



The 55+ Coalition presents this resource guide for those 55 and over or those interested in 55 and over topics. The guide includes a listing of programs, organizations and agencies with-in our counties, as well as some information on programs, organizations and agencies just out-side our area.

Every effort has been made to provide current timely information. Services provided, programs, organizations and agencies listed do at times change information. The 55+ Coalition does not endorse or promote any of the organizations listed in this directory. We only wish to provide you the information so you are able to gather information to make informed decisions. The 55+ Coalition is an organization of individuals who are interested in promoting the well being of elderly persons with-in our community.

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

55+ Coalition published this Resource Guide solely in electronic format, so we can efficiently update, expand, and improve it as appropriate.

Thank You.

Richland County Health Department

Attn: 55+ Coalition

413 3rd Ave. North

Wahpeton, ND 58075

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Emergency Numbers

Emergency, call 911

Poison Control, 1-800-222-1222

Law Enforcement (non-emergency)

Richland County Sheriff's Department www.co.richland.nd.us	701-642-7711
Wilkin County Sheriff's Department www.co.wilkin.mn.us	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 www.minnesotahelp.info	218-354-7090
Home Instead – Fargo www.homeinsteadseniorcare.com/519	701-478-1010
Home Instead – Fergus Falls www.homeinsteadseniorcare.com/693	218-998-2248 866-521-8093
Partners – Rothsay, MN	218-867-1234
Lutheran Social Services Senior Companions www.lssnd.org/seniorcompanions	800-450-1510
Senior Companion program – Wilkin County Public Health	218-643-7122
Spectrum Home Care www.spectrum-homecare.com	701-293-8172

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

Buck & Buck www.buck&buck.com	800-458-0600
Clothing Solutions www.aswechange.com	
Great Plains Health Company – Fargo www.st.alexius.org/uploads/resources/168/gphc_brochures.pdf	701-232-3000
Lake Region www.lrhbm.org	218-332-5920
Sanford Healthcare Accessories – Fargo www.healthcareaccessories.com/index.htm	701-293-8211
Spec-L. Inc. – Special Clothing Solutions www.clothingsolutions.com	800-445-5920

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

Al-Anon – Evergreen Methodist Church, 8:00pm Tuesdays	701-640-6055
Alcohol/Chemical Dependency/Substance Abuse:	701-235-SEEK (phone answered 24 hours)
Alcoholics Anonymous - numerous meeting locations & times *see listing on the back of this guide	701-640-6456
Alcoholics Anonymous Club House	701-232-9930
Alcohol/Narcotics Anonymous & Al Anon Meetings Alano Club, 215 E. Junius, Fergus Falls, MN	218-739-9887
Clay County Chemical Dependency Service www.co.clay.mn.us/Depts/SocServ/CHSAA.htm	218-299-5200
Drake Counseling Services www.drakecounselingservices.com	701-293-5429
First Step Recovery www.firststep-recovery.com	
Gamblers Anonymous www.gamblersanonymous.org	218-770-6251
Gamblers Choice	701-235-
Gambling – Lutheran Social Services Gamblers Choice www.lssnd.org	701-235-7341
Hoarding – Knowlton O’Neill & Associates (Dr. Holly Hegstad) www.koamentalhealth.com	701-364-0060
Lost and Found Ministry www.lostandfoundministry.org	218-287-2089
Narcotics Anonymous	Contact – Mark 218-643-5427 Contact – John 218-643-4678
Overeaters Anonymous, First Lutheran Church, 402 S. Court St., Fergus Falls, MN Contact Jen	218-770-1035
Prairie St. John’s www.prairie-stjohns.com	701-476-7216 (phone answered 24 hours)
Red River Recovery Center – Dilworth & Fargo www.redriverrecovery.net	218-284-7772
Sharehouse Wellness Center www.sharehouse.org	218-233-6398
St. Francis Medical Center – Hope Unit www.sfcare.org/PsychiatricServices	218-643-3000

Southeast Human Services	701-298-4500
Sisters Path (long term homeless shelter for single parent) 4219 9 th Ave. SW, Fargo, ND 58103	701-478-6562

Adult Foster Care – Contact social services at either Richland County or Wilkin County.

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 for Independent Living www.freedomrc.org	701-672-1648 800-450-0459
ND Aging & Disability Resource Link www.carechoice@nd.gov	855-462-5465
Richland County Health Department – Community Resource Coordinator www.co.richlandcountyhealth.org	701-642-7735
Senior LinkAge Line – Minnesota www.minnesotahelp.info	800-333-2433
Southeast Senior Services - Options Counseling www.valleyseniorservices.org	701-642-3033
West Central Community Action – Elbow Lake, MN	800-492-4805
Wilkin County Public Health – Aging Resource Coordinator www.co.wilkin.mn.us	218-643-7122

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

Alzheimer’s association MN ND chapter www.alz.org/mnnd	701-277-9757 Fargo 218-998-3603 Fergus Falls 800-272-3900 help 24/7
Alzheimer’s Family Support Group meets monthly 2 nd Tuesday at Bethel Lutheran Church, Wahpeton	701-899-3558 Barb 701-642-6667 Pat

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

Better Business Bureau www.bbb.org	701-271-2855
Better Business Bureau of MN & ND ask@thefirstbbb.org	651-699-1111 MN 800-646-6222 701-738-0046 ND
BCI Tip Line	800-472-2185 only in ND
Concealed Weapons	855-562-4946 only in ND
Consumer Affairs Office – MN www.ag.mn.gov	612-296-2331 800-657-3787
Consumer Affairs Office – ND www.ag.nd.gov	701-224-2411 800-472-2600 only in ND

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

Beltone Hearing Aid Service	701-642-9309
DHHS Northwest Region - Family Service Center 715 11 th St. North, Suite 200, Moorhead, MN Dhhs.moorhead@state.mn.us	800-456-7589
Deaf and Hard of Hearing Services	218-739-7589
Contact Marcia	800-456-7589
IPAT (Interagency Program for Assistive Technology) www.ipat.org	701-239-7228 800-895-4728
MN Star Program www.nddisability.gov www.mn.gov/star	888-234-1267
MN Dept. of Health & Human Services	888-206-6513
ND School for the Deaf www.nd.gov/ndsd nd.sd@sendit.nodak.edu	
Relay – MN	800-627-3529 voice or TDD
Relay – ND	800-366-6888 voice 800-366-6889 TDD
Sheyenne Hearing Services www.sheyennehearing.com 205 Sheyenne St., West Fargo, ND 58078	701-281-8137
TED (telephone equipment distribution program) www.dhs.mn.us	800-657-3663 voice 800-657-3663 TTY

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

Apple Tree Dental – Fergus Falls, MN www.appletreedental.org	877-998-2218
Apple Tree Dental – Hawley, MN www.appletreedental.org	888-683-1038
Family Healthcare Center – Fargo www.famhealthcarefargo.com	701-271-3332
Family Healthcare Center – Pharmacy 301 NP Ave. North, Fargo, ND 58102	701-271-1495
Family Healthcare Center – Dental Clinic 715 11 th St. North, Suite 106B, Moorhead, MN	701-271-3344
NDSCS Dental Auxiliary Dept. – Wahpeton, ND www.ndscs.edu/dental (x-rays & cleanings only)	701-671-2333
Red River Smile Emergency Dental Care www.rrdentalaccess.com \$20.00/visit on a 1 st come - 1 st serve basis. They limit number of patients & slots fill quickly. Sign-up sheet out at 4:00 pm. You must be there at sign-up times.	Tuesdays 5:30-7:45 3 rd Thursday of month 5:30-7:45
SOS Dental Clinic – MN State operated – Fergus Falls	218-739-7254

Disabled Adults Assistance

Freedom Resource Center for Independent Living www.freedomrc.org	701-672-1648 800-450-0459
ND Association for Disabled www.ndad.org	701-281-8215 888-999-6323
Protection & Advocacy www.ndpanda.org	800-472-2670 701-239-2222

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

Abuse/Violence Survivors Support Group Contact	218-643-31009
Someplace Safe www.someplacesafe.info	
Sexual Assault Support, Someplace Safe, Fergus Falls, Contact Sexual Assault Advocate	218-739-2853 800-974-3359
Three Rivers Crisis Center – Wahpeton, ND	701-642-2115
Vulnerable Adult Protective Service ND Aging & Disability www.carechoice.nd.gov	800-451-8693

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

Freedom Resource Center for Independent Living www.freedomrc.org	701-672-1648 800-450-0459
Internal Revenue Service www.irs.gov	701-232-4710
Lakes & Prairies Community Action Partnership <small>Breckenridge, MN</small> www.lakesandprairies.net	218-643-2888
ND First Link www.myfirstlink.org	800-532-6323
Richland County Social Services www.nd.gov	701-642-7751
Social Security Administration www.ssa.gov	877-335-4114 Fargo 877-402-0827 Fergus Falls
Southeast Senior Services www.valleyseniorservices.org	701-642-3033
Wilkin County Social Services www.mn.gov	218-643-7161

Food Pantry – Ruby’s Pantry

Richland-Wilkin Food Pantry 699 8 th Ave. South, Wahpeton Open Monday 4-6pm, Tuesday-Friday 1-3pm, Thursday 6:30-7:30 www.ndfoodpantries.org/wahpetonfoodpantry	701-642-1921
Ruby’s Pantry – 4 th Monday of every month www.inspirationchurch.org \$20/share - bring boxes	218-643-8610

Food Support / Meals on Wheels

Meals on Wheels – Breckenridge, MN	218-643-5730
Ruby’s Pantry – 4 th Monday of every month www.inspirationchurch.org \$20/share – bring boxes	218-643-8610
Social Services - Richland County – Wahpeton	701-642-7751
Social Services - Wilkin County – Breckenridge	218-643-7122
Senior Commodities – South East North Dakota Community Action Agency www.sendcaa.org	701-232-2452
Southeast Senior Services www.valleyseniorservices.org	701-642-3033
Wahpeton – Monday – Friday	701-642-5746
Abercrombie – Monday, Tuesday, Wednesday	701-553-8759
Fairmount – Monday, Wednesday, Friday	701-474-5723
Hankinson – Tuesday, Wednesday, Friday	701-242-7742
Lidgerwood – Tuesday, Wednesday, Friday	701-538-4602
Wyndmere – Monday, Wednesday, Thursday	701-439-2907
Senior Commodities – Wilkin County	218-643-7122

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

Foot Solutions	701-356-8637
www.footsolutions.com	

Sanford Healthcare Associates	701-293-8211
www.sanfordhealth.org 3223 32 nd Ave. SW, Fargo	

Funeral Homes

Frank Family Funeral Home, Hankinson & Lidgerwood, ND	701-242-7700 701-538-4500
www.frankfamilyfuneralhome.com	

Grina Funeral Home, Rothsay, MN	218-867-2260
www.olsonfuneralhome.com	

Joseph Vertin & Sons Funeral Home, Breckenridge, MN	218-643-5593
www.josephvertinandsons.com	

Vertin Munson Funeral Home/Willow Creek Chapel, Wahpeton, ND	701-642-4000
www.vertinmunson.com	

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
Social Services – Richland County – Wahpeton	701-642-7751
Social Services – Wilkin County – Breckenridge	218-643-7122
Southeast Senior Services www.valleyseniorservices.org	701-642-3033

Grief Support / Comfort Care Services –

Beginning Experience support in Fergus Falls area (for widowed, divorced, or separated people) www.beginningexperienceeasternnorthdakota.org	218-736-5192
Caregivers of Veterans Hotline (toll free) www.caregiver.va.gov	855-260-3274
Hospice Support for Veterans www.wehonorveterans.org	701-239-3700 Extension 9-2726
Hospice Support for Widows and Widowers (Red River Hospice) www.hrrv.org	701-356-1500
St. Francis Riveredge Hospice www.chi.healthconnectathome.com	218-643-2275
Survivors of Suicide Loss Support Group, 4 th Thursday 6-8pm, Otter Tail Power Community Room, 216 S. Cascade, Fergus Falls	Maria 218-867-2125 Paula 701-640-6990
Vertin Munson Funeral Home www.vertinmunson.com	701-642-7000
Joseph Vertin & Sons Funeral Home www.josephvertinandsons.com	218-643-5593

Guardians and Representative Payees

DKK – Guardian and Conservatorship Services	701-763-6103
Guardian & Protective Services www.gapsinc.org	701-222-8678 888-570-4277
Guardian Fiduciary & Advocacy Services www.gfaservices.org	701-297-8988
Lighthouse lighthouse@yahoo.com www.lighthouseassoc.org	701-330-0116
Dakota Foundation	701-364-0743
GNH Records Management I	701-640-5529

HELP / Information Lines – No cost resource for general information. Additional toll free numbers for various national health agencies are available through First Link/Hotline.

AARP of North Dakota www.aarp.org	866-554-5383
Alzheimer’s Association (MN/ND Chapter) www.alz.org/mnnd	701-277-9757 800-272-3900 help 24/7
Assistive Technology Info-Line (ND) www.ndipat.org	800-895-4728
Breckenridge Public Library – Breckenridge www.larl.org	218-643-2113
Land of the Dancing Sky Area Agency on Aging www.dancingskyaaa.org	218-739-4617
Leach Public Library – Wahpeton www.leachlibrarywahpeton.org	701-642-5732
Lutheran Social Services – Services for Elder Refugees www.lssnd.org/community-outreach	701-271-1639
Minnesota Military Service Center www.mnafsc.org	612-726-9155
North Dakota Military Service Center	701-451-6018
Minnesota Senior LinkAge Line www.mnaging.org	800-333-2433
North Dakota Aging & Disability Resource – LINK www.carechoice.nd.assistguide.net	855-462-5465
Southeast Senior Services 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, MN (serves Wilkin County) not Richland County www.homehealthcareagencies.com	218-736-0246 877-736-0246
CK Home Health Care, Fergus Falls, MN (serves Wilkin County) not Richland County www.ckhomehealthcare.com	218-998-3778 218-731-7361
Harmony Home Health Care (serves Wilkin County) not Richland County www.harmonyhomehealthmn.com	218-998-3750 218-205-0575
Home Instead Senior Care www.hominstead.com	218-998-2248 866-521-8093
New Dimensions Home Health Care (serves Wilkin County) not Richland County www.newdimensionsshc.com	218-739-5856
Regency Home Healthcare www.regencyhhc.com	701-232-0813
Richland County Home Health www.richlandcountyhealth.org	701-642-7735
Sanford Home Health Care www.sanfordhealth.org	218-863-2273
St. Catherine's Home Health www.blcwahpeton.org	701-642-6667
St. Francis Home Health www.chi.healthconnectathome.com	218-643-2275
Wilkin County Public Health www.co.wilkin.mn.us	218-643-7122

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
HUD – Housing and Urban Development	
Lakes and Prairies Community Action Partnership www.lakesandprairies.net	218-299-7000 Moorhead, MN 218-643-2888 Breckenridge, MN
MN Housing Finance www.mnhousing.gov	800-657-3769
ND Housing Finance www.ndfha.org	701-239-7255
Rehab Accessibility Program (RAP)	701-328-8080 800-292-8621 toll free
Southeast Community Action	701-232-2452

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

Lakeland Hospice www.lbhomes.org	218-998-1400 or 855-532-9300
Hospice of the Red River Valley www.hrrv.org	218-847-9493 or 800-237-4629
St. Francis Riveredge Hospice www.chihealthconnectathome.com	218-643-2275

Housing – Emergency Assistance – Housing options for homeless persons or individuals needing assistance due to domestic violence.

Lakes & Prairies Community Action Partnership <small>Breckenridge, MN</small>	218-643-2888
www.lakesandprairies.net	
Wilkin County Family Services	218-643-7161
www.co.wilkin.mn.us	

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

AppleTree Court – Breckenridge, MN	218-643-0407
www.sfcare.org	218-643-1700
Breckenridge Housing & Redevelopment Authority	218-643-6147
Dakota Estates	701-538-4566
4 th Ave. Manor	701-642-3100
St. Gerard’s – Hankinson, ND	701-242-7891
www.stgerards.org	
Willows	701-261-7722
Maplewood	701-261-7722
York Manor	218-643-6925
Park Manor	218-643-6147

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.

Dakota Estates	701-538-4566
Leach Home www.theleachhome.com	701-642-2483
St. Gerard’s – Hankinson, ND www.stgerards.org	701-242-7891
Twin Town Villa – Breckenridge, MN	218-643-9544
Benedictine Living Community – Wahpeton Siena Court www.blcwahpeton.org	701-642-6667
Apple Tree Court	218-643-0407 218-643-1700
York Manor	218-643-6925
Park Manor	218-643-6147

Housing – Subsidized – affordable.

Northland Apartments – Wahpeton www.housingapartments.org	701-672-7065
Century Apartments – Wahpeton	701-365-7000
Community Homes – Wahpeton	701-365-5000 701-642-2945 local
Prairie Home Management - Wahpeton www.prairiehomesmanagement.com	701-356-9501
Rainbow Court – Wahpeton	701-642-4103
Evergreen Manor – Wahpeton	

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.

Experience Health ND (non-Medicare, Medicaid eligible) www.experiencehealthnd.com	701-212-2555
Richland County Home Health – Wahpeton, ND www.richlandcountyhealth.org	701-642-7735
Benedictine Living Community – Wahpeton www.blcwahpeton.org	701-642-6667
St. Francis Home Health – Breckenridge, MN	218-643-2275

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

Home Instead www.homeinstead.com	701-478-1010
Richland County Social Services	701-642-7751
Senior Companion www.lssnd.org/seniorcompanions	800-450-1510

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

Freedom Resources www.freedomrc.org	701-672-1648
Land of the Dancing Sky Area Agency on Aging – Fergus Falls, MN www.dancingskyaaa.org	218-739-4617 800-333-2433
Legal Services of North West Minnesota www.lsnm.law.org	800-450-8585
Legal Services of North Dakota www.legalassist.org (may apply online)	800-634-5263
Lutheran Social Services of Minnesota www.lssmn.org/oa/guardianship	800-582-5260
Migrant Legal Services www.legalassist.org	701-232-8872
North Dakota Legal Self Help Center www.ndselfhelp@ndcourts.gov	701-328-1852
Senior Legal Hotline (Legal Assistance in ND) www.minnesotahelp.info	866-621-9886
Senior LinkAge Line (Minnesota) www.cmcoa.org	800-333-2433
State Bar Association of ND Lawyer referral & information www.sband.org 9-12 & 1-4 Monday - Friday	866-450-9579

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

Richland County Social Services www.nd.gov	701-642-7751
Sanford www.sanfordhealth.org	701-234-4900
Phillips Lifeline	866-211-6693
Great Plains Security Systems - Bismarck www.gpssnd.com	701-222-8817
Safe Phones	877-839-2021
Life Alert Security System www.lifealert.com	218-722-1234
Pioneer Link – Fergus Falls, MN	877-998-2621

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

St. Catherine’s Living Center – Wahpeton, ND www.blcwahpeton.org	701-642-6667
St. Francis Healthcare Campus – Breckenridge, MN www.sfcare.org	218-643-0552 218-643-0553
St. Gerard’s Community of Care – Hankinson, ND www.stgerards.org	701-242-7891

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

American Cancer Society – Fargo, ND www.cancer.org	701-232-1385
Cost Care Medical Store	701-277-1993
HERO www.herofargo.org	701-212-1921
IPAT (Interagency Program for Assistive Technology) www.ipat.org	701-239-7228
Kreisers, Inc. www.kreisers.com	701-235-4451
Lincare www.lincare.com	701-235-0175
Rice Home Medical Supplies	320-762-6036
Sanford Healthcare Accessories www.healthcareaccessories.com	701-293-8211

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

Cancer Society-Fargo www.cancer.org	701-232-1385
Easter Seal Society of North Dakota, Inc. www.easterseal.com	701-232-1333
HERO (Healthcare Equipment Recycling Organization) www.fmhero.org	701-212-1921
IPAT (Interagency Program for Assistive Technology) www.ipat.org	701-239-7228
MN Star Program www.mn.gov/star	888-234-1267
ND Association for the Disabled (Wheelchairs) www.ndad.org	701-775-5577
Pioneer Cottages – Breckenridge, MN www.pioneercare.org	218-643-9570
Valley Senior Services www.valleyseniorservices.org	701-642-3033
Veteran’s Home – Village Fergus Falls, MN www.mn.gov/mdva/momes.fergusfalls	218-736-0444
Wahpeton Senior Center	701-642-5746
St. Catherine’s Living Center – Wahpeton, ND www.blcwahpeton.org	701-642-6667
Twin Town Villa www.wtondevelopment.com	218-643-9544

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

Crisis Responders – Lakeland Mental Health (Wilkin County) www.mobilecrisisresponse.org Dispatch hours M-F 4-10pm, S-S 1-11pm	800-223-4512
First Link www.myfirstlink.org	211 or 701-235-7335
Lake Region Bridgeway Unit (inpatient) www.lrhc.org	218-736-8208
Lakeland Mental Health Center www.lmhc.org	218-736-6987
Lost and Found Ministry www.lostandfoundministry.org	218-233-7524
Lutheran Social Service of Minnesota www.lssmn.org	218-236-1494
Lutheran Social Service of North Dakota www.lssnd.org	701-235-7341
Mental Health Association www.mhand.org	701-237-5871
National Suicide Prevention Lifeline www.suicidepreventionlifeline.org	800-273-TALK (8255)
Someplace Safe	218-643-3109
St. Francis Healthcare Campus – Hope Unit Breckenridge, MN www.sfcare.org	218-643-0499
Three Rivers Crisis	701-642-2115
Vosburg Counseling for Seniors www.vosburgcounseling.com	701-235-2092

Native American – Information available for Native Americans.

National Indian Council on Aging, Inc. Stephanie Hill – Employment Specialist Micah Nickey – Job Developer	715-799-5309 shill@nicoa.org mnickey@nicoa.org
Native American Training Institute www.nativeinstitute.org	701-255-6374
Sisseton-Wahpeton-Oyate – Lake Traverse Reservation www.swo-nsn.gov	605-698-3911
White Earth – Becker, Clearwater, & Mahnomen Counties www.whiteearth.com	218-983-3285

Organizational/Moving Services

Change is Good – Helping to Sort, Organize & Move	218-329-7442
Home Instead www.homeinstead.com	701-478-1010
LifeSort – Moving, Packing, Unpacking, Sorting, Downsizing www.lifesortnd.com	701-261-8042
Valley Movers, LLC. – packing, and moving services. valleymovers1281@gmail.com	701-403-5655

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

Office of Ombudsman for Long-term care MN www.dhs.state.mn.us	800-657-3591
Ombudsman for Elders in North Dakota www.nd.gov/dhs	701-298-4413 or 855-462-5465
Ombudsman for Mental Health MN www.mn.gov.omhdd	218-736-1895

Prescription Drug Assistance

Medicare www.medicare.gov	800-med-icare
ND Drug Repository Program www.nodakpharmacy.com/PDRP	888-575-6611
Prescription Assistance Program (PAP)	701-364-0398
Prescription Connection (North Dakota) www.nd.gov/ndins/prescription/	701-328-2440
Wilkin County Drug Repository Program www.co.wilkin.mn.us	218-643-8544

Public Health – County Health services any individual can access.

Richland County Health Department	701-642-7735
Programs/Services include: Public Health, Home Health, Family Planning, WIC, Immunizations, Environmental	
Wilkin County Public Health	218-643-7122
Programs/Services include: Senior Program, Environmental, Child and teen check up, Nutrition Assistance for Seniors, Long Term Care consultant, WIC, Case management, Immunizations, Transportation, Homemaker Program	



Respite Care – Day or relief overnight care for senior needing supervision.
 Note: Also see “In Home Services / Non-Medical”

Home Instead Senior Care	701-478-1010
www.homeinstead.com	
Lutheran Social Services Senior Companions	800-450-1510
www.lssnd.org/seniorcompanions	
Senior Companion program Wilkin County Public Health	218-643-7122



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

Breckenridge Senior Center	218-643-5730
Rothsay Senior Center	218-867-2345
Wahpeton Senior Citizens Center	701-642-3033
www.valleyseniorservices.org	
Hankinson, ND	701-242-7742
Wyndmere, ND	701-439-2907
Abercrombie, ND	701-553-8759
Fairmount, ND	701-474-5723
Lidgerwood, ND	701-538-4602

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

Experience Works (Fargo, ND)	701-232-2489
www.experienceworks.org	
Experience Works (Fergus Falls, MN)	218-998-3161
Home Instead Senior Care	218-998-2248
www.homeinstead.com	
Native American	
National Indian Council on Aging, Inc.	715-799-5309
www.nicoa.org	

Senior Recreation / Arts Programs

Art of Freedom Art Show	701-672-1648
Freedom Resource Center for Independent Living www.freedomrc.org	800-450-0459
Breckenridge Senior Center	218-643-5730
Red Door Art Gallery – Wahpeton, ND www.reddoorgallerywahpeton.com	701-591-1010
Wahpeton Senior Citizens Center www.valleyseniorservices.org	701-642-3033
Hankinson, ND	701-242-7742
Wyndmere, ND	701-439-2907
Abercrombie, ND	701-553-8759
Fairmount, ND	701-474-5723
Lidgerwood, ND	701-538-4602

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

Abuse/Violence Survivors Support Group	218-739-3359
Contact Someplace Safe www.someplacesafe.info	
Alcohol/Narcotics Anonymous & Al Anon Meetings, Alano Club, 215 E. Junius, Fergus Falls, MN www.aa.org	218-739-9887
Alzheimer's Family Support Group meets monthly 2 nd Tuesday at Bethel Lutheran Church, Wahpeton 11AM	701-899-3558 Barb 701-642-6667 Pat
Beginning Experience Support group in Fergus Falls area (for widowed, divorced, separated people) www.beginningexperiencecentralmn.org	218-736-5192
"Better Breathers" Club for adults with chronic lung disease, Cancer Care & Research Center Conference Room, 908 Cascade St., Fergus Falls www.lung.org	218-736-8253
Brain Injury Support Group Freedom Resource Center for Independent Living www.freedomrc.org	701-672-1648 800-450-0459
Caregivers Support Group	218-643-5158
Hospice of the Red River Valley www.hrrv.org	701-356-1500
Hospice Support for Widows and Widowers (Hospice of the Red River Valley) www.hrrv.org	701-356-1500
Memory Loss Support & Education Group www.lrhc.org	218-998-8340
ND Family Caregiver Support Program	888-342-4900
Stroke & Brain Injury Support Group	218-739-9242
St. Francis Hospice	218-643-2275

Telephone Assistance – Resource to receive a free cell phone (if qualify).

<http://www.budgetmobile.com/lifeline/index.cfm>

Tobacco Cessation – Resources to assist in quitting tobacco products.

One-on-One guidance – Tobacco Cessation Coordinator Richland County Health Department www.co.richlandcountyhealth.org	701-642-7735
One-on-One guidance – Naomi Miranowski Wilkin County Public Health www.co.wilkin.mn.us	218-643-7122
Tobacco Cessation Services – Minnesota www.quitplan.com	888-354-7526 24/7 855-335-3569 Espanola 877-777-6534 TTY
Tobacco Cessation Services – North Dakota www.ndhealth.gov/ndquits	800-784-8669 800-842-4681 TTY

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

Anytime Transportation (Fargo) Non-emergency, wheelchair, stretcher	701-232-3322
Care Van Services	877-832-0168
Express Transit Alternatives – Otter Express MN	866-998-3002
Medi-Van Detroit Lakes, MN	218-847-1729
Fargo, ND	800-422-0976
Car-A-Van Medical	701-235-6699
People Express – Wadena, MN (serves Wilkin County)	800-450-0123
Wahpeton Senior Citizens Center	To schedule a ride call
City bus within Wahpeton city limits	701-642-5746
Richland Co. bus goes to Fergus Falls, MN or Fargo, ND	701-642-3033
Med Van for Radiation treatment in Fargo	701-642-5746
Wilkin County Transportation	218-643-7122
Veteran’s Van Tuesday & Thursday to VA in Fargo	701-642-7807

Veterans Services – Resources providing information and services to veterans.

Health Care for Homeless Veterans www.va.gov/homeless	701-239-3756
North Dakota Military Outreach www.nd.gov/veterans	701-212-0466
Veterans Administration Medical Center – Fargo www.fargo.va.gov	800-410-9723
Richland County Veteran’s Service Officer, Wahpeton, ND	701-642-7807
Wilkin County Veteran’s Service Officer, Breckenridge, MN	218-643-7134
Minnesota Veterans Home – Fergus Falls, MN	218-736-0400
ND Department of Veterans Affairs www.nd.gov/veterans	866-634-8387 toll-free
ND Veterans Home – Lisbon, ND www.ndvh@nd.gov	701-683-6500
ND Vision Services www.ndvisionservices.com	800-421-1181

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

Minnesota Braille and Talking Books Library www.mnbtbl.org	800-722-0550
Minnesota State Services for the Blind www.mn.gov/deed/job-seekers/blind	800-657-3755
ND State Services www.ndvisionservices.com	800-421-7181
ND Talking Book Library www.library.nd.gov	800-843-9948
ND Telecommunication Equipment Distribution Program www.ndipat.org	800-450-0459
Seniors Eye Care Program formerly National Eye Care Project www.eyecareamerica.org	800-222-3937
Southeast Human Service Center, Voc-Rehab www.nd.gov/dhs	701-298-4500
Leach Public Library – Wahpeton, ND	701-642-5732
Breckenridge Public Library – Breckenridge, MN	218-643-2113

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

AARP (North Dakota) www.aarp.org	866-554-5383
Elder Refugees-Mentoring and Tutoring New Americans www.lssnd.org	701-271-1604
Experience Works www.experienceworks.org	800-450-5627
Lakeland Hospice & Homecare www.lbhomes.org	218-998-1400
Lutheran Social Services Senior Companions www.lssnd.org	800-450-1510
Red River Valley Foster Grandparent Program – ND www.nd.gov/dhs/locations/regionalhsc/northeast/regionalaging.html	888-256-6742 701-795-3112
Retired & Senior Volunteer Program (RSVP) MN www.mnseniorcorps.org	218-739-3011
Retired & Senior Volunteer Program (RSVP) ND www.rsvpnd.com	701-231-9753
Senior Citizen Centers in Richland County – 6 sites www.valleyseniorservices.org	701-642-3033
St. Francis Healthcare Campus – Breckenridge, MN	218-643-0412
Wilkin County Public Health www.co.wilkin.mn.us	218-643-7122

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

- Sunday Breckenridge Group 8:00 pm
Grace Lutheran Church - 1100 Main Ave., Breckenridge, MN
- Monday Tri-State Group – 6:30 pm
United Methodist Church, 101 2nd St. S., Fairmount, ND
- 27/32 Group 8:00 pm
Trinity Lutheran Church, Lisbon, ND
- Tuesday Sheyenne Valley AA Group – 3:00 pm
Veteran’s Home – 1400 Rose St., Lisbon, ND
- Northside Group – 8:00 pm
Old Assembly of God Church, 1021 Center St. South/11th Ave., Wahpeton
- Wednesday Sheyenne Valley AA Group – 7:15 pm
Veteran’s Home – 1400 Rose St., Room 315, Lisbon, ND
- Grapevine Group – 8:00 pm
United Church of Christ, 1202 Westmore Ave., Wahpeton
- Thursday Evergreen Group – 8:00 pm
E.U.M. Church (small white bldg), 1120 Evergreen Court, Wahpeton
- Richland Group – 8:00 pm
St. Francis Academy (west door), Hankinson
- Friday Friday Nooners – 12:00 noon
E.U.M. Church (small white bldg), 1120 Evergreen Court, Wahpeton
- Sheyenne Valley AA Group – 7:15 PM
Veteran’s Home – 1400 Rose St., Room 315, Lisbon, ND
- Saturday Three Rivers Group – 9:00 am
Old Assembly of God Church, 1021 Center St. South/11th Ave., Wahpeton
- Sheyenne Valley AA Group – 10:30 am
Veteran’s Home – 1400 Rose St., Lisbon

Open AA Meeting – 3rd Saturday of each month – 8:00 pm

District 11 AA Business Meeting – 3rd Monday of each month – 8:00 pm