

**ADDICTION AND MENTAL  
HEALTH SERVICES**

**Avera St. Lukes Hospital  
Inpatient Mental Health**  
305 S. State Street  
Aberdeen, SD 57401  
605-622-5552

**Catholic Family Services**  
I.C. Parish Center  
309 2<sup>nd</sup> Avenue SE  
Watertown, SD 57201  
866-700-2376

**Dakotah Pride Center**  
388 Dakota Avenue  
Sisseton, SD 57262  
605-698-3917  
Email: Ronald.Hill@swst.us  
Email: Teresa.White@swst.us

**Human Service Agency**  
610 2<sup>nd</sup> Avenue East  
Sisseton, SD 57262  
605-698-7688  
Emergency Number: 800-444-3989  
www.humanserviceagency.org

**Keystone Treatment Center**  
1010 E 2<sup>nd</sup> Street  
Canton, SD 57013  
877-762-3740  
www.keystonetreatment.com

**Lutheran Social Services**  
1424 9<sup>th</sup> Ave SE  
Watertown, SD 57201  
605-882-2740  
1-800-568-7116  
www.lsssd.org

**Prairie St Johns Hospital and Clinic  
Psychiatric and Addiction Services**  
510 4<sup>th</sup> Street South  
Fargo, ND 58103  
877-333-9565  
www.prairie-stjohns.com

**Volunteers of America, Dakotas**  
PO Box 89306  
Sioux Falls, SD 57109  
605-334-1414  
800-658-4727  
www.voa-dakotas.org

**Worthmore Alcohol, Drug & Gambling  
Treatment Center**  
1400 NW 15<sup>th</sup> Ave  
Hwy 281 N  
Aberdeen, SD 57401  
800-952-2250  
www.averasacredheart.com

**Sisseton-Wahpeton Oyate**  
Human Service Agency  
12565 BIA Hwy 711  
Agency Village, SD57262  
(605) 698-4400 ext. 320, 321

**Woodrow Wilson Keeble Memorial  
Health Care Center**  
Mental Health Department  
100 Lake Traverse Drive  
Sisseton, SD 57262  
(605) 742-3731

**AMBULANCE SERVICES**  
*Call 911 in an emergency*

**Browns Valley Ambulance Service**  
19 3<sup>rd</sup> Street South  
PO Box 334  
Browns Valley, MN 56219  
320-695-2110

**Grant/Roberts Ambulance Service**  
330 Orchard Dr  
Sisseton, SD 57262  
605-698-4797

**Rosholt Ambulance Service**  
605-537-4300



**Quit Tip #1  
Know why you  
want to quit**  
So you want to quit smoking, but do you know why? Because it's "bad for you" isn't enough. To get motivated, you need a powerful, personal reason to quit. Choose a reason that is strong enough to outweigh the urge to light up.

## **CHURCHES**

### **Bethania Lutheran Church**

9 W First St  
Rosholt, SD 57260  
605-537-4263

### **Christian Outreach Center**

11938 Whipple Road  
Sisseton, SD 57262  
605-698-3494  
Email:  
cocjesus@tnics.com

### **Christian Missionary Alliance Church**

118 West Ash Street  
Sisseton, SD 57262  
605-698-3356

### **Dakota Alliance Church**

308 West Hickory Street  
Sisseton, SD 57262  
605-698-4299

### **Eagle's Wing Baptist Church**

West Tiospa Zina Drive  
Agency Village, SD, 57262  
605-947-4549

### **Emanuel Lutheran Church**

322 7<sup>th</sup> Avenue East  
Sisseton, SD 57262  
605-698-7116

### **Faith Lutheran Church**

224 Oddin Ave  
New Effington, SD 57255  
605-637-5437

### **Family Life Assembly**

404 West Hickory Street  
PO Box 17  
Sisseton, SD 57262  
605-698-7631  
Email: rbeasley@venturecomm.net

### **First Baptist Church**

626 West Hickory Street  
Sisseton, SD 57262  
605-698-7165

### **First Lutheran Church**

PO Box 31  
Claire City, SD 57224  
605-652-4633

### **First Presbyterian Church**

202 East Maple Church  
Sisseton, SD 57262  
605-698-7146

### **First Presbyterian Church**

405 5<sup>th</sup> Ave  
Wilmot, SD 57279  
605-938-4212

### **Gethsemane Episcopal**

1 East 5<sup>th</sup> Ave  
Sisseton, SD 57262  
605-698-3970

### **Grace Lutheran Church**

421 3<sup>rd</sup> Avenue East  
Sisseton, SD 57262  
605-698-7636  
<http://www.gracelutheransisseton.org>

### **Kingdom Hall of Jehovah's Witnesses**

1917 SD Highway 10  
Sisseton, SD 57262  
605-698-4173

### **Mormon Church of Christ of Latter Day Saints**

12 West Hickory St  
Sisseton, SD 57262  
605-698-7279

### **Our Saviors Lutheran Church**

401 Main St  
Wilmot, SD 57279  
605-938-4398



### **Quit Tip #2 Don't go cold turkey**

It may be tempting to toss your cigarettes and declare that you've quit. But going cold turkey isn't easy. Among those who try to stop smoking without therapy or medication, 95% relapse.

**St. Anthony's Catholic Church**

112 2<sup>nd</sup> St S  
Browns Valley, MN 56219  
320-695-2621

**St. Catherine's Catholic Church**

120 East Chestnut Street  
Sisseton, SD 57262  
605-698-7414

**St. John's Catholic Church**

218 Dakota Street  
Box 45  
Rosholt, SD 57260  
605-537-4583

**St Mary's Catholic Church**

804 3<sup>rd</sup> Ave  
Wilmot, SD 57279  
605-938-4289

**St. Mary's Episcopal Church**

Old Agency  
Sisseton, SD, 57262

**St. Peter's Catholic Church**

120 East Chestnut Street  
Sisseton, SD 57262  
605-698-7414

**St Stephens Lutheran**

420 Park Ave  
Wilmot, SD 57279  
605-938-4710

**Sisseton Ministerial Association**

120 East Chestnut Street  
Sisseton, SD 57262  
605-698-7414

**United Methodist & Presbyterian Church**

418 Ash St SE  
Browns Valley, MN 56219  
320-695-2516

**Wilmot Lutheran Church**

401 Ordway  
Wilmot, SD 57279  
605-938-4600

**Zion Community Church**

502 4<sup>th</sup> Ave  
Wilmot, SD 57279  
605-938-4514

**Zion Lutheran Church**

106 First St S  
Browns Valley, MN 56219  
320-695-2598

**CHIROPRACTIC CARE**

**ActiveCare Chiropractic**

206 Main St  
New Effington SD 57255  
605-637-5483

**Sisseton Chiropractic Clinic**

301 Veterans Avenue  
Sisseton, SD 57262  
605-698-3686

**Thielen Chiropractic Clinic**

1920 SD Highway 10  
Sisseton, SD 57262  
605-698-3522

**CLUBS/ORGANIZATIONS**

**4-H**

411 2<sup>nd</sup> Avenue East Suite 14A  
Sisseton, SD 57262  
605-698-7627  
Email: Roberts@sdstate.edu

**Alcoholics Anonymous**

Barb Truesdell  
605-698-3148

**American Cancer Society**

800-227-2345



**Quit Tip #3 Try Nicotine-replacement therapy**  
When you stop smoking, nicotine withdrawal may make you feel frustrated, depressed, restless or angry. Nicotine-replacement therapy can reduce those feelings. Keep in mind that using these products while smoking is generally not recommended.



**American Legion Post 50**  
Neil Long, Commander  
605-698-3940

**American Legion Auxiliary Post 50**  
Shirley Schreiner-President  
605-698-4111

**American Legion Post 58**  
Browns Valley, MN 57219  
320-695-2361

**Boy Scouts of America**  
Jeff Krieger  
605-698-7166

**Christian Women's Club**  
Karen Borgen  
605-738-2480

**Coteau Sportsman and  
Conservation Club**  
Larry Holton  
605-698-3850

**Eastern Star**  
Beth Schmidt  
605-698-3806

**Friends and Neighbors (FAN) Club**  
Debbie Pageler  
605-698-7550

**Gamblers Anonymous**  
Barb Truesdell  
605-698-3148

**Girl Scouts of America**  
Jodi Veflin  
605-698-3627

**Hills and Valley Riding Club**  
Robin Richards  
PO Box 82  
Sisseton SD 57262  
605-698-3057

**Kiwanis Club**  
Harley Deutsch  
605-698-7642

**Knights of Columbus**  
Sherman Hannasch  
605-698-3629

**Masons**  
Marlin Jenner  
605-698-3148

**Mother of Pre-Schoolers (MOPS)**  
Jill Schmidt 605-698-4483  
Bethany Osborne 605-698-3499

**Northeast Trailblazers Association**  
Kim Schaunaman  
605-698-7829  
<http://web.tnics.com/netb>

**Right to Life**  
Contact Catholic Church  
605-698-7414

**Roberts County Crop Improvement**  
Leon Koeppel  
605-652-4641

**Senior Center**  
Marion Bohn  
605-698-3474

**Sisseton Area Community Foundation**  
Dennis Jensen, President  
P.O. Box 4  
Sisseton, SD, 57262  
<http://web.tnics.com/sissetonfoundation>  
Email: [sissetonfoundation@tnics.com](mailto:sissetonfoundation@tnics.com)

**Sisseton Area Partners for Progress**  
Julie Stapleton  
605-698-7079

**Sisseton Arts Council**  
Jane Rasmussen, President  
P.O. Box 313  
Sisseton, SD 57262  
<http://www.sissetonartscouncil.org/>  
Email: [sac@sissetonartscouncil.org](mailto:sac@sissetonartscouncil.org)

**Quit Tip #4 Ask  
about  
prescription pills**  
To ease nicotine  
withdrawal  
without using  
products that  
contain nicotine,  
ask your doctor  
about prescription  
medication. There  
are pills that  
reduce cravings.

**Sisseton Area Chamber of Commerce**  
1608 SD Hwy 10 Suite A,  
Sisseton, SD 57262  
605-698-7261  
Email: sissetonchamber@venturecomm.net

**Sisseton Economic Development Corporation**

Sandi Jaspers  
1608 SD Hwy 10, Suite  
A  
605-698-7261  
Email:  
sissetonedc@gmail.com

**Sisseton Education  
Association**

Contact Sisseton School  
District  
605-698-7613

**There's Hope  
Healthy Youth Project**

Sara McGregor-Okroi  
610 2<sup>nd</sup> Ave E  
Sisseton, SD 57262  
605-698-7688

**There's Hope  
Suicide Prevention Project**

Father Norman Volk, OMI  
120 E Chestnut Street  
Sisseton, SD 57262  
605-698-7414

**VFW Post 3342**

Bernard Rolstad  
605-698-3846

**VFW Auxiliary Post 3342**

Betty Rolstad  
605-698-3846

**COMMUNITY SERVICES**

**Dakota Alliance Church**

Free noon meal, Monday-Friday  
308 West Hickory Street  
Sisseton, SD 57262  
605-698-4299



**Kateri Thrift Shop**  
2409 East Highway 10  
Sisseton, SD 57262  
605-698-3509

**Sisseton Food Shelf**  
2413 East Highway 10  
Sisseton, SD 57262  
605-698-7414

**War Cloud Drop-In Center**  
502 Veterans Avenue  
Sisseton, SD 57262  
605-698-9081

**Sisseton-Wahpeton Oyate  
Food Pantry**  
509 Veterans Memorial Drive  
Agency Village, SD 57262  
605-698-3643

**DAYCARE**

*Please contact Department of Social Services at  
605-698-7673 for a complete list of licensed  
providers.*

**DENTIST**

**Sisseton Dental Clinic**  
7 Summit Street  
Sisseton, SD 57262  
605-698-3201

**DOMESTIC VIOLENCE**

**Women's Circle Crisis Line**  
392 Rehab Avenue  
Sisseton, SD 57262  
605-698-4129

**EDUCATION/SCHOOLS**

**Browns Valley School District**  
118 Church Street South  
Browns Valley, MN 56219  
320-695-2296

**Quit Tip #5 Don't  
go it alone**

Tell your friends,  
family and co-  
workers that you  
are trying to quit.  
Their  
encouragement  
could make a  
difference. You  
may also want to  
join a support  
group or talk to a  
counselor.

**Early Childhood Intervention Program**

PO Box 509  
Agency Village, SD 57262  
605-698-4400 ext. 300  
Email: [ecip@venturecomm.net](mailto:ecip@venturecomm.net)

**Enemy Swim Day School**

13495 446<sup>th</sup> Avenue  
Waubay, SD 57273  
605-947-4605  
888-825-7738  
[www.esds.bia.edu/](http://www.esds.bia.edu/)

**Head Start NESD**

515 East Ash Street  
Sisseton, SD 57262  
605-698-4228  
Email:  
[nesdheadstart@nesdhs.org](mailto:nesdheadstart@nesdhs.org)  
[www.nesdhs@org](http://www.nesdhs@org)

**Johnson O'Malley Program**

PO Box 509  
Agency Village, SD 57262  
605-698-7604

**Kasyoki Integrated Services, Inc.**

11971 Lohre Road  
Sisseton, SD 57262  
605-698-7476

**MASH**

Rosholt Elementary School  
Hwy 127  
Rosholt, SD 57260  
605-537-4283

**New Effington Elementary**

10 Oddin Avenue  
New Effington, SD 57255  
605- 637-5231  
[www.sisseton.k12.sd.us](http://www.sisseton.k12.sd.us)

**Rainbow Daycare/Preschool**

6 East Chestnut St  
605-698-3257



**Rosholt School District**

PO Box 106  
Rosholt, SD 57260  
605-537-4278  
[www.rosholt.k12.sd.us](http://www.rosholt.k12.sd.us)

**Sisseton High School**

516 8<sup>th</sup> Ave West  
Sisseton, SD 57262  
605-698-7613  
[www.sisseton.k12.sd.us](http://www.sisseton.k12.sd.us)

**Sisseton Middle School**

516 8<sup>th</sup> Ave West  
Sisseton, SD 57262  
605-698-7613  
[www.sisseton.k12.sd.us](http://www.sisseton.k12.sd.us)

**Sisseton Wahpeton College**

1 Old Agency Road  
Sisseton, SD 58262  
605-698-3966  
[www.swc.tc](http://www.swc.tc)

**SWO Head Start**

PO Box 749  
Agency Village, SD 57262  
605-698-3103

**Summit School District**

PO Box 791  
Summit, SD 57266  
[www.summit.k12.sd.us](http://www.summit.k12.sd.us)

**Tiospa Zina Tribal School**

#1 Tiospa Zina Drive  
Agency Village, SD 57262  
605-698-3953  
[www.tzts.bia.edu/](http://www.tzts.bia.edu/)

**Westside After School Program (WASP)**

320 West Walnut St  
Sisseton, SD 57262  
605-698-7613  
[www.sisseton.k12.sd.us](http://www.sisseton.k12.sd.us)

**Quit Tip #6**

**Manage Stress**

One reason people smoke is that the nicotine helps them to relax. Once you quit, you will need another way to cope with stress. If possible, avoid stressful situations during the first few weeks after you stop smoking.

**Westside Elementary**  
320 West Walnut St  
Sisseton, SD 57262  
605-698-7613  
www.sisseton.k12.sd.us

**Westside Preschool**  
320 West Walnut St  
Sisseton, SD 57262  
605-698-7613  
www.sisseton.k12.sd.us

**Wilmot School District**  
800 Ordway Street  
Wilmot, SD 57279  
605-938-4647  
www.wilmot.k12.sd.us

## **EMPLOYMENT SERVICES**

**Experience Works**  
310 8<sup>th</sup> Avenue NW 202  
Aberdeen, SD 57401  
605-226-9967

**South Dakota Career Center**  
205 East Oak Street Suite 120  
Sisseton, SD 57262  
605-698-3864  
<http://dol.sd.gov/>

**Sisseton-Wahpeton Oyate Tribal Employment Rights Office**  
100 Veterans Memorial Drive  
P.O. Box 509  
Agency Village, SD  
605-698-3549  
www.swotero.org

## **ENTERTAINMENT**

**Buffalo Lake District Roller Rink**  
45112 SD Hwy 10  
Sisseton, SD 57262  
605-698-6511

### **Quit Tip #7 Avoid Alcohol and other triggers**

Certain activities may boost your urge to smoke. Alcohol is one of the most common triggers, so try to drink less when you first try to quit. If coffee is your trigger, then switch to tea for a couple of weeks. If you usually smoke after meals, find something else to do, such as brushing your teeth or chewing gum.



**Lakeland Lanes**  
614 West Hickory Street  
Sisseton, SD 57262  
605-698-4707

**Joseph N. Nicollet Tower and Interpretive Center**  
45352 SD Highway 10  
PO Box 215  
Sisseton SD 57262  
605-698-7672  
Email: nicollettower@sissetonmuseums.org

**Sisseton Swimming Pool**  
118 East Walnut Street  
PO Box 119  
Sisseton, SD 57262  
605-698-7552

**Siston Theatre**  
501 Veterans Avenue  
Sisseton, SD 57262  
605-698-7776

**Stavig House Museum**  
112 1<sup>st</sup> Avenue West  
Sisseton, SD 57262  
605-698-4561

**The Four Lanes**  
219 Main St  
New Effington, SD 57255  
605-637-5341

## **FUNERAL HOMES**

**Cahill Funeral Chapel**  
516 E Cherry Street  
Sisseton, SD, 57262  
605-698-7411  
<http://www.cahillfuneralchapel.com>

**Eggers Funeral Home**  
2 W Main St  
Rosholt, SD 57260  
(605) 537-4235

**Franzen-Price Funeral Chapel**  
PO Box 216  
Britton, SD 57430  
605-448-5162

**Larson Funeral Home**  
222 Ash St  
Browns Valley, SD 56219  
320-695-2283

### GOVERNMENT OFFICES

<b>Assessor</b>	605-698-3205
<b>Auditor</b>	605-698-7336
<b>Extension Office</b>	605-698-7627
<b>Farm Service Agency/ Conservation Office</b>	605-698-7639
<b>Highway Dept</b>	605-698-3905
<b>Register of Deeds</b>	605-698-7152
<b>Treasurer</b>	605-698-7245
<b>Veterans Service</b>	605-698-7376
<b>Weed Office</b>	605-698-3573

### SISSETON-WAHPETON OYATE TRIBAL GOVERNMENT OFFICES

<b>Enrollment</b>	605- 698-3911
<b>Hatchery/Minnow Program</b>	605-698-3929
<b>Higher Education</b>	605-742-0150
<b>Lake Traverse Utilities</b>	605- 698-4211
<b>Planning Office</b>	605-698-4972
<b>Public Defender</b>	605-698-3076
<b>Realty</b>	605-698-3911
<b>Tax Office</b>	605-698-3541
<b>Tribal Roads</b>	605-698-4153
<b>Veterans Service Office</b>	605-698-3151

### HEALTH AND FITNESS CLUBS

**Coteau des Prairies Cardiac  
Rehabilitation/Fitness Center**  
205 Orchard Drive  
Sisseton, SD 57262  
605-698-4650  
www.cdphospital.com  
Email: cdpcclinic@venturecomm.net

#### **Quit Tip #8 Clean house**

Once you have smoked your last cigarette, toss all of your ashtrays and lighters. Wash any clothes that smell like smoke and clean your carpets and upholstery. Use air fresheners to help rid your home of that familiar scent. You don't want to see or smell anything that reminds you of smoking.



**SWO Fitness Center**  
#3 Tiospa Zina Dr  
Sisseton, SD 57262  
605-698-3922

### HOSPITALS/CLINICS

**Avera St. Lukes Hospital**  
305 S. State Street  
Aberdeen, SD 57401  
605-622-5552  
www.averastlukes.org

**Browns Valley Clinic**  
106 4<sup>th</sup> Street South  
Browns Valley, MN 56219  
320-695-2105

**Coteau des Prairies Hospital**  
205 Orchard Drive  
Sisseton, SD 57262  
605-698-7647

www.cdphospital.com  
Email: cdph@cdphospital.com

**Coteau des Prairies Clinic**  
203 Orchard Drive  
Sisseton, SD 57262  
605-698-7681  
www.cdphospital.com  
Email: cdpcclinic@venturecomm.net

**Innovis Health**  
3000 32nd Ave S  
Fargo, ND 58103  
Ph. (701) 364-3300  
Toll Free: 1-800-437-4054  
www.innovishealth.com

**Kass Clinic**  
116 W Main  
Rosholt, SD 57260  
605-537-4244

**Marshall County Medical Clinic/ Avera**  
413 Ninth Street  
Britton, SD 57430  
(605) 448-5953

**Meritcare Hospital**  
801 Broadway N  
Fargo, ND 58122  
Main Desk (701) 234-2000  
Emergency Medicine (701)  
234-5121  
www.meritcare.com

**Prairie Lakes Healthcare System**  
401 9th Avenue NW  
Watertown, SD 57201  
605-882-7000  
www.prairielakes.com

**Valley Clinic**  
404 W Broadway  
Browns Valley, MN 56219  
320-695-2526

**Woodrow Wilson Keeble Memorial Health Care Center – Sisseton Wahpeton Oyate IHS**  
PO Box 189  
100 Lake Traverse Dr  
Sisseton, SD 57262  
605-698-7606

**Wilmot Clinic-Avera Health**  
409 4<sup>th</sup> Street  
Wilmot, SD 57279  
605-938-4351

## **HOME HEALTH**

**Coteau des Prairies Hospital**  
205 Orchard Drive  
Sisseton, SD 57262  
605-698-4664  
www.cdphospital.com  
Email: cdph@cdphospital.com

**Prairie Lake Home Health/Hospice Care**  
301 Veteran's Avenue  
Sisseton, South Dakota 57262  
605-698-3825

**Sisseton-Wahpeton Oyate Home Health Care Program**  
Health & Human Service Building  
12565 BIA Highway 711  
Agency Village, SD 57262  
605-698-4400 ext. 310, 311

## **HOUSING**

**NESDEC: Northeast South Dakota Economic Corporation**  
**NESDCAP: Northeast South Dakota Community Action Program**  
104 Ash Street  
Sisseton, SD, 57262  
605-698-7654  
<http://www.nesdcap.org>

**Sisseton Housing and Redevelopment Commission**  
123 Chestnut Street  
Sisseton, SD 57262  
605-698-3463  
Email: shrc@venturecomm.net

**Sisseton Realty**  
11885 460th Ave  
Sisseton, SD 57262  
605-698-7987  
www.sissetonrealty.com

**Sisseton Wahpeton Housing Authority**  
605 Lydia Goodsell Street  
Agency Village, SD, 57262  
605-698-7685

**Tekawitha Housing**  
711 Veterans Avenue  
Sisseton, SD 57262  
605-698-7693

### **Quit Tip #9 Try and try again**

It's very common to relapse. Most smokers try several times before giving up tobacco for good. Use it to reaffirm your commitment to quit. Once you have made the decision to try again, set a quit date within the next month.

South Dakota Department of Health  
**QUITLINE**  
1-866-SD QUILTS

## **LAW ENFORCEMENT**

**Browns Valley Police Department**  
21 3<sup>rd</sup> Street South  
Browns Valley, MN 56219  
320-695-2411

**New Effington Police Department**  
PO Box 204  
New Effington, SD 57255  
800-724-1317  
Email: nepad@tnics

**Roberts County Sheriff**  
11924 BIA Hwy 700  
Sisseton, South Dakota  
57262  
605-698-7667

**Rosholt Police  
Department**  
19 East Main Street  
Rosholt, SD 57260  
605-537-4578

**Sisseton-Wahpeton Oyate  
Tribal Police**  
PO Box 509  
Agency Village, SD 57262  
605-698-7661

**Sisseton Police Headquarters**  
513 Veterans Avenue  
Sisseton, SD 57262  
605-698-3932  
Email: sissetonpd@venturecomm.net

## **LEGAL/COURT SERVICES/PROBATION**

**Department of Corrections**  
PO Box 234  
Sisseton, SD 57262  
605-742-0864

**Roberts County States Attorney**  
411 2<sup>nd</sup> Avenue East  
Sisseton, SD 57262  
605-698-7071  
Email: roberts08@venturecomm.net

**Roberts County Court Services**  
411 2<sup>nd</sup> Avenue East  
Sisseton, SD 57262  
605-698-7528

**Roberts County Jail**  
11924 BIA Hwy 700  
Sisseton, South Dakota 57262  
605-698-7667

**Roberts County Clerk of Courts**  
411 2nd Ave. East  
Sisseton, SD 57262  
605-698-3395  
Email: 5thcircuit@ujs.state.sd.us

**SWO Tribal Court and Probation**  
PO Box 568  
Agency Village, SD 57262  
605-698-7629

## **LIBRARY**

**Browns Valley Public Library**  
15 3<sup>rd</sup> St S  
Browns Valley, MN 57219  
320-695-2318

**Sisseton Memorial Library**  
305 East Maple Street  
Sisseton, SD 57262  
605-698-7391  
Email: sislib@venturecomm.net

## **LONG TERM CARE**

**Browns Valley Health Center, Inc**  
114 South Jefferson Street  
Browns Valley, MN 56219

**Countryside Inn Assisted Living**  
208 Prairie Avenue  
Rosholt, SD 57260  
605-537-4588  
<http://www.rosholtcountrysideinn.com/>



**Quit Tip #10 Get moving**  
Physical activity can reduce nicotine cravings and ease some withdrawal symptoms. Even mild exercise is helpful, such as walking the dog or pulling weeds in the garden.

**Greenleaf Assisted Living**  
308 Hillview Road  
Sisseton, SD 57262  
605-698-3500  
[www.greenleafassistedliving.com](http://www.greenleafassistedliving.com)

**Prairie Lakes Home Care and Hospice**  
301 Veterans Avenue  
Sisseton, SD 57262  
605-698-4413

**Rosholt Care Center**  
1 South 1<sup>st</sup> Avenue  
Rosholt, SD 57260  
605-537-4272

**Spruce Court Assisted Living**  
413 9th Street  
Britton, SD 57430  
605-448-2253

**Tekawitha Living Center**  
6 East Chestnut Street  
Sisseton, SD 57262  
605-698-7693

**Wilmot Care Center**  
501 4<sup>th</sup> Street  
Wilmot, SD 57279

### **OPTOMETRIST**

**Grimsrud Visual Clinic**  
121 East Maple Street  
Sisseton, SD 57262  
605-698-4112  
Email: [dreyes@sbtc.net](mailto:dreyes@sbtc.net)

### **PHARMACY**

**Liebe Drug**  
4<sup>th</sup> and Broadway  
Browns Valley, MN 57219  
320-695-2331



### **Quit Tip #11 Do it for your health**

There's more than just the monetary reward to consider. Smoking cessation has immediate health benefits. It lowers your blood pressure and reduces your pulse after just 20 minutes. Within a day, oxygen and carbon monoxide levels in your blood return to normal and the risk of a heart attack decreases. Long term benefits include a reduced risk for coronary heart disease, stroke, lung cancer and other cancers.

**Pamida**  
1712 SD Highway 10  
Sisseton, SD, 57262  
605-742-0011  
<http://www.pamida.com>

**Pearson Drug and Jewelry Company**  
420 Veterans Avenue  
Sisseton, SD 57262  
605-698-3622

### **PHYSICAL THERAPIST**

**Big Stone Therapies**  
205 Orchard Drive  
Sisseton, SD 57262  
605-698-4645

### **PUBLIC HEALTH/SOCIAL SERVICES/TRIBAL SERVICES**

**Association of American Indian Affairs**  
2009 SD Hwy 10  
Sisseton, SD 57262  
605-698-3998

**Browns Valley Family Service Center**  
321 Broadway  
Browns Valley, MN 56219  
320-695-2675

**Department of Social Services**  
119 East Cherry Street  
PO Box 230  
Sisseton, SD 57262  
605-698-7673  
<http://dss.sd.gov>

**Department of Social Services-Child Protection Services**  
2001 9<sup>th</sup> Ave SW, Suite 300  
PO Box 670  
Watertown, SD 57201-0670  
605-882-5050  
<http://dss.sd.gov>

**Easter Seals of South Dakota**

1351 North Harrison  
Pierre, SD 57501  
605-224-5879  
800-592-1852

**Northern Plains Healthy Start**

PO Box 711  
Agency Village, SD 57262  
605-698-4120

**Old Agency Commodity Program**

PO Box 509  
Agency Village, SD 57262  
605-698-3762

**Roberts County-  
Community Health  
Nurse**

405 East Chestnut Street  
Sisseton, SD 57262  
605-698-4183

**Quit Tip #12  
Don't give in to  
cravings. These  
usually last for  
only 3-5 minutes.**

**Sisseton Wahpeton Oyate Tribal  
Headquarters**

45657 Veterans Memorial Drive  
Agency Village, SD 57262  
605-698-3911

**Sisseton-Wahpeton Oyate  
Child Protection Program**

PO Box 509  
Agency Village, SD 57262  
605-698-3993  
800-568-0004  
Email: ken.harty@state.sd.us

**Sisseton Wahpeton Oyate  
MCH Family Planning**

100 Lake Traverse Drive  
Sisseton, SD 57262  
605-698-3531

**Sisseton-Wahpeton Oyate  
Community Health Representative Program**

100 Lake Traverse Drive  
Sisseton, SD 57262  
605-698-3531



**Sisseton-Wahpeton Oyate  
Community Health Education Program**

100 Lake Traverse Drive  
Sisseton, SD 57262  
605-742-3651

**Sisseton-Wahpeton Oyate  
Injury Prevention Program**

100 Lake Traverse Drive  
Sisseton, SD 57262  
605-742-3647

**Sisseton-Wahpeton Oyate  
Tribal Health Administration**

100 Lake Traverse Drive  
Sisseton, SD 57262  
605-742-3697

**Woodrow Wilson Keeble Memorial Health  
Care Center IHS**

**Maternal Child Health Nurse**  
Jodi Lutjens  
100 Lake Traverse Drive

PO BOX 189  
Sisseton, SD 57262  
605-742-3766

**Woodrow Wilson Memorial Health Care  
Center – Public Health Nursing**

100 Lake Traverse Drive  
PO Box 189  
Sisseton, SD 57262  
1-605-698-7606

**Community Transit**

420 2<sup>nd</sup> Avenue East  
PO Box 27  
Sisseton, SD 57262  
605-698-7511  
Email: comtran@venturecomm.net

**YOUTH SERVICES**

**Veterans Memorial Youth Center**

P.O. Box 509  
100 Veterans Memorial Drive  
Agency Village, SD 57262  
605-698-4242