

Resources for Older Iowans

One Iowa proudly provides a list of resources for older LGBTQ Iowans. Keep in mind that One Iowa doesn't screen, endorse or recommend these resources. (*Read more about our policy on this below*). We hope you find this list helpful. If you know of a resource that should be added, please contact Buffy Jamison (buffy@oneiowa.org).

LGBTQ National Resources

AARP Pride <https://www.aarp.org/home-family/voices/lgbt-pride/>

Offers news, personal finance, relationships, travel and other topics of interest to older LGBTQ Americans, and their families and friends.

Prepare to Care Guide LGBT:

<https://www.aarp.org/content/dam/aarp/home-and-family/caregiving/2017/05/prepare-to-care-guide-lgbt-aarp.pdf>

For caregivers and those who may be receiving care in the LGBTQ community.

AARP Iowa

600 E Court Ave # C, Des Moines, IA 50309
(515) 244-2272

Family Caregiver Alliance <https://www.caregiver.org/special-concerns-lgbt-caregivers>

Addresses special concerns of LGBTQ caregivers, including an online LGBTQ community support group.

<https://www.caregiver.org/lgbt-community-support-faq>

LGBT Elder Hotline <https://www.glbthotline.org/senior.html>

1-888-234-SAGE

Confidential hotline providing information on local resources as well as an opportunity to talk with trained peer-support volunteers about issues including isolation, relationships, bullying, family concerns, HIV/AIDS and much more.

Older Lesbians Organizing for Change <https://oloc.org>

Offers the chance to meet like-minded women in the struggle to confront ageism, share mutual interests, and experience the joy of playing and working together. Holds national and regional gatherings. Offers resources.

OLOC

P. O. Box 834
Woodstock, NY 12498
info@oloc.org
1-888-706-7506

The National Resource Center on LGBT Aging <https://www.lgbtagingcenter.org>

Works to improve the quality of services and supports offered to LGBTQ older adults. Offers insight and resources covering LGBTQ older adult needs.

SAGE <https://www.sageusa.org>
SAGE provides services and advocacy for LGBTQ elders.

SageCare USA - <http://sageusa.care>
Provides training and consulting on LGBT aging issues to service providers.

LGBTQ Iowa Resources

Adair Co GLBT Resource Center <http://www.adaircoglbresourcecenter.com/index>
A safe place for the GLBT community of Adair and the surrounding counties to meet.
141 Public Square
Greenfield, IA 50849.
641-212-9900
Toll Free 833-269-2551

Capitol City Pride <https://www.capitolcitypride.org>
Best known for the annual Pride Fest weekend celebration, Capital City Pride has expanded its programs and events throughout the year to embrace every aspect of the LGBTQ community.
PO Box 73
Des Moines, IA 50301
marketing@capitolcitypride.org

Des Moines Pride Center <http://www.dsmpridecenter.org>
Supports and celebrates gender and sexual minorities as well as allies.
1620 Pleasant St, Suite 244
(515) 277-7884
info@dsmpridecenter.org

First Friday Breakfast Club <http://www.ffbc Iowa.org>
Iowa breakfast club for gay, bisexual and transgender men. Meets the first Friday of each month at 7:00 a.m. and also monthly meetings at Hoyt Sherman Place
1501 Woodland Ave, Des Moines, IA 50314
Jonathan Wilson, FFBC President
(515) 288-2500
info@ffbc Iowa.org

The Des Moines Gay Men's Chorus <https://www.dmgmc.org>
The group sings in support of justice, inclusion, and love.

It is open to those who sing in the tenor and bass ranges, regardless of gender.

Contact via the website or by mail:

P O Box 12269
Des Moines, IA
50312

[Iowa City Pride](https://www.iowacitypride.org) <https://www.iowacitypride.org>

Coordinates an annual Pride festival and related events throughout the year.

PO Box 2910
Iowa City, IA 52244
info@iowacitypride.org

[One Iowa](http://oneiowa.org) – oneiowa.org

A statewide lesbian, gay, bisexual, transgender, and queer/questioning (LGBTQ) organization preserving and advancing equality for LGBTQ individuals through grassroots efforts, advocacy, and education.

950 Office Park Rd., Suite 240
West Des Moines, IA 50265
515-288-4019

[One Iowa North](https://north.oneiowa.org) - <https://north.oneiowa.org>

An affiliate of One Iowa working to preserve and advance equality for LGBTQ individuals in Iowa through grassroots efforts and education.

P.O. Box 301
Mason City, IA 50402-0301
641-583-2024

[OC Pride](https://www.facebook.com/Pride/OrangeCity/) – www.facebook.com/Pride/OrangeCity/

An Orange City-based advocacy organization for the LGBTQ community.

[Prime Timers Central Iowa](http://www.primetimersww.com/centraliowa/) – <http://www.primetimersww.com/centraliowa/>

A social membership club offering older gay, bisexual and transgender men friendship, activities, support and personal growth.

Steven Therrien
PrimeTimersIowa@gmail.com
515-422-7870

[Siouxland Pride Alliance](http://www.siouxlandpridealliance.org) - www.siouxlandpridealliance.org

Connects and protects LGBTQ people in Siouxland. Hosts a weekly support group and monthly potluck. Provides a free lending library, resource referral and educational opportunities for the larger community.

c/o First Unitarian Church

2508 Jackson Street
Sioux City, IA 51104
712-223-0931
contact@siouxlandpridealliance.org

Sioux City Pride – www.siouxcitypride.org

An affiliate of Siouxland Pride Alliance that hosts
June Pride celebrations.

[\(712\) 223-0931](tel:7122230931)

Transcend North Iowa - <http://transcend.lgbt>

Dedicated to supporting transgender, non-binary,
and all gender nonconforming individuals.

1948 Gil Ave
Charles City, IA 50616
Open 24 hours
319-359-7774

Transformations Iowa - <https://www.facebook.com/transformationsiowa/>

A support group for transgender and non-binary
people with meetings in Des Moines, Urbandale,
and Cedar Rapids.

Transformative healing - <http://www.thiowa.org>

Provides direct services, advocacy, prevention
and outreach services. Works to end sexual
violence in the LGBTQ community. All services
are free and confidential.

Kimberly Andresen-Reed
Executive Director
Pronouns: she, her, hers
kimberly@thiowa.org

Women's Cultural Collective (WCC) <https://www.iowawcc.com>

Organization focused on community building
and providing a safe atmosphere for lesbians.

Iowa Resources for Older Iowans and Caregivers

LifeLong Links <https://www.lifelonglinks.org> 866-468-7887

A free state-wide service providing information and
referrals for older adults, people with disabilities,
veterans and caregivers as they begin to think
about and plan for long-term independent living.
LifeLong Links is connected to Iowa's network
of Aging and Disability Resource Centers.

Health & Wellness

Find One Iowa's full list of health resources for all ages here: <https://oneiowa.org/health/>

[State Health Insurance Information Program \(SHIIP\) - shiip.iowa.gov](https://oneiowa.org/health/)

Free, confidential service of the State of Iowa that helps older Iowans make informed decisions about Medicare and other health coverage.

Ron Maruca, open & affirming volunteer counselor
1-800-351-4664

[UnityPoint Clinic LGBTQ - Methodist - Des Moines](https://www.unitypoint.org/desmoines/services-lgbtq-health.aspx)

<https://www.unitypoint.org/desmoines/services-lgbtq-health.aspx>

Staff has undergone training through the Safe Zone Project to provide a welcoming environment for LGBTQ patients.

1221 Pleasant St., Ste. 200
Des Moines, IA 5030
(515) 241-7397

[UnityPoint Clinic LGBTQ - Prairie Parkway - Cedar Falls, Waterloo](https://www.unitypoint.org/waterloo/clinic.aspx?id=3518)

<https://www.unitypoint.org/waterloo/clinic.aspx?id=3518>

Designated a "LGBTQ Healthcare Equality Top Performer" by the [Human Rights Campaign Foundation](#) for policies and best practices aligned with LGBTQ patient-centered care.

5100 Prairie Pkwy. Suite 300
Cedar Falls, Iowa 50613
319-222-2710

[The University of Iowa LGBTQ Clinic](https://diversity.uiowa.edu/unit/ui-lgbtq-clinic) <https://diversity.uiowa.edu/unit/ui-lgbtq-clinic>

Provides full-service health care to meet the LGBTQ health care needs.

UI Hospitals & Clinics, Iowa River Landing
105 E. 9th Street
Coralville, IA 52241
319-467-2000
855-467-3700 (toll free)

Legal & Protection

Find One Iowa's full list of Legal & Family Resources for all ages here:

<https://oneiowa.org/legal-family/>

[Lambda Legal](https://www.lambdalegal.org) - <https://www.lambdalegal.org>

Nursing home rights for LGBTQ residents

<https://ltcombudsman.org/uploads/files/support/lgbt-residents-rights-fact-sheet.pdf>

Legal protections for LGBT people and their families in Iowa.

<https://www.lambdalegal.org/states-regions/iowa>

[Legal Hotline for Older Iowans](http://www.hotline@iowalaw.org) - www.hotline@iowalaw.org

1-800-992-8161

Free legal services to Iowans 60 years old and over.
Offers brief advice and self-help materials. They do not assist with criminal cases.

Faith Based Organizations – the following organizations welcome all people regardless of sexual orientation or gender identity and gender expression.

Central Iowa

[Collegiate United Methodist Church and Wesley Foundation](http://cwames.org) – cwames.org

2622 Lincoln Way

Ames

515-292-6936

[Des Moines Valley Friends Meeting](http://iymc.org) – iymc.org

4211 Grand Ave

Des Moines

515-274-4717

[Downtown Disciples](http://downtowndisciples.org) - downtowndisciples.org

1620 Pleasant Street

Des Moines

515-244-0054

[First Christian Church](http://fccdm.org) – fccdm.org

2500 University Ave

Des Moines

515-255-2181

[First Unitarian Church](http://ucdsm.org) - ucdsm.org

1800 Bell Avenue

Des Moines

515-244-8603

[First United Methodist Church](http://dmfirstchurch.org) – dmfirstchurch.org

1001 Pleasant Street

Des Moines

515-244-6209

[Grace United Methodist Church](http://gracedesmoines.org) – gracedesmoines.org

3700 Cottage Grove

Des Moines

515-255-2131

[Plymouth United Church of Christ - plymouthchurch.com](http://plymouthchurch.com)

4126 Ingersoll Avenue
Des Moines
(515) 255-3149

[St. Andrew's Episcopal Church – standrewsnet.net](http://standrewsnet.net)

5720 Urbandale Ave
Des Moines
515-225-2101

[Tifereth Israel Synagogue- tifereth.org](http://tifereth.org)

924 Polk Boulevard
Des Moines
515-255-1137

[Thrive United Methodist Church – thriveumc.org](http://thriveumc.org)

3550 Mills Civic Parkway
West Des Moines

[Trinity Las Americas United Methodist Church – trinitylasamericas.org](http://trinitylasamericas.org)

1548 8th St.
Des Moines
515-288-4056

[Unity of Des Moines – unitydesmoines.com](http://unitydesmoines.com)

414 31st. St.
Des Moines
515-255-7757

[Urbandale United Church of Christ – urbucc.org](http://urbucc.org)

3530 70th St.
Urbandale
515-276-0625

[Walnut Hills United Methodist Church – whumc.org](http://whumc.org)

12321 Hickman Road
Urbandale
515-270-9226

[Westminster Presbyterian Church – westpres.org](http://westpres.org)

4114 Allison Avenue
Des Moines
515-274-1534

Eastern Iowa

[St. Mark's United Methodist Church - stmarksumccr.com](http://stmarksumccr.com)

2675 E Washington St.

Iowa City
319-396-6361

[St. Timothy's United Methodist Church - sttims-umc.org](http://sttims-umc.org)

3220 Terrace Drive
Cedar Falls
319-266-0464

[Wesley Foundation at the University of Iowa – iowawesley.org](http://iowawesley.org)

120 N. Dubuque St
Iowa City
319-338-1179

[Wesley Foundation University of Northern Iowa – threehouse.org](http://threehouse.org)

2422 College Street
Cedar Falls
319-266-4071

Northwest Iowa

[First Unitarian Church of Sioux City – www.siouxcityuu@cableone.net](mailto:www.siouxcityuu@cableone.net)

2508 Jackson Street
Sioux City, IA
712-258-3116

[Mayflower Congregational Church - https://mayflowerucc.net](https://mayflowerucc.net)

1407 West 18th Street
Sioux City, IA 51103
712-258-8278
mayflowerucc@gmail.com

Southwest Iowa

[Journey Road Ministries - journeyroadsc.org](http://journeyroadsc.org)

Mary Dyer & Sheryl Butler, founders
21998 Kane Ave.
Glenwood
712-309-3775

About this list:

One Iowa does not screen resources and or make guarantees. Listing these resources does not imply that we are endorsing or recommending that you use any of them. One Iowa also doesn't endorse the quality of information or service provided. This is informational only. It's up to you to vet each resource.