Resource Guide

2018 First Edition

For Elders and their Families in Cass and Clay Counties

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2018 Senior Resource Guide
(First edition)

For Elders and their Families in Cass and Clay Counties

Compiled by: Senior Coalition

For membership information, to obtain copies of the Senior Resource Guide for your office or to request changes please contact us at

Website
www.CassClaySeniorResources.com

Email
cspeguide@gmail.com
Welcome to the 2018 First Edition of the Cass-Clay Senior Resource Guide for elders and their families. Inside you will find a list of programs, organizations and agencies in Cass County North Dakota and Clay County Minnesota. The listings include the name of the organization and the phone number.

Every effort has been made to provide current information. Services listed in this directory are subject to change at any time. The Coalition does not endorse or promote any of the organizations listed in this directory.

The resource guide is brought to you by the Coalition of Service Providers for the Elderly. The Coalition is an organization of area professionals who are interested in promoting the well-being of elderly persons in Cass and Clay Counties.

Disclaimer: This information was compiled as a public service. Every effort was made to provide complete and accurate information. We apologize for any inadvertent error or omissions and ask that you bring these to our attention. Thank you.

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- Falls
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- Weakness
- Pain
- Difficulty Walking
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- Helping to Make Money Last
- Titling of Assets for Maximum Transfer to Next Generation

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Accompaniment / Companionship Services

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<td>AllHealth Home Care</td>
<td>(701) 365-0414</td>
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<td>Barnesville Area Helpers</td>
<td>(218) 354-7090</td>
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<td>Griswold Home Care</td>
<td>(701) 850-2000</td>
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<tr>
<td>Home Instead Senior Care</td>
<td>(701) 478-1010</td>
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<td>Senior Companion Program at LSS/ND</td>
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<td>Caring Companion TVOC/MN</td>
<td>(218) 281-5832</td>
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<td>Community of Care</td>
<td>(701) 347-0032</td>
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<td>Spectrum Home Care</td>
<td>(701) 293-8172</td>
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Adaptive Clothing

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<td>Buck &amp; Buck</td>
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<td>Sanford Healthcare Accessories</td>
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<td>Spec-L, Inc. - Special Clothing Solutions</td>
<td>(800) 336-2660</td>
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Addictions Resources

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<td>Alcohol/Chemical Dependency / Substance Abuse: 235-Seek (Phone answered 24 hours)</td>
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<td>Alcoholics Anonymous Club House</td>
<td>(701) 232-9930</td>
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<td>Anchorage Recovery</td>
<td>(218) 287-1500</td>
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<td>Clay County Chemical Dependency Service</td>
<td>(218) 299-5200</td>
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<td>Clay County Detox Center</td>
<td>(218) 299-5171</td>
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<td>Drake Counseling Services</td>
<td>(701) 293-5429</td>
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<tr>
<td>Fargo VA Medical Center, Substance Abuse Ext. 9-3436</td>
<td>(701) 239-3700</td>
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<td>First Step Recovery, PLLP</td>
<td>(701) 293-3384</td>
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Hoarding - Knowlton O’Neill & Associates  
(Dr. Holly Hegstad)  (701) 364-0060
Lost and Found Recovery Center  (218) 287-2089
Prairie St. John’s (Phone answered 24 hours)  (701) 476-7216
Red River Recovery Center Dilworth  (218) 284-7772
Sharehouse Inc.  (877) 294-6561
Sharehouse Wellness Center  (218) 233-6398
Sister’s Path  (218) 478-6562
Southeast Human Service Center (ND)  (701) 298-4500

**Adult Day Care/Respite** - day or relief overnight care for seniors needing supervision. Note: Also see “In home Services-non-medical”

**Cass County Respite**

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<td>Griswold Home Care</td>
<td>(701) 850-2000</td>
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<td>Home Instead Senior Care</td>
<td>(701) 478-1010</td>
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<tr>
<td>New Perspective Senior Living</td>
<td>(701) 551-7700</td>
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<td>Cass County Social Services</td>
<td>(701) 241-5747</td>
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<td>Ecumen Evergreens of Fargo</td>
<td>(701) 239-4524</td>
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<td>Easter Seals Society of North Dakota, Inc.</td>
<td>(701) 237-9908</td>
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<td>Family Caregiver Support Program (ND)</td>
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<td>Home Sweet Home Elder Care</td>
<td>(701) 293-1863</td>
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<td>Rosewood On Broadway</td>
<td>(701) 277-7999</td>
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<tr>
<td>Touchmark at Harwood Groves (recovery/respite)</td>
<td>(701) 476-1200</td>
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<td>Griswold Home Care</td>
<td>(701) 850-2000</td>
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<td>Home Instead Senior Care</td>
<td>(701) 478-1010</td>
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<td>Kind-er Care</td>
<td>(701) 281-3016</td>
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<td>Visiting Angels</td>
<td>(701) 639-6570</td>
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<td>(701) 241-5747</td>
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<td>Maple View Memory Care</td>
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<td>Villa Maria</td>
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<td>Arbor Park - Moorhead</td>
<td>(218) 359-9999</td>
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<td>Cozy County Living - Hawley</td>
<td>(218) 483-4756</td>
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<td>Ecumen Evergreens of Moorhead</td>
<td>(218) 233-1535</td>
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<td>Eventide/Fairmont Adult Day Care &amp; Respite</td>
<td>(701) 233-8022</td>
</tr>
<tr>
<td>Hawley Senior Living (respite/daycare)</td>
<td>(218) 483-3337</td>
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<td>Home Appeal - Moorhead (respite)</td>
<td>(218) 227-5274</td>
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<td>River Pointe of Moorhead Respite/Recovery</td>
<td>(218) 287-6900</td>
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<td>Viking Manor (Ulen)</td>
<td>(218) 596-8847</td>
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### Adult Foster Care

#### Cass County

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<td>Cass County Social Services</td>
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<td>Home Sweet Home Elder Care</td>
<td>(701) 293-1863</td>
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<th>Service</th>
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<td>Clay County Social Services</td>
<td>(218) 299-5200</td>
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<td>Adult Foster Care - Barnesville</td>
<td>(218) 354-7585</td>
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<td>NDAD</td>
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<td>Disability Resources</td>
<td>(218) 287-3594</td>
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<td>Freedom Resource Center (Fargo)</td>
<td>(701) 478-0459</td>
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<td>Protection and Advocacy</td>
<td>(800) 472-2670</td>
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<td>(701) 239-7222</td>
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### Aging Resources/Advocacy Services - organizations that help individuals work through an issue, such as heating or prescriptions assistance, nutrition support, etc.

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<th>Organization</th>
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<td>Aging Life Care™ of LSSND</td>
<td>(701) 271-3232</td>
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<tr>
<td>Minnesota Senior LinkAge Line</td>
<td>(800) 333-2433</td>
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<tr>
<td>Cultural Diversity Resources</td>
<td>(701) 526-3000</td>
</tr>
<tr>
<td>Freedom Resource Center (Fargo)</td>
<td>(701) 478-0459</td>
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<tr>
<td>Home and Community Based Services (Medicaid Waiver)</td>
<td>(701) 241-5761</td>
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<tr>
<td>ND Aging &amp; Disability Resource Link</td>
<td>(855) 462-5465</td>
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<tr>
<td>Upper Midwest Pension Rights Project</td>
<td>(866) 783-5021</td>
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<tr>
<th>Organization</th>
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<td>Aging Life Care™ of LSSND</td>
<td>(701) 271-3232</td>
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<td>Lutheran Social Services - Services for Elder Refugees</td>
<td>(701) 235-7341</td>
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<tr>
<td>Valley Senior Services</td>
<td>(701) 293-1440</td>
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<th>Community of Care</th>
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<td>Metro Senior Ride Service 356-RIDE</td>
<td>(701) 356-7433</td>
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**Clay County**

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<th>Land of the Dancing Sky Area Agency on Aging</th>
<th>(218) 739-4617</th>
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<tr>
<td>Clay County Seniors - Lakes and Prairies Community Action</td>
<td>(218) 512-1550</td>
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**Alzheimer’s - Information/Education** - regarding Alzheimer’s disease/Dementia

<table>
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<tr>
<th>Alzheimer’s Association - Minnesota /North Dakota Chapter</th>
<th>(701) 277-9757</th>
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<tr>
<td>Alzheimer’s Association 24 hr helpline</td>
<td>(800) 272-3900</td>
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<tr>
<td>Josh Gilleland, CSA (Speaking events)</td>
<td>(701) 850-2000</td>
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<th>Dignity Care</th>
<th>(218) 790-1218</th>
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<td>Essentia Health – Neurology Services</td>
<td>(701) 364-8900</td>
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<tr>
<td>HeartSprings</td>
<td>(701) 261-3142</td>
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<tr>
<td>Memory Cafe of the Red River Valley</td>
<td>(218) 790-1218</td>
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<tr>
<td>Safe Return - assistance with a wandering incident</td>
<td>(800) 572-1122</td>
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**Assistance Programs** - Information, help and assistance for care services. Including private, Medicaid & MA programs

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<tr>
<th>Easter Seal Society of North Dakota, Inc.</th>
<th>(701) 237-9908</th>
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<tr>
<td>Cass County Social Services (ND)</td>
<td>(701) 241-5747</td>
</tr>
<tr>
<td>Fargo/Cass Public Health</td>
<td>(701) 241-1360</td>
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</table>
Complaints /Consumer Fraud - information and assistance regarding deceptive business practice. See Also ... Patients Rights

Better Business Bureau (701) 271-2855
Minnesota Attorney General Consumer Protection (800) 657-3797
North Dakota Attorney General (800) 472-2600 (701) 328-3404
Senior Medicare Patrol (800) 233-1737

CMC - Care Manager Certified

Carmel Froemke, CMC (701) 271-3232
Tara Giese, CMC (218) 233-7521

CSA® - Certified Senior Advisors

Joshua Gilleland, CSA (701) 212-4814
Morgan Gilleland, CSA (701) 850-2000
Darcy Nordick, CSA (218) 287-1599
Jacquelyn Milbrath, CSA (701) 566-4442
Kathy Sporre, CSA (218) 736-6842
Kimberly Shea, CSA (218) 736-6842

Deaf & Hard of Hearing - services that address hearing loss

MN Deaf & Hard of Hearing Services (800) 456-7589 (218) 291-5880
Essentia Health – ENT & Audiology and hearing aid services (701) 364-8900
HEAR NOW - collects used hearing aids & rebuilds (800) 328-8602
North Dakota School for the Deaf
Adult Outreach Services (800) 887-2980
Resource Center for the Deaf & Hard of Hearing (701) 239-7380
Relay-MN voice or TDD (800) 627-3529
Relay-ND
TDD: (800) 366-6888
Voice: (800) 366-6889
Sheyenne Hearing Service (701) 281-8137

**Dental Services** - organizations who honor financial assistance options for dental care

Apple Tree Dental ... in Hawley (218) 483-1038
Family HealthCare Center
Fargo (701) 271-3332
Moorhead (218) 299-7830

**Domestic Violence / Elder Abuse** - services offering information and intervention in cases of physical, emotional, financial or sexual abuse

**Serving Cass and Clay Counties**

Rape & Abuse Crisis Center - Abuse in later life Advocate (701) 293-7273
Village Family Service Center (701) 235-6433
YWCA (701) 232-3449

**Cass County**

Vulnerable Adult Reporting Line for ND (855) 462-5465
Cass County Social Services (701) 241-5741
ND Long Term Care Ombudsman (701) 298-4413
(701) 298-4480
Protection & Advocacy Service (701) 239-7222
Clay County

Minnesota Adult Abuse Reporting Center (MAARC) (844) 880-1574
Clay County Social Services (218) 299-5200
Office of Ombudsman for Long-term Care (800) 657-3591 (651) 431-2555

Education & Information Resources

AARP of North Dakota (866) 554-5383
NDSU Extension Services - Cass County Powerful Tools for Caregivers classes (701) 241-5700

Exercise & Self Rehab Programs - Exercise and self attended rehab programs for Seniors, adults with disabilities and neuromuscular disorders

Community of Care (Bone Builders in Harwood, Hunter, Arthur, Kindred and Casselton) (701) 967-8502
Edgewood Vista (Parkinson’s Exercise Program) (701) 365-8200
Family Wellness Center (Silver Sneakers) (701) 234-2400
Heart Springs (Parkinson’s Exercise Program) (701) 261-3142
Horizon Therapy (Parkinson’s PT Program) (701) 365-4771
Touchmark at Harwood Groves (Silver Sneakers) (701) 476-1200
Welcyon Health Club (50+ Health Club) (701) 478-2020
YMCA of Cass & Clay Counties (Silver Sneakers) (701) 281-0126

Financial Assistance - information about various forms of financial assistance available

NDAD (701) 281-8215
Cass County Social Services (ND) (701) 241-5761
TDD: (701) 239-6784
| **Cass County Veterans Service Office (ND)** | **(701) 241-5745** |
| **Clay County Social Services (MN)** | **TDD: (218) 299-5200** |
| **Clay County Veterans Service Office (MN)** | **(218) 299-5041** |
| **Internal Revenue Service** | **(701) 232-4710** |
| **ND Disability Link** | **(800) 532-6323** |
| **Social Security Administration** | **(877) 335-4114** |

**Food Support / Meals / Nutrition** - Options for meals at home, free meals, food boxes, food pantries, meals on wheels & support

### Food Boxes / Food Pantries

#### FARGO Food Pantries

| Connections Food Pantry - Friday 3-5 pm | **(701) 429-4779** |
| Emergency Food Pantry - M-F 10a-11:30a & 1:30p-3:30p | **(701) 237-9337** |
| Family Worship Center - Monday 1-3 pm | **(701) 235-0115** |
| First Assembly of God - 3rd Sunday 11:45-1:15 | **(701) 232-0003** |
| Great Plains Food Bank | **(701) 476-9112** |
| Latter Rain Ministries -- Saturday 10-12 | **(701) 571-5599** |
| MHA Food Pantry -- 2nd Wed 1:30 - 6 pm | **(701) 293-7716** |
| Peace Lutheran - Monday - Thursday 8-4 | **(701) 232-7166** |
| Tri-City Haitian Ministry - Monday 4-5 pm | **(701) 540-1383** |
| YWCA - Call 24 hrs in advance, for pick-up | **(701) 232-3449** |

#### WEST FARGO Food Pantries

| All Nations Assemblies of God - Sunday @ 11:45 am | **(701) 729-1112** |
| Dorothy Day West - Monday and Wednesday 3-4:30 pm | **(701) 478-1979** |
### RURAL CASS Food Pantry

(Buffalo, Casselton, Gardner, Leonard, Page, and more)  (701) 866-7440

### MOORHEAD Food Pantries

Churches United - Tues 1-3:30 pm  (218) 236-0372

Dorothy Day Food Pantry - T & TH 1-2:45pm; M & W 6:30-7:45 pm; Daily Bread Fri 9:45-11 am  (218) 233-5763

Ruby’s Pantry - 4th Tuesday of the Month
Doors open at 5:00 pm Distribution 5:30-7:00 pm  (651) 674-0009

### RURAL CLAY County Food Pantries

Barnesville Food Pantry - Thurs 5-8  (218) 354-7207

Bread of Life Food Pantry (Felton) - Tues 9-1  (701) 261-1992

REACH (Hawley) Monday 9-4 pm  (218) 483-3145

### Food Support/Meals on Wheels/Meals at Home

#### Cass

Community Dining Sites for Seniors throughout Cass County  (701) 293-1440

Meals on Wheels throughout Cass County  (701) 293-1440

Mom’s Meals NourishCare  (866) 598-0133

Senior Commodities -- SENDCAA  (701) 232-2452

SNAP (formerly known as Food Stamps) Toll Free  (855) 405-0000

#### Clay

Community Dining Sites for Seniors throughout Clay County  (218) 299-7000

Meals on Wheels (Hjemkomst Center )  (218) 299-5519
### FREE Hot Meals at Community Sites

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Churches United for the Homeless</td>
<td>(218) 236-0372</td>
</tr>
<tr>
<td>New Life Center</td>
<td>(701) 235-4453</td>
</tr>
<tr>
<td>Salvation Army</td>
<td>(701) 232-5565</td>
</tr>
</tbody>
</table>

### Foot Care / Shoes - shoes, socks, orthotics and other foot care items for people with disabilities

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>AllHealth Home Care</td>
<td>(701) 365-0414</td>
</tr>
<tr>
<td>Essentia Health – orthotics &amp; prosthetic services</td>
<td>(701) 364-8900</td>
</tr>
<tr>
<td>Foot Solutions</td>
<td>(701) 356-8637</td>
</tr>
<tr>
<td>Sanford Healthcare Accessories</td>
<td>(701) 293-8211</td>
</tr>
</tbody>
</table>

### Geriatric Care Managers (Certified) - Following are Certified in Geriatric Care Management. They provide in-home needs assessment as well as planning, implementation and monitoring of services to allow persons to maintain their independence.

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aging Life Care™ of LSSND</td>
<td>(701) 271-3232</td>
</tr>
<tr>
<td>Crystal Nelson, MS - Gerontology</td>
<td>(701) 365-4771</td>
</tr>
</tbody>
</table>

### Geriatric Care Management - Following organizations provide care coordination, healthcare management, finding and maximizing resources for seniors, coordinating transitional care, and allowing seniors to maintain their independence.

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community of Care - Arthur</td>
<td>(701) 967-8502</td>
</tr>
</tbody>
</table>
Grief Support / Comfort Care Services

**CHI Health at Home – Home Health and Hospice**
(888) 538-0069
Caregivers of Veterans Hotline Toll Free
(855) 260-3274
Grief Share through Hope Lutheran Church Ext. 310
(701) 235-6629
Hospice Support for Veterans Ext. 9-2726
(701) 239-3700
Hospice of the Red River Valley
(701) 356-1500
Military Service Center (military funeral services)
(701) 451-6018

**Guardians and Representative Payees**

**Lutheran Social Service Minnesota**
Guardian/Conservatorship Services
(218) 233-9759
Guardian Angels
(701) 952-6750
Lighthouse Associates, Inc. (Northwood ND)
(701) 330-0116
Representative Payee Services, Inc.
(701) 356-0182

**Health and Well-Being**

**AARP of North Dakota**
(866) 554-5383
Cass County Health Department
(701) 241-1360
Clay County Health Department
(218) 299-7777
Dignity Care
(218) 790-1218
HeartSprings
(701) 261-3142
National Suicide Prevention Lifeline
(800) 273-8255
Rape & Abuse Crisis Center  (701) 293-7273
Rebecca Hauge -
Certified Healing Touch Practitioner  (701) 541-1316
Wholistic Health Options  (701) 361-0207

**HELP -- Information Lines** - Resources for general information at no cost. Note: Additional specific toll free numbers for various national health agencies/programs are available through FirstLink Helpline.

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>AARP of North Dakota</td>
<td>(866) 554-5383</td>
</tr>
<tr>
<td>Alzheimer’s Association (MN /ND Chapter)</td>
<td>(800) 272-3900</td>
</tr>
<tr>
<td>Land of the Dancing Sky Area Agency on Aging</td>
<td>(218) 739-4617</td>
</tr>
<tr>
<td>Lutheran Social Services - Services for Elder Refugees</td>
<td>(701) 235-7341</td>
</tr>
<tr>
<td>Minnesota Senior LinkAge Line</td>
<td>(800) 333-2433</td>
</tr>
<tr>
<td>NDAD</td>
<td>(701) 281-8215</td>
</tr>
<tr>
<td>Valley Senior Services</td>
<td>(701) 293-1440</td>
</tr>
<tr>
<td>Assistive Technology Info-Line (ND)</td>
<td>(800) 895-4728</td>
</tr>
<tr>
<td>Clay County Seniors - Lakes and Prairies Community Action</td>
<td>(218) 512-1550</td>
</tr>
<tr>
<td>Disability Linkage Line</td>
<td>(866) 333-2466</td>
</tr>
<tr>
<td>FirstLink HelpLine – North Dakota and Clay County</td>
<td>(701) 235-7335</td>
</tr>
<tr>
<td>Freedom Resource Center (Fargo)</td>
<td>(701) 478-0459</td>
</tr>
<tr>
<td>Military Service Center</td>
<td>(701) 451-6018</td>
</tr>
<tr>
<td>ND State Health Insurance Counseling Program (SHIC)</td>
<td>(888) 578-6611</td>
</tr>
<tr>
<td>Help w/enrolling in Medicare &amp; supplemental coverage</td>
<td>(701) 328-2440</td>
</tr>
<tr>
<td>North Dakota Aging &amp; Disability Resource-LINK</td>
<td>(855) 462-5465</td>
</tr>
<tr>
<td>Senior Medicare Patrol (SMP)</td>
<td>(800) 233-1737</td>
</tr>
<tr>
<td>Help with Medicare/Medigap/hospital bills issues.</td>
<td></td>
</tr>
</tbody>
</table>
Home Modifications for Accessibility - local construction firms/agencies specializing in renovations to accommodate physical limitations

<table>
<thead>
<tr>
<th>Funding Source</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>NDAD (funding source)</td>
<td>(701) 281-8215</td>
</tr>
<tr>
<td>Accent Multi Services</td>
<td>(701) 293-6000</td>
</tr>
<tr>
<td>Cass County Social Services (funding source)</td>
<td>(701) 241-5747</td>
</tr>
<tr>
<td>City of Fargo (Bob Miller - Wheel Chair Ramps)</td>
<td>(701) 241-1478</td>
</tr>
<tr>
<td>Clay County Social Services</td>
<td>(800) 757-3880</td>
</tr>
<tr>
<td></td>
<td>(218) 299-5200</td>
</tr>
<tr>
<td>Freedom Resource Center for Independent Living</td>
<td>(800) 450-0459</td>
</tr>
<tr>
<td></td>
<td>(701) 478-0459</td>
</tr>
<tr>
<td>Home Builders Association (Ramps, etc.)</td>
<td>(701) 232-5846</td>
</tr>
<tr>
<td>Lakes and Prairies Community Action Partnership</td>
<td>(218) 299-7000</td>
</tr>
<tr>
<td>MN Housing Finance</td>
<td>(800) 657-3769</td>
</tr>
<tr>
<td>ND Housing Finance (Fargo)</td>
<td>(800) 292-8621</td>
</tr>
<tr>
<td>Rebuilding Together</td>
<td>(701) 356-7836</td>
</tr>
<tr>
<td>Southeastern North Dakota Community Action</td>
<td>(701) 232-2452</td>
</tr>
</tbody>
</table>

Hospice Care Services - agencies provide an Interdisciplinary Team approach for end of life care with Registered Nurses, Medical Social Workers, Medical Director, Hospice Aide, Chaplains and Therapy Services if necessary.

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHI Health at Home – Home Health and Hospice</td>
<td>(888) 538-0069</td>
</tr>
<tr>
<td>Ethos Home Care</td>
<td>(701) 356-3803</td>
</tr>
<tr>
<td>Hospice of the Red River Valley</td>
<td>(701) 356-1500</td>
</tr>
</tbody>
</table>

Housing - Adult Foster Care - rental housing option living with a family and receiving services such as meals, housekeeping, transportation, assistance with “activities of daily living”, etc.
Cass County Social Services (ND)
income qualified (701) 241-5747

Clay County Social Services (MN)
income qualified (218) 299-5200

Home Sweet Home Elder Care (701) 293-1863

VA Medical Foster Home Program Ext 9-4394 (701) 239-3700

**Housing - Emergency Assistance** - housing options for homeless persons or individuals needing assistance due to domestic violence

Churches United (Moorhead) (218) 236-0372

Dorothy Day House (Moorhead) (218) 233-5763

Gladys Ray Emergency Shelter (Fargo) (701) 364-0116

New Life Center (Fargo) (701) 235-4453

YWCA (Fargo) (701) 232-3449

**In-Home Care Services** - Home Care Companies that provide companion care, personal care (bathing, dressing, bathroom assistance), homemaking services (cooking, cleaning, laundry), companionship, shopping, escort services, etc.

**Minnesota (licensed)**

<table>
<thead>
<tr>
<th>Company</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active at Home Helpers</td>
<td>(701) 540-3483</td>
</tr>
<tr>
<td>CHI Health at Home – Home Health and Hospice</td>
<td>(888) 538-0069</td>
</tr>
<tr>
<td>Griswold Home Care</td>
<td>(701) 850-2000</td>
</tr>
<tr>
<td>Home Instead Senior Care</td>
<td>(701) 478-1010</td>
</tr>
<tr>
<td>Accra Home Care</td>
<td>(800) 736-0246</td>
</tr>
<tr>
<td>Accurate Home Care</td>
<td>(866) 214-3800</td>
</tr>
<tr>
<td>Comfort Keepers</td>
<td>(701) 237-0004</td>
</tr>
<tr>
<td>Ethos Home Care</td>
<td>(701) 356-3803</td>
</tr>
<tr>
<td>Sanford Home Health Care</td>
<td>(701) 234-4900</td>
</tr>
</tbody>
</table>
Helping Elders Live Proudly, Enjoyably, Responsibly, Safely!
Call for Services (218) 354-7090

Seniors
We can help with:

- Medicare
- Home Modifications
- Health Care Directives
- Medicare Supplements
- Health Care Fraud & Abuse
- Medicare Prescription Drug Plans
- Caregiver Support
- Housing Issues
- Legal Services
- Nutrition
- Energy Costs

go green ride with us!
Fixed Route: (701) 232-7500
Paratransit: (701) 235-4464
matbus.com
Convenient, Cost Effective Transportation
Farmstead

ESTATES • CARE

• Independent Senior Living Apartments
• Assisted Living Apartments • Memory Care Suites
• Customized Care Plans • 24 hour licensed staff
3200 28th Street South, Moorhead, MN
218-512-2020
www.farmstead-care.com

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On your Road to Recovery
choose ManorCare

The ManorCare team helped me set goals and work toward them every day. I returned home feeling confident enough to walk my daughter down the aisle.” — Charles

ManorCare Health Services – Fargo
1315 S. University Drive
Fargo, ND 58103
701.237.3030

manorcare.com/Fargo

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Freedom serves people with disabilities of any age.
• No income qualifications     • No long complex application process
• No medical information needed     • Services are free!

Check us out at:
www.freedomrc.org
2701 9th Ave. S., Suite H, Fargo, ND 58103
1-800-450-0459
or 701-478-0459

Shari Isaak Senior Trainer
Full Certification: Cadillac, Chair, Barrel, Reformer, and Mat
Located in the Expressway Suites
4303 17th Ave. S. • Fargo, ND 58103
701-799-7572
isaakstudiosfitness@gmail.com
www.isaakstudios.com

Call Toll Free: 877-239-4303
4303 17th Ave S., Fargo, ND 58103
www.expresswaysuitesfargo.com
Minnesota MA (Medical Assistance) - Includes Elderly Waiver Program, Medicaid, Home and Community Based Services, Alternative Care Program

Essentia Health Home Care West (701) 364-3010
Sanford Home Health Care (701) 234-4900

North Dakota (Non-Medical)

<table>
<thead>
<tr>
<th>Service</th>
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</tr>
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<tbody>
<tr>
<td>Active at Home Helpers</td>
<td>(701) 540-3483</td>
</tr>
<tr>
<td>AllHealth Home Care</td>
<td>(701) 365-0414</td>
</tr>
<tr>
<td>Griswold Home Care</td>
<td>(701) 850-2000</td>
</tr>
<tr>
<td>Home Instead Senior Care</td>
<td>(701) 478-1010</td>
</tr>
<tr>
<td>Lutheran Social Service Caregiver Respite (MN)</td>
<td>(218) 233-7521</td>
</tr>
<tr>
<td>Senior Companion Program (Lutheran Soc. Ser.)</td>
<td>(800) 450-1510</td>
</tr>
<tr>
<td>Visiting Angels</td>
<td>(701) 639-6570</td>
</tr>
<tr>
<td>Access of Red River Valley (developmental disabilities)</td>
<td>(218) 233-3991</td>
</tr>
<tr>
<td>Comfort Keepers</td>
<td>(701) 237-0004</td>
</tr>
<tr>
<td>Community Living Services (ND)</td>
<td>(701) 232-3133</td>
</tr>
<tr>
<td>Ethos Home Care</td>
<td>(701) 356-3803</td>
</tr>
<tr>
<td>Good Samaritan Care Companion (Arthur)</td>
<td>(701) 967-8502</td>
</tr>
<tr>
<td>Kola Circle of Life</td>
<td>(218) 287-2005</td>
</tr>
<tr>
<td>Sanford Home Health Care</td>
<td>(701) 234-4900</td>
</tr>
<tr>
<td>North Dakota Family Caregiver Support Program</td>
<td>(701) 298-4480</td>
</tr>
<tr>
<td>Red River Valley Palliative Care</td>
<td>(701) 356-1500</td>
</tr>
<tr>
<td>Right At Home</td>
<td>(866) 292-5609</td>
</tr>
<tr>
<td>Spectrum Home Care (Fargo)</td>
<td>(701) 293-8172</td>
</tr>
<tr>
<td>Tami’s Angels/Specialty Care, Inc.</td>
<td>(701) 237-3415</td>
</tr>
<tr>
<td>The Doves</td>
<td>(701) 281-2560</td>
</tr>
</tbody>
</table>
QSP - North Dakota - Licensed Agencies that provide home care services through Medical Assistance Programs such as Medicaid, SPED, & Home and Community Based Services (HCBS)

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Active at Home Helpers</td>
<td>(701) 540-3483</td>
</tr>
<tr>
<td>Aging Life Care™ of LSSND</td>
<td>(701) 271-3232</td>
</tr>
<tr>
<td>AllHealth Home Care</td>
<td>(701) 365-0414</td>
</tr>
<tr>
<td>Griswold Home Care</td>
<td>(701) 850-2000</td>
</tr>
<tr>
<td>Comfort Keepers</td>
<td>(701) 237-0004</td>
</tr>
<tr>
<td>Community Living Services (ND)</td>
<td>(701) 232-3133</td>
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<tr>
<td>Sanford Home Health Care</td>
<td>(701) 234-4900</td>
</tr>
<tr>
<td>Spectrum Home Care (Fargo)</td>
<td>(701) 293-8172</td>
</tr>
<tr>
<td>Tami’s Angels/Specialty Care, Inc.</td>
<td>(701) 237-3415</td>
</tr>
</tbody>
</table>

In-Home - Home Health Skilled Care - agencies provide Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Home Health Aide and Social Services. Not all providers are Medicare certified.

<table>
<thead>
<tr>
<th>Agency</th>
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<tbody>
<tr>
<td>AllHealth Home Care</td>
<td>(701) 365-0414</td>
</tr>
<tr>
<td>CHI Health at Home – Home Health and Hospice</td>
<td>(888) 538-0069</td>
</tr>
<tr>
<td>Access of Red River Valley (developmental disabilities)</td>
<td>(218) 233-3991</td>
</tr>
<tr>
<td>Accra Home Care</td>
<td>(800) 736-0246</td>
</tr>
<tr>
<td>Accurate Home Care</td>
<td>(866) 214-3800</td>
</tr>
<tr>
<td>CCRI- Creative Care for Reaching Independence</td>
<td>(218) 236-6730</td>
</tr>
<tr>
<td>CompassionCare</td>
<td>(218) 477-1008</td>
</tr>
<tr>
<td>Essentia Health Home Care West</td>
<td>(701) 364-3010</td>
</tr>
<tr>
<td>Ethos Home Care</td>
<td>(701) 356-3803</td>
</tr>
<tr>
<td>Experience Health ND (Medicaid Eligible)</td>
<td>(701) 212-2555</td>
</tr>
<tr>
<td>Fargo Cass Public Health</td>
<td>(701) 241-1360</td>
</tr>
</tbody>
</table>
Good Samaritan Society Home Care  (888) 361-2330
Guardian Angels  (701) 952-6750
Hawley Senior Living  (218) 483-3337
Hospice of the Red River Valley  (701) 356-1500
Sanford Home Health Care  (701) 234-4900
The Doves  (701) 281-2560

**In-Home Rehab Services** - Physical, Occupational & Speech Therapies

At Home Therapy Services  (701) 293-7294

**Legal Services** - basic information and referral to attorneys specializing in that area of concern

Attorney Referral  (866) 840-3567
Conservatorship Services - Alerus Financial N.A.  (800) 279-3200
Genesis Mediation  (701) 426-8295
Migrant Legal Services  (701) 232-8872
Northwest Minnesota Legal Services  (218) 233-8585
Senior Legal Hotline (Legal Assistance in North Dakota)  (866) 621-9886
Senior LinkAge Line (Minnesota)  (800) 333-2433

**“Life-Line” Personal Alarm Systems** - emergency response system for home use.

Cass County Social Services  (701) 241-5747
Comfort Keepers  (701) 237-0004
Essentia Health  (218) 847-0808
Great Plains Security Systems  (701) 222-8817
Life Alert Security System  (218) 722-1234
Lifeline Systems, Inc.  (508) 988-3000
Sanford  (701) 234-4900
Northern Safety & Security  
(877) 751-3902

Phillips Lifeline (ext. 3050)  
(800) 543-3546

PioneerLink  
(877) 998-2621

Slope Electric  
(800) 559-4191

**Medical Equipment** - companies that sell or rent durable medical equipment or supplies

<table>
<thead>
<tr>
<th>Company / Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>HERO (Healthcare Equipment Recycling Organization)</td>
<td>(701) 212-1921</td>
</tr>
<tr>
<td>NDAD (Fargo - 90 Day free loan program)</td>
<td>(701) 281-8215</td>
</tr>
<tr>
<td>Arrow Health</td>
<td>(218) 723-1673</td>
</tr>
<tr>
<td>Bluewater Goods &amp; Services (Patient Handling Equipment)</td>
<td>(218) 849-0629</td>
</tr>
<tr>
<td>Concordance Health Care Solutions</td>
<td>(701) 298-6600</td>
</tr>
<tr>
<td>Cost Care Medical Store</td>
<td>(701) 277-1993</td>
</tr>
<tr>
<td>Essentia Health – family &amp; internal medicine services</td>
<td>(701) 364-8900</td>
</tr>
<tr>
<td>Hovland Healthcare Products</td>
<td>(218) 443-5896</td>
</tr>
<tr>
<td>Lincare</td>
<td>(701) 235-0175</td>
</tr>
<tr>
<td>North Dakota Assistive (Formerly IPAT)</td>
<td>(701) 365-4728</td>
</tr>
<tr>
<td>Sanford Healthcare Accessories</td>
<td>(701) 293-8211</td>
</tr>
</tbody>
</table>

**Medical Equipment Assistance** - organizations that provide information or loan medical equipment

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barnesville Area Helpers</td>
<td>(218) 354-7090</td>
</tr>
<tr>
<td>HERO (Healthcare Equipment Recycling Organization)</td>
<td>(701) 212-1921</td>
</tr>
<tr>
<td>NDAD (Fargo - 90 Day free loan program)</td>
<td>(701) 281-8215</td>
</tr>
<tr>
<td>Valley Senior Services</td>
<td>(701) 293-1440</td>
</tr>
<tr>
<td>American Cancer Society - Fargo (caps, wigs, prosthesis, for women on chemo and who have had a mastectomy)</td>
<td>(701) 232-1385</td>
</tr>
<tr>
<td>American Cancer Society (Willmar Office)</td>
<td>(800) 481-3316</td>
</tr>
</tbody>
</table>
Easter Seal Society of North Dakota, Inc.  (701) 232-1333
Great Plains (Fargo)  (701) 232-3000
North Dakota Assistive (Formerly IPAT)  (701) 365-4728
VFW West Fargo (wheelchairs)  (701) 282-4728
VFW, 202 Broadway (wheelchairs)  (701) 235-8243

**Mental Health** - services that provide mental health counseling support groups or information *(plus many private practitioners - see Yellow Pages)*

| **Lutheran Social Service of Minnesota** | (218) 236-1494 |
| **Lutheran Social Services of North Dakota** | (701) 235-7341 |
| Catholic Family Service | (701) 235-4457 |
| Clay County Social Services | (218) 299-5200 |
| FirstLink HelpLine – North Dakota and Clay County | (701) 235-7335 |
| Fargo VA Medical Center Mental Health Ext. 9-315 | (701) 239-3700 |
| Gamblers Choice | (701) 235-7341 |
| Lakeland Mental Health Center (outpatient, MN) | (218) 233-7524 |
| Lost & Found Ministry | (218) 287-2089 |
| Mental Health Association | (701) 237-5871 |
| National Suicide Prevention Lifeline | (800) 273-8255 |
| Rape & Abuse Crisis Center | (701) 293-7273 |
| Rural Enrichment & Counseling Hqtrs. (REACH) (Hawley) | (218) 483-3145 |
| Senior Care Unit at Prairie St. John’s | (701) 476-7216 |
| Solutions | (218) 287-4338 |
| Southeast Human Service Center (Cass) | (701) 298-4500 |
| Vosburg Counseling for Seniors | (701) 235-2092 |

**Neuromuscular Disorders** - services, programs and support groups specific to the following neuromuscular disorders
### Parkinsons

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Edgewood Vista</td>
<td>(701) 365-8200</td>
</tr>
<tr>
<td>Family Wellness Center</td>
<td>(701) 234-6961</td>
</tr>
<tr>
<td>Heartsprings</td>
<td>(218) 299-5200</td>
</tr>
<tr>
<td>Marvin Bossart Foundation</td>
<td>(701) 371-3196</td>
</tr>
<tr>
<td>Midwest Parkinson’s Initiative</td>
<td>(701) 478-5800</td>
</tr>
<tr>
<td>National Parkinson Foundation</td>
<td>(800) 473-4636</td>
</tr>
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### Organizational/Moving Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Active at Home Helpers</td>
<td>(701) 540-3483</td>
</tr>
<tr>
<td>AllHealth Home Care</td>
<td>(701) 365-0414</td>
</tr>
<tr>
<td>Change is Good -</td>
<td>(218) 329-7442</td>
</tr>
<tr>
<td>Griswold Home Care</td>
<td>(701) 850-2000</td>
</tr>
<tr>
<td>Home Instead Senior Care</td>
<td>(701) 478-1010</td>
</tr>
<tr>
<td>Simply Home Again</td>
<td>(701) 371-3969</td>
</tr>
<tr>
<td>Everything Has A Home</td>
<td>(701) 238-9030</td>
</tr>
<tr>
<td>LifeSort</td>
<td>(701) 261-8042</td>
</tr>
</tbody>
</table>

### Patients Rights / Ombudsman - organizations that help long-term care patients / families work through an issue

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office of Ombudsman for Long-term care</td>
<td>(651) 439-2555</td>
</tr>
<tr>
<td></td>
<td>(800) 657-3591</td>
</tr>
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</table>
Prescription Drug Assistance

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>NDAD</td>
<td>(701) 281-8215</td>
</tr>
<tr>
<td>Medicare</td>
<td>(800) MEDICARE</td>
</tr>
<tr>
<td>ND Drug Repository Program</td>
<td>(888) 575-6611</td>
</tr>
<tr>
<td>Prescription Assistance Program (PAP)</td>
<td>(701) 364-0398</td>
</tr>
<tr>
<td>Prescription Connection (North Dakota)</td>
<td>(701) 328-2440</td>
</tr>
<tr>
<td>RX Connect (Minnesota)</td>
<td>(800) 333-2433</td>
</tr>
<tr>
<td>State Health Insurance Counseling (SHIC)</td>
<td>(888) 575-6611</td>
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</table>

Prescriptions - Medsets & Delivery -- Pharmacies that are able to create medsets for Seniors & Deliver to their home.

<table>
<thead>
<tr>
<th>Pharmacy</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moorhead Drug - Moorhead</td>
<td>(218) 233-1529</td>
</tr>
<tr>
<td>Seip Drug - West Fargo</td>
<td>(701) 373-0685</td>
</tr>
</tbody>
</table>

Senior Centers - community based gathering places for seniors for socialization, activities, and information.

Cass County

<table>
<thead>
<tr>
<th>Community Center</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buffalo Community Center</td>
<td>(701) 633-5118</td>
</tr>
<tr>
<td>Davenport Community Center</td>
<td>(701) 428-3485</td>
</tr>
<tr>
<td>Embden Senior Center</td>
<td>(701) 633-5203</td>
</tr>
<tr>
<td>Fargo - Ed Clapp Park Senior Center</td>
<td>(701) 298-3976</td>
</tr>
<tr>
<td>Fargo High Rise</td>
<td>(701) 237-3074</td>
</tr>
<tr>
<td>Fargo - NP Depot Senior Center</td>
<td>(701) 232-7936</td>
</tr>
<tr>
<td>Fargo - Trollwood Village Senior Center</td>
<td>(701) 298-3975</td>
</tr>
<tr>
<td>Fargo - University Drive Manor Senior Center</td>
<td>(701) 232-6364</td>
</tr>
<tr>
<td>Senior Centers</td>
<td>Phone Number</td>
</tr>
<tr>
<td>--------------------------------------</td>
<td>-----------------</td>
</tr>
<tr>
<td>Harwood Community Center</td>
<td>(701) 281-2684</td>
</tr>
<tr>
<td>Hickson Community Center</td>
<td>(701) 588-4554</td>
</tr>
<tr>
<td>Horace Senior Center</td>
<td>(701) 281-0792</td>
</tr>
<tr>
<td>Hunter Senior Center</td>
<td>(701) 874-2103</td>
</tr>
<tr>
<td>Kindred Senior Center</td>
<td>(701) 428-3678</td>
</tr>
<tr>
<td>Leonard Senior Center</td>
<td>(701) 645-2527</td>
</tr>
<tr>
<td>West Fargo - High Rise Senior Center</td>
<td>(701) 282-3443</td>
</tr>
</tbody>
</table>

**Clay County**

<table>
<thead>
<tr>
<th>Community Center</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barnesville</td>
<td>(218) 354-2648</td>
</tr>
<tr>
<td>Comstock Community Center</td>
<td>(218) 585-4112</td>
</tr>
<tr>
<td>Dilworth Community Hall</td>
<td>(218) 287-2500</td>
</tr>
<tr>
<td>Felton Senior Center</td>
<td>(218) 494-3300</td>
</tr>
<tr>
<td>Georgetown Community Center</td>
<td>(218) 236-0083</td>
</tr>
<tr>
<td>Glyndon Senior Center</td>
<td>(218) 498-2828</td>
</tr>
<tr>
<td>Hawley Senior Center</td>
<td>(218) 483-4681</td>
</tr>
<tr>
<td>Hitterdal Senior Center</td>
<td>(218) 962-3295</td>
</tr>
<tr>
<td>Hjemkomst Senior Center - Senior Connections</td>
<td>(218) 299-5514</td>
</tr>
<tr>
<td>Ulen Senior Center</td>
<td>(218) 962-3295</td>
</tr>
</tbody>
</table>

**Senior Employment Services** - places to contact regarding job training and employment assistance for senior citizens

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Griswold Home Care</td>
<td>(701) 850-2000</td>
</tr>
<tr>
<td>Home Instead Senior Care</td>
<td>(701) 478-1010</td>
</tr>
<tr>
<td>Visiting Angels</td>
<td>(701) 639-6570</td>
</tr>
<tr>
<td>Dress for Success Red River Valley</td>
<td>(218) 483-3145</td>
</tr>
<tr>
<td>Experience Works (Fargo)</td>
<td>(701) 566-8422</td>
</tr>
<tr>
<td>Experience Works (Minnesota)</td>
<td>(855) 270-9660</td>
</tr>
</tbody>
</table>
## Senior Living Communities - Independent Living, Assisted Living, Memory Care, & Skilled Nursing Care

## Independent Living Apartments (55+ Communities) - local apartments that serve the elderly population

### Cass County

<table>
<thead>
<tr>
<th>Community</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Edgewood Vista (Fargo)</td>
<td>(701) 365-8200</td>
</tr>
<tr>
<td>New Perspective Senior Living</td>
<td>(701) 551-7700</td>
</tr>
<tr>
<td>Arthur Good Samaritan Center Apartments</td>
<td>(701) 967-8316</td>
</tr>
<tr>
<td>Bethany Retirement Living on 42nd</td>
<td>(701) 478-8910</td>
</tr>
<tr>
<td>Cass County Housing Authority</td>
<td>(701) 282-3443</td>
</tr>
<tr>
<td>Casselwood Retirement Center (Casselton)</td>
<td>(701) 347-5631</td>
</tr>
<tr>
<td>Century Square (Fargo) (subsidized)</td>
<td>(800) 810-2853</td>
</tr>
<tr>
<td>Charleston Townhomes &amp; II (income limitations) W. Fargo</td>
<td>(701) 356-0891</td>
</tr>
<tr>
<td>CHI Riverview (Fargo)</td>
<td>(701) 237-4700</td>
</tr>
<tr>
<td>Colonial Apartments (Fargo Housing Authority)</td>
<td>(701) 293-6262</td>
</tr>
<tr>
<td>Commons II Town Homes (West Fargo)</td>
<td>(701) 232-1887</td>
</tr>
<tr>
<td>Community Homes (Fargo) (subsidized)</td>
<td>(701) 293-6014</td>
</tr>
<tr>
<td>Cooperative Living Center Apartments/Condos, W. Fargo</td>
<td>(701) 281-0315</td>
</tr>
<tr>
<td>The Crossings at Highpointe (Fargo)</td>
<td>(701) 364-0579</td>
</tr>
<tr>
<td>Crossroads Senior Living</td>
<td>(701) 478-8092</td>
</tr>
<tr>
<td>Eastern Dakota Housing Alliance</td>
<td>(701) 364-2833</td>
</tr>
<tr>
<td>Eventide at Sheyenne Crossings</td>
<td>(218) 291-2200</td>
</tr>
<tr>
<td>Fargo Housing Authority</td>
<td>(701) 293-6262</td>
</tr>
<tr>
<td>Fieldstone Village (Fargo)</td>
<td>(701) 235-4138</td>
</tr>
<tr>
<td>The 400 (Fargo) (subsidized)</td>
<td>(701) 232-9412</td>
</tr>
<tr>
<td>Graver Inn (Contact Fargo Housing)</td>
<td>(701) 293-6262</td>
</tr>
<tr>
<td>Heritage House Apartments (Fargo)</td>
<td>(701) 234-9326</td>
</tr>
<tr>
<td><strong>Continued Independent Living Apartments (55+ Communities)</strong></td>
<td></td>
</tr>
<tr>
<td>---------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Heritage Square/Commons Apts. And Townhomes</td>
<td>(701) 356-0891</td>
</tr>
<tr>
<td>Lashkowitz High Rise (Fargo) (subsidized)</td>
<td>(701) 293-6262</td>
</tr>
<tr>
<td>New Horizons Manor (Fargo) (subsidized)</td>
<td>(701) 293-6262</td>
</tr>
<tr>
<td>North Sky Apartments</td>
<td>(701) 293-6262</td>
</tr>
<tr>
<td>Northland (Fargo)</td>
<td>(800) 466-7722</td>
</tr>
<tr>
<td>One Oak Place (Fargo)</td>
<td>(701) 234-1625</td>
</tr>
<tr>
<td>Pioneer Manor (Fargo) (subsidized)</td>
<td>(701) 293-6262</td>
</tr>
<tr>
<td>River Square Apartments (Fargo)</td>
<td>(701) 364-2620</td>
</tr>
<tr>
<td>Serenity (West Fargo)</td>
<td>(701) 282-3443</td>
</tr>
<tr>
<td>Sheyenne Commons (West Fargo) (subsidized)</td>
<td>(701) 232-2452</td>
</tr>
<tr>
<td>Sheyenne Square Town Homes (income qualified)</td>
<td>(701) 356-0891</td>
</tr>
<tr>
<td>Sheyenne Terrace Townhomes</td>
<td>(701) 282-2118</td>
</tr>
<tr>
<td>Summit Condominiums</td>
<td>(701) 200-6333</td>
</tr>
<tr>
<td>Sunrise North (Fargo) (Contact Fargo Housing)</td>
<td>(701) 293-6262</td>
</tr>
<tr>
<td>Tea Leaf Apartments</td>
<td>(701) 306-2220</td>
</tr>
<tr>
<td>Trollwood Village Apartments (Fargo) (subsidized units)</td>
<td>(701) 293-6743</td>
</tr>
<tr>
<td>University Drive Manor (Fargo) (subsidized)</td>
<td>(701) 232-4423</td>
</tr>
<tr>
<td>Touchmark (Fargo)</td>
<td>(701) 476-1200</td>
</tr>
<tr>
<td>West Fargo High Rise</td>
<td>(701) 282-3443</td>
</tr>
<tr>
<td>Windwood Townhomes (Fargo) (Subsidized)</td>
<td>(701) 232-1887</td>
</tr>
</tbody>
</table>

**Clay County**

| Barnesville Housing Authorities | (218) 354-7700 |
| Carriage House Apartments (Moorhead) | (218) 236-6454 |
| Clay County Housing and Redevelopment | (218) 233-8883 |
| Eventide on Eighth Linden Tree Circle | (218) 291-2200 |
| Eventide Living Center | (218) 291-2200 |
| Eventide Fairmont | (218) 291-2200 |
| Fairview Apartments (Barnesville) (subsidized) | (218) 354-7700 |
### Assisted Living Communities

- **Assisted Living Communities** - apartments or sleeping room situations that offer some assistance, as needed, to their residents. This may include congregate dining, transportation, housekeeping and home health services.

### Cass County

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Edgewood Vista (Fargo)</td>
<td>(701) 365-8200</td>
</tr>
<tr>
<td>Kind-er Care Home (West Fargo)</td>
<td>(701-281-3016</td>
</tr>
<tr>
<td>New Perspective Senior Living</td>
<td>(701) 551-7700</td>
</tr>
<tr>
<td>Arthur Good Samaritan Center</td>
<td>(701) 967-8316</td>
</tr>
<tr>
<td>Bethany Retirement Homes Towers 1 &amp; 2</td>
<td>(701) 239-3439</td>
</tr>
<tr>
<td>Bethany Retirement Living on 42nd</td>
<td>(701) 478-8910</td>
</tr>
<tr>
<td>CHI Riverview (Fargo)</td>
<td>(701) 237-4700</td>
</tr>
<tr>
<td>Ecumen Evergreens of Fargo</td>
<td>(701) 239-4524</td>
</tr>
<tr>
<td><strong>Continued Assisted Living Communities</strong></td>
<td></td>
</tr>
<tr>
<td>-----------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Elim Care and Rehab Center (Pioneer House)</td>
<td>(701) 271-1862</td>
</tr>
<tr>
<td>Eventide Fargo</td>
<td>(218) 291-2200</td>
</tr>
<tr>
<td>Good Samaritan Society of Fargo</td>
<td>(701) 282-2651</td>
</tr>
<tr>
<td>Maple View Memory Care</td>
<td>(701) 478-8655</td>
</tr>
<tr>
<td>Pioneer House</td>
<td>(701) 271-1862</td>
</tr>
<tr>
<td>Prairie Villa (Arthur Good Sam)</td>
<td>(701) 967-8316</td>
</tr>
<tr>
<td>Sheyenne Crossings</td>
<td>(218) 291-2200</td>
</tr>
<tr>
<td>Touchmark</td>
<td>(701) 476-1200</td>
</tr>
</tbody>
</table>

**Clay County**

| Arbor Park Living Center (Moorhead)     | (218) 359-9999 |
| Ecumen Evergreens of Moorhead          | (218) 233-1535 |
| Eventide on Eighth Linden Tree Circle  | (218) 291-2200 |
| Farmstead Care of Moorhead             | (218) 512-2020 |
| Golden Manor (Barnesville, MN)         | (218) 354-7200 |
| Golden Living Community (Moorhead)     | (218) 236-1367 |
| some subsidies                         |                |
| Hawley Senior Living (Hawley, MN)      | (218) 483-3337 |
| Houge Estates Assisted Living (Dilworth)| (218) 287-0244 |
| Lilac Homes                            | (218) 443-2426 |
| Linden Tree Circle                     | (218) 233-7508 |
| Moorhead Manor                         | (218) 236-6286 |
| Northern Lights (Ulen)                 | (218) 596-8847 |
| Park View Terrace (Moorhead) (subsidized) | (218) 233-8548 |
| River Pointe of Moorhead               | (218) 287-6900 |
| Serenity Assisted Living, Inc. (Dilworth)| (218) 477-7254 |

**Memory Care** - specialized residential services providing care for persons with memory loss/dementia/Alzheimer’s
Cass County

Edgewood Vista (Fargo) (701) 365-8200
New Perspective Senior Living (701) 551-7700
Bethany Retirement Living (701) 239-3000
Elim Nursing Home - Fargo (701) 271-1800
Eventide Sheyenne Crossing (218) 291-2200
Ecumen Evergreens of Fargo (701) 239-4524
Maple View Memory Care (701) 478-8655
Rosewood on Broadway (701) 277-7999
Touchmark at Harwood Groves (701) 476-1200

Clay County

Arbor Park Village (218) 359-9999
Ecumen Evergreens of Moorhead (218) 233-1535
Eventide on Eighth (218) 291-2200
Eventide Fairmont (218) 291-2200
Farmstead Care of Moorhead (218) 512-2020
Lilac Homes (218) 443-2426
River Pointe of Moorhead (218) 287-6900

Skilled Nursing / Long-Term Care Facilities / Short-Term Rehab / TCU - facilities that offer on-site 24 hour care

Cass County

Manor Care Nursing Home - Fargo (701) 237-3030
Arthur Good Samaritan Center (701) 967-8316
Bethany Retirement Homes - Fargo (701) 239-3525
Bethany Retirement Living on 42nd (701) 478-8910
Elim Care and Rehab Center - Fargo (701) 271-1800
Eventide Fargo (701) 478-1800
Continued Skilled Nursing/Long-Term Care Facilities/Short-Term Rehab/TCU

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rosewood on Broadway - Fargo</td>
<td>(701) 277-7999</td>
</tr>
<tr>
<td>Sheyenne Crossings</td>
<td>(701) 478-6100</td>
</tr>
<tr>
<td>Villa Maria Nursing Home - Fargo</td>
<td>(701) 293-7750</td>
</tr>
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Clay County

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eventide on Eighth</td>
<td>(218) 233-7508</td>
</tr>
<tr>
<td>Golden Living Center - Moorhead</td>
<td>(218) 233-7578</td>
</tr>
<tr>
<td>Valley Care &amp; Rehab</td>
<td>(218) 354-2254</td>
</tr>
<tr>
<td>Viking Manor Nursing Home - Ulen</td>
<td>(218) 596-8847</td>
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Real Estate (Senior Real Estate Specialists)

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sharon Johnson (Homeowners Financial Group)</td>
<td>(701) 793-2755</td>
</tr>
<tr>
<td>Connie Carlsrud SRES (Park Co. Realtors)</td>
<td>(701) 238-7618</td>
</tr>
<tr>
<td>Deb Nordby SRES (Park Co. Realtors)</td>
<td>(701) 729-7506</td>
</tr>
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Senior Recreation/Arts Programs

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Phone Number</th>
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</thead>
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<tr>
<td>Valley Senior Services (Fargo)</td>
<td>(701) 293-1440</td>
</tr>
<tr>
<td>Casselton Parks and Recreation Department</td>
<td>(701) 347-5386</td>
</tr>
<tr>
<td>Courts Plus Community Fitness</td>
<td>(701) 237-4805</td>
</tr>
<tr>
<td>Fargo Park District</td>
<td>(701) 499-6060</td>
</tr>
<tr>
<td>HeartSprings</td>
<td>(701) 261-3142</td>
</tr>
<tr>
<td>Moorhead Parks and Recreation</td>
<td>(218) 299-5340</td>
</tr>
<tr>
<td>Senior Connections (Moorhead)</td>
<td>(218) 299-5514</td>
</tr>
<tr>
<td>Touchmark Health &amp; Fitness Club</td>
<td>(701) 526-1055</td>
</tr>
<tr>
<td>West Fargo Park District</td>
<td>(701) 433-5360</td>
</tr>
</tbody>
</table>
Senior Pass - America the Beautiful - National Parks and Federal Recreational Lands Pass - a lifetime entrance pass to United States national parks for those 62 years and older. To obtain, go to any National Park Service facility that charges an entrance fee with the following:

- Proof of age (must be 62 years or older).
- Proof of citizenship (must be citizen or permanent resident of the United States)
- Ten Dollars cash (the one-time processing fee as of January 1, 2008).

**Support Groups** - organizations that provide counseling or support on various issues

<table>
<thead>
<tr>
<th>Support Group</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>Alzheimer’s Association</td>
<td>(701) 277-9757</td>
</tr>
<tr>
<td>Caregivers Discussion Group - LSS of MN</td>
<td>(218) 233-7521</td>
</tr>
<tr>
<td>CHI Health at Home – Home Health and Hospice</td>
<td>(888) 538-0069</td>
</tr>
<tr>
<td>Parkinson Support Group - Edgewood Vista &amp; Village</td>
<td>(701) 365-4740</td>
</tr>
<tr>
<td>Alzheimer’s Support Group - Bethany Homes</td>
<td>(701) 239-3525</td>
</tr>
<tr>
<td>Beginning Experience of Fargo</td>
<td>(701) 277-8784</td>
</tr>
<tr>
<td>Caregiver’s Café</td>
<td>(701) 212-1057</td>
</tr>
<tr>
<td>Caregiver Support Coordinator VA Ext 9-3559</td>
<td>(701) 239-3700</td>
</tr>
<tr>
<td>Chronic Pain – HeartSprings</td>
<td>(701) 261-3142</td>
</tr>
<tr>
<td>Disability Support Group</td>
<td>(701) 234-6022</td>
</tr>
<tr>
<td>Eastern North Dakota Beginning Experience</td>
<td>(701) 277-8784</td>
</tr>
<tr>
<td>Family Caregiver Support Program (ND)</td>
<td>(701) 298-4480</td>
</tr>
<tr>
<td>Fibromyalgia Support Group</td>
<td>(701) 499-4200</td>
</tr>
<tr>
<td>Hospice of the Red River Valley</td>
<td>(701) 356-1500</td>
</tr>
<tr>
<td>Hospice Support for Widows and Widowers (HRRV)</td>
<td>(701) 356-1500</td>
</tr>
<tr>
<td>Memory Cafe of the Red River Valley</td>
<td>(218) 790-1218</td>
</tr>
<tr>
<td>Men’s Support Group (Hospice of the Red River Valley)</td>
<td>(701) 356-1500</td>
</tr>
</tbody>
</table>
Transportation - a more detailed directory of special transportation services in the Fargo-Moorhead area is available through the Metropolitan Council of Governments Office. These providers offer various options for transporting seniors or persons with physical limitations.

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active at Home Helpers</td>
<td>(701) 540-3483</td>
</tr>
<tr>
<td>AllHealth Home Care</td>
<td>(701) 365-0414</td>
</tr>
<tr>
<td>Barnesville Area Helpers (Volunteer Drivers)</td>
<td>(218) 354-7090</td>
</tr>
<tr>
<td>Griswold Home Care</td>
<td>(701) 850-2000</td>
</tr>
<tr>
<td>Home Instead Senior Care</td>
<td>(701) 478-1010</td>
</tr>
<tr>
<td>NDAD (Funding Source)</td>
<td>(701) 281-8215</td>
</tr>
<tr>
<td>Care A Van</td>
<td>(701) 235-6699</td>
</tr>
<tr>
<td>Fargo Doyle Cab Company</td>
<td>(701) 235-5535</td>
</tr>
<tr>
<td>Fargo Discount Taxi</td>
<td>(701) 235-5535</td>
</tr>
<tr>
<td>Fargo Discount Taxi - (10% off for persons over 55)</td>
<td>(701) 235-5535</td>
</tr>
<tr>
<td>F-M Ambulance Service</td>
<td>(701) 293-0408</td>
</tr>
<tr>
<td>Handi-Wheels - arrange 1 day in advance</td>
<td>(701) 232-3231</td>
</tr>
<tr>
<td>Lucky Seven Cab</td>
<td>(701) 235-1717</td>
</tr>
<tr>
<td>Medi-Van (arrange at least 1 day in advance)</td>
<td>(800) 422-0976</td>
</tr>
<tr>
<td>Matbus Fixed Route Service</td>
<td>(701) 232-7500</td>
</tr>
<tr>
<td>Metro Senior Ride Service</td>
<td>(701) 356-7433</td>
</tr>
<tr>
<td>Metro Senior Ride Service</td>
<td>(701) 356-7433</td>
</tr>
<tr>
<td>Ready Wheels</td>
<td>(701) 293-0408</td>
</tr>
<tr>
<td>Rural Cass County Bus</td>
<td>(701) 356-7433</td>
</tr>
<tr>
<td>Rural Clay County Rides (Volunteer Drivers)</td>
<td>(218) 483-3145</td>
</tr>
<tr>
<td>Transit Alternatives</td>
<td>(866) 998-3002</td>
</tr>
</tbody>
</table>
Volunteer Services (Rural Cass)  (701) 347-5590

**Veteran Administration Services** - Government resource providing information and services to veterans

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cass County Veterans Service Officer</td>
<td>(701) 241-5745</td>
</tr>
<tr>
<td>Clay County Veterans Service Officer</td>
<td>(218) 299-5041</td>
</tr>
<tr>
<td>Healthcare for Homeless Veterans Ext 9-4392</td>
<td>(701) 239-3700</td>
</tr>
<tr>
<td>National VA Caregivers Support Line</td>
<td>(855) 260-3274</td>
</tr>
<tr>
<td>ND Dept of Veterans Affairs</td>
<td>(701) 239-7165</td>
</tr>
<tr>
<td>North Dakota Military Outreach</td>
<td>(701) 212-0466</td>
</tr>
<tr>
<td>VA Caregiver Support Program Ext 9-3786</td>
<td>(701) 239-3700</td>
</tr>
<tr>
<td>VA Hospice and Palliative Care Program Ext 9-2726</td>
<td>(701) 239-3700</td>
</tr>
<tr>
<td>VA Medical Foster Home Program Ext 9-4394</td>
<td>(701) 239-3700</td>
</tr>
<tr>
<td>Veterans Administration Medical Center</td>
<td>(800) 410-9723</td>
</tr>
<tr>
<td></td>
<td>(701) 232-3241</td>
</tr>
</tbody>
</table>

**Veterans Services** - Services & Resources providing information/assistance to veterans (not directly affiliated with the VA)

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elder Resource Benefit Consulting</td>
<td>(508) 270-7556</td>
</tr>
<tr>
<td>VA Application Assistance (VA Accredited Office)</td>
<td>(508) 270-7556</td>
</tr>
<tr>
<td>Gladys Ray Veterans Drop In Center (Fargo)</td>
<td>(701) 364-0116</td>
</tr>
<tr>
<td>Hospice of the Red River Valley</td>
<td>(701) 356-1500</td>
</tr>
<tr>
<td>Red River Valley Palliative Care</td>
<td>(701) 356-1500</td>
</tr>
<tr>
<td>Veterans Care Coordination</td>
<td>(855) 380-4400</td>
</tr>
</tbody>
</table>

**Visually Impaired/Blind** - resources that assist persons with visual impairments

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fargo Public Library</td>
<td>(701) 241-1491</td>
</tr>
<tr>
<td>National Eye Care Project</td>
<td>(800) 222-3937</td>
</tr>
<tr>
<td>North Dakota Talking Book Library</td>
<td>(800) 843-9948</td>
</tr>
</tbody>
</table>
ND Telecommunication Equipment Distribution
Program                    (800) 450-0459
North Dakota Vision Services/School for the Blind  (701) 739-3429
Minnesota Services for the Blind  (800) 657-3755
Southeast Human Service Center, Voc-Rehab       (701) 298-4500

**Volunteer Opportunities** - places to contact in regarding volunteer opportunities for senior citizens

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>AARP (Moorhead)</td>
<td>(218) 287-2065</td>
</tr>
<tr>
<td>AARP (North Dakota)</td>
<td>(866) 554-5383</td>
</tr>
<tr>
<td>AllHealth Home Care</td>
<td>(701) 365-0414</td>
</tr>
<tr>
<td>Barnesville Area Helpers</td>
<td>(218) 354-7090</td>
</tr>
<tr>
<td>CHI Health at Home – Home Health and Hospice</td>
<td>(888) 538-0069</td>
</tr>
<tr>
<td>Lutheran Social Services Senior Companions</td>
<td>(701) 271-3247</td>
</tr>
<tr>
<td>Valley Senior Services (Fargo)</td>
<td>(701) 293-1440</td>
</tr>
<tr>
<td>Caring Companion in Clay County</td>
<td>(800) 584-7020</td>
</tr>
<tr>
<td>Community of Care Volunteers, Casselton</td>
<td>(866) 347-0032</td>
</tr>
<tr>
<td>Elder Refugees-Mentoring and Tutoring New Americans</td>
<td>(701) 271-1604</td>
</tr>
<tr>
<td>Essentia Health Regional Foundation</td>
<td>(701) 364-8389</td>
</tr>
<tr>
<td>Foster Grandparents - Cass County ND</td>
<td>(888) 256-6742</td>
</tr>
<tr>
<td>Foster Grandparents - Clay County MN</td>
<td>(800) 584-7020</td>
</tr>
<tr>
<td>Hospice of the Red River Valley</td>
<td>(701) 356-1500</td>
</tr>
<tr>
<td>REACH (at Food Pantry &amp; Thrift Store in Hawley)</td>
<td>(218) 483-3145</td>
</tr>
<tr>
<td>RSVP</td>
<td>(701) 866-4134</td>
</tr>
<tr>
<td>Tri-Valley Opportunity Council Caring Companions</td>
<td>(800) 584-7020</td>
</tr>
</tbody>
</table>
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linda@changeisgood.us.com
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Clay County Seniors, a program of Lakes & Prairies Community Action, provides information, assistance, and referral to services that help senior citizens maintain their independence as long as possible by promoting or providing services that are supportive of living healthy, productive lives, independently and with dignity.

For more information, call us at 218-512-1550 Or 1-800-452-3646 or visit us at: www.lakesandprairies.net

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AARP has resources to assist you no matter where you are in the process.

Visit aarp.org/caregiving for more information.
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– Arlene, Hospice CNA

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• Emotional Support
• Dialing 211 or 701-235-7335 (SEEK)
• Suicide Lifeline at 1-800-273-8255 (TALK)

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“Save Grumpy Old Men”

Arthur office: 701-967-8502
Casselton office: 701-347-0032

www.communityofcarend.com

If you are being hurt or feel afraid, it can be difficult to talk about, especially when it involves a family member or caregiver.

There is help.

If you have questions or want to talk to someone, please contact the Rape and Abuse Crisis Center.

24-Hour Crisis Line
(701) 293-7273
317 8th St. N, Fargo
www.raccfm.com
1 call.
1000’s of answers.
800.272.3900
alz.org/mnnd

alzheimer’s association®

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To schedule an appointment, call 701.364.8900.
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512 3rd Avenue South
Moorhead, MN 56560
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evergreensofmoorhead.org
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Evergreens of Fargo
1401 West Gateway Circle
Fargo, ND 58103
701-239-4524
evergreensoffargo.org
Basic Care | Memory Care

Evergreens

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North Dakota counties:
Cass and Richland

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