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

Buck & Buck
   Phone: 1-800-458-0600
   www.buckandbuck.com

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.

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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

Hoard ing
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/regionalthsc/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.familyinstitutepc.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 2\textsuperscript{nd} Ave. N, Grand Forks, ND 58202  
Phone: (701) 777-2127  
[https://und.edu/student-life/counseling-center](https://und.edu/student-life/counseling-center)

Spectra Health (Suboxone/Zubsolv, Vivitrol)
- 212 S. 4\textsuperscript{th} 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/](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://communitymedicalservices.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.familyinstitutepc.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

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/ftr/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 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
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.rmhcfarqo.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. Judes
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.
24 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

**Neche:**  
Neche 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

Beltone 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@aaao.org
https://www.aaao.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/](https://www.facebook.com/pembinacountymealstransportation1/)

Red River Valley Community Action
Commodity Supplemental Food Program
1013 N. 5th St., Ste 2, Grand Forks, ND 58203
Phone: (701) 746-5431
[www.rrvca.com](http://www.rrvca.com)

**Grocery Stores – Delivery Service**
- Leevers 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  

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

**Walhalla Clinic**  
301 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/](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/grafton.asp

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

Altru Home Health – Provides interdisciplinary comprehensive health care in the comfort of your own home environment which is overseen by your primary physician and several care providers. Provides 24 hour access to medical services as determined by primary care provider and eligibility. Services may be provided by Altru agency registered nurses, social worker, home care aide, physical therapist, occupational & speech therapist.

Altru Hospice- Is a special kind of care for patient and families facing a life-limiting illness. It provides comfort care also known as palliative care rather than treatment care. This type of service may take place in an individual’s home, a nursing home or a hospital setting, while emphasizing the highest quality of life. Supplies are provided as needed. Support is offered to family and caregivers, through counseling, training and education. Providing interdisciplinary care that is overseen by a medical director and several care providers.

Altru Home Health and Hospice
- 201 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)

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

**Homestead Tax Credit**
Contact: Pembina County Tax Director
301 Dakota St. West, Cavalier, ND 58220
Phone: (701) 265-5152

**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](http://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
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.fdflaw.com
**Medication Assistance**—Help with medication set up, cost, and organization.

- **Altru Health System**  
  Phone: (701) 780-6116

- **Altru Homecare and Hospice**  
  201 East 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](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  

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

Cavalier United Lutheran Church
104 Bjornson Dr., Cavalier, ND 58220
Available Tuesdays and by appointment
Phone: (701) 265-8907
https://www.cavalierunitedlutheran.org/home

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

Cavalier Chamber of Commerce
301 Division Ave. North, Cavalier, ND 58220
Phone: (701) 265-8188
www.cavaliernd.com

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 Soebay at Soebay 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  

**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, Neche, 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

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
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

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
Transportation Services-

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

Pembina County Public Transit
- Transportation services for people of all ages
- Local rides available county-wide and to Grand Forks
- Call for schedule and fare information
- Phone: (701) 454-6586
  https://www.facebook.com/pembinacountymealstransportation1

Veterans Service Office (for Veterans only)
301 Dakota St. West, #16, Cavalier, ND 58220
Phone: (701) 265-4460

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

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
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.