

REGION VIII DIRECTORY of SERVICES

AARP of ND-contact is *Josh Askvig, State Director*

107 West Main Avenue, Suite 125, Bismarck ND 58501

Phone (1-866-554-5383 or 701-355-3642)

Fax (701-255-2242)

Online @ www.aarpnd@aarp.org

- Dickinson walking program @ DSU Scott Gymnasium 8am weekdays
- Tax Aide-provides free assistance to senior citizens in completing tax returns and answering tax questions each year beginning February 1st & going through April 15th. Site is at the Dickinson Public Library, 1-4pm, M-W and one at Community Action, 202 Villard St E, Dickinson, phone (701-227-3010)
- For the latest news go to www.aarp.org/nd

Able Inc-contact is *Mary Anderson*

1951 1st Street West, Dickinson ND 58601

Phone (701-456-3000)

Serving individuals with Developmentally Disabilities

Substance Abuse Services

- Badlands Human Service Center, 300 13th Ave West, Ste 1, Dickinson ND 58601
Phone (701-227-7500)
- Heart River Alcohol & Drug Abuse Services, 7 1st Street West, Ste 101, Dickinson ND 58601
Phone (701-483-0795)
- Sacajawea Substance Abuse Counseling, 112 3rd Street West, Ste 301, Dickinson ND 58601
Phone (701-483-9150)
- AA
Phone (701-264-7552)
- ALANON
Phone (701-225-5026)
- NA/Narcotics Anonymous (St Johns Church-Wednesdays at 6:30pm)
Kevin Phone (701-495-4833)
Jessi Phone (701-690-2199)

Adult Learning Center-contact is *Beth Hurt*

402 4th Street West, Dickinson ND 58601(use door #3)

Phone (701-456-0008)

They are dedicated to serving the needs of our community. Services include academic tutoring, computer classes, English as a Foreign Language, GED program completion, test proctoring, displaced homemakers program and more.

ND Aging Services Division-*contact is Nancy Nikolas-Maier, Director*

1237 West Divide Avenue, Suite 6, Bismarck ND 58501

Phone (701-328-4607 or TTY 1-800-366-6888)

Fax (701-328-8744)

Online @ <http://www.nd.gov/dhs/services/adultsaging>

Email dhsaging@nd.gov or nmaier@nd.gov

Under the umbrella of the ND Department of Human Services the Aging Services Division administers programs and services that help older adults and adults with physical disabilities to live safely and productively in the least restrictive, appropriate setting. The division also oversees the eight Regional Aging Offices including the Home and Community Based Programs.

Regional Aging Services Office-*contact is Rene Schmidt, LSW, RASPA*

300 13th Ave West Ste 1, Dickinson ND 58601

Phone (701-227-7557)

Fax (701-227-7575) (can also escan to my email)

rschmidt@nd.gov

At the regional level (serves the counties of Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope & Stark) this office administers programs & services that help older adults & people with physical disabilities to live safely & productively in the least restrictive, appropriate setting. To view various publications (Brochures, Booklets, Fact Sheets, Handbooks, etc.) pertaining to Adults and Aging go to www.nd.gov/humanservices/info/pubs/aging.html or <http://www.nd.gov/dhs/info/pubs/docs/aging/booklet-aging-services.pdf>

ALS (Lou Gehrig's disease) Association, Minnesota ND Chapter-*contact is Patient Services Director*

Phone (1-888-672-0484)

Email linda@alsmn.org

The chapters Hrbek-Sing Communication & Assistive Device Program assists individuals with ALS, who have lost their ability to verbally communicate &/or who are having difficulty using a computer or other electronic device in their home. The program loans devices & equipment that not covered by medical insurance. Additional programs are family respite home care, equipment loan closet, & volunteers who help with cleaning, errands, & more.

Alzheimer's Association-Minnesota/North Dakota Chapter-*contact is Nikki Wegner, Director*

406 W Main St, Suite 105, Mandan ND 58554

Dickinson phone-rolls over to the Mandan phone (701-225-7988)

Mandan Office Phone (701-258-4933)

24/7 Information & Helpline (1-800-272-3900)

Fax (701-425-0184)

Online @ www.alz.org/mnnd

Email abeumer@alz.org

Dedicated to improving the quality of life for people with Alzheimer's disease, as well as their families and caregivers. Will provide patient and family services, education opportunities for the general public & healthcare professionals, initiate advocacy efforts for improved public policy, & support medical research.

- “Medic Alert + Safe Return” offers live, 24-hour emergency response service for wandering & medical emergencies. Online @ [http://www.alz.org/we can help medicalert safereturn.asp](http://www.alz.org/we_can_help_medicalert_safereturn.asp)
- Dementia Care Services Program-care consultation in the home, education, referrals, supportive services, and more

Angel Advocates, LLC-contact is *Rena Polensky*

PO Box 692, Dickinson ND 58602

Phone (701-290-2023)

Fax (701-483-6115)

Email angeladvocates@ndsupernet.com

Assistance in time of need. We are here to help you: Locate and organize your important documents; File for Social Security benefits; Close a loved one’s affairs; Monthly expense binders; Application assistance; Professional references; Family Love Letter Packages available.

ANGEL 37 KITCHEN-contact is *Tana Johnson*

Queen of Peace Church, 775 12th Street West, Dickinson, ND 58601

Phone 701-290-7559 or online @ Soulserenity@me.com.

Is a community meal where everyone is welcome to enjoy supper every (free of charge) Tuesday from 6:00-7:00pm.

Assisted Living Facilities

- Edgewood Hawks Point, 1266 Signal Butte, Dickinson ND 58601-*Carrie Zimmerman*
Phone (701-225-9173)
*Also has Independent Living Cottages
- Benedict Court, 830 2nd Avenue E, Dickinson ND 58601-*Taylor Chock*
Phone (701-456-7242)
- Evergreen, 2143 6th Avenue W, Dickinson ND 58601-*Darla Baranko*
Phone (701-483-6606)
*Basic Cares also
- Golden Valley Manor Home, 260 5th Street SW, Beach ND 58621-*Vikki Braden*
Phone (701-872-4282) *Rent is based on income
- Park Avenue Villa, 1050 Park Ave, Dickinson ND 58601-*Beth Urbanic*
Phone (701-483-3000)
- Sunrise Village, 203 11 Avenue NW, Bowman ND 58623-?
Phone (701-523-3003)
- Western Horizons Assisted Living, 700 4th St North, Hettinger ND 58639-?
Phone (701-567-6172)
- NEW! Legacy Lodge, 105 Legacy Drive, Killdeer ND 58640-*Pamela Paul*
Phone (701-764-5682) www.hthc.org

Badlands Human Service Center (BHSC)-contact is Brad Brown, Reginal Director

300 13th Avenue West, Suite 1, Dickinson ND 58601

Phone (toll free 1-888-227-7525 or 701-227-7500 or TTY 701- 227-7574)

Fax (701-227-7575)

Email dhsblhsc@nd.gov

An eight county regional human service center providing help to individuals & families in Southwest North Dakota.

- Aging Services Unit-responsible for services under the Older Americans Act-Information and Referral, Long-Term Care Ombudsman, Adult Protective Services, Family Caregiver Support Services, Local Contact Agency & Options Counseling, program oversight for Nutrition and Health Maintenance Services.
- Vocational Rehabilitation-working for & with individuals who have disabilities to achieve their employment, independence & economic goals. Phone (701-227-7600).
- Outpatient & Day Treatment-providing services for individuals with substance abuse problems.
- Family Based Services-services that are focused on the family as a whole rather than on one family member. The objective is to strengthen families so they can fulfill their care giving function & provide a healthy, growth producing & safe environment for family members.
- Acute Outpatient Services-designed to provide appropriate psychotherapeutic intervention to assist individuals to deal with specific problems that are negatively impacting daily functions.
- Outreach Services-regularly scheduled outreach in the communities of Bowman, Hettinger, Mott, & Beach.
- Developmental Disabilities Unit-assisting individuals & their families in identifying, coordinating, & monitoring the support services necessary to meet their individual needs.
- Extended Care & Treatment Services-providing community-based services for individuals with a serious behavioral health and/or dual diagnosis concerns.
- Community Services-provides program supervision & technical assistance of child welfare services to the southwest county social services child welfare programs.
- Emergency Services-24 hour emergency assistance-Phone (1-701-290-5719).

Blue Cross/Blue Shield of ND

Phone (1-800-342-4718)

Bridges to Benefits

Online @ www.nd.bridgetobenefitsorg/

This online eligibility screening tool is a convenient & sufficient way to help individuals & families with limited incomes to determine their eligibility for assistance programs such as Medicaid, children's health insurance, food assistance, home energy assistance, earned tax credits & more.

CaringBridge Website

Online @ <http://www.caringbridge.org/about-us>

CaringBridge transforms your personal connections into support when you need it most. By creating a free CaringBridge website, people in a time of need can share updates, photos and videos, connecting with friends and family who care and want to help. Since 1997, more than half a million CaringBridge websites have been created. One in nine people in the U.S. have used CaringBridge to rally support for a loved one during a health journey, and our reach extends to 236 countries and territories around the world.

Catholic Charities of ND-*contact for Dickinson is Tami Christianson, LICSW*

600 South 2nd Street Suite 202, Bismarck ND 58504

Phone (701-255-1793)

Online @ <https://www.catholiccharitiesnd.org/>

Catholic Charities of North Dakota builds and strengthens the lives of individuals, couples, and families across the state of North Dakota with programs for children, families, adults with intellectual disabilities, and others in need.

Center for Medicare Advocacy

Phone (toll free 1-860-456-7790)

Online @ www.medicareadvocacy.org

The Center for Medicare Advocacy, Inc. is a national non-profit, non-partisan organization that provides education, advocacy, & legal assistance to help elders & people with disabilities obtain Medicare & necessary health care.

Cleaning Services

- **Badlands Cleaning Service**-Phone (701-590-8889)

Online @ badlandscleaningservice@live.com

Daily, weekly, biweekly, monthly, or just occasionally

- **LuAnn Havelka** -Dickinson - Phone (701-300-2207)
- **Shannon Stroh** - Dickinson - Phone (406-939-3893)
- **Simply Organized**-*contact Patty Voigt & Juanita Koppinger*

Professional home organization services.

Online @ www.simplyorganizednd.com or Email contact@simplyorganizednd.com

Community Action Partnership (CAP)-contact is Erv Bren, Executive Director

202 Villard Street East, Dickinson ND 58601

Phone (701-227-0131) or (toll free 1-800-359-2243)

Fax (701-227-4750)

Online @ www.dickinsoncap.org

- Client Services—for non-emergency situations. Representative Payee Services, Volunteer Income Tax Assistance (VITA) for low-income, Elderly and Disabled, Individual Development Accounts, Self-Reliance. Housing Rehabilitation Program, Homebuyers Education, Pre-purchase Housing Counseling, Renters Education.
- Emergency Services-Available to assist individuals and families in emergency situations. Rent/Mortgage Assistance/Eviction Prevention, Security Deposit Assistance, Senior Commodity Supplemental Food Program (contact is Brittney CSFP Coordinator), Food Pantry Referrals, Energy Share, Utility Assistance.
- Air Conditioning Program-Provides air conditioners to individuals who qualify both medically & financially.
- Weatherization-Provides weatherization services to low-income individuals to make their homes more energy efficient in order to save money & conserve energy.
- Prairie Rose Center-Provides a range of services designed for adults with a serious mental illness to help them function in the community-*contact is Jeri.*
- Family Planning.
- Early Head Start & Head Start (107 S 3rd Street, Dickinson) Phone (70-227-3010)
- Bread Pantry-in basement-free bread products-donated by Baker Boy

Community Day Respite Program/Adult Day Stays

Offers health, social & nutritional services designed for individuals who may need care in a group setting away from home.

- Dickinson Country House -*Contact is Tessa Johnson, Director-Phone (701-483-2266)*
- Northland PACE Program-must be enrolled in PACE to receive this service
- Some area facilities will provide short term stays-see pages 3, 16 & 17

Community Healthcare Association of the Dakotas (CHAD)

Phone (701-221-9824)

Online @ <http://www.communityhealthcare.net/default.asp>

CHAD is a state nonprofit membership of organization, which includes community health centers (CHC) in North & South Dakota. CHCs provide high-quality primary & preventative health care to all patients regardless of their insurance coverage or financial status.

Counseling Services

- Badlands Human Service Center, Dickinson ND, Phone (701-227-7500)
- Compass Counseling Center PLLC, Reeder ND, Phone (701-853-2795)
- Dr Nancy Gabbert, Clinical Psychologist, Hettinger ND, Phone (701-567-6631)
- Dickinson Family Counseling Center, Dickinson ND, Phone (701-483-9720)
- Prairie Horizons Family Counseling Center, Dickinson ND, Phone (701-483-0058)
- Therapy Solutions, Dickinson ND, Phone (701-483-1000)
- Summit Counseling Center, Dickinson ND, Phone (701-334-6242)
- West River Life Solutions, Hettinger ND, Phone (701-567-4561)
- Westwinds Consulting Center, Dickinson ND, Phone (701-225-1050)
- Red Trail Psychology-Dr Chris Hertler, Dickinson ND, Phone (701-690-5468)
- ADAPT Inc., 141 3rd Street West #6, Dickinson ND, Phone (701-471-5213)
- Catholic Charities of ND, Tami Christianson, LICSW, Phone (701-290-4859)

County Social Service Offices

There are 6 county offices in Southwest North Dakota which offer services to the 8 counties of *Adams* (701-567-2967), *Billings/Golden Valley* (701-824-4121), *Bowman/Slope* (701-523-3285), *Dunn* (701-764-5385), *Hettinger* (701-824-3276), & *Stark* (701-456-7675).

- Adult Family Foster Care-provides a safe family living environment, 24 hours a day in a state licensed setting.
- Assistance with Medicare Premiums-helps pay for Medicare premiums for eligible individuals
- Case Management-A licensed social worker coordinates any/all services family/individual receives.
- Chore Services-intermittent home tasks such as heavy housework, minor home repairs, etc.
- Emergency Response System (lifeline)-provides telephone emergency response services.
- Environmental Modification (limited)-modifies the home to enhance client independence.
- Extended Personal Care-includes a nurse to train a personal care provider to complete specific tasks of a medical nature.
- Family Home Care-pays a family caregiver who resides in a client's home.
- Family Personal Care-pays a spouse to provide specialized care.
- General Assistance-emergency assistance for clients in need of temporary assistance.
- Home & Community Based Services (H&CBS)-assists functionally elderly/disabled to achieve & maintain independence in their homes by providing resources to them.
- Homemaker Services-includes house cleaning, laundry, &/or meal preparation.
- Information & Referral-information on all available services & referral to appropriate resources.
- Intake-brief assessment of client needs to determine services.
- LIHEAP-assists households with home heating costs.
- Medicaid-medical assistance to low income individuals.
- Non-Medical Transportation-provides rides to get food, go to the post office, bank, etc.
- Personal Care Services-helps with bathing, dressing, transferring, & toileting.
- Respite Care-provides temporary relief to primary caregivers who are providing continuous care to an eligible elderly/disabled client.

- Supplemental Nutrition Assistance Program (SNAP)-assistance to raise the level of nutrition of low-income households. (formally known as food stamps)
- Specialized Equipment-provides special equipment to reduce the need for help.

County Veterans Service Officer (VSO)-see 2nd to last page

ND State Branch office is located @ 925 Basin Avenue, Suite 6, Bismarck ND 58504

Phone (701-328-5465)

Online @ <http://www.nd.gov/veterans/officers/>

The 1945 Legislative session passed an Act authorizing the County Commissioners of each county in the State to appoint either a part-time or full-time County Veterans' Service Officer. The law provides such appointment shall be made with the advice of the Commissioner of Veterans' Affairs. Fifty three counties in the State of North Dakota at the present time have appointed someone as a recognized County Service Officer. These County Service Officers are under the supervision of the State Department of Veterans' Affairs.

Dakota Center for Independent Living-*contact is Chantel Zeller*

26 1st Street East Suite 103, Dickinson ND 58601

Phone (701-483-4363)

Fax (701-483-4361)

Supports individuals with disabilities in living independently in the community. The center serves all ages from birth to death. The only eligibility criterion is the presence of a disability. Core services are: Information & Referral, Individual & Systems Advocacy, Independent Living Assessment & Skills Training, Peer Support, Assessments, Payee Services. Also the lead agency for "Money Follows the Person Program"

Dakota Prairie Helping Hands-*contact is Laurie Wickstrom*

216 South Main Street

PO Box 65, Hettinger ND 58639

Phone (701-567-4975)

Email dphospic@ndsupernet.com

Provides in-home supportive assistance through community volunteers.

Dakota Women's Correctional Rehab Center – *Contact is*

440 McKenzie Street, New England ND 58647

Phone (701)579-5100)

Debt Counsel for Seniors & the Disabled (DCSD)

Phone (312-939-2221 ext. 1005)

Debt counseling for seniors & the disabled is a legal service assisting individuals who are being harassed & abused by debt collectors. DCSD helps relieve the stress caused by abusive collectors, & restores the dignity they deserve.

Dental Lifeline America

Phone (1-888-471-6334)

The North Dakota Donated Dental Services program provides dental services to people of all ages who, because of a serious disability, advanced age, or medical problems, lack adequate income to pay for needed dental care. The program is run in cooperation with the National Foundation of Dentistry for the Handicapped (NFDH).

Department of Labor

Phone (toll free 1-800-582-8032 or 701-328-2660)

Handles Landlord/Tenant disputes or rental problems.

Dickinson Post Office-drive up mail box is on east side of building

15 1st Street East, Dickinson ND 58601

Phone (701-225-6702 or toll free @ 1-800-275-8777)

Dickinson Public Library

139 3rd Street West, Dickinson ND 58601

Phone (701-456-7700)

Dickinson Soup Kitchen/Welcome Table – *contact is Darlene Brudvig*

Phone (701-483-2294 or 483-1467 if you have questions)

Free supper every Thursday evening at Garvin Hall-St Pat's Gym 145 3rd Ave W in Dickinson

Dickinson State University

291 Campus Drive, Dickinson ND 58601

Phone (701-483-2090)

Domestic Violence

Womens Domestic Violence Center-*contact is Darriane Johnson, Director*

PO Box 1081, Dickinson ND 58601

Phone (701-225-4506 or toll free 1-888-225-4506)

Provides services and shelter for victims & families of domestic violence/abuse.

Easter Seals Goodwill ND, Inc.-*contact is Renee Pottorff*

PO Box 361, Dickinson ND 58601

Phone (701-264-1060 or toll free 1-866-895-1587)

Fax (701-264-1099)

Provides in-home services for seniors such as the equipment loan program, information & referrals, housekeeping, laundry, grocery shopping, respite care, personal care (hair care, bathing & other personal needs), errands/shopping, meal preparation/baking, transportation.

Elder Care/Public Transit—*contact is Colleen Rodakowski, Director*

361 26th St East, Dickinson ND 58601

Phone (toll free 1-888-994-1818 or 701-456-1818)

Fax (701-456-1820)

Email director@eldercareregion8.org

Nutrition Services are funded under the Older Americans Act & there is no cost, however, voluntary contributions are welcome. An updated listing of sites where meals are available is at the end of this directory.

- Congregate Meals—A service that provides hot and nutritious meals that assure a minimum of one-third of the dietary allowance for a person generally age 60 or over who will be eating in a group setting such as a senior center or senior housing building.
- Home-Delivered Meals—A service that delivers hot and nutritious meals that assure at least one-third of the recommended dietary allowances for a person generally age 60 or over who have physical incapacities, mobility/health issues, mental or social conditions, or isolation.
- Frozen Meals - are also made available upon request-brought to your home if needed.
- Mom’s Meals - fresh meals delivered to your home. See Mom’s Meals on page 18.
- CAFÉ 60 Meals - are available at Dickinson Edgewood Hawks Point, Jabbr’s Family Restaurant in Bowman, Buzzys Café in Beach, Four Corners Café in Fairfield, and JodeO’s Café in Halliday. Meals are served anytime the café is open.
- Transportation - A service that provides a method of travel and access to medical, nutritional, educational, personal, employment, & social services to individuals of all ages. Contact Public Transit at (701-483-6564). There is a fare for this service.

Elder Law Legal Assistance

Eboltoft, Sickler Lawyers

2272 8th Street West, Dickinson, ND 58601

Phone (701-225-5297)

End of Life Care/Resources

- **AARP** – go to www.aarp.org
- **Advance Health Care Directives – Matters of Life and Death - “Who will speak for you if you can’t speak for yourself?”** – Online @ www.ndmed.org and click on Patient Resources and scroll down and click on “Healthcare Directives ND” for this booklet.
- **Ageing with Dignity “Five Wishes”** – Phone (1-888-5-WISHES)
 - Online @ www.ageingwithdignity.org
- **Legal Services of North Dakota** – Phone (1-866-621-9886)
Online @ <http://www.legalassist.org/>
- **National Hospice & Palliative Care Organization** – <http://www.nhpc.org>
- **Hospice services provide healthcare, education & support to terminally ill clients, their families & caregivers.** Service providers include:
 - CHI St Alexius Health at Home/Home Health & Hospice. Phone (701-456-4378)
 - Dakota Prairie Helping Hands of Hettinger. Phone (701-567-4975)
 - Hillcrest Care Center of Hettinger. Phone (701-567-2401)

- Good Samaritan Center of Mott. Phone (701-824-3222)
- Southwest Homecare Services of Bowman. Phone (701-523-3003)
- St. Lukes Home of Dickinson. Phone (701-483-5000)
- West River Nurse Corps of Hettinger. Phone (701-567-6170)

EyeCare America—Seniors EyeCare Program

Phone (1-800-222-3937)

Online @ www.eyecareamerica.org

The Seniors EyeCare Program ensures that every senior has access to medical eye care & promotes annual, dilated eye exams. It raises awareness about age-related eye disease, including cataracts, provides **free** eye care educational materials & facilitates access to eye care at no out-of-pocket cost.

Fall Prevention Program - Stepping On-contact is ?

Phone (701-?)

This program provides a series of educational classes to help prevent falls.

Foot Care Services

Call Southwestern District Health Unit, Phone (701-483-0171)-see pages 27-28

They provide foot care at their Health Maintenance clinics throughout the region once a month or by appointment, or in your home (if you qualify).

Foster Grandparent Program (FGP)-contact is Paula Messmer

Dacotah Foundation, 600 South 2nd Street Suite 8, Bismarck ND 58504

Phone (1-888-603-8376 or 701-223-4517)

Online @ www.seniorservice.org/westernndfgp

Email westndfgp@btinet.net

The FGP program offers income eligible seniors aged 60 or over opportunities to serve as mentors, tutors, & loving caregivers for children and youth with special needs & remain physically & mentally a productive & to enhance their self-esteem and vitality through continued participation with children in a school setting. It also offers a supplement to the senior's income.

Free Credit Report

By law you are entitled to one free credit report per year from each of the 3 major credit bureaus- Transunion, Equifax, & Experian. Go to www.annualcreditreport.com.

Grandparenting Resources

Online @ <http://www.grandparenting.org/>

Online @ <http://www.grandparents.com>

- **West Dakota Parent & Family Resource Center-336 5th St West, Dickinson ND 58601**
Phone (701-456-0007)
- See **North Dakota Family Caregiver Support Program - page 22**

Governors Committee on Aging-contact is Nancy Nikolas-Maier, Director, ND Aging Services Division

Phone (701-328-4607)

Email spfliger@nd.gov

*Gene Hysjulien is the Consultant and Chairperson for this committee

Phone (701-955-0858)

Email ghysjulien@bis.midco.net

Online www.nd/dhs/services/adultsaging/gcoa/html

An advisory body comprised of 14 members appointed by the Governor; the committee focuses on issues & services impacting older North Dakotans & meets quarterly. Barb Danks is our regional representative.

Guardianship Services-contact is Michelle Gayette, Elder Rights Administrator & Assistant Director, ND Aging Services Division

Phone (701-328-4613)

Email mgayette@nd.gov

Guardians act in the best interest of vulnerable adults who are unable to make decisions

- Guardian & Protective Services-contact is Audrey Uhrich, Program Director
3801 Lockport Street Suite 4*, Bismarck ND 58503
Phone (701-222-6600)
Fax (701-222-6666)
Online @ <http://gapsinc.org/index.html>
- Catholic Charities of North Dakota-contact is Donna Byzewski, Program Director
5201 Bishops Blvd., Suite B
Fargo, ND 58104
Phone (701 235-4457)
Toll Free (1-800-450-4457)
Online @ <http://www.catholiccharitiesnd.org/services/guardianship-services/>

Head Injury Association of ND

57 South 7th Street PMB #189, Bismarck ND 58503

Phone (701-390-1000)

Online @ www.braininjurynd.com

The mission of the agency is to advocate for the head injury population of ND; establish support groups for survivors & their families; network information; bring awareness to the public; & provide local & national leaders for purpose of bringing quality of life & coping mechanisms to those involved with head injuries. Services include-information & referral, peer counseling, & informal support services.

Healthcare Directive/Advance Directive/Living Will/Advance Care Planning

Making sure your wishes are understood and followed, so family members and others are not burdened or misunderstood. Helps to achieve peace of mind for you and your loved ones by planning ahead.

- Making health care decisions in ND booklet-go to <http://www.nd.gov/dhs/info/pubs/docs/aging/aging-healthcare-directives-guide.pdf>
- Making medical decisions for someone else: A North Dakota Handbook <http://www.nd.gov/dhs/info/pubs/docs/aging-srv-making-medical-decisions-for-others.pdf>
- Honoring Choices of ND (Quality Health Associates of ND, 3520 N Broadway, Minot ND 58703)
Phone (701-852-4231)
<https://www.honoringchoicesnd.org/>

Hearing Services & Audiologists

Call the ND Assistive Technology HELP-LINE at (1-800-472-2911)

- The North Dakota Hear-O program is dedicated to making hearing aids & services accessible to North Dakotans. The ND Hear-O project works in collaboration with the national “Hear Now” program to recycle used hearing aids.
- CHI St Alexius Health Dickinson – David Ness, Phone (701-456-6000)
- Heartriver Hearing Aid Practice Dickinson – Kim Callahan, Phone (701-227-0728)
- Miracle Ear Hearing Center Dickinson – Phone (701-483-3588)

The Health Insurance Marketplace

Beginning January 2014 most Americans were required to have health insurance. If individuals do not qualify for Medicaid they may be able to research and buy health insurance through the federal government’s Health Insurance Marketplace @ www.healthcare.gov or by calling the federal help line at (1-800-318-2596 or TYY users call 1-855-889-4325).

Home Health & Hospice Services

Home Health provides intermittent and short-term services for patients who need regular attention but do not require constant care in a hospital or NH. It helps patients remain in their homes longer. Services may include: Nursing Care, Certified Nurse Aide (CNA), Wound Care, IV Therapy, Pedicures/Foot Care, Medication Management, Physical, Occupational, & Speech Therapy.

Home Assistance provides custodial care services to people in the home setting such as bathing, meal preparation light housekeeping, transportation, companionship.

Hospice Services provide healthcare, education & support to terminally ill clients, their families & caregivers. Service providers are:

- CHI Health at Home/Home Care & Hospice. Phone (701-456-4378)
- Dakota Prairie Helping Hands of Hettinger. Phone (701-567-4975)
- Good Samaritan Center of Mott. Phone (701-824-3222)
- Southwest Homecare Services of Bowman. Phone (701-523-3003)
- West River Nurse Corps of Hettinger. Phone (701-567-6170)

Home Helpers-contact is *Kathy Fischer*

Phone (701-483-3354)

Assistance at home-providing help with meal preparation, housekeeping, laundry, errands/shopping, transportation, personal finances, & caregiver assistance.

Homestead Property Tax Credit Program & Disabled Veterans Property Tax Credit

Call the Office of State Tax Commissioner @ Phone (701-328-3127 or 1-877-328-7088 option 6)

City of Dickinson residents contact *Deb* @ (701-456-7744)

Online @

<http://www.nd.gov/tax/property/forms/applicationsforseniorcitizensdisabledrenters.pdf>

- **Qualified Homeowners**-receive a credit to reduce property taxes on their home (for seniors, disabled persons, & Veterans). Contact your local assessor or county director of tax equalization for further information & application form.
- **Renter's Refund**-qualified renters (low income seniors & disabled persons) receive a partial refund of their rent. The filing deadline is May 31st of each year. The tax department administers the refund for persons age 65 or older or individuals who are permanently & totally disabled.
- **If you are a disabled Veteran you maybe eligible for a tax credit on the property in which you reside.** Contact your local assessor or county director of tax equalization or the Office of State Tax Commissioner.

Hospitals in our Region

- CHI St Alexius Health – 2500 Fairway St, Dickinson ND 58601 – free wellness classes
Phone (701-456-4000)
- West River Health Center – 1000 Hwy 12, Hettinger ND 58639
Phone (701-567-4561)
www.wrhs.com
- Southwest Healthcare Services – 14 6 Avenue SW, Bowman ND 58623
Phone (701-523-5265)
www.swhealthcare.net

Bismarck Hospitals

- CHI St Alexius - 900 East Broadway Avenue, Bismarck ND 58502
Phone (701-530-7000)
Mental Health Unit Phone (701-530-7222)
- Sanford - 300 North 7th Street, Bismarck ND 58502
Phone (701-323-6000)
7th West Mental Health Unit
Phone (701-323-6806)

Housing/Rental Assistance

- **Stark County Housing Authority (SCHA)** provides rental/housing assistance to qualified persons based on their income. *Contact is Blake Strehlow, Director*
1449 West Villard, Dickinson ND 58601
Phone (701-225-3120)
- **USDA Rural Development 504 Loan and Grant program** assists very low-income owner-occupants of single-family dwellings, who lack repayment ability to qualify for Section 502 loans, to make repairs or improve their homes. Grants are available only for repairs to remove health & safety hazards.
Phone (1-800-582-7584)
- **North Dakota Housing Finance Agency** is a public financial institution, established to meet the public purpose housing finance needs of the State. Its mission is to make housing more affordable for North Dakota's low & moderate-income residents by providing financing, management, information, & other appropriate assistance. They also have a Rehab Accessibility Program (RAP) which offers grant money for the renovation of properties occupied by lower-income North Dakotans with physical disabilities.
Phone (1-800-292-8621)
Online @ www.info@ndhfa.org
- **USDA Rural Development/Rural Housing Service** provides **loans & grants** in rural areas to eligible low & very low income applicants as well as Moderate-income families to purchase existing housing, purchase & repair existing housing, purchase a building site & construct a dwelling, or purchase a new house.
2493 4th Avenue West, Dickinson ND 5860
Phone (701-225-9168)
- **Reverse Mortgages**-a loan against the equity in the home that provides tax-free cash advances, but requires no payments during the life of the loan. Must be at least 62 and own your own home or condominium in order to qualify for a reverse mortgage.

INCOME BASED APARTMENTS *SOME ARE SENIOR LIVING APARTMENTS DICKINSON, ND

- *Villard Terrace-22 4th Avenue East-meal site-serving OAA meals at noon M-F
- *Villard Square-45 6th Avenue East
- *Pioneer/Peaceful Haven-1043 Enterprize Avenue-14 units. SENIORS & FAMILY (open to all ages)-meal site-serving OAA meals at 11:30am M-F
Manager Phone (701-483-1541)
Email pioneerpeaceful@ccinvest.com
- Prairie Ave Townhomes-Prairie Avenue & Prairie Court Drive & 10th Ave
- Prairie Hills Townhomes-15th Street West & 4th Ave West
- The Meadows-972 Meadows Drive
- Oakridge Apartments-2669 5th Avenue West
- Green Meadow Court-712 5th Avenue SW
- Pleasant Valley-972 Meadow Drive
- Metro Plains Management-Office: 972 Meadows Drive-*Contact is Cindy* Phone (701-483-1480 or 456-9028)

- *Frontier Apartments-554 23rd Street West-Managed by Accessible Space Inc., St Paul, MN
Manager Phone (1-800-466-7722, ext. 241)
Fax number (651-209-6623)
Caretaker is Thomas Lewan Phone (563-568-8052). He works M-F, 8am–noon.
Online @ www.accessiblespace.org
- Dickinson Place Townhomes -1505 Dickinson Place Drive
Manager Phone (701-260-8956)
- Dickinson ARC-560 8th Street SE
Manager Phone (701-483-4378)
- Cherry Hills Apartments-2600 Blk of 5th & 6th Avenue West-Managed by Stark County Housing Authority (SCHA)
Manager Phone (701-225-3120)
- *Subiaco Manor-2441 10th Avenue West
Manager Phone (701-483-2350)
- *Heritage Hills Senior Apartments-2585 Dakota Boulevard-Managed by Stark County Housing Authority (SCHA)-OAA meal site-serving meals 3X/week at 11:30am
Kaitlyn-Manager Phone (701-483-1828)
- Patterson Place-Managed by Stark County Housing Authority (SCHA)
Manager Phone (701-225-3120)

BEACH, ND

*Golden Valle Manor Home – *contact is Vikki Braden*
Manager Phone (701-872-4248)

BELFIELD, ND - ?

BOWMAN, ND

- Pleasant Manor Apartments
Manager Phone (701-290-0206)
- *Sunny Apartments-attached to the nursing home-located at 802 2nd Street NW.
Phone (701-523-5265). Online @ www.swhealthcare.net
- Jesco Apartments-attached to the nursing home-located at 805 3rd St NW
Manager Phone (701-440-0512)
- Sears Towers
Manager Phone (701-

DODGE, ND – M & G Housing – West Plains Resources (701-667-6002)

DUNN CENTER, ND - ?

GLADSTONE, ND

- Kolling Apartments-275 2nd Avenue-accepts Stark County Voucher
Manager Phone (701-483-4390 or 701-260-3037)

GOLVA, ND - ?

GRASSY BUTTE, ND - ?

HALLIDAY, ND - ?

HETTINGER, ND

- The Village Apartments
Manager Phone (701-567-4118)

KILLDEER, ND

- Rock Haven Apartments-Tabor Drive
Manager Phone Kris Fehr (701-290-1027)
- Arms/Anchor Reality
Manager Phone (701-852-4626)

MOTT, ND

- 336 Pacific Avenue
Manager Phone (701-824-2645)

NEW ENGLAND, ND - ?

REEDER, ND - ?

REGENT, ND - ?

RHAME, ND - ?

RICHARDTON, ND

- Heritage Square-127 & 129 D Street-Stark County Voucher
Manager Phone (701-483-4390 or 701-260-3037)

SCRANTON, ND - ?

SOUTHHEART, ND - ?

TAYLOR, ND - ?

Individual Qualified Service Providers (QSP's)

Phone (701-328-4602)

Online @ <https://secure.apps.nd.gov/dhs/qsp/qspsearch.aspx>

QSP's are self-employed, independent contractors that provide a variety of in-home services such as personal care, home maker/cleaning services, chores, errands, etc.

Legal Services of North Dakota

Bismarck Regional Office, 1025 3rd Street North, PO Box 2419, Bismarck ND 58502-2419

Seniors under Age 60 Phone (toll free 1-800-634-5263)

Seniors age 60+ Phone (1-866-621-9886) for Senior Legal Hotline!

Online @ www.legalassist.org

Providing Civil Legal Services for disadvantaged elderly or low-income North Dakotans who can't afford an attorney. Legal Services also prepares, distributes & presents information about the legal rights of disadvantaged elderly & low-income people.

Local Contact Agency (LCA)-contact is Rene Schmidt, LSW

Regional Aging Services Office, 300 13th Ave W Suite 1, Dickinson ND 58601

Phone (701-227-7557)

Email rschmidt@nd.gov

This program helps transition individuals from skilled nursing care to the community of their choice.

Long-Term Care BASIC Care Facilities-most accept Medicaid as a payment source

A complete listing of basic care facilities in ND can be found online @ www.health.state.nd.us click on "Nursing Homes"

- Evergreen, 2143 6th Ave West, Dickinson ND 58601
Phone (701-483-6606)
- Western Horizons Care Centers, 1104 Hwy 12 East, Hettinger ND 58639
Phone (701-567-2401)
- Dickinson Country House, 628 24th St Wet, Dickinson ND 58601
Phone (701-483-2266)

Bismarck BASIC Care Facilities-accepts Medicaid

- Edgewood Vista - Phone (701-258-7489)
- The Terrace - Phone (701-258-1980)
- Maple View East & Maple View North (Memory Care only) - Phone (701-223-4133)
- Touchmark (Memory Care only) - Phone (701-221-2020)

Long-Term Care SKILLED Care Facilities-accepts Medicaid

A complete listing of skilled care facilities in ND can be found online @ www.health.state.nd.us click on "Nursing Homes"

SOUTHWEST NORTH DAKOTA

- Good Samaritan Society, 401 Millionaire Avenue, Mott ND 58646
Phone (701-824-3222)
- Hilltop Home of Comfort, 95 Hilltop Drive, Killdeer ND 58640
Phone (701-764-5682)
- Marian Manor Estates, 702 Ash Avenue East, Glen Ullin ND 58631
Phone (701-348-3107)
- Richardton Health Center, 8885 Hwy 10, Richardton ND 58652
Phone (701-974-3304)
- St. Benedicts Health Center, 851 4th Avenue East, Dickinson ND 58601
Phone (701-456-7242)
- St. Lukes Home, 242 10th Street West, Dickinson ND 58601
Phone (701-483-5000) *Coming 4-1-19 20 beds for Psychiatric Service Needs
- Southwest Healthcare Services, 802 2nd Street NW, Bowman ND 58623
Phone (701-523-3214)
- Western Horizons Care Centers, 1104 Hwy 12 East, Hettinger ND 58639
Phone (701-567-2401)

MONTANA FACILITIES

- Wibaux County Nursing Home, 712 Wibaux Street South, Wibaux MT 59353
Phone (406-796-2429)
- Dahl Memorial Healthcare, Ekalaka MT
Phone (406-775-8730)
- Fallon Medical Complex, 202 South 4, Baker MT
Phone (406-778-5186)

SOUTH DAKOTA FACILITIES

- Five Counties Nursing Home, 405 6th Avenue West, Lemmon SD
Phone (605-374-3871)

VA FACILITIES

- **North Dakota Veterans Home** - 1600 Veterans Drive, Lisbon ND 58054
Phone (701-683-6500)
- **Eastern Montana Veterans Home/GMC** - 2000 Montana Avenue, Glendive MT 59330
Phone (406-345-8855)
- **Glendive Medical Center (GMC)** is a full-service, 25-bed acute care hospital with 24-hour emergency care, full medical and surgical services, with an attached 71 bed skilled Extended Care Facility.
- **VA Long Term Care Contract/Beds** - St Lukes Home, 242 10th Street West Dickinson ND 58601
Phone (701-483-5000)
- **VA Black Hills Healthcare System (Fort Mead)**-113 Comanche Road, Sturgis SD 57741
Phone (1-800-743-1070 or 1-605-347-2511)

Meals on Wheels or Home Delivered Meals

Elder Care

361 26th Street East, Dickinson ND 58601

Phone (701-456-1818)

Mediation Services

- Therapy Solutions, 448 21st Street West Ste D-1, Dickinson ND 58601
Phone (701-483-1000)
- Legal Edge Solutions, 536 W Villard, Dickinson ND 58601
Phone (701-483-4507)

Medicare Error/Fraud Patrol-*contact is Linda Madsen, Project Director*

Phone (toll free 1-800-233-1737) or (701-858-3424)

North Dakota Center for Persons with Disabilities, Minot State University

In Dickinson *Contact is Nancy Hanel*

Phone (701-456-7675)

- Aimed at detecting Medicare billing errors & fraud & abuse. Medicare fraud occurs when Medicare is billed for services you never got. “Pay it Right” means paying the right amount, to the right person, for the right service, at the right time, for the right person with Medicare.

Medicare Rights Center

If you have a question for a hotline counselor, call the Medicare Rights Center’s consumer hotline @ **1-800-333-4114**, between 9 am & 6 pm, Eastern Time, M - F. A Medicare counselor will be happy to answer your questions about health insurance choices, Medicare rights & protections, dealing with payment denials or appeals, complaints about care or treatment, & Medicare bills.

Medical Equipment and Supplies

- West River Home Medical Services
Phone (701-567-6086) or toll free (1-800-732-0685 Ext 6086)
- Great Plains Rehabilitation Services (Formerly Medquest) in Dickinson
Phone (701-456-4364)
Online @ <http://www.pattersonmedical.com>
- Great Plains Rehabilitation Services/St Alexius
1212 East Main Avenue, Bismarck ND 58501
Phone (1-800-222-4989 or 701-530-4000)
Online @ www.gprs.com

Medication or Prescription Drug Assistance

There are several Agencies and programs that will help qualified, low-income people access free or discount prescription drugs.

- Prescription Connection for North Dakota
Phone (1-888-575-6611)
- Prescription Assistance Program-Infants to Seniors, Insured or Uninsured
Phone (701-838-8414 or toll free 1-888-999-6323)
Online @ www.state.nd.us/ndins
- West River Health Services-*Contact is Brenda Johnson*
Hettinger - Phone (701-567-4561)
- Drug Coupons
Go to www.NeedyMeds.org & click on the left hand side of the page. Once you have clicked on the Medication Coupons, the computer will take you to the Drug Coupons Page. View the drug coupons page, click on the alphabet bar to find coupons for medicines. If the medicine does not appear there is no coupon currently available. There may also be a patient assistance program for the drug so always check the brand name and generic name lists. Go the Coupon Information Page to learn more about the coupons and how to sign up for them. In November & December of each year it is almost too late for those in the donut hole or gap to sign up for patient assistance program. However, the coupons can be available in as little as two weeks. NeedyMeds has information on 303 coupons offered on 282 drugs.
- Prescription Drug Repository Program
Phone (1-888-575-6611)
Online @ www.nodakpharmacy.com or www.nd.gov/ndins
This program developed a way to obtain available prescription medications in ND for those who cannot pay for their medications regardless of insurance coverage. The program allows prescription drugs, devices, & supplies to be collected & distributed by local pharmacies & hospitals. You can also ask your local pharmacy or pharmacist if they participate in this program.

Memory Loss Facilities

- Dickinson Country House-*contact is Tessa Johnson, Director*
628 24th Street West, Dickinson ND 58601
Phone (701-483-2266)
Fax (701-483-2269)
Online @ www.chresidences.com
Email clantz@chresidences.com
A single level residence/facility exclusively designed for memory impairment &/or dementia care with 24 hour staff in a family/home like atmosphere. They also provide adult day and short stay services.
- St Benedicts Health Center-Memory Care Unit-*contact is Susan Josephson*
851 4th Avenue East, Dickinson ND 58601
Phone (701-456-7242)
- Southwest Healthcare Services-Special Care Unit (Dementia)-*contact is Rochelle Strand*
802 2nd Street NW, Bowman ND 58623
Phone (701-523-3214)
- Hilltop Home of Comfort-Memory Care Unit-*contact is Donna Rohr*
Killdeer ND 58640
Phone (701-764-5682)

Medicare Part D – Do you need assistance in getting signed up for annual enrollment? You can call **Senior Health Insurance Counseling (SHIC)**

Phone (toll free 1-800-247-0560 or 1-888-575-6611)

Online @ www.nd.gov/ndins

Email ndshic@nd.gov

Volunteer counselors can help alleviate the confusion, find answers to your questions, and provide unbiased information regarding Medicare & Part D sign up, Hospital & Clinic bills, Long-term Care Insurance, private insurance, & payment for services & appeals.

- **Dakota Center for Independent Living (DCIL)** in Dickinson
Phone (701-483-4363)

Mental Health America of ND-*contact is Sue Helgeland, Executive Director*

523 North 4th Street, PO Box 4106, Bismarck ND 58502-4106

Phone (701-255-3692)

National Suicide Prevention Lifeline (1-800-273-8255 or 1-800-472-2911)

Fax (701-255-2411)

Online @ www.mhand.org

North Dakota 2-1-1 is a 24-hour toll free, confidential, crisis intervention, information & referral service that operates 24 hours per day, seven days a week. 2-1-1 is the national abbreviated dialing code for free access to health & human services information & referral. It is operated by the Mental Health Association in ND.

Ministerial Association-*contact is Pastor Scott McKirdy*

PO Box 368, Dickinson ND 58601

Phone (701-225-6150)

Online @ www.dickinsonumg.org

Meets monthly at St Ben's Nursing Home, Dickinson ND

Moms Meals

Phone (1-866-971-MOMS or 1-866-716-3257, 8-5 pm CST, M-F)

Online @ <http://momsmeals.com/default.asp>

Is a family owned business based in Iowa. They deliver fresh meals to the elderly throughout the US. They ship fresh (not frozen) meals directly to a customer's doorstep every week via UPS or FedEx. Clients choose from over 45 different meals & menu options (heart, diabetic, renal, cancer support, pureed, gluten free, lower sodium, vegetarian). You can receive a week's worth of meals at a time or more. Each meal is designed by a licensed dietician & prepared in a USDA inspected kitchen led by executive chefs. Their special packaging keeps food fresh for 2 weeks in a refrigerator with NO preservatives.

Money Follows the Person Program (MFP)-*contact is Jacob Reuter, Administrator*

ND Department of Human Services Medical Services Division

Phone (1-800-377-5114 or 701-328-4090)

Fax (701-328-1544)

Email agency@indpendencecil.org

The program helps individuals from institutional care back to the community of their choice.

Native American Elder Service Locator

Phone (toll free 1-800-677-1116)

Online @ www.eldercare.com

Learn about Elder Services available within each tribe/village/homeland

North Dakota Aging and Disability Resource-LINK-*contact is Amy Ingersoll-Johnson*

Phone (1-855-462-5465)

Online @ www.carechoice.nd.assistguide.net (Takes you to the landing page)

Email carechoice@nd.gov

A resource directory for seniors, caregivers, & professionals with information about services that enhance independence, assure quality of life, & help meet the unique needs of seniors and people with disabilities living in ND and in other states.

North Dakota ASSISTive Technology Program (formerly IPAT)-contact is John Vastag, CEO

Fargo Office & Showroom

2401 46th Ave SE Suite 203

Phone (701-365-4728)

Fax (701-365-6242)

Phone (toll free 1-800-895-4728)

Online @ <http://ndipat.org>

Mandan Office & Showroom

3240 15th St South, Suite B

Phone (701-258-4728)

Fax (701-258-7474)

Supporting North Dakota residents with disabilities, including those experiencing the effects of aging, who require assistive technology devices &/or services

- Assistive Safety Devices Distribution Service—is designed to help people 60 & older remain safe in their homes through the use of assistive technology (i.e., grab bars, magnifiers, reachers, medication dispensers, seat lifts, etc.) Up to \$300.00 of devices will be provided free of charge to eligible state residents.
- Equipment Loan Library—Lends equipment for free trial use.
- Technical Service—Regional coordinators engaged in technical assistance activities.
- AT Help-Line—Free information & referral about assistive technology devices and services.
- AT Financial Loan Program—Makes unsecured personal loans available for the purchase of AT devices.
- Video Resource Library
- Swap Shop—Used equipment that is for sale, trade, or to give away.
- Telecommunications Equipment Distribution Program—Free, Specialized telephone equipment for qualifying individuals who have difficulty communicating because of a severe hearing loss, speech, or hearing impairment.

North Dakota Association for the Disabled (NDAD)

Main office is located at 2660 S. Columbia Road, Grand Forks ND 58201

Regional office located at 107 West Main, Suite 225, Bismarck ND 58501

For more information call (1-888-578-NDAD ext. 6323)

Online @ www.ndad.org

The NDAD is a nonprofit, charitable organization founded by concerned citizens for the purpose of assisting people with mental & physical disabilities in the state of North Dakota, many of whom are not eligible for services from other agencies. Some of the services include; financial assistance, equipment loan program, information & referral, & advocacy. NDAD also has broad coverage on financial assistance requests & will pay for medication; medical travel; hospital, clinic, or doctor bills; vans; home modification; recreational activities; as well as equipment.

North Dakota Benefits Enrollment Center (ND BEC)

Phone (701-858-3580 or toll free 1-800-233-1737)

Online @ www.ndcpd.org/ndbec

Email ndbec@minotstateu.edu

Is a one stop resource center designed to assist Medicare beneficiaries in determining eligibility for savings benefits. We guide the consumer through a free benefits assessment to explore and identify options for any savings benefits such as Medicare savings plan, Medicare Part D Low Income Subsidy Program, SNAP, Heat/utility assistance, Medicaid, Homestead Act property tax relief. *Lisa Scott is the Economic Assistance/Health Care Coverage Regional Rep for our region. (701-227-7487)*

North Dakota Center for Persons with Disabilities (NDCPD)

Phone (1-800-233-1737)

NDCPD is a University of Excellence on Developmental Disabilities, Education, Research, & Services. It is part of a network of similar programs at universities throughout the US. We believe that people with disabilities have the same rights as all citizens. We believe people with disabilities who receive publicly funded services have the right to expect that those services appropriately promote their independence, productivity, integration & inclusion. They have developed a variety of products, resources, & publications serving the disability community.

North Dakota Communities Foundation

Online @ <http://www.ndcf.net>

Their mission is to improve the quality of life for ND citizens through charitable giving & promoting philanthropy.

North Dakota Department of Human Services-*contact is Chris Jones, Executive Director*

600 E Boulevard – Dept 325

Judicial Wing/State Capitol

Bismarck ND 58505-0250

Phone (701-328-2310 or toll-free 1-800-472-2622 or ND Relay TYY 1-800-366-6888)

Fax (701-328-2359)

Online @ www.nd.gov/dhs

North Dakota Family Caregiver Support Program (NDFCSP)-*contact is Rene Schmidt, LSW*

Regional Aging Services Office, 300 13th Avenue West, Suite #1, Dickinson ND 58601

Phone (toll free 1-888-227-7525 or 701 227-7557)

Fax (701-227-7575)

Email rschmidt@nd.gov

Provides a system of support services to help informal caregivers caring for an adult age 60 & older (no age requirement if caring for someone with alzheimer's or dementia), as well as grandparents and other relative caregivers who are 55 years of age & older caring for a child/children age 18 & under, or for an adult child with a severe disability between 19 to 59 years of age. The program offers assistance in the areas of counseling, training, information & assistance, respite care, & supplemental services to help relieve some of the challenges associated with informal caregiving.

North Dakota Health Care Review Inc. (NDHCRI)

Contact the NDHCRI Benefits Improvement Protection Act (BIPA) hotline @ (1-800-501-4306)

- NDHCRI is designed to improve the quality & effectiveness of healthcare services given to Medicare Beneficiaries. It is the Medicare Quality Improvement Organization for ND, under contract with the Centers for Medicare & Medicaid Services. Provides assistance to beneficiaries in the appeal process when providers decide that Medicare will no longer cover certain services.
- They also serve as an Advocate for Medicare Beneficiaries to address concerns you may have about the quality of care you received during a hospital stay.
Phone (1-800-472-2902-Medicare Beneficiary Hotline)
Online @ www.ndhcri.org/beneficiary.html

North Dakota Medicaid Expansion Program-*contact is Medical Services Division*

ND Department of Human Services

600 East Boulevard Avenue, Dept. 325, Bismarck ND 58505-0250

Phone (701-328-2321 or toll-free 1-844-854-4825 or ND Relay TTY 1-800-366-6888)

Email dhsmed@nd.gov

Online @ <http://www.nd.gov/dhs/medicaidexpansion/index.html>

ND has expanded access to Medicaid to cover more individuals which gives them the opportunity to have affordable coverage, preventative services, and greater economic security in the event of accidents or illness. The program serves individuals between 19 to 65 with household incomes up to 138% of the federal poverty level. Individuals eligible for Medicare or Supplemental Security Income (SSI) are not eligible for coverage under this program. You may also contact your local county social service office for a paper application or go to <http://www.nd.gov/eforms/Doc/sfn01909.pdf>

To find out about plan information go to

<http://sanfordhealthplan.org/shopsanfordhealthplan/medicaid/ndmedicaidexpansion> or call

Sanford Health Plan Member Services @ toll-free (1-855-305-5060)

North Dakota Long-Term Care Ombudsman Program-*contact is Peggy Kelly*

Regional Aging Office, 300 13th Avenue West, Suite 1, Dickinson ND 58601

Phone (1-888-227-7525 or 701-227-7570 or 701-590-0139)

Email pegkelly@nd.gov

The LTC Ombudsman receives, investigates, & resolves complaints affecting long-term care facilities. It assists residents, family members, & friends with their concerns in the area of resident rights, care & treatment, patient funds, transfer & discharge, & food to name just a few.

North Dakota Personal Assistance Services Online Registry

Phone (701-720-2658 or 1-800-233-17370)

Online @ www.homecarend.com

Is a free website designed to help CONNECT people in using personal assistance services (PAS) with various H&CBS providers and QSP's. Participation on this registry is voluntary and it is available statewide.

North Dakota Senior Career Development-*contact is Lyle Koller*

1041 State Ave, Dickinson ND 58601

Phone (701-456-1128) Fax (701-456-1199)

Online @ ndsenior.careerdevelopment@aol.com

Both programs are for low-income persons age 55 or older-the primary purpose is to provide meaningful part-time community service assignments while providing transition to unsubsidized employment.

North Dakota State Hospital

2605 Circle Drive

Jamestown ND 58401

Main Phone (701) 253-3650

Admissions (701-253-3220)

North Dakota Statewide Automated Victim Information & Notification-ND SAVIN

Phone (1-866-ND1VINE or 1-866-631-8463)

Is a free, 24 hour confidential service providing information and notification that allows you to track an offender's custody, probation and parole, court, sex offender, or protective order status over the phone or Internet. You can register to be notified by phone, mail, & text message.

Online @ www.vinelink.com

North Dakota Sex Offenders Website-ND Attorney General's Office

Phone (701-328-2210)

Online @ <http://sexoffender.nd.gov/>

North Dakota Vision Specialist-*contact is Betsy Hermanson*

Phone (toll free ?)

Email: ehermanson@nd.gov

Assists individuals with failing eyesight to make necessary adjustments & provide training that will help them maintain their level of independence & remain in their homes as long as possible. They can also provide certain types of adaptive equipment.

Northland PACE Program (Program of All-Inclusive Care for the Elderly)-*contact is Melisa*

Frank, Site Manager

830 2nd Avenue East Suite 212, Dickinson ND 58601

Phone (701-456-7387)

Fax (701-456-7389)

Online @ mfrank@northlandhealth.com

This program is designed to keep seniors who are eligible for or at risk for nursing home care so they can live independently at home.

Options Counseling-*contact is Rene Schmidt, LSW*

Regional Aging Services Office, 300 13th Avenue West, Suite 1, Dickinson ND 58601

Phone (701-227-7557 or toll free @ 1-888-227-7525)

Email rschmidt@nd.gov

Options Counseling provides information & assistance to seniors about community services and future planning for long term care needs.

Parish Outreach Coordinators-*contacts are at each Catholic Parish in Dickinson*

Ministry for the Home Bound

- Queen of Peace-Linda Weiler Phone (483-2134) Email queenofpeace@ndsupernet.com
- Saint Patricks-Ron Keller Phone (483-6700) Email stpatrick@goesp.com
- Saint Josephs-(483-2223) Email stjoseph@ndsupernet.com
- Saint Wenceslaus-Kathryn Jilek (225-3972) Email stwenc@ndsupernet.com

Patient Advocate Foundation—Co-Pay Relief

Co-pay Relief information, Phone (1-866-512-3861)

Online @ www.patientadvocate.org

Email CPR@patientadvocate.org

Serious illness can be a financial catastrophe, even for patients with health insurance. Recognizing this need, the Patient Advocate Foundation has launched a program called Co-pay Relief (CPR), a patient assistance program, designed to help insured patients with certain life-threatening or debilitating disease cope with the significant out-of-pocket costs associated with their treatments. They currently assist patients with breast, lung, & prostate cancer as well as macular degeneration & selected secondary issues associated with cancer treatments. They hope to add more diagnoses as funding becomes available. For more information call (1-800-532-5274)

Payment Drop Boxes in Dickinson

Make payments (without using stamps) for Consolidated, City Of Dickinson, MDU, Roughrider Electric, The Dickinson Press, CHI St Joseph's Health - located behind City Hall in downtown Dickinson @ 99 2nd St East, and CASH Wise Foods, 1761 3rd Ave West, North Dickinson, and FAMILY Fare 302 1st Street East, in downtown Dickinson.

Pension Counseling

Phone (1-651-645-0261 ext. 110 or toll free @ 1-877-645-0261 ext. 110)

Online @ www.mnseniors.org

Upper Midwest Pension Rights Project (UMPRP) is a non-profit organization in the Upper Midwest focusing exclusively on pension counseling at no cost. They provide assistance & advocacy towards resolving pension issues in the pension claim appeals process prior to litigation. They also provide assistance with "lost pensions."

Protection and Advocacy Project-*contact is Hillary Berg*

135 Sims, Suite 206, Dickinson ND 58601

Phone (701-227-7444)

Fax (701-227-7443)

Email: hillberg@nd.gov

The Protection and Advocacy Project (P&A) is the federally mandated, statewide, protection & advocacy system serving individuals with disabilities in North Dakota. The central purpose of the protection and advocacy system is to respond to allegations of abuse, neglect & violations of rights persons with disabilities or discrimination based on their disability.

Psychiatric Services

- Center for Psychiatric Care-telemedicine
Southwestern District Health Unit, 227 16th St West, Dickinson ND 58601
Phone (701-732-2500)
- Badlands Human Service Center, 300 13th Ave West, Ste 1, Dickinson ND 58601
Doctor Madeline Free Habib, MD-telemedicine and in-person services
Phone (701-227-7500) *You must call for an intake appointment first.

Regional Aging Services Program Administrator (RASPA)-*contact is Rene Schmidt, LSW*

Aging Services Unit, 300 13th Avenue West, Suite 1, Dickinson ND 58601

Phone (toll free in-state 1-888-227-7525 or 701-227-7557)

Fax (701-227-7575)

Email rschmidt@nd.gov

The RASPA is responsible for the coordination, collaboration & implementation of the in-home & community based service delivery system under the Older Americans Act. The RASPA is also an advocate for older individuals in ND.

Red Cross (Stark County Chapter)

1173 3rd Avenue #18, Dickinson ND 58601

Phone (701-483-8704 or 701-290-6618)

Fax (701-483-8705)

Online @ redcross@ndsupernet.com

The Mission of the American Red Cross is to improve the quality of human life; to enhance self-reliance & concern for others; & to help people avoid, prepare for, & cope with emergencies. It does this through services that are governed & directed by volunteers & are consistent with its congressional charter & the principles of the International Red Cross.

Region VIII or the “Badlands Region” - serves the 8 counties in Southwest ND - Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, and Stark. Region VIII is the 3rd largest region in ND. The Regional Human Service Center is located at 300 13th Ave W Ste 1, Dickinson ND 58601.

Region VIII Council On Aging-*contact is Cora Hiller, President*

Phone (701-523-4349)

Meets the second Monday of every other month @ the Southwestern District Health Unit (227 16th Street West) in Dickinson from 10am to 11:30 am. An in-service is scheduled from 11 to 11:30am. All are welcome.

Respite Care Services

- Easter Seals Goodwill ND- *Contact is Renee or Mary*
Phone (701-264-1060)
- Support Systems Inc-*Contact is Jane Olson*
33 East Villard Suite B, Dickinson, ND 58601
Phone (1-888-701-6503 or 701-255-6503) or Dickinson Phone (701-483-2924)
- Community Options Inc-*Contact is Becky Wilson*
33 E. Villard, Suite A, Dickinson ND 58601
Phone (701-483-2417)
- Individual Qualified Service Providers (QSP's)
See on-line listing @ <https://secure.apps.nd.gov/dhs/qsp/qspsearch.aspx>
- ND Family Caregiver Support Program-*Contact is Rene Schmidt, LSW*
Aging Services Unit, 300 13th Avenue West, Suite 1, Dickinson ND 58601
Phone (toll free 1-888-227-7525 or 701-227-7557)
Email rschmidt@nd.gov
- County Social Services also provides in-home respite cares-contact your local county social service office-see page 6.

Roosevelt Custer Regional Council-*contact is Cindy Resner & Mark Marsner*

387 15th Street West #247, Dickinson, ND 58601

Phone (701-483-1241)

Fax (701-483-1243)

Email: info@rooseveltcuster.com

Provides a wide range of services to businesses in their area. Services include Community Block Grants, and possible funds for repairs and improvements to Senior Centers.

RSVP (Retired Seniors Volunteer Program)-*contact is Kailein Vandyke, Program Specialist*

117 1st Street East Ste B, Dickinson ND 58601

Phone (701-227-841)

Email: KaileinV@LSSnd.org

Online @ lssnd.org

The RSVP provides meaningful volunteer opportunities to retired or semi-retired individuals. There are no income or educational requirements.

Salvation Army Service Extension - Contact is Nancy Hoff-Stark County Social Services

Phone (701-456-3941) or

Greg Strum

Phone (701-204-1616)

Serving Southwest North Dakota

Scams, Fraud, & Identity Theft

Phone (1-800-472-2600 or 701-328-3404)

Online @ www.ag.nd.gov

The North Dakota Attorney General's Office-Consumer Protection Division receives & investigates complaints of misleading or deceptive practices including scams, fraud & identity theft. You can also contact your local Police or Sheriff's office. For a free annual credit report go to

www.annualcreditreport.com

Security/Alarm/Burglar Equipment Systems

- B & M Security Inc Dickinson – Phone (701-227-8338)
- Cerberus Security Dickinson – Phone (701-483-7522)
- Electro Watchman Inc Mandan - Phone (701-258-6169)

Senior Centers-see end of this directory

Senior Companion Program-contact is Susi Kapelovitz in Dickinson

Phone 701-260-0796

Email Susie.kapelovitz@gmail.com

Lutheran Social Services is the contract provider-Sonja Mickelson is Program Coordinator
1905 2nd St SE Suite 1B, Minot ND 58701

Email smickelson@lssnd.org

Phone (701-418-1415)

People age 55 & over provide assistance and friendship to frail individuals who are home bound & generally living alone. By taking care of simple chores, providing transportation to medical appointments, & offering contact with the outside world, Senior Companions often provide the essential services that enable frail older Americans to continue to live in their own homes.

Senior Health Insurance Counseling (SHIC)

Phone (toll free 1-800-247-0560 or 1-888-575-6611)

Online @ www.nd.gov/ndins

Email ndshic@nd.gov

Volunteer counselors can help alleviate the confusion, find answers to your questions, and provide unbiased information regarding Medicare & Part D sign up, Hospital & Clinic bills, Long-term Care Insurance, private insurance, & payment for services & appeals.

- Dakota Center for Independent Living in Dickinson
Phone (701-483-4363)

Senior Medical Patrol-*contact is Linda Madsen, Project Director*

Phone (701-858-3424)

Email Linda.Madsen@minotstateu.edu

This project will help seniors & people with disabilities review their Medicare bills to assure that no errors, fraudulent charges or abuse have occurred.

Social Security Administration (SSA)-*contact is Sue Solseth, District Manager*

1680 East Capital Avenue, Bismarck ND 58501 (Dickinson office is no longer open)

Phone (701-250-4351)

Online @ www.ssa.org

The SSA has a toll-free number that operates from 7 a.m. to 7 p.m., Monday through Friday: Phone (toll free 1-800-772-1213). If you have a touch-tone phone, recorded information & services are available 24 hours a day, including weekends & holidays.

- People who are deaf or hard of hearing call toll-free TTY (1-800-325-0778), between 7 am & 7 pm, M- F. Please have your Social Security number handy when you call.

Southwestern District Health Unit-*contact is Sherry Adams, Executive Director*

227 16th Street West, Dickinson ND 58601

Phone (toll free 1-800-697-3145 or 701-483-0171)

Fax (701-483-4097)

Email sladams@nd.gov

Health Maintenance Services—A combination of services provided in an effort to determine & maintain the health & wellbeing of Senior Citizens, which includes monitoring and screening procedures for early detection of disease processes, health education, referral, & follow-up. Health screenings that are provided include: Blood Pressure, pulse, weight, medication set up, foot care, home visits to the homebound, rapid inspections, hemoglobin, immunizations, injections, & screenings for diabetes, colo-rectal cancer, & urinalysis. Education on health topics is also provided in both individual & group settings. Screenings & Health Education services are provided monthly in the eight county region at 49 sites including Senior Centers, Community Health Nurse offices, other community facilities, & in the client's home if homebound. There are no costs for services, however, suggested contributions are welcome. Community Health Nurse offices are located in:

- Stark County-Dickinson Office-Phone (701-483-0171)
- Dunn County-Killdeer Office-Phone (701-764-5513)
- Billings/Golden Valley Counties-Beach Office-Phone (701-872-4533)
- Bowman/Slope Counties-Bowman Office-Phone (701-523-3144)
- Adams County-Hettinger Office-Phone (701-567-2720)
- Hettinger County-Mott Office-Phone (701-824-3215)

Specialized Psychiatric LTC/Nursing Facilities

- North Country Regional Hospital, 800 Bemidji Avenue North, Bemidji MN 56601
Phone (218-333-0323)
Online @ <http://www.sbhu.org/>
They take both Medicare & Medicaid payments. Stays are up to 11 days.
- The Stadter Center located at 1451 44th Avenue South in Grand Forks ND
Phone (701-772-2500)
Online @ <http://www.stadtercenter.com/>
The Stadter Center offers programming for both Mental Illness & Chemical Dependency. They provide progressive & holistic mental health care for children, adolescents, & adults. Programs are intensive patient, residential & partial hospitalization.
- Sheyenne Care Center, 979 Central Avenue North, Valley City ND 58072
Phone (701-845-8222)

Stark County Housing Authority-*contact is Blake Strehlow, Director*

1449 West Villard, Dickinson ND 58601

Phone (701-225-3120)

Provides rental assistance through voucher program or section 8 housing

Stark County States Attorney-*contact is Tom Henning*

Stark County Courthouse, 51 3rd Street East/PO Box 130, Dickinson ND 58601

Office Phone (701-456-7647)

- Jim Hope (701-456-8688)
- Tom Henning (701-264-7072)
- Southwest District Judicial Court
Clerk of Court Phone (701-227-3180)

Support Groups

- Beginning Experience-Grief, Loss, Divorce-*contact is Deb Bahley*
They meet Sundays at 6 pm at United Methodist Church in Dickinson.
Phone (701-590-1105)
- Grief, Loss, & Recovery Support Group-CHI Help At Home/Home Health & Hospice-*contact is Ronda Pederson, LSW*
Phone (701-456-4378)
- Grief Group-*contact is Wendy Snider*
Phone (701-456-4670)
- Dementia Support Group-*contact is Susan Josephson*
Meets monthly at Benedict Court in Dickinson on the 3rd Wednesday of each month at 2:00pm
Phone (701-456-7242)
- Hettinger Alzheimer's/Dementia Support Group-*contact is ?*
Meets monthly at the Chamber of Commerce Building on the 1st Tuesday of the month at 5:30 pm.
- Diabetic Support Group-*contacts are Heather Rathgaaber @ Sanford East Clinic*
Phone (701-483-6017)

- Traumatic Brain Injury Survivor Support Group-*contact is Shannon Binstock*
For brain injury survivors and their families-meets second Tuesday of the month at Edgewood Hawks Point, @ 7pm @ 1266 Signal Butte, Dickinson ND 58601
Phone (701-260-0098)
- Dickinson Cancer Support Group-meets the first Monday of each month – 6pm @ the Dickinson Dunn Brothers Conference Room – 269 16th St West Suite B,
Phone (701-483-1650)

Support Systems, Inc.-*contact is Amber David*

301 1ST Ave E Suite 4, Dickinson ND 58601

Phone (701-483-2924)

Fax (701-483-2934)

Cell (701290-6703)

Provides in-home services such as housekeeping, laundry, respite care, personal cares & other assistance.

Swing Bed or Transitional Care Services

- Southwest Healthcare Services-*contact is Jackie Fischer, LSW*
6th Avenue SW, Bowman ND 58623
Phone (701-523-5265)
Provides both short & long term care stays in a hospital setting.
- West River Regional Medical Center-*contact is Wanda Marek, LSW*
1000 Hwy 12, Hettinger ND 58639
Phone (701-567-4561)
Provides short term stays in a hospital setting.

Suicide Prevention Life Line

Phone 1-800-273-talk (8255)

Technology Assistance Fund

Technology Access Foundation, 3509 Interstate Boulevard, Suite B, Fargo ND 58103

Phone (1-800-895-4728)

Online @ www.ndtaf.org

Email taf@integra.net

ND residents who have an identified disability & would like to purchase assistive technology (AT) devices or services may be eligible to receive financial assistance through the Technology Assistive Program TAP. If a state resident with a disability has been denied or found ineligible for funding from other sources, TAP maybe a funding avenue. TAP funds can be used to purchase any AT device or service that meets the federal definition of such devices & services. If the definition is met, there are no limits on what devices can be purchased &/or repaired, or other services requested. There are no caps set on TAP funds, but typical requests are thought to come in around \$1,000.00 TAP will partner with other funding entities &/or accept personal sources to help fund AT purchases. TAP funds received by eligible individuals are treated as a grant & would not be expected to be repaid. TAP funding assistance is viewed as a “last resort” option & TAP anticipates applicants have pursued other means of support, both public & private. To apply go to the website above or call the number above to request an app.

Telephone Safety and Security in the Home

An Emergency Response system that summons help when the individual presses a button on either a pendant worn around the neck or a bracelet worn on the wrist, providing the extra security that brings peace of mind. Senior citizens & persons with special needs can maintain their independence in the comfort of home, knowing help is just a push button away.

- **West River Health Services Phone (1-800-732-0685 or 1-701-567-6170)**
- **Great Plains Security – Bismarck ND 58501 (701-222-8817)**
Online @ www.gpssnd.com
- **Guardian Alert 911- Phone (1-800-895-4728) *can be paid for under IPAT**
- **Freedom Alert- Phone (1-800-895-4728) *can be paid for under IPAT**
- **Guardian Alert PLUS, for Veterans only-contact LogicMark @ 1-800-519-2419**

Telephone Assistance

Online @ www.lifelinesupport.org/li/low-income/lifelinesupport (click on your state).

- **Link Up and LifeLine** programs help eligible people pay PART of their telephone costs. Contact your local County Social Service Agency or your local telephone company for more information.
- **Life Wireless** offers subsidized cell phone service to eligible low income individuals in ND. For more info go to <http://www.lifewireless.com/>
- **Budget Mobile LifeLine**
Offers assistance for cell phone services to low income families and individuals that meet eligibility requirements. Customers will receive a free budget mobile phone and up to 250 minutes and 250 text. Go to <http://www.budgetmobile.com/about-us/>
- **Do Not Call List**-protects your telephone & cell phone from telemarketer calls-you have to call from your phone to get this in place
Phone (toll free 1-888-382-1222)
Online @ www.donotcall.gov/

Thrift Stores

- **Able Inc Thrift Center-1571 St W Villard, Dickinson ND 58601**
Phone (701-456-3008) *Open M-F 10am to 5pm, Sat 10am to 3pm
- **ARC of Dickinson-653 19th St W, Dickinson ND 58601**
Phone (701-483-4272)
- **Cedar Chest-17 South Main, Bowman ND 58623**
Phone (701-5254)
- **The Clothes Closet-300 South Main, Hettinger, ND 58639**
Phone (701-567-2306)
- **House of Manna-1100 East Villard, Dickinson ND 58601**
Phone (701-483-5733) *Open M, W, & F-Shopping is 1-4 pm. Delivery is 7-11am & 2-4pm
- **MNM-87 Central Avenue South, Beach ND 58621**
Phone (702-872-2424)

Transportation Services

Transportation is available throughout Southwest ND for Elderly & Disabled to access needed medical, community & social services. Services are provided by various agencies/entities.

- Golden Valley/Billings County Council on Aging-serving Golden Valley & Billings Counties
Phone (701-872-3836)
- Southwest Public Transit-serving Adams, Bowman, Hettinger, & Slope Counties.
Email: swtrans@pop.ctctel.com
- Bowman - 18 11th Avenue SW #1
Phone 701-523-3241
- Hettinger Armory - 1208 7th St South
Phone (701-567-2476)
- Safe Ride Taxi Service-Hettinger
Phone (701-928-1124)
- New England - 208 8th St East
Phone (701-579-5115 or 1-800-280-0204)
- Stark County-*contact Public Transit*
Serving Senior Citizens & those with disabilities in Stark County
Phone (701-483-6564)
- Day Ride to Bismarck - Tuesdays-*contact Public Transit*
Phone (701-483-6564)
- West River Transit
Phone (701-880-8615)
Serving Dunn, Golden Valley, Dodge, Halliday, Dunn Center, & Killdeer
To Beulah & Hazen the 1st TH of each month
To Dickinson every TUE of each month
To Bismarck every TH of each month (from Beulah)

United Way of Dickinson, Inc. *contacts are Nichole De Leon, Executive Director and Jennifer Gonser, Care Coordinator*

240 2nd St. W, Dickinson ND 58601

Phone (701-483-1233) or (701-300-1094)

Online @ www.dickinsonunitedway.com

- COVID-19 family emergency services – Available to assist individuals and families in emergency situations due to the impact of COVID-19. Food Pantry Referrals, Utility Assistance, Hygiene and Cleaning Supply assistance, Medication pick-up and delivery services, food pick-up and delivery services, mask donations, homeless services.
- Free Through Recovery Program - Free Through Recovery is a community based behavioral health program designed to increase recovery support services to individuals involved with the criminal justice system who have behavioral health concerns.
- Project H.E.R.O. (Helping Educators Reach Out)- helps struggling families afford safe transportation to and from school, breakfast, lunch, elementary milk breaks, and additional milk for middle and high school students.
- Eye glass program-Provides low-income individuals with eye exams and basic frames & lenses.
- Stark County Emergency Service Advocates- coordinating funds donated to local families and individuals who have suffered a traumatic event such as a fire. Aiding families and individuals recovering from a natural disaster with suitable housing, food, clothing, furniture, and other basic necessities.

Veteran's Administration (VA)-see page 37 for local County Veteran Service Officers

Phone (701-237-2635 or toll-free 1-800-410-9723)

Online @ www.va.gov

Veterans who are getting primary health care at a VA hospital are eligible for a comprehensive array of medically necessary in-home services. These services may be VA-provided, purchased &/or arranged through a VA medical center. Services may include skilled nursing, social work services, home health services & other personal & support services that enable veterans to safely remain in their home. Other services may include special equipment, adaptive aides, respite care services, & transportation.

- **Dickinson VA Clinic** - 766 Elks Dr., Suite 6/H, Dickinson ND 58601
Phone (701-483-1850) For Appointments, Call 1-855-846-8154
- **Bismarck VA Clinic** - Gateway Mall - 2700 State Street, Bismarck ND 58501
Phone (701-221-9152)
- **Fargo VA Healthcare System** - 2101 N Elm, Fargo ND 58102
Phone (toll-free 1-800-410-9723 or 1-701-293-3700)
- **Black Hills VA Healthcare System** -113 Comanche Road, Sturgis SD 57741
Phone (toll-free 1-800-743-1070 or 1-605-347-2511)
- **North Dakota Veterans Home** - 1600 Veterans Drive, Lisbon ND 58054
Phone (701-683-6500)
- **Eastern Montana Veterans Home/GMC** - 2000 Montana Avenue, Glendive MT 59330
Phone (406-345-8855)
- **Glendive Medical Center (GMC)** is a full-service, 25-bed acute care hospital with 24-hour emergency care, full medical and surgical services, and an attached 71-bed skilled Extended Care facility.
- **VA Long Term Care Contract Beds** - St Luke Home, 242 10th St West, Dickinson ND 58601
Phone (701-483-5000)
- **ND Department of Veterans Affairs Office** - 2718 Gateway Avenue Suite 303, Bismarck ND 58503
Phone (701-328-5446)
Fax (701-328-5468)
- Administers the Veteran's Aid Program, the Hardship Grant Program & Transportation Program as well as other advocacy services for Veteran's.
- **VA's National Call Center for Homeless Veterans** - 24/7 access to trained counselors
Phone (1-877-424-383) or go to WWW.VA.GOV/HOMELESS
- **Vet Center Mobile Unit** - *contact is Karen Busse*
Tuesdays in Dickinson-mobile unit sits on the north side parking lot @ the Stark County Courthouse - 51 3rd Street East
Phone (701-224-9751)
- **AMVETS** - *contact is John Dutchuk, Commander-Post 22*
Phone (701-483-7678)
- **Military Outreach Specialist** - *contact is ?*
Military Service Center
1850 East Bismarck Expressway, Bismarck ND 58506

Phone (701-333-4810 or cell 260-4730)

Works one on one assisting Veteran's in obtaining services. Will do home visits.

- **Guardian Alert PLUS, for Veterans only** - *contact LogicMark @ 1-800-519-2419*
- **VA Advocate**-*contact is Leslie Ross*

Phone (701-290-1184)

Email vaclaimsagent1@gmail.com

Specialized VA advocacy services

Vision USA- North Dakota Project

NDOA, 921 South 9th Street, Suite 120, Bismarck ND 58504

Phone (toll free 1-800-637-2020 or 701-258-6766)

Vision USA Optometrists, who are members of the ND Optometric Association (NDOA), along with Lions Clubs of ND, the Dakota Medical Foundation & Vision Services Inc., are providing basic eye health & vision care services free of charge to individuals and families, who as income earners, may not qualify for government aid or private health care assistance. Eligible patients will receive complete eye exams & in some cases, eyeglasses if required, without cost, if a volunteer doctor is available in their area.

Vulnerable Adult Protective Services (VAPS)-*contact is Lori Wingate-Heiser, LSW*

Regional Aging Office, 300 13th Avenue West, Suite 1, Dickinson ND 58601

Phone (toll-free 1-888-227-7525 or 701-227-7582)

Fax (701-227-7575)

Email: lwingateheiser@nd.gov

Online reporting <https://fw2.harmonyis.net/NDLiveIntake/>

Central Intake Phone (1-855-462-5465) Available M-F, 8am to 5pm, Central Standard Time. Please leave a message, including your contact information, if you call after hours.

IMPORTANT: If you believe a Vulnerable Adult is in immediate danger of serious injury or danger, call 911 or your local law enforcement first before making a report to the Aging Services Division.

Reporting Form <http://www.nd.gov/eforms/doc/sfn01607.pdf>

Send completed form to carechoice@nd.gov or Fax to (701-328-8744)

The purpose of the is to ensure the safety & wellbeing of vulnerable adults who are being abused, neglected/self-neglect, or exploited. Anyone who has reasonable cause to believe that a Vulnerable Adult has been subjected to conditions or circumstances that would result in abuse or neglect, may report information to the VAPS program. Some reporters are mandated by ND Law to report.

West River Community Center-Home to Silver Sneakers Program

2004 Fairway Street, Dickinson ND 58601

Phone (701-456-2074)

Online @ www.silversneakers.com

Free exercise program for eligible seniors-meets M-F at 10:00 am

Wheelchairs

- “Miracle on Wheels” is a national program providing power mobility (Electric Wheelchairs) to senior citizens (65 or older) who are unable to walk due to physical limitations, & are unable to self-propel a manual chair due to upper body limitations. Phone (toll free 1-800-749-8778) Online @ www.durablemedical.com
- “North Dakota Wheelchair Foundation” provides wheelchairs to people who need them. Please contact the North Dakota Association for the Disabled (NDAD) Phone (1-800-532-6323)
- Orbit Medical – Motorized Wheelchair Specialists. Also provides manual wheelchairs & hospital beds
- Tyson Olson – Cell Phone (1- 406-690-5791)
Fax (1-866-554-5278)
Email tolson@orbitmedical.com

Window Cleaning

JB’s Window Cleaning Service-*contact is James Bedard*

Phone (701-590-3504)

Professional window cleaning-free estimates, screen repair, ask about other services.

Important Numbers to know:

9-1-1 Emergency Services

4-1-1 Directory Assistance

5-1-1 Road Conditions/Weather

2-1-1 First Link

Get Connected Get Answers

Is a simple, easy to remember, free number that connects callers to information about health and human services. 2-1-1 callers in North Dakota and Clay County, Minnesota will be connected to FirstLink 2-1-1 Helpline, which provides confidential listening and support in addition to information and referral. Call specialists are also trained in crisis intervention, including suicide intervention.

Senior Centers – some of these may no longer be active

Sunset Senior Center

46 1st Avenue East

Dickinson, ND 58601

Center Phone: 701-483-0156

(Bernadette Boucher)

*meals 3x/week

South Heart Senior Citizens

PO Box 11/406 5th St. NW

South Heart, ND 58655

Center Phone: 701-677-5558

(Larry Hanson)

*meals 3x/week

Gladstone Senior Citizens

273 Cliff Street/PO Box 145

Gladstone, ND 58630

Center Phone: None

(Carolyn Dewald)

Taylor Senior Citizens

PO Box 213/17 2nd Street East

Taylor, ND 58656

Center Phone: 701-974-2188

(Helen Christianson)

Richardton Senior Citizens Club

113 Main Street North

Richardton, ND 58653

Center Phone: 701-974-3948

(Della Forester)

*meals 3x/week

Belfield Senior Citizens Activity Club

212 Main Street North

Belfield, ND 58622

Center Phone: 701-575-8227

(Shirley Arneson)

*meals 3x/week

New England Senior Citizens
PO Box 484/730 Main
New England, ND 58647
Center Phone: 701-579-4803
(Joe Bohlman)
*home delivered meals 4x/week & TH
meal at noon at the Center

Prairie Pioneers Senior Citizens
PO Box 153/Main Street
Reeder, ND 58649
Center Phone: 701-853-2888
(Larry Jackson)
*meals 3x/week

Sod Busters Club Inc.
407 3rd Avenue SW
Bowman, ND 58623-4420
Center Phone: None
(Cora Hiller)

Little Missouri Senior Citizens
PO Box 105/212 1st Avenue SW
Marmarth, ND 58643
Meets at the Pastime Club & Steakhouse
every T & TH
*meals 2x/week at the Pastime
Phone 701-279-9843

Rhame Pioneer Senior Citizens
PO Box 265/Main Street
Rhame, ND 58651
Center Phone: None
*meals 3x/week

Regent Senior Citizens
PO Box 192/Main Street
Regent, ND 58650
Center Phone: 701-563-4635
(Lucille Jacobs)
*meals 3/week

Prairie Senior Citizens
HC1 Box 41/14205 64th Street SW

Amidon, ND 58620
Center Phone: None

Golden Miners Senior Citizens
PO Box 10/Main Street
Scranton, ND 58653
Center Phone: 701-275-6299
*meals 3x/week

Senior Strutters
PO Box 68/3 Main Street West
Dunn Center, ND 58626
Located at City Hall
Phone 701-548-8130
(Adeline Thompson)
*meals 3x/week

Spring Creek Senior Citizens
PO Box 116/103 Hwy 200 West
Dodge, ND 58625
Located at new City Hall
Phone 701-846-7330
*meals 3x/week

Golden Valley Senior Citizens
PO Box 386/235 Central Avenue South
Beach, ND 58621
Phone 701-872-8999
They meet at Buzzys Café in Beach
3rd Tuesday of every month
*Café 60 meal site anytime the café is open

2nd Forty Club/Hettinger Seniors
PO Box 582/
Hettinger, ND 58639
Center Phone: 701-567-2527
(Ron Nelson)
*meals 5x/week

Cannonball Senior Citizens
PO Box 28/110 3rd Street West
Mott, ND 58646
Center Phone: 701-824-3304

(Shirley Larson)
*meals 3x/week

Simply click on the county you want to view.

Adams County—Travis Collins
PO Box 1040
Hettinger, ND 58639-1040
701-567-2530 or 701-853-2964
tcollins@nd.gov

Billings County—Pat Rummel
PO Box 157
Medora, ND 58645-0157
701-623-4323 or 701-575-8910
John Tczap, Deputy
djurgens@nd.gov

Bowman County—Frank Eberle
104 1st Street NW Suite 9
Bowman, ND 58623-0485
701-523-5421
feberle@bowmancountynd.gov

Dunn County—Gary Kuhn
PO Box 166
Manning, ND 58642-0166
701-573-4449 or 701-260-3279
sheriffadmin@dunncounty.nd.org

Golden Valley County—Scott Steele
PO Box 336
Beach, ND 58621-0336
701-872-4733 or 701-872-3169
gvsosteele@midstate.net

Hettinger County— Sara Warner
336 Pacific Avenue
Mott, ND 58646-7502
701-824-2935
swarner@nd.gov

County Sheriff Contacts

This information is available online @
<http://www.ndaco.org/?id=76>.

Medora Police Chief—John Bye
701-623-4333

Stark County—Terry Oestreich
PO Box 130
Dickinson, ND 58601
701-456-7610 or 701-483-3932
toestreich@starkcountynd.gov

Slope County—Rorey Teigen
PO Box 485
Amidon, ND 58620-0485
701-879-6271

Dickinson Police Department
2475 States Ave North
Dickinson, ND 58601
701-456-7759 (non-emergency)
Chief of Police-Dustin Dassinger
CIU-Sargent Kylan Klauzer
701-456-7751
Email kylan.klauzer@dickinsongov.com

Southwest Multi-County Correctional
Center
66 Museum Drive
Dickinson ND 58601
Captain of Jail – Mike
Main Phone 701-456-7790
Direct Line 701-456-7669

Simply click on the county you want to view.

Adams County-Arnold Scott
PO Box 686
Hettinger, ND 58639-0686
Phone 701-567-4283

**Billings, Stark, Hettinger Counties-
Jessica Clifton**
*Located @ the Stark County Courthouse
51 3rd St East, Dickinson ND 58601
PO Box 130
Dickinson, ND 58601
Phone 701-456-7654
Email jclifton@starkcountynd.gov

Dunn County-?
*Located at Dunn County Social Services
701-764-5385

Bowman County-Patty Sadowsky
PO Box 3
Bowman, ND 58623-0003
Phone 701-523-3121

Golden Valley County-Harvey Peterson
PO Box 904
Beach, ND 58621-0904
Phone 701-872-3716
Email hpeterson@midstate.net

Slope County-Ernest Holzmer
13910 64th Street SW
Amidon, ND 58620-9657
701-879-6234

County Veteran Service Officers

This information can be viewed online
@ <http://www.ndaco.org/?id=76>.

606 2nd Avenue North
Hettinger, ND 58639
Phone 701-567-2967

**Amen Food Pantry (open T & TH 2-4pm
& Saturdays 10am to 12pm)**

Ron Keller
1100 3rd Avenue West
Dickinson, ND 58601
Phone 701-483-4344

Amidon Food Pantry

Patsy Getz
HC1 Box 41/14205 64th Street SW
Amidon, ND 58620
Phone 701-879-6268

Beach Food Pantry

Pastor Warren Maxted
68 SE 1st Street
Beach, ND 58621
Phone 701-872-3708 (home)
Phone 701-872-4203 (church)

Belfield Food Pantry

Doris Urban
506 2nd Avenue NE
Belfield, ND 58622
Phone 701-575-4405

Bowman Community Cupboard

Evelyn Allram
111 3rd Avenue SW
Bowman, ND 58623
Phone 701-523-3370

Food Pantries

Adams County Food Pantry
Cindy Hehn

Bread Pantry & Senior Commodities

Program-Community Action Partnership
202 Villard Street East
Dickinson, ND 58621
Phone 701-225-0131

Dunn County Social Services

215 Central Avenue
Killdeer, ND 58640
Phone 701-764-5385

Marmarth Community Food Pantry

Patti Perry
202 North Main
Marmarth, ND 58643
Phone 701-279-6782

Mott Food Pantry

Connie Haberstroh
212 Iowa Avenue
Mott, ND 58646
Phone 701-824-3209

New England Open Door

Richard Hegge
1342 1st Avenue West
New England, ND 58647
Phone 701-579-2967

St. Wenceslaus Church

Mary Gores
505 3rd Street East
Dickinson, ND 58601
Phone 701-225-3164

This directory is updated twice a year-if
you see something that is not correct please
notify me-thanks! Rene Schmidt

rschmidt@nd.gov or 701-227-7557

***Updated 04/16/2020**