



Service Providers for Seniors

"We Cannot Control The Wind..."

But We Can Adjust The Course."

Guide to Services for Seniors in the Greater Grand Forks Area

Compiled by:
Service Providers for Seniors
PO Box 13313
Grand Forks, ND 58208

Revised April 2017

Adult Day Care/Respite – Day or short-term overnight care for individuals needing supervision

Edgewood Parkwood Place	(701) 757-2727
Edgewood Vista (EGF)	(218) 773-6648
Maple View	(701) 772-3400

Advanced Care Planning / Medical Directives – Assistance completing advanced directives

Altru Health System	(701) 780-5345
Compass Program – Hospice of the RRV	(701) 356-1550
Grand Forks Senior Center (Resources Dept)	(701) 772-7245
Nancy Joyner, Consulting	(701) 746-4728

Advocacy Programs – Helping individuals exercise self-determination and promoting access to services

Adult Protective Services	(701) 795-3000
MN Ombudsman	(800) 657-3591
ND Ombudsman (state office)	(701) 328-4617
ND Ombudsman (local)	(701) 298-4480
Options Resource Center for Independent Living Protection and Advocacy	(218) 773-6100 (701) 795-3800

Aging Life Care Management – Provides ongoing coordination of services for people with complex health or personal challenges

Lutheran Social Services of North Dakota	(701) 271-3231
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Alzheimer's / Memory Care – Specialized residential services providing care for people with Alzheimer's and related dementias

Edgewood Vista (EGF)	(218) 773-6648
Maple View	(701) 772-3400
Northwood Deaconess Health Center	(701) 587-6060
Woodside Village – Valley Memorial Homes	(701) 787-7960

Alzheimer's / Dementia – Information and support regarding Alzheimer's Disease and related dementias

Alzheimer's Association of MN-ND	(701) 795-8544
24/7 Hotline	(800) 272-3900
Alzheimer's Caregiver/family support -UND	(701) 777-4520
Alzheimer's Caregiver/family support -Senior Ctr	(701) 757-4877

Alzheimer's Regional Care Consultant	(701) 775-8544
Memory Café – Calvary Lutheran Church	(701) 772-4897

Assisted Living Facilities – Apartment units with additional services and supports available to meet residents' needs

Edgewood Parkwood Place	(701) 757-2727
Good Samaritan Society Heritage Grove (EGF)	(218) 773-7484
Good Samaritan Society Larimore	(701) 343-6244
Northwood Deaconess Health Center	(701) 587-6060
Wheatland Terrace – Valley Memorial Homes	(701) 787-7563

Basic Care Facilities – Provides 24 hour residential services in an apartment-like setting (Medicaid helps pay for eligible individuals)

Edgewood Parkwood Place	(701) 757-2727
Good Samaritan Society Larimore	(701) 343-6244
St. Anne's Guest Home	(701) 746-9401
Tufts Manor - Valley Memorial Homes	(701) 787-7600

Education – Geared toward individuals age 55 and over

Grand Forks Senior Center	(701) 772-7245
OSHER Lifelong Learning Institute	(701) 777-4840

Emergency Response Systems – provides 24 hour electronic emergency assistance. A device is connected to the telephone and a help button is worn or carried by the individual

Alert One Services, Inc.	(800) 693-5433
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Dakota Alarm (800) 709-7179 or (701) 238-0692
 Guardian (Comfort Keepers) (701) 738-0006
 IPAT (Interagency Program for Assistive Tech) (701) 365-4728
 Life Alarm (800) 780-5433
 Lifeline (Philips) (800) 380-3111
 Lifecall from Permar (877) 751-3902

Employment/Volunteer Opportunities – Places to contact regarding employment or volunteer work for seniors

AARP (866) 554-5383
 Experience Works (701) 232-2489
 Foster Grandparent Program (701) 795-3112
 Global Friends Coalition (701) 746-8233
 Grand Forks Senior Center (701) 772-7245
 Senior Companion Program (Lutheran SSND) (800) 450-1510

 Tri-Valley Opportunity Council, Inc. (MN) (800) 584-7020
 Vocational Rehabilitation (701) 795-3008

Exercise – Programs specifically for active older adults

Altru Stepping On (701) 780-5939
 Bone Builders – GF Senior Center (701) 772-7245
 Bone Builders – Larimore Senior Center (701) 343-2503
 Choice Health & Fitness (701) 746-2790
 YMCA (701) 775-2586

Financial Assistance – Emergency – Helps once annually with emergency funding to address housing, utility, travel, and medical needs

Red River Valley Community Action (701) 746-5431
 Salvation Army (701) 775-2597
 St. Joseph's Social Care (701) 795-8614
 Tri-Valley Opportunity Council, Inc. (MN) (800) 584-7020

Financial Assistance & Benefits – Programs providing on-going financial assistance & agencies that assist with program applications.

Community Options (ND) (701) 620-1029
 Application Assistance for Low Income
 Home Energy Assistance Program (LIHEAP)

 Grand Forks County Social Services (701) 787-8535
 Polk County Social Services (218) 773-2431
 Burial Assistance, Caregiving, LIHEAP, Medical Assistance,
 Supplemental Nutrition Assistance Program (SNAP), lifeline

 Grand Forks Senior Center (Resources Dept.) (701) 772-7245
 Application Assistance for multiple programs
 Transportation Fare Assistance (1/2 price Senior Rider tickets)

 Minnesota Department of Revenue (800) 652-9094
 North Dakota State Tax Commissioner's Office (877) 328-7088
 Homestead Property Tax Credit & Renter's Refund

 NDAD (ND Association for the Disabled) (701) 775-5577
 Financial Assistance with Personal Attendant Care,
 Prescription Medication, Home/Vehicle Accessibility,
 Out-of-town Medical Travel, Durable Medical Equipment

 Options Resource Center for Independent Living (218) 773-6100
 Application Assistance for Social
 programs (MN & ND)

 Red River Valley Community Action (ND) (701) 746-5431
 Commodities, Home Repair, and Weatherization

 Social Security Administration (800) 772-1213
 Retirement, Disability, Survivors, Supplemental Security
 Income, Medicare, Low-Income Subsidy for Medications

 Tri-Valley Opportunity Council, Inc. (MN) (800) 584-7020
 Application Assistance for SNAP and LIHEAP

Financial Planning and Management

Lighthouse Associates (payee)	(701) 330-0116
Lutheran Social Services Gambler's Choice	(701) 235-7341
Personal Money Management (payee)	(218) 281 0116
The Village Family Resource Center (advisor)	(800) 450-4019

Food Banks / Commodities

Cottonwood Community Church	(701) 772-4126
East Grand Forks Food Shelf	(218) 773-8083
First Church of God	(701) 772-0953
Red River Valley Community Action	(701) 746-5431
St. Joseph Social Care	(701) 795-8614
Salvation Army	(701) 775-2597

Foot Care

EGF Senior Center	(218) 773-0821
GF Senior Center	(701) 772-7245
Larimore Senior Center	(701) 343-2503
Manvel Senior Center	(701) 696-2265
Northwood Senior Center	(701) 587-5903

Grief / Bereavement Services – Education and support for individuals who have lost a loved one or have a life threatening illness

Altru Psychiatry Center	(701) 780-6697
Cope Well Foundation (for Cancer Survivors)	(701) 738-4897
Hospice of the Red River Valley – Journeys Prog.	(800) 237-4629
TEARS-Altru (suicide prevention/survivors)	(701) 780-3451

Health Insurance Counseling – Explains Medicare and other health insurance programs, including options for low-income individuals

Altru's Healthcare Eligibility Resource Options	(701) 780-5060
Options Resource Center for Independent Living	(218) 773-6100
Senior Health Insurance Counseling (Senior Ctr)	(701) 772-7245
Valley Community Health Centers	(701) 757-2100

Hearing Loss / Audiology

Altru's Audiology	(701) 780-6301
Audiocare Hearing Aid Center	(701) 746-8421
Fire Audiology & Hearing Center	(701) 787-5862
ND Telecomm. Equipment Distribution Project	(800) 450-0459
School for the Deaf and Hard of Hearing Adult Outreach Specialist & Support Group	(701) 795-2792
Wakefield Hearing Center	(701) 746-7000

Home Health Services – Provides in-home nursing, OT/PT/Speech therapies, and personal care (often covered by medical insurance)

Altru's Home Health	(701) 780-5880
Comfort Keepers (private pay)	(701) 738-0006
Good Samaritan Society Home Care	(877) 343-6217
Integrity Home Care & Counseling (private pay)	(701) 740-3720
Sanford Home Care (EGF)	(218) 773-5870

Hospice – Supportive services for people with terminal illnesses (prognosis of six months or less) and their family/caregivers

Altru's Hospice	(701) 780-5258
Hospice of the Red River Valley	(800) 237-4629

Housing – Local rental apartments that serve the senior population

Alcott Manor & Ryan House (subsidized)	(701) 772-5480
Aspen Park, Briarwood, Parkview Terrace	(701) 772-3101
Country Estates – Valley Memorial Homes	(701) 787-7563
Edgewood Parkwood Place	(701) 757-2727
Good Samaritan Society Heritage Grove (EGF)	(218) 773-7484
Good Samaritan Society Larimore	(701) 343-6244
Grand Forks Housing Authority (subsidized)	(701) 746-2545
Markham Apartments (Cambridge Property)	(701) 775-8670
St. Anne's Guest Home (subsidized)	(701) 746-9401
Silver Waters	(701) 757-0926
Sunshine Terrace Apartments (EGF)	(218) 773-0771
Town Square Apartments (EGF, subsidized)	(218) 773-3631

In Home Services (non-medical) –Personal care, housekeeping, respite, companionship, shopping, and transportation services

Comfort Keepers (24 hour care available)	(701) 738-0006
Easter Seals Goodwill	(701) 772-0704
Family Caregiver Support Program	(701) 795-3000
Good Samaritan Society Home Care	(877) 343-6217
Grand Forks County Adult Services	(701) 787-8643
Home Care Companions	(701) 757-4044
Integrity Home Care and Counseling	(701) 740-3720
Options Resource Center for Independent Living (Keeps a list of non-agency Qualified Service Providers)	(218) 773-6100
Polk County Social Services	(218) 773-2431
Sanford Home Care (EGF) (No Transportation)	(218) 773-5870
Senior Companion Program (Lutheran SSND)	(800) 450-1510
Today's Organized Living	(218) 773-3800

Information – Information and referral services. Call these numbers to get connected with the services you need

East Grand Forks Senior Center	(218) 773-0821
Grand Forks Senior Center	(701) 772-7245
GF Public Information Center	(701) 746-4636
Mental Health Help Line / First Link	2-1-1
ND Resource-LINK (www.carechoice.nd.gov)	(855) 462-5465
Options Resource Center for Independent Living	(218) 773-6100
Regional Aging Services Program Administrator	(701) 795-3000
Senior Linkage Line (MN)	(800) 333-2433

Legal Assistance

NW Minnesota Legal Services	(800) 450-8585
Lawyer Referral & Information Services	(866) 450-9579
Legal Services of ND (Senior Info Hotline)	(866) 621-9886
Legal Services of ND (Intake / Scheduling)	(800) 634-5263

Meals – Congregate Meal Sites (Hot & Frozen)

EGF Senior Center 538 Rhinehart Drive SE EGF	(218) 773-0821
GF Senior Center 620 4 th Ave S GF	(701) 772-7245
Homestead Place 1639 24 th Ave S GF	(701) 772-7245
Larimore Senior Center, 116 Towner Ave.	(701) 343-2503
Parkview Terrace 2396 27 th Ave S GF	
The Link, 300 Cherry St. GF	(701) 772-7245

Meals / Groceries – Delivered

Food Dudes (delivery from local restaurants)	(701) 775-3333
Grand Forks Senior Center Meals on Wheels	(701) 757-2006
Home Delivered Meals (Altru)	(701) 780-5169
Hugos Grocery Delivery	(701) 772-7283
Lien on Me Delivery – Anne Carlsen Center	(701) 757-4200
<i>Hornbachers</i>	<i>701-218-5572</i>

Meals – Rural GF County Delivered (Hot & Frozen)

GF Senior Center (Frozen)	(701) 772-7245
Good Samaritan Society Larimore (Hot M, W, F)	(701) 343-6244
Northwood Deaconess (Hot M-F)	(701) 587-6441

Medical Equipment – Organizations that provide information about adaptive/medical equipment, or that provide equipment at no cost

Easter Seals of ND, Inc.	(701) 772-0704
Grand Forks Senior Center (Resources Dept.)	(701) 772-7245
HERO (Healthcare Equipment Recycling Org)	(701) 212-1921
IPAT (Interagency Program for Assistive Tech)	(701) 365-4728
NDAD (ND Association for the Disabled)	(701) 775-5577
Options Resource Center for Independent Living	(218) 773-6100
Yorhom Medical Essentials (Altru)	(701) 780-2500

Medication Management

Altru's Home Health	(701) 780-5880
Comfort Keepers (private pay)	(701) 738-0006
Good Samaritan Home Care	(877) 343-6217
Grand Forks Public Health	(701) 787-8100
Integrity Home Care And Counseling (private pay)	(701) 740-3720
Sanford Home Care (EGF)	(218) 773-5870

Mental & Behavioral Health / Counseling

Altru Psychiatry Center	(701) 780-6697
Center for Self-Growth and Renewal	(701) 746-4400
Cope Well Foundation (Cancer Survivors)	(701) 738-4897
Music Therapy in Motion	(218) 791-0908
Northeast Human Service Center	(701) 795-3000
Northwestern Mental Health Center (EGF)	(877) 597-5023
Psychological Services Center	(701) 777-3691
Center for Psychiatric Care System	(701) 772-2500
Valley Community Health Centers	(701) 757-2100
Village Family Resource Center	(701) 746-4584

Music Therapy – Individual and group music therapy sessions to enhance the quality of life through movement, music, or relaxation

Music Therapy in Motion	(218) 791-0908
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New American / Refugee Services

Global Friends Coalition	(701) 746-8233
Lutheran Social Services of North Dakota	(701) 772-7577

Nursing Facilities – Rooms with on-site 24 hour skilled care

Hatton Prairie Village	(701) 543-3102
Good Samaritan Society Larimore	(701) 343-6244
Northwood Deaconess Health Center	(701) 587-6060
Valley Eldercare Center	(701) 787-7900
Woodside Village	(701) 787-7960

Palliative Care / Nurse Consultant / Patient Advocate – Care focused on improving the quality of life for people with serious illnesses (consultation/education for individuals and organizations)

Nancy Joyner, Consulting	(701) 746-4728
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Prescription Drug Assistance – Services to help individuals find insurance coverage and subsidies for prescription medications.

Altru Health System	(701) 780-6116
Grand Forks Senior Center (Resources Dept)	(701) 772-7245
Low-Income Subsidy (Social Security)	(800) 772-1213
Medicare	(800) 633-4227
NDAD (ND Association for the Disabled)	(701) 775-5577
Prescription Assistance Program (advocacy)	(701) 364-0398
Third Street Clinic (for uninsured individuals)	(701) 772-1263

Public Safety – Call 911 in emergency situations

East Grand Forks Fire Department	(218) 773-2403
East Grand Forks Police Department	(218) 773-1104
Emerado Police Department	(701) 594-5100
Grand Forks County Sheriff	(701) 780-8280
Grand Forks Fire Department	(701) 746-2566
Grand Forks Police Department	(701) 787-8000
Larimore Police Department	(701) 343-2012
Northwood Police Department	(707) 587- 5651

Senior Centers

East Grand Forks	(218) 773-0821
Gilby	(701) 869-2422
Grand Forks	(701) 772-7245
Larimore	(701) 343-2503
Manvel	(701) 696-2265
Northwood	(701) 587-5903

Transportation – Directory for GF/EGF at www.theforksmo.org

GF City Bus System (fixed route bus service)	(701) 746-2600
NDAD (ND Association for the Disabled)	(701) 775-5577
Nelson County Public Transit (Transportation to GF on M,W,F)	(800) 747-4782
Rural GF County (serves rural GF throughout month & goes to Fargo 2 nd Mon)	(800) 845-1715
Senior Rider and Dial-a-Ride Reservations required for this origin-to-destination service for riders over 62 years of age or pre-approved disabled. Runs Mon-Fri 6:00am – 10:00pm and Sat 8:00am – 10:00pm Ride reservations can be made Mon-Fri 6:30am -5:30pm	(701) 787-9121
Tri-Valley Heartland Express Bus	(800) 201-3432
Veteran's Administration Transportation	(701) 780-8296
Walsh Co. Nutrition Program (Trips to Fargo)	(701) 284-7999

Vaccination Services – Vaccines for seniors listed below. For all other Vaccination needs, please call for availability.

Altru (flu, shingles, Tdap and pneumococcal)	(701) 780-5000
CVS Pharmacy (flu, shingles)	(701) 746-8643
Grand Forks Public Health (flu, Tdap, pneumococcal)	(701) 787-8100
Polk County Public Health (flu, shingles, pneumococcal)	(218) 773-2431
Sanford Clinic (flu, shingles, Tdap and pneumococcal)	(218) 773-5858
Thrifty White (flu, shingles, Tdap)	(701) 775-4209
Walls Pharmacy (flu)	(701) 746-0497
WelCore Health (flu, Tdap, Hepatitis B, TB testing on-site)	(701) 330-4216

Veteran Services – Supportive programs for veterans and spouses

Grand Forks County Veteran's Service Officer	(701) 780-8296
Grand Forks VA Clinic	(701) 335-4380
Polk County Veteran's Service Officer	(218) 470-8346
Primary Care Social Worker / Support Group	(701) 335-4380
Supportive Services for Veteran Families	(701) 317-1752
VA Hospital in Fargo	(701) 232-3241

Visually Impaired – Resources for people with visual impairments

Eye Care America	(800) 222-3937
MN Services for the Blind	(800) 657-3755
ND Talking Book Library	(800) 843-9948
ND Telecomm Equipment Distribution Project	(800) 450-0459
ND Vision Services School for the Blind	(701) 795-2700
ND Vocational Rehabilitation – Vision Rehab	(701) 795-3100

Vulnerable Adult Services – Services to intervene when a vulnerable adult is experiencing abuse, neglect, or exploitation

MN Ombudsman	(800) 657-3506
ND Ombudsman (state office)	(701) 328-4617
ND Ombudsman (local)	(701) 298-4480
Protection & Advocacy	(701) 795-3800
Vulnerable Adult Protective Services (intake)	(855) 462-5465

For the most current information and links to websites, visit our webpage at: www.gfseniorcenter.org/serviceproviders

Telemarketing/Phone Scams

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts.

Perhaps the most common scheme is when scammers use fake telemarketing calls to prey on older people, who as a group make twice as many purchases over the phone than the national average. While the image of the lonely senior citizen with nobody to talk to may have something to do with this, it is far more likely that older people are more familiar with shopping over the phone, and therefore might not be fully aware of the risk.

With no face-to-face interaction, and no paper trail, these scams are incredibly hard to trace. Also, once a successful deal has been made, the buyer's name is then shared with similar schemers looking for easy targets, sometimes defrauding the same person repeatedly.

Examples of telemarketing fraud include:

The pigeon drop

The con artist tells the individual that he/she has found a large sum of money and is willing to split it if the person will make a "good faith" payment by withdrawing funds from his/her bank account. Often, a second con artist is involved, posing as a lawyer, banker, or some other trustworthy stranger.

The fake accident ploy

The con artist gets the victim to wire or send money on the pretext that the person's child or another relative is in the hospital and needs the money.

Charity scams

Money is solicited for fake charities. This often occurs after natural disasters.

The grandparent scam

The grandparent scam is so simple and so devious because it uses one of older adults' most reliable assets, their hearts.

Scammers will place a call to an older person and when the mark picks up, they will say something along the lines of: "Hi Grandma, do you know who this is?" When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done a lick of background research.

Once "in," the fake grandchild will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, etc.), to be paid via Western Union or MoneyGram, which don't always require identification to collect. At the same time, the scam artist will beg the grandparent "please don't tell my parents, they would kill me."

While the sums from such a scam are likely to be in the hundreds, the very fact that no research is needed makes this a scam that can be perpetrated over and over at very little cost to the scammer.

What to do:

Experts advise never doing business with someone who calls you out of the blue. Instead, have a practiced "no" script, such as "I don't buy products over the phone" or "I don't talk to solicitors." If you think the offer is legitimate, ask the person to put it in writing and mail it to you. Pressure to act immediately is a sign of a scam.

If you suspect you've been the victim of a scam...

Don't be afraid or embarrassed to talk about it with someone you trust. You are not alone, and there are people who can help. Doing nothing could only make it worse. Keep handy the phone numbers and resources you can turn to, including the local police, your bank (if money has been taken from your accounts), and Adult Protective Services.

To obtain the contact information for Adult Protective Services in your area, call the Eldercare Locator, a government sponsored national resource line, at: 1-800-677-1116, or visit their website at: www.eldercare.gov.

Service Providers for Seniors consists of agencies and individuals who provide services to seniors in the greater Grand Forks area.

Meetings are the 2nd Thursday of each month at 1:30 pm, typically at Grand Forks Senior Center.

Activities sponsored by Service Providers for Seniors include:

- 4th Grade Essay Contest titled “My Favorite Older Person”
- Community Educational Workshops
- Grant Opportunities for Members

For the most current information and links to websites, visit our webpage at:
www.gfseniorcenter.org/serviceproviders

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