



Pembina County Resource Guide

As of July 18, 2022



Public Health
Prevent. Promote. Protect.

Pembina County Public Health



*Pembina County Memorial Hospital
Wedgewood Manor*

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 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 for all ages.

Please note hyperlinks for internet access to resource websites and the telephone (tel) hyperlink for easy calling from your smartphone.

Thank you to Jim and Stacie Metelmann for permission to print the cover picture.

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 at 701-265-4248.

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

Buck & Buck

tel:[8004580600](tel:8004580600)

www.buckandbuck.com

iCare Clothing Solutions

15 Wilshire Lane, Plainview, NY 11803

tel:[8004451981](tel:8004451981)

Store located on www.amazon.com

Sanford Healthcare Accessories

3223 32nd Ave. South, Fargo, ND 58103

tel:[7012938211](tel:7012938211) or tel:[8002884613](tel:8002884613)

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

tel:[7013284601](tel:7013284601)

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

North Dakota Department of Human Service

Qualified Service Providers

316 North 5th St., #300, Bismarck, ND 58501

tel:[7013280955](tel:7013280955) or tel:[8554625465](tel:8554625465)

Search Qualified Service providers in your area:

<https://secure.apps.nd.gov/dhs/qsp/qspsearch.aspx>

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

Northeast Human Service Center-Aging Services

151 South 4th St., Suite 401, Grand Forks, ND 58201

tel:[7017953000](tel:7017953000) or tel:[8882566742](tel:8882566742)

E-mail: dhsnehsc@nd.gov

<https://www.nd.gov/dhs/locations/regionalhsc/northeast/index.html>

Pembina County Memorial Hospital
301 Mountain St. East, Cavalier, ND 58220
Emergency Care Available 24 Hours
tel:[7012658461](tel:7012658461)
www.cavalierhospital.com

Pembina County Social Services
300 Boundary Rd. West, Cavalier, ND 58220
tel:[7012658441](tel:7012658441)
Hours: 8:00am-4:30pm Monday-Friday

Walhalla Clinic
301 5th St., Walhalla, ND 58282
Hours: 8:00am to 4:00pm Monday-Friday
tel:[7015492711](tel:7015492711)

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**
tel:[7012654122](tel:7012654122)

Crisis

- **Suicide - Call tel:**[988](tel:988) Statewide 24-hour helpline; health and human services information and referral or tel:[8002738255](tel:8002738255)
- **Poison Control - Call tel:**[8002221222](tel:8002221222)

Altru Health System (Emergency room services available 24/7)
1200 South Columbia Rd., Grand Forks, ND 58201
tel:[7017805000](tel:7017805000)
www.altru.org

Altru Clinic
1003 North Main Street, Drayton, ND 58225
Hours: 8:00 am to 5:00 pm Monday-Friday
tel:[7014543311](tel:7014543311)

Cavalier Area Ministerial Association
tel:[7015204056](tel:7015204056)

CliniCare Clinic
301 Mountain St. East, Cavalier, ND 58220
Hours: 8:00am to 5:00pm Monday-Friday
9:00am – 3:00pm Saturday
tel:[7012656307](tel:7012656307)
www.cavalierhospital.com

Northeast Human Service Center
151 South 4th St., Suite 401, Grand Forks, ND 58201
24 Hour Crisis line tel:[7017750525](tel:7017750525) or tel:[8008453731](tel:8008453731)

Pembina County Memorial Hospital
(Emergency room available 24/7)
301 Mountain St. East, Cavalier, ND 58220
tel:[7012658461](tel:7012658461)
www.cavalierhospital.com

Prairie St. John's (Services available 24/7)
510 4th St. S, Fargo, ND 58103

tel:[7014767200](tel:7014767200) or tel:[8773339565](tel:8773339565)
<https://prairie-stjohns.com>

Veteran's Crisis Line

tel:[8002738255](tel:8002738255) (Press 1) or text 838255
www.veteranscrisisline.net

Suicide

National Suicide Prevention Lifeline:

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

tel:[8002738255](tel:8002738255) or text HOME to 741741
<https://suicidepreventionlifeline.org/>

National Suicide Hopeline Network, Suicide & Crisis Hotline

tel:[8007842433](tel:8007842433)

Survivors of Suicide Support Group - Altru Hospital TEARS

1200 South Columbia Rd., Grand Forks, ND 58201

tel:[7017801828](tel:7017801828)

Email: tears@altru.org

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 3rd St., #4
Langdon, ND 58249
tel:[7012562256](tel:7012562256)
- Grand Forks, ND
tel:[2187793600](tel:2187793600)
Hotline tel:[7013304339](tel:7013304339)
<http://grandforksaa.org/>

Gambling

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

Hoarding

- Knowlton, O'Neill & Associates (Dr. Holly Hegstad)
1401 13th Ave E, West Fargo, ND 58078
tel: [7013640060](tel:7013640060)
<https://www.mentalhealthkoa.com>

Lakeside Center for Behavioral Change
1450 25th St. S., Fargo, ND 58103
tel: [7015526284](tel:7015526284)

Tobacco and Vaping

Help to quit

- ND Quits
tel: [8007848669](tel:8007848669) (1-800-QUIT-NOW)
www.ndhealth.gov/ndquits
- Teen Vaping
My Life My Quit – Text “Start My Quit” to 36072 or
tel: [8558918898](tel:8558918898)
- Pembina County Public Health Nicotine Replacement Therapy
Reimbursement Program
Monetary reimbursement of up to \$200 per year when funding is
available
tel: [7012654248](tel:7012654248)

Case Management

A Community Team (ACT)
Cavalier, ND 58220
tel: [7017405761](tel:7017405761)

Domestic Violence and Abuse Center, Inc.
308 Courthouse Dr., #8, Cavalier, ND 58220
tel: [7012658686](tel:7012658686)
DVAC 24-Hour Crisis Line tel: [8664357490](tel:8664357490)
National Domestic Violence Hotline at tel: [8007997233](tel:8007997233)
or TTY 800-787-3224

Options Resource Center for Independent Living
318 3rd St. NW, East Grand Forks, MN 56721
tel: [8007263692](tel:8007263692)
<http://www.myoptions.info>

Northeast Human Services Center-Aging Services
151 South 4th St., Suite 401, Grand Forks, ND 58201
tel: [7017953000](tel:7017953000) or tel: [8882566742](tel:8882566742)
E-mail: dhsnehsc@nd.gov
<https://www.nd.gov/dhs/locations/regionalhsc/northeast/index.html>

Northern Valley Human Service Zone (Cavalier, Pembina, & Walsh counties)
300 Boundary Rd. W. #3, Cavalier, ND 58220
tel: [7012658441](tel:7012658441)
<https://www.nd.gov/dhs/locations/countysocialserv/34.html>

Counseling and Psychiatry

Agassiz Associates, PLLC

(also provide chemical dependency services)

2424 32nd 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

tel:[7017466336](tel:7017466336)

www.agassizassociates.com

Altru Behavioral Health Clinic

860 S. Columbia Rd., Grand Forks, ND 58201

tel:[7017805000](tel:7017805000)

www.altru.org/services/psychiatry-center

Altru Hospital Psychiarity

860 S. Columbia Rd., Grand Forks, ND 58201

tel:[7017803440](tel:7017803440)

Assessment and Therapy Associates of Grand Forks

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

tel:[7017806821](tel:7017806821)

<http://www.grandforkstherapy.com>

Catholic Charities of ND, St Alphonsus School

209 10th Ave., Langdon, ND 58249

tel:[7012562354](tel:7012562354)

Center for Psychiatric Care, PC

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

tel:[7017322500](tel:7017322500)

Center for Self-Growth & Renewal

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

tel:[7017464400](tel:7017464400) or tel:[8888310446](tel:8888310446)

www.selfgrowthandrenewal.com

Centre, Inc. (Social reintegration)

201 4th St S, Grand Forks, ND 58102

tel:[7017466303](tel:7017466303)

www.centreinc.org

Community Health Service, Inc

1113 W 11th St, Grafton, ND 58237

tel:[8773524048](tel:8773524048)

<http://chsiclinics.org> or <https://www.facebook.com/CHSIclinics>

Cope Well Foundation (for Cancer Survivors)

4200 James Ray Dr., Grand Forks, ND 58202

tel:[7013305255](tel:7013305255), Ashely Johnson

Email: info@copewell.org

Don Foley Counseling (also chemical dependency)

5042 5th Ave N, Grand Forks, ND 58201

tel:[7017467857](tel:7017467857)

Drake Counseling

311 4th St., Ste 401, Grand Forks, ND 58201

tel:[7017573200](tel:7017573200)

Email: drakecounseling@aol.com

<http://drakecounselingservices.com/grand-forks-nd/3824700>

Family Institute Psychological Services

2100 South Columbia Rd., Ste 202, Grand Forks, ND 58202

tel:[7017721588](tel:7017721588)

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

First Step Recovery, The Village

2701 12th Ave S, Fargo, ND 58501

tel:[7014514900](tel:7014514900) or tel:[8006278220](tel:8006278220)

<https://www.thevillagefamily.org/content/first-step-recovery>

Ideal Option (MAT services – suboxone and vivitrol)

3301 30th Ave S., Ste 102, Grand Forks, ND 58201

tel:[8775221275](tel:8775221275)

<https://www.idealoption.com/suboxone-clinics/grand-forks>

Innovative Healing Counseling & Consulting, LLC

Angela M. Longtin

tel: [7019920628](tel:7019920628)

Email: Innovativehealing777@gmail.com

Laidlaw Psychological Services

3374 S 31st St, Grand Forks, ND 58201

tel: [7017809700](tel:7017809700)

Lakeside Center for Behavioral Change

1450 25th St. S, Fargo, ND 58103

tel: [7013561047](tel:7013561047)

<http://www.lakesidecenter.org>

Lipp, Carlson, Lommen, Witucki & Associates, LTD

735 Hill Ave., Suite 203, Grafton, ND 58237 (Tara Shirek) or

2808 17th Ave S., Grand Forks, ND 58201

tel: [7017468376](tel:7017468376)

www.lclwpsychologists.com

Northeast Human Service Center

- Cavalier Outreach Location

504 Division Ave S, Cavalier, ND 58220

tel: [7017405761](tel:7017405761)

- Grand Forks, Main Office

151 S. 4th St., Grand Forks, ND 58201

tel: [7017953000](tel:7017953000) or tel: [8882566742](tel:8882566742)

24 Hour Crisis Line tel: [8008453731](tel:8008453731)

Walk-in assessments: Mon, Tues, and Thurs 8:15a-10:30a

E-mail: dhsnehsc@nd.gov

- Grafton Outreach Location

901 West Midway Dr., Grafton, ND 58237

tel: [7013524334](tel:7013524334) or tel: [8888452215](tel:8888452215)

Northern Prairie Community Clinic (chemical dependency)

501 N. Columbia Rd., Ste 1300, Grand Forks, ND 58203

tel: [7017773745](tel:7017773745); **Crisis line tel: [7017750524](tel:7017750524)**

<https://und.edu/npcc/>

Northwestern Mental Health Center

1422 Central Ave, East Grand Forks, MN 56721

tel: [2187736102](tel:2187736102)

603 Bruce St, Crookston, MN 56716

tel: [2182813940](tel:2182813940)

Mental Health Crisis Line tel: [8002825005](tel:8002825005)

<https://allumacares.org/>

Northland Christian Counseling

2315 Library Circle, Grand Forks, ND 58201

tel: [7017958550](tel:7017958550) or tel: [8777956222](tel:8777956222)

<http://northlandccc.com>

Prairie St. John's (chemical dependency)

510 4th St. S., Fargo, NF 58103

tel: [7014767200](tel:7014767200)

<https://prairie-stjohns.com/>

Quinn Counseling

47 W. 6th St., Grafton, ND 58237

tel: [7017413500](tel:7017413500)

Dr. Maxine Rasmussen

311 S. 4th St, Ste 115, Grand Forks, ND 58201

tel: [7017728013](tel:7017728013)

Red Door Pediatric Therapy

2810 19th Ave. S., Grand Forks, ND 58201

tel: [7012223175](tel:7012223175)

<https://reddoorpediatric.com/>

Rehabilitation Consulting and Services

North Dakota Vocational Rehabilitation

tel: [7013288950](tel:7013288950) or tel: [8007552745](tel:8007552745)

Email: dhsvr@nd.gov

www.nd.gov/dhs/dvr

Rural Psychiatry Associates
4700 S Washington St, Ste G
Grand Forks, ND 58201
tel:[7012053000](tel:7012053000)
<https://ruralpsychiatryassociates.com>

Share House (chemical and alcohol dependency)

- 1122 N 43rd St, Grand Forks, ND
tel:[7013738661](tel:7013738661) or tel:[8772946561](tel:8772946561)
- 4227 9th Ave. S, Fargo, ND 58103
tel:[7012826561](tel:7012826561) or tel:[8772946561](tel:8772946561)
Outpatient: 5056 40th St. S., Suite B, Fargo, ND
After Hours tel:[7013611018](tel:7013611018)
<https://sharehouse.org/>

Spectra Health (Suboxone/Zubsolv, Vivitrol)

- 212 S. 4TH St., Ste 301, Grand Forks, ND 58201
Hours: MAT appointments Tuesday and Wednesday morning
tel:[7017572100](tel:7017572100)
- 607 Towner Ave, Larimore, ND 58251
Hours: Monday-Thursday
tel:[7013436418](tel:7013436418)
<https://spectrahealth.org/>

The Village Family Service Center

1726 S. Washington St., Ste 33-A, Grand Forks, ND 58201
tel:[7017464584](tel:7017464584) or tel:[8006278220](tel:8006278220)
<https://thevillagefamily.org/content/grand-forks>

The Zone (independent mental health practices for child, adolescent, adult and family therapy)

2755 10th Ave. N, Grand Forks, ND 58203
tel:[7017380888](tel:7017380888)
<http://www.thezonegf.com>

UND University Counseling Center (for students)

McCannel Hall Room 200
2891 2nd Ave. N, Grand Forks, ND 58202

tel:[7017772127](tel:7017772127)
<https://und.edu/student-life/counseling-center>

Medication Assisted Treatment

Community Medical Services (Methadone, Suboxone/Zubsolv, Vivitrol)
2424 32nd Ave S, Suite 103, Grand Forks, ND 58201
tel:[7017926700](tel:7017926700)

901 28th St. S., Ste C, Fargo, ND 58103
tel:[7014041100](tel:7014041100) or tel:[8552036352](tel:8552036352)
<http://communitymedicalservices.org>

Ideal Option (Suboxone/Zubsolv, Vivitrol)
3301 30th Ave. S, Ste 102, Grand Forks, ND 58201
Hours: Monday-Thursday, 9am-5pm
tel:[8775221275](tel:8775221275)
<https://www.idealoption.com/clinics/grand-forks>

Spectra Health (Suboxone/Zubsolv, Vivitrol)

- 212 S. 4TH St., Ste 301, Grand Forks, ND 58201
Hours: MAT appointments Tuesday and Wednesday morning
tel:[7017572100](tel:7017572100)
- 607 Towner Ave, Larimore, ND 58251
Hours: Monday-Thursday
tel:[7013436418](tel:7013436418)
<https://spectrahealth.org/>

Support

Attention Deficit/Hyperactivity Disorder (ADHD)
Family Institute, PC
2100 S. Columbia Rd., Suite 202, Grand Forks, ND 58201
tel:[7012828510](tel:7012828510)
<http://www.familyinstitutepec.com/index.html>

Autism

- Autism Center Resources
<https://ndautismcenter.org>

- Talk About Curing Autism (TACA) ND Chapter
Grand Forks Area
- Family to Family Support Network, UND School of Medicine
501 N. Columbia Rd, Grand Forks, ND 58203
tel: [7017772359](tel:7017772359)

Grief

St. Michael Pastoral Center
Beginning Experience – help to deal with grief from divorce,
widowed or separated
418 N 6 St, Grand Forks, ND 581201
tel: [7013612051](tel:7013612051)
Contact Dan Pilon Email: Daniel.pilon@fargodioese.org
<https://www.beginningexperience-easternnd.org>

Grand Forks Withdrawal Management Center (drugs and alcohol)
207 S 4th St., Grand Forks, ND 58201
tel: [7012034742](tel:7012034742)
<http://www.grandforksgov.com/government/city-departments/public-health/withdrawal-management-center>

Face it TOGETHER Department of Human Services
Behavioral Health Division
151 S. 4th St, Suite 401, Grand Forks, ND 58201
tel: [7017953069](tel:7017953069)
Email: kastastny@nd.gov
<https://www.behavioralhealth.nd.gov/addiction/fttr/region4>

Freedom Church – Celebrate Recovery
308 DeMers Ave, Grand Forks, ND 58201
Hours: Tuesday 6:30pm
tel: [7017723117](tel:7017723117)

HOPE Church – Celebrate Recovery
Divorce, grief, betrayal, abuse, kids support, mental health,
pregnancy, cancer support, alcohol, PTSD
1601 17th Ave. S., Grand Forks, ND 58201
tel: [7017721884](tel:7017721884)

<http://gfhope.org/supportgroups>

Narcotics Anonymous

- Living in Recovery, University Lutheran Church
2122 University Ave, Grand Forks, ND 58201
Hours: Monday and Wednesday 8pm
tel: [7012120525](tel:7012120525)

401 7th St. N, Antenna Building Upstairs, Grand Forks, ND 58201
tel: [8668016621](tel:8668016621)

Hours: Tuesday, Thursday, Friday, and Saturday

National Alliance on Mental Illness (NAMI)

Unity Medical Center 1st floor conference room

Meetings: 2nd Sunday monthly at 5:30pm, free 1 hr meetings

tel: [7015200521](tel:7015200521) Heather Narloch

tel: [7013310971](tel:7013310971) Shanna Littlejohn

2242 Springbrook Ct, Grand Forks, ND 58201

tel: [7017465380](tel:7017465380)

Email: lois.namigf@gmail.com

Northlands Rescue Mission

420 Division Ave., Grand Forks, ND 58201

tel: [7017726600](tel:7017726600)

<https://northlandsrescuemission.org/>

ND Alternatives to Abortion Program

tel: [8556390740](tel:8556390740)

www.TheDecisionIsMine.org

ND Brain Injury Network

- Grand Forks Area
tel: [7017775200](tel:7017775200) or tel: [8558661884](tel:8558661884)
<https://www.ndbin.org/> or info@ndbin.org
- Altru Health System Brain Injury Support Group,
Specialty Center, 4500 S. Washing St
tel: [7017778004](tel:7017778004)

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
tel: [7015204366](tel:7015204366) Contact David or tel: [7015204056](tel:7015204056) for Bill

Prairie Harvest Mental Health
930 N. 3rd St., Grand Forks, ND 58201
tel: [7017959143](tel:7017959143)
www.prairieharvest.net

Children and Young Adult 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
tel: [7012654248](tel:7012654248)

Community Health Service, Inc
1113 W 11th St, Grafton, ND 58237
tel: [7013524048](tel:7013524048) or tel: [8773524048](tel:8773524048)
<https://chsiclinics.org> or <https://www.facebook.com/CHSIclinics>
<https://chsiclinics.org/locations/grafon-nd>

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
tel: [7012654248](tel:7012654248)

Dakota Boys and Girls Ranch
Locations Minot, Bismarck and Fargo
tel: [8005933098](tel:8005933098)
Email: info@DakotaRanch.org or adminissions@DakotaRanch.org
www.dakotaranch.org

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
tel: [7012654248](tel:7012654248)

March of Dimes

Supporting mothers through their pregnancy

tel: [8886634637](tel:8886634637)
www.marchofdimes.org

Northwood Deaconess Health Center Rehab

Occupational Therapy for sensory processing/integration
4 North Park St, Northwood, ND 58267
tel: [7015876469](tel:7015876469) (OT)

Pediatric Partners

Early intervention, mental health, autism, therapy
2600 Demers Ave #101, Grand Forks, ND 58201
tel: [7017573045](tel:7017573045)
<https://www.pediatricpartnersclinic.com>

Pregnancy Help Center

103 B Kensington Ave., Park River, ND 58270
24 hour help line tel: [7012846601](tel:7012846601)
<https://www.parkriverphc.com/>

Quentin N. Burdick Job Corps Center

No-cost education and career technical training center for 16-24 year old young adults. Must meet eligibility requirements.
1500 University Ave W., Minot, ND 58703
tel: [8007335627](tel:8007335627)
<https://quentinnburdick.jobcorps.gov/>

Right Track

Child development screening, information on sleep, nutrition, toileting, managing behaviors, growth and development

Region IV, Grand Forks

tel: [7017953000](tel:7017953000) or tel: [8882566742](tel:8882566742)

Ronald McDonald House Charities of the Red River Valley

4757 Agassiz Crossing S, Fargo, ND 58104

tel: [7012323980](tel:7012323980)

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

Ruth Meiers Adolescent Psychiatric Residential Treatment Facility

770 S 14th St., Grand Forks, ND 58201

tel: [7017953870](tel:7017953870) or tel: [8888235931](tel:8888235931)

<https://www.nd.gov/dhs/locations/regionalhsc/northeast/ruth-meiers.html>

Email: ruthmeiers@nd.gov

Stable Days Youth Ranch

17721 429th Ave. SW, East Grand Forks, MN 56721

tel: [7013309952](tel:7013309952)

Email: info@stabledays.org

www.stabledays.org

Saint Gianna's Maternity Home

15605 Cty Rd. 15, Minto, ND 58261

tel: [7012483077](tel:7012483077) or tel: [8777013077](tel:8777013077)

Email: saintgiannahome@hotmail.com

<http://www.saintgiannahome.org/>

St. Jude's

262 Danny Thomas Place, Memphis, TN 38105-3678

tel: [8882264343](tel:8882264343)

Email: referralinfo@stjude.org

<https://www.stjude.org>

Shriners (pediatric care)

- 310 N 9th St, Bismarck, ND 58501
tel:[6125966106](tel:6125966106)
- 2025 East River Pkwy, Minneapolis, MN 55414
tel:[6125966100](tel:6125966100)

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.
4200 James Ray Dr., Grand Forks, ND 58203
tel:[7017382462](tel:7017382462)
<https://sunshinememorial.org>

Spectra Health (Suboxone/Zubsolv, Vivitrol)

- 212 S. 4TH St., Ste 301, Grand Forks, ND 58201
Hours: MAT appointments Tuesday and Wednesday morning
tel:[7017572100](tel:7017572100)
- 607 Towner Ave, Larimore, ND 58251
Hours: Monday-Thursday
tel:[7013436418](tel:7013436418)
<https://spectrahealth.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
tel:[7012654248](tel:7012654248)

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.
tel:[7012654764](tel:7012654764)

Additional Resources

Substance Abuse and Mental Health Services Administration

- Behavioral Health Treatment Services Locator:
<https://www.samhsa.gov/find-treatment>
- Buprenorphine Practitioner Locator:
<https://www.samhsa.gov/medication-assisted-treatment/practitioner-program-data/treatment-practitioner-locator>
- Early Serious Mental Illness Treatment Locator
<https://www.samhsa.gov/esmi-treatment-locator>

SAMHSA's National Helpline:

tel:[8006624357](tel:8006624357) or TTY: 1-800-487-4889

<https://www.samhsa.gov/find-help/national-helpline>

Also known as the Treatment Referral Routing Service is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

- Disaster Distress Helpline
tel:[8009855990](tel:8009855990)
Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call to be connected to the nearest crisis center for information, support, and counseling.
- Veteran's Crisis Line
tel:[8002738255](tel:8002738255) Press 1
<https://www.veteranscrisisline.net/>
Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

- Drug-Free Workplace
tel:[8009675752](tel:8009675752)
<https://www.samhsa.gov/workplace/resources/drug-free-helpline>
Assists employers and union representatives with policy development, drug testing, employee assistance, employee education, supervisor training, and program implementation.

Devils Lake, Lake Region Human Service Center
200 Hwy 2 SW, PO Box 650, Devils Lake, ND 58301
tel:[7016652200](tel:7016652200) or tel:[8886078610](tel:8886078610)
<https://www.nd.gov/DHS/locations/regionalhsc/lakeregion/index.html>

Grand Forks, Northeast Human Service Center

- 151 S 4th St, Ste 201, Grand Forks, ND 58201-5196
tel:[7017878500](tel:7017878500)
Grafton Outreach Office tel:[7013524334](tel:7013524334) or tel:[8884252215](tel:8884252215)

ADAPT, Inc (by appointment)
1201 Dyke Ave, Grand Forks, ND 58201
tel:[7017721011](tel:7017721011) or tel:[7014710286](tel:7014710286)
<https://adaptincnd.com/>

North Dakota Department of Human Services
Behavioral Health Division
600 E Boulevard Ave, Dept 325
Bismarck, ND 58505
tel:[7013288920](tel:7013288920) or tel:[8007552719](tel:8007552719)
<https://www.nd.gov/dhs/>

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

tel: [8887246423](tel:8887246423)

www.choicemagazinelistening.org

Faith In Action

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

Contact: Michelle Murray

tel: [7012656230](tel:7012656230)

Love One Another Now (LOAN)

School aged children's clothing and school supplies

Available by appointment, one family at a time, confidential

tel: [7012652423](tel:7012652423) Lorna

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

tel: [8554625465](tel:8554625465)

E-mail: 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

tel: [7013284622](tel:7013284622) or tel: [8004722104](tel:8004722104) In ND only

Email: statelib@nd.gov

<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

tel: [7012357335](tel:7012357335)

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

ND Department of Transportation Driver's License Division

Bismarck, ND

tel: [7013282604](tel:7013282604) or local law enforcement department

<https://www.dot.nd.gov/divisions/driverslicense/driver.htm>

Options Resources Center for Independent Living (Satellite)

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

tel: [8007263692](tel:8007263692)

www.myoptions.info

Pembina County Senior Citizens Center Sites

Drayton

tel: [7014546586](tel:7014546586)

St. Thomas tel: [7012576498](tel:7012576498)

Walhalla

tel: [7015493655](tel:7015493655)

Cavalier:

Cavalier Cinema

104 Main St. West, Cavalier, ND 58220

tel: [7012658955](tel:7012658955)

Cavalier Country Club

PO Box 604, Cavalier, ND 58220

tel: [7012654506](tel:7012654506)

Cavalier Public Library

200 Bjornson Dr., Cavalier, ND 58220

tel: [7012654746](tel:7012654746)

Email: cavlibry@polarcomm.com

<https://cavalierndlibrary.com>

Hours: Monday 12:30-8:00pm, Tuesday-Friday 12:30-6:00pm,
Saturday afternoons, Labor Day- Memorial Day. Offer free

WIFI and 6 computers for patron use, free ebooks and audiobooks through Overdrive, and technology help with devices.

Cavalier Swimming Pool
501 West 2nd Ave. North, Cavalier, ND 58220
tel:[7012658181](tel:7012658181)

Pembina County Historical Museum
13572 Hwy 5, Cavalier, ND 58220
tel:[7012654941](tel:7012654941)

Drayton:

Drayton Community Swimming Pool
304 N 3rd St., Drayton, ND 58225
tel:[7014546231](tel:7014546231)

Drayton Golf Club
tel:[7014546547](tel:7014546547)

Neché:

Neché Swimming Pool
107th St. NE, Neche, ND 58265
tel:[7018867455](tel:7018867455)

Pembina:

La Moure Memorial Golf Course
476 2nd St. East, Pembina, ND 58271
Hours: 9:00am to 9:00pm
tel:[7018256619](tel:7018256619)

Pembina Public Library - Located at the North Border School
155 South 3rd St., Pembina, ND 58271
Hours: Open in the evening (call for times)
tel:[7018256217](tel:7018256217)

Pembina State Museum
805 Highway 5, Pembina, ND 58271
tel:[7018256840](tel:7018256840)
<http://history.nd.gov/historicsites/pembina>

Walhalla:

Frost Fire Theater and Ski Resort
11950 County Rd. 55, Walhalla, ND 58282
tel: [7015493600](tel:7015493600)
<https://frostfirepark.org>

Walhalla Country Club
12114 County Rd. 55, Walhalla, ND 58282
tel: [7015492357](tel:7015492357)

Walhalla Public Library
1010 Central Ave., Walhalla, ND 58282
tel: [7015493794](tel:7015493794)

Walhalla Swimming Pool
Riverside Park Dr., Walhalla, ND 58282
tel: [7015493541](tel:7015493541)

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
tel: [8006698421](tel:8006698421)
Hours: 3rd Wednesday of the month 1:30pm-5pm

Beltone Hearing Aid Center
Pembina County Memorial Hospital, Cavalier, ND 58220
tel: [8667388028](tel:8667388028) to set up an appointment

Wakefield Hearing Center
Altru Clinic Cavalier, ND 58220
Call the Grand Forks number to set up an appointment
tel: [7017467000](tel:7017467000)
Hours: 4th Wednesday of the month 9am-3pm

Vision:

Dr. Tom Dunham, OD
104 E Hwy 66, Drayton, ND 58225
Wednesdays only 6am-3pm
tel:[7014543340](tel:7014543340)

North Dakota Talking Book Library
tel:[7013281408](tel:7013281408) or tel:[8008439948](tel:8008439948)
Email: tbooks@nd.gov
<http://library.nd.gov/talkingbooks.html>
North Dakota Telecom Equipment Distribution Project
tel:[8008954728](tel:8008954728)
<https://ndassistive.org>

North Dakota Vision Services
500 Stanford Rd., Grand Forks, ND 58203
tel:[7017952700](tel:7017952700) or tel:[8004211181](tel:8004211181)
<https://www.ndvisionservices.com/>

North Dakota Vocational Rehabilitation –
Vision Rehab/Vision Loss Support Group
1000 E Divide Ave, Bismarck, ND 58501
tel:[7013288950](tel:7013288950) or tel:[8007552745](tel:8007552745)
Email: dhsvr@nd.gov
<https://www.nd.gov/dhs/dvr/individual/supported.html>

Fitness-

In Shape
103 Main St. East, Cavalier, ND 58220
tel:[7013312268](tel:7013312268)

McCurdy Health and Wellness
500 division Ave S, Cavalier, ND 58220
tel:[7015204675](tel:7015204675)
www.mccurdyhealthandwellness.com

NXOQs Fitness
405 5th St N, Walhalla, ND 58282

tel:[7015493200](tel:7015493200) or tel:[2187914188](tel:2187914188)

Xperience Health and Fitness

- 911 N Main St., Drayton, ND 58225
tel:[7014543489](tel:7014543489)
- 333 W Stutsman St., Pembina, ND 58271
tel:[7018256649](tel:7018256649)

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

Pembina County Emergency Food Pantry
106 Main St, Cavalier, ND 58220
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
- Suggested donation for meals: \$4.00
- tel:[7014546586](tel:7014546586)
<https://www.facebook.com/pembinacountymealstransportation1/>

Red River Valley Community Action
Commodity Supplemental Food Program
1013 N. 5th St., Ste 2, Grand Forks, ND 58203
tel:[7017465431](tel:7017465431)
www.rrvca.com

Grocery Stores – Delivery service fee may apply

- Leever's Foods – Cavalier
tel:[7012654011](tel:7012654011)
Delivery: Monday-Thursday 7:00am-3:00pm
- J&D Riverview Market - Drayton

tel:[7014543811](tel:7014543811)

- D&K Grocery - Pembina
tel:[7018256621](tel:7018256621)
Delivery: Wednesday
- CB Grocery – Walhalla
tel:[7015492715](tel:7015492715)
Delivery: Tuesday, Wednesday, 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

tel:[8665545383](tel:8665545383)

Email: aarpnd@aarp.org

www.aarp.org

Altru Behavioral Health Clinic

860 South Columbia Rd., Grand Forks, ND 58201

tel:[7017806697](tel:7017806697)

www.altru.org/services/psychiatry-center

Altru Home Health and Hospice

201 3rd Ave. S., Cavalier, ND 58220

tel:[7012654196](tel:7012654196) available 24 hours

<https://www.altru.org/services/hospice>

Askew Funeral Home

- 209 Elizabeth St. West, Cavalier, ND 58220

tel:[7012654321](tel:7012654321)

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

- 709 Central Ave., Walhalla, ND 58282

tel:[7015492394](tel:7015492394)

Austin Funeral Home

403 West Divide Ave., Drayton, ND 58225

tel:[7014543333](tel:7014543333)
www.austinfuneralchapel.com

Hospice of the Red River Valley – Journeys
tel:[8002374629](tel:8002374629)
<https://www.hrrv.org/patients-caregivers/grief-support>

Survivors of Suicide Support Group (TEARS) - Altru Hospital
Altru Behavioral Health Unit
860 South Columbia Rd., Grand Forks, ND 58201
tel:[7017801828](tel:7017801828)
Email: tears@altru.org
<https://www.altru.org/services/behavioral-health-clinic/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
tel:[7014543311](tel:7014543311)
www.altru.org

Altru Specialty Services
301 Mountain St., Suite A, Cavalier, ND 58220
Hours: 8:00 am to 5:00 pm Monday-Friday
tel:[7012658338](tel:7012658338)

CliniCare Clinic
301 Mountain St., East, Cavalier, ND 58220

Hours: 8:00am-5:00pm Monday-Friday;
9:00am-3:00pm Saturday
tel:[7012656307](tel:7012656307)

Community Health Service, Inc
1113 W 11th St, Grafton, ND 58237
tel: [7013524048](tel:7013524048)
<http://chsiclinics.org> or <https://www.facebook.com/CHSIclinics>

Drayton Drug
104 East Highway 66, Drayton, ND 58225
tel:[7014543831](tel:7014543831)
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, Pembina, St. Thomas, and Walhalla
- For information call tel:[7014546586](tel:7014546586)

Pembina County Memorial Hospital
Emergency Care Available 24 Hours/day
301 Mountain St. East, Suite A, Cavalier, ND 58220
tel:[7012658461](tel:7012658461) or tel:[8007018461](tel:8007018461)
www.cavalierhospital.com

Pembina County Public Health
301 Dakota St. West, #2, Cavalier, ND 58220
tel:[7012654248](tel:7012654248)
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
tel:[7012654744](tel:7012654744)
www.thriftywhite.com

Walhalla Clinic Langdon Prairie Health
301 5th Street, Walhalla, ND 58282
Hours: 8:00am to 5:00pm Monday-Friday
tel:[7015492711](tel:7015492711)

NuCara Pharmacy
1102 Central Ave., Walhalla, ND 58282
Hours: 9:15am-5:30PM Monday-Friday
9:15am-1:00pm Saturday
tel:[7015492661](tel:7015492661) or tel:[8005492662](tel:8005492662)

Spectra Health (Suboxone/Zubsolv, Vivitrol)

- 212 S. 4TH St., Ste 101 & 301, Grand Forks, ND 58201
Hours: Monday, Wednesday-Friday
tel:[7017572100](tel:7017572100)
- 607 Towner Ave, Larimore, ND 58251
Hours: Monday-Thursday
tel:[7013436418](tel:7013436418)
Email: info@spectrahealth.org
<https://spectrahealth.org/>

Veterans Administration Health Care System – Grafton
1319 West 11th St., Grafton, ND 58237
Hours: 8:00am to 4:30pm Monday-Friday,
Excluding Federal Holidays
tel:[7013524059](tel:7013524059)
<https://www.fargo.va.gov/locations/grafon.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 3rd Ave. S., Cavalier, ND 58220
tel: [7012654196](tel:7012654196) available 24 hours
<https://www.altru.org/services/home-health>
- Altru Health System
1200 S Columbia Rd., Grand Forks, ND 58206-6011
tel: [7017805880](tel:7017805880) or tel: [8005455615](tel:8005455615), ext. 5880

Northern Valley Human Service Zone (Cavalier, Pembina, & Walsh counties)

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
tel: [7012658441](tel:7012658441)

Health Insurance Counseling

Altru Healthcare Eligibility Resource Option (HERO)
tel: [7017805050](tel:7017805050)

Spectra Health
212 S 4th St., Grand Forks, ND 58201
tel: [7017572100](tel:7017572100)
<https://spectrahealth.org/>

International Travel – Vaccination requirements for international travel (Infectious Diseases Clinic). Call for vaccine availability.

- Altru Clinic, Grand Forks, ND
Hours: 8am-5pm, Monday-Friday
tel: [7017806400](tel:7017806400) or tel: [8007324277](tel:8007324277)
- Centers for Disease Control (CDC)
<https://wwwnc.cdc.gov/travel/>

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
tel: [7017721715](tel:7017721715)
www.communityoptionsnd.com
www.nd.gov/dhs/services/financialhelp/energyassist.html

Homestead Tax Credit

Contact: Pembina County Tax Director
301 Dakota St. West, Cavalier, ND 58220
tel: [7012655152](tel:7012655152)
www.pembinacountynd.gov/county/departments/tax-equalization/

NoDak Electric Operation Round Up

4000 32nd Ave. South / PO Box 13000
Grand Forks, ND 58208-3000

Hours: 7:30 am to 4:30 pm Monday-Friday
tel:[7017464461](tel:7017464461) or tel:[8007324373](tel:8007324373)
www.nodakelectric.com/operation-roundup

North Dakota Assistive

Adaptive equipment and technology supplies
3240 15th St. South, Suite B, Fargo, ND 58104
tel:[7013654728](tel:7013654728) or tel:[8008954728](tel:8008954728)
www.ndassistive.org

North Dakota Association for Disabled (NDAD)

2660 S. Columbia Rd., Grand Forks, ND 58201
tel:[7017755577](tel:7017755577) or tel:[8005326323](tel:8005326323)
Email: grandforks@ndad.org
<http://www.ndad.org>

North Dakota Housing Finance Agency

2624 Vermont Ave. / PO Box 1535, Bismarck, ND 58502
tel:[7013288080](tel:7013288080) or tel:[8002928621](tel:8002928621)
www.ndhfa.org

Red River Regional Council

516 Cooper Ave., Suite 101, Grafton, ND 58237
tel:[7013523550](tel:7013523550)
www.redriverrc.com

Red River Valley Community Action (RRVCA)

1013 North 5th St., Suite #2, Grand Forks, ND 58203
Hours: 8:00 am to 5:00 pm Monday-Friday
tel:[7017465431](tel:7017465431)
www.rrvca.com

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

tel:[7013287088](tel:7013287088)

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

Salvation Army

1600 University Ave., Grand Forks, ND 58203

tel:[7017752597](tel:7017752597)

<https://salvationarmynorth.org>

Social Services Administration

tel:[8007721213](tel:8007721213)

<https://www.ssa.gov>

USDA Rural Development

Federal Building Room 208

PO Box 1737/220 East Rosser, Bismarck, ND 58502

tel:[7015302037](tel:7015302037)

www.rd.usda.gov/nd

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-

Stuart Askew

Box 386, Cavalier, ND 58220

tel:7012652531

Steve Ekman

112 N. Main St., Drayton, ND 58225

tel:[7014543515](tel:7014543515)

Fleming, Dubois & Fleming

Larry Dubois & Robert Fleming

208 West 2nd Ave. S., Cavalier, ND 58220

tel:[7012658446](tel:7012658446) or tel:[8667482215](tel:8667482215)

<https://www.fdfllaw.com>

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

Altru Health System
tel: [7017806116](tel:7017806116)

Altru Homecare and Hospice
201 East 3rd Ave. South, Cavalier, ND 58220
tel: [7012654196](tel:7012654196)

Drayton Drug
104 East Highway 66, Drayton, ND 58225
Hours: 8:30am-5:00pm Monday-Friday
tel: [7014543831](tel:7014543831)

Medicare
tel: [8006334227](tel:8006334227)
<https://www.medicare.gov>

Pembina County Public Health
301 Dakota St. West, #2, Cavalier, ND 58220
Hours: 8:00am to 4:30pm Monday-Friday
tel: [7012654248](tel:7012654248)
www.pembinacountynd.gov/county/departments/public-health/

Prescription Assistance Program (PAP)
624 Main Ave., Ste 5, Fargo, ND 58103
tel: [7013640398](tel:7013640398) or tel: [8774609996](tel:8774609996)
<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
tel: [7012654744](tel:7012654744)
www.thriftywhite.com

NuCara Pharmacy
1102 Central Ave., Walhalla, ND 58282

Hours: 9:15am-5:30pm Monday-Friday
9:15am-1:00pm Saturday
tel: [7015492661](tel:7015492661) or tel: [8005492662](tel:8005492662)

Oral Health-

Cavalier Dental Clinic
Dr. Joseph Allred, DDS
202 East 3rd Ave. South, Cavalier, ND 58220
Hours: 8:00 am to 5:00 pm Monday-Thursday
tel: [7012658777](tel:7012658777)
<https://www.facebook.com/cavalierdental>

New American/Refugee Services

Global Friends Coalition
600 Demers Ave., Suite 406A, Grand Forks, ND 58201
tel: [7017468233](tel:7017468233)
Hours: 9am-4pm, Monday-Friday
<http://www.gfcoalition.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
tel: [7012658907](tel:7012658907)
<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
tel:[7012658188](tel:7012658188)
www.cavaliernd.com

Cavalier Supply (U-Haul)
601 Main St. West, Cavalier, ND 58220
tel:[7012654633](tel:7012654633)

C&K Store-All
Drayton, ND 58225
tel:[7014546233](tel:7014546233) or tel:[7017415787](tel:7017415787)

C&S Storage
605 Central Ave, Walhalla, ND 58282
tel:[7013050069](tel:7013050069)

Drayton Chamber of Commerce
104 S Main St., Drayton, ND 58225
tel:[7014543474](tel:7014543474)
<http://draytonnd.com/our-city/organizations/drayton-community-chamber-of-commerce/>

Kihne Storage
Highway 18, Cavalier, ND 58220
tel:[7012652040](tel:7012652040)

North Dakota Association for Disabled (NDAD)
2660 South Columbia Rd., Grand Forks, ND 58201
tel:[7017755577](tel:7017755577)
<http://www.ndad.org>

Pembina Valley Rental Storage Units
Contact: Paul Soeby at Soeby Ford
12th Street and Central / PO Box 7, Walhalla, ND 58282
tel:[7015493711](tel:7015493711)

Storage Pros

9101 Highway 18, Cavalier, ND 58220
tel: [7013601411](tel:7013601411) or tel: [7012654446](tel:7012654446)

Walhalla Chamber of Commerce

1105 Central Ave., Walhalla, ND 58282
tel: [7015492707](tel:7015492707)
www.walhalland.org

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

Borg Pioneer Memorial Home

61 Borg Drive, Mountain, ND 58262
tel: [7019938345](tel:7019938345)
<http://www.borghome.net>

Country Estates Senior Living

107 Bjornson Dr., Cavalier, ND 58220
tel: [7012656228](tel:7012656228)
<http://www.cavalierhospital.com/what-we-do/county-estates.html>

Mountain Housing Corporation

61 Borg Drive, Mountain, ND 58262
tel: [7019938424](tel:7019938424)

North Border Estates Senior Apartments

500 4th St., Apt #17, Walhalla, ND 58282-4658
tel: [7015493831](tel:7015493831) or tel: [8884562736](tel:8884562736)
<https://www.agingcare.com/local/north-border-estates-walhalla-assisted-living-nd>

Pembina County Housing Authority

Rent assistance based on income and household size.
118 Main St. W, PO Box 203, Cavalier, ND 58220
tel: [7019221825](tel:7019221825)
Email: vicki@casscountyhousing.org

Pembilier Nursing Center
500 Delano Ave., Walhalla, ND 58282
tel:[7015493831](tel:7015493831)
<http://pembiliernursingcenter.com>

Tisdale Manor Senior Apartments
509 Almeron Ave., Drayton, ND 58225
tel:[7015200680](tel:7015200680)

Wedgewood Manor
804 Main Street West, Cavalier, ND 58220
tel:[7012658453](tel:7012658453)
<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 Pioneer Memorial Home tel:[7019938345](tel:7019938345)
- Wedgewood Manor tel:[7012658453](tel:7012658453)
- Options Resource Center for Independent Living tel:[80072663692](tel:80072663692)
- Northeast Human Services Center-Grand Forks tel:[7017953000](tel:7017953000) or tel:[8882566742](tel:8882566742)
- Pembina County Social Services tel:[7012658441](tel:7012658441)

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

Yorhom Medical Essentials
1200 South Columbia Rd., Grand Forks, ND 58201
tel:[7017805822](tel:7017805822)

American Legion Laverne J. Thompson Post 11
Highway 5 West / PO Box 94, Cavalier, ND 58220
tel:[7012652657](tel:7012652657) Bill Lage

Designer Care Company, LTD

474 Main Ave. / PO Box 83, Neche, ND 58265
tel:[7018867778](tel:7018867778) or tel:[8008486335](tel:8008486335)
www.designercare.com

Drayton Drug

104 East Highway 66, Drayton, ND 58225
Hours: 8:30am-5:30pm Monday-Friday
tel:[7014543831](tel:7014543831)

Healthcare Equipment Recycling Organization (HERO)

5012 53rd St. South, Fargo, ND 58220
Hours: Monday-Friday 9:00am-5:00pm
tel:[7012121921](tel:7012121921)
Email: info@herofargo.org
<https://www.herofargo.org>

North Dakota Assistive

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

3240 15th St. South, Suite B, Fargo, ND 58104
tel:[7013654728](tel:7013654728) or tel:[8008954728](tel:8008954728)
www.ndassistive.org

Options Resource Center for Independent Living (Satellite)

318 3rd St. NW, East Grand Forks, MN 56721
tel:[8007263692](tel:8007263692)
www.myoptions.info

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
tel:[7012654744](tel:7012654744)
www.thriftywhite.com

NuCara Prescription Shop

1102 Central Ave., Walhalla ND 58282
Hours: 9:15am-5:30pm Monday-Friday
9:15am-1:00pm Saturday

tel:[7015492661](tel:7015492661) or tel:[8005492662](tel:8005492662)

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.

tel:[8559761588](tel:8559761588)

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

Good Samaritan Center Park River, ND (minimal fee)

301 County Rd 12 B, Park River, ND 58270

tel:[7012847115](tel:7012847115) or tel:[7019998316](tel:7019998316) for information

<https://www.good-sam.com/locations/park-river>

Comfort Keepers

2100 S. Columbia Rd., #116, Grand Forks, ND 58201

tel:[7016660200](tel:7016660200)

<https://www.comfortkeepers.com/home/products/personal-emergency-response-systems>

Lifecall from Northern Safety & Security

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

tel:[8777513902](tel:8777513902)

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

<http://www.northss.com>

Lifeline (Philips) Medical Alert Service

tel:[8556815351](tel:8556815351)

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

North Dakota Assistive (no monthly fee)
3240 15th St. S, Suite B, Fargo, ND 58104
tel: [7013654728](tel:7013654728) or tel: [8008954728](tel:8008954728)
www.ndassistive.org

Pembina County Alerts
Sign up for hazard specific warnings and information
<https://member.everbridge.net/index/1772417038942585#/login>

Yorhom Medical Essentials - *Through Altru Health System*
4350 S. Washington St., Grand Forks, ND 58201
tel: [7017802500](tel:7017802500)
<https://www.yorhom.org>

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's Specialty Care
301 Mountain St., Suite A, Cavalier, ND 58220
tel: [7012658338](tel:7012658338)
www.altru.org

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

AARP North Dakota
tel: [8665545383](tel:8665545383)
Email: aarpnd@aarp.org
<https://www.aarp.org>

Alzheimer Association
24 hour help line and respite care
tel: [8002723900](tel:8002723900)
www.alz.org

Alzheimer's Association MN-ND
• Alzheimer's Association MN/ND

- tel:[8002723900](tel:8002723900) (24 Hour Help Line)
- Regional Care Consultant Regions 3 & 4
311 South 4th St., Ste 202, Grand Forks, ND 58201
tel:[7017758544](tel:7017758544) or tel:[8002723900](tel:8002723900)
www.alz.org/mnnd or mkgulsvig@alz.org

Alzheimer's Support Group
tel:[7012035242](tel:7012035242)

American Cancer Society - Fargo Office
tel:[7014337580](tel:7014337580) or tel:[8002272345](tel:8002272345)
<https://www.cancer.org/about-us/local/north-dakota.html>

American Heart Association - Jamestown Office
1002 12th Ave SE, Jamestown, ND 58401
tel:[7016583050](tel:7016583050)
<https://www.heart.org/>

ALS Association
tel:[8886720484](tel:8886720484)
http://webmn.alsa.org/site/PageServer?pagename=MN_homepage
<https://www.als.org/mn-nd-sd>

American Diabetes Association North Dakota - Fargo Office
4302 13th Ave S. #4-109, Fargo, ND 58103
tel:[8003422383](tel:8003422383) or tel:[7012340123](tel:7012340123)
<http://www.diabetes.org>

Attention Deficit/Hyperactivity Disorder (ADHD)
Family Institute, PC
2100 S. Columbia Rd, Grand Forks, ND
tel:[7017721588](tel:7017721588)
www.familyinstitutepec.com

Domestic Violence and Abuse Center
380 Courthouse Drive, #8, Cavalier, ND 58220
tel:[7012658686](tel:7012658686) or **Crisis Line** tel:[8664357490](tel:8664357490)

Family Caregiver Support Program

tel:[7017953000](tel:7017953000) or tel:8882566742

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

Farm Rescue – Refer a farm or ranch family in crisis

P.O. Box 28, Horace, ND 58047

tel:[7012522017](tel:7012522017)

<https://farmrescue.org>

Journey Beyond Abuse Women’s Support Group

380 Courthouse Drive #8, Cavalier, ND 58220

tel:[7012658686](tel:7012658686)

Legal Services of ND

- Serves individuals under age 60
Hours: Monday, Tuesday, Thursday 9:00am-3:00pm
tel:[8006345263](tel:8006345263)
<http://www.legalassist.org>
- Serves individuals age 60 and beyond
Hours: Monday, Thursday, 8:00am–5:00pm;
Friday 8:00am-2:00pm
tel:[8006345263](tel:8006345263), Under age 60
tel:[8666219886](tel:8666219886), Age 60+
www.legalassist.org

Long-Term Care Ombudsman Services

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

tel:[8554625465](tel:8554625465), Option 3

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

National Multiple Sclerosis Society – Upper Midwest Chapter

2829 University Ave SE, Ste 900, Minneapolis, MN 55414

tel:[6123357900](tel:6123357900) or tel:[8003444867](tel:8003444867)

<https://www.nationalmssociety.org/Chapters/MNM/About-this-Chapter/Locations>

North Dakota Assistive

3240 15th St. South, Suite B, Fargo, ND 58104

tel: [7013654728](tel:7013654728) or tel: [8008954728](tel:8008954728)

www.ndassistive.org

North Dakota Association for Disabilities

(90 day maximum loan of equipment)

2660 South Columbia Rd., Grand Forks, ND 58201

tel: [7017755577](tel:7017755577) or tel: [8005326323](tel:8005326323)

Email: grandforks@ndad.org

<http://ndad.org/contact>

North Dakota Hearing Loss-School for Deaf

1401 College Dr. North, Devils Lake, ND 58301

tel: [7016654400](tel:7016654400) or tel: [8008872980](tel:8008872980)

Email: ndsd.school@k12.nd.us

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

North Dakota Insurance Department

600 E Boulevard Ave., Bismarck, ND 58505

tel: [7013282440](tel:7013282440) or tel: [8002470560](tel:8002470560)

Email: insurance@nd.gov

www.nd.gov/ndins

North Dakota Protection and Advocacy & Advocacy Disability
Rights in North Dakota

To report abuse, neglect, or exploitation of a person

Wells Fargo Bank Building

400 E Broadway, Ste 409, Bismarck, ND 58501

tel: [7013282950](tel:7013282950) or tel: [8004722670](tel:8004722670)

Email: panda@nd.gov

www.ndpanda.org

North Dakota Ombudsman

tel: [7012984480](tel:7012984480)

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

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

Region 4 Pembina, Walsh and Grand Forks Regional Coord.

tel:[7017952718](tel:7017952718) or tel:[7017952700](tel:7017952700)

<https://www.ndvisionservices.com>

Northeast Human Service Center (includes Aging Services)

- 151 South 4th St., Suite 401, Grand Forks, ND 58201

tel:[7017953000](tel:7017953000) or tel:[8882566742](tel:8882566742)

24 Hour Crisis line tel:[7017750525](tel:7017750525) or tel:[8008453731](tel:8008453731)

<https://www.nd.gov/dhs/locations/regionalhsc/northeast/index.html>

- Grafton Outreach Location

901 West Midway Dr., Grafton, ND 58237

tel:[7013524334](tel:7013524334) or tel:[8888452215](tel:8888452215)

24 Hour Crisis line tel:[7017750525](tel:7017750525) or tel:[8008453731](tel:8008453731)

E-mail: dhsnehsc@nd.gov

- Vocational Rehabilitation

tel:[7017953100](tel:7017953100) or tel:[8552566742](tel:8552566742)

Options Resource Center for Independent Living (Satellite)

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

tel:[8007263692](tel:8007263692)

www.myoptions.info

Parenting After Violence Support Group

380 Courthouse Dr., #8, Cavalier, ND 58220

tel:[7012658686](tel:7012658686)

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

tel:[7017752586](tel:7017752586)

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

- Altru Psychiatry Building

860 N Columbia Rd, Grand Forks, ND 58201

tel:[7017802428](tel:7017802428)

Meets 1st Tuesday of each month, 6:30-8pm for individuals, spouse, or caregivers

- National Parkinson Foundation
<https://www.parkinson.org>
tel:[8004734636](tel:8004734636)
- Marv Bossart Foundation for Parkinson's Support, Fargo, ND
<https://marvbossartfoundation.org>
- Healing Springs Community Healing Center Fargo, ND
tel:[7012613142](tel:7012613142)
- Parkinson's Foundation Minnesota and Dakotas
700 1st Ave S, Fargo, ND
tel:[7012344023](tel:7012344023)

Northern Valley Human Services Zone

300 Boundary Rd. West, Cavalier, ND 58220

tel:[7012658441](tel:7012658441)

Pembina County Veterans Service Office

308 Courthouse Dr., Cavalier, ND 58220

tel:[7012654460](tel:7012654460)

Salvation Army

Hours: Monday – Friday, business hours

tel:[7012133467](tel:7012133467) contact Cody Kill

State Health Insurance Counseling Program

North Dakota Insurance Department

Questions about Medicare, Medicare supplements,
Medicare Part D, and long-term care insurance

tel:[7013282440](tel:7013282440) or tel:[8885756611](tel:8885756611)

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

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

tel:[8554625462](tel:8554625462); Option 2 or use reporting form:

<http://ndpanda.org>

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

Transportation Services-

Faith In Action

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

tel: [7012656230](tel:7012656230)

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
- tel: [7014546586](tel:7014546586)

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

Veterans Service Office (for Veterans only)

301 Dakota St. West, #16, Cavalier, ND 58220

tel: [7012654460](tel:7012654460)

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

Veterans Crisis Line

tel: [8002738255](tel:8002738255) Press 1

Pembina County Veterans Services

301 Dakota St. West, #16, Cavalier, ND 58220

tel: [7012654460](tel:7012654460)

Walsh County Veteran Services

638 Cooper Ave, Suite 5, Grafton, ND 58237

tel: [7013525030](tel:7013525030), Cell tel: [7013311700](tel:7013311700)

Email: walshcountyvso@nd.gov

www.co.walsh.nd.us/veteran

Fargo VA Health Care System (Hospital)

2101 Elm St. N, Fargo, ND
Hours: 24 hours per day/ 7 days per week
tel:[7012323241](tel:7012323241) or tel:[8004109723](tel:8004109723)
<https://www.fargo.va.gov>

Grafton VA Clinic (CBOC)
1319 W 11th St, Grafton, ND 58237
tel:[7013524059](tel:7013524059) Press "0"

Grand Forks VA Clinic (CBOC)
3221 32nd Ave S, Ste 700, Grand Forks, ND 58201
tel:[7013354380](tel:7013354380)

Supportive Services for Veteran Families
ND Dept of Veterans Affairs
4201 38th St S, Ste 104, Fargo, ND 58104
tel:[7012397165](tel:7012397165) or tel:[8666348387](tel:8666348387)

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
tel:[7012653776](tel:7012653776)

Faith in Action
206 Division Ave. S, Suite B/PO Box 458, Cavalier, ND 58220
tel:[7012656230](tel:7012656230)

Lutheran Social Services
412 Demers Ave, Grand Forks, ND 58201
tel:[7017727577](tel:7017727577)

NDSU Extension
301 Dakota St. West, #7, Cavalier, ND 58220
tel:[7012658411](tel:7012658411)

Pembina County Emergency Food Pantry
106 Main St, Cavalier ND 58220
Hours: Tuesday 3:00-4:30pm
tel:[7012654244](tel:7012654244)

Pembina County Meals and Transportation
PO Box 9, Drayton, ND 58225
tel:[7014546586](tel:7014546586)

Pembilier Nursing Center
500 Delano Ave., Walhalla, ND 58282
tel:[7015493831](tel:7015493831)

Red River Valley Community Action
Volunteer to pickup and deliver donated food items
1013 N. 5th St., Grand Forks, ND 58203
tel:[7017465431](tel:7017465431)

Wedgewood Manor
804 Main Street West, Cavalier, ND 58220
tel:[7012658453](tel:7012658453)



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 ddame@nd.gov.

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