

Directory of Pembina County Resources and Services For Senior Citizens



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

This document was developed in order to address a priority need identified within the 2014 Community Health Needs Assessment (CHNA).

This assessment was a collaborative effort completed by Pembina County Memorial Hospital and Pembina County Public Health.

This draft was developed collaboratively with the following community stakeholders and will continue to be revised and updated:

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Notes for Reference

Support Services

1. Alcoholics Anonymous
901 3rd Street #4
Langdon, ND 58249
Phone: 701-265-2256
Grand Forks, ND
Phone: 218-779-3600
Hotline: 701-330-4339

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

Alzheimer's Support Group
Phone: 701-203-5242

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

4. Domestic Violence and Abuse Center, Inc.
308 Courthouse Drive #8
Cavalier, ND 58220
Contact Person: Stacy Jenson
Local phone: 701-265-8686
24 hour Toll Free line: 866-435-7490
National Domestic Violence Hotline: 1-800-799-7233

5. Interagency Program for Assistive Technology (IPAT)
Medication management supplies such as medication dispensers, organizers, and reminders for qualifying individuals age 60 and over.
3240 15th Street South, Suite B
Fargo, ND 58104
Phone: (701) 365-4728 or Toll Free: 1-800-895-4728
Website: www.ndipat.org

6. Legal Services of ND

Serves individuals under age 60
Phone: Toll Free 1-800-634-5263
Monday, Tuesday, Thursday 9:00am-3:00pm

Serves individuals age 60 and beyond
Phone: Toll Free 1-866-621-9886
Monday, Thursday, 8:00am–5:00pm
Friday 8:00am-2:00pm

7. Long-Term Care Ombudsman Services
Serving Region IV or the service area involving the counties of Grand Forks, Pembina, Walsh
Contact Person: Tammy Ferderer
Phone: (888) 607-8610

8. National Suicide Prevention Lifeline
1-800-273-8255
Website: www.suicidepreventionlifeline.org

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

10. North Dakota Hearing Loss-School for Deaf
1401 College Drive North
Devils Lake, ND 58301
Toll Free: 1-800-887-2980

11. North Dakota Association for Disabilities
2660 South Columbia Road
Grand Forks, ND 58201
Phone: (701) 775-5577

12. North Dakota Vision Services
500 Stanford Road #A
Grand Forks, ND 58203
Phone: (701) 795-2700

13. Northeast Human Service Center-Aging Services
151 South 4th Street, Suite 401
Grand Forks, ND 58201-4735
Phone: (701) 795-3000
Email: dhsnehsc@nd.gov
Web site: www.ndhealth.gov

14. Northeast Human Service Center Outreach Site
Grafton Location: Life Skills and Transition Center
Phone: (701) 352-4334 or Toll Free 1-888-845-2215
Email: dhsnehsc@nd.gov
Crisis Phone Line Available 24 hours: (701) 775-0525
Or Toll Free: 1-800-845-3731

15. North Dakota Protection and Advocacy and Protection and Advocacy Disability Rights in North Dakota
Sunset Room 327 Grafton, ND 58237
Contact Person: Dawn Rorvig
Phone: (701) 328-3950 or Toll Free: 1-800-472-2670
After hours and weekends 1-800-642-6694
Email: panda@nd.gov

16. Options Resource Center for Independent Living(RCIL)
(Satellite)
PO Box 761/214 Main Street
Cavalier, ND 58220
Contact Person: Revel Sapa
Phone: (701) 265-4618 or 800-726-3692

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

18. Pembina County Veterans Service Office
301 Dakota Street West
Cavalier, ND 58220
Phone: (701) 520-2704; Cell: (701) 265-4228
Monday, Tuesday, Wednesday 8am-12pm and 1pm-5pm

19. Rehabilitation Consulting and Services
North Dakota Vocational Rehabilitation
Phone: (701) 795-3022 or 888-256-6742
Website: www.nd.gov/dhs/rcs

20. Vulnerable Adult Protective Services (VAPS)
Serving Region IV or the service area involving the
counties of Grand Forks, Pembina, Walsh
Contact Person: Bernie Bachmeir or RaeAnn Johnson
Phone: 1-888-256-6742

Notes for Reference

Advanced Directive & Living Will

1. Pembina County Memorial Hospital
301 Mountain Street East
P.O. Box 380
Cavalier, ND 58220
Phone: (701) 265-8461

Behavioral Health/Mental Health

1. Altru Specialty Services
301 Mountain Street Suite A
Cavalier, ND 58220
Phone: (701) 265-8338
Website: www.altru.org
Hours: 8:00am to 5:00pm Monday-Friday
2. Altru Clinic
1003 North Main Street
Drayton, ND 58225
Phone: (701) 454-3311
Website: www.altru.org
Hours: 8:00 am to 5:00 pm Monday-Thursday and
8:00am-12:00pm Friday
3. CliniCare Clinic
301 Mountain Street East
Cavalier, ND 58220
Phone: (701) 265-6307
Website: www.cavalierhospital.com/clinic/
Hours: 8:00am to 5:00pm Monday-Friday
8:00am – 12:00pm Saturday
4. Northeast Human Service Center-Aging Services
151 South 4th Street Suite 401
Grand Forks, ND 58201
Phone: (701) 795-3000 or Toll Free: 1-800-336-6889
Crisis line: 701-775-0525 or 1-800-845-3731
E-mail: dhsnehsc@nd.gov

5. Northeast Human Service Center Outreach Site
Grafton Outreach Location: Life Skills and Transition Center
Grafton, ND 58237
Phone: (701) 352-4334 Toll Free 1-888-845-2215
E-mail: dhsnehsc@nd.gov
Crisis Phone Line Available 24 hours (701) 775-0525 or
Toll Free 1-800-845-3731

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

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

8. Walhalla Clinic
301 5th Street
Walhalla, ND 58282
Phone: (701) 549-2711
Hours: 8:00am to 4:30pm Tuesday-Friday

Notes for Reference

Community Services, Quality of Life, Enrichment

1. Cavalier Country Club
PO Box 604
Cavalier, ND 58220
Phone: 701-265-4506
2. Cavalier Public Library
200 Bjornson Drive
Cavalier, ND 58220
Phone: (701) 265-4746
3. Cavalier Swimming Pool
501 West 2nd Ave North
Cavalier, ND 58220
Phone: (701) 265-8181
4. Cavalier Theater
104 Main Street West
Cavalier, ND 58220
Phone: (701) 265-8955
5. Drayton Community Swimming Pool
304 N 3rd St
Drayton, ND 58225
Phone: (701) 454-6231
6. Faith In Action
Contact: Michelle Murray
206 Division Ave, Suite B
PO Box 458
Cavalier, ND 58220
Phone: (701) 265-6230

7. Frost Fire Theater and Ski Resort
11950 County Road 55
PO Box 711
Walhalla, ND 58282
Phone: 701-549-3600

8. La Moure Memorial Golf Course
476 2nd Street East
Pembina, ND 58271
Phone: 701-825-6619
Hours: 9:00am to 9:00pm

9. NDSU Extension
Resource Educator
301 Dakota Street West #7
Cavalier, ND 58220
Phone: 701-265-8411

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

11. Pembina Country Club
Pembina Golf Course
476 2nd Street East
Pembina, ND 58271
Phone: (701) 825-6619

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

13. Pembina County Senior Citizens Center Sites
 - Cavalier Phone: (701) 265-8100 (Transit center)
 - Drayton Phone: (701) 454-6586
 - Neche Phone: (701) 886-7590
 - St. Thomas Phone: (701) 257-6498
 - Walhalla Phone: (701) 549-3655

14. Pembina Public Library
 - Located at the North Border School
 - 155 South 3rd Street
 - Pembina, ND 58271
 - Open in the evening

15. Pembina State Museum
 - 805 Highway 59
 - Pembina, ND 58271
 - Phone: (701) 825-6840
 - E-mail: histsoc@nd.gov

16. Walhalla Country Club
 - 12114 County Road 55
 - Walhalla, ND 58282
 - Phone: 701-549-2357

17. Walhalla Public Library
 - 1010 Central Ave
 - Walhalla, ND 58282
 - Phone: 701-549-3794

18. Walhalla Swimming Pool
 - Riverside Park
 - Walhalla, ND 58282
 - Phone: 701-549-3541

Ear and Eye Health

1. Beltone Hearing Aid Center
Pembina County Memorial Hospital Campus
Cavalier, ND 58220
Phone: 866-738-8028 to set up an appointment
Hours: 2nd Wednesday of the month
2. Audio Care
Pembina County Health & Wellness Program
214 West Main Street
Cavalier, ND 58220
Phone: 800-669-8421
Hours: 1st and 3rd Wednesdays of the month
3. Dr. Tom Dunham, OD
807 North Main Street
Drayton, ND 58225
Phone: (701) 454-3340
Wednesdays only
4. Wakefield Hearing Center
Altru Clinic Cavalier Campus
Phone: 701-746-7000
Hours: 4th Wednesday of the month call the Grand Forks
number to set up an appointment

Notes for Reference

Estate Planning

1. Dave Petersen
112 N Main Street
Drayton, ND 58225
Phone: (701) 454-3515

2. Duane Schurman
1101 Central Ave
Walhalla, ND 58282
Phone: (701) 549-3644

3. Fleming, Dubois & Fleming
Neil Fleming, Larry Dubois & Robert Fleming
208 West 2nd Avenue South
Cavalier, ND 58220
Phone: (701) 265-8446 or Toll Free: 1-866-748-2215
<http://www.fdflaw.com/>

4. Jessica Hibl
280 West 2nd Street South
Cavalier, ND 58220
Phone: (701) 265-8446

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

6. Wesley Argue
1 Wall Street
Hamilton, ND 58238
Phone: (701) 265-3119

Fitness

1. Border Health and Fitness
405 5th Street
Walhalla, ND 58282
Phone: (701) 549-3200
2. In Shape
103 Main Street East
Cavalier, ND 58220
Phone: (701) 265-8261
3. Xperience Health and Fitness
911 N Main Street
Drayton, ND 58225
Phone: (701) 454-3489
4. Xperience Health and Fitness
333 W Stutsman Street
Pembina, ND 58271
Phone: (701) 825 6649

Notes for Reference

Grief and Bereavement

1. Askew Funeral Home
209 Elizabeth Street West
Cavalier, ND 58220
Phone: (701) 265-4321
Website: www.askewfuneralhome.com
2. Austin Funeral Home
403 West Divide Ave
Drayton, ND 58225
Phone: (701) 454-3333
Website: www.austinfuneralchapel.com
3. 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
4. Nelson-Askew Funeral Home
709 Central Ave
Walhalla, ND 58282
Phone: (701) 549-2394
Website: nelsonfh@utma.com

Notes for Reference

Health Maintenance Services

Activities considered to be health maintenance may include:

- Blood sugar screen
- Blood pressure screen
- Distance visual screen
- Ear assessment
- Foot care hygiene
- Hearing screen
- Hemoglobin screen
- Maintenance range of motion exercise
- Wellness check

Health maintenance services (have intermittent availability and are subject to change.)

1. Altru Specialty Services

301 Mountain Street Suite A

Cavalier, ND 58220

Phone: (701) 265-8338

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

2. Altru Clinic

1003 North Main Street

Drayton, ND 58225

Phone: (701) 454-3311

Website: www.altru.org

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

3. CliniCare Clinic

301 Mountain Street East

Cavalier, ND 58220

Phone: (701) 265-6307

Hours 8:00am-5:00pm Monday-Friday; 9:00am-3:00pm Sat

4. IPAT

- Medication management supplies such as medication dispensers, organizers, and reminders for qualifying individuals age 60 and over.

3240 15th Street South, Suite B

Fargo, ND 58104

Phone: (701) 365-4728 or Toll Free: (800)895-4728

Website: www.ndipat.org

5. Pembina County Health & Wellness Program/Outreach Sites

214 West Main Ave

Cavalier, ND 58220

Phone: (701) 265-8715

Participants are asked to make a donation for health and wellness services.

Suggested donation is as follows:

- Blood pressure/pulse/rapid inspection- \$1.00
- Foot Care-\$13.00
- Home visit/Foot Care-\$25.00

Site Contact Person:

Cavalier:

Joyce Betts

Ph: (701) 265-4392

2nd Tuesday every month

Drayton:

Sally Kliniske

Ph: (701) 454-6586

4th Monday every month

Nече:

Carol Schluchter

Ph: (701) 886-7498

2nd Monday every month (morning)

Pembina:

Stacie Metelmann

Ph: (701) 265-2465 4th Tuesday of each month (morning)

St. Thomas:

Donna Nieman

Ph: (701) 257-6866 2nd Wednesday every month (morning)

Walhalla:

Barb Schmidt

Ph: (701) 549-3407 1st Monday every month

6. Pembina County Memorial Hospital and CliniCare Clinic

Emergency Care Available 24 Hours

301 Mountain Street East Suite A

Cavalier, ND 58220

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

Website: www.cavalierhospital.com

7. Pembina County Public Health

301 Dakota Street West #2

Cavalier, ND 58220

Phone: (701) 265-4248

www.pembinacountynd.gov

8. Thrifty White Drug Pharmacy

102 Division Avenue South

Cavalier, ND 58220

Phone: (701) 265-4744

Website: www.thriftywhite.com

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

9:00am-12:00pm Saturday

9. Walhalla Clinic
301 5th Street
Walhalla, ND 58282
Phone: (701) 549-2711
Hours: 8:00am to 4:00pm Tuesday-Friday

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

11. Ye Old Medicine Center
104 East Highway 66
Drayton, ND 58225
Phone: (701) 454-3831
Hours: 8:30am-5:00pm Monday-Friday

Notes for Reference

Home Health Services

1. Altru Homecare and Hospice
Altru Clinic-Cavalier
Cavalier ND, 58220
Phone: (701) 265-4196
Website: www.altru.org
2. Altru Homecare and Hospice
Altru Health System
P.O. Box 6011
Grand Forks, ND 58206-6011
Phone: (701) 780-5258
Toll Free: 1-800-732-4277 ext. 5258
Website: www.altru.org

Homecare - 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.

Hospice-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.

Residential Living for Seniors

1. Borg Pioneer Memorial Home
61 Borg Drive
Mountain, ND 58262
Phone: (701) 993-8345

2. Country Estates Senior Apartments
107 Bjornson Drive
Cavalier, ND 58220
Phone (701) 265-6283
Contact: Patti Cameron

3. North Border Estates Senior Apartments
500 4th Street Apt #17
Walhalla, ND 58282-4658
Phone: (701) 549-3831

4. Pembina County Housing Authority
Contact: Jolene Lucier
100 Tornado Drive #2
Cavalier, ND 58220
Phone: (701) 265-8147

5. Pemblier Nursing Center
500 Delano Avenue
Walhalla, ND 58282
Phone: (701) 549-3831

6. Tisdale Manor Senior Apartments
Contact: Doug Quibell
509 Almeron Ave
Drayton, ND 58225
Phone: (701) 520-0680

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

Housing Related, Finance or Weatherization

1. Homestead Tax Credit
Julie Doyle Pembina County Tax Director
301 Dakota Street West
Cavalier, ND 58220
Phone: (701)265-5152
Website: www.pembinacountynd.gov/county/departments
2. IPAT Pedaling for Possibilities Funding Program
IPAT Assistive Technology Financial Loan Program
3240 15th Street South, Suite B
Fargo, ND 58104
Phone: (701) 365-4728 or Toll Free: 1-800-895-4728
Toll Free: 1-800-895-4728
Website: www.ndipat.org
3. NoDak Electric Roundup
4000 32nd Ave South
PO Box 13000
Grand Forks, ND 58208-3000
Phone: (701) 746-4461 or Toll Free: 1-800-732-4373
Hours: 7:30 am to 4:30 pm Monday-Friday
Website: nodak@nodakelectric.com

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

5. North Dakota Housing Finance Agency
118 Broadway N #604
Fargo, ND 58102
Phone: (701) 239-7255 (For rental only)

6. Red River Regional Council
516 Cooper Avenue #101
Grafton, ND 58237
Phone: (701) 352-3550
Website: www.redriverrc.com
Contact: Dawn Keeley

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

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

8. Renter's Rebate
600 East Boulevard Ave
Bismarck, ND 58505-0599
Phone: (701) 328-7088 or Toll Free 1-877-328-7088

Medical or Safety Equipment & Supplies

1. Altru Grand Forks
1200 South Columbia Road
Financial Assistance
Phone: (701) 780-1500
Website: www.altru.org/patient--visitors/finances/financial-assist/
2. American Legion Laverne J. Thompson Post 11
PO Box 94
Highway 5 West
Cavalier, ND 58220
Phone: (701) 265-4606
Website: www.legion.org
3. Designer Care Company LTD
474 Main Ave
PO Box 83
Neché, ND 58265
Phone: 701-886-7778 or Toll Free 1-800-848-6335
Website: www.designercare.com
4. Healthcare Equipment Recycling Organization (HERO)
5012 53rd Street South
Fargo, ND 58220
Phone: (701) 212-1921
Hours: Monday-Friday 9:00am-5:00pm

5. IPAT
3240 15th Street South, Suite B
Fargo, ND 58104
Phone: (701) 365-4728 or Toll Free 1-800-895-4728
Website: www.ndipat.org

6. Needy meds—find help with the cost of medicine
Phone: 800-503-6897
Website: www.needymeds.org

7. Options RCIL (Satellite)
214 Main Street PO Box 761
Cavalier, ND 58220
Phone: (701) 265-4618 or East Grand Forks 800-726-3692
Website: www.myoptions.info
Contact: Revel Sapa

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

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

10. Walhalla Prescription Shoppe

1102 Central Ave

Walhalla ND 58282

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

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

9:15am-1:00pm Saturday

11. Ye Old Medicine Center-Drayton

104 East Highway 66

Drayton, ND 58225

Phone: (701) 454-3831

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

Notes for Reference

Relocation or Storage Services

1. Cavalier Chamber of Commerce
301 Division Ave North
Cavalier, ND 58220
Phone: (701) 265-8188
Website: www.cavaliernd.com
2. Cavalier Supply (U-Haul)
601 Main Street West
Cavalier, ND 58220
Phone: (701) 265-4171
Website: www.cavaliersupply.com
3. C&K Store-all
Drayton, ND 58225
Phone: (701)741-5787
Contact: Steve
4. Drayton Chamber of Commerce
104 South Main Street
Drayton, ND 58225
(701) 265-8188
Email: chamber@draytonND.com
5. IPAT
3240 15th Street South, Suite B
Fargo, ND 58104
Phone: (701) 365-4728 or Toll Free 1-800-895-4728
Website: www.ndipat.org

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

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

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

9. 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

10. Renter's Rebate
600 East Boulevard Ave
Bismarck, ND 58505-0599
Phone: (701) 328-7088 or Toll Free 1-877-328-7088

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

12. USDA Rural Development

Federal Building Room 208 PO Box 1737/220 East Rosser
Bismarck, ND 58502

Phone: (701) 530-2037

Website: www.rdusda.gov/nd

13. Walhalla Chamber of Commerce

1105 Central Ave

Walhalla, ND 58282

Phone: (701) 549-3939

Website: www.walhalland.org

Notes for Reference

Nutrition or Healthy Meals

1. Great Plains Mobile Food Pantry

- The mobile food pantry comes to Pembina County four times a year for individuals who qualify
- Contact Pembina County Social Services for date, time and location of mobile site

Phone: (701) 265-8441

2. Mom's Meals

Phone: 877-508-6667

www.momsmeals.com

3. NDSU Extension

Family Nutrition Program

301 Dakota Street West #7

Cavalier, ND 58220

701-265-8411

4. Pembina County Emergency Food Pantry

- Food Pantry is located in Cavalier (behind the United Valley Insurance and Investment building.)

Hours: Tuesdays from 3:00-5:00pm

5. Pembina County Meals & Transportation

- Congregate meal sites and hot meal delivery located in the cities of Cavalier, Walhalla and Drayton
- Frozen meals available

Contact: Sally Kliniske

P.O. Box 9

Drayton, ND 58225

Phone: (701) 454-6586

Oral Health

1. Dr. Sterling Stevens, DDS

202 East 3rd Ave South

Cavalier, ND 58220

Phone: (701) 265-8777

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

2. Drayton Dental Clinic

Dr. Andrew Duncklee, DDS

10 N Main Street

Drayton, ND 58225

Phone: (701) 454-6218

Hours: 8:00am to 5:00pm Tuesday and Thursday

Notes for Reference

Personal Hygiene or Assistance with Activities of Daily Living

1. 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>
2. Northeast Human Service Center-Aging Services
151 South 4th Street, Suite #401
Grand Forks, ND 58201-4735
Phone: 701-795-3000
E-mail: dhsnehsc@nd.gov
Website: www.ndhealth.gov
3. Pembina County Social Services
300 Boundary Road West
Cavalier, ND 58220
Phone: (701) 265-8441

Notes for Reference

Pharmacy/Medication Assistance

1. Altru Homecare and Hospice
201 E 3rd Ave South
Cavalier, ND 58220
Phone: (701) 265-4196

2. Pembina County Public Health
301 Dakota Street West #2
Cavalier, ND 58220
Phone: (701) 265-4248
Hours: 8:00am to 5:00pm Monday-Friday
Website: www.pembinacounty.com

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

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

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

Parish Nurses

1. Parish Nurse-Cavalier United Lutheran Church
104 Bjornson Drive
Cavalier, ND 58220
Phone: (701) 265-8907
Available Tuesday and by appointment
2. Parish Nurse-Walhalla Lutheran Church
416 Central Ave
Walhalla, ND 58282
Phone: (701) 549-2540
Available Sunday and by appointment

Transportation Services

1. Faith In Action
Contact: Michelle Murray
206 Division Ave, Suite B
PO Box 458
Cavalier, ND 58220
Phone: (701) 265-6230
2. Pembina County Public Transit
Contact: Sally Kliniske
PO Box 9
Drayton, ND 58225
Phone: (701) 454-6586
3. Veterans Service Office
Contact: Eric Gauthier
301 Dakota Street West #16
Cavalier, ND 58220
Phone: (701) 265-4460

Veterans Services

1. Pembina County Veterans Services
301 Dakota Street West #16
Cavalier, ND 58220
Phone: (701) 265-4460
Contact: Eric Gauthier, Veterans Service Officer

Volunteer Opportunities

1. Faith in Action
206 Division Avenue South, Suite B
PO Box 458
Cavalier, ND 58220
Phone: (701) 265-6230
Contact: Michelle Murray
2. Foster Grandparent Program
Phone: (701) 795-3112 or Toll Free: 888-256-6742
3. NDSU Extension
301 Dakota Street W #7
Cavalier, ND 58220
Phone: (701) 265-8411
Contact: Kari Helgoe
4. Pembina County Emergency Food Pantry
Located in Cavalier behind the United Valley Insurance and
Investment Building
Hours: Tuesday 3:00-5:00pm
Phone: (701) 265-4244

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

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

7. Presbyterian Thrift Shop
212 Main Street West
Cavalier, ND 58220
Phone: (701) 265-3776
Contact: Judy Sturma

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

Notes for Reference



Public Health
Prevent. Promote. Protect.

Pembina County Public Health

If you have questions or updates, please call Pembina County Public Health at (701) 265-4248 or email kricard@nd.gov.

This resource is subject to change, and will be updated every 6 months (January and June).