

Directory of Pembina County Resources and Services For Senior Citizens



Public Health
Prevent. Promote. Protect.

Pembina County Public Health



Pembina County Memorial Hospital

Updated 2/2017

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Goal: The goal of this community resource guide is to raise awareness about and promote resources available to caregivers and/or 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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The intentions of the stakeholders listed are not to endorse one organization over another but to provide easily accessible, current, and accurate information about the variety of resources that promote the wellbeing of persons aging in Pembina County.

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Disclaimer:

This information was compiled as a public service project.

Every effort was made to provide complete and accurate information.

We apologize for any inadvertent error or omission and ask that you bring it to our attention.

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

1. Buck & Buck
Phone: 800-458-0600
www.buckandbuck.com
2. Clothing Solutions
www.aswechange.com
3. Great Plains Health Company-Fargo
Phone: 701-232-3000
www.st.alexius.org (click "on line services", then choose "medical products")
4. Sanford Healthcare Accessories-Fargo
Phone 701-293-8211
www.healthcareaccessories.com
5. Spec-L-Inc special clothing solutions
Phone: 800-445-5920
www.clothingsolutions.com

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

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

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

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
Phone: (701) 795-3000 or Toll Free: 1-800-336-6889
24 Hour Crisis line: 701-775-0525 or 1-800-845-3731
E-mail: dhsnehsc@nd.gov
3. Pembina County Social Services
300 Boundary Road West
Cavalier, ND 58220
Phone: 701-265-8441

Notes for Reference-

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

4. 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

5. 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

6. 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

7. Gamblers Anonymous
Closed Meeting
Sunday, 5:00 PM
Sharon Lutheran Church
1720 S. 20th Street
Grand Forks, ND 58201
www.gamblersanonymous.org

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8. Hoarding Addiction
Knowlton O'Neill & Associates (Dr. Holly Hegstad)
Phone: 701-364-0060

9. Lipp, Carlson, Witucki & Associates, LTD
Clinical Psychological Services
735 Hill Ave Suite 203
Grafton, ND 58237
Phone: 701-746-8376

10. 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
24 Hour Crisis line: 701-775-0525 or 1-800-845-3731
E-mail: dhsnehsc@nd.gov

11. Northeast Human Service Center

- Cavalier Outreach Location
504 Division Ave South
Cavalier, ND 58220
Phone: (701)740-5761

- Grafton Outreach Location
901 West Midway Drive
Grafton, ND 58237
Phone: (701) 352-4334 Toll Free 1-888-845-2215
24 Hour Crisis Line: 701 775-0525 or 1-800-845-3731
E-mail: dhsnehsc@nd.gov

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12. Parkinson's Disease Support Groups

- Grand Forks Parkinson Wellness Program
Altru Family YMCA
215 N Seventh St
Grand Forks, ND
Contact: Roxee Jones
Phone: 701-775-2586
Website: <http://www.gfymca.org/healthy-living/health-well-being-fitness/parkinson-wellness-program/>
Meets 10:30am-Noon Mondays and Wednesdays
- Parkinson's Support Group
Altru Psychiatry Building
860 N Columbia Road
Grand Forks, ND
Contact: Heidi McDonald
Phone: 701-780-2428

Meets the first Tuesday of each month from 6:30-8pm for individuals with Parkinson's disease and their spouse or caregivers.

13. 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

14. Pembina County Social Services

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

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

Community Services, Quality of Life, Enrichment-

1. Alzheimer Association
24 hour helpline and respite care
Phone: 1-800-272-3900
www.alz.org/
2. Aging Services Division
1237 West Divide Avenue Suite 6
Bismarck, ND 58501
Phone: 701-328-4601
3. Cavalier Country Club
PO Box 604
Cavalier, ND 58220
Phone: 701-265-4506
4. Cavalier Public Library
200 Bjornson Drive
Cavalier, ND 58220
Phone: (701) 265-4746
5. Cavalier Swimming Pool
501 West 2nd Ave North
Cavalier, ND 58220
Phone: (701) 265-8181

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6. Cavalier Theater
104 Main Street West
Cavalier, ND 58220
Phone: (701) 265-8955

7. Choice Magazine Listening (CML)
A free audio magazine for adults with impaired vision or other disabilities.
Phone: (888) 724-6423
www.choicemagazinelisting.org

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

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

10. Emergency Alert Pendants
 - North Dakota Assistive (no monthly fee)
Phone: (701) 365-4728 or Toll Free: 1-800-895-4728
Website: www.ndassistive.org

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

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- Lifeline: Phone 1-800-543-3546 ext 3050 for information (minimal fee)
 - Northern Safety and Security: Phone: 1-877-751-3902 for information (minimal fee)
11. Frost Fire Theater and Ski Resort
11950 County Road 55
PO Box 711
Walhalla, ND 58282
Phone: 701-549-3600
 12. La Moure Memorial Golf Course
476 2nd Street East
Pembina, ND 58271
Phone: 701-825-6619
Hours: 9:00am to 9:00pm
 13. Neche Swimming Pool
107th Street NE
Neche, ND 58265
Phone: (701) 886-7455
 14. ND Aging and Disability Resource Link
Helps individuals to live as independently as possible and maintain a quality of life
Phone: 1-855-462-5465
 15. ND Special Needs Registry
Register here if additional help (i.e. blind or oxygen dependent) is needed from emergency responders
www.nd.gov/ndsnr

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16. Options Resources Center for Independent Living (Satellite)

- 214 Main Street
Cavalier, ND 58220
Phone: (701) 265-4618
- 318 3rd St NW
East Grand Forks, MN 56721
Phone: 800-726-3692
Website: www.myoptions.info

17. Pembina County Alerts

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

18. Pembina County Historical Museum

13572 Hwy 5
Cavalier, ND 58220
Phone: (701) 265-4941

19. 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

20. Pembina Public Library

Located at the North Border School
155 South 3rd Street
Pembina, ND 58271
Open in the evening

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21. Pembina State Museum
805 Highway 5
Pembina, ND 58271
Phone:(701) 825-6840
E-mail: histsoc@nd.gov

22. Senior Health Insurance Counseling
*Questions about Medicare, Medicare supplements,
Medicare Part D, and long-term care insurance*

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

23. Tobacco Cessation
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

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

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

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

Notes for Reference-

Ear and Eye Health-Access the services listed below to assist people with hearing loss and visual impairments.

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

2. Audio Care
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. North Dakota Vision Services
500 Stanford Road
Grand Forks, ND 58203
Phone: 701-795-2700 or Toll Free 1-800-421-1181

5. Wakefield Hearing Center
Altru Clinic Cavalier
Phone: 701-746-7000
Hours: 4th Wednesday of the month call the Grand Forks number to set up an appointment

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) 886-9931
4. Xperience Health and Fitness
333 W Stutsman Street
Pembina, ND 58271
Phone: (701) 886-9931

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

1. AARP of North Dakota
Phone: 866-554-5383
www.aarp.org
2. Askew Funeral Home
209 Elizabeth Street West
Cavalier, ND 58220
Phone: (701) 265-4321
Website: www.askewfuneralhome.com

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

4. 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

5. Nelson-Askew Funeral Home
709 Central Ave
Walhalla, ND 58282
Phone: (701) 549-2394
Website: nelsonfh@utma.com

Notes for Reference-

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

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

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4. Pembina County Health Maintenance Program

- For individuals age 60 and older
- Services provided and suggested donation for service:

Foot care (soaking and trimming toenails)	\$13.00
Home visit for foot care	\$25.00
Blood Pressure/pulse/rapid inspection	\$1.00
- Main Office at Cavalier Transit Center with foot care clinics held several days per month in Cavalier.
- Clinics held in Drayton, Neche, Pembina, St. Thomas, and Walhalla once a month
- For information on schedule and contact person in each town call 701-265-8715, 701-265-8100, or 701-454-6586.

5. Pembina County Memorial Hospital and CliniCare Clinic

Emergency Care Available 24 Hours/day

301 Mountain Street East Suite A

Cavalier, ND 58220

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

Website: www.cavalierhospital.com

6. Pembina County Public Health

301 Dakota Street West #2

Cavalier, ND 58220

Phone: (701) 265-4248

Website: www.pembinacountynd.gov/county/departments/public-health/

7. 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

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

9. 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

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

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.

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.

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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

Housing, Finance, and Weatherization-The resources below will assist individuals with maintaining their homes.

1. Community Options
Low Income Home Energy Assistance Program (LIHEAP)
2300 Library Circle
Grand Forks, ND 58201
Phone: 701-772-1715 Ext 383
888-772-1715
701-620-1029 cell
E-mail: karriep@coresinc.org
Website: www.communityoptionsnd.com
2. Homestead Tax Credit
Contact: Julie Doyle Pembina County Tax Director
301 Dakota Street West
Cavalier, ND 58220
Phone: (701)265-5152
Website: www.pembinacountynd.gov/county/departments/tax-equalization/

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3. North Dakota Assistive

- Pedaling for Possibilities Funding Program
Website: www.ndipat.org/pedaling-for-possibilities
- Assistive Technology Financial Loan Program
Website: www.ndipat.org/services/assistive-technology-financial-loan

3240 15th Street South, Suite B
Fargo, ND 58104

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

Website: www.ndassistive.org

4. NoDak Electric Operation Round Up

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: www.nodakelectric.com/about-nodak/operation-round-up/

5. North Dakota Housing Finance Agency

Website: www.ndhfa.org

- **For renters only:**
118 Broadway N #604
Fargo, ND 58102
Phone: (701) 239-7255
- **All other inquiries:**
2624 Vermont Ave
PO Box 1535
Bismarck, ND 58502
Phone: (701) 328-8080 or Toll Free: 1-800-292-8621

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

7. Red River Valley Community Action (RRVCA)
Website: 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
Phone: (701) 746-5431
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

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

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

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

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3. NeedyMeds
Phone: 800-503-6897
Website: www.needymeds.org

4. Pembina County Public Health
301 Dakota Street West #2
Cavalier, ND 58220
Phone: (701) 265-4248
Hours: 8:00am to 4:30pm Monday-Friday
Website: www.pembinacountynd.gov/county/departments/public-health/

5. Thrifty White Drug
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

6. 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

Notes for Reference-

Nutrition and Healthy Meals-Nutritional support is provided by the services below to assist with meals and education.

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

Website: www.greatplainsfoodbank.org/programs/mobile-food-pantry.html

2. Mom's Meals—*fresh-made home delivered meals nationwide*

Phone: 877-508-6667

Website: 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

- 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
- All meals suggested donation \$4.00
- For information call 701-454-6586

6. Red River Valley Community Action
Commodity Supplemental Food Program
Phone: 701-746-5431
Contact: Marina Boknecht
Email: mboknecht@rrvca.com
Website: www.rrvca.com

Oral Health-

1. Cavalier Dental Clinic
Dr. Joseph Allred, 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-

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

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

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

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 Church

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4. Drayton Chamber of Commerce
104 South Main Street
Drayton, ND 58225
(701) 265-8188
Email: chamber@draytonND.com

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

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

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

8. 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

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

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

11. USDA Rural Development
Federal Building Room 208
PO Box 1737/220 East Rosser
Bismarck, ND 58502
Phone: (701) 530-2037
Website: www.rd.usda.gov/nd

12. Walhalla Chamber of Commerce
1105 Central Ave
Walhalla, ND 58282
Phone: (701) 549-3939
Website: www.walhalland.org

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

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

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3. Mountain Housing Corporation
61 Borg Drive
Mountain, ND 58262
Phone: 701-993-8424
Contact: Joyce Hanson

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

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

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

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

8. 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
- Family Caregiver Support: 1-800-256-6742
- Pembina County Social Services: 701-265-8441

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

1. Altru Health System 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
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

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4. HERO (Healthcare Equipment Recycling Organization)
5012 53rd Street South
Fargo, ND 58220
Phone: (701) 212-1921
Hours: Monday-Friday 9:00am-5:00pm
Website: www.herofargo.org/

5. North Dakota Assistive
*Medication management supplies such as medication dispensers,
organizers, and reminders for qualifying individuals.*

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

6. Options Resource Center for Independent Living (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

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

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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 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

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

Notes for Reference-

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

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

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

1. Alcoholics Anonymous
 - Pembina County Memorial Hospital Board Room
301 Mountain Street E
Cavalier, ND 58220
Meets at 8:00pm Tuesdays
 - 901 3rd Street #4
Langdon, ND 58249
Phone: 701-265-2256
 - Grand Forks, ND
Phone: 218-779-3600
Hotline: 701-330-4339

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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 & Julie Rostvet
Local phone: 701-265-8686
24 hour Toll Free line: 866-435-7490
National Domestic Violence Hotline: 1-800-799-7233

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

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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

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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
Phone: (701) 795-3000 or Toll Free: 1-800-336-6889
24 Hour Crisis line: 701-775-0525 or 1-800-845-3731
E-mail: dhsnehsc@nd.gov

14. Northeast Human Service Center
 - Cavalier Outreach Location
504 Division Ave South
Cavalier, ND 58220
Phone: (701)740-5761

 - Grafton Outreach Location
901 West Midway Drive
Grafton, ND 58237
Phone: (701) 352-4334 Toll Free 1-888-845-2215
24 Hour Crisis Line: 701 775-0525 or 1-800-845-3731
E-mail: dhsnehsc@nd.gov

15. 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 Toll Free: 1-800-472-2670
After hours and weekends 1-800-642-6694

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16. Options Resource Center for Independent Living (Satellite)
PO Box 761/214 Main Street
Cavalier, ND 58220
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 this agency to report abuse, neglect, or exploitation of
a vulnerable adult*
Phone: (1-855) 462-5462; option 2

Notes for Reference-

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

- Transportation services for people of all ages, no age requirement.
- Local rides available county-wide and to Grand Forks
- For schedule and fare information call 701-454-6586

3. Veterans Service Office

Contact: Eric Gauthier
301 Dakota Street West #16
Cavalier, ND 58220
Phone: (701) 265-4460

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

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

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

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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. Red River Valley Community Action
Volunteer to pickup and deliver donated food items
Contact: Marina Boknecht @ 746-5431
E-mail: mbokecht@rrvca.com

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



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 kcchristenson@nd.gov.

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