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

This document was developed in order to address a priority need identified within the 2014 Community Health Needs Assessment (CHNA). Following the 2017 CHNA, a section on Behavioral Health was incorporated.

The CHNA assessment was a cooperative effort completed by Pembina County Memorial Hospital and Pembina County Public Health.

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

**Disclaimer:**

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

Thank you Kaia Schluchter, age 15, for donating the cover picture. She attends Cavalier High School and is the daughter of Kent and Lori Schluchter. Kaia is a member of the Crystal Clovers 4-H Club and is active in the Juniors Leaders 4-H Club, 4-H Exchange Trip, and many project areas including agronomy, baking, and photography.
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**Adaptive Clothing**—Contact the following organizations to purchase clothing options for people with physical limitations.

Buck & Buck  
Phone: 1-800-458-0600  
[www.buckandbuck.com](http://www.buckandbuck.com)

Great Plains Health Company  
3222 28TH St. S, Fargo, ND 58104  
Phone: (701) 232-3000

iCare Clothing Solutions  
15 Wilshire Lane, Plainview, NY 11803  
Phone: 1-800-445-1981  
[www.clothingsolutions.com](http://www.clothingsolutions.com)

Sanford Healthcare Accessories  
3223 32nd Ave. South, Fargo, ND 58103  
Phone: (701) 293-8211 or 1-800-288-4613  
[www.healthcareaccessories.com](http://www.healthcareaccessories.com)

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

Aging Services Division ND Department of Human Services  
1237 West Divide Ave., Suite 6, Bismarck, ND 58501  
Phone: (701) 328-4601  
[https://www.nd.gov/dhs/services/adultsaging/](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 1-800-336-6889
24 Hour Crisis line: (701) 775-0525 or 1-800-845-3731
E-mail: dhsnehsc@nd.gov

Pembina County Memorial Hospital
301 Mountain St. East, Cavalier, ND 58220
Emergency Care Available 24 Hours
Phone: (701) 265-8461
www.cavalierhospital.com/hospital/

Pembina County Social Services
300 Boundary Rd. West, Cavalier, ND 58220
Phone: (701) 265-8441
Hours: 8:00am-5:00pm Monday-Friday

Walhalla Clinic
301 5th St., Walhalla, ND 58282
Hours: 8:00am to 4:00pm
Monday, Tuesday, Thursday, and Friday
Phone: (701) 549-2711
Behavioral Health - Access services listed below that provide mental health and addiction counseling, support, or information.

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Emergency Care

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

Crisis

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

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

Cavalier Area Ministerial Association
Phone: (701) 520-4056
CliniCare Clinic
301 Mountain St. East, Cavalier, ND 58220
Hours: 8:00am to 5:00pm Monday-Friday
9:00am – 3:00pm Saturday
Phone: (701) 265-6307
www.cavalierhospital.com

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) 476-7216 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)
www.veteranscrisisline.net
Suicide

Call 211
Statewide 24-hour helpline; health and human services information and referral.

National Suicide Prevention Lifeline:
24-hour crisis intervention if you or someone you know are having suicidal thoughts
Phone: 1-800-273-8255

National Suicide Hopeline Network:
Phone: 1-800-784-2433

Survivors of Suicide Support Group - Altru Hospital
1200 South Columbia Rd., Grand Forks, ND 58201
Meets 3rd Thursday of each month 7pm-8:30pm
www.altru.org/services/psychiatry-center/tears

Addictions

Alcohol
• Pembina County Memorial Hospital Board Room
  Alcoholics Anonymous and Al-Anon
  Meets Tuesday at 8:00pm
  301 Mountain St. E, Cavalier, ND 58220

• 901 3rd St., #4
  Langdon, ND 58249
  Phone: (701) 265-2256

• Grand Forks, ND
  Phone: (218) 779-3600
  Hotline: (701) 330-4339
Gambling
Sharon Lutheran Church
1720 S. 20th St., Grand Forks, ND 58201
Hours: Closed Meeting Sunday, 5:00pm
www.gamblersanonymous.org

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

Tobacco
Help to quit using tobacco
- ND Quits
  1-800-QUIT-NOW
  www.ndhealth.gov/ndquits

- Pembina County Public Health Nicotine Replacement Therapy Reimbursement Program
  Monetary reimbursement of up to $200 per year when funding is available
  Phone: (701) 265-4248
Case Management

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

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

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

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

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

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

Agassiz Associates, PLLC
2424 32nd Ave. S, Ste 202, Grand Forks, ND 58201
Hours: Monday & Wednesday: 8:00am-5:00pm
Tuesday & Thursday: 8:00am-8:00pm
Friday: 8:00am-12:00pm
Phone: (701) 746-6336
www.agassizassociates.com

Altru Psychiatry Center – Bldg 1
860 South Columbia Rd., Grand Forks, ND 58201
Phone: (701) 780-6697
www.altru.org/services/psychiatry-center

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
www.stalphonsuslangdon.com/contact

Center for Psychiatric Care, PC
1451 44th Ave. S, Unit A, Grand Forks, ND 58201
Phone: (701) 732-2500
www.centerforpsychiatriccare.com

Center for Self-Growth & Renewal
1551 28th Ave. S, Ste C, Grand Forks, ND 58201
Phone: (701) 746-4400 or 1-800-831-0446
www.selfgrowthandrenewal.com
Cope Well Foundation (for Cancer Survivors)
200 James Ray Dr., Grand Forks, ND 58202
Phone: (701) 738-4897
www.copewell.org

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

Drake Counseling
311 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) 772-1577
http://www.familyinstitutepc.com/index.html

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

Innovative Healing Counseling & Consulting, LLC
Angela M. Longtin
Phone: (701) 992-0628
Innovativehealing777@gmail.com
Laidlaw Psychological Services
3301 30th Ave. S, #101, Grand Forks, ND 58201
Phone: (701) 780-9700

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

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

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

Northeast Human Service Center
- Grand Forks, Main Office
  151 S. 4th St., Grand Forks, ND 58201
  Phone: (701) 795-3000
  24 Hour Crisis Line: 1-800-845-3731
  Walk-in assessments: Mon, Tues, and Thurs 8:15a-10:30a
  E-mail: dhsnehsc@nd.gov

- Cavalier Outreach Location (inside Clinicare Clinic)
  301 Mountain St., Cavalier, ND 58220
  Phone: (701) 740-5761

- Grafton Outreach Location
  901 West Midway Dr., Grafton, ND 58237
  Phone: (701) 352-4334 or 1-888-845-2215
Northland Christian Counseling
2315 Library Circle, Grand Forks, ND 58201
Phone: (701) 795-8550
http://northlandccc.com

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

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

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

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) 795-3022 or 1-888-256-6742
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
The Village Family Service Center  
1726 S. Washington St., Ste 33-A, Grand Forks, ND 58201  
Phone: (701) 746-4584  
https://thevillagefamily.org/content/grand-forks

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

Medication Assisted Treatment

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

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

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

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

Cavalier Area Alzheimer’s Support Group
United Lutheran Church
104 Bjornson Dr., Cavalier, ND 58220
Hours: 3rd Thursday of the month at 7:00pm
Phone: (701) 265-4672 Contact: Susan Vivatson

Attention Deficit/Hyperactivity Disorder (ADHD)
Family Institute, PC
2100 S. Columbia Rd., Grand Forks, ND 58201
Phone: (701) 772-1588
http://www.familyinstitutepc.com/index.html

Autism
• Autism Center Resources
  http://www.ndautismcenter.org/resources

• Family to Family Support Network, UND School of Medicine
  501 N. Columbia Rd., Grand Forks, ND
  Phone: (701) 777-2359 or 1-888-434-7436

• Talk About Curing Autism (TACA) ND Chapter
  Grand Forks Area
  http://www.tacanow.org\local-chapters\midwest\north-dakota
Beginning Experience
Helps people to deal with loss and make changes to their lives to live independently.
Calvary Lutheran Church
1405 S 9th St., Grand Forks, ND 58201
Phone: (701) 775-7444
http://www.beginningexperience-easternnd.org/grand-forks

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

Dakota Boys and Girls Ranch
Phone: (701) 857-4233 or (701) 221-5304
www.dakotaranch.org

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

Face it TOGETHER (free for all clients and their families)
Northern Prairie Community Clinic (Outreach location)
501 N. Columbia Rd, Grand Forks, ND 58203
Available in Grand Forks on Thursday 12pm-6pm
Phone: (701) 566-5631
https://www.wefaceittogether.org/fargo-nd

Freedom Church – Celebrate Recovery
308 DeMers Ave, Grand Forks, ND 58201
Hours: Tuesday 6:30pm
Phone: (701) 772-3117
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
  Hours: Monday and Wednesday 8pm
  Phone: (701) 212-0525

- We Do Recover
  401 7th St. N, Antenna Building Upstairs
  Phone: (218) 230-5464 / (218) 831-2333, (701) 317-6097
  Hours: Tuesday, Thursday, Friday, and Saturday 7pm

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

Parkinson’s Disease Support Groups
- Grand Forks Parkinson Wellness Program
  Altru Family YMCA
  215 N. Seventh St., Grand Forks, ND
  Hours: Meets 10:30am-Noon Mondays and Wednesdays
  Phone: (701) 775-2586
  http://www.gfymca.org/healthy-living/health-well-being-fitness/parkinson-wellness-program/
- Parkinson’s Support Group
  Altru Psychiatry Building
  860 N. Columbia Rd., Grand Forks, ND
  Hours: Meets the first Tuesday of each month from 6:30pm-8pm for individuals with Parkinson’s disease and their spouse or caregivers.
  Phone: (701) 780-2428

Northlands Rescue Mission
  420 Division Ave., Grand Forks, ND 58201
  Phone: (701) 772-6600
  https://northlandsrescuemission.org/

ND Alternatives to Abortion Program
  Phone: 1-855-639-0740
  www.TheDecisionIsMine.org

ND Brain Injury Network
  Grand Forks Area
  Phone: (701) 777-5200
  https://www.ndbin.org/

Our Hope Support Group
  Pembina County Courthouse South Entrance
  301 Dakota St. West, Cavalier, ND 58220
  Hours: Meets every Tuesday from 7:00pm - 8:00pm
  Phone: Contact David (701) 520-4366 or Bill (701) 520-4056

Pregnancy Help Center
  Hwy 17 E., Park River, ND 58270
  Phone: 24 hour help line (701) 284-6601
  https://www.parkriverphc.com/
Ruth Meiers Adolescent Psychiatric Residential Treatment Facility
770 S 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

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

Stable Days Youth Ranch
17721 429th Ave. SW, East Grand Forks, MN 56721
Phone: (701) 330-9952
www.stabledays.org
Children’s Support Services

Car Seat Distribution Program
Car seat education and car seat available based on eligibility.
Call for more information.
Pembina County Public Health
301 Dakota St W, #2, Cavalier, ND 58220
Phone: (701) 265-4248

Cribs for Kids
Safe sleep education and cribs available based on eligibility.
Call for more information.
Pembina County Public Health
301 Dakota St W, #2, Cavalier, ND 58220
Phone: (701) 265-4248

Health Tracks/Early and Periodic Screening, Diagnostic, and Treatment (EPSDT)
A free, preventative health program for newborns and children up to age 21 who are enrolled in North Dakota Medicaid.
Pembina County Public Health
301 Dakota St W, #2, Cavalier, ND 58220
Phone: (701) 265-4248

March of Dimes
Supporting mothers through their pregnancy
www.marchofdimes.org

Ronald McDonald House Charities of the Red River Valley
4757 Agassiz Xing S, Fargo, ND 58104
Phone: (701) 232-3980
http://www.rmhc Fargo.org
St. 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.
933 Duke Dr., Grand Forks, ND 58201
Phone: (701) 732-7900
Email: sunshine@altru.org
https://sunshinememorial.org

Vaccines For Children
Children birth through 18 years are eligible with or without health insurance.
Pembina County Public Health
301 Dakota St W, #2, Cavalier, ND 58220
Phone: (701) 265-4248

Women Infant and Children (WIC)
Provides food, nutrition, and health information; referrals to services for pregnant and breastfeeding women, new mothers, infants and children to age 5. Also serves fathers, grandparents, foster parents, or other legal guardians of a child younger than age 5.
Phone: (701) 265-4764
Community Services, Quality of Life, Enrichment

Choice Magazine Listening
A free audio magazine for adults with impaired vision or other disabilities.
85 Channel Dr., Port Washington, NY 11050
Phone: 1-888-724-6423
www.choicemagazinelistening.org

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

ND Special Needs Registry
Register if additional help (i.e. blind or oxygen dependent) is needed from emergency responders
PO Box 447, Fargo, ND 58107-0447
Phone: (701) 235-7335
https://www.nd.gov/ndsnr/

ND Department of Transportation Driver’s License Division
Bismarck, ND
Phone: (701) 328-2604 or local law enforcement department

Options Resources Center for Independent Living (Satellite)
• 214 Main St. / PO Box 761, Cavalier, ND 58220
  Phone: (701) 265-4618
  Email: tami@myoptions.info
• 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

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 1pm-5pm

Beltone Hearing Aid Center
Pembina County Memorial Hospital, Cavalier, ND 58220
Phone: 1-866-738-8028 to set up an appointment
Hours: 2nd Wednesday of the month 10am-5pm

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

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

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

North Dakota Talking Book Library
Phone: (701) 328-4622
http://library.nd.gov/talkingbooks.html
North Dakota Telecom Equipment Distribution Project
Phone: 1-800-895-4728
http://ndipat.org/services/telecommunications-equipment-distribution-service

North Dakota Vision Services
500 Stanford Rd., Grand Forks, ND 58203
Phone: (701) 795-2700 or 1-800-421-1181
https://www.ndvisionservices.com/

North Dakota Vocational Rehabilitation – Vision Rehab/Vision Loss Support Group
Phone: (701) 328-8954
https://ndab.org/nd-services-for-vision-loss

**Fitness**

In Shape
103 Main St. East, Cavalier, ND 58220
Phone: (701) 265-8261

Xperirence Health and Fitness
- 911 N Main St., Drayton, ND 58225
  Phone: (701) 454-3489

- 333 W Stutsman St., Pembina, ND 58271
  Phone: (701) 825-6649
Food, Meal Programs and Groceries—Nutritional support is provided by the services below to assist qualified applicants with food items and meals.

Great Plains Mobile Food Pantry
The mobile food pantry comes to Pembina County four times a year. Contact Pembina County Social Services for date, time, and location of mobile site.
Phone: (701) 265-8441

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; $2.50 charge

- J&D Riverview Market - Drayton  
  Phone: (701) 454-3811  
  Delivery: Tuesday

- D&K Grocery - Pembina  
  Phone: (701) 825-6621  
  Delivery: Thursday

- Supermarket Foods – Walhalla  
  Phone: (701) 549-2715  
  Delivery: Thursday

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

**AARP of North Dakota**  
AARP North Dakota State Office  
107 W. Main Ave., Suite 125, Bismarck, ND 58501  
Phone: 1-866-554-5383  
[www.aarp.org](http://www.aarp.org)

**Altru Psychiatry Center – Bldg 1**  
860 South Columbia Rd., Grand Forks, ND 58201  
Phone: (701) 780-6697  
[www.altru.org/services/psychiatry-center](http://www.altru.org/services/psychiatry-center)
Askew Funeral Home
- 209 Elizabeth St. West, Cavalier, ND 58220
  Phone: (701) 265-4321
  http://www.askewfuneralhome.com/

- 709 Central Ave., Walhalla, ND 58282
  Phone: (701) 549-2394

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

Cope Well Foundation (for cancer survivors)
  By appointment only
  Phone: (701) 738-4897
  Email: info@copewell.org

Hospice of the Red River Valley – Journeys
  Phone: 1-800-237-4629
  https://www.hrrv.org/patients-caregivers/grief-support

Survivors of Suicide Support Group - Altru Hospital
- 1200 South Columbia Rd., Grand Forks, ND 58201
  Meets 3rd Thursday 7:00 pm to 8:30 pm
  www.altru.org/services/psychiatry-center/tears
Health Care/Health Maintenance Services

- 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

ClinicCare Clinic
301 Mountain St., East, Cavalier, ND 58220
Hours: 8:00am-5:00pm Monday-Friday;
9:00am-3:00pm Saturday
Phone: (701) 265-6307

Drayton Drug
104 East Highway 66, Drayton, ND 58225
Phone: (701) 454-3831
Hours: 8:30am-5:00pm Monday-Friday
Pembina County Health Maintenance Program
For individuals age 60 and older
   Foot care (soaking and trimming toenails)
   Home visit for foot care
   Blood Pressure/pulse/rapid inspection
- Main Office at Cavalier Transit Center
- Clinics held in Drayton, Neche, Pembina, St. Thomas, and Walhalla
- For information call (701) 454-6586

Pembina County Memorial Hospital
   Emergency Care Available 24 Hours/day
301 Mountain St. East, Suite A, Cavalier, ND 58220
Phone: (701) 265-8461 or 1-800-701-8461
www.cavalierhospital.com

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, Tuesday, Thursday, and Friday
Phone: (701) 549-2711
Walhalla Prescription Shop  
1102 Central Ave., Walhalla, ND 58282  
Hours: 9:15am-5:30PM Monday-Friday  
9:15am-1:00pm Saturday  
Phone: (701) 549-2661 or 1-800-549-2662

Veterans Administration Health Care System – Grafton  
1319 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
    www.altru.org

  • Altru Health System
    1200 S Columbia Rd., Grand Forks, ND 58206-6011
    Phone: (701) 780-5258 or 1-800-732-4277 ext. 5258

Pembina County Social Services
  Non-skilled home care for individuals who may have a personal care or homemaking need due to a chronic health condition.
  300 Boundary Rd. West, Cavalier, ND 58220
  Phone: (701) 265-8441

Health Insurance Counseling
  Altru’s Healthcare Eligibility Resource Option (HERO)
  Phone: (701) 780-5060

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

Valley Community Health Centers
  212 S 4th St., Grand Forks, ND 58201
  Phone: (701) 757-2100
  http://valleychc.org
**Housing, Finance, and Weatherization**—The resources below will assist individuals with maintaining their homes.

**Community Options**
- Low Income Home Energy Assistance Program (LIHEAP)
  - 2300 Library Circle, Grand Forks, ND 58201
  - Phone: (701) 772-1715 Ext 383 or 1-888-772-1715, (701) 620-1029 cell
  - E-mail: karriep@coresinc.org
  - [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](http://www.ndassistive.org)
North Dakota Association for Disabled (NDAD)
2660 South Columbia Rd., Grand Forks, ND 58201
Phone: (701) 775-5577
http://www.ndad.org

North Dakota Housing Finance Agency
2624 Vermont Ave. / PO Box 1535, Bismarck, ND 58502
Phone: (701) 328-8080 or 1-800-292-8621
www.ndhfa.org

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

Red River Valley Community Action (RRVCA)
www.rrvca.com
- 638 Cooper Ave., Suite #4, Grafton, ND 58237
  Phone: (701) 352-0620

- 1013 North 5th St., Suite #2, Grand Forks, ND 58203
  Hours: 8:00 am to 5:00 pm Monday-Friday
  Phone: (701) 746-5431

Renter’s Refund
Available to individuals who are 65 years of age or older,
or individuals who are permanently and totally disabled.
600 East Boulevard Ave., Bismarck, ND 58505-0599
Phone: (701) 328-7088 or 1-877-328-7088
https://www.nd.gov/tax/user/individuals/exemptionsrefunds
credits---individuals/renters-refund
Salvation Army
1600 University Ave., Grand Forks, ND 58203
Phone: (701) 775-2597
https://salvationarmynorth.org/community/grand-forks

Social Services Administration
Phone: 1-800-772-1213
https://www.ssa.gov

Legal References

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

Pembina County Memorial Hospital
301 Mountain St. East, PO Box 380, Cavalier, ND 58220
Phone: (701) 265-8461
http://www.cavalierhospital.com/

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

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

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

Steve Ekman
Main Street, Drayton, ND 58225
Phone: (701) 454-3515
Fleming, Dubois & Fleming  
Larry Dubois & Robert Fleming  
208 West 2nd Ave. South, Cavalier, ND 58220  
Phone: (701) 265-8446 or 1-866-748-2215  
https://www.fdflaw.com

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

Altru Health System  
Phone: (701) 780-6116

Altru Homecare and Hospice  
201 East 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
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. #406A, Grand Forks, ND 58201  
Phone: (701) 746-8233  
[http://www.gfcoalition.org](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](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](https://www.cavalierunitedlutheran.org/home)

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

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

Cavalier Supply (U-Haul)  
601 Main St. West, Cavalier, ND 58220  
Phone: (701) 265-4633  
[www.cavaliersupply.com](http://www.cavaliersupply.com)
C&K Store-All  
Drayton, ND 58225  
Phone: (701) 741-5787

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

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

North Dakota Association for Disabled (NDAD)  
2660 South Columbia Rd., Grand Forks, ND 58201  
Phone: (701) 775-5577  

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

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

USDA Rural Development  
Federal Building Room 208  
PO Box 1737/220 East Rosser, Bismarck, ND 58502  
Phone: (701) 530-2037  
www.rd.usda.gov/nd
Walhalla Chamber of Commerce  
1105 Central Ave., Walhalla, ND 58282  
Phone: (701) 549-3939  
www.walhalland.org

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

Borg Pioneer Memorial Home  
61 Borg Drive, Mountain, ND 58262  
Phone: (701) 993-8345  
http://www.borghome.net

Country Estates Senior Living  
107 Bjornson Dr., Cavalier, ND 58220  
Phone: (701) 265-6283  
http://www.cavalierhospital.com/what-we-do/country-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  
https://www.agingcare.com/local/north-border-estates-walhalla-assisted-living-nd

Pembina County Housing Authority  
100 Tornado Dr., #2, Cavalier, ND 58220  
Phone: (701) 265-8147  
https://www.rentassistance.us/li/Pembina_County_Housing_Authority
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
- ND Family Caregiver Support Program (ND Dept of Human Services) - Grand Forks Regional Human Services Center: (701) 795-3000 or 1-888-256-6742
- Pembina County Social Services: (701) 265-8441
Safety Equipment and Supplies - The resources below provide adaptive medical equipment available to live safely at home.

Altru Health Specialty Home Store
1200 South Columbia Rd., Grand Forks, ND 58201
Phone: (701) 780-5822
https://www.altru.org/find-a-location/location-profile/altru-specialty-center

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

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

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

HERO (Healthcare Equipment Recycling Organization)
5012 53rd St. South, Fargo, ND 58220
Hours: Monday-Friday 9:00am-5:00pm
Phone: (701) 212-1921
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

Shopko Hometown Cavalier
601 Division Ave. South, Cavalier, ND 58220
Hours 9:00 am-9:00 pm
Phone: (701) 265-4545
www.shopko.com

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

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

- Sharps containers are available from your local pharmacy. Containers hold 70-100 needles or 300 pen needles. When the container is full, call the phone number on the container to obtain a box to mail the needles for proper disposal.

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

Emergency Alert Pendants -

Alert One Services, Inc.
Phone: 1-866-978-9269
https://www.alert-1.com

Good Samaritan Center Park River, ND (minimal fee)
Phone: (701) 284-7115 for information

Guardian (Comfort Keepers)
Phone: (701) 738-0006
http://www.comfortkeepers.com/home/products

Lifecall from Northern Safety & Security
4111 Technology Dr. NW, Ste #203, Bemidji, MN 56601
Phone: 1-877-751-3902
https://www.alarm.com/US/northss?home=1

Lifeline (Philips) Medical Alert Service
Phone: 1-855-681-5351
https://www.lifeline.philips.com
North Dakota Assistive (no monthly fee)
Phone: (701) 365-4728 or 1-800-895-4728
www.ndassistive.org

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

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

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

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

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

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

Journey Beyond Abuse Women’s Support Group
380 Courthouse Drive #8, Cavalier, ND 58220
Phone: (701) 265-8686
Legal Services of ND
- Serves individuals under age 60
  Hours: Monday, Tuesday, Thursday 9:00am-3:00pm
  Phone: 1-800-634-5263

- Serves individuals age 60 and beyond
  Hours: Monday, Thursday, 8:00am–5:00pm;
  Friday 8:00am-2:00pm
  Phone: 1-866-621-9886
  www.legalassist.org

Long-Term Care Ombudsman Services
  Serving Region IV or the service area involving the counties
  of Grand Forks, Pembina, Walsh
  Phone: 1-855-462-5465 for local representative
  www.nd.gov/dhs/services/adultsaging/ombudsman.html

North Dakota AARP
  Local Caregiver Resources
  Phone: 1-877-333-5885
  https://www.aarp.org

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

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

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

North Dakota Ombudsman
Phone: (701) 298-4480

North Dakota Vision Services / School for the Blind
Offering services to visually impaired residents of all ages
500 Stanford Rd., # A, Grand Forks, ND 58203
Phone: (701) 795-2700
https://www.ndvisionservices.com

Northeast Human Service Center-Aging Services
151 South 4th St., Suite 401, Grand Forks, ND 58201
Phone: (701) 795-3000 or 1-800-336-6889
24 Hour Crisis line: (701) 775-0525 or 1-800-845-3731
https://www.nd.gov/dhs/locations/regionalhsc/northeast/index.html
Northeast Human Service Center
- 2655 2nd Ave. N, Grand Forks, ND 58202
  Phone: (701) 775-0525 or 1-888-256-6742
  [https://www.nd.gov/dhs/locations/regionalhsc/northeast/index.html](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

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

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

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

Pembina County Veterans Service Office
- 301 Dakota St. West, Cavalier, ND 58220
  Hours: Monday, Tuesday, Wednesday 8am-12pm, 1pm-5pm
  Phone: (701) 520-2704; Cell: (701) 265-4228
Salvation Army
Contact: Cody Kill
Hours: Monday – Friday, business hours
Phone: (701) 213-3467

State Health Insurance Counseling Program
North Dakota Insurance Department
Questions about Medicare, Medicare supplements, Medicare Part D, and long-term care insurance
Phone: (701) 328-2440 or 1-888-575-6611
https://www.nd.gov/ndins/shic/

Vulnerable Adults Protection & Advocacy
Phone: (701) 795-3800
http://ndpanda.org

Vulnerable Adult Protective Services (VAPS)
Serving Region IV or the service area involving the counties of Grand Forks, Pembina, and Walsh
Contact this agency to report abuse, neglect, or exploitation of a vulnerable adult
Phone: 1-855-462-5462; Option 2 or use reporting form:
Transportation Services

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

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

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

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

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

VA Health Care System (Hospital)
2101 Elm St. N, Fargo, ND  in Fargo 701-232-3241
Hours: 24 hours per day/ 7 days per week
Phone: (701) 232-3241 or 1-800-410-9723
https://www.fargo.va.gov

Veterans Crisis Line
Phone: 1-800273-8255  Press 1
Primary Care Social Worker/Caregiver Support Group
Phone: (701) 335-4380

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

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

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

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

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

Lutheran Social Services
203 E 6th St., Grafton, ND 58237
Phone: (701) 352-0001

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

Pembina County Emergency Food Pantry
Located in Cavalier behind the United Valley Insurance and Investment Building
Hours: Tuesday 3:00-4:30pm
Phone: (701) 265-4244
Pembina County Health and Wellness  
214 Main Street West, Cavalier, ND 58220  
Phone: (701) 265-2465

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

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

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

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

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.