

# Pembina County Resource Directory

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

Pembina County Public Health



*Pembina County Memorial Hospital*  
*Wedgewood Manor*

Updated September 2018

**Goal:** The goal of this community resource guide is to raise awareness about and to promote resources available to caregivers, aging individuals who desire to live independently, and those seeking resources 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 was incorporated.

The CHNA assessment was a cooperative 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.

Thank you Kaia Schluchter, age 15, for donating the cover picture. She attends Cavalier High School and is the daughter of Kent and Lori Schluchter. Kaia is a member of the Crystal Clovers 4-H Club and is active in the Juniors Leaders 4-H Club, 4-H Exchange Trip, and many project areas including agronomy, baking, and photography.

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**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](http://www.buckandbuck.com)

Great Plains Health Company

3222 28<sup>TH</sup> 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](http://www.clothingsolutions.com)

Sanford Healthcare Accessories

3223 32nd Ave. South, Fargo, ND 58103

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

[www.healthcareaccessories.com](http://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 Ave., Suite 6, Bismarck, ND 58501

Phone: (701) 328-4601

<https://www.nd.gov/dhs/services/adultsaging/>

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>

Northeast Human Service Center-Aging Services

151 South 4<sup>th</sup> St., 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](mailto:dhsnehsc@nd.gov)

Pembina County Memorial Hospital

301 Mountain St. East, Cavalier, ND 58220

Emergency Care Available 24 Hours

Phone: (701) 265-8461

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

Pembina County Social Services

300 Boundary Rd. West, Cavalier, ND 58220

Phone: (701) 265-8441

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

Walhalla Clinic

301 5<sup>th</sup> St., Walhalla, ND 58282

Hours: 8:00am to 4:00pm

Monday, Tuesday, Thursday, and Friday

Phone: (701) 549-2711

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

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**Emergency Care**

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

**Crisis**

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

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

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

CliniCare Clinic

301 Mountain St. East, Cavalier, ND 58220

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

9:00am – 3:00pm Saturday

Phone: (701) 265-6307

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

Pembina County Memorial Hospital

(Emergency room available 24/7)

301 Mountain St. East, Cavalier, ND 58220

Phone: (701) 265-8461

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

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

510 4<sup>th</sup> St. S, Fargo, ND 58103

Phone: (701) 476-7216 or 1-877-333-9565

<https://prairie-stjohns.com>

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

1451 44<sup>th</sup> Ave. S, Unit A, Grand Forks, ND 58201

Phone: (701) 772-2500 or 1-866-772-2500

[www.redriverbhs.com](http://www.redriverbhs.com)

Veteran's Crisis Line

Phone: 1-800-273-8255 (Press 1)

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

## **Suicide**

### **Call 211**

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

National Suicide Prevention Lifeline:

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

Phone: 1-800-273-8255

National Suicide Hopeline Network:

Phone: 1-800-784-2433

Survivors of Suicide Support Group - Altru Hospital

1200 South Columbia Rd., Grand Forks, ND 58201

Meets 3<sup>rd</sup> Thursday of each month 7pm-8:30pm

[www.altru.org/services/psychiatry-center/tears](http://www.altru.org/services/psychiatry-center/tears)

## **Addictions**

Alcohol

- Pembina County Memorial Hospital Board Room  
Alcoholics Anonymous and Al-Anon  
Meets Tuesday at 8:00pm  
301 Mountain St. E, Cavalier, ND 58220
- 901 3<sup>rd</sup> St., #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 St., Grand Forks, ND 58201  
Hours: Closed Meeting Sunday, 5:00pm  
[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

## Hoarding

Knowlton, O'Neill & Associates (Dr. Holly Hegstad)  
Phone: (701) 364-0060  
<http://koamentalhealth.com/>

## Tobacco

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 of up to \$200 per year when funding is available  
Phone: (701) 265-4248

## Case Management

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

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

Lutheran Social Services  
412 DeMers Ave., Grand Forks, ND 58201  
Phone: (701) 772-7577  
<http://www.lssnd.org>

Options Resource Center for Independent Living  
PO Box 761 / 241 Main St., Cavalier, ND 58220  
Phone: (701) 265-4618  
<http://www.myoptions.info>

Northeast Human Services Cavalier Outreach  
301 Mountain St. E, Cavalier, ND 58220  
Phone: (701) 740-5761  
<https://www.nd.gov/dhs/locations/regionalhsc/northeast/index.html>

Pembina County Social Services  
300 Boundary Rd. W, Cavalier, ND 58220  
Phone: (701) 265-8441  
<https://www.nd.gov/dhs/locations/countysocialserv/34.html>

## **Counseling and Psychiatry**

Agassiz Associates, PLLC

2424 32<sup>nd</sup> Ave. S, Ste 202, Grand Forks, ND 58201

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

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

Friday: 8:00am-12:00pm

Phone: (701) 746-6336

[www.agassizassociates.com](http://www.agassizassociates.com)

Altru Psychiatry Center – Bldg 1

860 South Columbia Rd., Grand Forks, ND 58201

Phone: (701) 780-6697

[www.altru.org/services/psychiatry-center](http://www.altru.org/services/psychiatry-center)

Assessment and Therapy Associates of Grand Forks

3535 S. 31<sup>st</sup> St., Ste 201, Grand Forks, ND 58201

Phone: (701) 780-6821

<http://www.grandforkstherapy.com>

Catholic Charities of ND, St Alphonsus School

209 10<sup>th</sup> Ave., Langdon, ND 58249

Phone: (701) 256-2354

[www.stalphonsuslangdon.com/contact](http://www.stalphonsuslangdon.com/contact)

Center for Psychiatric Care, PC

1451 44<sup>th</sup> Ave. S, Unit A, Grand Forks, ND 58201

Phone: (701) 732-2500

[www.centerforpsychiatriccare.com](http://www.centerforpsychiatriccare.com)

Center for Self-Growth & Renewal

1551 28<sup>th</sup> Ave. S, Ste C, Grand Forks, ND 58201

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

[www.selfgrowthandrenewal.com](http://www.selfgrowthandrenewal.com)

Cope Well Foundation (for Cancer Survivors)  
200 James Ray Dr., Grand Forks, ND 58202  
Phone: (701) 738-4897  
[www.copewell.org](http://www.copewell.org)

Don Foley Counseling  
5042 5<sup>th</sup> Ave. N, Grand Forks, ND 58203  
Phone: (701) 746-7857  
<http://www.treatmentcentersdirectory.com/North-Dakota/Grand-Forks/don-foley-counseling-services-12885>

Drake Counseling  
311 4<sup>th</sup> St., Ste 401, Grand Forks, ND 58201  
Phone: (701) 757-3200  
[Email: drakecounseling@aol.com](mailto:drakecounseling@aol.com)  
<http://drakecounselingservices.com/grand-forks-nd/3824700>

Family Institute Psychological Services  
2100 South Columbia Rd., Ste 202, Grand Forks, ND 58202  
Phone: (701) 772-1577  
<http://www.familyinstitutepec.com/index.html>

First Step Recovery  
3201 Fiechtner Dr.  
Fargo, ND 58501  
Phone: (701) 293-3384  
<https://www.firststep-recovery.com>

Innovative Healing Counseling & Consulting, LLC  
Angela M. Longtin  
Phone: (701) 992-0628  
[Innovativehealing777@gmail.com](mailto:Innovativehealing777@gmail.com)

Laidlaw Psychological Services  
3301 30<sup>th</sup> Ave. S, #101, Grand Forks, ND 58201  
Phone: (701) 780-9700

Lakeside Center for Behavioral Change  
1450 25<sup>th</sup> St. S, #139, Fargo, ND 58103  
Phone: (701) 356-1047  
<http://www.lakesidecenter.org>

Lipp, Carlson, Lommen, Witucki & Associates, LTD  
735 Hill Ave., Suite 203, Grafton, ND 58237  
Phone: (701) 746-8376  
[www.lclwpsychologists.com](http://www.lclwpsychologists.com)

Nancy Joyner Consulting  
PO Box 12606, Grand Forks, ND 58206  
Phone: (701) 746-4728  
<http://www.nancyjoyner.com>

Northeast Human Service Center

- Grand Forks, Main Office  
151 S. 4<sup>th</sup> St., Grand Forks, ND 58201  
Phone: (701) 795-3000  
24 Hour Crisis Line: 1-800-845-3731  
Walk-in assessments: Mon, Tues, and Thurs 8:15a-10:30a  
E-mail: [dhsnehsc@nd.gov](mailto:dhsnehsc@nd.gov)
- Cavalier Outreach Location (inside Clinicare Clinic)  
301 Mountain St., Cavalier, ND 58220  
Phone: (701) 740-5761
- Grafton Outreach Location  
901 West Midway Dr., 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  
<http://northlandccc.com>

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](http://www.nwmhc.org)

Quinn Counseling  
731 West 6<sup>th</sup> St., Ste 401, Grafton, ND 58237  
Phone: (701) 352-9622

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

Red River Behavioral Health System (Services available 24/7)  
1451 44<sup>th</sup> Ave. S, Unit A, Grand Forks, ND 58201  
Phone: (701) 772-2500 or 1-866-772-2500  
[www.redriverbhs.com](http://www.redriverbhs.com)

Rehabilitation Consulting and Services  
North Dakota Vocational Rehabilitation  
Phone: (701) 795-3022 or 1-888-256-6742  
[www.nd.gov/dhs/dvr](http://www.nd.gov/dhs/dvr)

Share House (chemical and alcohol dependency)  
4227 9<sup>th</sup> Ave. S, Fargo, ND 58103  
Phone: (701) 282-6561 or 1-877-294-6561

The Village Family Service Center  
1726 S. Washington St., Ste 33-A, Grand Forks, ND 58201  
Phone: (701) 746-4584  
<https://thevillagefamily.org/content/grand-forks>

UND University Counseling Center  
McCannel Hall Room 200  
2891 2<sup>nd</sup> Ave. N, Grand Forks, ND 58202  
Phone: (701) 777-2127  
<http://www1.und.edu/health-wellness/counseling-center>

## **Medication Assisted Treatment**

Community Medical Services (Methadone, Suboxone/Zubsolv, Vivitrol)  
901 28<sup>th</sup> St. S., Ste B, Fargo, ND 58103  
Travel assistance and next day appointments available  
Phone: (701) 404-1100  
<http://communitymedicalservices.org>

Ideal Option (Suboxone/Zubsolv, Vivitrol)  
3301 30<sup>th</sup> Ave., Ste 102, Grand Forks, ND 58201  
Hours: Monday-Thursday, Same/Next day  
appointments available  
Phone: 1-877-522-1275  
<http://idealooption.net>

Valley Community Health Centers (Suboxone/Zubsolv, Vivitrol)  
212 S. 4<sup>TH</sup> St., Ste 301, Grand Forks, ND 58201  
Hours: MAT appointments Tuesday and Wednesday morning  
Phone: (701) 757-2100  
<http://valleychc.org>

## Support

### Alzheimer's Association MN-ND

Regional Care Consultant Regions 3 & 4

311 South 4th St., Ste 202, Grand Forks, ND 58201

Phone: (701) 775-8544 or 1-800-272-3900

[www.alz.org/mnnd](http://www.alz.org/mnnd)

### Cavalier Area Alzheimer's Support Group

United Lutheran Church

104 Bjornson Dr., Cavalier, ND 58220

Hours: 3<sup>rd</sup> 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

<http://www.familyinstitutepec.com/index.html>

### Autism

- Autism Center Resources  
<http://www.ndautismcenter.org/resources>
- Family to Family Support Network, UND School of Medicine  
501 N. Columbia Rd., Grand Forks, ND  
Phone: (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>

### 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

<http://www.beginningexperience-easternnd.org/grand-forks>

### Charles Hall Youth Services

513 East Bismarck Expressway, Bismarck, ND 58502

Phone: (701) 255-2773

[www.charleshallyouthservices.com](http://www.charleshallyouthservices.com)

### Dakota Boys and Girls Ranch

Phone: (701) 857-4233 or (701) 221-5304

[www.dakotaranch.org](http://www.dakotaranch.org)

### Grand Forks Withdrawal Management Center

207 S 4<sup>th</sup> St., Grand Forks, ND 58201

Phone: (701) 203-4742

<http://www.grandforksgov.com/government/city-departments/public-health/withdrawal-management-center>

### Face it TOGETHER (free for all clients and their families)

Northern Prairie Community Clinic (Outreach location)

501 N. Columbia Rd, Grand Forks, ND 58203

Available in Grand Forks on Thursday 12pm-6pm

Phone: (701) 566-5631

<https://www.wefaceittogether.org/fargo-nd>

### Freedom Church – Celebrate Recovery

308 DeMers Ave, Grand Forks, ND 58201

Hours: Tuesday 6:30pm

Phone: (701) 772-3117

<https://freedomchurchgf.churchcenter.com/groups/support-groups>

#### HOPE Church – Celebrate Recovery

Divorce, grief, betrayal, abuse, kids support, mental health, pregnancy, cancer support, alcohol

1601 17<sup>th</sup> Ave. S., Grand Forks, ND 58201

Phone: (701) 772-1884

<http://gfhope.org/supportgroups>

#### Narcotics Anonymous

- Living in Recovery

University Lutheran Church

Hours: Monday and Wednesday 8pm

Phone: (701) 212-0525

- We Do Recover

401 7<sup>th</sup> St. N, Antenna Building Upstairs

Phone: (218) 230-5464 / (218) 831-2333, (701) 317-6097

Hours: Tuesday, Thursday, Friday, and Saturday 7pm

#### Prairie Harvest Mental Health

930 N. 3<sup>rd</sup> St., Grand Forks, ND 58201

Phone: (701) 795-9143

[www.prairieharvest.net](http://www.prairieharvest.net)

#### Parkinson's Disease Support Groups

- Grand Forks Parkinson Wellness Program

Altru Family YMCA

215 N. Seventh St., Grand Forks, ND

Hours: Meets 10:30am-Noon Mondays and Wednesdays

Phone: (701) 775-2586

<http://www.gfymca.org/healthy-living/health-well-being-fitness/parkinson-wellness-program/>

- Parkinson's Support Group  
Altru Psychiatry Building  
860 N. Columbia Rd., Grand Forks, ND  
Hours: Meets the first Tuesday of each month from  
6:30pm-8pm for individuals with Parkinson's disease and  
their spouse or caregivers.  
Phone: (701) 780-2428

#### Northlands Rescue Mission

420 Division Ave., Grand Forks, ND 58201

Phone: (701) 772-6600

<https://northlandsrescuemission.org/>

#### ND Alternatives to Abortion Program

Phone: 1-855-639-0740

[www.TheDecisionIsMine.org](http://www.TheDecisionIsMine.org)

#### ND Brain Injury Network

Grand Forks Area

Phone: (701) 777-5200

<https://www.ndbin.org/>

#### Our Hope Support Group

Pembina County Courthouse South Entrance

301 Dakota St. West, Cavalier, ND 58220

Hours: Meets every Tuesday from 7:00pm - 8:00pm

Phone: Contact David (701) 520-4366 or Bill (701) 520-4056

#### Pregnancy Help Center

Hwy 17 E., Park River, ND 58270

Phone: 24 hour help line (701) 284-6601

<https://www.parkriverphc.com/>

Ruth Meiers Adolescent Psychiatric Residential Treatment Facility  
770 S 14<sup>th</sup> St., Grand Forks, ND 58201  
Phone: (701) 795-3870 or 1-888-823-5931  
<https://www.nd.gov/dhs/locations/regionalhsc/northeast/ruth-meiers.html>

Saint Gianna's Maternity Home  
15605 Cty Rd. 15, Minto, ND 58261  
Phone: (701) 248-3077 or 1-877-701-3077  
<http://www.saintgiannahome.org/>

Stable Days Youth Ranch  
17721 429<sup>th</sup> Ave. SW, East Grand Forks, MN 56721  
Phone: (701) 330-9952  
[www.stabledays.org](http://www.stabledays.org)

## **Children's Support Services**

### Car Seat Distribution Program

Car seat education and car seat available based on eligibility.  
Call for more information.

Pembina County Public Health  
301 Dakota St W, #2, Cavalier, ND 58220  
Phone: (701) 265-4248

### Cribs for Kids

Safe sleep education and cribs available based on eligibility.  
Call for more information.

Pembina County Public Health  
301 Dakota St W, #2, Cavalier, ND 58220  
Phone: (701) 265-4248

### Health Tracks/Early and Periodic Screening, Diagnostic, and Treatment (EPSDT)

A free, preventative health program for newborns and children up to age 21 who are enrolled in North Dakota Medicaid.

Pembina County Public Health  
301 Dakota St W, #2, Cavalier, ND 58220  
Phone: (701) 265-4248

### March of Dimes

Supporting mothers through their pregnancy

[www.marchofdimes.org](http://www.marchofdimes.org)

### Ronald McDonald House Charities of the Red River Valley

4757 Agassiz Xing S, Fargo, ND 58104

Phone: (701) 232-3980

<http://www.rmhc Fargo.org>

### St. Jude

262 Danny Thomas Place, Memphis, TN 38105-3678

Phone: 1-888-226-4343

Email: [referralinfo@stjude.org](mailto:referralinfo@stjude.org)

<https://www.stjude.org>

### Shriners (orthopedic services)

2025 East River Pkwy, Minneapolis, MN 55414

Phone: (612) 596-6100

### Sunshine Hospitality Home

A place for patients and their families, affected by critical illnesses, diseases and injuries, who must travel to fulfill their healthcare needs.

933 Duke Dr., Grand Forks, ND 58201

Phone: (701) 732-7900

Email: [sunshine@altru.org](mailto:sunshine@altru.org)

<https://sunshinememorial.org>

### Vaccines For Children

Children birth through 18 years are eligible with or without health insurance.

Pembina County Public Health

301 Dakota St W, #2, Cavalier, ND 58220

Phone: (701) 265-4248

### Women Infant and Children (WIC)

Provides food, nutrition, and health information; referrals to services for pregnant and breastfeeding women, new mothers, infants and children to age 5. Also serves fathers, grandparents, foster parents, or other legal guardians of a child younger than age 5.

Phone: (701) 265-4764

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

### Choice Magazine Listening

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

85 Channel Dr., Port Washington, NY 11050

Phone: 1-888-724-6423

[www.choicemagazinelistening.org](http://www.choicemagazinelistening.org)

### Faith In Action

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

Contact: Michelle Murray

Phone: (701) 265-6230

### Love One Another Now (LOAN)

School aged children's clothing and school supplies

DO IT Best Hardware basement (available by appointment)

Cavalier, ND 58220

Phone: (701) 265-8989 Lorna Ratchenski

### 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](mailto:carechoice@nd.gov)

<https://carechoice.nd.assistguide.net/>

## 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

<http://www.library.nd.gov/>

## ND Special Needs Registry

Register 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

<https://www.nd.gov/ndsnr/>

## ND Department of Transportation Driver's License Division

Bismarck, ND

Phone: (701) 328-2604 or local law enforcement department

## Options Resources Center for Independent Living (Satellite)

- 214 Main St. / PO Box 761, Cavalier, ND 58220

Phone: (701) 265-4618

Email: [tami@myoptions.info](mailto:tami@myoptions.info)

- 318 3<sup>rd</sup> St. NW, East Grand Forks, MN 56721

Phone: 1-800-726-3692

[www.myoptions.info](http://www.myoptions.info)

## Pembina County Senior Citizens Center Sites

Drayton Phone: (701) 454-6586

St. Thomas Phone: (701) 257-6498

Walhalla Phone: (701) 549-3655

## **Cavalier:**

### Cavalier Cinema

104 Main St. 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 Dr., Cavalier, ND 58220

Phone: (701) 265-4746

### Cavalier Swimming Pool

501 West 2<sup>nd</sup> 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 3<sup>rd</sup> St., Drayton, ND 58225

Phone: (701) 454-6231

### Drayton Golf Club

Phone: (701) 454-6547

## **Neche:**

### Neche Swimming Pool

107<sup>th</sup> St. NE, Neche, ND 58265

Phone: (701) 886-7455

**Pembina:**

La Moure Memorial Golf Course  
476 2<sup>nd</sup> St. East, Pembina, ND 58271  
Hours: 9:00am to 9:00pm  
Phone: (701) 825-6619

Pembina Public Library - Located at the North Border School  
155 South 3<sup>rd</sup> St., Pembina, ND 58271  
Hours: Open in the evening (call for times)  
Phone: (701) 825-6217

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 Rd. 55, Walhalla, ND 58282  
Phone: (701) 549-3600

Walhalla Country Club  
12114 County Rd. 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 Dr., 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.

**Hearing:**

Audio Care

Pembina County Memorial Hospital, Cavalier, ND 58220

Phone: 1-800-669-8421

Hours: 3<sup>rd</sup> Wednesday of the month 1pm-5pm

Beltone Hearing Aid Center

Pembina County Memorial Hospital, Cavalier, ND 58220

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

Hours: 2<sup>nd</sup> Wednesday of the month 10am-5pm

Wakefield Hearing Center

Altru Clinic Cavalier, ND 58220

Hours: 4<sup>th</sup> Wednesday of the month

Call the Grand Forks number to set up an appointment

Phone: (701) 746-7000

**Vision:**

Eye Care America

Phone: 1-877-887-6327

Email: [eyecareamerica@aao.org](mailto:eyecareamerica@aao.org)

<https://www.aao.org/eyecare-america>

Dr. Tom Dunham, OD

104 E Hwy 66, Drayton, ND 58225

Wednesdays only

Phone: (701) 454-3340

North Dakota Talking Book Library

Phone: (701) 328-4622

<http://library.nd.gov/talkingbooks.html>

North Dakota Telecom Equipment Distribution Project

Phone: 1-800-895-4728

<http://ndipat.org/services/telecommunications-equipment-distribution-service>

North Dakota Vision Services

500 Stanford Rd., Grand Forks, ND 58203

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

<https://www.ndvisionservices.com/>

North Dakota Vocational Rehabilitation –

Vision Rehab/Vision Loss Support Group

Phone: (701) 328-8954

<https://ndab.org/nd-services-for-vision-loss>

**Fitness-**

In Shape

103 Main St. East, Cavalier, ND 58220

Phone: (701) 265-8261

Xperience Health and Fitness

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

**Food, Meal Programs and Groceries**-Nutritional support is provided by the services below to assist qualified applicants with food items and meals.

#### Great Plains Mobile Food Pantry

The mobile food pantry comes to Pembina County four times a year. 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](http://www.greatplainsfoodbank.org/programs/mobile-food-pantry.html)

#### Pembina County Emergency Food Pantry

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

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

Phone: (701) 265-4244

#### 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
- Suggested donation for meals: \$4.00
- For information call (701) 454-6586

<https://www.facebook.com/pembinacountymealstransportation1/>

#### 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](http://www.rrvca.com)

## **Grocery Stores – Delivery Service**

- Leever's Foods – Cavalier  
Phone: (701) 265-4011  
Delivery: Monday-Thursday 7:00am-3:00pm; \$2.50 charge
- J&D Riverview Market - Drayton  
Phone: (701) 454-3811  
Delivery: Tuesday
- D&K Grocery - Pembina  
Phone: (701) 825-6621  
Delivery: Thursday
- Supermarket Foods – Walhalla  
Phone: (701) 549-2715  
Delivery: Thursday

**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: 1-866-554-5383

[www.aarp.org](http://www.aarp.org)

### Altru Psychiatry Center – Bldg 1

860 South Columbia Rd., Grand Forks, ND 58201

Phone: (701) 780-6697

[www.altru.org/services/psychiatry-center](http://www.altru.org/services/psychiatry-center)

### Askew Funeral Home

- 209 Elizabeth St. West, Cavalier, ND 58220  
Phone: (701) 265-4321  
<http://www.askewfuneralhome.com/>
- 709 Central Ave., Walhalla, ND 58282  
Phone: (701) 549-2394

### Austin Funeral Home

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

### Cope Well Foundation (for cancer survivors)

By appointment only  
Phone: (701) 738-4897  
Email: [info@copewell.org](mailto:info@copewell.org)

### Hospice of the Red River Valley – Journeys

Phone: 1-800-237-4629  
<https://www.hrrv.org/patients-caregivers/grief-support>

### Survivors of Suicide Support Group - Altru Hospital

1200 South Columbia Rd., Grand Forks, ND 58201  
Meets 3<sup>rd</sup> Thursday 7:00 pm to 8:30 pm  
[www.altru.org/services/psychiatry-center/tears](http://www.altru.org/services/psychiatry-center/tears)

## **Health Care/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

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

Phone: (701) 454-3311

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

### Altru Specialty Services

301 Mountain St., Suite A, Cavalier, ND 58220

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

Phone: (701) 265-8338

### CliniCare Clinic

301 Mountain St., East, Cavalier, ND 58220

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

9:00am-3:00pm Saturday

Phone: (701) 265-6307

### 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

Emergency Care Available 24 Hours/day

301 Mountain St. East, Suite A, Cavalier, ND 58220

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

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

## Pembina County Public Health

301 Dakota St. West, #2, Cavalier, ND 58220

Phone: (701) 265-4248

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

## Thrifty White Pharmacy

102 Division Ave. South, Cavalier, ND 58220

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

9:00am-12:00pm Saturday

Phone: (701) 265-4744

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

## Walhalla Clinic

301 5<sup>th</sup> Street, Walhalla, ND 58282

Hours: 8:00am to 4:00pm

Monday, Tuesday, Thursday, and Friday

Phone: (701) 549-2711

### Walhalla Prescription Shop

1102 Central Ave., Walhalla, ND 58282

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

9:15am-1:00pm Saturday

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

### Veterans Administration Health Care System – Grafton

1319 11<sup>th</sup> St. West, Grafton, ND 58237

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

Excluding Federal Holidays

Phone: (701) 352-4059

<https://www.fargo.va.gov/locations/grafton.asp>

**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.

Altru Home Health – Provides interdisciplinary comprehensive health care in the comfort of your own home environment which is overseen by your primary physician and several care providers. 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.

Altru Hospice- Is a special kind of care for patient and families facing a life-limiting illness. It 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. Providing interdisciplinary care that is overseen by a medical director and several care providers.

### Altru Home Health and Hospice

- 201 3<sup>rd</sup> Ave. S., Cavalier, ND 58220  
Phone: (701) 265-4196  
[www.altru.org](http://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

### Pembina County Social Services

Non-skilled home care for individuals who may have a personal care or homemaking need due to a chronic health condition.

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

### **Health Insurance Counseling**

Altru's Healthcare Eligibility Resource Option (HERO)  
Phone: (701) 780-5060

Options Resource Center for Independent Living  
Phone: (701) 265-4618

Valley Community Health Centers  
212 S 4th St., Grand Forks, ND 58201  
Phone: (701) 757-2100  
<http://valleychc.org>

**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](mailto:karriep@coresinc.org)

[www.communityoptionsnd.com](http://www.communityoptionsnd.com)

[www.nd.gov/dhs/services/financialhelp/energyassist.html](http://www.nd.gov/dhs/services/financialhelp/energyassist.html)

### Homestead Tax Credit

Contact: Pembina County Tax Director

301 Dakota St. West, Cavalier, ND 58220

Phone: (701) 265-5152

[www.pembinacountynd.gov/county/departments/tax-equalization/](http://www.pembinacountynd.gov/county/departments/tax-equalization/)

### NoDak Electric Operation Round Up

4000 32<sup>nd</sup> Ave. South / PO Box 13000

Grand Forks, ND 58208-3000

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

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

[www.nodakelectric.com/operation-roundup](http://www.nodakelectric.com/operation-roundup)

### North Dakota Assistive

Adaptive equipment and technology supplies

3240 15<sup>th</sup> St. South, Suite B, Fargo, ND 58104

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

[www.ndassistive.org](http://www.ndassistive.org)

North Dakota Association for Disabled (NDAD)  
2660 South Columbia Rd., Grand Forks, ND 58201  
Phone: (701) 775-5577  
<http://www.ndad.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](http://www.ndhfa.org)

Red River Regional Council  
516 Cooper Ave., #101, Grafton, ND 58237  
Phone: (701) 352-3550  
[www.redriverrc.com](http://www.redriverrc.com)

Red River Valley Community Action (RRVCA)  
[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  
Hours: 8:00 am to 5:00 pm Monday-Friday  
Phone: (701) 746-5431

#### Renter's Refund

Available to individuals who are 65 years of age or older,  
or individuals who are permanently and totally disabled.

600 East Boulevard Ave., Bismarck, ND 58505-0599

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

<https://www.nd.gov/tax/user/individuals/exemptionsrefunds/credits---individuals/renters-refund>

## Salvation Army

1600 University Ave., Grand Forks, ND 58203

Phone: (701) 775-2597

<https://salvationarmynorth.org/community/grand-forks>

## Social Services Administration

Phone: 1-800-772-1213

<https://www.ssa.gov>

## **Legal References**

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

## Pembina County Memorial Hospital

301 Mountain St. East, PO Box 380, Cavalier, ND 58220

Phone: (701) 265-8461

<http://www.cavalierhospital.com/>

## **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

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

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

Altru Health System  
Phone: (701) 780-6116

Altru Homecare and Hospice  
201 East 3<sup>rd</sup> Ave. South, Cavalier, ND 58220  
Phone: (701) 265-4196

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

Medicare  
Phone: 1-800-633-4227  
<https://www.medicare.gov>

Pembina County Public Health  
301 Dakota St. West, #2, Cavalier, ND 58220  
Hours: 8:00am to 4:30pm Monday-Friday  
Phone: (701) 265-4248  
[www.pembinacountynd.gov/county/departments/public-health/](http://www.pembinacountynd.gov/county/departments/public-health/)

Prescription Assistance Program (PAP)  
624 Main Ave., Ste 5, Fargo, ND 58103  
Phone: (701) 364-0398  
<http://www.prescriptionassist.org>

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

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

## **Oral Health-**

Cavalier Dental Clinic  
Dr. Joseph Allred, DDS  
202 East 3<sup>rd</sup> Ave. South, Cavalier, ND 58220  
Hours: 8:00 am to 5:00 pm Monday-Thursday  
Phone: (701) 265-8777  
<https://www.facebook.com/cavalierdental>

## **New American/Refugee Services**

Global Friends Coalition

600 Demers Ave. #406A, Grand Forks, ND 58201

Phone: (701) 746-8233

<http://www.gfcoalition.org>

Lutheran Social Services of North Dakota

412 Demers Ave., Grand Forks, ND 58201

Phone: (701) 772-7577

<http://www.lssnd.org>

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

Cavalier United Lutheran Church

104 Bjornson Dr., Cavalier, ND 58220

Available Tuesdays and by appointment

Phone: (701) 265-8907

<https://www.cavalierunitedlutheran.org/home>

**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](http://www.cavaliernd.com)

Cavalier Supply (U-Haul)

601 Main St. West, Cavalier, ND 58220

Phone: (701) 265-4633

[www.cavaliersupply.com](http://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](http://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

[http://www.pathfinder-nd.org/index.php?option=com\\_k2&view=item&id=80:nd-association-for-the-disabled-ndad](http://www.pathfinder-nd.org/index.php?option=com_k2&view=item&id=80:nd-association-for-the-disabled-ndad)

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

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](http://www.rd.usda.gov/nd)

Walhalla Chamber of Commerce  
1105 Central Ave., Walhalla, ND 58282  
Phone: (701) 549-3939  
[www.walhalland.org](http://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  
<http://www.borghome.net>

Country Estates Senior Living  
107 Bjornson Dr., Cavalier, ND 58220  
Phone: (701) 265-6283  
<http://www.cavalierhospital.com/what-we-do/county-estates.html>

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

North Border Estates Senior Apartments  
500 4<sup>th</sup> St., Apt #17, Walhalla, ND 58282-4658  
Phone: (701) 549-3831  
<https://www.agingcare.com/local/north-border-estates-walhalla-assisted-living-nd>

Pembina County Housing Authority  
100 Tornado Dr., #2, Cavalier, ND 58220  
Phone: (701) 265-8147  
[https://www.rentassistance.us/li/Pembina\\_County\\_Housing\\_Authority](https://www.rentassistance.us/li/Pembina_County_Housing_Authority)

Pembilier Nursing Center

500 Delano Ave., Walhalla, ND 58282

Phone: (701) 549-3831

<http://pembiliernursingcenter.com>

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

<http://www.cavalierhospital.com/what-we-do/wedgewood-manor.html>

**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
- ND Family Caregiver Support Program (ND Dept of Human Services) - Grand Forks Regional Human Services Center: (701) 795-3000 or 1-888-256-6742
- 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 Rd., Grand Forks, ND 58201

Phone: (701) 780-5822

<https://www.altru.org/find-a-location/location-profile/altru-specialty-center>

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](http://www.designercare.com)

Drayton Drug

104 East Highway 66, Drayton, ND 58225

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

Phone: (701) 454-3831

HERO (Healthcare Equipment Recycling Organization)

5012 53<sup>rd</sup> St. South, Fargo, ND 58220

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

Phone: (701) 212-1921

[www.herofargo.org](http://www.herofargo.org)

North Dakota Assistive

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

3240 15<sup>th</sup> St. South, Suite B, Fargo, ND 58104

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

[www.ndassistive.org](http://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](http://www.myoptions.info)

Shopko Hometown Cavalier

601 Division Ave. South, Cavalier, ND 58220

Hours 9:00 am-9:00 pm

Phone: (701) 265-4545

[www.shopko.com](http://www.shopko.com)

Thrifty White Pharmacy

102 Division Ave. South, Cavalier, ND 58220

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

9:00am-12:00pm Saturday

Phone: (701) 265-4744

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

Walhalla Prescription Shop

1102 Central Ave., Walhalla ND 58282

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

9:15am-1:00pm Saturday

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

## 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 in Cavalier, ND or nurse provides sharps containers and can exchange it for a new one when full.

## Emergency Alert Pendants -

Alert One Services, Inc.

Phone: 1-866-978-9269

<https://www.alert-1.com>

Good Samaritan Center Park River, ND (minimal fee)

Phone: (701) 284-7115 for information

Guardian (Comfort Keepers)

Phone: (701) 738-0006

<http://www.comfortkeepers.com/home/products>

Lifecall from Northern Safety & Security

4111 Technology Dr. NW, Ste #203, Bemidji, MN 56601

Phone: 1-877-751-3902

<https://www.alarm.com/US/northss?home=1>

Lifeline (Philips) Medical Alert Service

Phone: 1-855-681-5351

<https://www.lifeline.philips.com>

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

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

Yorhom Medical Essentials  
*Through Altru Health System*  
4350 S. Washington St., Grand Forks, ND 58201  
Phone: (701) 780-2500  
<https://www.altru.org/yorhom/>

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

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

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

Domestic Violence and Abuse Center  
380 Courthouse Drive, #8, Cavalier, ND 58220  
Phone: (701) 265-8686 or Crisis line 1-866-435-7490

Journey Beyond Abuse Women's Support Group  
380 Courthouse Drive #8, Cavalier, ND 58220  
Phone: (701) 265-8686

## Legal Services of ND

- Serves individuals under age 60  
Hours: Monday, Tuesday, Thursday 9:00am-3:00pm  
Phone: 1-800-634-5263
- Serves individuals age 60 and beyond  
Hours: Monday, Thursday, 8:00am–5:00pm;  
Friday 8:00am-2:00pm  
Phone: 1-866-621-9886  
[www.legalassist.org](http://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](http://www.nd.gov/dhs/services/adultsaging/ombudsman.html)

## North Dakota AARP

Local Caregiver Resources  
Phone: 1-877-333-5885  
<https://www.aarp.org>

## North Dakota Assistive

3240 15<sup>th</sup> St. South, Suite B, Fargo, ND 58104  
Phone: (701) 365-4728 or 1-800-895-4728  
[www.ndassistive.org](http://www.ndassistive.org)

## North Dakota Association for Disabilities

(90 day maximum loan of equipment)  
2660 South Columbia Rd., Grand Forks, ND 58201  
Phone: (701) 775-5577  
<http://ndad.org/contact>

North Dakota Hearing Loss-School for Deaf  
1401 College Dr. North, Devils Lake, ND 58301  
Phone: 1-800-887-2980  
<https://www.nd.gov/ndsd>

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

North Dakota Protection and Advocacy & Advocacy Disability  
Rights in North Dakota  
To report abuse, neglect, or exploitation of a person  
After hours and weekends: 1-800-642-6694  
Phone: (701) 328-2950 or 1-800-472-2670  
[www.ndpanda.org](http://www.ndpanda.org)

North Dakota Ombudsman  
Phone: (701) 298-4480

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  
<https://www.ndvisionservices.com>

Northeast Human Service Center-Aging Services  
151 South 4<sup>th</sup> St., 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  
<https://www.nd.gov/dhs/locations/regionalhsc/northeast/index.html>

### Northeast Human Service Center

- 2655 2nd Ave. N, Grand Forks, ND 58202  
Phone: (701) 775-0525 or 1-888-256-6742  
<https://www.nd.gov/dhs/locations/regionalhsc/northeast/index.html>
- Grafton Outreach Location  
901 West Midway Dr., 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](mailto: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  
[www.myoptions.info](http://www.myoptions.info)

### Parenting After Violence Support Group

380 Courthouse Dr., #8, Cavalier, ND 58220  
Phone: (701) 265-8686

### Pembina County Social Services

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

### Pembina County Veterans Service Office

301 Dakota St. West, Cavalier, ND 58220  
Hours: Monday, Tuesday, Wednesday 8am-12pm, 1pm-5pm  
Phone: (701) 520-2704; Cell: (701) 265-4228

## Salvation Army

Contact: Cody Kill

Hours: Monday – Friday, business hours

Phone: (701) 213-3467

## 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

<https://www.nd.gov/ndins/shic/>

## Vulnerable Adults Protection & Advocacy

Phone: (701) 795-3800

<http://ndpanda.org>

## 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
- Local rides available county-wide and to Grand Forks
- Call for schedule and fare information
- Phone: (701) 454-6586

<https://www.facebook.com/pembinacountymealstransportation1>

### Veterans Service Office (for Veterans only)

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

### VA Health Care System (Hospital)

2101 Elm St. N, Fargo, ND in Fargo 701-232-3241

Hours: 24 hours per day/ 7 days per week

Phone: (701) 232-3241 or 1-800-410-9723

<https://www.fargo.va.gov>

### Veterans Crisis Line

Phone: 1-800273-8255 Press 1

Primary Care Social Worker/Caregiver Support Group  
Phone: (701) 335-4380

Supportive Services for Veteran Families  
Phone: (701) 317-1752

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

Cavalier Thrift Store  
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 6<sup>th</sup> St., Grafton, ND 58237  
Phone: (701) 352-0001

NDSU Extension  
301 Dakota St. West, #7, Cavalier, ND 58220  
Phone: (701) 265-8411

Pembina County Emergency Food Pantry  
Located in Cavalier behind the United Valley Insurance and  
Investment Building  
Hours: Tuesday 3:00-4:30pm  
Phone: (701) 265-4244

Pembina County Health and Wellness  
214 Main Street West, Cavalier, ND 58220  
Phone: (701) 265-2465

Pembina County Meals and Transportation  
PO Box 9, Drayton, ND 58225  
Phone: (701) 454-6586

Pembilier Nursing Center  
500 Delano Ave., Walhalla, ND 58282  
Phone: (701) 549-3831

Red River Valley Community Action  
Volunteer to pickup and deliver donated food items  
Phone: (701) 746-5431

Retired Senior Volunteer Program (RSVP)  
1407 24<sup>th</sup> Ave. South, Grand Forks, ND 58201  
Phone: (701) 787-0043

Wedgewood Manor  
804 Main Street West, Cavalier, ND 58220  
Phone: (701) 265-8453





# **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 [ddame@nd.gov](mailto:ddame@nd.gov).

This resource is subject to change and may be updated annually. It is available electronically on <http://pembinacountynd.gov>.