a full staff of licensed, experienced massage therapists and a variety of services including lava stone massage, paraffin baths, belavi facelift massages and more.

**Avera St. Luke's Therapy Services**

805 1st Ave SE, Aberdeen, SD 57401  
 Ph: 605-622-5878  
 Occupational Therapy, Physical Therapy, Speech Therapy and Therapeutic Recreation

**Avera Urgent Care**

105 S State St, Suite 113, Aberdeen, SD 57401  
 Ph: 605-622-8690  
 Hours: Mon-Fri, 4-8 pm; Sat, 8 am-1 pm; Sun, 10-3:30 pm

**Baby Care**

Brown County Community Health  
 402 S. Main St, Aberdeen, SD 57401  
 Ph: 605-626-2649 • Hours: Mon-Fri, 8 am-5 pm  
 Assists high-risk pregnant women in accessing medical care and other appropriate services through case management during pregnancy and offers education programs.

## OTHER SERVICES

### **Birth to Three Connections**

1400 15th Ave NW, Aberdeen, SD 57401  
Ph: 605-622-5992 • Toll Free: 888-829-0052  
Hours: 8 am-5 pm  
Developmental screenings, parent education and service coordination for children ages 0-3.

### **Birthright**

310 15th Ave SE, Aberdeen, SD 57401  
Ph: 605-229-0258 • Toll Free: 800-550-4900  
Crisis pregnancy center.

### **Brown County Community Health**

402 S Main St, Aberdeen, SD 57401  
Ph: 605-626-2649 • WIC Ph: 605-626-2626 • Family Planning Ph: 605-626-2628  
Hours: Mon-Fri, 8 am-5 pm  
Includes WIC, family planning, immunizations, nutrition, HIV counseling and testing. Fees based on income. No cost pap smears and mammograms provided to women who qualify by age and income.

### **Brown County Emergency Management**

Court House Annex, 25 Market St, Aberdeen, SD 57401  
Ph: 605-626-7122  
[www.brown.sd.us/emergency-management/home](http://www.brown.sd.us/emergency-management/home)

### **Brown County Sheriff's Office**

22 Court St, Suite 1, Aberdeen, SD 57401  
Ph: 605-626-7911  
[www.brown.sd.us/sheriffs-office/home](http://www.brown.sd.us/sheriffs-office/home)

### **Brown County Welfare Office**

1019 1st Ave SE, Suite 2, Aberdeen, SD 57401  
Ph: 605-626-7125  
[www.brown.sd.us/department/welfare](http://www.brown.sd.us/department/welfare)

### **Cancer Support Group**

Avera Cancer Institute  
310 S Penn Street, #105 Aberdeen, SD 57401  
Ph: 605-622-2819  
For those whose lives are being affected by cancer. Meetings, which provide participants with encouragement, support, and helpful information, are held the 2nd Thursday of the month at 1 pm. Contact Jennifer Barnes for more information. [jennifer.barnes@avera.org](mailto:jennifer.barnes@avera.org)

### **Cancer Support Group**

First United Methodist Church  
502 S. Lincoln St, Aberdeen, SD 57041  
Ph: 605-225-5680  
For those whose lives are being affected by cancer. Meetings, which provide participants with encouragement, support, and helpful information, are held the 2nd Monday of the month from 4:00-5:00 p.m. in room 201.

### **Care Classroom**

Simmons Elementary School  
1500 S 3rd St, Aberdeen, SD 57401  
Ph: 605-725-7600  
Designed for young children who are having difficulty adjusting socially due to traumatic life experiences.

### **Caregivers Support Group**

First United Methodist Church  
502 S. Lincoln St, Aberdeen, SD 57041  
Ph: 605-225-5680  
For caregivers whose loved ones are at home or who have been placed in a long-term care facility. Meetings, which provide encouragement, support, and valuable educational information are held the 2nd Wednesday of the month from 1:30-2:30 in the Community Room.

### **Central South Dakota Child Assessment Center**

Avera Physicians Plaza  
201 S Lloyd St, Ste E205  
Aberdeen, SD 57401  
Call Pierre 605-224-3229 (Mon-Fri, 8 am-5 pm)  
Available in Aberdeen by appointment on the 2nd and 4th Tuesday of the month.  
Caters to children, typically from infant to age 18, who are victims of abuse, whether that abuse be emotional, sexual, physical or due to drug endangerment or witnessing violence. Also serving adults with cognitive disabilities.

### **Chronic Pain Support Group**

First United Methodist Church  
502 S. Lincoln St, Aberdeen, SD 57041  
Ph: 605-225-5680  
For individuals who share the journey of chronic pain. Participants, who offer support and encouragement to one another, meet the 1st and 3rd Wednesday at 1:30 p.m. in room 209.

### **Commission on the Accreditation of Rehabilitation Facilities (CARF) International**

6951 E Southpoint Rd, Tucson, AZ, 85712  
Toll free: 888-281-6531 • [www.carf.org](http://www.carf.org)

## **Communicable Disease Program**

### **Brown County Community Health**

402 S Main St, Aberdeen, SD 57401

Ph: 605-626-2373 • Toll Free: 800-592-1861

Hours: Mon-Fri, 8:30 am-5 pm

Program to eliminate or reduce the incidence of reportable communicable diseases with the state of South Dakota.

## **Communication Service for the Deaf**

1707 4th Ave SE, Suite C, Aberdeen, SD 57401

Ph: 605-626-2668

sdabr@iw.net • nchlichenmayer@c-s-d.org

• www.c-s-d.org

Hours: Mon-Fri, 8 am-5 pm

Fees: None for services or telephone and assistive living equipment. Direct assistance in the areas of community education.

## **Conklin Psychiatric Total Integrative Health**

1409 6th Ave SE, Suite 5, Aberdeen, SD 5740a

Ph: 605-725-4357 • www.totalintegrativehealth.com

Conklin Psychiatric & Integrative Health is dedicated to optimizing overall health and wellbeing in the children, adolescents, and adults of our community. Their mission is to bridge the gap between physical and mental health. They utilize a combination of traditional medical treatments and complementary therapies. This collaborative approach enhances the quality of care they deliver.

## **Counseling – Catholic Family Services**

310 15th Ave SE, Aberdeen, SD 57401

Ph: 605-226-1304 • Toll Free: 800-700-7876

cathfam1@nvc.net • cathfam3@nvc.net • www.sfcatholic.org/cfs

Hours: Mon-Fri, 8:30 am-5 pm (evenings by appointment)

Counseling services for children, adolescents, adults and families of all ages and faiths. Free pregnancy, post-abortion and abuse trauma counseling. Sliding fee scale and most insurances accepted.

## **Davita Moccasin Creek Dialysis**

3313 6th Ave SE, Aberdeen, SD 57401

Ph: 605-225-7344

www.davita.com

Hours: Monday, Wednesday, Friday 6:30 am-6:30 pm

Davita Dialysis provides outpatient hemodialysis for permanent patients as well as visitors needing hemodialysis. The staff includes: Nephrologist, renal trained Registered Nurses, Patient Care Technicians, Registered Dietician and Renal Social Worker.

## **Disability Rights South Dakota**

2520 E Franklin St, Suite 2, Pierre, SD 57501

Ph: 605-224-8294 • Toll Free/Voice/TTY: 800-658-4782

Hours: Mon-Fri, 8 am-5 pm

Protection and Advocacy Assistance Technology Program

## **Divorce Care**

First United Methodist Church

502 S. Lincoln St, Aberdeen, SD 57041

Ph: 605-225-5680

Provides spiritual care and support to those who are separated and/or divorced. Participants meet on Mondays at 6 p.m. in Room 209. Sessions, which are video and discussion based, run 13 consecutive weeks, from mid-September through mid-December and mid-February through late May.

## **Divorced, Widowed & Separated Support Group**

### **Catholic Family Services**

310 15th Ave SE, Aberdeen, SD 57401

Ph: 605-226-1304 • Toll Free: 88-471-4673

cathfam1@nvc.net • cathfam3@nvc.net

• www.sfcatholic.org

Catholic Family Services offers a 10-week, non-denominational support program to help individuals deal with the loss of a loved one through death, divorce or separation. Individuals find support and friendship while learning to journey through the grief process. Programs begin in September and January.

## **Domestic Violence Group for Men**

Footsteps Counseling

419 Moccasin Dr, Aberdeen, SD 57401

Ph: 605-725-2155

www.footstepscounselingaberdeensd.com

Domestic violence group for men who have been court-ordered or have problems with domestic abuse and anger control. This group meets court-ordered requirements.

## **EMDR Therapy**

Jerry Feist, MS, LPC-MH, QMHP

419 Moccasin Dr, Aberdeen, SD 57401

Ph: 605-725-2155

www.footstepscounselingaberdeensd.com

EMDR – Eye Movement Desensitization Reprocessing is treatment for post-traumatic stress disorder, abuse, trauma, victims of violence or sexual assaults and is recognized by the Veteran's Administration, WHO (World Health Organization), Department of Defense and National Institute of Mental Health. EMDR is a cost-effective, non-invasive, evidence-based method of psychotherapy that facilitates adaptive information processing. EMDR is treatment which comprehensively identifies and addresses experiences that have overwhelmed the brain's natural resilience of coping capacity and have thereby generated traumatic symptoms and/or harmful coping strategies. Counseling services are available for follow-ups.

# OTHER SERVICES

## **Elder Caregiver Advisor**

Catholic Family Services

310 15th Ave SE, Aberdeen, SD 57401

Ph: 605-226-1304 • Toll Free: 88-471-4673

cathfam1@nvc.net • cathfam3@nvc.net

• www.sfcatholic.org

Hours: Mon-Fri, 8:30 am-5 pm (evenings by appointment)

Catholic Family Services has a Certified Elder Caregiver Advisor on staff with specialized training to assist families and caregivers in making critical decisions regarding their elder loved one's needs and available options.

## **Family Planning**

Brown County Community Health

402 S Main St, Aberdeen, SD 57401

Ph: 605-626-2628

Hours: Mon-Fri, 8:30 am-5 pm (some evenings)

Provides reproductive health education, contraceptive counseling and methods for women and men.

## **Fertility Care Services**

Avera St. Luke's Women's Health Services

305 S State St, Aberdeen, SD 57401

Ph: 605-622-5730

## **Footsteps Counseling**

419 Moccasin Dr, PO Box 1221, Aberdeen, SD 57401

Ph: 605-725-2155

info@footstepscounselingaberdeensd.com

www.footstepscounselingaberdeensd.com

Discover healing, hope and resolution with clear and caring values. Credentialed & State Licensed Counselor who provides counseling and therapy services to individuals, groups, couples and families.

## **Grief Programs**

Catholic Family Services

310 15th Ave SE, Aberdeen, SD 57401

Ph: 605-226-1304 • Toll Free: 888-471-4673

cathfam1@nvc.net • cathfam3@nvc.net

• www.sfcatholic.org

Hours: Mon-Fri, 8:30 am-5 pm (evenings by appointment)

The non-denominational grief programs of Catholic Family Services are professionally directed to facilitate the journey of grieving and the move toward readjustment. The six-week programs are designed to be educational and experiential.

## **Heart and Sole Foot Zone Therapy**

Amber Hanson

415 S Main St, Suite 303, Aberdeen, SD 57401

Ph: 605-622-0182 • www.heartandsolefzt.com

heartandsolefzt@gmail.com

Hours: Mon, Tues, Wed & Fri 8:30 am-6 pm;

Sat 11 am-3 pm

Foot zoning is an alternative therapy that has been around for thousands of years. By using a series of specific movements on the foot, the nerve endings there are triggered and send signals to the rest of your body encouraging its natural healing ability. Think of your body as a computer and your foot as the keyboard. The foot, or "keyboard", is used to reboot your body and bring it back into balance. Foot zone therapy is about changing your focus from illness to wellness. It's about taking more personal responsibility for your own health and well-being. In today's world we are overloaded with environmental toxins, stress, poor food choices, and an overload of sensory information that bombards us constantly. With foot zone therapy your body can reconnect with you own God-given ability to renew yourself. The zone can bring a greater sense of balance into your life. When you have better balance, you will experience better health!

## **Homecare Services SD**

Megan Janes, Aberdeen Branch Coordinator

701 N 4th St, Suite 425, Aberdeen, SD 57401

Ph: 605-225-1076

www.homecareservicesd.com

Homecare Services is a private agency committed to providing expert advice and specialized care to those who want to remain living independently at home. Our team of nurses, caregivers, and administrative staff offer a full-range of in-home support services throughout South Dakota. Our history of working with countless families in both rural and metro areas, has given us unparalleled experience and expertise. At Homecare Services we understand the apprehension and uncertainty that often accompanies searching for the appropriate services for yourself, or a loved one. We know that sometimes all you really need is some guidance or direction. Please feel free to contact our branch to discuss your specific situation and get the advice and/or the help that you need. We look forward to working with you.

## **Hub City Moms**

New Life Fellowship

600 N Hwy 281, Aberdeen, SD 57401

Ph: 605-262-2002

Facebook-Hub City Moms

**Independent Living Choices**

110 6th Ave SE, Suite 101, Aberdeen, SD 57401

Ph: 605-626-2976 • Toll Free: 800-406-2649

• [www.ilcchoices.org](http://www.ilcchoices.org)

Hours: Mon-Fri, 8 am-4:30 pm

Eligibility: All persons with disabilities are eligible.

Provides information, referrals, service coordination, independent living skills, housing assistance and peer support & advocacy.

**The Journey Home**

418 S Washington St, Aberdeen, SD 57401

Ph: 605-725-7031

The Journey Home Supportive Housing Program assists people who are experiencing homelessness or a potential housing crisis in northeast South Dakota.

**Lutheran Social Services**

110 6th Ave SE, Suite 200, Aberdeen, SD 57401

Ph: 605-229-1500 • Toll Free: 800-584-9248

[www.lsssd.org](http://www.lsssd.org)

Hours: Mon-Thurs, 8 am-7 pm; Fri 8 am-5 pm

Counseling and support services available to individuals and families who are experiencing problems in their daily lives.

**Cancer Support Group—Avera**

Haven't heard back yet if they want to be listed.

**Child and Family Services**

Brown County Community Health

402 S Main, Aberdeen, SD 57401

Ph: 605-626-2649

**Family Caregiver Support Group**

Aberdeen Recreation & Cultural Center

225 3rd Ave SE, Aberdeen, SD 57401

Ph: 605-216-3596 (Jessica Rehder)

Our family caregivers support group brings family caregivers together and provides an opportunity to share experiences in a safe setting and discover resources for those who are caring for a loved one. This group is open to all caregivers, whether you are caring for a loved one with Alzheimer's, Cancer, terminal illness, etc. Our group meets the second Tuesday of each month from 1-2 PM at the ARCC.

**Meals Ministry**

First United Methodist Church

502 S Lincoln St, Aberdeen, SD 57401

Ph: 605-225-5680

Provides meals for those who have been blessed with a new baby or those who have been hospitalized for a surgical procedure.

**Meals on Wheels**

1303 7th Ave SE, Aberdeen, SD 57401

Ph: 605-626-3330 • Eligibility: no income or age guidelines

Home meal delivery for individuals over 50 years of age, or those under 50 years of age on permanent disability. This program is for those with special dietary needs (diabetic, cardiac, renal, low sodium, etc.). Meals are delivered to the client's home, Monday-Friday. Please call for details regarding cost of meals or for additional information.

**Medicaid**

3401 10th Ave SE, Aberdeen, SD 57401

Ph: 605-626-3160 • Toll Free: 866-239-8855

Medical assistance program for the aged, the blind those with disabilities and others.

**Memory Care Support Group for Caregivers**

Parkside Retirement Community at Bethesda

1324 12th Ave SE, Aberdeen, SD 57401

Ph: 605-228-2613, speak with Janet

Meets the 3rd Wednesday of every month at 1:00 pm.

**Midwest Medical Transport**

2919 Industrial Ave, Ste 2, Aberdeen, SD 57401

Ph: 605-725-9955

[www.midwestmedicaltransport.net](http://www.midwestmedicaltransport.net)

Professional medical transportation.

**Mid Star Lab Inc**

708 S Roosevelt St, Suite 2, Aberdeen, SD 57401

Ph: 605-725-0061

[www.midstarlab.com](http://www.midstarlab.com)

Mid Star Lab is committed to enhancing the lives of others, one step at a time. They provide orthotics primarily for diabetics, children, athletes, elderly, the walking professional and veterans nationally. The Mid Start Lab team includes board certified pedorthists, orthotic fitters, shoe fitters and technicians. All orthotics are custom made and their experience will ensure you receive an excellent product to satisfy your and your patient's needs. They have used just about every technique for making orthotics and have implemented the most effective solutions.

**Narcotics Anonymous**

PO Box 1521, Aberdeen, SD 57402

Ph: 800-591-6474

St. Mark's Episcopal Church, 1410 N Kline St,

Mondays at 7 pm

Faith United Methodist Church, 503 S Jay St,

Thursdays at 7 pm

Twelve step-program for those having trouble with narcotics.

# OTHER SERVICES

## **New Beginnings Center**

1601 Milwaukee Ave NE, Aberdeen, SD 57401

Ph: 605-262-5300

Eligibility: Kids ages 10-17

Provides shelter, counseling, support and rehabilitation for at-risk youth.

## **Northeastern Mental Health Center**

14 S Main St, Suite 1E, Aberdeen, SD 57401

Ph: 605-225-1010 • 24/7 Crisis Line: (605) 229-1000

info@nemhc.org • www.nemhc.org

Hours: Mon-Thurs, 8 am-5 pm; Fri 8 am-4pm (evenings and weekends by appointment)

Comprehensive mental health agency providing services in 10 counties; promotes change through strength-based, outcome-focused service for individuals, couples and families. Psychiatric, addiction, early childhood and autism spectrum services; impact, employee assistance and Almost Home programs; therapeutic foster care, crisis intervention and community education.

## **Northern Plains Psychological Associates**

405 8th Ave NW, Suite 333, Aberdeen, SD 57401

Ph: 605-225-3622

Hours: Mon-Fri, 8 am-5 pm

Provides a wide range of mental health services for people of all ages.

## **Northern State University Office of Counseling, Career & Disability Services**

1200 S Jay St, Student Center Room 240, Aberdeen, SD 57401

Ph: 605-626-3007 • careerservices@northern.edu

Ph: 605-626-2371 • nsudisabilityservice@northern.edu

Hours: Mon-Fri, 8 am-5 pm; Summer Hours: 7:30 am-4:30 pm

Fees: Free to NSU students

NSU's counseling center offers personal and group counseling. Academic support services to eligible students with disabilities.

## **Oil Room, The**

3001 6th Ave SE, Ste 1, Aberdeen, SD 57401

Ph: 605-725-2600

www.theoilroom.com

A place to become empowered to take control of your own health and wellness as well as a space to cultivate a more natural, whole lifestyle. Physician and aromatherapist/ yoga therapist team who believe in a natural-first approach to wellness and lifestyle. Offering essential oils, custom blends, nutritional products, diffusers and more.

## **Parkinson's Support Group**

Parkside Retirement Community at Bethesda

1324 12th Ave SE, Aberdeen, SD 57401

Ph: 605-850-8141

christa.weber2@avera.org

Meets 1:30-2:30 pm the 2nd Thursday of each month.

## **Patient & Family Services**

Avera St. Luke's

Ph: 605-622-5733

Hours: Mon-Fri, 8 am-5 pm

Discharge planning, referrals to community services, counseling and support for anyone with financial concerns.

## **Poison Control**

Toll Free: 800-222-1222

Free of charge, 24/7

## **Prenatal Education & Information**

Avera St. Luke's • www.avera.org

Ph: 605-622-5749

Fees vary, depending on the class. Offers childbirth preparation, newborn, and breast-feeding classes.

## **Prenatal Education & Information**

Sanford Aberdeen • www.sanfordaberdeen.org

Ph: 605-626-4556

A variety of prenatal education classes are offered free of charge for Sanford patients.

## **Professional Counseling Services**

508 S Boyd St, Aberdeen, SD 57401

Ph: 605-229-2029

Hours: Mon-Fri, 8:30 am-5 pm

www.steinertprofessionalcounseling.com

## **Rideline**

205 N 4th St, Aberdeen, SD 57401

Ph: 605-626-3333

www.aberdeen.sd.us

Office Hours: Mon-Fri, 7 am-5 pm; Driver hours: 7 am-7 pm  
Demand bus and paratransit public transportation system.

Make appointment by 4 pm for next day.

## **Rotech Healthcare**

640 9th Ave SW, Suite 100, Aberdeen, SD 57401

Ph: 605-229-3462 • Toll Free: 800-658-5478

Hours: Mon-Fri, 8 am-5 pm

Home medical equipment, supplies and rentals.

**Safe Harbor**

2005 S Merton St, Aberdeen, SD 57401

Ph: 605-226-1212 • Toll Free: 888-290-2935

[www.safeharborsd.org](http://www.safeharborsd.org)

Office Hours: Mon-Fri, 8 am-5 pm • Shelter Hours: 24 hours

Temporary shelter, legal assistance, social service information & referral, crisis line, etc.

**Salvation Army**

1003 6th Ave SW, PO Box 268, Aberdeen, SD 57402-0268

Ph: 605-225-7410

Hours: Mon-Fri, 9 am-12 pm; 1 pm-4:30 pm

Walk-ins welcome. Provides emergency food, shelter and clothing, partial rent/utility/medicine assistance. Walk-in hours every day, except Thursdays, from 9 am-11 am.

**SameDay at Sanford (Walk-In Care)**

3015 3rd Ave SE, Aberdeen, SD 57401

Ph: 605-226-5500

[www.sanfordaberdeen.org](http://www.sanfordaberdeen.org)

Hours: Mon-Fri, 10 am-8 pm; Sat, 9 am-1 pm; Sun, 1-5 pm

Offers walk-in care for everything from cuts, strains and minor injuries to rashes and earaches. Also for everything from sore throats and fevers to sprains and fractures. The on-site lab and X-ray allow comprehensive care all in one location.

Acute Care walk-in wait times will also be available online at [www.sanfordaberdeen.org](http://www.sanfordaberdeen.org) on the main page. The wait times are updated frequently.

**Sanford Aberdeen Athletic Training**

2905 3rd Ave SE, Aberdeen, SD 57401

Ph: 605-626-4380

[www.sanfordaberdeen.org](http://www.sanfordaberdeen.org)

Offering athletic training services and education regarding injury prevention and performance enhancement.

**Sanford Aberdeen Clinic**

3015 3rd Ave SE, Aberdeen, SD 57401

Ph: 605-226-5500

[www.sanfordaberdeen.org](http://www.sanfordaberdeen.org)

Offers a wide scope of primary care services, including acute care (evenings and weekends), cardiology, endoscopy services, family medicine, general surgery, obstetrics and gynecology, hematology and oncology, internal medicine, nephrology, occupational medicine, pediatrics, urology, imaging services, lab services and outreach specialty services.

**Sanford Aberdeen Lab Services**

3015 3rd Ave SE, Aberdeen, SD 57401

Ph: 605-226-4360

[www.sanfordaberdeen.org](http://www.sanfordaberdeen.org)

Provides quality, cost-effective lab services to physicians and patients. Offers 24-hour access to clinical laboratory testing, on-site pathology services and direct access testing.

**Sanford Aberdeen Medical Center Emergency Department**

2905 3rd Ave SE, Aberdeen, SD 57401

Ph: 605-626-4300

[www.sanfordaberdeen.org](http://www.sanfordaberdeen.org)

**Sanford Aberdeen Medical Center Imaging Services**

2905 3rd Ave SE, Aberdeen, SD 57401

Ph: 605-626-4200

[www.sanfordaberdeen.org](http://www.sanfordaberdeen.org)

Offering diagnostic x-ray, digital mammography, 3D mammography, computed tomography, MRI, nuclear medicine, ultrasound and PET/CT services.

**Sanford Aberdeen Medical Center Therapy Services**

2905 3rd Ave SE, Aberdeen, SD 57401

Ph: 605-626-4380

[www.sanfordaberdeen.org](http://www.sanfordaberdeen.org)

Offering comprehensive inpatient and outpatient physical, occupational, speech and respiratory therapy services.

**Sanford Aberdeen Medical Center Volunteer Program**

2905 3rd Ave SE, Aberdeen, SD 57401

Ph: 605-626-4210 • Contact: Rachel Beitelspacher

[www.sanfordaberdeen.org](http://www.sanfordaberdeen.org)

Offering a variety of volunteer positions at the Clinic Medical Center, as well as in the gift shop, dining, physical therapy and in specified greeting areas. On average, volunteers work 3-4 hour shifts and partner with staff to deliver patient-centered care for guests and family members.

**Sanford Aberdeen Nutrition Education**

2905 3rd Ave SE, Aberdeen, SD 57401

Ph: 605-626-4200 • Contact: Annie Jacobson

[www.sanfordaberdeen.org](http://www.sanfordaberdeen.org)

**Sanford Acute Care**

3015 3rd Ave SE, Aberdeen, SD 57401

[www.sanfordaberdeen.org](http://www.sanfordaberdeen.org) • Ph: 226-5500

Hours: Mon-Fri, 10a-8 pm; Sat 9 am-1 pm; Sun 1-5 pm

# OTHER SERVICES

## **Sanford Home Medical Equipment**

3001 6th Ave SE, Suite 5, Aberdeen, SD 57401  
Ph: 605-226-5690 • After Hours: 888-845-4438  
Hours: 9 am-5 pm, Monday-Friday  
Home medical equipment and services.

## **Service to the Blind and Visually Impaired (SBVI)**

1707 4th Ave SE, Suite A, Aberdeen, SD 57401  
Ph: 605-626-2395 • TTY: 605-626-2398  
Hours: Mon-Fri, 8 am-5 pm  
SBVI provides hands-on training, education, assistive technology, vocational support and more. The mission is to provide individualized rehabilitation services that result in optimal employment and independent living outcomes for citizens who are blind or visually impaired.

## **South Dakota Professional Licensing Boards**

**Addiction and Prevention Professionals**  
3101 W 41st St, Suite 205, Sioux Falls, SD 57105  
Ph: 605-332-2645

**Certified Professional Midwives**  
27705 460th Ave, Chancellor, SD 57105  
Ph: 605-743-4451

**Chiropractic Examiners**  
407 Belmont Ave, Yankton, SD 57078  
Ph: 605-668-9017

**Counselors and Marriage & Family Therapist Examiners**  
1351 N Harrison Ave, Pierre, SD 57501  
Ph: 605-224-1721

**Dentistry**  
1351 N Harrison Ave, Pierre, SD 57501  
Ph: 605-224-1282

**Examiners for Speech-Language Pathology**  
810 N Main St, Suite 298, Spearfish, SD 57783  
Ph: 605-642-1600

**Funeral Services**  
810 N Main St, Suite 298, Spearfish, SD 57783  
Ph: 605-642-1600

**Hearing Aid Dispensers and Audiologists**  
810 N Main St, Suite 298, Spearfish, SD 57783  
Ph: 605-642-1600

**Massage Therapy**  
1103 Park Hill Dr, Rapid City, SD 57701  
Ph: 605-858-1708

**Medical and Osteopathic Examiners**  
101 N Main Ave, Suite 301, Sioux Falls, SD 57104  
Ph: 605-367-7781

**Nursing**  
4305 S Louise Ave, Suite 201, Sioux Falls, SD 57106  
Ph: 605-362-2760

**Nursing Facility Administrators**  
PO Box 340, Pierre, SD 57501  
Ph: 605-224-1721

**Examiners in Optometry**  
PO Box 513, Wall, SD 57790

Ph: 605-279-2244

Pharmacy

4001 W Valhalla Blvd – Suite 106, Sioux Falls, SD 57106

Ph: 605-362-2737

Podiatry Examiners

810 N Main St, Suite 298, Spearfish, SD 57783

Ph: 65-642-1600

Psychologist Examiners

810 N Main St, Suite 298, Spearfish, SD 57783

Ph: 605-642-1600

Social Work Examiners

104 S Garfield Ave, Bldg E, Pierre, SD 57501

Ph: 605-773-3589

## **SD Quitline**

Toll Free: 866-SDQUITS • TTY: 800-877-1113

## **South Dakota March of Dimes**

8000 W 78th St, Suite 330, Edina, MN 55439

Ph: 612-326-9439

adeegan@marchofdimes.org

Hours: Mon-Fri, 9 am-5 pm

Services include prenatal/preconception classes and materials, education on birth defects, professional health care training and seminars.

## **South Dakota School for the Blind & Visually Impaired**

423 17th Ave SE, Aberdeen, SD 57401

Ph: 605-626-2580 • Toll Free: 888-275-3814

kaiserm@sdsbvi.northern.edu • www.sdsbvi.org

Hours: Mon-Fri, 7:30 am-4:30 pm

State supported school serving students from birth to 21 year of age who are blind, visually impaired or multi-handicapped.

## **SDSU Extension – Aberdeen Regional Office**

13 2nd Ave SE, Aberdeen, SD 57401

Ph: 605-626-2870 • www.extension.sdstate.edu

## **SPURS Therapeutic Riding Center**

1006 - 130th St, PO Box 431, Aberdeen, SD 57402-0431

Ph: 605-226-1099 • Eligibility: Riders need to be referred.

Therapeutic riding instruction and equine-assisted physical therapy offered to children and adults.

## **Stephen Ministry**

First United Methodist Church

502 S Lincoln St, Aberdeen, SD 57401

Ph: 605-225-5680

Trained lay volunteers provide distinctively one-on-one confidential Christ-centered care to people who are experiencing difficult times in their lives.



**Stephen Ministry**

New Life Fellowship  
619 8th Ave NW, Aberdeen, SD 57401  
Ph: 605-262-2002

Contact: Pastor Mark Zimmerman  
www.newlifeaberndeen.org

Are you struggling in one of life's storms? Find help and encouragement here. Stephen Ministry is a one-to-one caring ministry that matches a trained Stephen Minister with an individual needing high-quality, confidential, Christ-centered care during a difficult time in life, such as bereavement, divorce, job loss, chronic or terminal illness, relocation or separation due to military deployment.

**Suicide Prevention Helpline**

Ph: 800-273-8255 • 24 hours/7 days

**Survivors Support Group**

Safe Harbor, 2005 S Merton St, Aberdeen, SD 57401  
Ph: 605-226-1212 • Toll Free: 888-290-2935

Designed for women who struggle with interpersonal relationships and offers assistance in building family well-being.

**TOPS (Take Off Pounds Sensibly)**

First United Methodist Church  
502 S Lincoln St, Aberdeen, SD 57401  
Ph: 605-225-5680

For individuals who wish to take off pounds sensibly. Participants, who meet on Tuesdays from 8:00-10:00 a.m. in room 201, share their goals, challenges, and successes.

**Total Package MedSpa, LLC**

1409 6th Ave SE, Suite 5, Aberdeen, SD 57401  
Ph: 605-725-4772

www.totalpackagemedspa.com

A team of licensed medical professionals that strive to provide an individualized restoration of youthfulness through state of the art equipment and procedures for skin rejuvenation, sexual health enhancement, life coaching, personal counseling, weight loss therapy and more.

**Veterans Support Group**

First United Methodist Church  
502 S Lincoln St, Aberdeen, SD 57401  
Ph: 605-225-5680

For individuals who have served in the military. Meetings are held in a community room on the 3rd Monday of each month. Vets share their experiences & concerns, and find support.

**Vitalant (formerly United Blood Services)**

131 N Roosevelt St, Aberdeen, SD 57401  
Ph: 605-225-7732 • Toll Free: 877-827-4376

**WIC**

402 S Main St, Aberdeen, SD 57401  
Ph: 605-626-2626

Hours: Mon-Fri, 8 am-5 pm

Supplemental food program and nutrition education for women, infants and children.

**Widow Support Group**

First United Methodist Church  
502 S Lincoln St, Aberdeen, SD 57401  
Ph: 605-225-5680

For women who have lost their spouse to death. The group meets on the last Monday of each month at 9:00 a.m. at Perkins. The monthly breakfast includes fellowship and devotion. Special outings are frequently planned.

**WW (formerly Weight Watchers)**

Super City Mall, 2201 6th Ave SE, Aberdeen, SD 57401  
Meets Wednesdays at 12:15 pm and Thursdays at 10 am & 5:30 pm

Wellness check-ins start 30 minutes before

**Worthmore Addiction Services**

1206 S Main St, Aberdeen, SD 57401  
Ph: 605-622-5800 • Toll Free: 800-952-2250

Hours: Mon-Fri, 8 am-5 pm (various programs offered at different time)

The purpose of this program is to provide prevention education, counseling and referral services for those experiencing substance abuse and/or gambling problems.

- Adolescent Aftercare Program • DUI Offender Program
- Adolescent Diversion Program • Adult Aftercare Program
- Adult Outpatient Treatment Program
- Alcohol, Drug and Gambling Evaluations
- Drug Education Class • Community Mobilization Project
- School-Based Prevention Program
- Residential Day Treatment

**Youth Adult Partnership of Aberdeen (YAPA)**

314 2nd Ave SE, Aberdeen, SD 57401  
Ph: 605-626-3595 • yapa@aberndeen.sd.us

# A SNAPSHOT

# DIABETES IN THE UNITED STATES



## DIABETES

**29.1**  
MILLION

29.1 million people have diabetes



That's about 1 out of every 11 people



**1** OUT OF **4**

do not know they have diabetes

## PREDIABETES

**86**  
MILLION



86 million people — more than 1 out of 3 adults — have prediabetes



**9** OUT OF **10** do not know they have prediabetes



Without weight loss and moderate physical activity

**15-30% of people with prediabetes** will develop type 2 diabetes within 5 years

**5**  
YEARS

## COST



**\$245**  
BILLION

Total medical costs and lost work and wages for people with diagnosed diabetes

Risk of death for adults with diabetes is



**50%**  
HIGHER



than for adults without diabetes

Medical costs for people with diabetes are **twice as high**

**\$\$**



**\$**

as for people without diabetes

People who have diabetes are at higher risk of serious health complications:



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



STROKE



LOSS OF TOES, FEET, OR LEGS



Join the multitude  
of satisfied, smiling  
customers.

Book your appointment with Dr. Merxbauer  
or Dr. Maier today.

**DENTAL  
CENTER**

**605.725.0800**

1021 CIRCLE DRIVE / ABERDEEN, SD  
[www.thebestdentalcenter.com](http://www.thebestdentalcenter.com)



**FAMILY MEDICINE  
HERE AT HOME**

Sanford Aberdeen's family medicine specialists provide care for the whole family – from pediatrics to geriatrics. We get to know you and your family and treat a variety of illnesses and injuries. From annual physicals, regular check-ups, vaccinations, school and athletic physicals and urgent care, our family medicine providers serve families and the Aberdeen community with the latest in care.

Call (605) 226-5500 to schedule an appointment today.

[sanfordaberdeen.org](http://sanfordaberdeen.org)

**SANFORD**

Aberdeen

# Convenience matters: KNOW YOUR OPTIONS

Injury and illness can happen anytime, so we provide many convenient options to fit your life.



YOUR OPTIONS IN THE ABERDEEN AREA

## PHYSICIAN'S OFFICE

Our providers can handle sickness, injury and preventive services during normal business hours. Don't have a primary provider? Now is the time to establish a relationship with one for better long-term management of your well-being.



## WALK-IN CARE

**AveraQuick**  
INSIDE KESSLER'S

See a provider for simple illnesses with a pharmacy just a few steps away at AveraQuick inside Kessler's.



## AVERA URGENT CARE

Our Urgent Care clinic is designed to treat acute illnesses evenings and weekends.

## EMERGENCY CARE

Save this for the most serious and life-threatening medical conditions. Our emergency department has all the capabilities to treat the most serious injuries 24/7.



**AveraNow**



Download the app at  
[Avera.org/now](https://Avera.org/now)

Our virtual visit program connects you to a provider 24/7 for simple illnesses via laptop, tablet or smartphone.

*Patients must be 2 years old.*



For locations and hours, visit [Avera.org/care-aberdeen](https://Avera.org/care-aberdeen)