



NEWS RELEASE

For more information, contact Katie Ping, Marketing & Events Coordinator
Phone: 712-240-2989 | E-mail: kpings@seasonscenter.org

December 23, 2020

FOR IMMEDIATE RELEASE

Free Food Giveaway Events in Northwest Iowa for Residents in Need

Spencer, IA – The impacts of COVID can affect both physical and mental health. Seasons Center for Behavioral Health will be giving away 250 holiday food baskets in Dickinson, Lyon, O'Brien, Plymouth, and Sioux counties to residents in need. These baskets will include pantry staples and a gift card for fresh meat and produce at a local grocery store. These baskets are funded by Sioux Rivers Mental Health & Disability Services Regions through CARES funding.

The following are details for the upcoming Food Giveaway events:

- **Dickinson County** – Monday, December 28, 2020 from 5-6 PM at the Seasons Center office, 1401 Hill Avenue, Spirit Lake, Iowa | 40 baskets available
- **Lyon County** – Tuesday, December 29, 2020 from 12-1 PM at Sanford Health Rock Rapids Clinic, 104 Buncombe Drive, Rock Rapids, Iowa (east side of building) | 30 baskets available
- **O'Brien County** – Wednesday, December 30, 2020 from 5-6 PM at Seasons Center office, 118 N. 2nd Ave., Sheldon, Iowa | 45 baskets available
- **Plymouth County** – Wednesday, December 30, 2020 from 11:30 AM – 12:30 PM at LeMars Police Department, 205 5th Ave. NW (south parking lot) | 50 baskets available
- **Sioux County** – Tuesday, December 29, 2020 from 5-6 PM at Sioux Center Library, 102 S. Main Avenue, Sioux Center, Iowa (east side of parking lot; enter on highway, ext on 1st Ave. E) | 80 baskets available

“We are grateful for the funding from the Sioux Rivers Mental Health & Disability Services Regions,” said Kim Scorza, CEO/President of Seasons Center. “We are thrilled to have the ability to provide food to the residents of Dickinson, Lyon, O'Brien, Plymouth, and Sioux counties! We know this year has been difficult for many. We want to ensure that the individuals and families in our communities who have been impacted financially or struggling in some other way due to COVID are being supported in every way possible.”

#

About Seasons Center for Behavioral Health

Founded in 1959, Seasons Center for Behavioral Health continues to be a leading, comprehensive behavioral health center in the northwest region of Iowa. Offering a broad range of behavioral health Services, Seasons recognizes that investing in behavioral health is investing in a community's economic, education, health and human services systems. Seasons strives to empower individuals so they might become active, contributing members of their communities. For more information on Seasons' services, please visit www.seasonscenter.org or call 1-800-242-5101.

Avera is a regional partnership of health professionals who share support services to provide excellent care at 300 locations in 100 communities in eastern South Dakota and surrounding states. Our ministry, our people and our superior values distinguish Avera. We carry on the health care legacy of the Benedictine and Presentation Sisters, delivering care in an environment guided by our values of compassion hospitality and stewardship. Avera employs more than 13,500. Inpatient, outpatient and clinic visits totaled nearly 2.5 million in the last year, a number equal to more than twice the population of the Avera service area. For more information please visit www.avera.org.