

### **Econodrug**

387 S 11th St., Wahpeton - (701) 642-2336

- Cholesterol Testing/Blood Sugar Monitoring
- Blood Pressure Monitoring
- We are a full service pharmacy
- Offer flavoring for liquid medications
- We accept and bill almost all prescription plans
- Durable Medical Equipment
- Over the counter essentials

### **Snyder Drug**

126 N 5th St, Breckenridge - (218) 643-3871

- Accept most insurance plans
- Durable medical equipment and rentals
- Computerized records
- Free delivery within the two towns
- Free mail-out service to outer areas
- Open extended hours to serve our customers better
- Complete OTC and vitamin sections
- Nursing home capabilities
- Free blood pressure checks

### **Wahpeton Drug & Gift**

508 Dakota Ave., Wahpeton - (701) 642-9211

- Full service pharmacy & gift shop
- Computerized patient profiles
- After hours emergency service available
- Flavoring of liquid medication available
- Free mail-out and delivery of prescriptions
- Durable medical equipment: walker, crutches, wheelchairs, braces, commodes on hand- special orders can usually be received overnight
- Most insurance, medical assistance and Medicare plans accepted-Direct billing to Medicare

### **Physical Therapy**

#### **Orthopedic & Sports Physical Therapy**

430 N 5th St., Breckenridge - (218) 641-7725

- Neck/back, joint, muscle pain and injury
- Status post injury
- Modalities used: Ultrasound, electrical stimulation, traction
- Aquatic therapy
- Sports Rehabilitation
- Work with Pediatrics
- Spinal cord injury

### **Public Health Agencies**

#### **Richland County Health Department**

413 3rd Ave. N, Wahpeton - (701) 642-7735

##### *Public Health:*

- Emergency preparedness
- Foot care clinics/Health screenings
- HIV testing and counseling
- Immunizations (adult and children)
- Community Resource Coordinator – assist the uninsured and underinsured to gain entry in to and receive health care services
- Women's Way/ breast & cervical cancer detection program
- Tobacco prevention program
- Tuberculosis testing and monitoring
- Safe Communities-Injury Prevention Program/ traffic safety

##### *Home Health Agency (Certified):*

- Registered Nurse & Home Health Aide

##### *Family Planning/Reproductive Health:*

- Reproductive health education and services

##### *WIC (Women's Infants and Children) Nutritional Program:*

- Supplemental food program for women, infants and children

##### *Maternal Child Health Programs:*

- Car seat program
- ND Health Tracks (well child screenings)
- Newborn visits
- OPOP (Optimal Pregnancy Outcome Program)
- Preschool screenings
- School health (all Richland County school students)

##### *Environmental Health*

#### **Wilkin County Public Health**

300 S 5th St., Breckenridge

(218) 643-7122

##### *Senior Information and Referral Program:*

- Transportation
- Home Delivered meals and congregate dining
- Outreach/client finding
- Skilled nursing home care - Home health aide services
- Homemaker, financial, resource and referral services
- Insurance counseling
- Phone mate and social connections
- Assessment of older persons needs
- Identification of deficiencies in services available
- Interaction with public and private agencies to insure coordination of services offered for those over 60
- Provide assistance to Senior Citizens Clubs and groups via educational programs, Senior Center Activities and support groups

##### *Child and Teen Check-ups:*

- Health screenings for ages birth to 21 years old
- Physical assessment, height/weight, hemoglobin, lead, urinalysis, hearing, vision and developmental

##### *Disease Prevention and Control:*

- Communicable disease information and immunizations

##### *Emergency Health Program:*

- Emergency information for families
- All hazard preparedness

##### *Environmental Health Program:*

- Lead assessments and information
- Nuisance complaints/investigations
- Water testing
- Food, beverage, lodging and mobile home inspections for licensed establishments

##### *Family Health Program:*

- Caring Connections- Home visiting program to provide information to expectant, new and adoptive parents
- Follow-Along Developmental Monitoring
- Referrals made as needed
- Maternal Child Health visits
- School-Health
- WIC Program

##### *Health Promotion Program:*

- Alcohol, Tobacco and Other Drug Prevention
- Blood Pressure Screening, Correctional Health
- Foot Clinics, Health education information

##### *Home Health Program:*

- Care Coordination, Homemaker Services
- Long Term Care Consultation

##### *MAC/NAP Nutrition Program*

- Provides free nutritious food packages for children up to age 6 and seniors who meet income guidelines

##### *Senior Companion Program:*

- Volunteers provide home visits to homebound individuals

##### *Transportation Program:*

- Subsidized taxi tickets for Breckenridge Senior and Disabled residents; Volunteer driver program

### **Transportation**

##### *Information & Referral:*

- Wilkin County (218) 643-7122
- MN Senior Linkage 1-800-333-2433
- Richland County (701) 642-5746
- ND Info Line 1-800-451-8693

##### *Non-Wheelchair Accessible*

- Wilkin Volunteer Drivers (218) 643-7122
- Wilkin Veterans (218) 643-7134 Tuesday & Thursday
- Richland County Aging Services (701) 642-5746
- Richland County Outreach (701) 642-3033
- Wahpeton Med Van (701) 642-5746
- Richland Veterans (701) 642-7807 Tuesday & Thursday
- Twin Town Taxi (701) 642-5757
- MeritCare Van (701) 642-7062
- \*Ambulance Service 911
- \*Care-A-Van (West Ottertail Transportation) 1-877-832-0168-\*24 hour service

### **Important Numbers**

#### **Richland County**

- Richland County Information and Assistance 701/642-5746
- N.D. Senior INFO-LINE 1-800-451-8693  
Web site: [www.ndseniorinfoline.com](http://www.ndseniorinfoline.com)
- ND Attorney General 1-800-472-2600  
(Scams, fraud, consumer protection)
- Vision Services 1-888-342-4900
- Hearing/Adaptive Devices 1-800-265-4728
- Richland Family Financial Asst. (701) 642-7751
- Senior Health Insurance Counseling (701) 642-3033 or 1-800-247-0560

#### **Wheelchair Accessible**

- Wahpeton Senior Citizen Center Bus (701) 642-5746
- Red River Human Services (701) 642-2442
- PARTNERS(Rothsay) (218) 867-1234

#### **Wilkin County**

- Wilkin County Information and Assistance (218) 643-7122
- M.N. Senior Linkage: 1-800-333-2433
- First Call For Help – Minnesota 211  
Web Site: [www.minnesotahelp.info](http://www.minnesotahelp.info)
- MN Attorney General 1-800-657-3787  
(Scams, fraud, consumer protection)
- Vision Services (218) 236-2422
- Hearing Services 1-800-456-7589
- Senior Health Insurance Counseling (218) 643-7122
- MN Commerce 1-800-657-3602

#### **For Richland and Wilkin Counties**

- Social Security 1-800-772-1213
- Social Security Regional Office (218) 739-1025
- Medicare 1-800-633-4227

# Wahpeton Breckenridge Healthcare Resource Guide

*A publication of the:*



118 N 6<sup>th</sup> St.  
Wahpeton, ND 58075  
(701) 642-8744

## Assisted Living

### **Twin Town Villa**

615 Durum Drive, Breckenridge - (218) 643-9542

## Basic Care Facility

### **Leach Home**

714 N 4th St., Wahpeton - (701) 642-4283

- Independent non-profit organization
- Licensed Practical Nurses and Nurses Aides on staff
- Emergency call system in the rooms
- Laundry, religious, beauty/barber services
- Private rooms available
- Meal service/special dietary service available
- Social activities and craft program
- Transportation to and from medical appointments
- Scheduled shopping trips

## Chiropractors

### **Cook Chiropractic Clinic**

103 N 9th St, Wahpeton - (701) 642-1913

*Complete Family Health Care:*

- Auto, Work, Sports Injuries
- Most insurances accepted

### **Dakota Chiropractic Clinic**

320 Dakota Ave., Wahpeton - (701) 642-5600

- Spinal manipulative therapy
- Physical therapy
- Acupuncture
- Nutritional counseling

### **Hornstein Family Chiropractic**

505 Dakota Ave., Wahpeton - (701) 672-1300

- Specialized care and maintenance of spinal and nervous systems
- Physiotherapy
- Orthotics
- Supplements
- Most insurances including Medicare, Medicaid, workers compensation and personal injury accepted

### **Valley Spine Center/Mitskog Chiropractic Clinic**

319 N 11th St., Wahpeton - (701) 642-6480

- Adults and children
- Auto, work and sports injuries; pregnancy related back pain
- Manual and low force techniques
- Soft tissue techniques, electric muscle stim, DTS traction and cold laser therapy
- X-ray services available
- Nutrition services
- Most insurances accepted
- [www.vsci.us](http://www.vsci.us)

## Clinics

### **Innovis Health**

275 S 11th St., Wahpeton - (701) 642-2000

- Family practice, Internal medicine, Obstetrics & Gynecology, Pediatrics, Allergy & Asthma, Podiatry, Surgery, Occupational and Physical Therapy, Occupational Health & Optometry, Registered Dietitians

*Visiting Specialists:*

- Audiology, Bariatrics, Cardiology, Endocrinology, Neuropsychology, Oncology, Orthopedics, Otolaryngology

### **MeritCare Wahpeton**

332 2nd Ave. N, Wahpeton - (701) 642-7000

- Family Medicine, Psychology, Optometry, Stress Tests, Mammography, Dexa Scans, Ultrasound, Echo cardiology, Diabetic Foot Care, INR Clinic, Certified Diabetic Nurse Educator, Registered Dietician

*Outreach specialty services:*

- Oncology, Podiatry, Orthotist, Ophthalmology, OB-GYN
- Orthopedics, Urology

## Dental & Orthodontic

### **Dr. Stephen Bratlie, DDS**

430 Oak Street, Breckenridge - (218) 643-6313

- General Family Dentistry/Cosmetic Dentistry
- Endodontics
- Crowns over Implants
- Four Hygienists on Staff
- Accept most dental plans - Delta Dental Provider
- New Patients Welcome

### **Dr. Gerald Brudvik, DDS**

430 Oak Street, Breckenridge - (218) 643-6313

- General Family Dentistry/Cosmetic Dentistry
- Endodontics
- Crowns over Implants
- Four Hygienists on Staff
- Accept most dental plans/Delta Dental Provider
- New Patients Welcome

### **The Clinic for Oral Health**

2005 Woodland Drive, Wahpeton – (701) 672-9595

- General Dentistry
- Extraction (including Wisdom Teeth)
- Hygiene
- Tooth Whitening
- Oral Appliances for Sleep Apnea/Snoring
- Surgical Placement and Restoration of Implants

### **Three Rivers Dental**

1999 N 4th St., Ste. B, Wahpeton - (701) 642-2656

- General Family Dentistry
- Prevention Oriented Care
- Cosmetic/Whitening and Restorative Procedures
- Crowns, Bridges, Dentures, Partials & Implants
- Periodontal& Endodontic Procedures
- Bruxism or Clenching Treatment

### **Dr. James Werre, DDS**

419 ½ Dakota Ave., Wahpeton - (701) 642-1411

- Specialist in Orthodontics

## Disability Services

### **Mayor’s Committee on the Employment of People with Disabilities**

800 N 6th St., Wahpeton - (701) 671-2623

- Inform the public regarding the employment potential of individuals with disabilities
- Work to reduce employers' reluctance in hiring individuals with disabilities by reducing stereotypes
- Educate young people using the Kids on the Block puppets about different disabilities
- Provide area employers with funds needed to make accommodations that would enable them to employ or retain employees with disabilities

### **Red River Human Services Foundation**

701 S 6th St., Wahpeton - (701) 642-2442

- Serving people with developmental disabilities
- Individualized supported living arrangements
- Supported living arrangements
- Family support services
- Congregate and intermediate care
- Transitional living
- Activity center and day supports
- Employment training
- Second-hand store

### **Wilkin County Development Achievement Center**

202 N 5th St., Breckenridge - (218) 643-2844

- Serving people with developmental disabilities
- Day training and habilitation services
- Training in competitive employment

## Emergency Services

### **Ambulance Service**

120 Minnesota Ave., Breckenridge - (218) 643-2636

- Provide Emergency and non-emergency medical transport of the sick and injured in Wilkin and Richland Counties
- Provide classes in First Aid; Daycare provider first aid; Adult, Child and Infant CPR; First Responder; &Emergency Medical Technician Basic

## Hospitals

### **St. Francis Healthcare Campus**

2400 St. Francis Drive, Breckenridge - (218) 643-3000

- Acute care
- Intensive and coronary care units
- Medical support, diagnostic and surgical services
- Family center
- Medical wellness services
- Home health
- Riveredge hospice
- Chemical dependency
- Natural family planning
- Dietary
- Long-term care

## Massage Therapists

### **OSPTI**

430 5<sup>th</sup> St N, Breckenridge – (218) 641-7725

- Deep Tissue Massage
- Trigger Point Therapy
- Sports Massage
- Pregnancy Massage
- Hot Stone Massage

## Nursing Home

### **St. Catherine’s Living Center**

1307 N 7th St., Wahpeton - (701) 642-6667

- Skilled Care and Basic Care
- Inpatient and Outpatient Therapy Services
- Home Care Services
- Alzheimer’s Care Unit

### **St Francis Nursing Home**

2400 St Francis Drive, Breckenridge – (218) 643-3000

## Optometrists

### **Innovis Health**

275 S 11th St., Wahpeton - (701) 642-2000

- Complete eye exams for the whole family
- Removal of foreign objects from the eye
- Treatment of Red Eyes
- Management of ocular diseases such as glaucoma, macular degeneration, diabetic retinopathy and cataracts
- Pre and Post op care for cataract surgery
- Co-management of refractive surgery
- Optical shop with high quality name brand frames

### **MeritCare Wahpeton Optical**

332 2nd Ave N, Wahpeton, ND - (701) 642-7057

- Full-service optical shop

### **Prairie Vision Center**

315 N 11th St., Ste. A, Wahpeton - (701) 642-4090

- Comprehensive eye examinations
- Pediatric eye examinations
- Cataract, glaucoma, dry eye diagnosis and management
- LASIK consultations and post OP care
- Full service optical including contact lenses
- Available after hours for eye emergencies
- Evening appointments available
- Ophthalmology available Bimonthly

### **Wahpeton Family Eyecare Center**

517 Dakota Ave., Wahpeton - (701) 642-9302

- Comprehensive Eye Examinations and Contact Lens Examinations for the Entire Family
- Evaluations for cataracts, glaucoma, macular degeneration and detection of other diseases of the eye
- Diabetic evaluations
- Laser vision correction consultation
- Treatment and management of eye diseases
- Many insurance plans accepted
- Large selection of designer frames

## Pharmacists

### **Breckenridge Drug**

116 N 5th St., Breckenridge - (218) 643-5411

- Personal prescription consultations; Free delivery
- Free blood pressure checks
- Accept/ bill most insurance plans including Medicare Part D
- Computerized patient records
- Diabetic Supplies, Vitamins/Durable medical equipment
- Large greeting card selection/Monarch film developing
- Expanded gift area with free gift wrapping available

### **Corner Drug Store**

522 Dakota Ave., Wahpeton - (701) 642-5595

- Accept and bill all insurance plans including Medicare, Medicare Part D and Medicaid
- Sell and rent walkers, wheelchairs and crutches
- Picture processing Kiosk for digital media-pictures
- Free mail-out and delivery
- Sell, rent and special order durable medical equipment
- Prescription and OTC service to all Nursing Homes and Retirement living centers in the Twin Town area
- Auto refill prescription tele-manger phone service
- On call after hours emergency prescription service