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 an 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.adaircoglbtresourcecenter.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
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.ffbciowa.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@ffbciowa.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
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
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/
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
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

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

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

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

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

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

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
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
2622 Lincoln Way
Ames
515-292-6936

Des Moines Valley Friends Meeting – iymc.org
4211 Grand Ave
Des Moines
515-274-4717

Downtown Disciples - downtowndisciples.org
1620 Pleasant Street
Des Moines
515-244-0054

First Christian Church – fccdm.org
2500 University Ave
Des Moines
515-255-2181

First Unitarian Church - ucdsm.org
1800 Bell Avenue
Des Moines
515-244-8603

First United Methodist Church – dmfirstchurch.org
1001 Pleasant Street
Des Moines
515-244-6209

Grace United Methodist Church – gracedesmoines.org
3700 Cottage Grove
Des Moines
515-255-2131

Plymouth United Church of Christ - plymouthchurch.com
4126 Ingersoll Avenue
Des Moines
(515) 255-3149

St. Andrew's Episcopal Church – standrewsnet.net
5720 Urbandale Ave
Des Moines
515-225-2101

Tifereth Israel Synagogue- tifereth.org
924 Polk Boulevard
Des Moines
515-255-1137

Thrive United Methodist Church – thriveumc.org
3550 Mills Civic Parkway
West Des Moines

Trinity Las Americas United Methodist Church – trinitylasamericas.org
1548 8th St.
Des Moines
515-288-4056

Unity of Des Moines – unitydesmoines.com
414 31st. St.
Des Moines
515-255-7757

Urbandale United Church of Christ – urbucc.org
3530 70th St.
Urbandale
515-276-0625

Walnut Hills United Methodist Church – whumc.org
12321 Hickman Road
Urbandale
515-270-9226

Westminster Presbyterian Church – westpres.org
4114 Allison Avenue
Des Moines
515-274-1534

Eastern Iowa

St. Mark's United Methodist Church - stmarksumccr.com
2675 E Washington St.

Iowa City
319-396-6361

St. Timothy's United Methodist Church - sttims-umc.org
3220 Terrace Drive
Cedar Falls
319-266-0464

Wesley Foundation at the University of Iowa – iowawesley.org
120 N. Dubuque St
Iowa City
319-338-1179

Wesley Foundation University of Northern Iowa – threehouse.org
2422 College Street
Cedar Falls
319-266-4071

Northwest Iowa

First Unitarian Church of Sioux City – 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

Southwest Iowa

Journey Road Ministries - 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.