

Corner Drug Store

619 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

Thrifty White

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 Medial Equipment
 - * Over the counter essentials

Thrifty White

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,
 - * 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 & underinsured to gain entry in to and receive health care services
 - * Women's Way/ breast & cervical cancer detection
 - * 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
 - * 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 & 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

Wahpeton Breckenridge Healthcare Resource Guide



**Wahpeton
Breckenridge**

CHAMBER OF COMMERCE

1505 11th St. N.
Wahpeton, ND 58075
(701) 642-8744

Transportation

Red River Cab (701) 642-55555

Twin Town Taxi (701) 642-5757

*Ambulance Service 911

Trans Express out of Fergus Falls 1-866-998-3002

Important Numbers

Richland County

Richland County Information and Assistance 701/642-5746

N.D. Senior INFO-LINE 1-800-451-8693

Web site: www.ndseniorinforline.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

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

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

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

715 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

Clinics

Essential 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

Sanford Clinic 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

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

Disability Services

Mayor's Committee on the Employment of People with Disabilities

PO Box 1351 Wahpeton - (701) 642-2442
* 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

1130 HWY 75 N, 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

CHI St. Francis Health

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 5th 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

Essentia 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

Sanford Clinic 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

Midwest Vision 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