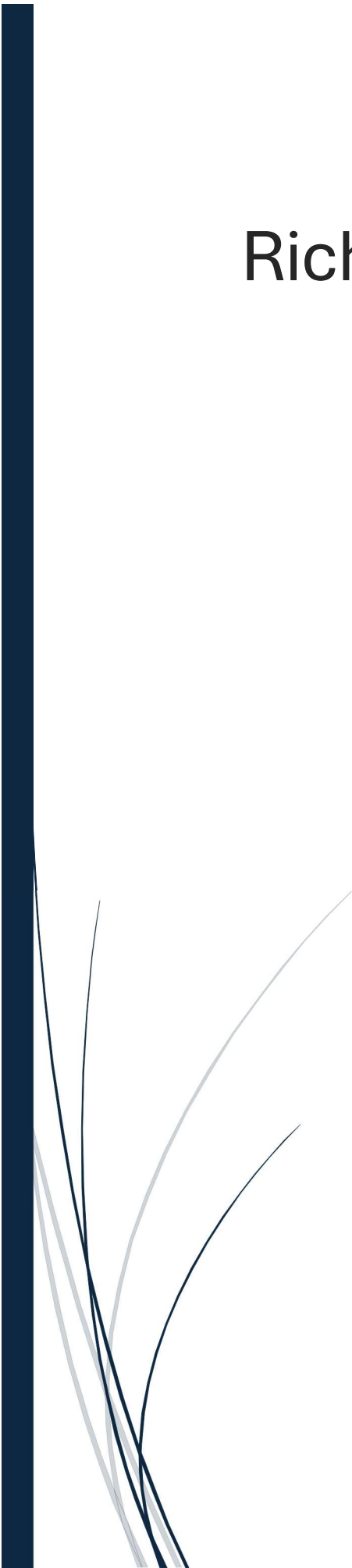


Richland & Wilkin County Resource Guide



Contents	
Emergency Numbers	4
Law Enforcement (non-emergency)	4
Accompaniment / Companionship Services	5
Adaptive Clothing	6
Addictions Resources	6
Adult Foster Care	7
Aging Resources / Advocacy Services	8
Alzheimer's – Information / Education	8
Complaints / Consumer Fraud	9
Deaf & Hard of Hearing	9
Dental Services	10
Disabled Adults Assistance	11
Domestic Violence / Elder Abuse	11
Financial Assistance	12
Food Pantry	13
Food Support / Meals on Wheels	13
Foot Care / Shoes	14
Funeral Homes	14
Geriatric Care Management	14
Grief Support / Comfort Care Services	15
Guardians and Representative Payees	15
HELP / Information Lines	16
Home Health	17
Home Modifications for Accessibility	17
Hospice	18
Housing – Emergency Assistance	18
Housing – Financial Assistance	19
Housing – Independent Living Apartments	19
Housing – Semi-Independent (Including Assisted Living)	20
Housing – Subsidized	20
In-Home Services (Medical)	21
In-Home Services (Non-Medical)	21
Legal Services	22
“Life – Line” Personal Alarm Systems	23
Long-Term Care Facilities / Short Term Rehab / TCU	23
Medical Equipment	23

Mental Health	25
Native American	26
Organizational / Moving Services	26
Patient Rights / Ombudsman	26
Pharmacy	26
Prescription Drug Assistance	27
Public Health	27
Respite Care	27
Senior Centers	28
Senior Employment Services	29
Senior Recreation / Arts Programs	29
Support Groups	29
Telephone Assistance	31
Tobacco Cessation	31
Transportation	31
Veterans Services	32
Visually Impaired / Blind	33
Volunteer Opportunities	34
Alcohol Anonymous Meetings	35

Emergency Numbers

Emergency	Call 911
Poison Control	1-800-222-1222
Law Enforcement (non-emergency)	701-642-7777
Richland County Sheriff's Office www.co.richland.nd.us/sheriff	701-642-7711
Wilkin County Sheriff's Office www.wilkincounty.gov	218-643-8544
Breckenridge Police Department www.breckenridgemn.net/commerce.chamber	218-643-5506
Wahpeton Police Department www.wahpeton.com	701-642-7722

Accompaniment / Companionship Services – Non-medical services for running errands or accompanying and/or driving seniors to outings or appointments.

Barnesville Area Helpers barnesvillehelpers.org	218-354-7090
Home Instead – Fargo/Detroit Lakes/Moorhead www.homeinstead.com/home-care/usa/nd/fargo/519	701-478-1010 701-829-2327
Home Instead – Fergus Falls/Detroit Lakes/Alexandria www.homeinstead.com/home-care/usa/mn/fergusfalls/856	218-219-7397
Partners – Rothsay MN www.partners56579.org	218-867-1234
Lutheran Social Services – Senior Companions www.lssmn.org/services/older-adults	888-205-3770 MN 701-389-2293 ND
Lutheran Social Services – Caregiver Support & Respite Care www.lssmn.org/services/older-adults	866-787-9802
Right at Home – Fargo www.rightathome.net/fargo	701-997-0400
A Place to Call Home – Fargo aplacetocallhomecare.com	701-404-7588
Senior Companion Services – Wahpeton Valley Senior Services	701-205-2690 701-642-3033
Senior Helpers www.seniorhelpers.com/nd/fargo/	701-864-3708
Wilkin County Health & Human Services – Senior Companion Program wilkincounty.gov/seniorprogram	218-643-7161

Adaptive Clothing – Clothing for persons with physical limitations, including wheelchair accessories.

Buck & Buck www.buck&buck.com	800-458-0600
Easy Comforts www.easycomforts.com	855-202-7391
Great Plains Health Company – Fargo www.alexius.org/centers/medical-equipment/great-plains-health-company	701-232-3000 888-777-1499
Lake Region Healthcare www.lrh.org	218-736-8000
Sanford Health Equip equip.sanfordhealth.org	701-293-8211

Addiction Resources – Services for alcohol/drug dependency, gambling, or hoarding addictions.

Al-Anon Wahpeton alanonmeetings.org/directory-locations/listing/al-anon-wahpeton-nd	866-702-3754
Alcoholics Anonymous – Wahpeton Area aanorthdakota.org/district-11	
Alcoholics Anonymous – Fargo Area ndd5aa.org	701-232-7335
Clay County Chemical Dependency Service claycountymn.gov/266/substance-abuse-services	218-299-5200
Drake Counseling Services www.drakecounselingservices.com	701-293-5429
First Step Recovery www.thevillagefamily.org/services/first-step-recovery	701-451-4900
ND First Link myfirstlink.org	2-1-1 Information Hotline 9-8-8 Crisis Lifeline
Gamblers Anonymous www.gamblersanonymous.org	855-222-5542

Gambler ND www.gamblernd.com	877-702-7848
Hoarding – Knowlton O’Neill & Associates (Dr. Holly Hegstad) www.mentalhealthkoa.com	701-364-0060
Life Transformation 227 6 th St N Breckenridge MN 56520	701-640-8915
Lost and Found Recovery Center www.lostandfoundrecoverycenter.org	218-287-2089
Overeaters Anonymous www.region5oa.org	
Prairie St. John’s www.prairie-stjohns.com	701-476-7200 answered 24/7
Red River Recovery Center – Dilworth www.redriverrecovery.net	218-284-7772
Sharehouse www.sharehouse.org	877-294-6561
St. Francis Medical Center – Hope Unit www.chistfrancishealth.org/services/behavioral-care	218-643-0747
Southeast Human Services hhs.nd.gov/HSC/region-5	701-298-4500
Sisters Path 4219 9 th Ave SW Fargo ND 58103	701-941-3883

Adult Foster Care

ND Aging & Disability Resource Link carechoice.nd.assistguide.net	855-462-5465
RSR Human Service Zone – Richland County www.co.richland.nd.us/rsr	701-642-7700
A Place to Call Home – Fargo aplacetocallhomecare.com	701-404-7588
Wilkin County wilkincounty.gov	218-643-7165

Aging Resources / Advocacy Services – Organizations that help individuals work through an issue, such as heating or prescription drug assistance, nutrition support etc.

Freedom Resource Center to Independent Living www.freedomrc.org	701-672-1648 800-450-0459
NDAD (ND Association for the Disabled) ndad.org	701-281-8215
ND Aging & Disability Resource Link carechoice.nd.assistguide.net	855-462-5465
Richland County Health Department – Community Resources richlandcountyhealth.org	701-642-7735
Senior LinkAge Line – Minnesota www.minnesotahelp.info	800-333-2433
Valley Senior Services – Resource Services www.valleyseniorservices.org	701-642-3033
WCMCA (West Central Minnesota Communities Action) wcmca.org	218-405-3073 800-492-4805
Wilkin County Health & Human Services – Senior Coordinator www.wilkincounty.gov	218-643-7161

Alzheimer’s Information / Education – Information and educational resources regarding Alzheimer’s disease or dementia.

Alzheimer’s Association MN ND Chapter www.alz.org/mnnd	800-272-3900 701-277-9757 Fargo
Lutheran Social Services – Caregiver Support & Respite Care www.lssmn.org/services/older-adults/caregiver-support-respite	866-787-9802
Alzheimer’s/Dementia Support Group – Inspiration Lutheran Church 1130 Main St Breckenridge, MN 56520	Mondays @ 6:30pm 218-643-8610 - Tim

Senior Helpers www.seniorhelpers.com/nd/fargo/	701-864-3708
Memory Café of the Red River Valley www.memorycaferrv.org	701-404-6712

Complaints / Consumer Fraud – Information and assistance regarding deceptive business practices. Also see “Patient Rights.”

Better Business Bureau www.bbb.org/us/nd/fargo	701-271-2855
Better Business Bureau of MN and ND www.bbb.org/local-bbb/bbb-of-minnesota-and-north-dakota	651-699-1111
Bureau of Criminal Investigation Tip Line – ND Only attorneygeneral.nd.gov	800-472-2185
Consumer Protection – ND Only attorneygeneral.nd.gov/consumer-resources	701-328-3404 800-472-2600
Consumer Protection – MN Only mn.gov/commerce/consumer	651-539-1600 800-657-3602
ND Senior Medicare Patrol (ND SMP) ndcpd.org/smp/	833-818-0029

Deaf & Hard of Hearing – Services that address hearing loss.

Beltone Hearing Aid Center www.beltonehearingcenters.com	701-642-9309
Family Service Center – Clay County claycountymn.gov/532/Family-Service-Center	218-299-5076
Deaf, DeafBlind, and Hard of Hearing State Services – MN mn.gov/deaf-hard-of-hearing	800-657-3663
North Dakota Assistive (IPAT) ndassistive.org	800-895-4728
MN STAR Program mn.gov/admin/star	888-234-1267
ND School for the Deaf/Resource Center for Deaf & Hard of Hearing www.ndsd.nd.gov	701-665-4400 800-887-2980

Minnesota Relay mn.gov/deaf-hard-of-hearing/communication-access/mn-relay	800-657-3775 Voice/TTY
North Dakota Relay relaynorthdakota.com	800-366-6888 TTY 800-366-6889 Voice
Sheyenne Hearing Service – Wahpeton www.sheyennehearingservice.com	701-929-5212
Minnesota Access to Communication Technology (TED) mn.gov/deaf-hard-of-hearing/communication-access/mnact/	800-657-3663 651-964-1514

Dental Services – Organizations who honor financial assistance options for dental care.

Apple Tree Dental – Fergus Falls, MN appletreedental.org	218-998-2218
Apple Tree Dental – Hawley, MN appletreedental.org	218-483-1038
Concept Dentistry – Wahpeton myconceptdentistry.com	701-642-1484
Donated Dental Services (Dental Lifeline Network) dentallifeline.org/our-state-programs/	701-729-2731
Family Healthcare – Moorhead Dental famhealthcare.org	701-271-3344
NDSCS Dental Clinic – Wahpeton www.ndscs.edu/academics/academic-departments-programs/dental-assisting-hygiene/dental-clinic	701-671-2333
Red River Valley Dental Access Project – See below www.rrdentalaccess.com	218-790-7790

Red River Valley Dental Access Project – 1900 28th Ave S Moorhead, MN

The clinic is for emergency relief of dental pain and is set up for people who do not have a dentist that are low-income and uninsured (may have Medical Assistance or be on CHIP program but no billing to insurance). There are no

residency requirements. The cost is \$20 cash or check only per visit (paid at visit no billing). No billing to other payers or MA. Walk-in-no appointments. First come, first served. The clinic runs every Tuesday and the 3rd Thursday of every month. Sign-ups are in the main lobby of the building, not in the clinic. Closed all holidays and the Friday before a holiday. Do not leave the area, stay and wait in the lobby until you are called. Extractions only at this time.

Disabled Adults Assistance

Community Options www.communityoptionsnd.com	701-223-2417 800-823-2417
Freedom Resource Center for Independent Living www.freedomrc.org	701-672-1648 800-450-0459
NDAD (ND Association for the Disabled) ndad.org	701-281-8215
ND Aging & Disability Resource Link carechoice.nd.assistguide.net	855-462-5465
North Dakota Protection & Advocacy Project www.ndpanda.org	701-328-2950 800-472-2670
Disability HUB MN disabilityhubmn.org	866-333-2466

Domestic Violence / Elder Abuse – Services offering information and intervention in cases of physical, emotional, financial or sexual abuse.

Someplace Safe – Abuse/Violence Survivors/Sexual Assault Support someplacesafe.info/wilkin-office	218-643-3109 800-974-3359
Three River Crisis Center – Wahpeton	701-642-2115
ND Adult and Aging Services – Vulnerable Adult www.hhs.nd.gov/adults-and-aging/reporting	701-328-4649 855-462-5465
MN Adult Abuse Reporting Center (MAAARC) mn.gov/dhs/people-we-serve/adults/services/adult-protection	844-880-1574

Financial Assistance – Information about various forms of financial assistance available.

Community Options www.communityoptionsnd.com	701-223-2417 800-823-2417
Freedom Resource Center for Independent Living www.freedomrc.org	701-672-1648 800-450-0459
Internal Revenue Service – Fargo www.irs.gov	844-545-5640
Lakes & Prairies Community Action Partnership (CAPLP) caplp.org	218-512-1500
Money Follows the Person Housing Program www.ndcpd.org/mfp	800-233-1737 Ext 3405
NDAD (ND Association for the Disabled) ndad.org	701-281-8215
ND Aging & Disability Resource Link carechoice.nd.assistguide.net	855-462-5465
ND First Link www.myfirstlink.org	2-1-1 701-235-7335
RSR Human Service Zone – Richland County www.co.richland.nd.us/rsr	701-642-7751
Social Security Administration www.ssa.gov	800-772-1213 800-325-0778 TTY 877-335-4114 Fargo
Valley Senior Services – Wahpeton www.valleyseniorservices.org	701-642-3033
Wilkin County Health & Human Services – Economic Assistance www.wilkincounty.gov	218-643-7161

Food Pantry

Eagle Valley Outreach Pantry – 4 th Sunday of the Month 17575 Co. Rd 2 Christine, ND	701-998-2067 12:30-2:30pm
Richland – Wilkin Food Pantry 699 8 th Ave S, Wahpeton, ND www.rwfoodpantry.org Mondays 4-6pm Tuesday – Friday 1-3pm Thursdays 5:30-7:30pm	701-642-1921

Food Support / Meals on Wheels

Meals on Wheels – Breckenridge MN www.breckenridgemn.net/senior-citizens-center	218-643-5730
Mom's Meals www.momsmeals.com	877-508-6667
RSR Human Service Zone – Richland County www.co.richland.nd.us/rsr	701-642-7751
Senior Commodities – Southeastern ND Community Action Agency www.sendcaa.org	701-232-2452 800-726-7960
Valley Senior Services – Abercrombie – M, T, W www.valleyseniorservices.org	701-553-8759
Valley Senior Services –Hankinson – T, W, F www.valleyseniorservices.org	701-242-7742
Valley Senior Services –Lidgerwood – M, T, Th www.valleyseniorservices.org	701-538-4602
Valley Senior Services –Wahpeton – M, T, W, Th, F www.valleyseniorservices.org	701-642-3033
Valley Senior Services –Wyndmere – M, T, Th www.valleyseniorservices.org	701-439-2907
Wilkin County Health & Human Services – Economic Assistance www.wilkincounty.gov	218-643-7161
Wilkin County Health & Human Services – Senior Companion Program wilkincounty.gov/seniorprogram	218-643-7161

Foot Care / Shoes – Shoes, socks, orthotics, and foot care items for people with disabilities.

Foot Solutions footsolutions.com	
Sanford Health Equip equip.sanfordhealth.org	701-293-8211
Richland County Health Department www.richlandcountyhealth.org	701.642.7735

Funeral Homes

Frank Family Funeral Home – Hankinson & Lidgerwood www.frankfamilyfuneralhome.com	701-242-7003 701-538-4500
Glende-Nilson Funeral Home & Cremation Services – Fergus Falls www.GlendeNilson.com	218-736-7064
Olson Funeral Home – Fergus Falls www.olsonfuneralhome.com	218-736-7586
Joseph Vertin & Sons Funeral Home – Breckenridge www.josephvertinandsons.com	218-643-5593
Vertin – Munson Funeral Home – Wahpeton www.vertinmunson.com	701-642-4000

Geriatric Care Management – Provides in-home needs assessment as well as planning, implementation and monitoring of services to allow persons to maintain their independence.

Freedom Resource Center for Independent Living www.freedomrc.org	701-672-1648 800-450-0459
ND ADRL – Aging & Disability Resource Link carechoice.nd.assistguide.net	855-462-5465
Valley Senior Services – Wahpeton www.valleyseniorservices.org	701-642-3033
Wilkin County Health & Human Services – Senior Coordinator www.wilkincounty.gov	218-643-7161

Grief Support / Comfort Care Services

Beginning Experience – Fergus Falls – Support for widowed, separated, & divorced individuals. www.beginningexperience-easternnorthdakota.org	218-560-1686
CHI Health at Home – Breckenridge chihealthathome.info	218-643-2275
Hospice Support for Veterans – Breckenridge www.wehonorveterans.org	218-643-2275
Red River Hospice – Widows & Widowers www.hrrv.org	701-356-1500 218-531-1150
Survivors of Suicide Loss Support Group – Lake Region Hospital 3 rd Wednesday of Each Month – 6-7:30pm LRH Rehab Therapies Balcony www.lrhc.org/health-wellness/support-groups	Maria: 218-671-1805 Megan: 218-205-4853
VA Caregiver Support Program www.caregiver.va.gov	855-260-3274
Joseph Vertin & Sons Funeral Home – Breckenridge www.josephvertinandsons.com	218-643-5593
Vertin – Munson Funeral Home – Wahpeton www.vertinmunson.com	701-642-4000

Guardians & Representative Payees

Catholic Charities www.catholiccharitiesusa.org	701-235-4457
Dacotah Foundation www.dacotahfoundation.org/community-based-services.html	701-364-0743 ext. 3
GAPS – Guardian and Protective Services, Inc gapsinc.org	701-222-6600 888-570-4277
Guardian Angels www.guardianangelsnd.com	701-952-6750

Representative Payee Services www.reppayeeservices.org	701-356-0182
GNH Records Management, Inc gnhrecords.com	701-640-5529
Lighthouse Associates Inc www.lighthouseassoc.org	701-330-0116

HELP / Information Lines – No cost resource for general information.

Additional toll-free numbers for various national health agencies are available through First Link Hotline 211 or 701-235-SEEK (7335).

AARP of North Dakota states.aarp.org/north-dakota	866-554-5383
Alzheimer's Association (MN/ND Chapter) www.alz.org/mnnd	701-277-9757 800-272-3900
North Dakota Assistive (IPAT) ndassistive.org	800-895-4728
Breckenridge Public Library larl.org/locations/breckenridge	218-643-2113
Dancing Sky Area of Agency on Aging www.dancingskyaaa.org	218-745-6733 800-333-2433
Leach Public Library – Wahpeton www.leachlibrarywahpeton.org	701-642-5732
MN Armed Forces Service Center www.mnafsc.org	612-726-9155
ND Service Member & Family Support Center (SMFSC) www.ndguard.nd.gov	701-451-6018 800-460-1407
MN Senior Linkage Line mn.gov/senior-linkage-line	800-333-2433
ND ADRL – Aging & Disability Resource Link carechoice.nd.assistguide.net	855-462-5465
Valley Senior Services – Wahpeton www.valleyseniorservices.org	701-642-3033

Home Health – Services might include skilled nursing visits, medication set-up, wound care, evaluation and monitoring, personal hygiene, hair and nail care.

Accra Home Care – Fergus Falls – Wilkin County Only www.accrahomecare.org	218-736-0246 866-935-3515
Benedictine Living Community www.benedictineliving.org	701-671-4477
CHI Health at Home – Breckenridge	218-643-2275
CK Home Health Care – Fergus Falls – Wilkin County Only www.ckhomehealthcare.com	218-998-3778
Helping Hands Compassionate Care, LLC	701-899-2366
Home Instead www.homeinstead.com	701-478-1010 701-829-2328
LB Home Care – Fergus Falls – Wilkin County Only lbhomes.org/homecare	218-998-1400
New Dimensions– Fergus Falls – Wilkin County Only www.newdimensionsshc.com	218-739-5856 800-395-9949
Regency Home Health Care	701-232-1245
Richland County Home Health www.richlandcountyhealth.org	701-642-7735
Right at Home – Fargo www.rightathome.net/fargo	701-997-0400
Senior Helpers www.seniorhelpers.com/nd/fargo/	701-864-3708
Website Search for Home Health Agencies www.medicare.gov/carecompare/?providerType=HomeHealth	

Home Modifications for Accessibility – Local construction firms/agencies specializing in renovations to accommodate physical limitations.

Freedom Resource Center for Independent Living www.freedomrc.org	701-672-1648 800-450-0459
ND ADRL – Aging & Disability Resource Link carechoice.nd.assistguide.net	701-642-7700 855-462-5465

Rehab Accessibility Program (RAP) www.ndhfa.org/index.php/development	701-328-8080 800-292-8621
Southeastern ND Community Action Agency www.sendcaa.org	701-232-2452 800-726-7960
West Central Minnesota Communities Action wcmca.org	218-685-4486 800-492-4805

Hospice – Hospice care is designed to provide end of life care and support to patients and their families.

Hospice of the Red River Valley – Fergus Falls www.hrrv.org	218-531-1150 800-237-4629
Hospice of the Red River Valley – Fargo www.hrrv.org	701-356-1500 800-237-4629
CHI Health at Home – Breckenridge	218-643-2275
Website Search for Hospice Agencies https://www.medicare.gov/carecompare/?providerType=Hospice	

Housing – Emergency Assistance – Housing options for homeless persons or individuals needing assistance.

ND First Link www.myfirstlink.org	2-1-1 701-235-7335
Lakes & Prairies Community Action Partnership (CAPLP) caplp.org	218-512-1500
Southeastern ND Community Action Agency – Richland County – Emergency Asst. with Rent & Utilities www.sendcaa.org	701-232-2452 800-726-7960
Wilkin County Health & Human Services – Economic Assistance www.wilkincounty.gov	218-643-7161

Housing – Financial Assistance

US Dept. of Housing & Urban Development (HUD) www.hud.gov/contactus/local	701-239-5136 ND 612-370-3000 MN
Minnesota Housing www.mnhousing.gov/homeownership.html	651-296-7608 800-657-3769
Money Follows the Person Housing Program www.ndcpd.org/mfp	800-233-1737 Ext 3405
ND Housing Finance Agency www.ndhfa.org	701-328-8080 800-292-8621

Housing – Independent Living Apartments – Local apartments that serve the elderly population.

Appletree Court – Breckenridge www.chistfrancishealth.org/senior-living	218-643-1700
Breckenridge Housing & Redevelopment Authority www.minnesotahelp.info	218-643-6147
Dakota Estates – Lidgerwood dakotaestates.org	701-538-4566
Fourth Avenue Manor – Wahpeton	701-642-3100
Pioneer Pointe – Fergus Falls www.pioneercare.org	218-739-7772
St. Gerard's Community of Care – Hankinson www.stgerards.org	701-242-7891
The Village at Rivers Edge thevillagewahpeton.com	701-642-6317
York Manor Senior Apartments	218-643-6925 877-295-3747

Housing – Semi-Independent (Including Assisted Living) – Apartments or sleeping situations that offer some assistance, as needed, to their residents. This may include congregate dining, transportation, housekeeping or home health services or other. These facilities vary greatly.

Appletree Court – Breckenridge www.chistfrancishealth.org/senior-living	218-643-1700
Benedictine Living Community – Siena Court – Wahpeton www.benedictineliving.org	701-642-6667
Dakota Estates – Lidgerwood dakotaestates.org	701-538-4566
The Leach Home – Wahpeton theleachhome.org	701-642-4283
LB Homes– Fergus Falls – Wilkin County Only lbhomes.org	218-998-1400
St. Gerard’s Community of Care – Hankinson www.stgerards.org	701-242-7891
Twin Town Villa – Breckenridge twintownvilla.com	218-643-9542
Pioneer Senior Cottages – Memory Care – Fergus Falls www.pioneercare.org	218-998-9677

Housing – Subsidized – Affordable

Appletree Court – Breckenridge www.chistfrancishealth.org/senior-living	218-643-1700
Century Apartments – Wahpeton meyerpropertymgmt.com/Century	701-371-1185
Community Homes of Wahpeton www.publichousing.com	701-642-2945
Evergreen Manor – Wahpeton www.publichousing.com	701-356-9501
Northland Apartments – Wahpeton housingapartments.org	
Rainbow Court – Wahpeton www.publichousing.com	701-356-9501
Southside Villa – Wahpeton www.publichousing.com	701-356-9501

York Manor Senior Apartments	218-643-6925 877-295-3747
Cass County Housing Authority www.housingauthorityofcasscounty.com/cass/	701-282-3443
Richland County Housing Authority www.housingauthorityofcasscounty.com/richland/	701-282-3443

In Home Services – Medical – Companies that provide in-home medical services such as nursing care, medication set up or administration, etc.

Note: Not all providers are Medicare certified.

Benedictine Living Community www.benedictineliving.org	701-642-6667
Richland County Home Health www.richlandcountyhealth.org	701-642-7735

In Home Services – Non-Medical – Companies that provide in-home services such as cleaning, home maintenance, companionship, shopping, transportation, etc.

Barnesville Area Helpers barnesvillehelpers.org	218-354-7090
Home Instead – Fargo/Detroit Lakes/Moorhead www.homeinstead.com/home-care/usa/nd/fargo/519	701-478-1010 701-829-2327
Home Instead – Fergus Falls/Detroit Lakes/Alexandria www.homeinstead.com/home-care/usa/mn/fergusfalls/856	218-219-7397
ND ADRL – Aging & Disability Resource Link carechoice.nd.assistguide.net	855-462-5465
Partners – Rothsay MN www.partners56579.org	218-867-1234
Lutheran Social Services – Senior Companions www.lssmn.org/services/older-adults	888-205-3770 MN 701-389-2293 ND
Lutheran Social Services – Caregiver Support & Respite Care www.lssmn.org/services/older-adults	866-787-9802

Right at Home – Fargo www.rightathome.net/fargo	701-997-0400
A Place to Call Home – Fargo aplacetocallhomecare.com	701-404-7588
Senior Companion Services – Wahpeton Valley Senior Services	701-205-2690 701-642-3033
Senior Helpers www.seniorhelpers.com/nd/fargo/	701-864-3708
Wilkin County Health & Human Services – Homemaker Program wilkincounty.gov/seniorprogram	218-643-7161

Legal Services – Basic information and referral to attorneys specializing in that area of concern.

Freedom Resource Center for Independent Living www.freedomrc.org	701-672-1648 800-450-0459
Dancing Sky Area of Agency on Aging www.dancingskyaaa.org	218-745-6733 800-333-2433
Legal Services of Northwest Minnesota – Wilkin County lsnmlaw.org	877-696-6529
Legal Services of North Dakota lsnd.org	800-634-5263 under 60 866-621-9886 60+
Lutheran Social Services of Minnesota www.lssmn.org/services/older-adults/guardianship-options	800-582-5260
North Dakota Legal Self-Help Center www.ndcourts.gov/legal-self-help	701-328-1852
MN Senior Linkage Line mn.gov/senior-linkage-line	800-333-2433
Southern Minnesota Regional Legal Services, Inc. www.smrls.org	877-696-6529
State Bar Association of ND www.sband.org	866-450-9579

Life-Line Personal Alarm Systems – Emergency response system for home use.

Alert 1 www.alert-1.com	877-683-9524
Great Plains Rehabilitation Services	701-530-4000 800-222-4989
Life Alert www.lifealert.com	800-360-0329
LifeFone www.lifefone.com	800-331-9198
Lifeline www.lifeline.com	855-681-5351
ND ADRL – Aging & Disability Resource Link carechoice.nd.assistguide.net	855-462-5465
PioneerLink – Fergus Falls www.pioneercare.org	218-998-2628 877-998-2621

Long-Term Care Facilities / Short-Term Rehab / TCU – Facilities that offer on-site 24-hour care.

Benedictine Living Community www.benedictineliving.org	701-642-6667
Pioneer Care – Skilled Nursing Care – Fergus Falls www.pioneercare.org	218-998-1500
St. Francis Nursing Home www.chistfrancishealth.org/senior-living	218-643-3000
St. Gerard’s Community of Care – Hankinson www.stgerards.org	701-242-7891
Lake Region Healthcare Swing Bed www.lrhc.org/services/swing-bed/	218-685-7300

Medical Equipment – Companies that sell or rent durable medical equipment or supplies.

American Cancer Society – Fargo, ND www.cancer.org	701-433-7580 800-227-2345
Corner Home Medical – Fergus Falls cornermedical.com	800-637-7795
HERO Fargo herofargo.org	701-212-1921

NDAD (ND Association for the Disabled) - HELP ndad.org	701-281-8215
North Dakota Assistive (IPAT) ndassistive.org	800-895-4728
Lincare – Hankinson www.lincare.com	701-242-7255
Lincare – Fergus Falls www.lincare.com	218-739-4616
Sanford Health Equip equip.sanfordhealth.org	701-293-8211
Wahpeton Senior Center – Equipment Lending Program	701-642-5746

Medical Equipment – Organizations that provide information or loan medical equipment.

American Cancer Society – Fargo, ND www.cancer.org	701-433-7580 800-227-2345
Benedictine Living Community www.benedictineliving.org	701-642-6667
Easterseals Goodwill ND – Fargo, ND www.esgwnd.org	701-237-9908 800-247-0698
HERO Fargo herofargo.org	701-212-1921
MN STAR Program mn.gov/admin/star	888-234-1267
NDAD (ND Association for the Disabled) - HELP ndad.org	701-281-8215
North Dakota Assistive (IPAT) ndassistive.org	800-895-4728
Wahpeton Senior Center – Equipment Lending Program	701-642-5746
Veterans Homes – Fergus Falls mn.gov/mdva/homes	218-736-0400 877-838-4633
Twin Town Villa – Breckenridge twintownvilla.com	218-643-9542

Mental Health – Services that provide mental health counseling support groups or information.

Birchwood Therapeutic Services – Breckenridge www.birchwoodcounseling.com	218-643-9330
First Link www.myfirstlink.org	211 or 701-235-7335
Heart & Soul Counseling www.heartandsoulcounselingnd.com	701-642-1487
Lakeland Mental Health Center – Fergus Falls lmhc.org	218-736-6987 800-223-4512 Crisis Hotline
Lost and Found Recovery Center www.lostandfoundrecoverycenter.org	218-287-2089
Lutheran Social Services of MN www.lssmn.org/services/mental-health	218-236-1494 888-881-8261
Mental Health America of ND www.mhand.org	701-255-3692 888-705-5763
988 Lifeline 988lifeline.org	988
Sanford Health – Vince Plummer, Brandee Kuznia www.sanfordhealth.org	701-642-7000
Someplace Safe – Abuse/Violence Survivors/Sexual Assault Support someplacesafe.info/wilkin-office	218-643-3109 800-974-3359
Southeast Human Service Center – Fargo www.hhs.nd.gov/HSC/region-5	701-298-4500 888-342-4900
St. Francis Medical Center – Hope Unit www.chistfrancishealth.org/services/behavioral-care	218-643-0747
Three Rivers Crisis Center www.facebook.com/Three.Rivers.Crisis.Center	701-642-2115
Vosburg Counseling vosburgcounseling.com	701-235-2092 803-563-8656
Web Search for ND Mental Health Programs www.hhs.nd.gov/behavioral-health/find-services	988

Native American – Information available for Native Americans.

National Indian Council on Aging, Inc www.nicoa.org	701-314-5100
Native American Training Institute nativeinstitute.org	701-255-6374
Sisseton – Wahpeton – Oyate of the Lake Traverse Reservation www.swo-nsn.gov	605-698-3911 833-698-3911
White Earth Nation www.whiteearth.com	218-983-3285

Organizational / Moving Services

abiRiver Consulting www.abiriver.com	701-430-9209
Change is Good changeisgood.us.com	218-329-7442
Changing Hands LLC www.makeiteasierllc.com	701-300-8572
Home Instead www.homeinstead.com	701-478-1010 701-829-2328

Patient Rights / Ombudsman – Organizations that help long-term care patients/families work through an issue.

The Office of Ombudsman for Long-Term Care – MN mn.gov/ooltc/	800-657-3591
Long-Term Care Ombudsman Program – ND www.hhs.nd.gov/adults-and-aging	701-328-4617 855-462-5465
The Office of Ombudsman for Mental Health and Developmental Disabilities (OMHDD) – MN mn.gov/omhdd/	651-757-1800 800-657-3506

Pharmacy

Breckenridge Drug www.facebook.com/BreckenridgeDrug/	218-643-5411
Corner Drug Store cornerdrugwahpeton.com	701-642-6223
Thrifty White Pharmacy – Wahpeton thriftywhite.com	701-642-2336

Thrifty White Pharmacy – Breckenridge thriftywhite.com	218-643-3871
---	--------------

Prescription Drug Assistance

Medicare www.medicare.gov	800-633-4227
NDAD (ND Association for the Disabled) ndad.org	701-281-8215
Prescription Assistance Program www.prescriptionassist.org	800-472-0031
Prescription Connection – ND www.insurance.nd.gov/consumers/prescription-connection	888-575-6611

Public Health – County health services any individual can access.

Richland County Health Department richlandcountyhealth.org	701-642-7735
Wilkin County Health & Human Services www.wilkincounty.gov	218-643-7161

Respite Care – Day or relief overnight care for senior needing supervision.

Note: See also “In Home Services / Non-Medical.”

Community Options www.communityoptionsnd.com	701-223-2417 800-823-2417
Home Instead – Fargo/Detroit Lakes/Moorhead www.homeinstead.com/home-care/usa/nd/fargo/519	701-478-1010 701-829-2327
Home Instead – Fergus Falls/Detroit Lakes/Alexandria www.homeinstead.com/home-care/usa/mn/fergusfalls/856	218-219-7397
Lutheran Social Services – Senior Companions www.lssmn.org/services/older-adults	888-205-3770 MN 701-389-2293 ND
Lutheran Social Services – Caregiver Support & Respite Care www.lssmn.org/services/older-adults	866-787-9802

ND ADRL – Aging & Disability Resource Link carechoice.nd.assistguide.net	855-462-5465
Right at Home – Fargo www.rightathome.net/fargo	701-997-0400
A Place to Call Home – Fargo aplacetocallhomecare.com	701-404-7588
Senior Helpers www.seniorhelpers.com/nd/fargo/	701-864-3708
Wilkin County Health & Human Services – Senior Companion Program wilkincounty.gov/seniorprogram	218-643-7161

Senior Centers – Community based gathering places for seniors for socialization, activities, and information.

Breckenridge Senior Citizen Center www.breckenridgemn.net/senior-citizens-center	218-643-5730
Wahpeton Senior Citizen Center www.valleyseniorservices.org	701-642-3033
Abercrombie Community Center www.valleyseniorservices.org	701-553-8759
Hankinson Senior Citizen Center www.valleyseniorservices.org	701-242-7742
Lidgerwood Senior Citizen Center www.cityoflidgerwoodnd.com/senior-citizen-center	701-538-4602
Wyndmere Senior Citizen Center www.valleyseniorservices.org	701-439-2907

Senior Employment Services – Places to contact regarding job training and employment assistance for senior citizens.

Home Instead – Fargo/Detroit Lakes/Moorhead www.homeinstead.com/home-care/usa/nd/fargo/519	701-478-1010 701-829-2327
Home Instead – Fergus Falls/Detroit Lakes/Alexandria www.homeinstead.com/home-care/usa/mn/fergusfalls/856	218-219-7397
National Indian Council on Aging, Inc www.nicoa.org	701-314-5100
ND ADRL – Aging & Disability Resource Link carechoice.nd.assistguide.net	855-462-5465
Senior Community Service Employment Program – ND www.hhs.nd.gov/vr/scsep	855-462-5465

Senior Recreation / Arts Programs – See also “Senior Centers.”

Breckenridge Public Library larl.org/locations/breckenridge	218-643-2113
City of Breckenridge www.breckenridgemn.net/parks	218-643-1431
Leach Library – 3 rd Thursdays at 5:30pm www.leachlibrarywahpeton.org/adults.html	701-642-5732
Red Door Art Gallery and Museum – Wahpeton www.reddoorgallerywahpeton.com	701-591-1010
Wahpeton Parks & Recreation www.wahpetonparks.com	701-642-2811

Support Groups – Organizations that provide counseling or support on various issues.

Abuse/Violence Survivors Support Group Contact Someplace Safe someplacesafe.info/wilkin-office	218-643-3109 800-974-3359
Al-Anon Wahpeton alanonmeetings.org/directory-locations/listing/al-anon-wahpeton-nd	866-702-3754
Alcoholics Anonymous – Wahpeton Area aanorthdakota.org/district-11	
Alzheimer’s Association MN ND Chapter www.alz.org/mnnd	800-272-3900 701-277-9757 Fargo

Alzheimer's/Dementia Support Group – Inspiration Lutheran Church 1130 Main St Breckenridge, MN 56520	Mondays @ 6:30pm 218-643-8610 - Tim
Beginning Experience – Fergus Falls – Support for widowed, separated, & divorced individuals. www.beginningexperience-easternnorthdakota.org	218-560-1686
Better Breathers Club – Virtual www.lung.org/help-support	Belinda Cline bcline8861@comcast.net
ND Brain Injury Network www.ndbin.org/services/support	See website for area groups & contact numbers
Family Caregiver Support Program www.hhs.nd.gov/adults-and-aging	855.462.5465
Hospice of the Red River Valley – Fargo www.hrrv.org	701-356-1500 800-237-4629
Hospice Support for Widows & Widowers www.hrrv.org	701-356-1500 218-531-1150
Lake Region Healthcare – Support Groups www.lrhc.org/health-wellness/support-groups	See website for area groups & contact numbers
Lutheran Social Services – Caregiver Support & Respite Care www.lssmn.org/services/older-adults	866-787-9802
Stroke Support Group – Fergus Falls www.stroke.org/en/stroke-groups	218-282-6086 Roy Graham
Survivors of Stroke Support Group -Fargo www.stroke.org/en/stroke-groups	701-234-6550 strokefargo@sanfordhealth.org

Telephone Assistance – Resource for reduced cost of phone or internet service if qualified.

Life Wireless lifewireless.com	888-543-3620
USAC Lifeline Support www.lifelinesupport.org	800-234-9473

Tobacco Cessation – Resources to assist in quitting tobacco products.

Essentia Health – Tobacco Cessation www.essentiahealth.org/services/tobacco-cessation	701-642-2000 844-403-7010
NDQuits www.hhs.nd.gov/health/ndquits	701-328-3398 800-280-5512
Quit Partner quitpartnermn.com	800-784-8669
Richland County Health Department – Free Nicotine Replacement Therapy richlandcountyhealth.org	701-642-7735

Transportation – These providers offer various options for transporting seniors or persons with physical limitations.

Anytime Transportation – Fargo For ambulatory, wheelchair and/or stretcher bound persons.	701-232-3322
Care a Van – Fargo	701-235-6699
First In Line Mobility Care – ND/MN For ambulatory, wheelchair and/or stretcher bound persons. filmcllc.com	218-790-9888
Medi-Van www.medi-van.org	218-847-1729 800-422-0976
Red River Secure Transport For mental/behavioral health & detox transportation. redriversecuretransport.com	701-360-5171
A Place to Call Home – Fargo aplacetocallhomecare.com	701-404-7588
The Otter Express – MN otterexpress.com	218-998-3002
Valley Senior Services – Wahpeton www.valleyseniorservices.org	701-642-3033

Richland County Veterans Service Office – Rides to Fargo VA	701-642-7807
Wilkin County Health & Human Services – Volunteer Driver Program	218-643-7161

Veterans Services – Resources providing information and services to veterans.

Disability HUB MN disabilityhubmn.org	866-333-2466
Fargo VA Medical Center www.va.gov/fargo-health-care	701-239-3700 833-983-0492
VA Homeless Programs www.va.gov/HOMELESS/index.asp	701-461-7330 877-424-3838
MN Senior Linkage Line mn.gov/senior-linkage-line	800-333-2433
MN Veterans Home – Fergus Falls mn.gov/mdva/homes/	218-736-0400 877-838-4633
ND Department of Veterans Affairs www.veterans.nd.gov	701-239-7165
ND Military Outreach www.veterans.nd.gov/military-outreach	701-333-3828
ND Veterans Home – Lisbon www.ndvh.nd.gov	701-683-6500
ND Vision Services www.ndvisionservices.com	701-795-2700 800-421-1181
Richland County Veterans Service Office – Wahpeton www.co.richland.nd.us/veterans	701-642-7807
Veterans Linkage Line – MN www.linkvet.org/s/	888-546-5838
Wilkin County Veterans Service Office – Breckenridge wilkincounty.gov/veteransserviceofficer	218-643-7134

Visually Impaired / Blind – Resources that assist persons with visual impairments.

Breckenridge Public Library larl.org/locations/breckenridge	218-643-2113
EyeCare America www.aao.org/eyecare-america	877-887-6327
Leach Library www.leachlibrarywahpeton.org	701-642-5732
MN Braille and Talking Books Library education.mn.gov/MDE/fam/mbtbl/	800-722-0550
MN State Services for the Blind mn.gov/deed/ssb/	651-539-2300
North Dakota Assistive (IPAT) ndassistive.org	800-895-4728
ND Talking Book Library www.library.nd.gov/TBprograminfo	701-328-2492 800-843-9948
ND Vision Services/School for the Blind www.ndvisionservices.com	701-795-2700 800-421-1181
Southeast Human Service Center – Vocational Rehab www.hhs.nd.gov/vr/vision-services	701-298-4459 888-342-4900

Volunteer Opportunities – Places to contact regarding volunteer opportunities for senior citizens.

ND AARP states.aarp.org/north-dakota/	866-554-5383
Global Refuge Fargo – Assist New Americans www.globalrefuge.org/get-involved/volunteer/	701-409-3750
Lutheran Social Services – Senior Companions www.lssmn.org/services/older-adults	888-205-3770 MN 701-389-2293 ND
Richland – Wilkin Food Pantry www.rwfoodpantry.org	701-642-1921
Tri-Valley Opportunity Council, Inc – Foster Grandparent www.tvoc.org/services/senior-programs	218-281-5832 800-584-7020
Senior Citizen Centers in Richland County – 5 Sites www.valleyseniorservices.org	701-640-3033
CHI St. Francis Health – Breckenridge	218-643-3000
Wilkin County Health & Human Services www.wilkincounty.gov	218-643-7161

Alcoholics Anonymous Meetings – AA is a fellowship of individuals that have had a drinking problem. There is no age or education requirements, open to anyone who wants to do something about his/her drinking problem.

Sunday	Our Evolution Group 7-8pm	Zion Chapel 1120 Evergreen Ct Wahpeton
Monday	Tri-State Group 6:30pm	United Methodist Church 101 S 2nd St Fairmount
Monday	Monday Night Group 7pm	Traverse County Sportsman Club 504 Broadway Wheaton
Monday	27-32 Lisbon Group 8pm	Trinity Lutheran Church 418 5th Ave W Lisbon
Tuesday	Milnor Big Book Group 7-8pm	United Methodist Church 720 Main St Milnor
Tuesday	North Side Group 8pm	New Life Christian Center 1021 Center St S Wahpeton
Wednesday	Abercrombie Group 7-8pm	Online: aanorthdakota.org/about-area-52-a-a/
Wednesday	Grapevine Group 7:30-8:30pm	United Church of Christ 1202 Westmore Ave Wahpeton
Thursday	Evergreen Group 8pm	Zion Chapel 1120 Evergreen Ct Wahpeton
Thursday	Just for Today 8pm	Gustaf Adolf Lutheran Church 207 1st St SE Gwinner
Friday	Friday Nooners Group 12 Noon	Zion Chapel 1120 Evergreen Ct Wahpeton
Friday	Friday Night 24hr Group 7pm	Zion Chapel 1120 Evergreen Ct Wahpeton
Friday	Parkside Sr. Center Meeting 7-8pm	Parkside Sr. Center 501 3 rd Ave W Lisbon
Saturday	Three Rivers Group 9am	New Life Christian Center 1021 Center St S Wahpeton
Saturday	Saturday Night Special 7-8pm	Zion Chapel 1120 Evergreen Ct Wahpeton

District Open Meeting – 3rd Saturday of the Month

5:30pm Potluck – 6:30pm Speaker(s)

District Business Meeting – 3rd Monday of the Month – 7-8pm

Zion Chapel – 1120 Evergreen Ct Wahpeton