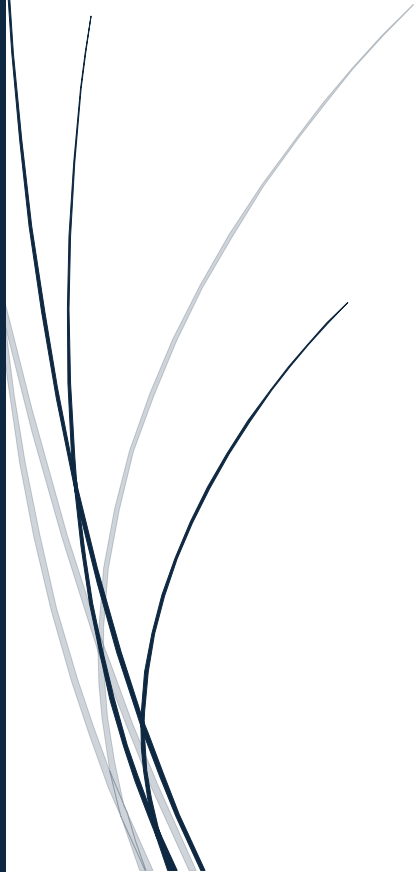


Trill & Steele Resource Guide



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Emergency Numbers

Emergency	Call 911
Poison Control	1-800-222-1222

Law Enforcement Non-Emergency

Law Enforcement (non-emergency)	701- 636-4560
Steele County Sheriff's Office 201 Washington Ave W (2nd Floor) Finley, ND https://steelecountynd.gov/sheriff	701- 524-2742
Traill County Sheriff's Office 118 W Caledonia Ave, Hillsboro, ND 58045 https://www.co.trail.nd.us/181/Sheriffs-Department	701-636-4510

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

Lutheran Social Services – Caregiver Support & Respite Care www.lssmn.org/services/older-adults	866-787-9802
Lutheran Social Services – Senior Companions www.lssmn.org/services/older-adults	888-205-3770 MN 701-389-2293 ND
A Place to Call Home – Fargo aplacetocallhomecare.com	701-404-7588
Right at Home – Fargo www.rightathome.net/fargo	701-997-0400
Senior Helpers www.seniorhelpers.com/nd/fargo/	701-864-3708

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.lrhmn.org	218-736-8000
Sanford Health Equip equip.sanfordhealth.org	701-293-8211

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

Alcoholics Anonymous – Fargo Area nnd5aa.org	701-232-7335
Drake Counseling Services www.drakecounselingservices.com	701-293-5429
First Step Recovery www.thevillagefamily.org/services/first-step-recovery	701-451-4900
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
Lost and Found Recovery Center www.lostandfoundrecoverycenter.org	218-287-2089
ND First Link myfirstlink.org	2-1-1 Information Hotline 9-8-8 Crisis Lifeline
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	
Sharehouse www.sharehouse.org	877-294-6561
Sisters Path 4219 9 th Ave SW Fargo ND 58103	701-941-3883
Southeast Human Services hhs.nd.gov/HSC/region-5	701-298-4500

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.

ND AA Meetings		https://aanorthdakota.org/meetings/
Sundays	7:00pm -8:00pm Chrissy Togerson 701-430-1461	Our Savior’s Lutheran Church 204 Caledonia Ave East Hillsboro, ND In the OSLC Dining Room
Thursdays	7:00pm 701-788-2145	Sanford Hospital 42 6th Ave SE Mayville, ND 58257 In the basement

Adult Foster Care

ND Aging & Disability Resource Link carechoice.nd.assistguide.net	855-462-5465
A Place to Call Home – Fargo aplacetocallhomecare.com	701-404-7588
Service Payments for the Elderly& Disabled (SPED) https://www.hhs.nd.gov/adults-and-aging/homecare	888-293-2298

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

All Embracing Home Care https://www.allembacinghomecare.com/	701-330-8373
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
ND ombudsman (state office)	701-328-4617
ND Senior Medicare Patrol https://ndcpd.org/smp/	833-818-0029
Valley Senior Services – Resource Services www.valleyseniorservices.org	701-636-5954

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 24/7 Helpline
Alzheimer’s Association-Fargo	701-277-9757
Alzheimer’s Association- Grand Forks Office	701-755-8544
Lutheran Social Services – Caregiver Support & Respite Care www.lssmn.org/services/older-adults/caregiver-support-respite	866-787-9802
Memory Café Calvary Lutheran Church -Grand Fork	701-772-4897
Memory Café of the Red River Valley www.memorycaferrv.org	701-404-6712
Senior Helpers www.seniorhelpers.com/nd/fargo/	701-864-3708

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
Fire Audiology & Hearing Center- Grand Forks https://hearingnd.com/	701-787-5862
North Dakota Assistive (IPAT) ndassistive.org	800-895-4728
ND School for the Deaf/Resource Center for Deaf & Hard of Hearing 1321 S 23 rd st, Ste A, Fargo, ND 58103 www.ndsd.nd.gov	701-665-4400 800-887-2980
North Dakota Relay relaynorthdakota.com	800-366-6888 TTY 800-366-6889 Voice
Service Payments for the Elderly & Disabled (SPED) https://www.hhs.nd.gov/adults-and-aging/homecare	888-293-2298

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

Donated Dental Services (Dental Lifeline Network) dentallifeline.org/our-state-programs/	701-729-2731
Family Healthcare – Moorhead Dental famhealthcare.org	701-271-3344
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

All Embracing Home Care https://www.allembicinghomecare.com/	701-330-8373
Community Options www.communityoptionsnd.com	701-223-2417 800-823-2417
First Link https://myfirstlink.org/	701-235-7335
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

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

Agassiz Valley Human Resource Zone https://traillcountynd.gov/180/Human-Service-Zone	701-636-5220
MN Adult Abuse Reporting Center (MAAARC) mn.gov/dhs/people-we-serve/adults/services/adult-protection	844-880-1574
ND Adult and Aging Services – Vulnerable Adult www.hhs.nd.gov/adults-and-aging/reporting	701-328-4649 855-462-5465

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

Agassiz Valley Human Resource Zone https://traillcountynd.gov/180/Human-Service-Zone	701-636-5220
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
ND State Tax Commissioner’s Office- Homestead Tax Credit & Renters Refund https://www.tax.nd.gov/	877-328-7088

Social Security Administration www.ssa.gov	800-772-1213 800-325-0778 TTY 877-335-4114 Fargo
Valley Senior Services –Hillsboro www.valleyseniorservices.org	701-636-5954 701-636-5953

Food Pantry

Hatton Helping Hand 1009 Dakota Ave, Hatton ND (Goose River Bank front door) 2 nd and 4 th Wednesdays of the month 4:00pm-6:00pm	701-371-1036 701-430-9869
Hillsboro Kiwanis Food Pantry Hillsboro Armory 408 1 st St. SE Hillsboro, ND 1 st and 3 rd Mondays of the Month	701-436-5777
Hillsboro Sanford Food Pantry	701-636-3235
May-Port Food Pantry 713 Helen Ave, Portland 3 rd Thursdays 9:00am-10am (for Seniors) 3:00-5:00pm (Public)	218-230-3862
Steele County Finley 201 Washington Ave. W. Finley, ND (Court House)	708-789-1517 701-388-9622

Food Support / Meals on Wheels

Agassiz Valley Human Resource Zone https://traillcountynd.gov/180/Human-Service-Zone	701-636-5220
Mom’s Meals www.momsmeals.com	877-508-6667
Senior Commodities – Southeastern ND Community Action Agency www.sendcaa.org	701-232-2452 800-726-7960
Valley Senior Services – Buxton – M, T, W - 11:30am 315 Broadway Buxton www.valleyseniorservices.org	701-636-5954

Valley Senior Services –Finley – M,W, F - 12:00pm 301 Central Ave. Finley www.valleyseniorservices.org	701-524-1818
Valley Senior Services –Hillsboro – M, T, W, Th, F - 12:00pm 205 N Main St. Hillsboro www.valleyseniorservices.org	701-636-5954 701-636-5953
Valley Senior Services –Mayville – M, W, F - 11:30am 39 1 st Ave NE Mayville www.valleyseniorservices.org	701-788-3453
Valley Senior Services –Portland –T, Th - 11:30am 710 Parke Avenue Portland www.valleyseniorservices.org	701-788-3410

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

Foot Solutions footsolutions.com	
Just for you foot care justforyoufootcare@outlook.com	218-242-1379
Sanford Health Equip equip.sanfordhealth.org	701-293-8211

Funeral Homes

Baker Funeral Home- Mayville https://www.bakerfuneral.com/	701-788-3391
Bilden Askew Funeral Home- Northwood https://www.bildenfuneralhome.com/	701-587-6191
Boulger Funeral Home & Cremation Services- Hillsboro https://boulgerfuneralhome.com/our-locations/hillsboro/	701-436-4411
Quam-Plaisted-Cushman Funeral Home- Finley https://www.quamplaistedcushman.com/	701-797-2244

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
Steele County Public Health https://steelecountynd.gov/health	701-524-2060
Traill District Health Unit https://traillcountynd.gov/169/District-Health	701-636-4434
Valley Senior Services – Traill/Steele www.valleyseniorservices.org	701-636-5954 701-636-5953

Grief Support / Comfort Care Services

HIA Hospice – Widows & Widowers www.hiahealth.org	701-356-1500 218-531-1150
Hospice Support for Veterans – www.wehonorveterans.org	
Red River Hospice – Widows & Widowers www.hrrv.org	701-356-1500
VA Caregiver Support Program www.caregiver.va.gov	855-260-3274

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
GNH Records Management, Inc gnhrecords.com	701-640-5529

Guardian Angels www.guardianangelsnd.com	701-952-6750
Lighthouse Associates Inc www.lighthouseassoc.org	701-330-0116
Representative Payee Services www.reppayeeservices.org	701-356-0182

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
Dancing Sky Area of Agency on Aging www.dancingskyaaa.org	218-745-6733 800-333-2433
MN Armed Forces Service Center www.mnafsc.org	612-726-9155
MN Senior Linkage Line mn.gov/senior-linkage-line	800-333-2433
North Dakota Assistive (IPAT) ndassistive.org	800-895-4728
ND ADRL – Aging & Disability Resource Link carechoice.nd.assistguide.net	855-462-5465
ND Service Member & Family Support Center (SMFSC) www.ndguard.nd.gov	701-451-6018 800-460-1407
Valley Senior Services – Traill/Steele www.valleyseniorservices.org	701-636-5954 701-636-5953

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

Benedictine Living Community www.benedictineliving.org	701-671-4477
Home Instead www.homeinstead.com	701-478-1010 701-829-2328
Regency Home Health Care	701-232-1245
Right at Home – Fargo www.rightathome.net/fargo	701-997-0400
Sanford Health Mayville	701-788-4400
Senior Helpers www.seniorhelpers.com/nd/fargo/	701-864-3708
Steele County Public Health https://steelecountynd.gov/health	701-524-2060
Traill County District Public Health https://traillcountynd.gov/169/District-Health	701-636-4434
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

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

Ethos Hospice https://www.ethoscare.org/hospice-care/	701-365-3803
HIA Hospice – Fargo www.hiahealth.org	701-356-1500 800-237-4629
Sanford Hospice- Traill https://www.sanfordhealth.org/locations/sanford-fargo-hospice	701-234-7550
Website Search for Hospice Agencies https://www.medicare.gov/carecompare/?providerType=Hospice	

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

Lakes & Prairies Community Action Partnership (CAPLP) caplp.org	218-512-1500
ND First Link www.myfirstlink.org	2-1-1 701-235-7335
Southeastern ND Community Action Agency – Emergency Asst. with Rent & Utilities www.sendcaa.org	701-232-2452 800-726-7960

Housing – Financial Assistance

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
US Dept. of Housing & Urban Development (HUD) www.hud.gov/contactus/local	701-239-5136 ND 612-370-3000 MN

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

Comstock Corner- Hillsboro https://www.sanfordhealth.org/locations/sanford-health-comstock-corner	701-636-3200
Kelleher Manor- Hillsboro	701-636-4353
Kiwanis -Hillsboro Development Association	701-636-5945
Website for Traill Rental Housing https://www.co.traill.nd.us/296/Rental-Housing	

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.

Good Samaritan Society- Larimore https://www.good-sam.com/	701-807-5603
Hatton Prairie Village Apartments https://hattonprairievillage.com/apartment-living/	701-543-3102
Northwood Deaconess Health Center https://www.ndhc.net/assisted-living	701-587-6060
Sanford Comstock Corner – Hillsboro https://www.sanfordhealth.org/locations/sanford-health-comstock-corner	701-636-3200
Sun Center Assisted Living – Mayville https://luthermemorialhome.com/sun-center	701-786-3401

Housing – Subsidized – Affordable

Buxton Community Apartments https://www.thegfha.org/buxton.html	701-746-2545
Kiwanis -Hillsboro Development Association	701-636-5945
Steele County Housing Authority https://northcentralha.com/	701-662-3732

Traill County Housing Authority https://casscountyhousing.org/traill/	701-436-5785
Website for Traill Rental Housing https://www.co.traill.nd.us/296/Rental-Housing	

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.

Sanford Bridging https://www.sanfordhealth.org/resources/bridging-health-and-home	701-788-4411
Sanford Bridging- Hillsboro 315 E. Caledonia Ave, Hillsboro	701-636-3341
Sanford Bridging- Mayville https://www.sanfordhealth.org/resources/bridging-health-and-home	701-788-4400
Steele County Public Health https://steelecountynd.gov/health	701-524-2060
Traill County District Public Health https://traillcountynd.gov/169/District-Health	701-636-4434

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
Cornerstone Caregiving https://cornerstonecaregiving.com/	701-515-9522 Fargo 701-203-9326 Grand Forks
Home Instead – Fargo/Detroit Lakes/Moorhead www.homeinstead.com/home-care/usa/nd/fargo/519	701-478-1010 701-829-2327
In Home Care Specialist (Homemaker) https://www.hhs.nd.gov/service-locations/human-service-zones/agassizvalley	701-636-5220

ND ADRL – Aging & Disability Resource Link carechoice.nd.assistguide.net	855-462-5465
Lutheran Social Services – Caregiver Support & Respite Care www.lssmn.org/services/older-adults	866-787-9802
Lutheran Social Services – Senior Companions www.lssmn.org/services/older-adults	888-205-3770 MN 701-389-2293 ND
A Place to Call Home – Fargo aplacetocallhomecare.com	701-404-7588
Right at Home – Fargo www.rightathome.net/fargo	701-997-0400
Senior Helpers www.seniorhelpers.com/nd/fargo/	701-864-3708

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

Advanced care Planning of ND https://acpnd.org/	
Dancing Sky Area of Agency on Aging www.dancingskyaaa.org	218-745-6733 800-333-2433
Freedom Resource Center for Independent Living www.freedomrc.org	701-672-1648 800-450-0459
Legal Services of Northwest Minnesota – 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
MN Senior Linkage Line mn.gov/senior-linkage-line	800-333-2433
North Dakota Legal Self-Help Center www.ndcourts.gov/legal-self-help	701-328-1852

Nancy Joyner Consulting- Grand Forks https://www.nancyjoyner.com/	218-779-5037
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
ND Assistive https://ndassistive.org/	800-895-4728
NoDak Medical Alert https://nodakmedicalalert.com/	701-712-8410

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

Benedictine Living Community-Ada, Crookston www.benedictineliving.org	218-670-3424
Hatton Prairie Village https://hattonprairievillage.com/	701-543-3102
Luther Memorial Home- Mayville https://luthermemorialhome.com/	701-786-3401
Northwood Deaconess Health Center https://www.ndhc.net/senior-living	701-587-6060
Sanford Hillsboro Care Center https://www.sanfordhealth.org/locations/sanford-hillsboro-care-center	701-636-3235

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
HERO Fargo herofargo.org	701-212-1921
Lincare – Fargo www.lincare.com	701-235-0175
Lincare – Grand Forks www.lincare.com	701-775-3965
NDAD (ND Association for the Disabled) - HELP ndad.org	701-281-8215
North Dakota Assistive (IPAT) ndassistive.org	800-895-4728
Sanford Health Equip equip.sanfordhealth.org	701-293-8211

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
Corner Home Medical https://cornermedical.com/	701-346-6240 Fargo 701-780-2500 Grand Forks
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 Fargo
NDAD (ND Association for the Disabled) - HELP ndad.org	701-775-5577 Grand Forks

North Dakota Assistive (IPAT) ndassistive.org	800-895-4728
Sanford Equip https://equip.sanfordhealth.org/	701-293-8211 Fargo 218-773-5840 Grand Forks
Veterans Homes – Fergus Falls mn.gov/mdva/homes	218-736-0400 877-838-4633

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

Birchwood Therapeutic Services – West Fargo or South Fargo www.birchwoodcounseling.com	701-532-1353
Birchwood Therapeutic Services – Grand forks www.birchwoodcounseling.com	701-792-7001
Credible Mind-Traill County https://www.co.traill.nd.us/178/Services	404-721-5964
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
ND First Link https://myfirstlink.org	211 701-235-7335
Southeast Human Service Center – Fargo www.hhs.nd.gov/HSC/region-5	701-298-4500 888-342-4900
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	701-328-8920 988 Suicide & Crisis Lifeline
988 Lifeline 988lifeline.org	988

Native American – Information available for Native Americans.

Native American Training Institute nativeinstitute.org	701-255-6374
National Indian Council on Aging, Inc www.nicoa.org	701-314-5100
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

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

Pharmacy

Assen Drug- Mayville 15 Main St. E Mayville, ND	701-788-2552
Hillsboro Drug 13 N. Main St. Hillsboro, ND	701-636-5231

Prescription Drug Assistance

Medicare www.medicare.gov	800-633-4227
Low-income Subsidy (Social Security)	800-772-1213
North Dakota Navigator Project https://ndcpd.org/NDnavigator/	800-233-1737
NDAD (ND Association for the Disabled) ndad.org	701-281-8215
Prescription Assistance Program www.prescriptionassist.org	800-472-0031 701-364-0398
Prescription Connection – ND www.insurance.nd.gov/consumers/prescription-connection	888-575-6611

Public Health – County health services any individual can access.

Steele County Public Health https://steelecountynd.gov/health	701-524-2060
Traill County District Public Health https://traillcountynd.gov/169/District-Health	701-636-4434

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
Northwood Deaconess Health Center https://www.ndhc.net/assisted-living	701-587-6060
Good Samaritan Society- Larimore https://www.good-sam.com/	701-807-5603
Home Instead – Fargo/Detroit Lakes/Moorhead www.homeinstead.com/home-care/usa/nd/fargo/519	701-478-1010 701-829-2327
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

Maple View Memory Care https://mapleviewmemorycare.com/	701-478-8655 Fargo 701-772-3400 Grand Forks
ND ADRL – Aging & Disability Resource Link carechoice.nd.assistguide.net	855-462-5465
A Place to Call Home – Fargo aplacetocallhomecare.com	701-404-7588
Right at Home – Fargo www.rightathome.net/fargo	701-997-0400
Senior Helpers www.seniorhelpers.com/nd/fargo/	701-864-3708

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

Buxton Senior Center 315 Broadway, Buxton, ND 58218	701-847-2069
Hillsboro Senior Center 205 N Main St, Hillsboro, ND 58045	701-636-5953 701-636-5954
Mayville Senior Center 39 1st Ave NE, Mayville, ND 58257	701-788-3453
Portland Senior Center 710 Parke Ave, Portland, ND 58274	701-788-3410
Finley Senior Center 301 Central Ave, Finley, ND 58230	701-524-1818
Valley Senior Services for Traill County- Website https://www.valleyseniorservices.org/locations/traill-county-nd/	701-636-5953 701-636-5954
Valley Senior Services for Steele County- Website https://www.valleyseniorservices.org/locations/steele-county-nd/	701-636-5953 701-636-5954

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

All Embracing Home Care https://www.allembracinghomecare.com/	701-330-8373
ND Job Service- Grand Forks https://www.jobsnd.com/job-seeker/workforce-centers/grand-forks	701-795-3700
Home Instead – Fargo/Detroit Lakes/Moorhead www.homeinstead.com/home-care/usa/nd/fargo/519	701-478-1010 701-829-2327
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
ND Senior Career Development https://www.ndseniorcareerdevelopment.org/	701-483-5335
Senior Community Service Employment Program – ND www.hhs.nd.gov/vr/scsep	855-462-5465
Senior Companion Program-LLS of MN Lssmn.org/volunteer/seniorcompanion	701-389-2293
Tri-Valley Opportunity Council https://www.tvoc.org/	218-281-5832
Vocational Rehabilitation https://www.hhs.nd.gov/vr	701-795-3100 Grand Forks 701-289-4459 Fargo

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

ND Be Legendary Council of the Arts https://www.arts.nd.gov/art-life-program	701-328-7590
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Support Groups – Organizations that provide counseling or support on various issues.

Alzheimer’s Association MN ND Chapter www.alz.org/mnnd	800-272-3900 701-277-9757 Fargo
Better Breathers Club – Virtual www.lung.org/help-support	Belinda Cline bcline8861@comcast.net
Family Caregiver Support Program www.hhs.nd.gov/adults-and-aging	855-462-5465
HIA Health – Fargo www.hiahealth.org	701-356-1500 800-237-4629
Hospice Support for Widows & Widowers www.hiahealth.org	701-356-1500 218-531-1150
Lutheran Social Services – Caregiver Support & Respite Care www.lssmn.org/services/older-adults	866-787-9802
ND Brain Injury Network www.ndbin.org/services/support	See website for area groups & contact numbers
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	844-403-7010
NDQuits www.hhs.nd.gov/health/ndquits	701-328-3398 800-280-5512
Quit Partner quitpartnermn.com	800-784-8669
Tobacco Free North Dakota https://tfnd.org/	

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
Non-Emergent Medical Transportation- West Fargo For ambulatory and wheel chair bond persons.	904-349-9957
A Place to Call Home – Fargo aplacetocallhomecare.com	701-404-7588
Red River Secure Transport For mental/behavioral health & detox transportation. redriversecuretransport.com	701-360-5171
Valley Senior Services – Traill/Steele www.valleyseniorservices.org	701-636-5953

Veterans Services – Resources providing information and services to veterans.

Fargo VA Medical Center www.va.gov/fargo-health-care	701-239-3700 833-983-0492
Medical Foster Home Program- VA https://www.va.gov/fargo-health-care/programs/medical-foster-homes-at-fargo-va-health-care-system/	701-239-3700 Ext.3940
ND Department of Veterans Affairs www.veterans.nd.gov	701-239-7165
ND Military Outreach www.veterans.nd.gov/military-outreach	701-333-3828
VA Homeless Programs www.va.gov/HOMELESS/index.asp	701-461-7330 877-424-3838
Veterans Service Office- Hillsboro https://nd-traillcounty.civicplus.com/256/Veterans-Service-Office	701-636-4414

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

EyeCare America www.aao.org/eyecare-america	877-887-6327
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
Service Payments for the Elderly& Disabled (SPED) https://www.hhs.nd.gov/adults-and-aging/homecare	888-293-2298
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.

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	701-389-2293 ND
ND AARP states.aarp.org/north-dakota/	866-554-5383
Tri-Valley Opportunity Council, Inc – Foster Grandparent www.tvoc.org/services/senior-programs	218-281-5832 800-584-7020