

# Directory of Pembina County Resources and Services For Senior Citizens

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**Public Health**  
Prevent. Promote. Protect.

Pembina County Public Health



Pembina County Memorial Hospital

Updated 8/2016

**Goal:** The goal of this community resource guide is to raise awareness about and promote resources available to caregivers and/or aging individuals who desire to live independently in rural Pembina County.

This document was developed in order to address a priority need identified within the 2014 Community Health Needs Assessment (CHNA).

This assessment was a collaborative effort completed by Pembina County Memorial Hospital and Pembina County Public Health.

This draft was developed collaboratively with the following community stakeholders and will continue to be revised and updated:

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The intentions of the stakeholders listed are not to endorse one organization over another but to provide easily accessible, current, and accurate information about the variety of resources that promote the wellbeing of persons aging in Pembina County.

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**Disclaimer:**

This information was compiled as a public service project.

Every effort was made to provide complete and accurate information.

We apologize for any inadvertent error or omission and ask that you bring it to our attention.

**Adaptive Clothing**-Contact the following organizations to purchase clothing options for people with physical limitations.

1. Buck & Buck  
Phone: 800-458-0600  
[www.buckandbuck.com](http://www.buckandbuck.com)
2. Clothing Solutions  
[www.aswechange.com](http://www.aswechange.com)
3. Great Plains Health Company-Fargo  
Phone: 701-232-3000  
[www.st.alexius.org](http://www.st.alexius.org) (click "on line services", then choose "medical products")
4. Sanford Healthcare Accessories-Fargo  
Phone 701-293-8211  
[www.healthcareaccessories.com](http://www.healthcareaccessories.com)
5. Spec-L-Inc special clothing solutions  
Phone: 800-445-5920  
[www.clothingsolutions.com](http://www.clothingsolutions.com)

**Advanced Directive and Living Will**-Interested persons can contact for assistance with developing end of life care preferences.

1. Pembina County Memorial Hospital  
301 Mountain Street East  
P.O. Box 380  
Cavalier, ND 58220  
Phone: (701) 265-8461

**Assistance with Activities of Daily Living**-Services may include homemaking, evaluation and monitoring, or personal hygiene.

1. North Dakota Department of Human Service  
Qualified Service Providers  
316 North 5<sup>th</sup> St #300  
Bismarck, ND 58501  
Phone (701) 328-0955 or 855-462-5465  
Search Qualified Service providers in your area:  
<https://secure.apps.nd.gov/dhs/qsp/qspsearch.aspx>
  
2. Northeast Human Service Center-Aging Services  
151 South 4<sup>th</sup> Street Suite 401  
Grand Forks, ND 58201  
Phone: (701) 795-3000 or Toll Free: 1-800-336-6889  
24 Hour Crisis line: 701-775-0525 or 1-800-845-3731  
E-mail: [dhsnehsc@nd.gov](mailto:dhsnehsc@nd.gov)
  
3. Pembina County Social Services  
300 Boundary Road West  
Cavalier, ND 58220  
Phone: 701-265-8441

**Notes for Reference-**

**Behavioral Health**-Access services listed below that provide mental health and addiction counseling, support, or information.

4. Altru Specialty Services  
301 Mountain Street Suite A  
Cavalier, ND 58220  
Phone: (701) 265-8338  
Website: [www.altru.org](http://www.altru.org)  
Hours: 8:00am to 5:00pm Monday-Friday
  
5. Altru Clinic  
1003 North Main Street  
Drayton, ND 58225  
Phone: (701) 454-3311  
Website: [www.altru.org](http://www.altru.org)  
Hours: 8:00 am to 5:00 pm Monday-Thursday and  
8:00am-12:00pm Friday
  
6. CliniCare Clinic  
301 Mountain Street East  
Cavalier, ND 58220  
Phone: (701) 265-6307  
Website: [www.cavalierhospital.com/clinic/](http://www.cavalierhospital.com/clinic/)  
Hours: 8:00am to 5:00pm Monday-Friday  
8:00am – 12:00pm Saturday
  
7. Gamblers Anonymous  
Closed Meeting  
Sunday, 5:00 PM  
Sharon Lutheran Church  
1720 S. 20th Street  
Grand Forks, ND 58201  
[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

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8. Hoarding Addiction  
Knowlton O'Neill & Associates (Dr. Holly Hegstad)  
Phone: 701-364-0060
  
9. Lipp, Carlson, Witucki & Associates, LTD  
*Clinical Psychological Services*  
735 Hill Ave Suite 203  
Grafton, ND 58237  
Phone: 701-746-8376
  
10. Northeast Human Service Center-Aging Services  
151 South 4<sup>th</sup> Street Suite 401  
Grand Forks, ND 58201  
Phone: (701) 795-3000 or Toll Free: 1-800-336-6889  
24 Hour Crisis line: 701-775-0525 or 1-800-845-3731  
E-mail: [dhsnehsc@nd.gov](mailto:dhsnehsc@nd.gov)

11. Northeast Human Service Center

- Cavalier Outreach Location  
504 Division Ave South  
Cavalier, ND 58220  
Phone: (701)740-5761
  
- Grafton Outreach Location  
901 West Midway Drive  
Grafton, ND 58237  
Phone: (701) 352-4334 Toll Free 1-888-845-2215  
24 Hour Crisis Line: 701 775-0525 or 1-800-845-3731  
E-mail: [dhsnehsc@nd.gov](mailto:dhsnehsc@nd.gov)

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## 12. Parkinson's Disease Support Groups

- Grand Forks Parkinson Wellness Program  
Altru Family YMCA  
215 N Seventh St  
Grand Forks, ND  
Contact: Roxee Jones  
Phone: 701-775-2586  
Website: <http://www.gfymca.org/healthy-living/health-well-being-fitness/parkinson-wellness-program/>  
Meets 10:30am-Noon Mondays and Wednesdays
- Parkinson's Support Group  
Altru Psychiatry Building  
860 N Columbia Road  
Grand Forks, ND  
Contact: Heidi McDonald  
Phone: 701-780-2428

Meets the first Tuesday of each month from 6:30-8pm for individuals with Parkinson's disease and their spouse or caregivers.

## 13. Pembina County Memorial Hospital

301 Mountain Street East  
Cavalier, ND 58220  
Phone: (701) 265-8461  
Website: [www.cavalierhospital.com/hospital/](http://www.cavalierhospital.com/hospital/)  
Emergency Care Available 24 Hours

## 14. Pembina County Social Services

300 Boundary Road West  
Cavalier, ND 58220  
Phone: (701) 265-8441  
Hours: 8:00am-5:00pm Monday-Friday

(continued)

15. Walhalla Clinic  
301 5<sup>th</sup> Street  
Walhalla, ND 58282  
Phone: (701) 549-2711  
Hours: 8:00am to 4:30pm Tuesday-Friday

### **Community Services, Quality of Life, Enrichment-**

1. Alzheimer Association  
24 hour helpline and respite care  
Phone: 1-800-272-3900  
[www.alz.org/](http://www.alz.org/)
2. Aging Services Division  
1237 West Divide Avenue Suite 6  
Bismarck, ND 58501  
Phone: 701-328-4601
3. Cavalier Country Club  
PO Box 604  
Cavalier, ND 58220  
Phone: 701-265-4506
4. Cavalier Public Library  
200 Bjornson Drive  
Cavalier, ND 58220  
Phone: (701) 265-4746
5. Cavalier Swimming Pool  
501 West 2<sup>nd</sup> Ave North  
Cavalier, ND 58220  
Phone: (701) 265-8181

(continued)

6. Cavalier Theater  
104 Main Street West  
Cavalier, ND 58220  
Phone: (701) 265-8955
  
7. Choice Magazine Listening (CML)  
*A free audio magazine for adults with impaired vision or other disabilities.*  
Phone: (888) 724-6423  
[www.choicemagazinelisting.org](http://www.choicemagazinelisting.org)
  
8. Drayton Community Swimming Pool  
304 N 3<sup>rd</sup> St  
Drayton, ND 58225  
Phone: (701) 454-6231
  
9. Faith In Action  
Contact: Michelle Murray  
206 Division Ave, Suite B  
PO Box 458  
Cavalier, ND 58220  
Phone: (701) 265-6230
  
10. Emergency Alert Pendants
  - IPAT Assistive Safety Devices Distribution Service (no monthly fee)  
Phone: (701) 365-4728 or Toll Free: 1-800-895-4728  
Website: [www.ndipat.org](http://www.ndipat.org)
  
  - Good Samaritan Center Park River, ND (minimal fee)  
Phone 701-284-7115 for information

(continued)

- Lifeline: Phone 1-800-543-3546 ext 3050 for information (minimal fee)
  - Northern Safety and Security: Phone: 1-877-751-3902 for information (minimal fee)
11. Frost Fire Theater and Ski Resort  
11950 County Road 55  
PO Box 711  
Walhalla, ND 58282  
Phone: 701-549-3600
  12. La Moure Memorial Golf Course  
476 2<sup>nd</sup> Street East  
Pembina, ND 58271  
Phone: 701-825-6619  
Hours: 9:00am to 9:00pm
  13. Neche Swimming Pool  
107<sup>th</sup> Street NE  
Neche, ND 58265  
Phone: (701) 886-7455
  14. ND Aging and Disability Resource Link  
*Helps individuals to live as independently as possible and maintain a quality of life*  
Phone: 1-855-462-5465
  15. ND Special Needs Registry  
*Register here if additional help (i.e. blind or oxygen dependent) is needed from emergency responders*  
[www.nd.gov/ndsnr](http://www.nd.gov/ndsnr)

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16. Options Resources Center for Independent Living (Satellite)

- 214 Main Street  
Cavalier, ND 58220  
Phone: (701) 265-4618
- 318 3<sup>rd</sup> St NW  
East Grand Forks, MN 56721  
Phone: 800-726-3692  
Website: [www.myoptions.info](http://www.myoptions.info)

17. Pembina County Alerts

*Sign up for hazard specific warnings and information*  
[www.member.everbridge.net](http://www.member.everbridge.net)

18. Pembina County Historical Museum

13572 Hwy 5  
Cavalier, ND 58220  
Phone: (701) 265-4941

19. Pembina County Senior Citizens Center Sites

- Cavalier Phone: (701) 265-8100 (Transit center)
- Drayton Phone: (701) 454-6586
- Neche Phone: (701) 886-7590
- St. Thomas Phone: (701) 257-6498
- Walhalla Phone: (701) 549-3655

20. Pembina Public Library

Located at the North Border School  
155 South 3<sup>rd</sup> Street  
Pembina, ND 58271  
Open in the evening

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21. Pembina State Museum  
805 Highway 5  
Pembina, ND 58271  
Phone:(701) 825-6840  
E-mail: [histsoc@nd.gov](mailto:histsoc@nd.gov)

22. Senior Health Insurance Counseling  
*Questions about Medicare, Medicare supplements,  
Medicare Part D, and long-term care insurance*

600 E Boulevard Ave  
Bismarck, ND 58505  
Phone: 1-800-247-0560  
[www.nd.gov/ndins](http://www.nd.gov/ndins)

23. Tobacco Cessation  
*Help to quit using tobacco*

- ND Quits  
1-800-QUIT-NOW  
[www.ndhealth.gov/ndquits](http://www.ndhealth.gov/ndquits)
- Pembina County Public Health Nicotine Replacement Therapy  
Reimbursement Program  
*Monetary reimbursement available for Pembina County  
Residents only; up to \$200 per year*  
Phone: (701)265-4248

24. Walhalla Country Club  
12114 County Road 55  
Walhalla, ND 58282  
Phone: (701) 549-2357

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25. Walhalla Public Library  
1010 Central Ave  
Walhalla, ND 58282  
Phone: 701-549-3794

26. Walhalla Swimming Pool  
Riverside Park Drive  
Walhalla, ND 58282  
Phone: 701-549-3541

**Notes for Reference-**

**Ear and Eye Health**-Access the services listed below to assist people with hearing loss and visual impairments.

1. Beltone Hearing Aid Center  
Pembina County Memorial Hospital  
Cavalier, ND 58220  
Phone: 866-738-8028 to set up an appointment  
Hours: 2<sup>nd</sup> Wednesday of the month
  
2. Audio Care  
214 West Main Street  
Cavalier, ND 58220  
Phone: 800-669-8421  
Hours: 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month
  
3. Dr. Tom Dunham, OD  
807 North Main Street  
Drayton, ND 58225  
Phone: (701) 454-3340  
Wednesdays only
  
4. North Dakota Vision Services  
500 Stanford Road  
Grand Forks, ND 58203  
Phone: 701-795-2700 or Toll Free 1-800-421-1181
  
5. Wakefield Hearing Center  
Altru Clinic Cavalier  
Phone: 701-746-7000  
Hours: 4<sup>th</sup> Wednesday of the month call the Grand Forks number to set up an appointment

## **Estate Planning-**

1. Dave Petersen  
112 N Main Street  
Drayton, ND 58225  
Phone: (701) 454-3515
  
2. Duane Schurman  
1101 Central Ave  
Walhalla, ND 58282  
Phone: (701) 549-3644
  
3. Fleming, Dubois & Fleming  
Neil Fleming, Larry Dubois & Robert Fleming  
208 West 2<sup>nd</sup> Avenue South  
Cavalier, ND 58220  
Phone: (701) 265-8446 or Toll Free: 1-866-748-2215  
<http://www.fdflaw.com/>
  
4. Jessica Hibl  
280 West 2<sup>nd</sup> Street South  
Cavalier, ND 58220  
Phone: (701) 265-8446
  
5. Stuart Askew  
Box 386  
Cavalier, ND 58220  
Phone: (701) 265-2531
  
6. Wesley Argue  
1 Wall Street  
Hamilton, ND 58238  
Phone: (701) 265-3119

## **Fitness-**

1. Border Health and Fitness  
405 5<sup>th</sup> Street  
Walhalla, ND 58282  
Phone: (701) 549-3200
2. In Shape  
103 Main Street East  
Cavalier, ND 58220  
Phone: (701) 265-8261
3. Xperience Health and Fitness  
911 N Main Street  
Drayton, ND 58225  
Phone: (701) 454-3489
4. Xperience Health and Fitness  
333 W Stutsman Street  
Pembina, ND 58271  
Phone: (701) 825-6649

**Grief and Bereavement-**Resources below assist individuals to overcome the effects of loss.

1. AARP of North Dakota  
Phone: 866-554-5383  
[www.aarp.org](http://www.aarp.org)
2. Askew Funeral Home  
209 Elizabeth Street West  
Cavalier, ND 58220  
Phone: (701) 265-4321  
Website: [www.askewfuneralhome.com](http://www.askewfuneralhome.com)

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3. Austin Funeral Home  
403 West Divide Ave  
Drayton, ND 58225  
Phone: (701) 454-3333  
Website: [www.austinfuneralchapel.com](http://www.austinfuneralchapel.com)
  
4. Beginning Experience  
*Helps people to deal with loss and make changes to their lives to live independently*  
Calvary Lutheran Church  
1405 S 9<sup>th</sup> St  
Grand Forks, ND 58201  
Phone: 701-775-7444
  
5. Nelson-Askew Funeral Home  
709 Central Ave  
Walhalla, ND 58282  
Phone: (701) 549-2394  
Website: [nelsonfh@utma.com](mailto:nelsonfh@utma.com)

### **Notes for Reference-**

## **Health Maintenance Services-**

- Blood sugar assessment
- Blood pressure assessment
- Distance vision assessment
- Ear assessment
- Foot care hygiene
- Hearing assessment
- Hemoglobin assessment
- Maintenance range of motion exercise
- Wellness check

*Health maintenance services have intermittent availability and are subject to change.*

### 1. Altru Specialty Services

301 Mountain Street Suite A

Cavalier, ND 58220

Phone: (701) 265-8338

Hours: 8:00 am to 5:00 pm Monday-Friday

### 2. Altru Clinic

1003 North Main Street

Drayton, ND 58225

Phone: (701) 454-3311

Website: [www.altru.org](http://www.altru.org)

Hours: 8:00 am to 5:00 pm Monday-Friday

### 3. CliniCare Clinic

301 Mountain Street East

Cavalier, ND 58220

Phone: (701) 265-6307

Hours 8:00am-5:00pm Monday-Friday; 9:00am-3:00pm Sat

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#### 4. Pembina County Health Maintenance Program

- For individuals age 60 and older
- Services provided and suggested donation for service:

Foot care (soaking and trimming toenails)	\$13.00
Home visit for foot care	\$25.00
Blood Pressure/pulse/rapid inspection	\$1.00
- Main Office at Cavalier Transit Center with foot care clinics held several days per month in Cavalier.
- Clinics held in Drayton, Neche, Pembina, St. Thomas, and Walhalla once a month
- For information on schedule and contact person in each town call 701-265-8715, 701-265-8100, or 701-454-6586.

#### 5. Pembina County Memorial Hospital and CliniCare Clinic

Emergency Care Available 24 Hours/day

301 Mountain Street East Suite A

Cavalier, ND 58220

Phone: (701) 265-8461 or (800) 701-8461

Website: [www.cavalierhospital.com](http://www.cavalierhospital.com)

#### 6. Pembina County Public Health

301 Dakota Street West #2

Cavalier, ND 58220

Phone: (701) 265-4248

Website: [www.pembinacountynd.gov/county/departments/public-health/](http://www.pembinacountynd.gov/county/departments/public-health/)

#### 7. Thrifty White Drug Pharmacy

102 Division Avenue South

Cavalier, ND 58220

Phone: (701) 265-4744

Website: [www.thriftywhite.com](http://www.thriftywhite.com)

Hours: 9:00am to 5:30pm Monday-Friday

9:00am-12:00pm Saturday

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8. Walhalla Clinic  
301 5<sup>th</sup> Street  
Walhalla, ND 58282  
Phone: (701) 549-2711  
Hours: 8:00am to 4:00pm Tuesday-Friday

9. Walhalla Prescription Shoppe  
1102 Central Ave  
Walhalla ND 58282  
Phone: (701) 549-2661 or Toll Free: 1-800-549-2662  
Hours: 9:15am-5:30PM Monday-Friday  
9:15am-1:00pm Saturday

10. Drayton Drug  
104 East Highway 66  
Drayton, ND 58225  
Phone: (701) 454-3831  
Hours: 8:30am-5:00pm Monday-Friday

**Home Health Services**-Services may include short-term, skilled nursing visit, medication set up, wound care, evaluation and monitoring, personal hygiene, or nail care as ordered by a physician.

**Homecare** - provides 24 hour access to medical services as determined by primary care provider and eligibility. Services may be provided by Altru agency registered nurses, social worker, home care aide, physical therapist, occupational & speech therapist.

**Hospice**-provides comfort care also known as palliative care rather than treatment care. This type of service may take place in an individual's home, a nursing home or a hospital setting, while emphasizing the highest quality of life. Supplies are provided as needed. Support is offered to family and caregivers, through counseling, training and education.

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1. Altru Homecare and Hospice  
Altru Clinic-Cavalier  
Cavalier ND, 58220  
Phone: (701) 265-4196  
Website: [www.altru.org](http://www.altru.org)
2. Altru Homecare and Hospice  
Altru Health System  
P.O. Box 6011  
Grand Forks, ND 58206-6011  
Phone: (701) 780-5258  
Toll Free: 1-800-732-4277 ext. 5258

**Housing, Finance, and Weatherization**-The resources below will assist individuals with maintaining their homes.

1. Community Options  
Low Income Home Energy Assistance Program (LIHEAP)  
2300 Library Circle  
Grand Forks, ND 58201  
Phone: 701-772-1715 Ext 383  
888-772-1715  
701-620-1029 cell  
E-mail: [karriep@coresinc.org](mailto:karriep@coresinc.org)  
Website: [www.communityoptionsnd.com](http://www.communityoptionsnd.com)
2. Homestead Tax Credit  
Contact: Julie Doyle Pembina County Tax Director  
301 Dakota Street West  
Cavalier, ND 58220  
Phone: (701)265-5152  
Website: [www.pembinacountynd.gov/county/departments/tax-equalization/](http://www.pembinacountynd.gov/county/departments/tax-equalization/)

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### 3. Interagency Program for Assistive Technology (IPAT)

- Pedaling for Possibilities Funding Program  
Website: [www.ndipat.org/pedaling-for-possibilities](http://www.ndipat.org/pedaling-for-possibilities)
- Assistive Technology Financial Loan Program  
Website: [www.ndipat.org/services/assistive-technology-financial-loan](http://www.ndipat.org/services/assistive-technology-financial-loan)

3240 15<sup>th</sup> Street South, Suite B

Fargo, ND 58104

Phone: (701) 365-4728 or Toll Free: 1-800-895-4728

Website: [www.ndipat.org](http://www.ndipat.org)

### 4. NoDak Electric Operation Round Up

4000 32<sup>nd</sup> Ave South

PO Box 13000

Grand Forks, ND 58208-3000

Phone: (701) 746-4461 or Toll Free: 1-800-732-4373

Hours: 7:30 am to 4:30 pm Monday-Friday

Website: [www.nodakelectric.com/about-nodak/operation-round-up/](http://www.nodakelectric.com/about-nodak/operation-round-up/)

### 5. North Dakota Housing Finance Agency

Website: [www.ndhfa.org](http://www.ndhfa.org)

- **For renters only:**  
118 Broadway N #604  
Fargo, ND 58102  
Phone: (701) 239-7255
- **All other inquiries:**  
2624 Vermont Ave  
PO Box 1535  
Bismarck, ND 58502  
Phone: (701) 328-8080 or Toll Free: 1-800-292-8621

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6. Red River Regional Council  
516 Cooper Avenue #101  
Grafton, ND 58237  
Phone: (701) 352-3550 Contact: Dawn Keeley  
Website: [www.redriverrc.com](http://www.redriverrc.com)
  
7. Red River Valley Community Action (RRVCA)  
Website: [www.rrvca.com](http://www.rrvca.com)
  - 638 Cooper Ave Suite #4  
Grafton, ND 58237  
Phone: (701) 352-0620
  
  - 1013 North 5<sup>th</sup> St Suite #2  
Grand Forks, ND 58203  
Phone: (701) 746-5431  
Hours: 8:00 am to 5:00 pm Monday-Friday
  
8. Renter's Rebate  
600 East Boulevard Ave  
Bismarck, ND 58505-0599  
Phone: (701) 328-7088 or Toll Free 1-877-328-7088

**Medication Assistance**-Help with medication set up, cost, and organization.

1. Altru Homecare and Hospice  
201 E 3<sup>rd</sup> Ave South  
Cavalier, ND 58220  
Phone: (701) 265-4196
  
2. Drayton Drug  
104 East Highway 66  
Drayton, ND 58225  
Phone: (701) 454-3831  
Hours: 8:30am-5:00pm Mon-Friday

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3. NeedyMeds  
Phone: 800-503-6897  
Website: [www.needymeds.org](http://www.needymeds.org)
  
4. Pembina County Public Health  
301 Dakota Street West #2  
Cavalier, ND 58220  
Phone: (701) 265-4248  
Hours: 8:00am to 4:30pm Monday-Friday  
Website: [www.pembinacountynd.gov/county/departments/public-health/](http://www.pembinacountynd.gov/county/departments/public-health/)
  
5. Thrifty White Drug  
102 Division Avenue S  
Cavalier, ND 58220  
Phone: (701) 265-4744  
Website: [www.thriftywhite.com](http://www.thriftywhite.com)  
Hours: 9:00am to 5:30pm Monday-Friday  
9:00am-12:00pm Saturday
  
6. Walhalla Prescription Shoppe  
1102 Central Ave  
Walhalla, ND 58282  
Phone: (701) 549-2661 or Toll Free: 1-800-549-2662  
Hours: 9:15am-5:30pm Monday-Friday  
9:15am-1:00pm Saturday

### **Notes for Reference-**

**Nutrition and Healthy Meals**-Nutritional support is provided by the services below to assist with meals and education.

1. Great Plains Mobile Food Pantry

- The mobile food pantry comes to Pembina County four times a year for individuals who qualify
- Contact Pembina County Social Services for date, time, and location of mobile site  
Phone: (701) 265-8441

Website: [www.greatplainsfoodbank.org/programs/mobile-food-pantry.html](http://www.greatplainsfoodbank.org/programs/mobile-food-pantry.html)

2. Mom's Meals—*fresh-made home delivered meals nationwide*

Phone: 877-508-6667

Website: [www.momsmeals.com](http://www.momsmeals.com)

3. NDSU Extension

Family Nutrition Program

301 Dakota Street West #7

Cavalier, ND 58220

701-265-8411

4. Pembina County Emergency Food Pantry

- Food pantry is located in Cavalier (behind the United Valley Insurance and Investment building)
- Hours: Tuesdays from 3:00-5:00pm

5. Pembina County Meals & Transportation

- For individuals age 60 and older
- Congregate meal sites and hot delivered meals located in the cities of Cavalier, Drayton and Walhalla
- Frozen meals available county wide
- Guidelines to qualify for home delivered and frozen meals
- All meals suggested donation \$4.00
- For information call 701-454-6586

6. Red River Valley Community Action  
Commodity Supplemental Food Program  
Phone: 701-746-5431  
Contact: Marina Boknecht  
Email: [mboknecht@rrvca.com](mailto:mboknecht@rrvca.com)  
Website: [www.rrvca.com](http://www.rrvca.com)

## **Oral Health-**

1. Cavalier Dental Clinic  
Dr. Joseph Allred, DDS  
202 East 3<sup>rd</sup> Ave South  
Cavalier, ND 58220  
Phone: (701) 265-8777  
Hours: 8:00am to 5:00pm Monday-Thursday
2. Drayton Dental Clinic  
Dr. Andrew Duncklee, DDS  
10 N Main Street  
Drayton, ND 58225  
Phone: (701) 454-6218  
Hours: 8:00am to 5:00pm Tuesday and Thursday

## **Notes for Reference-**

**Parish Nurses**- Routine health monitoring in a non-clinical setting.

1. Parish Nurse-Cavalier United Lutheran Church  
104 Bjornson Drive  
Cavalier, ND 58220  
Phone: (701) 265-8907  
Available Tuesdays and by appointment
2. Parish Nurse-Walhalla Lutheran Church  
416 Central Ave  
Walhalla, ND 58282  
Phone: (701) 549-2540  
Available Sundays and by appointment

**Relocation or Storage Services**-Resources below assist with the cost of moving and/or provide storage options.

1. Cavalier Chamber of Commerce  
301 Division Ave North  
Cavalier, ND 58220  
Phone: (701) 265-8188  
Website: [www.cavaliernd.com](http://www.cavaliernd.com)
2. Cavalier Supply (U-Haul)  
601 Main Street West  
Cavalier, ND 58220  
Phone: (701) 265-4171  
Website: [www.cavaliersupply.com](http://www.cavaliersupply.com)
3. C&K Store-All  
Drayton, ND 58225  
Phone: (701)741-5787  
Contact: Steve Church

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4. Drayton Chamber of Commerce  
104 South Main Street  
Drayton, ND 58225  
(701) 265-8188  
Email: [chamber@draytonND.com](mailto:chamber@draytonND.com)
  
5. Kihne Storage  
Highway 18  
Cavalier, ND 58220  
Phone: (701) 265-2040
  
6. North Dakota Association for Disabilities (NDAD)  
2660 South Columbia Road  
Grand Forks, ND 58201  
Phone: (701) 775-5577
  
7. Pembina County Social Services  
300 Boundary Rd West  
Cavalier, ND 58220  
Phone: (701) 265-8441
  
8. Pembina Valley Rental Storage Units  
Contact: Paul Soeby at Soeby Ford  
12<sup>th</sup> Street and Central PO Box 7  
Walhalla, ND 58282  
Phone: (701)549-3711
  
9. Renter's Rebate  
600 East Boulevard Ave  
Bismarck, ND 58505-0599  
Phone: (701) 328-7088 or Toll Free 1-877-328-7088

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10. Storage Pros  
9101 Highway 18  
Cavalier, ND 58220  
Phone: (701) 360-1411
  
11. USDA Rural Development  
Federal Building Room 208  
PO Box 1737/220 East Rosser  
Bismarck, ND 58502  
Phone: (701) 530-2037  
Website: [www.rd.usda.gov/nd](http://www.rd.usda.gov/nd)
  
12. Walhalla Chamber of Commerce  
1105 Central Ave  
Walhalla, ND 58282  
Phone: (701) 549-3939  
Website: [www.walhalland.org](http://www.walhalland.org)

**Residential Living for Seniors**-Call each site for specific qualification details.

1. Borg Pioneer Memorial Home  
61 Borg Drive  
Mountain, ND 58262  
Phone: (701) 993-8345
  
2. Country Estates Senior Apartments  
107 Bjornson Drive  
Cavalier, ND 58220  
Phone (701) 265-6283  
Contact: Patti Cameron

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3. Mountain Housing Corporation  
61 Borg Drive  
Mountain, ND 58262  
Phone: 701-993-8424  
Contact: Joyce Hanson
  
4. North Border Estates Senior Apartments  
500 4<sup>th</sup> Street Apt #17  
Walhalla, ND 58282-4658  
Phone: (701) 549-3831
  
5. Pembina County Housing Authority  
Contact: Joline Lucier  
100 Tornado Drive #2  
Cavalier, ND 58220  
Phone: (701) 265-8147
  
6. Pemblier Nursing Center  
500 Delano Avenue  
Walhalla, ND 58282  
Phone: (701) 549-3831
  
7. Tisdale Manor Senior Apartments  
Contact: Doug Quibell  
509 Almeron Ave  
Drayton, ND 58225  
Phone: (701) 520-0680
  
8. Wedgewood Manor  
804 Main Street West  
Cavalier, ND 58220  
Phone: (701) 265-8453

**Respite Care**-A temporary break from providing care to a loved one. It can be planned or emergency temporary care provided for caregivers of an adult with special and/or medical needs.

- Borg Home: 701-993-8345
- Wedgewood Manor: 701-265-8453
- Options Resource Center for Independent Living: 701-265-4618
- Family Caregiver Support: 1-800-256-6742
- Pembina County Social Services: 701-265-8441

**Safety Equipment and Supplies**-The resources below provide adaptive medical equipment available to live safely at home.

1. Altru Health System Grand Forks  
1200 South Columbia Road  
Financial Assistance  
Phone: (701) 780-1500  
Website: [www.altru.org/patient--visitors/finances/financial-assist/](http://www.altru.org/patient--visitors/finances/financial-assist/)
2. American Legion Laverne J. Thompson Post 11  
PO Box 94  
Highway 5 West  
Cavalier, ND 58220  
Phone: (701) 265-4606
3. Designer Care Company, LTD  
474 Main Ave  
PO Box 83  
Neché, ND 58265  
Phone: (701) 886-7778 or Toll Free 1-800-848-6335  
Website: [www.designercare.com](http://www.designercare.com)

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4. HERO (Healthcare Equipment Recycling Organization)  
5012 53<sup>rd</sup> Street South  
Fargo, ND 58220  
Phone: (701) 212-1921  
Hours: Monday-Friday 9:00am-5:00pm  
Website: [www.herofargo.org/](http://www.herofargo.org/)
  
5. Interagency Program for Assistive Technology (IPAT)  
*Medication management supplies such as medication dispensers, organizers, and reminders for qualifying individuals.*  
  
3240 15<sup>th</sup> Street South, Suite B  
Fargo, ND 58104  
Phone: (701) 365-4728 or Toll Free 1-800-895-4728  
Website: [www.ndipat.org](http://www.ndipat.org)
  
6. Options Resource Center for Independent Living (Satellite)  
214 Main Street PO Box 761  
Cavalier, ND 58220  
Phone: (701) 265-4618 or East Grand Forks 800-726-3692  
Website: [www.myoptions.info](http://www.myoptions.info)  
Contact: Revel Sapa
  
7. Shopko Hometown Cavalier  
601 Division Avenue South  
Cavalier, ND 58220  
Phone: (701) 265-4545  
Hours 9:00am-9:00pm  
Website: [www.shopko.com](http://www.shopko.com)

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8. Thrifty White Drug Pharmacy  
102 Division Avenue South  
Cavalier, ND 58220  
Phone: (701) 265-4744  
Website: [www.thriftywhite.com](http://www.thriftywhite.com)  
Hours 9:00am to 5:30pm Monday-Friday  
9:00am-12:00pm Saturday

9. Walhalla Prescription Shoppe  
1102 Central Ave  
Walhalla ND 58282  
Phone: (701) 549-2661 or Toll Free: 1-800-549-2662  
Hours: 9:15am-5:30PM Monday-Friday  
9:15am-1:00pm Saturday

10. Drayton Drug  
104 East Highway 66  
Drayton, ND 58225  
Phone: (701) 454-3831  
Hours: 8:30am-5:00pm Monday-Friday

**Notes for Reference-**

**Specialty Care**-Specialty providers that perform outreach visits at Altru Specialty Clinic in Cavalier. Specialties include: orthopedics; oncology; neurology; cardiology; audiology; ear, nose and throat; and podiatry. Call for specific dates and times.

1. Altru Specialty Clinic  
301 Mountain Street Suite A  
Cavalier, ND 58220  
Phone: (701) 265-8338  
Website: [www.altru.org](http://www.altru.org)

**Support Services**-Organizations that provide counseling or support on various issues.

1. Alcoholics Anonymous
  - Pembina County Memorial Hospital Board Room  
301 Mountain Street E  
Cavalier, ND 58220  
Meets at 8:00pm Tuesdays
  - 901 3<sup>rd</sup> Street #4  
Langdon, ND 58249  
Phone: 701-265-2256
  - Grand Forks, ND  
Phone: 218-779-3600  
Hotline: 701-330-4339

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2. Alzheimer's Association MN-ND  
Regional Care Consultant Regions 3 & 4  
311 South 4th St. Suite 202  
Grand Forks, ND 58201  
Website: [www.alz.org/mnnd/](http://www.alz.org/mnnd/)  
Phone: (701) 775-8544 or Toll Free: 1-800-272-3900

Alzheimer's Support Group  
Phone: 701-203-5242

3. Cavalier Area Alzheimer's Support Group  
Meet at United Lutheran Church  
3<sup>rd</sup> Thursday of the month @ 7:00pm  
104 Bjornson Drive  
Cavalier, ND 58220  
Phone (701) 265-4672 Contact: Susan Vivatson

4. Domestic Violence and Abuse Center, Inc.  
308 Courthouse Drive #8  
Cavalier, ND 58220  
Contact Person: Stacy Jenson & Julie Rostvet  
Local phone: 701-265-8686  
24 hour Toll Free line: 866-435-7490  
National Domestic Violence Hotline: 1-800-799-7233

5. Interagency Program for Assistive Technology (IPAT)  
3240 15<sup>th</sup> Street South, Suite B  
Fargo, ND 58104  
Phone: (701) 365-4728 or Toll Free: 1-800-895-4728  
Website: [www.ndipat.org](http://www.ndipat.org)

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6. Legal Services of ND
  - **Serves individuals under age 60**  
Phone: Toll Free 1-800-634-5263  
Monday, Tuesday, Thursday 9:00am-3:00pm
  - **Serves individuals age 60 and beyond**  
Phone: Toll Free 1-866-621-9886  
Monday, Thursday, 8:00am–5:00pm  
Friday 8:00am-2:00pm
7. Long-Term Care Ombudsman Services  
Serving Region IV or the service area involving the counties of Grand Forks, Pembina, Walsh  
Contact Person: Tammy Ferderer  
Phone: (888) 607-8610
8. National Suicide Prevention Lifeline  
1-800-273-8255  
Website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
9. North Dakota AARP  
Local Caregiver Resources  
Phone: 1-877-333-5885  
Website: [www.aarp.org](http://www.aarp.org)
10. North Dakota Hearing Loss-School for Deaf  
1401 College Drive North  
Devils Lake, ND 58301  
Toll Free: 1-800-887-2980
11. North Dakota Association for Disabilities  
2660 South Columbia Road  
Grand Forks, ND 58201  
Phone: (701) 775-5577

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12. North Dakota Vision Services  
500 Stanford Road #A  
Grand Forks, ND 58203  
Phone: (701) 795-2700
  
13. Northeast Human Service Center-Aging Services  
151 South 4<sup>th</sup> Street Suite 401  
Grand Forks, ND 58201  
Phone: (701) 795-3000 or Toll Free: 1-800-336-6889  
24 Hour Crisis line: 701-775-0525 or 1-800-845-3731  
E-mail: [dhsnehsc@nd.gov](mailto:dhsnehsc@nd.gov)
  
14. Northeast Human Service Center
  - Cavalier Outreach Location  
504 Division Ave South  
Cavalier, ND 58220  
Phone: (701)740-5761
  
  - Grafton Outreach Location  
901 West Midway Drive  
Grafton, ND 58237  
Phone: (701) 352-4334 Toll Free 1-888-845-2215  
24 Hour Crisis Line: 701 775-0525 or 1-800-845-3731  
E-mail: [dhsnehsc@nd.gov](mailto:dhsnehsc@nd.gov)
  
15. North Dakota Protection and Advocacy & Advocacy Disability Rights in North Dakota  
To report abuse, neglect, or exploitation of a person  
Phone: (701) 328-2950 or Toll Free: 1-800-472-2670  
After hours and weekends 1-800-642-6694

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16. Options Resource Center for Independent Living (Satellite)  
PO Box 761/214 Main Street  
Cavalier, ND 58220  
Contact Person: Revel Sapa  
Phone: (701) 265-4618 or 800-726-3692
  
17. Pembina County Social Services  
300 Boundary Road West  
Cavalier, ND 58220  
Phone: (701) 265-8441
  
18. Pembina County Veterans Service Office  
301 Dakota Street West  
Cavalier, ND 58220  
Phone: (701) 520-2704; Cell: (701) 265-4228  
Monday, Tuesday, Wednesday 8am-12pm and 1pm-5pm
  
19. Rehabilitation Consulting and Services  
North Dakota Vocational Rehabilitation  
Phone: (701) 795-3022 or 888-256-6742  
Website: [www.nd.gov/dhs/rcs](http://www.nd.gov/dhs/rcs)
  
20. Vulnerable Adult Protective Services (VAPS)  
Serving Region IV or the service area involving the counties of  
Grand Forks, Pembina, Walsh  
*Contact this agency to report abuse, neglect, or exploitation of  
a vulnerable adult*  
Phone: (1-855) 462-5462; option 2

### **Notes for Reference-**

## **Transportation Services-**

### 1. Faith In Action

Contact: Michelle Murray  
206 Division Ave, Suite B  
PO Box 458  
Cavalier, ND 58220  
Phone: (701) 265-6230

### 2. Pembina County Public Transit

- Transportation services for people of all ages, no age requirement.
- Local rides available county-wide and to Grand Forks
- For schedule and fare information call 701-454-6586

### 3. Veterans Service Office

Contact: Eric Gauthier  
301 Dakota Street West #16  
Cavalier, ND 58220  
Phone: (701) 265-4460

**Veterans Services-**Individuals may access this resource for support and information available for veterans.

### 1. Pembina County Veterans Services

301 Dakota Street West #16  
Cavalier, ND 58220  
Phone: (701) 265-4460  
Contact: Eric Gauthier, Veterans Service Officer

**Volunteer Opportunities**-Organizations who offer volunteer opportunities to senior citizens so that they may become more involved in their communities.

1. Faith in Action  
206 Division Avenue South, Suite B  
PO Box 458  
Cavalier, ND 58220  
Phone: (701) 265-6230  
Contact: Michelle Murray
  
2. Foster Grandparent Program  
Phone: (701) 795-3112 or Toll Free: 888-256-6742
  
3. NDSU Extension  
301 Dakota Street W #7  
Cavalier, ND 58220  
Phone: (701) 265-8411  
Contact: Kari Helgoe
  
4. Pembina County Emergency Food Pantry  
Located in Cavalier behind the United Valley Insurance and Investment Building  
Hours: Tuesday 3:00-5:00pm  
Phone: (701) 265-4244
  
5. Pembina County Health and Wellness  
214 West Main Street  
Cavalier, ND 58220  
Phone: (701) 265-2465  
Contact: Stacie Metelmann

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6. Pembina County Meals and Transportation  
PO Box 9  
Drayton, ND 58225  
Phone: (701)454-6586
  
7. Presbyterian Thrift Shop  
212 Main Street West  
Cavalier, ND 58220  
Phone: (701) 265-3776  
Contact: Judy Sturma
  
8. Red River Valley Community Action  
Volunteer to pickup and deliver donated food items  
Contact: Marina Boknecht @ 746-5431  
E-mail: [mbokecht@rrvca.com](mailto:mbokecht@rrvca.com)
  
9. Retired Senior Volunteer Program (RSVP)  
1407 24<sup>th</sup> Ave South  
Grand Forks, ND 58201  
Phone: (701) 787-0043



# **Public Health**

Prevent. Promote. Protect.

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## **Pembina County Public Health**

If you have questions or updates, please call Pembina County Public Health at (701) 265-4248 or email [kricard@nd.gov](mailto:kricard@nd.gov).

This resource is subject to change and will be updated every 6 months (January and June).