

Pembina County Resource Guide

August 2020



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.

Cover picture is from the COVID-19 Mass Testing event held at the Cavalier football field on August 11, 2020. A huge “Thank You” goes out to state, regional, county and local partners who helped make these events successful.
We Appreciate You!

Table of Contents	Page(s)
Adaptive Clothing.....	4
Assistance with Activities of Daily Living.....	4-5
Behavioral Health.....	6-18
Children and Young Adult Support Services	18-22
Community Services, Quality of Life, Enrichment.....	22-26
Ear and Eye Health.....	26-28
Fitness.....	28
Food, Meal Programs and Groceries.....	28-29
Grief and Bereavement.....	30-31
Healthcare/Health Maintenance Services.....	31-36
Housing, Finance, and Weatherization.....	36-38
Legal References.....	39
Medication Assistance.....	40-41
Oral Health.....	41
New American/Refugee Services.....	41
Parish Nurses.....	42
Relocation or Storage Services.....	42-43
Residential Living for Seniors.....	44-45
Respite Care.....	45
Safety Equipment and Supplies.....	46-48
Specialty Care.....	49
Support Services.....	49-54
Transportation Services.....	55
Veterans Services.....	55-56
Volunteer Opportunities.....	56-57
Notes (blank page).....	58

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

iCare Clothing Solutions

15 Wilshire Lane, Plainview, NY 11803

Phone: 1-800-445-1981

Store located on www.amazon.com

Sanford Healthcare Accessories

3223 32nd Ave. South, Fargo, ND 58103

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

www.healthcareaccessories.com

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

Aging Services Division ND Department of Human Services

1237 West Divide 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 5th St., #300, Bismarck, ND 58501

Phone (701) 328-0955 or 855-462-5465

Search Qualified Service providers in your area:

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

Northeast Human Service Center-Aging Services

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

Phone: (701) 795-3000 or 1-888-256-6742

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

Phone: (701) 265-8461

www.cavalierhospital.com

Pembina County Social Services

300 Boundary Rd. West, Cavalier, ND 58220

Phone: (701) 265-8441

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

Walhalla Clinic

301 5th St., Walhalla, ND 58282

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

Phone: (701) 549-2711

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

Table of Contents

Emergency Care.....	6
Crisis.....	6-7
Suicide.....	8
Addictions.....	8-9
Case Management.....	10
Counseling and Psychiatry.....	11-14
Medication Assisted Treatment.....	15
Support.....	16-18

Emergency Care

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

Crisis

- **Suicide - Call 211** Statewide 24-hour helpline; health and human services information and referral.
Text your zip code to 898-211 for resources, listening and support
- **Poison Control - Call 1-800-222-1222**

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

Altru Clinic

1003 North Main Street, Drayton, ND 58225

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

Northeast Human Service Center

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

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

Pembina County Memorial Hospital

(Emergency room available 24/7)

301 Mountain St. East, Cavalier, ND 58220

Phone: (701) 265-8461

www.cavalierhospital.com

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

510 4th St. S, Fargo, ND 58103

Phone: (701) 476-7200 or 1-877-333-9565

<https://prairie-stjohns.com>

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

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

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

www.redriverbhs.com

Veteran's Crisis Line

Phone: 1-800-273-8255 (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

Phone: 1-800-273-8255 or text HOME to 741741

<https://www.crisistextline.org>

National Suicide Hopeline Network, Suicide & Crisis Hotline

Phone: 1-800-442-4673

Survivors of Suicide Support Group - Altru Hospital TEARS

1200 South Columbia Rd., Grand Forks, ND 58201

Phone: (701) 780-1828

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

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
Phone: (701) 256-2256
- Grand Forks, ND
Phone: (701) 330-4339
<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
Phone: (701) 364-0060
<http://koamentalhealth.com/>

Tobacco

Help to quit using tobacco

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

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
DVAC 24-Hour Crisis Line: 1-866-435-7490
National Domestic Violence Hotline at 1-800-799-7233
or TTY 1-800-787-3224

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 Center-Aging Services
151 South 4th St., Suite 401, Grand Forks, ND 58201
Phone: (701) 795-3000 or 1-888-256-6742
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
Phone: (701) 265-8441

Counseling and Psychiatry

Agassiz Associates, PLLC

2424 32nd Ave. S, Ste 202, Grand Forks, ND 58201

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

Friday: 8:00am-12:00pm

Phone: (701) 746-6336

www.agassizassociates.com

Altru Behavioral Health Clinic

860 South Columbia Rd., Grand Forks, ND 58201

Phone: (701) 780-6697

www.altru.org/services/psychiatry-center

Assessment and Therapy Associates of Grand Forks

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

Phone: (701) 780-6821

<http://www.grandforkstherapy.com>

Catholic Charities of ND, St Alphonsus School

209 10th Ave., Langdon, ND 58249

Phone: (701) 256-2354

Center for Psychiatric Care, PC

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

Phone: (701) 732-2500

Center for Self-Growth & Renewal

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

Phone: (701) 746-4400 or 1-888-831-0446

www.selfgrowthandrenewal.com

Community Health Service, Inc

1113 W 11th St, Grafton, ND 58237

Phone: 1-877-352-4048

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

Cope Well Foundation (for Cancer Survivors)

4200 James Ray Dr., Grand Forks, ND 58202

Phone: (701) 330-5255, Ashely Johnson

Email: info@copewell.org

Drake Counseling

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

Phone: (701) 757-3200

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

Phone: (701) 772-1588

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

First Step Recovery, The Village

2701 12th Ave S, Fargo, ND 58501

Phone: (701) 451-4900 or 1-800-627-8220

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

Innovative Healing Counseling & Consulting, LLC

Angela M. Longtin

Phone: (701) 992-0628

Email: Innovativehealing777@gmail.com

Laidlaw Psychological Services

3374 S 31st St, Grand Forks, ND 58201
Phone: (701) 780-9700

Lakeside Center for Behavioral Change
1450 25th St. S, 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 (Tara Shirek) or
2808 17th Ave S., Grand Forks, ND 58201
Phone: (701) 746-8376
www.lclwpsychologists.com

Northeast Human Service Center

- Grand Forks, Main Office
151 S. 4th St., Grand Forks, ND 58201
Phone: (701) 795-3000 or 1-888-256-6742
24 Hour Crisis Line: 1-800-845-3731
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
Phone: (701) 352-4334 or 1-888-845-2215

Northland Christian Counseling
2315 Library Circle, Grand Forks, ND 58201
Phone: (701) 795-8550, 1-877-795-6222
<http://northlandccc.com>

Quinn Counseling
47 W. 6th St., Grafton, ND 58237
Phone: (701) 741-3500

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

Rehabilitation Consulting and Services
North Dakota Vocational Rehabilitation
Phone: (701) 328-8950 or 1-800-755-2745
Email: dhsvr@nd.gov
www.nd.gov/dhs/dvr

Share House (chemical and alcohol dependency)
4227 9th Ave. S, Fargo, ND 58103
Phone: (701)-282-6561 or 1-877-294-6561
Outpatient: 5056 40th St. S., Suite B, Fargo, ND
After Hours Phone: (701) 361-1018
<https://sharehouse.org/>

The Village Family Service Center
1726 S. Washington St., Ste 33-A, Grand Forks, ND 58201
Phone: (701) 746-4584 or 1-800-627-8220
<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
Phone: 701-738-0888
Diane K. Baumbach diane@thezonegf.com
Katie A. Benson katie@thezonegf.com
Jessica Hermanson jessica@thezonegf.com
Lacy Stuby Lacy@thezonegf.com
<http://www.thezonegf.com>

UND University Counseling Center

McCannel Hall Room 200
2891 2nd Ave. N, Grand Forks, ND 58202
Phone: (701) 777-2127
<https://und.edu/student-life/counseling-center>

Spectra Health (Suboxone/Zubsolv, Vivitrol)

- 212 S. 4TH St., Ste 301, Grand Forks, ND 58201
Hours: MAT appointments Tuesday and Wednesday morning
Phone: (701) 757-2100
- 607 Towner Ave, Larimore, ND 58251
Hours: Monday-Thursday
Phone: (701) 343-6418
<https://spectrahealth.org/>

Medication Assisted Treatment

Community Medical Services (Methadone, Suboxone/Zubsolv, Vivitrol)

901 28th St. S., Ste C, Fargo, ND 58103

Travel assistance and next day appointments available

Phone: (701) 404-1100 or 1-855-203-6352

<http://communitymedicalsolutions.org>

Ideal Option (Suboxone/Zubsolv, Vivitrol)

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

Hours: Monday-Thursday, 9am-5pm

Phone: 1-877-522-1275

<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

Phone: (701) 757-2100

- 607 Towner Ave, Larimore, ND 58251

Hours: Monday-Thursday

Phone: (701) 343-6418

<https://spectrahealth.org/>

Support

Attention Deficit/Hyperactivity Disorder (ADHD)

Family Institute, PC

2100 S. Columbia Rd., Suite 202, Grand Forks, ND 58201

Phone: (701) 772-1588

Email: faminst@midconetwork.com

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

Autism

- Autism Center Resources

<http://www.ndautismcenter.org/resources>

- Talk About Curing Autism (TACA) ND Chapter
Grand Forks Area

<http://www.tacanow.org/local-chapters/midwest/north-dakota>

Grand Forks Withdrawal Management Center

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

Phone: (701) 203-4742

<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

Phone: (701) 795-3069

Email: kellarson@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

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

Phone: (701) 772-1884

<http://gfhope.org/supportgroups>

Narcotics Anonymous

- Living in Recovery

University Lutheran Church, Grand Forks, ND 58201

Hours: Monday and Wednesday 8pm

Phone: (701) 212-0525

- We Do Recover

401 7th St. N, Antenna Building Upstairs, Grand Forks, ND 58201

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

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

National Alliance on Mental Illness (NAMI)

Unity Medical Center 1st floor conference room

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

Phone: (701) 520-0521 Heather Narloch

(701) 331-0971 Shanna Littlejohn

2242 Springbrook Ct, Grand Forks, ND 58201

Phone: (701) 746-5380

Email: lois.namigf@gmail.com

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

ND Brain Injury Network
Grand Forks Area
Phone: (701) 777-5200, 1-855-866-1884
<https://www.ndbin.org/> or info@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

Prairie Harvest Mental Health
930 N. 3rd St., Grand Forks, ND 58201
Phone: (701) 795-9143
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
Phone: (701) 265-4248

Charles Hall Youth Services

513 East Bismarck Expy #42, Bismarck, ND 58504
Phone: (701) 255-2773
www.charleshallyouthservices.com

Community Health Service, Inc
1113 W 11th St, Grafton, ND 58237
Phone: 1-877-352-4048
<https://chsiclinics.org> or <https://www.facebook.com/CHSIclinics>

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

Dakota Boys and Girls Ranch

Locations Minot, Bismarck and Fargo
Phone: 1-800-593-3098
Email: info@DakotaRanch.org or admissions@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
Phone: (701) 265-4248

March of Dimes

Supporting mothers through their pregnancy

Phone: 1-888-663-4637

www.marchofdimes.org

Northwood Deaconess Health Center Rehab

Occupational Therapy for sensory processing/integration

4 North Park St, Northwood, ND 58267

Phone: (701) 587-6469 (OT)

Pregnancy Help Center

Hwy 17 E., Park River, ND 58270

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

<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

Phone: 1-800-733-5627

<https://quentinnburdick.jobcorps.gov/>

Right Track

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

Region IV, Grand Forks

Phone: (701) 795-3000 or 1-888-256-6742

Ronald McDonald House Charities of the Red River Valley

4757 Agassiz Crossing S, Fargo, ND 58104

Phone: (701) 232-3980

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

Ruth Meiers Adolescent Psychiatric Residential Treatment Facility
770 S 14th 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>
Email: ruthmeiers@nd.gov

Stable Days Youth Ranch
17721 429th Ave. SW, East Grand Forks, MN 56721
Phone: (701) 330-9952
Email: info@stabledays.org
www.stabledays.org

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

St. Jude
262 Danny Thomas Place, Memphis, TN 38105-3678
Phone: 1-888-226-4343
Email: 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.
4200 James Ray Dr., Grand Forks, ND 58201

Phone: (701) 738-2462
<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

Spectra Health (Suboxone/Zubsolv, Vivitrol)

- 212 S. 4TH St., Ste 301, Grand Forks, ND 58201
Hours: MAT appointments Tuesday and Wednesday morning
Phone: (701) 757-2100
- 607 Towner Ave, Larimore, ND 58251
Hours: Monday-Thursday
Phone: (701) 343-6418
<https://spectrahealth.org/>

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

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
<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, 1-800-472-2104 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
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
<https://www.dot.nd.gov/divisions/driverslicense/driver.htm>

Options Resources Center for Independent Living (Satellite)

- 214 Main St. / PO Box 761, Cavalier, ND 58220
Phone: (701) 265-4618
Email: tami@myoptions.info
- 318 3rd St. NW, East Grand Forks, MN 56721
Phone: 1-800-726-3692
www.myoptions.info

Pembina County Senior Citizens Center Sites

Drayton	Phone: (701) 454-6586
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
Email: cavlibry@polarcomm.com. Website: <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
Phone: (701) 265-8181

Pembina County Historical Museum
13572 Hwy 5, Cavalier, ND 58220
Phone: (701) 265-4941

Drayton:

Drayton Community Swimming Pool
304 N 3rd St., Drayton, ND 58225
Phone: (701) 454-6231

Drayton Golf Club
Phone: (701) 454-6547

Neché:

Neché Swimming Pool
107th St. NE, Neche, ND 58265
Phone: (701) 886-7455

Pembina:

La Moure Memorial Golf Course
476 2nd 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 3rd 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: 3rd Wednesday of the month 1:30pm-5pm

Belton Hearing Aid Center
Pembina County Memorial Hospital, Cavalier, ND 58220
Phone: 1-866-738-8028 to set up an appointment

Wakefield Hearing Center
Altru Clinic Cavalier, ND 58220
Call the Grand Forks number to set up an appointment
Phone: (701) 746-7000
Hours: 4th Wednesday of the month 9am-3pm

Vision:

Eye Care America
Phone: 1-877-887-6327
Email: eyecareamerica@aao.org
<https://www.aao.org/eyecare-america>

Dr. Tom Dunham, OD
104 E Hwy 66, Drayton, ND 58225
Wednesdays only 6am-3pm
Phone: (701) 454-3340

North Dakota Talking Book Library
Phone: (701) 328-1408, 1-800-843-9948
Email: tbooks@nd.gov
<http://library.nd.gov/talkingbooks.html>

North Dakota Telecom Equipment Distribution Project
Phone: 1-800-895-4728
<https://ndassistive.org>

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

1000 E Divide Ave, Bismarck, ND 58501

Phone: (701) 328-8950, 1-800-755-2745

Email: dhsvr@nd.gov

<https://www.nd.gov/dhs/dvr/individual/supported.html>

Fitness-

In Shape

103 Main St. East, Cavalier, ND 58220

Phone: (701) 331-2268

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.

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

Grocery Stores – Delivery Service

- Leever's Foods – Cavalier
Phone: (701) 265-4011
Delivery: Monday-Thursday 7:00am-3:00pm; \$2.00 charge
- J&D Riverview Market - Drayton
Phone: (701) 454-3811
- D&K Grocery - Pembina
Phone: (701) 825-6621
Delivery: Wednesday, no fee
- Supermarket Foods – Walhalla
Phone: (701) 549-2715 delivery on Thursday, no fee

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

Email: aarpnd@aarp.org

www.aarp.org

Altru Behavioral Health Clinic

860 South Columbia Rd., Grand Forks, ND 58201

Phone: (701) 780-6697

www.altru.org/services/psychiatry-center

Altru Home Health and Hospice

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

Phone: (701) 265-4196 available 24 hours

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

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

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 (TEARS) - Altru Hospital

Altru Behavioral Health Unit

860 South Columbia Rd., Grand Forks, ND 58201

Phone: (701) 780-1828

<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

Phone: (701) 454-3311

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

Community Health Service, Inc
1113 W 11th St, Grafton, ND 58237
Phone: 1-877-352-4048
<http://chsiclinics.org> or
<https://www.facebook.com/CHSIclinics>

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, 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

Pembina County Public Health

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

Phone: (701) 265-4248

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

Walhalla Clinic

301 5th Street, Walhalla, ND 58282

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

Spectra Health (Suboxone/Zubsolv, Vivitrol)

- 212 S. 4TH St., Ste 101 & 301, Grand Forks, ND 58201

Hours: Monday, Wednesday-Friday

Phone: (701) 757-2100

- 607 Towner Ave, Larimore, ND 58251

Hours: Monday-Thursday

Phone: (701) 343-6418

Email: info@spectrahealth.org

<https://spectrahealth.org/>

Veterans Administration Health Care System – Grafton
1319 11th 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/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
Phone: (701) 265-4196 available 24 hours
<https://www.altru.org/services/home-health>

- Altru Health System
1200 S Columbia Rd., Grand Forks, ND 58206-6011
Phone: (701) 780-5880 or 1-800-545-5615, 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

Phone: (701) 265-8441

Health Insurance Counseling

Altru Healthcare Eligibility Resource Option (HERO)

Phone: (701) 780-5050

Options Resource Center for Independent Living

Phone: (701) 265-4618

Spectra Health

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

Phone: (701) 757-2100

<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
Phone: (701) 780-6400; 1-800-732-4277
- 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

Phone: (701) 772-1715

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

Phone: (701) 265-5152

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

NoDak Electric Operation Round Up

4000 32nd Ave. South / PO Box 13000

Grand Forks, ND 58208-3000

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

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

www.nodakelectric.com/operation-roundup

North Dakota Assistive

Adaptive equipment and technology supplies

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

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

www.ndassistive.org

North Dakota Association for Disabled (NDAD)

2660 S. Columbia Rd., Grand Forks, ND 58201

Phone: (701) 775-5577, 1-800-532-6323

Email: grandforks@ndad.org

<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

Red River Regional Council

516 Cooper Ave., Suite 101, Grafton, ND 58237

Phone: (701) 352-3550

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

Phone: (701) 746-5431

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

Phone: (701) 328-3127

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

Salvation Army

1600 University Ave., Grand Forks, ND 58203

Phone: (701) 775-2597

<https://salvationarmynorth.org>

Social Services Administration

Phone: 1-800-772-1213

<https://www.ssa.gov>

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

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
Phone: (701) 265-2531

Steve Ekman
112 N. Main St., Drayton, ND 58225
Phone: (701) 454-3515

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

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

Altru Health System

Phone: (701) 780-6116

Altru Homecare and Hospice

201 East 3rd 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/

Prescription Assistance Program (PAP)

624 Main Ave., Ste 5, Fargo, ND 58103

Phone: (701) 364-0398 or 1-877-460-9996

<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

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 3rd 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., Suite 406A, Grand Forks, ND 58201

Phone: (701) 746-8233

Hours: 9am-4pm, Monday-Friday

<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.cavaliernnd.com

Cavalier Supply (U-Haul)
601 Main St. West, Cavalier, ND 58220
Phone: (701) 265-4633

C&K Store-All
Drayton, ND 58225
Phone: (701) 454-6233 or (701) 741-5787

Drayton Chamber of Commerce
604 N Main Street, Drayton, ND 58225
Phone: (701) 454-3474
www.chamberofcommerce.com/drayton-nd

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

North Dakota Association for Disabled (NDAD)

2660 South Columbia Rd., Grand Forks, ND 58201

Phone: (701) 775-5577

<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

Phone: (701) 549-3711

Storage Pros

9101 Highway 18, Cavalier, ND 58220

Phone: (701) 360-1411, (701) 265-4446

Walhalla Chamber of Commerce

1105 Central Ave., Walhalla, ND 58282

Phone: (701) 549-2707

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) 265-6228

<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 4th St., Apt #17, Walhalla, ND 58282-4658

Phone: (701) 549-3831, 1-888-456-2736

<https://www.agingcare.com/local/north-border-estates-walhalla-assisted-living-nd>

Pembina County Housing Authority

Rent assistance based on income and household size.

11 Main St. W, PO Box 203, Cavalier, ND 58220

Phone: (701) 265-8147

Email: viclpcha@polarcomm.com

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
- Northeast Human Services Center-Grand Forks:
(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.

Yorhom Medical Essentials

1200 South Columbia Rd., Grand Forks, ND 58201

Phone: (701) 780-5822

American Legion Laverne J. Thompson Post 11

Highway 5 West / PO Box 94, Cavalier, ND 58220

Phone: (701) 265-8948, Doug Kemp, leave a message

Designer Care Company, LTD

474 Main Ave. / PO Box 83, Necho, ND 58265

Phone: (701) 886-7778 or 1-800-848-6335

www.designercare.com

Drayton Drug

104 East Highway 66, Drayton, ND 58225

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

Phone: (701) 454-3831

Healthcare Equipment Recycling Organization (HERO)

5012 53rd St. South, Fargo, ND 58220

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

Phone: (701) 212-1921

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

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

www.ndassistive.org

Options Resource Center for Independent Living (Satellite)
214 Main Street / PO Box 761, Cavalier, ND 58220
Phone: (701) 265-4618 or East Grand Forks 1-800-726-3692
www.myoptions.info

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

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: 1-866-876-7695

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

Good Samaritan Center Park River, ND (minimal fee)

Phone: (701) 284-7115 for information

Guardian (Comfort Keepers)

2100 S. Columbia Rd., #116

Phone: (701) 335-8769

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

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> or

<http://www.northss.com>

Lifeline (Philips) Medical Alert Service

Phone: 1-855-681-5351

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

North Dakota Assistive (no monthly fee)

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

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

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
Phone: (701) 780-2500
<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
Phone: (701) 265-8338
www.altru.org

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

AARP North Dakota
Phone: 1-866-554-5383
Email: aarpnd@aarp.org
<https://www.aarp.org>

Alzheimer's Association MN-ND

- Alzheimer's Association MN/ND
Phone: 1-800-272-3900 (24 Hours Help Line)
- 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

American Cancer Society - Fargo Office
Phone: (701) 433-7580
<https://www.cancer.org/about-us/local/north-dakota.html>

American Heart Association - Jamestown Office

Phone: (701) 252-5122

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

ALS Association

Phone: 1-888-672-0484

http://webmn.alsa.org/site/PageServer?pagename=MN_homepage

American Diabetes Association North Dakota - Fargo Office

Phone: 1-800-342-2383

<http://www.diabetes.org>

Domestic Violence and Abuse Center

380 Courthouse Drive, #8, Cavalier, ND 58220

Phone: (701) 265-8686 or Crisis Line 1-866-435-7490

Family Caregiver Support Program

Phone: (701) 795-3000 or 1-888-256-6742

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

Farm Rescue – Refer a farm or ranch family in crisis

P.O. Box 28, Horace, ND 58047

Phone: (701) 252-2017

<https://farmrescue.org>

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;

<http://www.legalassist.org>

- Serves individuals age 60 and beyond
Hours: Monday, Thursday, 8:00am–5:00pm;
Friday 8:00am-2:00pm
Phone: 1-800-634-5263, Under age 60
Phone: 1-866-621-9886, 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
Phone: 1-855-462-5465, 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
Phone: (612) 335-7900 or 1-800-344-4867
[https://www.nationalmssociety.org/Chapters/MNM/About-
this-Chapter/Locations](https://www.nationalmssociety.org/Chapters/MNM/About-this-Chapter/Locations)

North Dakota Assistive

3240 15th St. South, Suite B, Fargo, ND 58104
Phone: (701) 365-4728 or 1-800-895-4728
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 or 1-800-532-6323
Email: grandforks@ndad.org
<http://ndad.org/contact>

North Dakota Hearing Loss-School for Deaf

1401 College Dr. North, Devils Lake, ND 58301
Phone: (701)665-4400 or 1-800-887-2980
Email: ndsd.school@k12.nd.us
<https://www.nd.gov/ndsd>

North Dakota Insurance Department
600 E Boulevard Ave., Bismarck, ND 58505
Phone: (701) 328-2440 or 1-800-247-0560
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
Phone: (701) 328-2950 or 1-800-472-2670
Email: panda@nd.gov
www.ndpanda.org

North Dakota Ombudsman
Phone: (701) 298-4480
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
Phone: (701) 795-2700
<https://www.ndvisionservices.com>

Northeast Human Service Center (includes Aging Services)

- 151 South 4th St., Suite 401, Grand Forks, ND 58201
Phone: (701) 795-3000 or 1-888-256-6742
24 Hour Crisis line: (701) 775-0525 or 1-800-845-3731
<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
- Vocational Rehabilitation
Phone (701) 795-3100 or 1-855-256-6742

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

Parenting After Violence Support Group
380 Courthouse Dr., #8, Cavalier, ND 58220
Phone: (701) 265-8686

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/>
- National Parkinson Foundation
<https://www.parkinson.org>
Phone: 1-800-473-4636
- Marv Bossart Foundation for Parkinson's Support, Fargo, ND
<https://marvbossartfoundation.org>
- HealingSprings Community Healing Center Fargo, ND
Phone: (701) 261-3142

Northern Valley Human Services Zone
300 Boundary Rd. West, Cavalier, ND 58220
Phone: (701) 265-8441

Pembina County Veterans Service Office
301 Dakota St. West, Cavalier, ND 58220
Phone: (701) 265-4460

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-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
Phone: 1-855-462-5462; Option 2 or use reporting form:
<http://ndpanda.org>
<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/pembinacountymealtransportation1>

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.

Veterans Crisis Line

Phone: 1-800-273-8255 Press 1

Pembina County Veterans Services

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

Walsh County Veteran Services

638 Cooper Ave, Suite 5, Grafton, ND 58237
Phone: 701-352-5030, Cell 701-331-1700
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

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

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

Grafton VA Clinic (CBOC)

1319 W 11th St, Grafton, ND 58237

Phone: (701) 352-4059, Press "0"

Grand Forks VA Clinic (CBOC)

3221 32nd Ave S, Ste 700, Grand Forks, ND 58201

Phone: (701) 335-4380

Supportive Services for Veteran Families

ND Dept of Veterans Affairs

4201 38th St S, Ste 104, Fargo, ND 58104

Phone: (701) 239-7165 or 1-866-634-8387

<https://www.nd.gov/veterans/benefits/supportive-services-veteran-families-program-ssvf>

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

Lutheran Social Services

412 Demers Ave, Grand Forks, ND 58201

Phone: (701) 772-7577

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 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

1013 N. 5th St., Grand Forks, ND 58203

Phone: (701) 746-5431

Wedgewood Manor

804 Main Street West, Cavalier, ND 58220

Phone: (701) 265-8453

NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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>.