

## 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](mailto:buffy@oneiowa.org)).

## LGBTQ National Resources

**[AARP Pride](https://www.aarp.org/home-family/voices/lgbt-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)**: <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)** <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)** <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)** <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](mailto:info@oloc.org)  
1-888-706-7506

**[The Care Plan](http://the-care-plan.com)** <http://the-care-plan.com>

Affirming services for LGBTQ including guidance on planning for the future and providing care management.

Jacqueline Boyd  
[jacqueline@the-care-plan.com](mailto:jacqueline@the-care-plan.com)  
630-479-0083

**[The National Resource Center on LGBT Aging](https://www.lgbtagingcenter.org)** <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)** <https://www.sageusa.org>

SAGE provides services and advocacy for LGBTQ elders.

**[SageCare USA](http://sageusa.care)** - <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)** <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.capitalcitypride.org)** <https://www.capitalcitypride.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@capitalcitypride.org](mailto:marketing@capitalcitypride.org)

**[Des Moines Pride Center](http://www.dsmpridecenter.org)** <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](mailto:info@dsmpridecenter.org)

**[First Friday Breakfast Club](http://www.ffbc Iowa.org)** <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](mailto:info@ffbc Iowa.org)

**[The Des Moines Gay Men's Chorus](https://www.dmgmc.org)** <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>

Coordinates an annual Pride festival and related events throughout the year.  
PO Box 2910  
Iowa City, IA 52244  
info@iowacitypride.org

**One Iowa** – [oneiowa.org](http://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>

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** – [www.facebook.com/Pride/OrangeCity/](http://www.facebook.com/Pride/OrangeCity/)

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

**Prime Timers Central Iowa** – <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** - [www.siouxlandpridealliance.org](http://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](http://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](http://shiip.iowa.gov)

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)

**[Central Iowa VA](https://www.centraliowa.va.gov)** <https://www.centraliowa.va.gov>

Offering medical care, mental health services, and support for LGBTQ veterans, including PreP, hormone replacement therapy, speech therapy, wigs, padded bras, gaffs, binders, packers, STP devices, and more.

Drew O'Leary BSN, RN  
LGBTQ Veteran Care Coordinator  
Pronouns: he/him/his  
515-418-2440, call or text.  
3600 30<sup>th</sup> St, Des Moines, IA 50310

**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>

**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** - [www.hotline@iowalaw.org](http://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** – [cwames.org](http://cwames.org)

2622 Lincoln Way

Ames

515-292-6936

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

4211 Grand Ave

Des Moines

515-274-4717

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

1620 Pleasant Street

Des Moines

515-244-0054

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

2500 University Ave

Des Moines

515-255-2181

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

1800 Bell Avenue

Des Moines

515-244-8603

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

1001 Pleasant Street

Des Moines

515-244-6209

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

5720 Urbandale Ave  
Des Moines  
515-225-2101

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

924 Polk Boulevard  
Des Moines  
515-255-1137

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

3550 Mills Civic Parkway  
West Des Moines

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

1548 8<sup>th</sup> St.  
Des Moines  
515-288-4056

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

414 31<sup>st</sup>. St.  
Des Moines  
515-255-7757

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

3530 70<sup>th</sup> St.  
Urbandale  
515-276-0625

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

12321 Hickman Road  
Urbandale  
515-270-9226

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

4114 Allison Avenue  
Des Moines  
515-274-1534

## **Eastern Iowa**

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

2675 E Washington St.  
Iowa City  
319-396-6361

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

3220 Terrace Drive  
Cedar Falls  
319-266-0464

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

1407 West 18th Street  
Sioux City, IA 51103  
712-258-8278  
[mayflowerucc@gmail.com](mailto: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.