

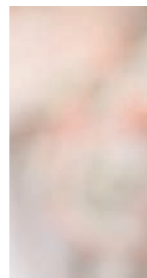


# Resource Guide

**2024**

*First Edition*

## For Elders and their Families in Cass and Clay Counties



[www.SeniorCoalition.org](http://www.SeniorCoalition.org)



# THRIVE LOCALLY



## SUPPORT THE ADVERTISERS that Support our Community!

# ***2024 Senior Resource Guide***

(First Edition)

For Elders and their Families in  
Cass and Clay Counties

Compiled by:  
**Senior Coalition**

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

Website

[\*www.SeniorCoalition.org\*](http://www.SeniorCoalition.org)

Facebook

[\*www.facebook.com/SeniorResource\*](http://www.facebook.com/SeniorResource)

Email

[\*cspeguide@gmail.com\*](mailto:cspeguide@gmail.com)

Welcome to the 2024 First Edition of the Cass-Clay Senior Resource Guide for elders and their families. Inside you will find a list of programs, organizations and agencies in Cass County North Dakota and Clay County Minnesota. The listings include the name of the organization and the phone number.

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

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

**Disclaimer: This information was compiled as a public service.**

**Every effort was made to provide complete and accurate information. We apologize for any inadvertent error or omissions and ask that you bring these to our attention.**

**Thank you.**

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Senior Services provides information, assistance, & referrals to help seniors live healthy & productive lives. Senior citizens can maintain their independence within their homes as long as possible with our transportation & supportive services.

**For more information or to schedule a ride:**

**218.512.1500 or 1.800.452.3646**

**[www.caplp.org](http://www.caplp.org)**



**EVENTIDE**  
Senior Living Communities

**Growing Bolder means living life your way and  
Eventide is the perfect place to do it.**

**Grow Bolder**  
*with us!*

**218-291-2200**

**[eventide.org](http://eventide.org)**

Moorhead | Fargo | West Fargo | Jamestown | Devils Lake

# Older Minnesotans

**We can help with:**

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

**m MINNESOTA**  
SENIOR LINKAGE LINE

**800-333-2433**



**Bethany**  
*retirement living*  
**#BrighterAtBethany**

**Bethany on University**  
201 University Drive South | Fargo, ND | 701.239.3000

- Assisted Living
- Basic Care
- Independent Housing
- Memory Care
- Personal Care Services
- Skilled Nursing
- Transitional Care & Rehab

**[bethanynd.org](http://bethanynd.org)**

**Bethany on 42nd**  
4255 30th Ave South | Fargo, ND | 701.478.8900

## Accompaniment / Companionship Services

<b>Active at Home Helpers</b>	<b>(701) 540-3483</b>
<b>Barnesville Area Helpers</b>	<b>(218) 354-7090</b>
<b>Comforting Angels Fargo</b>	<b>(701) 365-5121</b>
<b>Dakota Home Care</b>	<b>(877) 691-0015</b>
<b>Griswold Home Care</b>	<b>(701) 850-2000</b>
<b>Helping Hands Care</b>	<b>(701) 532-0577</b>
<b>Home Instead Senior Care</b>	<b>(701) 478-1010</b>
<b>Right At Home</b>	<b>(866) 292-5609</b>
<b>Senior Helpers</b>	<b>(701) 809-7300</b>
AllHealth Home Care	(701) 365-0414
Caring Companion TVOC/MN	(218) 281-5832
Community of Care	(701) 347-0032
Community Living Services	(701) 232-3133
ND Aging and Disability Resource LINK	(855) 462-5465
ND Senior Companion Program	(701) 205-2690

## Adaptive Clothing

<b>Buck &amp; Buck</b>	<b>(800) 458-0600</b>
<b>Sanford Healthcare Accessories</b>	<b>(701) 293-8211</b>
<b>Spec-L, Inc. - Special Clothing Solutions</b>	<b>(800) 336-2660</b>

## Addictions Resources

<b>Fargo VA Medical Center, Substance Abuse - Ext. 9-3436</b>	<b>(701) 239-3700</b>
Alcohol/Chemical Dependency / Substance Abuse: 235-Seek (Phone answered 24 hours)	(701) 235-7335
Alcoholics Anonymous Club House	(701) 232-9930
Anchorage Recovery	(218) 287-1500



Clay County Chemical Dependency Service	(218) 299-5200
Clay County Detox Center	(218) 299-5171
Drake Counseling Services	(701) 293-5429
First Step Recovery, PLLP	(701) 293-3384
Gamblers Choice - DHS	(877) 702-7848
Hoarding - Knowlton O'Neill & Associates (Dr. Holly Hegstad)	(701)-364-0060
Lost and Found Recovery Center	(218) 287-2089
Prairie St. John's (Phone answered 24 hours)	(701) 476-7216
Red River Recovery Center Dilworth	(218) 284-7772
Sharehouse Inc.	(877) 294-6561
Sharehouse Wellness Center	(218) 233-6398
Sister's Path	(218) 478-6562
Southeast Human Service Center (ND)	(701) 298-4500

### Adult Day Care/Respite

day or relief overnight care for seniors needing supervision.

Note: Also see "In home Services-non-medical"

### Cass County Respite

<b>Active at Home Helpers</b>	<b>(701) 540-3483</b>
<b>Griswold Home Care</b>	<b>(701) 850-2000</b>
<b>Helping Hands Care</b>	<b>(701) 532-0577</b>
<b>Home Instead Senior Care</b>	<b>(701) 478-1010</b>
<b>New Perspective Senior Living</b>	<b>(701) 551-7700</b>
AllHealth Home Care	(701) 365-0414
Ecumen Evergreens of Fargo	(701) 239-4524
Easter Seals Society of North Dakota, Inc.	(701) 237-9908
Family Caregiver Support Program (ND)	(701) 298-4480
Home Sweet Home Elder Care	(701) 293-1863
ND Aging and Disability Resource LINK	(855) 462-5465

Rosewood On Broadway	(701) 277-7999
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Touchmark at Harwood Groves (recovery/respite)	(701) 476-1200
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### Cass County Adult Day Care

<b>Active at Home Helpers</b>	<b>(701) 540-3483</b>
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<b>Comforting Angels Fargo</b>	<b>(701) 365-5121</b>
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<b>Edgewood Vista (Fargo)</b>	<b>(701) 365-8200</b>
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<b>Griswold Home Care</b>	<b>(701) 850-2000</b>
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<b>Home Instead Senior Care</b>	<b>(701) 478-1010</b>
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ND Aging and Disability Resource LINK	(855) 462-5465
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Kind-er Care	(701) 281-3016
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Maple View Memory Care	(701) 478-8655
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Rosewood On Broadway	(701) 277-7999
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Villa Maria	(701) 293-7750
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### Clay County

<b>Comforting Angels Fargo</b>	<b>(701) 365-5121</b>
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Arbor Park - Moorhead	(218) 359-9999
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Cozy County Living - Hawley	(218) 483-4756
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Ecumen Evergreens of Moorhead	(218) 233-1535
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Hawley Senior Living (respite/daycare)	(218) 483-3337
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Home Appeal - Moorhead (respite)	(218) 227-5274
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River Pointe of Moorhead Respite/Recovery	(218) 287-6900
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Viking Manor (Ulen)	(218) 596-8847
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## Adult Foster Care

### Cass County

ND Aging and Disability Resource LINK	(855) 462-5465
Home Sweet Home Elder Care	(701) 293-1863

### Clay County

Clay County Social Services	(218) 299-5200
Adult Foster Care - Barnesville	(218) 354-7585
Cozy Country Living - Rural Hawley	(218) 483-4756
Disability Resources	(218) 287-3594
Home Appeal - Moorhead	(701) 866-2195
Rene Schroeder - Dilworth	(218) 284-4207
Tender Hearts & Helping Hands	(218) 512-1111
Tranquility Place/Catrina Lewis	(218) 512-0513

### Adults with Disabilities Assistance

<b>Freedom Resource Center (Fargo)</b>	<b>(701) 478-0459</b>
<b>NDAD</b>	<b>(701) 281-8215</b>
Disability Resources	(218) 287-3594
ND Aging & Disability Resource LINK	(855) 462-5465
Protection and Advocacy	(800) 472-2670
The Arc Minnesota	(218) 287-1841

### Aging Resources/Advocacy Services

organizations that help individuals work through an issue, such as heating or prescriptions assistance, nutrition support, etc.

<b>CAPLP - Lakes &amp; Prairies Community Action Partnership</b>	<b>(218) 512-1500</b>
<b>Freedom Resource Center (Fargo)</b>	<b>(701) 478-0459</b>
<b>Minnesota Senior LinkAge Line</b>	<b>(800) 333-2433</b>

Cultural Diversity Resources	(701) 526-3000
Home and Community Based Services (Medicaid Waiver)	(701) 241-5761
ND Aging & Disability Resource LINK	(855) 462-5465
ND Long Term Care Ombudsman	(701) 298-4413 (701) 298-4480
MN Office of Ombudsman for Long-term Care	(800) 657-3591
Upper Midwest Pension Rights Project	(866) 783-5021

### Cass County

<b>Valley Senior Services</b>	<b>(701) 293-1440</b>
Community of Care	(701) 347-0032
Metro Senior Ride Service 356-RIDE	(701) 356-7433

### Clay County

<b>CAPLP - Lakes &amp; Prairies Community Action Partnership</b>	<b>(218) 512-1550</b>
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## Alzheimer's - Information/Education

<b>Dignity Care</b>	<b>(218) 790-1218</b>
<b>HeartSprings</b>	<b>(701) 261-3142</b>
<b>Memory Cafe of the Red River Valley</b>	<b>(701) 404-6712</b>
Alzheimer's Association - Minnesota /North Dakota Chapter	(701) 277-9757
Alzheimer's Association 24 hr helpline	(800) 272-3900

## Assistance Programs

Information, help and assistance for care services. Including private, Medicaid & MA programs

ND Aging and Disability Resource LINK	(855) 462-5465
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Easter Seal Society of North Dakota, Inc.	(701) 237-9908
Fargo/Cass Public Health	(701) 241-1360
West Central Minnesota - Energy Assistance Program	(800) 492-4805

### **Complaints /Consumer Fraud**

information and assistance regarding deceptive business practice.  
*See Also ... Patients Rights*

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

### **CMC - Care Manager Certified**

<b>Carmel Froemke, CMC</b>	<b>(701) 271-3232</b>
Tara Giese, CMC	(218) 233-7521

### **CSA® - Certified Senior Advisors**

<b>Joshua Gilleland, CSA (Fargo/Moorhead)</b>	<b>(701) 212-4814</b>
<b>Morgan Gilleland, CSA (Fargo/Moorhead)</b>	<b>(701) 850-2000</b>
Darcy Nordick, CSA	(218) 287-1599
Kathy Sporre, CSA	(218) 736-6842
Kimberly Shea, CSA	(218) 736-6842

### **Deaf & Hard of Hearing**

services that address hearing loss

MN Deaf & Hard of Hearing Services	(800) 456-7589
	(218) 291-5880

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

### Dental Services

Offices who honor financial assistance options for dental care

Family HealthCare Center - Fargo/Moorhead	(701) 271-3344
Apple Tree Dental - Hawley	(218) 483-1038

### Domestic Violence / Elder Abuse

services offering information and intervention in cases of physical, emotional, financial or sexual abuse”

#### Serving Cass and Clay Counties

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

#### Cass County

ND Aging and Disability Resource LINK	(855) 462-5465
Vulnerable Adult Reporting Line for ND	(855) 462-5465

ND Long Term Care Ombudsman	(701) 298-4413 (701) 298-4480
Protection & Advocacy Service	(701) 239-7222

### Clay County

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

## Education & Information Resources

<b>AARP of North Dakota</b>	<b>(866) 554-5383</b>
NDSU Extension Services - Cass County	
Powerful Tools for Caregivers classes	(701) 241-5700
Martinson Insurance Agency - Sharon Martinson	(701) 240-2340
Powerful Tools for Caregivers - LSS of MN	(218) 303-9929
Reach Program - LSS of MN	(218) 303-9929

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

<b>Edgewood Vista (Parkinson's Exercise Program)</b>	<b>(701) 365-8200</b>
<b>Heart Springs (Parkinson's Exercise Program)</b>	<b>(701) 261-3142</b>
Community of Care (Bone Builders in Harwood, Hunter, Arthur, Kindred and Casselton)	(701) 967-8502
Family Wellness Center (Silver Sneakers)	(701) 234-2400
Horizon Therapy (Parkinson's PT Program)	(701) 365-4771
West Fargo Park District: Bone Builders	(701) 433-5360
West Fargo Park District: SAIL(Stay Active & Independent for Life)	(701) 433-5360

## Financial Assistance

information about various forms of financial assistance available

<b>NDAD</b>	<b>(701) 281-8215</b>
<b>ND Aging and Disability Resource LINK</b>	<b>(855) 462-5465</b>
Cass County Veterans Service Office (ND)	(701) 241-5745
Clay County Social Services (MN)	
TDD:	(218) 299-5200
Clay County Veterans Service Office (MN)	(218) 299-5041
Internal Revenue Service	(701) 232-4710
ND Disability Link	(800) 532-6323
Social Security Administration	(877) 335-4114
West Central Minnesota - Energy Assistance Program	(800) 492-4805

## Food Support / Meals / Nutrition

Options for meals at home, free meals, food boxes, food pantries,  
meals on wheels & support”

## Food Boxes / Food Pantries

### FARGO Food Pantries

Connections Food Pantry - Friday 3-5 pm	(701) 429-4779
Emergency Food Pantry - M-F 10a-11:30a & 1:30p-3:30p	(701) 237-9337
Family Worship Center - Monday 1-3 pm	(701) 235-0115
First Assembly of God - 3rd Sunday 11:45-1:15	(701) 232-0003
Great Plains Food Bank	(701) 476-9112
Latter Rain Ministries -- Saturday 10-12	(701) 571-5599



MHA Food Pantry -- 2nd Wed 1:30 - 6 pm	(701) 293-7716
Peace Lutheran - Tuesdays & Thursdays from 10am-12pm	(701) 232-7166
Tri-City Haitian Ministry - Monday 4-5 pm	(701) 540-1383
YWCA - Call 24 hrs in advance, for pick-up	(701) 232-3449

### WEST FARGO Food Pantries

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

### RURAL CASS Food Pantry

(Buffalo, Casselton, Gardner, Leonard, Page, and more)	(701) 347-2566
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### MOORHEAD Food Pantries

Churches United - Tues 1-3:30 pm	(218) 236-0372
Dorothy Day Food Pantry - T & TH 1-2:45pm; M & W 6:30-7:45 pm; Daily Bread Fri 9:45-11 am	(218) 233-5763
Ruby's Pantry - 4th Tuesday of the Month Doors open at 5:00 pm Distribution 5:30-7:00 pm	(651)-674-0009

### RURAL CLAY County Food Pantries

Barnesville Food Pantry - Open Mondays 5-8	(218) 354-7207
Bread of Life Food Pantry (Felton) - Tues 9-1	(701) 261-1992
REACH (Hawley) Monday 9-4 pm	(218) 483-3145

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

### Cass

#### **Meals on Wheels (Valley Senior Services) (701) 293-1440**

Community Dining Sites for Seniors -  
Cass County

(701) 293-1440

LSS Rural Aging Program -  
Clay, Wilkin, Traverse, Cass, Ransom

(888) 489-8270

Mom's Meals NourishCare

(866) 598-0133

Senior Commodities -- SENDCAA

(701) 232-2452

SNAP (formerly known as Food Stamps)  
Toll Free

(855) 405-0000

### Clay

Community Dining Sites for Seniors  
throughout Clay County

(218) 299-7000

LSS Rural Aging Program -  
Clay, Wilkin, Traverse, Cass, Ransom

(888) 489-8270

Meals on Wheels (Meals at Hjemkomst Center)

(218) 299-5519

Meals on Wheels (Delivery)

(218) 287-0434

Mom's Meals NourishCare

(866) 598-0133

Nutrition Assistance Program for Seniors (NAPS)

(218) 299-7314

SNAP (formerly known as Food Stamps)

(218) 299-7314

## FREE Hot Meals at Community Sites

Churches United for the Homeless

(218) 236-0372

New Life Center

(701) 235-4453

Salvation Army

(701) 232-5565

## Foot Care / Shoes

shoes, socks, orthotics & foot care items for disabilities

AllHealth Home Care	(701) 365-0414
Essentia Health – orthotics & prosthetic services	(701) 364-8900
Foot Solutions	(701) 356-8637
Sanford Healthcare Accessories	(701) 293-8211

## Geriatric Care Managers (Certified)

Certified in Geriatric Care Management Agencies. Provide in-home needs assessments, planning, implementation & monitoring of services to allow persons to maintain their independence.

Crystal Nelson, MS - Gerontology	(701) 365-4771
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## Geriatric Care Management

Licensed or Certified in providing care coordination, healthcare management, finding & maximizing resources for seniors, coordinating transitional care, & allowing seniors to maintain their independence.

<b>Northland PACE Senior Care Services (North Dakota)</b>	<b>(888) 883-8959</b>
<b>House Calls</b>	<b>(701) 356-1560</b>
<b>Red River Valley Palliative Care</b>	<b>(701) 356-1500</b>
Care Connection	(701) 799-2273
CHI Health at Home – Palliative Care	(888) 538-0069
Community of Care - Arthur	(701) 967-8502
Community of Care - Casselton	(701) 347-0032
Josh Gilleland - Certified Senior Advisor©	(701) 850-2000



## Grief Support / Comfort Care Services

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

## Guardians and Representative Payees

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

## Health and Well-Being

<b>AARP of North Dakota</b>	<b>(866) 554-5383</b>
<b>Dignity Care</b>	<b>(218) 790-1218</b>
<b>HeartSprings</b>	<b>(701) 261-3142</b>
<b>Memory Cafe of the Red River Valley</b>	<b>(701) 404-6712</b>
Better Choices, Better Health - Chronic Disease Workshop	(701) 417-4905
Better Choices, Better Health - Diabetes Workshop	(701) 417-4905
Better Choices, Better Health: Chronic Pain Workshop	(701) 417-4905
Cass County Health Department	(701) 241-1360
Clay County Health Department	(218) 299-7777

Family HealthCare Center - Fargo/Moorhead primary care & mental health services sliding scale discount	(701) 271-3344
Motherland Health - mental healthcare and support	(701) 639-6516
National Suicide Prevention Lifeline	(800) 273-8255
Rape & Abuse Crisis Center	(701) 293-7273
Rebecca Hauge - Certified Healing Touch Practitioner	(701) 541-1316
Wholistic Health Options	(701) 361-0207

## **HELP -- Information Lines**

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

<b>AARP of North Dakota</b>	<b>(866) 554-5383</b>
<b>CAPLP - Lakes &amp; Prairies Community Action Partnership</b>	<b>(218) 512-1500</b>
<b>Freedom Resource Center (Fargo)</b>	<b>(701) 478-0459</b>
<b>Minnesota Senior LinkAge Line</b>	<b>(800) 333-2433</b>
<b>NDAD</b>	<b>(701) 281-8215</b>
<b>Valley Senior Services</b>	<b>(701) 293-1440</b>
Alzheimer's Association (MN /ND Chapter)	(800) 272-3900
Assistive Technology Info-Line (ND)	(800) 895-4728
Disability Linkage Line	(866) 333-2466
FirstLink HelpLine – North Dakota and Clay County	(701) 235-7335
Military Service Center	(701) 451-6018
ND State Health Insurance Counseling Program (SHIC) Help w/enrolling in Medicare & supplemental coverage	(888) 578-6611 (701) 328-2440
North Dakota Aging & Disability Resource- LINK Senior Medicare Patrol (SMP)	(855) 462-5465

Help with Medicare/Medigap/hospital bills  
issues.

(800) 233-1737

### Home Modifications for Accessibility

local construction firms/agencies specializing in renovations to  
accommodate physical limitations

<b>Freedom Resource Center for Independent Living</b>	<b>(800) 450-0459</b>
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<b>Lakes and Prairies Community Action Partnership</b>	<b>(218) 299-7000</b>
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<b>NDAD (funding source)</b>	<b>(701) 281-8215</b>
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Accent Multi Services	(701) 293-6000
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ND Aging and Disability Resource LINK	(855) 462-5465
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City of Fargo (Bob Miller - Wheel Chair Ramps)	(701) 241-1478
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Clay County Social Services	(800) 757-3880
	(218) 299-5200
	(701) 478-0459

Home Builders Association (Ramps, etc.)	(701) 232-5846
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MN Housing Finance	(800) 657-3769
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ND Housing Finance (Fargo)	(800) 292-8621
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Rebuilding Together	(701) 356-7836
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Southeastern North Dakota Community Action	(701) 232-2452
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The Arc Minnesota - find affordable and adequate housing	(218) 287-1841
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### Hospice Care Services

Agencies provide Interdisciplinary Team approach for end of life  
care with Registered Nurses, Medical Social Workers, Medical  
Director, Hospice Aide, Chaplains & Therapy Services.

<b>Ethos Home Care and Hospice</b>	<b>(701) 356-3803</b>
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<b>Hospice of the Red River Valley</b>	<b>(701) 356-1500</b>
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CHI Health at Home – Home Health and Hospice	(888) 538-0069
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Sanford Fargo Hospice	(701) 234-7550
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## Housing - Adult Foster Care

Rental housing option living with a family and receiving services such as meals, housekeeping, transportation, assistance with “activities of daily living”, etc.

### **VA Medical Foster Home Program Ext 9-3940 (701) 239-3700**

ND Aging and Disability Resource LINK (855) 462-5465

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

Home Sweet Home Elder Care (701) 293-1863

Tender Hearts & Helping Hands (218) 512-1111

## Housing - Emergency Assistance

Housing options for homeless persons, victims of domestic violence, or Seniors facing financial hardship

Churches United (Moorhead) (218) 236-0372

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

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


LSS Rural Aging Program -  
Clay, Wilkin, Traverse, Cass, Ransom (888) 489-8270

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

YWCA (Fargo) (701) 232-3449

## In-Home Care Services

Home Care Agencies that provide companion care, personal cares (bathing, dressing, bathroom assistance), homemaking services (cooking, cleaning, laundry), companionship, shopping, escort services, transportation, etc).



Minnesota  
and North  
Dakota

## **HOME CARE - Minnesota (licensed)**

<b>Active at Home Helpers</b>	<b>(701) 540-3483</b>
<b>Ethos Home Care and Hospice</b>	<b>(701) 356-3803</b>
<b>Griswold Home Care</b>	<b>(701) 850-2000</b>
<b>Home Instead Senior Care</b>	<b>(701) 478-1010</b>
<b>Right At Home</b>	<b>(866) 292-5609</b>
Accra Home Care	(800) 736-0246
Accurate Home Care	(866) 214-3800
CHI Health at Home – Home Health and Hospice	(888) 538-0069
Comfort Keepers	(701) 237-0004
CompassionCare	(218) 477-1008
Sanford Home Health Care	(701) 234-4900

## **HOME CARE - Minnesota MA (Medical Assistance)**

Includes Elderly Waiver Program, Medicaid, Home and Community Based Services, Alternative Care Program

<b>House Calls</b>	<b>(701) 356-1560</b>
CHI Health at Home – Home Health and Hospice	(888) 538-0069
CompassionCare	(218) 477-1008
Essentia Health Home Care West	(701) 364-3010
Sanford Home Health Care	(701) 234-4900





## HOME CARE - North Dakota (Non-Medical)

<b>Active at Home Helpers</b>	<b>(701) 540-3483</b>
<b>Comforting Angels Fargo</b>	<b>(701) 365-5121</b>
<b>Cornerstone Caregiving</b>	<b>(701) 515-9522</b>
<b>Dakota Home Care</b>	<b>(877) 691-0015</b>
<b>Ethos Home Care and Hospice</b>	<b>(701) 356-3803</b>
<b>Helping Hands Care</b>	<b>(701) 532-0577</b>
<b>Griswold Home Care</b>	<b>(701) 850-2000</b>
<b>Home Instead Senior Care</b>	<b>(701) 478-1010</b>
<b>Lutheran Social Services Caregiver Respite (MN)</b>	<b>(218) 303-9929</b>
<b>Northland PACE Senior Care Services (North Dakota)</b>	<b>(888) 883-8959</b>
<b>Right At Home</b>	<b>(866) 292-5609</b>
<b>Senior Helpers</b>	<b>(701) 809-7300</b>
A Spectrum of Care	(701) 293-8172
Access of Red River Valley (developmental disabilities)	(218) 233-3991
AllHealth Home Care	(701) 365-0414
Comfort Keepers	(701) 237-0004
Community Living Services (ND)	(701) 232-3133
Faith Home Care Professionals, LLC	(916) 230-2482
Good Samaritan Care Companion (Arthur)	(701) 967-8502
Kola Circle of Life	(218) 287-2005
Sanford Home Health Care	(701) 234-4900
ND Senior Companion Program	(701) 205-2690
North Dakota Family Caregiver Support Program	(701) 298-4480
Red River Valley Palliative Care	(701) 356-1500
Tami's Angels/Specialty Care, Inc.	(701) 237-3415
The Doves	(701) 281-2560

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[www.4lpi.com/careers](http://www.4lpi.com/careers)



## Get the family caregiving support you need.

To order a print copy of the AARP North Dakota Family Caregiver Resource Guide, call the AARP Family Caregiving Resource Line at **1-877-333-5885** and request the Family Caregiver Resource Guide. Or, order the guide online at [aarp.org/caregiverresources](http://aarp.org/caregiverresources).

/AARPND @AARP\_ND



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#### **Diabetes**

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- Find techniques to deal with the symptoms of diabetes

#### **Chronic Pain**

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- Find ways to deal with health problems such as being frustrated, tired, helpless, and feeling alone

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## **QSP - North Dakota (MEDICAID)**

Licensed Agencies that provide home care services through Medical Assistance Programs such as Medicaid, SPED, & Home and Community Based Services (HCBS)

Active at Home Helpers	(701) 540-3483
Dakota Home Care	(877) 691-0015
Griswold Home Care	(701) 850-2000
Helping Hands Care	(701) 532-0577
House Calls	(701) 356-1560
Right At Home	(866) 292-5609
Senior Helpers	(701) 809-7300
A Spectrum of Care	(701) 293-8172
AllHealth Home Care	(701) 365-0414
CHI Health at Home – Home Health and Hospice	(888) 538-0069
Comfort Keepers	(701) 237-0004
Community Living Services (ND)	(701) 232-3133
Faith Home Care Professionals, LLC	(916) 230-2482
ND Aging and Disability Resource LINK	(855) 462-5465
Sanford Home Health Care	(701) 234-4900
Tami's Angels/Specialty Care, Inc.	(701) 237-3415

## **Home Health Skilled Care - North Dakota**

ND Licensed agencies provide Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Home Health Aide and Social Services. Not all providers are Medicare certified.”

<b>Ethos Home Care and Hospice</b>	<b>(701) 356-3803</b>
<b>Dakota Home Care</b>	<b>(877) 691-0015</b>
<b>Hospice of the Red River Valley</b>	<b>(701) 356-1500</b>
<b>Northland PACE Senior Care Services (North Dakota)</b>	<b>(888) 883-8959</b>
CHI Health at Home – Home Health and Hospice	(888) 538-0069

Essentia Health Home Care West	(701) 364-3010
Fargo Cass Public Health	(701)-241-1360
Good Samaritan Society Home Care	(888) 361-2330
Sanford Home Health Care	(701) 234-4900

## In-Home Rehab Services

Physical, Occupational & Speech Therapies

At Home Therapy Services	(701) 293-7294
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## Insurance

Long Term Care and Medicare Providers and Consultants

<b>Sharon Martinson Insurance Agency, LLC</b>	<b>(701) 240-2340</b>
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## Legal Services

Basic information & referrals for Seniors to Legal Resources

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

## “Life-Line” Personal Alarm Systems

Emergency response system for home use.

ND Aging and Disability Resource LINK	(855) 462-5465
Comfort Keepers	(701) 237-0004
Essentia Health	(218) 847-0808
Great Plains Security Systems	(701) 222-8817
Life Alert Security System	(218) 722-1234

Lifeline Systems, Inc.	(508) 988-3000
Sanford	(701) 234-4900
Northern Safety & Security	(877) 751-3902
Phillips Lifeline (ext. 3050)	(800) 543-3546
PioneerLink	(877) 998-2621
Slope Electric	(800) 559-4191

## Medical Equipment

Agencies that sell or rent durable medical equipment & supplies

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

## Medical Equipment Assistance

Agencies that provide information or loan medical equipment

<b>Barnesville Area Helpers</b>	<b>(218) 354-7090</b>
<b>HERO</b> <b>(Healthcare Equipment Recycling Organization)</b>	<b>(701) 212-1921</b>
<b>NDAD (Fargo - 90 Day free loan program)</b>	<b>(701) 281-8215</b>
<b>Valley Senior Services</b>	<b>(701) 293-1440</b>

American Cancer Society - Fargo (caps, wigs, prosthesis, for women on chemo and who have had a mastectomy)	(701) 232-1385
American Cancer Society (Willmar Office)	(800) 481-3316
Easter Seal Society of North Dakota, Inc.	(701) 232-1333
Great Plains (Fargo)	(701) 232-3000
North Dakota Assistive (Formerly IPAT)	(701) 365-4728
VFW West Fargo (wheelchairs)	(701) 282-4728
VFW, 202 Broadway (wheelchairs)	(701) 235-8243

## Mental Health

Services that provide mental health counseling support groups or information

<b>Fargo VA Medical Center Mental Health Ext. 9-315</b>	<b>(701) 239-3700</b>
<b>Lutheran Social Service of Minnesota</b>	<b>(218) 236-1494</b>
Catholic Family Service	(701) 235-4457
Clay County Social Services	(218) 299-5200
Family HealthCare Center - Fargo/Moorhead primary care & mental health services sliding scale discount	(701) 271-3344
FirstLink HelpLine – North Dakota and Clay County	(701) 235-7335
Gamblers Choice	(877) 702-7848
Lakeland Mental Health Center (outpatient, MN)	(218) 233-7524
Lost & Found Ministry	(218) 287-2089
Mental Health Association	(701) 237-5871
National Suicide Prevention Lifeline	(800) 273-8255
Rape & Abuse Crisis Center	(701) 293-7273
Rural Enrichment & Counseling Hqtrs. (REACH) (Hawley)	(218) 483-3145
Senior Care Unit at Prairie St. John's	(701) 476-7216
Solutions	(218) 287-4338

Southeast Human Service Center (Cass)	(701) 298-4500
Vosburg Counseling for Seniors	(701) 235-2092

## Neuromuscular Disorders

Services, programs and support groups specific to the following neuromuscular disorders

### Parkinsons

<b>Heartsprings (Support Group &amp; Exercise Program)</b>	<b>(218) 299-5200</b>
<b>Edgewood Vista (Support Group &amp; Exercise Program)</b>	<b>(701) 365-8200</b>
Family Wellness Center-Support Group & Exercise Program	(701) 234-6961
Marvin Bossart Foundation for Parkinson Support	(701) 371-3196
Midwest Parkinson's Initiative	(701) 478-5800
National Parkinson Foundation (Minnesota/Dakota)	(800) 473-4636
TNT Fitness - Rock Steady Boxing	(701) 365-8868

## Organizational/Moving Services

<b>Active at Home Helpers</b>	<b>(701) 540-3483</b>
<b>Comforting Angels Fargo</b>	<b>(701) 365-5121</b>
<b>Change is Good - Helping You Sort, Organize and Move</b>	<b>(218) 329-7442</b>
<b>Griswold Home Care</b>	<b>(701) 850-2000</b>
<b>Helping Hands Care</b>	<b>(701) 532-0577</b>
<b>Home Instead Senior Care</b>	<b>(701) 478-1010</b>
AllHealth Home Care	(701) 365-0414
Everything Has A Home (Professional Organizer)	(701) 238-9030



LifeSort -

Moving, packing, unpacking, sorting, downsizing (701) 261-8042

### Patients Rights / Ombudsman

Organizations that help long-term care patients / families work through issues

Office of Ombudsman for Long-term care (651) 439-2555  
(800) 657-3591

ND Long Term Care Ombudsman (701) 298-4413  
(701) 298-4480  
(855) 462-5465

### Prescription Drug Assistance

**Sharon Martinson Insurance Agency, LLC (701) 240-2340**

**NDAD (701) 281-8215**

Medicare (800) MEDICARE

ND Drug Repository Program (888) 575-6611

Prescription Assistance Program (PAP) (701) 364-0398

Prescription Connection (North Dakota) (701) 328-2440

RX Connect (Minnesota) (800) 333-2433

State Health Insurance Counseling (SHIC) (888) 575-6611

### Prescriptions - Medsets & Delivery

Pharmacies that are able to create medication medsets for Seniors and Deliver to their home.

Moorhead Drug - Moorhead (218) 233-1529

Seip Drug - West Fargo (701) 373-0685

### Rehabilitation Acute Care Hospitals

**PAM Rehabilitation Hospital of Fargo (701) 404-5104**

## Senior Centers

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

### Cass County

Buffalo Community Center	(701) 633-5118
Davenport Community Center	(701) 428-3485
Embsen Senior Center	(701) 633-5203
Fargo - Ed Clapp Park Senior Center	(701) 298-3976
Fargo - Broadway Station	(701) 232-7936
Fargo - Trollwood Village Senior Center	(701) 298-3975
Fargo - University Drive Manor Senior Center	(701) 232-6364
Harwood Community Center	(701) 281-2684
Hickson Community Center	(701) 588-4554
Horace Senior Center	(701) 281-0792
Hunter Senior Center	(701) 874-2103
Kindred Senior Center	(701) 428-3678
Leonard Senior Center	(701) 645-2527
West Fargo - High Rise Senior Center	(701) 282-3443

### Clay County

Barnesville	(218) 354-2648
Comstock Community Center	(218) 585-4112
Dilworth Community Hall	(218) 287-2500
Felton Senior Center	(218) 494-3300
Georgetown Community Center	(218) 236-0083
Glyndon Senior Center	(218) 498-2828
Hawley Senior Center	(218) 483-4681
Hitterdal Senior Center	(218) 962-3295
Hjemkomst Senior Center - Senior Connections	(218) 299-5514
Ulen Senior Center	(218) 962-3295

## Senior Employment Services

Places to contact regarding job training and employment assistance for senior citizens

<b>Griswold Home Care</b>	<b>(701) 850-2000</b>
<b>Home Instead Senior Care</b>	<b>(701) 478-1010</b>
Experience Works (Fargo)	(701) 566-8422
Experience Works (Minnesota)	(855) 270-9660

## Senior Living Communities

Independent Living, Assisted Living, Memory Care, & Skilled Nursing Care

## Independent Living Apartments (55+ Communities)

Local apartments that serve the elderly population

### Cass County

<b>Bethany Grace Pointe</b>	<b>(701) 551-0805</b>
<b>Cass County Housing Authority</b>	<b>(701) 282-3443</b>
<b>CHI Riverview (Fargo)</b>	<b>(701) 237-4700</b>
<b>Edgewood Vista (Fargo)</b>	<b>(701) 365-8200</b>
<b>Eventide Fargo</b>	<b>(218) 291-2200</b>
<b>Eventide Sheyenne Crossings</b>	<b>(218) 291-2200</b>
<b>Heritage House Apartments (Fargo)</b>	<b>(701) 234-9326</b>
<b>New Perspective Senior Living</b>	<b>(701) 551-7700</b>
Arthur Good Samaritan Center Apartments	(701) 967-8316
Casselwood Retirement Center (Casselton)	(701) 347-5631
Century Square (Fargo) (subsidized)	(800) 810-2853
Charleston Townhomes & II (income limitations) W. Fargo	(701) 356-0891
Colonial Apartments (Fargo Housing Authority)	(701) 293-6262
Commons II Town Homes (West Fargo)	(701) 232-1887

Community Homes (Fargo) (subsidized)	(701) 293-6014
Cooperative Living Center Apartments/Condos, W. Fargo	(701) 281-0315
The Crossings at Highpointe (Fargo)	(701) 364-0579
Crossroads Senior Living	(701) 478-8092
Eastern Dakota Housing Alliance	(701) 364-2833
Fargo Housing Authority	(701) 293-6262
Fieldstone Village (Fargo)	(701) 235-4138
The 400 (Fargo) (subsidized)	(701) 232-9412
Graver Inn (Contact Fargo Housing)	(701) 293-6262
Heritage Square/Commons Apts. And Townhomes	(701) 356-0891
Lashkowitz High Rise (Fargo) (subsidized)	(701) 293-6262
New Horizons Manor (Fargo) (subsidized)	(701) 293-6262
North Sky Apartments	(701) 293-6262
Northland (Fargo)	(800) 466-7722
One Oak Place (Fargo)	(701) 234-1625
Pioneer Manor (Fargo) (subsidized)	(701) 293-6262
River Square Apartments (Fargo)	(701) 364-2620
Serenity (West Fargo)	(701) 282-3443
Sheyenne Commons (West Fargo) (subsidized)	(701) 232-2452
Sheyenne Square Town Homes (income qualified)	(701) 356-0891
Sheyenne Terrace Townhomes	(701) 282-2118
Summit Condominiums	(701) 200-6333
Sunrise North (Fargo) (Contact Fargo Housing)	(701) 293-6262
Tea Leaf Apartments	(701) 306-2220
Trollwood Village Apartments (Fargo) (subsidized units)	(701) 293-6743
University Drive Manor (Fargo) (subsidized)	(701) 232-4423
Touchmark (Fargo)	(701) 476-1200
West Fargo High Rise	(701) 282-3443
Windwood Townhomes (Fargo) (Subsidized)	(701) 232-1887

## Clay County

<b>The Linden at Eventide</b>	<b>(218) 291-2200</b>
<b>Eventide Living Center</b>	<b>(218) 291-2200</b>
Barnesville Housing Authorities	(218) 354-7700
Carriage House Apartments (Moorhead)	(218) 236-6454
Clay County Housing and Redevelopment	(218) 233-8883
Fairview Apartments (Barnesville) (subsidized)	(218) 354-7700
Farmstead Estates	(218) 287-0202
Fieldcrest Townhomes (Moorhead) income qualified	(701) 356-0891
Hawley Senior Living	(218) 483-3337
Houge Estates (Dilworth) (subsidized)	(218) 233-8883
Leonhardt Apartments (Barnesville) (subsidized)	(800) 728-7911
Moorhead Manor	(218) 236-6286
Moorhead Public Housing (subsidized)	(218) 299-5458
North Side Terrace (Hawley) (subsidized)	(218) 483-4524
Park View Haven (Ulen)	(218) 596-8847
Park View Terrace (Moorhead) (subsidized)	(218) 233-8548
Peterson Apartments (Barnesville) (subsidized)	(218) 354-2450
Pleasant View Manor (Glyndon) (subsidized)	(218) 233-8883
River Pointe of Moorhead	(218) 287-6900
Riverview Heights (Moorhead) income qualified	(218) 299-5458
Sharpview Manor (Moorhead) (subsidized)	(218) 299-5458



Cass  
and Clay  
Counties

## Assisted Living Communities

Apartments or sleeping rooms that offer some assistance, as needed, to their residents. This may include congregate dining, transportation, housekeeping and home health services.

### Cass County

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

### Clay County

<b>The Linden at Eventide</b>	<b>(218) 291-2200</b>
Arbor Park Living Center (Moorhead)	(218) 359-9999
Ecumen Evergreens of Moorhead	(218) 233-1535
Farmstead Care of Moorhead	(218) 512-2020
Golden Manor (Barnesville, MN)	(218) 354-7200
Golden Living Community (Moorhead) some subsidies	(218) 236-1367

Hawley Senior Living (Hawley, MN)	(218) 483-3337
Lilac Homes	(218) 443-2426
Moorhead Manor	(218) 236-6286
Northern Lights (Ulen)	(218) 596-8847
Park View Terrace (Moorhead) (subsidized)	(218) 233-8548
River Pointe of Moorhead	(218) 287-6900
Serenity Assisted Living, Inc. (Dilworth)	(218) 477-7254

## Memory Care

Specialized residential services providing care for persons with memory loss/dementia/ Alzheimer's

### Cass County

<b>Bethany Retirement Living</b>	<b>(701) 239-3000</b>
<b>Edgewood Vista (Fargo)</b>	<b>(701) 365-8200</b>
<b>Eventide Sheyenne Crossing</b>	<b>(218) 291-2200</b>
<b>New Perspective Senior Living</b>	<b>(701) 551-7700</b>
Elim Nursing Home - Fargo	(701) 271-1800
Ecumen Evergreens of Fargo	(701) 239-4524
Maple View Memory Care	(701) 478-8655
Rosewood on Broadway	(701) 277-7999
Serenity Assisted Living, Inc. (Dilworth)	(218) 477-7254
Touchmark at Harwood Groves	(701) 476-1200

### Clay County

<b>The Linden at Eventide</b>	<b>(218) 291-2200</b>
Arbor Park Village	(218) 359-9999
Ecumen Evergreens of Moorhead	(218) 233-1535
Farmstead Care of Moorhead	(218) 512-2020
Lilac Homes	(218) 443-2426
River Pointe of Moorhead	(218) 287-6900

## Skilled Nursing / Long-Term Care Facilities / Short-Term Rehab / TCU

Facilities that offer on-site 24 hour care

### Cass County

<b>Bethany on 42nd</b>	<b>(701) 478-8900</b>
<b>Bethany on University</b>	<b>(701) 239-3000</b>
<b>Eventide Fargo</b>	<b>(701) 291-2200</b>
<b>Eventide Sheyenne Crossings</b>	<b>(701) 291-2200</b>
Arthur Good Samaritan Center	(701) 967-8316
Manor Care Nursing Home - Fargo	(701) 237-3030
Rosewood on Broadway - Fargo	(701) 277-7999
Villa Maria Nursing Home - Fargo	(701) 293-7750

### Clay County

<b>Eventide on Eighth</b>	<b>(218) 233-7508</b>
Golden Living Center - Moorhead	(218) 233-7578
Valley Care & Rehab	(218) 354-2254
Viking Manor Nursing Home - Ulen	(218) 596-8847

## Real Estate (Senior Real Estate Specialists)

<b>Connie Carlsrud SRES (Park Co. Realtors)</b>	<b>(701) 238-7618</b>
<b>Deb Nordby SRES (Park Co. Realtors)</b>	<b>(701) 729-7506</b>
<b>Joan Windus (Modern Prairie Real Estate)</b>	<b>(701) 799-7544</b>
<b>Sean Kiernan SRES (Town &amp; Country Realty)</b>	<b>(701) 960-8965</b>
<b>Sharon Johnson (Northwestern Bank)</b>	<b>(701) 793-2755</b>



## Senior Recreation/Arts Programs

<b>HeartSprings</b>	<b>(701) 261-3142</b>
<b>Valley Senior Services (Fargo)</b>	<b>(701) 293-1440</b>
Casselton Parks and Recreation Department	(701) 347-5386
Courts Plus Community Fitness	(701) 237-4805
Fargo Park District	(701) 499-6060
Moorhead Parks and Recreation	(218) 299-5340
Senior Connections (Moorhead)	(218) 299-5514
Touchmark Health & Fitness Club	(701) 526-1055
West Fargo Park District	(701) 433-5360

A lifetime entrance pass to United States national parks for those 62 years and older. To obtain, go to any National Park Service facility that charges an entrance fee with the following:

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



## Support Groups

Agencies that provide counseling or support on various issues

<b>Caregiver Support Group - LSS of MN</b>	<b>(218) 303-9929</b>
<b>Caregiver Support Group (New Perspective Senior Living)</b>	<b>(701) 551-7700</b>
<b>Caregiver Support Group (Barnesville Area Helpers)</b>	<b>(218) 354-7090</b>
<b>Chronic Pain – HeartSprings</b>	<b>(701) 261-3142</b>
<b>Hospice of the Red River Valley Grief Support</b>	<b>(701) 356-1500</b>
<b>Memory Cafe of the Red River Valley</b>	<b>(701) 404-6712</b>
<b>Mind Matters: Brain Injury Support Group--HeartSprings</b>	<b>(701) 261-3142</b>
<b>North Dakota Brain Injury Network</b>	<b>(855) 866-1884</b>
<b>Parkinson Support Group -- HeartSprings</b>	<b>(701) 261-3142</b>
<b>VA Caregiver Support Coordinator Ext 9-3559</b>	<b>(701) 239-3700</b>
ALS Support Group	(701) 238-9180
Alzheimer's Association	(701) 277-9757
Alzheimer's Support Group – Bethany Retirement Living	(701) 239-3525
Beginning Experience of Fargo	(701) 277-8784
Caregiver Café	(701) 404-6712
CHI Health at Home – Home Health and Hospice	(888) 538-0069
Disability Support Group	(701) 234-6022
Eastern North Dakota Beginning Experience	(701) 277-8784
Family Caregiver Support Program (ND)	(701) 298-4420
Fibromyalgia Support Group	(701) 499-4200
Fibromyalgia Support Group - Education and support - Fargo	(701) 799-4200
Huntington's Support Group	(701) 936-1245
Men's Support Group (Hospice of the Red River Valley)	(701) 356-1500
Parkinson Support Group - Edgewood Vista & Village	(701) 365-4740

Parkinson Support Group -  
PAM Rehab - (3rd Tuesday 2-3pm)

(701) 707-8402

## **TBI - Traumatic Brain Injuries**

These providers offer information and services related to those who have suffered and/or live with Traumatic Brain Injuries.

**Griswold Home Care** (701) 850-2000

**North Dakota Brain Injury Network** (855) 866-1884

Josh Gilleland - CBIS -

Certified Brain Injury Specialist (701) 212-4714

Not Invisible Any More (NIAM)

Brain Injury Services (701) 540-6344

## **Transportation**

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

**Active at Home Helpers** (701) 540-3483

**Barnesville Area Helpers (Volunteer Drivers)** (218) 354-7090

**CAPLP - Rural Routes (Rural Clay)** (218) 512-1500

**Griswold Home Care** (701) 850-2000

**Helping Hands Care** (701) 532-0577

**Home Instead Senior Care** (701) 478-1010

**Metro Senior Ride Service** (701) 356-7433

**NDAD (Funding Source)** (701) 281-8215

AllHealth Home Care (701) 365-0414

Care A Van (701) 235-6699

Fargo Doyle Cab Company (701) 235-5535

Fargo Discount Taxi -

(10% off for persons over 55) (701) 235-5535

F-M Ambulance Service

(for non-emergency use only) (701) 293-0408

Handi-Wheels - arrange 1 day in advance (701) 232-3231

Lucky Seven Cab	(701) 235-1717
Medi-Van (arrange at least 1 day in advance)	(800) 422-0976
Matbus Fixed Route Service	(701) 232-7500
Precision Transportation (Wheelchair rides as well)	(701) 936-0577
Ready Wheels	(701) 293-0408
Rural Cass County Bus	(701) 356-7433
Rural Clay County Rides (Volunteer Drivers)	(218) 483-3145
Transit Alternatives	(866) 998-3002
Volunteer Services (Rural Cass)	(701) 347-5590

## **Veteran Administration Services**

Government resources providing information services to veterans

<b>VA Caregiver Support Program Ext 9-3786</b>	<b>(701) 239-3700</b>
<b>VA Healthcare for Homeless Veterans Ext 9-4392</b>	<b>(701) 239-3700</b>
<b>VA Hospice and Palliative Care Program Ext 9-2726</b>	<b>(701) 239-3700</b>
<b>VA Medical Foster Home Program Ext 9-3940</b>	<b>(701) 239-3700</b>
Cass County Veterans Service Officer	(701) 241-5745
Clay County Veterans Service Officer	(218) 299-5041
National VA Caregivers Support Line	(855) 260-3274
ND Dept of Veterans Affairs	(701) 239-7165
North Dakota Military Outreach	(701) 212-0466
Sanford Fargo Hospice	(701) 234-7550
Veterans Administration Medical Center	(800) 410-9723 (701) 239-3700

## **Veterans Services**

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

<b>Hospice of the Red River Valley</b>	<b>(701) 356-1500</b>
<b>House Calls</b>	<b>(701) 356-1560</b>

Carmel Froemke - MNRAAA - Person Centered Counselor	(507) 414-8298
CHI Health at Home – Home Health and Hospice	(888) 538-0069
Elder Resource Benefit Consulting VA Application Assistance (VA Accredited Office)	(508) 270-7556
Gladys Ray Veterans Drop In Center (Fargo)	(701) 364-0116
Veterans Care Coordination	(855) 380-4400

## Visually Impaired/Blind

### Resources that assist persons with visual impairments

Fargo Public Library	(701) 241-1491
National Eye Care Project	(800) 222-3937
North Dakota Talking Book Library	(800) 843-9948
ND Telecommunication Equipment Distribution Program	(800) 450-0459
North Dakota Vision Services/School for the Blind	(701) 795-2700
Minnesota Services for the Blind	(800) 657-3755
Southeast Human Service Center, Voc-Rehab	(701) 298-4500

## Volunteer Opportunities

### Places to contact about volunteer opportunities for senior citizens

<b>AARP (Moorhead)</b>	<b>(218) 287-2065</b>
<b>AARP (North Dakota)</b>	<b>(866) 554-5383</b>
<b>Barnesville Area Helpers</b>	<b>(218) 354-7090</b>
<b>Caregiver Respite volunteers - LSS MN</b>	<b>(218) 303-9929</b>
<b>Hospice of the Red River Valley</b>	<b>(701) 356-1500</b>
<b>New Perspective Senior Living</b>	<b>(701) 551-7700</b>
<b>Valley Senior Services (Fargo)</b>	<b>(701) 293-1440</b>
AllHealth Home Care	(701) 365-0414
Caring Companion in Clay County	(800) 584-7020
CHI Health at Home – Home Health and Hospice	(888) 538-0069



## Notes

[illegible]

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