

Directory of Pembina County Resources and Services

#



Updated 8/2017

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). Following the 2017 CHNA, a section on Behavioral Health has been incorporated.

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

This directory was developed collaboratively with community stakeholders and will continue to be revised and updated. The intentions of the stakeholders are not to endorse one organization over another but to provide easily accessible, current, and accurate information about the variety of resources promoting wellbeing.

Disclaimer:

This information was compiled as a public service project. Every effort has been made to provide complete and accurate information. Please bring any inadvertent error or omission to the attention of Pembina County Public Health.

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RESOURCE AND SERVICE SECTION

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

Buck & Buck

Phone: 1-800-458-0600

www.buckandbuck.com

Great Plains Health Company

3222 28TH St S, Fargo, ND 58104

Phone: (701) 232-3000

iCare Clothing Solutions

15 Wilshire Lane, Plainview, NY 11803

Phone: 1-800-445-1981

www.clothingsolutions.com

Sanford Healthcare Accessories

3223 32nd Avenue South, Fargo, ND 58103

Phone: (701) 293-8211 or 1-800-288-4613

www.healthcareaccessories.com

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

Aging Services Division ND Department of Human Services

1237 West Divide Avenue Suite 6, Bismarck, ND 58501

Phone: (701) 328-4601

www.carechoice@nd.gov

North Dakota Department of Human Service
Qualified Service Providers

316 North 5th 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>

Northeast Human Service Center-Aging Services

151 South 4th Street Suite 401, Grand Forks, ND 58201

Phone: (701) 795-3000 or 1-800-336-6889

24 Hour Crisis line: (701) 775-0525 or 1-800-845-3731

E-mail: dhsnehsc@nd.gov

Pembina County Memorial Hospital

301 Mountain Street East, Cavalier, ND 58220

Phone: (701) 265-8461

www.cavalierhospital.com/hospital/

Emergency Care Available 24 Hours

Pembina County Social Services

300 Boundary Road West, Cavalier, ND 58220

Phone: (701) 265-8441

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

Walhalla Clinic

301 5th Street, Walhalla, ND 58282

Phone: (701) 549-2711

Hours: 8:00am to 4:30pm Tuesday-Friday

Community Services, Quality of Life, Enrichment-

Choice Magazine Listening

A free audio magazine for adults with impaired vision or other disabilities.

85 Channel Drive, Port Washington, NY 11050

Phone: 1-888-724-6423

www.choicemagazinelisting.org

Faith In Action

Contact: Michelle Murray

206 Division Ave, Suite B / PO Box 458, Cavalier, ND 58220

Phone: (701) 265-6230

ND Aging and Disability Resource Link

Helps individuals to live as independently as possible and maintain a quality of life

Aging Services Division

N.D. Department of Human Services

1237 W. Divide Ave., Suite 6, Bismarck ND 58501

Phone: 1-855-462-5465

E-mail: carechoice@nd.gov

North Dakota State Library

Mails materials at no charge to citizens, access to online library resources, talking books, and more.

604 E Boulevard Ave, Bismarck, ND 58505

Phone: (701) 328-4622

statelib@nd.gov

ND Special Needs Registry

Register here if additional help (i.e. blind or oxygen dependent) is needed from emergency responders

PO Box 447, Fargo, ND 58107-0447

Phone: (701) 235-7335

www.nd.gov/ndsnr

ND Department of Transportation Driver's License Division

Bismarck, ND (701) 328-2604 or local law enforcement department

Options Resources Center for Independent Living (Satellite)

- 214 Main Street / PO Box 761, Cavalier, ND 58220

Phone: (701) 265-4618

Email: tami@myoptions.info

- 318 3rd St NW, East Grand Forks, MN 56721

Phone: 1-800-726-3692

www.myoptions.info

Pembina County Senior Citizens Center Sites

Drayton Phone: (701) 454-6586

Neche Phone: (701) 886-7498

St. Thomas Phone: (701) 257-6498

Walhalla Phone: (701) 549-3655

Cavalier:

Cavalier Cinema

104 Main Street West, Cavalier, ND 58220

Phone: (701) 265-8955

Cavalier Country Club

PO Box 604, Cavalier, ND 58220

Phone: (701) 265-4506

Cavalier Public Library

200 Bjornson Drive, Cavalier, ND 58220

Phone: (701) 265-4746

Cavalier Swimming Pool

501 West 2nd Ave North, Cavalier, ND 58220

Phone: (701) 265-8181

Pembina County Historical Museum

13572 Hwy 5, Cavalier, ND 58220

Phone: (701) 265-4941

Drayton:

Drayton Community Swimming Pool

304 N 3rd St, Drayton, ND 58225

Phone: (701) 454-6231

Drayton Golf Club

Phone: (701) 454-6547

Neché:

Neché Swimming Pool

107th Street NE, Neche, ND 58265

Phone: (701) 886-7455

Pembina:

La Moure Memorial Golf Course

476 2nd Street East, Pembina, ND 58271

Phone: (701) 825-6619

Hours: 9:00am to 9:00pm

Pembina Public Library - Located at the North Border School

155 South 3rd Street, Pembina, ND 58271

Open in the evening

Pembina State Museum

805 Highway 5, Pembina, ND 58271

Phone: (701) 825-6840

<http://history.nd.gov/historicsites/pembina>

Walhalla:

Frost Fire Theater and Ski Resort

11950 County Road 55, Walhalla, ND 58282

Phone: (701) 549-3600

Walhalla Country Club

12114 County Road 55, Walhalla, ND 58282

Phone: (701) 549-2357

Walhalla Public Library

1010 Central Ave, Walhalla, ND 58282

Phone: (701) 549-3794

Walhalla Swimming Pool

Riverside Park Drive, Walhalla, ND 58282

Phone: (701) 549-3541

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

Audio Care

Pembina County Memorial Hospital, Cavalier, ND 58220

Phone: 1-800-669-8421

Hours: 3rd Wednesdays of the month from 1pm-5pm

Beltone Hearing Aid Center

Pembina County Memorial Hospital, Cavalier, ND 58220

Phone: 1-866-738-8028 to set up an appointment

Hours: 2nd Wednesday of the month from 10am-5pm

Dr. Tom Dunham, OD

104 E Hwy 66, Drayton, ND 58225

Phone: (701) 454-3340

Wednesdays only

North Dakota Vision Services

500 Stanford Road, Grand Forks, ND 58203

Phone: (701) 795-2700 or 1-800-421-1181

Wakefield Hearing Center

Altru Clinic Cavalier, ND 58220

Phone: (701) 746-7000

Hours: 4th Wednesday of the month call the Grand Forks number to set up an appointment

Fitness-

In Shape

103 Main Street East, Cavalier, ND 58220
Phone: (701) 265-8261

Xperience Health and Fitness

- 911 N Main Street, Drayton, ND 58225
Phone: (701) 454-3489
- 333 W Stutsman Street, Pembina, ND 58271
Phone: (701) 825-6649

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

AARP of North Dakota

AARP North Dakota State Office
107 W Main Ave, Suite 125, Bismarck, ND 58501
Phone: 866-554-5383
www.aarp.org

Askew Funeral Home

- 209 Elizabeth Street West, Cavalier, ND 58220
Phone: (701) 265-4321
- 709 Central Ave, Walhalla, ND 58282
Phone: (701) 549-2394
www.askewfh@gmail.com

Austin Funeral Home

403 West Divide Ave, Drayton, ND 58225
Phone: (701) 454-3333
www.austinfuneralchapel.com

Health Maintenance Services-

Health maintenance services have intermittent availability and are subject to change

- 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

Altru Clinic

1003 North Main Street, Drayton, ND 58225

Phone: (701) 454-3311

www.altru.org

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

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

CliniCare Clinic

301 Mountain Street East, Cavalier, ND 58220

Phone: (701) 265-6307

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

9:00am-3:00pm Saturday

Drayton Drug

104 East Highway 66, Drayton, ND 58225

Phone: (701) 454-3831

Hours: 8:30am-5:00pm Monday-Friday

Pembina County Health Maintenance Program

For individuals age 60 and older

Foot care (soaking and trimming toenails)

Home visit for foot care

Blood Pressure/pulse/rapid inspection

- Main Office at Cavalier Transit Center
- Clinics held in Drayton, Neche, Pembina, St. Thomas, and Walhalla
- For information call (701) 454-6586

Pembina County Memorial Hospital and CliniCare

Emergency Care Available 24 Hours/day

301 Mountain Street East Suite A, Cavalier, ND 58220

Phone: (701) 265-8461 or 1-800-701-8461

www.cavalierhospital.com

Pembina County Public Health

301 Dakota Street West #2, Cavalier, ND 58220

Phone: (701) 265-4248

www.pembinacountynd.gov/county/departments/public-health/

Thrifty White Drug Pharmacy

102 Division Avenue South, Cavalier, ND 58220

Phone: (701) 265-4744

www.thriftywhite.com

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

9:00am-12:00pm Saturday

Walhalla Clinic

301 5th Street, Walhalla, ND 58282

Phone: (701) 549-2711

Hours: 8:00am to 4:00pm Monday, Tuesday, Thursday, Friday

Walhalla Prescription Shop

1102 Central Ave, Walhalla ND 58282

Phone: (701) 549-2661 or 1-800-549-2662

Hours: 9:15am-5:30PM Monday-Friday

9:15am-1:00pm Saturday

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.

Altru Homecare and Hospice

- 201 3rd Ave S, Cavalier ND, 58220

Phone: (701) 265-4196

www.altru.org

- Altru Health System

1200 S Columbia Rd, Grand Forks, ND 58206-6011

Phone: (701) 780-5258 or 1-800-732-4277 ext. 5258

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

Community Options

Low Income Home Energy Assistance Program (LIHEAP)

2300 Library Circle, Grand Forks, ND 58201

Phone: (701) 772-1715 Ext 383 or

1-888-772-1715, (701) 620-1029 cell

E-mail: karriep@coresinc.org

www.communityoptionsnd.com

www.nd.gov/dhs/services/financialhelp/energyassist.html

Homestead Tax Credit

Contact: Pembina County Tax Director

301 Dakota Street West, Cavalier, ND 58220

Phone: (701) 265-5152

www.pembinacountynd.gov/county/departments/tax-equalization/

NoDak Electric Operation Round Up

4000 32nd Ave South / PO Box 13000,

Grand Forks, ND 58208-3000

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

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

www.nodakelectric.com/operation-roundup

North Dakota Assistive

Adaptive equipment and technology supplies

3240 15th Street South, Suite B, Fargo, ND 58104

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

www.ndassistive.org

North Dakota Housing Finance Agency

2624 Vermont Ave / PO Box 1535, Bismarck, ND 58502

Phone: (701) 328-8080 or 1-800-292-8621

www.ndhfa.org

Red River Regional Council

516 Cooper Avenue #101, Grafton, ND 58237

Phone: (701) 352-3550

www.redriverrc.com

Red River Valley Community Action (RRVCA)

www.rrvca.com

- 638 Cooper Ave Suite #4, Grafton, ND 58237
Phone: (701) 352-0620
- 1013 North 5th St Suite #2, Grand Forks, ND 58203
Phone: (701) 746-5431
Hours: 8:00 am to 5:00 pm Monday-Friday

Renter's Rebate

600 East Boulevard Ave, Bismarck, ND 58505-0599

Phone: (701) 328-7088 or 1-877-328-7088

Legal References

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

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

Living Will, Trusts, Elder Law, and Estate Planning-

Wesley Argue
1 Wall Street, Hamilton, ND 58238
Phone: (701) 265-8228

Stuart Askew
Box 386, Cavalier, ND 58220
Phone: (701) 265-2531

Steve Ekman
Main Street, Drayton, ND 58225
Phone: (701) 454-3515

Einarson Law Office
119 Main Street W., Cavalier, ND 58220
Phone: (701) 265-4552

Fleming, Dubois & Fleming
Neil Fleming, Larry Dubois & Robert Fleming
208 West 2nd Avenue South, Cavalier, ND 58220
Phone: (701) 265-8446 or 1-866-748-2215
<http://www.fdfllaw.com/>

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

Altru Homecare and Hospice

201 E 3rd Ave South, Cavalier, ND 58220

Phone: (701) 265-4196

Drayton Drug

104 East Highway 66, Drayton, ND 58225

Phone: (701) 454-3831

Hours: 8:30am-5:00pm Monday-Friday

Pembina County Public Health

301 Dakota Street West #2, Cavalier, ND 58220

Hours: 8:00am to 4:30pm Monday-Friday

Phone: (701) 265-4248

www.pembinacountynd.gov/county/departments/public-health/

Thrifty White Drug

102 Division Avenue S, Cavalier, ND 58220

Phone: (701) 265-4744

www.thriftywhite.com

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

9:00am-12:00pm Saturday

Walhalla Prescription Shop

1102 Central Ave, Walhalla, ND 58282

Phone: (701) 549-2661 or 1-800-549-2662

Hours: 9:15am-5:30pm Monday-Friday

9:15am-1:00pm Saturday

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

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

www.greatplainsfoodbank.org/programs/mobile-food-pantry.html

NDSU Extension - Family Nutrition Program

301 Dakota Street West #7, Cavalier, ND 58220

Phone: (701) 265-8411

Pembina County Emergency Food Pantry

210 Division Ave S (behind the United Valley Insurance and Investment building)

Phone: (701) 265-4244

Hours: Tuesdays from 3:00-4:30pm

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

Red River Valley Community Action

Commodity Supplemental Food Program

1013 N 5th St Ste 2, Grand Forks, ND 58203

Phone: (701) 746-5431

www.rrvca.com

Oral Health-

Cavalier Dental Clinic

Dr. Joseph Allred, DDS

202 East 3rd Ave South, Cavalier, ND 58220

Phone: (701) 265-8777

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

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

Cavalier United Lutheran Church

104 Bjornson Drive, Cavalier, ND 58220

Phone: (701) 265-8907

Available Tuesdays and by appointment

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.

Cavalier Chamber of Commerce

301 Division Ave North, Cavalier, ND 58220

Phone: (701) 265-8188

www.cavaliernd.com

Cavalier Supply (U-Haul)

601 Main Street West, Cavalier, ND 58220

Phone: (701) 265-4633

www.cavaliersupply.com

C&K Store-All

Drayton, ND 58225
Phone: (701) 741-5787

Drayton Chamber of Commerce

604 N Main Street, Drayton, ND 58225
Phone: (701) 454-3474

www.chamberofcommerce.com/drayton-nd

Kihne Storage

Highway 18, Cavalier, ND 58220
Phone: (701) 265-2040

North Dakota Association for Disabled (NDAD)

2660 South Columbia Rd, Grand Forks, ND 58201
Phone: (701) 775-5577

Pembina County Social Services

300 Boundary Rd West, Cavalier, ND 58220
Phone: (701) 265-8441

Pembina Valley Rental Storage Units

Contact: Paul Soeby at Soeby Ford
12th Street and Central / PO Box 7, Walhalla, ND 58282
Phone: (701) 549-3711

Storage Pros

9101 Highway 18, Cavalier, ND 58220
Phone: (701) 360-1411

USDA Rural Development

Federal Building Room 208
PO Box 1737/220 East Rosser, Bismarck, ND 58502

Phone: (701) 530-2037

www.rd.usda.gov/nd

Walhalla Chamber of Commerce
1105 Central Ave, Walhalla, ND 58282
Phone: (701) 549-3939
www.walhalland.org

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

Borg Pioneer Memorial Home
61 Borg Drive, Mountain, ND 58262
Phone: (701) 993-8345

Country Estates Senior Living
107 Bjornson Drive, Cavalier, ND 58220
Phone (701) 265-6283

Mountain Housing Corporation
61 Borg Drive, Mountain, ND 58262
Phone: (701) 993-8424

North Border Estates Senior Apartments
500 4th Street Apt #17, Walhalla, ND 58282-4658
Phone: (701) 549-3831

Pembina County Housing Authority
100 Tornado Drive #2, Cavalier, ND 58220
Phone: (701) 265-8147

Pemblier Nursing Center
500 Delano Avenue, Walhalla, ND 58282
Phone: (701) 549-3831

Tisdale Manor Senior Apartments
509 Almeron Ave, Drayton, ND 58225
Phone: (701) 520-0680

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.

Altru Health Specialty Home Store
1200 South Columbia Road, Grand Forks, ND 58201
Phone: (701) 780-5822

American Legion Laverne J. Thompson Post 11
Highway 5 West / PO Box 94, Cavalier, ND 58220
Phone: (701) 265-4606

Designer Care Company, LTD
474 Main Ave / PO Box 83, Neche, ND 58265
Phone: (701) 886-7778 or 1-800-848-6335
www.designercare.com

Drayton Drug

104 East Highway 66, Drayton, ND 58225

Phone: (701) 454-3831

Hours: 8:30am-5:00pm Monday-Friday

HERO (Healthcare Equipment Recycling Organization)

5012 53rd Street South, Fargo, ND 58220

Phone: (701) 212-1921

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

www.herofargo.org/

North Dakota Assistive

Medication management supplies such as medication dispensers, organizers, and reminders for qualifying individuals.

3240 15th Street South, Suite B, Fargo, ND 58104

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

www.ndassistive.org

Options Resource Center for Independent Living (Satellite)

214 Main Street / PO Box 761

Cavalier, ND 58220

Phone: (701) 265-4618 or East Grand Forks 1-800-726-3692

www.myoptions.info

Shopko Hometown Cavalier

601 Division Avenue South, Cavalier, ND 58220

Phone: (701) 265-4545

Hours 9:00am-9:00pm

www.shopko.com

Thrifty White Drug Pharmacy

102 Division Avenue South, Cavalier, ND 58220

Phone: (701) 265-4744

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

9:00am-12:00pm Saturday

www.thriftywhite.com

Walhalla Prescription Shop

1102 Central Ave, Walhalla ND 58282

Phone: (701) 549-2661 or 1-800-549-2662

Hours: 9:15am-5:30pm Monday-Friday

9:15am-1:00pm Saturday

Used Needles/Sharps Containers and Collection

- Sharps containers are available from your local pharmacy. Containers hold 70-100 needles or 300 pen needles. When the container is full, call the phone number on the container to obtain a box to mail the needles for proper disposal.
- The Clinicare receptionist or nurse provides sharps containers and can exchange it for a new one when full.

Emergency Alert Pendants -

Good Samaritan Center Park River, ND (minimal fee)

Phone: (701) 284-7115 for information

Lifeline Medical Alert System (minimal fee):

Phone: 1-855-332-7799

www.lifeline.philips.com

North Dakota Assistive (no monthly fee)
Phone: (701) 365-4728 or 1-800-895-4728
www.ndassistive.org

Pembina County Alerts
Sign up for hazard specific warnings and information
www.member.everbridge.net

Yorhom Medical Essentials
Through Altru Health System
4350 S Washington St, Grand Forks, ND 58201
Phone: (701) 780-2500

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.

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

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

Legal Services of ND

- Serves individuals under age 60
Phone: 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
www.legalassist.org

Long-Term Care Ombudsman Services

Serving Region IV or the service area involving the counties of Grand Forks, Pembina, Walsh

Phone: 1-855-462-5465 for local representative

www.nd.gov/dhs/services/adultsaging/ombudsman.html

North Dakota AARP

Local Caregiver Resources

Phone: 1-877-333-5885

www.aarp.org

North Dakota Assistive

3240 15th Street South, Suite B, Fargo, ND 58104

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

www.ndassistive.org

North Dakota Association for Disabilities

2660 South Columbia Road, Grand Forks, ND 58201

Phone: (701) 775-5577

North Dakota Hearing Loss-School for Deaf

1401 College Drive North, Devils Lake, ND 58301

Phone: 1-800-887-2980

North Dakota Insurance Department

600 E Boulevard Ave, Bismarck, ND 58505

Phone: 1-800-247-0560

www.nd.gov/ndins

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 1-800-472-2670

After hours and weekends 1-800-642-6694

www.ndpanda.org

North Dakota Vision Services / School for the Blind

Offering services to visually impaired residents of all ages

500 Stanford Rd # A, Grand Forks, ND 58203

Phone: (701) 795-2700

Northeast Human Service Center-Aging Services

151 South 4th Street Suite 401, Grand Forks, ND 58201

Phone: (701) 795-3000 or 1-800-336-6889

24 Hour Crisis line: (701) 775-0525 or 1-800-845-3731

Northeast Human Service Center

- 2655 2nd Ave N, Grand Forks, ND 58202
Phone: (701) 775-0525 or 1-888-256-6742
- Grafton Outreach Location
901 West Midway Drive, Grafton, ND 58237
Phone: (701) 352-4334 or 1-888-845-2215
24 Hour Crisis Line: (701) 775-0525 or 1-800-845-3731
E-mail: dhsnehsc@nd.gov

Options Resource Center for Independent Living (Satellite)

PO Box 761/214 Main Street

Cavalier, ND 58220

Phone: (701) 265-4618 or 1-800-726-3692

Pembina County Social Services

300 Boundary Road West, Cavalier, ND 58220

Phone: (701) 265-8441

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

State Health Insurance Counseling Program

North Dakota Insurance Department

Questions about Medicare, Medicare supplements,

Medicare Part D, and long-term care insurance

Phone: (701) 328-2440 or 1-888-575-6611

ndshic@nd.gov

Vulnerable Adult Protective Services (VAPS)

Serving Region IV or the service area involving the counties of Grand Forks, Pembina, and Walsh

Contact this agency to report abuse, neglect, or exploitation of a vulnerable adult

Phone: 1-855-462-5462; Option 2 or use reporting form:

<https://apps.nd.gov/itd/recmgmt/rm/stFrm/efrms/doc/sfn01607.pdf>

Transportation Services-

Faith In Action

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

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

Veterans Service Office (for Veterans only)

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.

Pembina County Veterans Services

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

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

Cavalier Thrift Shop

212 Main Street West, Cavalier, ND 58220
Phone: (701) 265-3776

Faith in Action

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

Foster Grandparent Program

Phone: (701) 795-3112 or 1-888-256-6742

Lutheran Social Services

203 E 6th St, Grafton, ND 58237

Phone: (701) 352-0001

NDSU Extension

301 Dakota Street W #7, Cavalier, ND 58220

Phone: (701) 265-8411

Contact: Kari Helgoe

Pembina County Emergency Food Pantry

Located in Cavalier behind the United Valley Insurance and Investment Building

Phone: (701) 265-4244

Hours: Tuesday 3:00-4:30pm

Pembina County Health and Wellness

214 West Main Street, Cavalier, ND 58220

Phone: (701) 265-2465

Pembina County Meals and Transportation

PO Box 9, Drayton, ND 58225

Phone: (701) 454-6586

Red River Valley Community Action

Volunteer to pickup and deliver donated food items

Phone: (701) 746-5431

Retired Senior Volunteer Program (RSVP)

1407 24th Ave South, Grand Forks, ND 58201

Phone: (701) 787-0043

Schizophrenia Bipolar

Behavioral
Health

Autism

Help
Suicide
ADHD
Learning Disabilities
Drugs

Alcohol Anxiety

Pembina County Behavioral Health Resource Guide

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

Emergency Care

- Call 911
- Pembina County Sheriff Department
(701) 265-4122

Crisis

Altru Health System (Emergency room services available 24/7)
1200 S Columbia Rd, Grand Forks, ND 58201
Phone: (701) 780-5000
www.altru.org

Altru Clinic
1003 North Main Street, Drayton, ND 58225
Phone: (701) 454-3311
Hours: 8:00 am to 5:00 pm Monday-Thursday and
8:00am-12:00pm Friday

Cavalier Area Ministerial Association
Phone: (701) 520-4056

CliniCare Clinic
301 Mountain Street East, Cavalier, ND 58220
Phone: (701) 265-6307
Hours: 8:00am to 5:00pm Monday-Friday
9:00am – 3:00pm Saturday
www.cavalierhospital.com/clinic/

Pembina County Memorial Hospital (Emergency room available 24/7)

301 Mountain Street East, Cavalier, ND 58220
Phone: (701) 265-8461

Prairie St. John's (Services available 24/7)

510 4th St. S, Fargo, ND 58103
Phone: (701) 476-7216 or 1-877-333-9565

Red River Behavioral Health System (Services available 24/7)

1451 44th Ave S, Unit A, Grand Forks, ND 58201
Phone: (701) 772-2500 or 1-866-772-2500
www.redriverbhs.com

Suicide

Call 211

Statewide 24-hour helpline; health and human services information and referral.

National Suicide Prevention Lifeline:

Phone: 1-800-273-8255

24-hour crisis intervention if you or someone you know are having suicidal thoughts

National Suicide Hopeline Network:

Phone: 1-800-784-2433

Survivors of Suicide Support Group - Altru Hospital

1200 S. Columbia Rd, Grand Forks, ND 58201

Meets 3rd Thursday of each month 7pm-8:30pm

www.altru.org/services/psychiatry-center/tears

Counseling and Psychiatry

Agassiz Associates, PLLC

1407 24th Ave S, Ste 520, Grand Forks, ND 58201

Phone: (701) 746-6336

Monday & Wednesday: 8:00am-5:00pm

Tuesday & Thursday: 8:00am-8:00pm

Friday: 8:00am-12:00pm

www.agassizassociates.com

Altru Psychiatry Center – Bldg 1

860 S Columbia Rd, Grand Forks, ND 58201

Phone: (701) 780-6697

www.altru.org/services/psychiatry-center

Assessment and Therapy Associates of Grand Forks

3535 S. 31st St, Ste 201, Grand Forks, ND 58201

Phone: (701) 780-6821

Beginning Experience

Helps people to deal with loss and make changes to their lives to live independently

Calvary Lutheran Church

1405 S 9th St, Grand Forks, ND 58201

Phone: (701) 775-7444

Catholic Charities of ND, St Alphonsus School

209 10th Ave, Langdon, ND 58249

Phone: (701) 256-2354

www.catholicchartiesnd.org

Center for Psychiatric Care, PC

1451 44th Ave S, Unit A, Grand Forks, ND 58201

Phone: (701) 732-2500

www.centerforpsychiatriccare.com

Center for Self-Growth & Renewal

1551 28th Ave S, Ste C, Grand Forks, ND 58201

Phone (701) 746-4400 or 1-800-831-0446

www.selfgrowthandrenewal.com

David J. Hillman – LAC

306 11th St, Walhalla, ND 58282

Phone: (701) 549-3829

DUI Classes and Chemical Dependency Evaluation

Don Foley Counseling

5042 5th Ave N, Grand Forks, ND 58203

Phone: (701) 746-7857

Family Institute Psychological Services

2100 S Columbia Rd, Ste 202, Grand Forks, ND 58202

Phone: (701) 772-1577

www.famlyinstitutepec.com

Laidlaw Psychological Services

3301 30th Ave S, #101, Grand Forks, ND 58201

Phone: (701) 780-9700

www.laidlawpsychological.com

Lakeside Center for Behavioral Change

1450 25th St S, #139, Fargo, ND 58103

Phone: (701) 356-1047

info@lakesidecenter.org

Lipp, Carlson, Lommen, Witucki & Associates, LTD

735 Hill Ave Suite 203, Grafton, ND 58237

Phone: (701) 746-8376

www.lclwpsychologists.com

Northeast Human Service Center

- Grand Forks, Main Office
151 S. 4th St, Grand Forks, ND 58201
Phone: (701) 795-3000
24 Hour Crisis Line: (701) 775-0525 or 1-800-845-3731
E-mail: dhsnehsc@nd.gov
- 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 or 1-888-845-2215

Northland Christian Counseling

2315 Library Circle, Grand Forks, ND 58201
Phone: (701) 795-8550

Northwestern Mental Health Center

1424 Central Ave, Ste 142, East Grand Forks, MN 56721
Phone: (218) 281-3940
Mental Health Crisis Line: 1-800-282-5005
www.nwmhc.org

Quinn Counseling

731 West 6th St, Ste 401, Grafton, ND 58237
Phone: (701) 352-9622

Rehabilitation Consulting and Services

North Dakota Vocational Rehabilitation
Phone: (701) 795-3022 or 1-888-256-6742
www.nd.gov/dhs/rcs

Dr. Maxine Rasmussen
311 S 4th St, Ste 115, Grand Forks, ND 58201
Phone: (701) 772-8013

The Village Family Service Center
1726 S Washington St, Ste 33-A, Grand Forks, ND 58201
Phone: (701) 746-4584
www.thevillagaefamily.org

Addictions

Alcohol

- Pembina County Memorial Hospital Board Room
Alcoholics Anonymous and Al-Anon
301 Mountain Street E, Cavalier, ND 58220
Meets Tuesday at 8:00pm
- 901 3rd Street #4
Langdon, ND 58249
Phone: (701) 265-2256
- Grand Forks, ND
Phone: (218) 779-3600
Hotline: (701) 330-4339

Gambling

Sharon Lutheran Church
1720 S. 20th Street, Grand Forks, ND 58201
Closed Meeting Sunday, 5:00pm
www.gamblersanonymous.org

Hoarding

Knowlton O'Neill & Associates (Dr. Holly Hegstad)
Phone: (701) 364-0060

Tobacco

- Help to quit using tobacco
 - ND Quits
1-800-QUIT-NOW
www.ndhealth.gov/ndquits
 - Pembina County Public Health Nicotine Replacement Therapy Reimbursement Program
Monetary reimbursement of up to \$200 per year when funding is available
Phone: (701) 265-4248

Support

Alzheimer's Association MN-ND

Regional Care Consultant Regions 3 & 4
311 South 4th St. Suite 202, Grand Forks, ND 58201
Phone: (701) 775-8544 or 1-800-272-3900
www.alz.org/mnnd

Cavalier Area Alzheimer's Support Group

Meet at United Lutheran Church
104 Bjornson Drive, Cavalier, ND 58220
3rd Thursday of the month at 7:00pm
Phone (701) 265-4672 Contact: Susan Vivatson

Attention Deficit/Hyperactivity Disorder (ADHD)

Family Institute, PC
2100 S. Columbia Rd, Grand Forks, ND 58201
Phone: (701) 772-1588
www.familyinstitutepec.com

Autism

- Family to Family Support Network, UND School of Medicine
501 N Columbia Rd, Grand Forks, ND
(701) 777-2359 or 1-888-434-7436
- Talk About Curing Autism (TACA) ND Chapter
Grand Forks Area
<http://www.tacanow.org/local-chapters/midwest/north-dakota>

Charles Hall Youth Services

513 East Bismarck Expressway, Bismarck, ND 58502
Phone: (701)-255-2773
www.charleshallyouthservices.com

Dakota Boys and Girls Ranch

Phone: (701) 857-4233 or (701) 221-5304
www.dakotaranch.org

Grand Forks Withdrawal Management Center

207 S 4th St, Grand Forks, ND 58201
Phone: (701) 203-4742

Prairie Harvest Mental Health

930 N 3rd St, Grand Forks, ND 58201
Phone: (701) 795-9143
www.prairieharvest.net

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
Meets 10:30am-Noon Mondays and Wednesdays
<http://www.gfymca.org/healthy-living/health-well-being-fitness/parkinson-wellness-program/>
- 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 6:30pm-8pm for individuals with Parkinson's disease and their spouse or caregivers.

Northlands Rescue Mission

420 Division Ave, Grand Forks, ND 58201
Phone: (701) 772-6600

ND Alternatives to Abortion Program

Phone: 1-855-639-0740
www.TheDecisionIsMine.org

ND Brian Injury Network

Grand Forks Area
Phone: (701) 777-5200

Our Hope Support Group

Pembina Count Courthouse South Entrance
301 Dakota St West, Cavalier, ND 58220
Contact David (701) 520-4366 or Bill (701) 520-4056
Meets every Tuesday from 7:00pm - 8:00pm

Pregnancy Help Center

Hwy 17 E, Park River, ND 58270
24 hour help line: (701) 284-6601

Ruth Meiers Adolescent Psychiatric Residential Treatment Facility

770 S 14th St, Grand Forks, ND 58201
Phone: (701) 795-3870 or 1-888-823-5931

Saint Gianna's Maternity Home

15605 Cty Rd 15, Minto, ND 58261
Phone: (701) 248-3077 or 1-877-701-3077

Stable Days Youth Ranch

17721 429th Ave SW, East Grand Forks, MN 56721
Phone: (701) 330-9952
www.stabledays.org

Case Management

A Community Team (ACT)
Cavalier, ND 58220
Phone: (701) 740-5761

Lutheran Social Services
412 DeMers Ave, Grand Forks, ND 58201
Phone: (701) 772-7577

Options Resource Center for Independent Living
PO Box 761 / 241 Main St
Cavalier, ND 58220
Phone: (701) 265-4618

Domestic Violence and Abuse Center, Inc.
308 Courthouse Drive #8, Cavalier, ND 58220
Phone: (701) 265-8686
24 hour line: 1-866-435-7490
National Domestic Violence Hotline: 1-800-799-7233

Pembina County Social Services
300 Boundary Rd W, Cavalier, ND 58220
Phone: (701) 265-8441



Public Health

Prevent. Promote. Protect.

Pembina County Public Health

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

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