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EDUCATION

Adult Basic Education

Bemidji MN 218-759-3288
Park Rapids MN 218-732-1282
Hours: Mon & Tues—2 pm-8pm; Weds—9 am-6pm
Wadena MN 218-547-1311

Community Education

Bemidji 218-759-3285
Cass Lake 218-335-2888
Nevis 218-652-3500
Park Rapids 218-732-3333
Laporte 218-224-2288
Walker-Akeley 218-547-1311

Headstart Programs

Mahube Community Council 218-732-7204
120 Central Ave N; P.O. Box 229 (Janice Renner)
Park Rapids MN 56470-0229
or
Mahube Community Council 218-847-1385
Detroit Lakes MN 56501

School Districts

Laporte—District #306 218-224-2288
Nevis—District #308 218-652-3500
Park Rapids—District #309 218-237-6500
Walker-Akeley 218-547-1311

Pawn Special Education

SERVICES: Educational services to children (birth to 21) with handicaps within the Park Rapids,
Akeley, Walker & Nevis public school districts.
Hours: Monday—Friday 8am-4pm 218-237-6540

BRIC - Same as above, but in Laporte and Cass Lake Districts 218-751-6622

OTHER COMMUNITY SOURCES OF INFORMATION

Chamber of Commerce Summer Hours: Mon—Thurs 9am-5pm
1204 Park Ave S; P.O. Box 249 Fridays—9am-7 pm
Park Rapids MN 56470 Saturday—10am-3pm
Ph.#218-732-4111 or 1-800-247-0054 Sunday—11am-3pm
Located on Hwy 71 S Winter Hours: Monday-Friday—9am-5pm
Director: Katie Magozzi

City of Park Rapids 218-732-3163
212 2nd St W333
Park Rapids MN 56470

EMPLOYMENT

MN Department of Rehabilitation Services

Bemidji		218-755-3980
Brainerd	1927 6th St S, Brainerd MN 56401	218-828-2530
Park Rapids	Hwy 34 E, Park Rapids MN 56470	218-732-9761
Wadena	311 N Jefferson, Wadena MN 56482	218-631-2069

MN Work Force Center/Job Service

Bemidji	616 America Ave NW #220, Bemidji MN 56601	800-569-4196; FAX: 218-755-4458
Brainerd	1919 6th St S, Brainerd MN 56401	218-828-2450
Detroit Lakes	801 Roosevelt, P.O. Box 1108, Detroit Lakes MN 56502	218-846-7379; FAX: 218-846-0773
Wadena	311 N Jefferson, Wadena MN 56482	218-631-3240

Rural MN CEP - (Concentrated Employment Program)

Bemidji	616 America Ave NW #220 Bemidji MN 56601	218-759-8222 800-569-4196 FAX:218-755-4458
Brainerd	1919 6th St S Brainerd MN 56401	218-828-6186 800-664-3595
Detroit Lakes	801 Roosevelt Ave P.O. Box 1108 Detroit Lakes MN 56502-1108	800-492-4810 FAX:218-846-0773

Park Rapids Area - covered by both Bemidji and Detroit Lakes CEP Offices

Bemidji Area Indian Employment 218-759-1980

Leech Lake JOBS/MFIP Program 218-335-7837

MN Chippewa Tribe JOBS/MFIP Program 218-335-8586
P.O. Box 217; Cass Lake MN 56633-0217

Other Agencies

Green Thumb (Jobs program for persons 55 and older) 218-631-3483 / 800-450-JOBS
Wadena MN - works with people in Hubbard County and surrounding counties.

MET, Inc. (Motivation Education & Training)*
512 Center Ave, Ste C
Moorhead MN 56560
218-291-1575

MET, Inc.
712 Main St S
Crookston MN 56716
218-281-6020

*Training for seasonal & migrant farm workers

LEGAL

Crime Victims Reparations Board

800-247-0390

Northwest MN Legal Services (Legal Aid)

1015 7th Ave N
Moorhead MN 56560

218-233-8585 or 800-450-8585

FAX: 218-233-8586

Hours: Mon-Fri 8 am-4:30 pm

Northwest MN Legal Services (Legal Aid)

210 4th St NW, Bemidji MN 56601

218-751-9201 or 800-450-9201

FAX: 218-751-9217

FOOD

Bi-County CAP Program (Surplus Commodity Distribution)

218-751-4631 or 800-332-0716

C.R.O.P.S.

A food buying cooperative where a family pays \$15.00 at the beginning of the month and receives a food package at the end of the month. The money is pooled so food can be bought in bulk at a lower price.

Sites: Akeley 218-652-2441

Cass Lake 218-335-7837

Fare Share/Fare for All

At Fare Share, \$14.00 and 2 hours of helping friends and neighbors gets you double to triple your money in fruits, vegetables, meat, pasta and much more.

Counties Served: Hubbard & Becker Sites: Osage Community Center: 218-573-3926 (Vol #)

Food Shelves

Bemidji 722 Beltrami Ave NW 218-751-6580

Cass Lake St Charles Catholic Church 218-335-2359

Park Rapids 706 3rd St E 218-732-1282

(Coordinator for Park Rapids is Dave Long, 732-3901, 15701 Essex Rd, Park Rapids)

*Referrals are also made from pastors, priests, local sheriff or police department, Social Services or Mahube Community Council.

Leech Lake Reservation Food Distribution Program

218-335-2676

MAC Program

Food & nutrition program for infants & children under 6, pregnant and nursing women. Must provide proof of address, income and child's age. Participants cannot receive MAC & WIC at the same time. More than 60 distribution locations in the Twin Cities and Greater Minnesota. 651-484-8241 or 800-365-0270

NAPS Nutrition Assistance Program for Seniors (See also Senior Services)

Food program for seniors 60 years or older. Must be resident of Minnesota & meet income guidelines.

White Earth Food Distribution Naytahwaush MN

218-935-5554

WIC Program

WIC is a free, special food & nutrition program for pregnant & breastfeeding women, & also for children under age 5.

Sites: Beltrami Co 218-751-7385

Cass Lake 218-335-8315

Cass County (Walker) 218-547-2855

Hubbard County (Park Rapids) 218-237-5464 or 800-566-3311

Frank White School (Park Rapids)

ENERGY ASSISTANCE PROGRAMS

Bi-County CAP Program

Bemidji MN 218-751-4632
Ah Gwah Ching 218-547-3438

Heat Share/Salvation Army

888-301-0643 or 612-566-2040

Mahube Community Council

120 Central Ave N, P.O. Box 229 Park Rapids 218-732-7204
P.O. Box 747, Detroit Lakes MN 218-847-1385

Salvation Army - Hubbard Co. Social Services

218-732-1451

SERVICES: Year round program of service to assist families and individuals in meeting emergencies and supplementary needs. Some of their services are summer camp programs, clothing assistance, emergency or crisis assistance aid to burn out victims, etc. Service unit members are located throughout the county.

CONTACT PERSON: Daryl Bessler or John Lombard in the Veterans' Office.

HUMAN SERVICE AGENCIES

Becker County Human Services

218-847-5628

712 Minnesota Ave
P.O. Box 1637
Detroit Lakes MN 56502-1637

Beltrami County Social Services

218-751-4310

616 America Ave NW Ste 100
Bemidji MN 56601

Cass County Social Services

218-547-1340

400 Michigan Ave W
P.O. Box 519
Walker MN 56484-0519

Hubbard County Social Services

218-732-1451

301 Court Ave, Courthouse
Park Rapids MN 56470

Toll Free: 877-450-1451

Wadena County Social Services

218-631-7605

124 1st St SE
Wadena MN 56482-1553

MN Dept. of Administration

952-297-5888 or 612-296-6733

320 Centennial Office Bldg
658 Cedar St
St Paul MN 55155

VETERANS' ADMINISTRATION

Hubbard County Veterans' Services

218-732-3561

Courthouse

John Lombard

Park Rapids MN 56470

Hours: Monday-Friday

8:00 am to 4:30 pm

Counties Served: Hubbard & adjoining portions of Cass, Becker & Wadena

OTHER REFERRALS

Beltrami County SILS Inc.

218-751-4378

(Semi-Independent Living Services)

Fax: 218-755-9078

2812 Bemidji Ave

P.O. Box 73

Bemidji MN 56619

Cancer Society

218-732-4157

Park Rapids MN 56470

Caring Pregnancy Center

218-732-5212

601 1st St E, Park Rapids MN 56470

Child Protection Team

Counties served: Hubbard

218-732-1451

Location: Hubbard County Social Services, 3rd Floor, Courthouse, Park Rapids MN 56470

Children's Trust Fund Local Council

218-732-1451

Services: Develops Hubbard County Child Abuse Prevention Plan

Location: Hubbard County Social Services, 3rd Floor, Courthouse, Park Rapids MN 56470

Counties Served: Hubbard

Clothing Exchange

218-237-6114

DAC Thrift Store (Bearly Used)

423 Main Ave S

Park Rapids MN 56470

Hours: 9:00 am - 3:00 pm

Distributes clothing to those who desire it (no money involved), to eligible persons. The public can buy clothing at low prices. For referral for free clothing, contact Social Services.

Consumer Credit Counseling Service

(Run through Lutheran Social Services)

602 1st St E, P.O. Box 23

Park Rapids MN 56470

Contact: Lorna Jones

218-732-4320

888-577-2227

DAC - (Developmental Achievement Center)

109 Pleasant Ave (Mailing Address: P.O. Box 86)

Park Rapids MN 56470

Hours: Monday - Friday, 8 am - 4 pm

Services: Day program for adults with mental retardation and related disabilities. Program provides jobs, job training, therapy (occupational, physical, speech) and transportation. No direct charges to clients. Fees are paid by counties or state.

218-732-3358

Daycare Licensing

Hubbard County Social Services (John Rice)

218-732-1451

218-732-2420

Daycare Programs

Hubbard County Social Services (Diana Eischens)

Mahube Community Council

218-732-1451

218-732-2418

218-732-7204

Expanded Food & Nutrition Education Program (EFNEP)

Services: EFNEP provides nutrition education for families with children and is especially helpful for those with a limited income. Participants can learn about food budgeting, meal planning, and will have the opportunity to taste new foods, etc.

Hubbard County Extension Office

Park Rapids MN 56470

218-732-3391

Hours: Monday-Friday
8 am - 4:30 pm

Headwaters Intervention Center

500 Main Ave S, P.O. Box 564

Park Rapids MN 56470

Office: 218-732-7413

Crisis: 800-939-2199

24-hour crisis line for sexual assault victims; advocacy educational services to community, professional and service providers.

Hospice

St Joseph's Hospital, Park Rapids MN 56470

218-732-3311

Kids Support Services

218-732-7413

800-939-2199

Kinship

(Mentoring Program)

P.O. Box 282, Park Rapids MN 56470

218-732-0058

Light House for the Blind
Duluth MN

218-563-2570
800-422-0833

Lion's Club

Tim Pearson (Board Member), Park Rapids MN 56470

218-732-5131

Lutheran Social Services

602 1st St E
P.O. Box 23
Park Rapids MN 56470

Services: Family, marriage, individual and problem pregnancy counseling. Also does Consumer Credit Counseling.

218-732-3311
218-236-1494

NW Regional Service Center for Deaf and Hard of Hearing

Fergus Falls MN

218-739-7589
(TTY) 218-739-7591

Neighborhood Counseling Center

Services: Counseling for adult, adolescent, children, couples, families, addiction counseling and group therapy.

Location: 11 2nd St SW Ste 1, Wadena MN 56482

218-631-1714

Northwestern MN Juvenile Center

1231 5th St NW
P.O. Box 247
Bemidji MN 56619-0247

218-751-3196

Park Rapids Ministerial Association

Pastor Steven Kruse: 218-732-5605

Location: No office is maintained for the Association, but officers may be reached by contacting local clergy. Sheriff's Office can also make referrals to the Association.

Availability: Most clergy have office hours and are available at other times also.

Planned Parenthood

4 West Office Bldg
Bemidji MN 56601

218-751-8683
800-479-8683

Sexual Assault Program

Locations: 217 4th St, Ste B, Bemidji MN 56601 218-751-9496 or 800-708-2727
215 Main Ave S, Park Rapids MN 56470 218-732-1014
Counties Served: Hubbard, Beltrami, Cass
Availability: 24 hours
Contact: Mary (Park Rapids)
Services: 24 hour crisis line for sexual assault victims, advocacy & support counseling for persons affected by sexual assault. (Victims and secondary victims and survivors)

Shriners

For crippled children, etc. 612-335-5300

800-237-5055

Stellher Human Services

2365 Carol Dr NE 218-751-5919
Bemidji MN 56601 Fred Fernet, Dave Erickson,
Christina Fernet or Steve Jackelen

Social Security Administration

2900 Hannah Ave NW, Bemidji MN 56601 800-772-1213 218-751-2904

218-759-1935 218-759-9107

Red Lake Family & Children's Services

P.O. Box 427, Red Lake MN 56671 218-679-2122

Red Cross

Local Representative - Tim Pearson 218-732-5131

United Way

Bemidji MN 56601 218-751-4157

Upper Mississippi Mental Health

Services: Individual counseling, family counseling, evaluation & testing, chemical dependency assessments & education, chemical dependency treatment & after care, education/information and referral; professional and peer counseling for the elderly; sexual abuse assessment & treatment; consultation to area agencies. 218-732-7266

Counties Served: Beltrami, Cass, Clearwater, Hubbard & Lake of the Woods

Location: Park Rapids MN 56470

Bemidji MN 56601

218-751-3280 or 800-422-7843

HOUSING

BELTRAMI COUNTY

Bemidji Management	218-751-6881
Bi-County CAP	218-751-4631 or 800-332-7161
Housing & Redevelopment (HRA)	218-751-4522
Habitat for Humanity	218-751-4649
Neta Property Management (rental units of Bemidji & Walker)	218-293-7909
Ours to Serve House of Hospitality (Emergency Shelter) 416 Irvine Ave Bemidji MN 56601	218-751-0722
Property Professionals (listing of available housing) 1510 Bemidji Ave N Bemidji MN 56601	218-751-2689

CASS COUNTY

Bi-County CAP (Home improvements-weatherization, transitional housing, homeless assistance)	218-547-3438 or 800-332-7135
Cass Co Housing (HRA) P.O. Box 33 Backus MN 56435 (Rental assistance for Hubbard County)	218-947-3993
Cass Lake Housing (HRA)	218-335-2674
DW Jones (Rental units in Walker, Bemidji, Grand Rapids and Park Rapids)	218-547-3307
Housing & Redevelopment (HRA)	218-547-1822
Leech Lake Housing (HRA)	218-335-8280 or 800-442-3909
MN Chippewa Tribe (Home loan, Education, Water Quality) P.O. Box 217; Cass Lake MN 56633	218-335-8582

HOUSING CONTINUED

HUBBARD COUNTY

Cornerstone (HRA) (Transitional Housing)

310 3rd St E
Park Rapids MN 56470
Contact: Robin Moore, Michelle Czemek

218-732-9118
Fax: 218-732-2943

Housing & Redevelopment (HRA)

310 3rd St E
Park Rapids MN 56470
Hours: Monday-Friday 8:00-4:30

218-732-9118
Fax: 218-732-2943

Housing & Redevelopment (HRA)

P.O. Box 33
Backus MN 56435

218-947-3993

Itasca Apartments

609 8th St W (Located by nursing home)
Park Rapids MN 56470

218-732-4495

Mahube Community Council

120 Central Ave N
Park Rapids MN 56470

218-732-7204

McCarthy Apartments

N 5th Street (Located by Heartland Park)
Park Rapids MN 56470

218-547-3307

On-Site Mgr: 218-732-8171

Park Apartments

300 8th St W (Located by Park Rapids Clinic)
Park Rapids MN 56470

218-732-9386

Park View I & II

N 5th Street (Located by Heartland Park)
Park Rapids MN 56470

218-547-3307

Parkwood Place Townhomes (Low income-subsidized housing)

300 St Germain St E
Park Rapids MN 56470

218-732-3700

River Heights

Riverside Dr
Park Rapids MN 56470

218-732-4158

HOUSING CONTINUED

WADENA COUNTY

DW Jones 218-547-3307
Blueberry Hills Apartments
Menahga MN 56464

Farm Service Agency (FmHA) 218-631-4336

Housing & Redevelopment Authority (HRA) 218-631-2161
Wadena MN 56482

HOUSING FOR PEOPLE OVER 65 OR DISABLED

Woodland Court Apartments 218-732-9312
300 Court Ave (Located across from Courthouse)
Park Rapids MN 56470

Park Villa Apartments/Heritage Manor 218-237-7275
607 W 7th St Contact: Pat Burkman
Park Rapids MN 56470

** Also for Park Rapids area is a rental listing at Northwoods Bank located on Highway 34 E.
Park Rapids MN 56470.

** Listings of rental openings may also be in the Park Rapids Enterprise and Northwoods Press
in the Park Rapids area.

MEDICAL RELATED

Erickson Medical Clinic 218-732-7760
205 7th St W
Park Rapids MN 56470

Heartland Homes, Inc. 218-732-4572
P.O. Box 214
Park Rapids MN 56470

Services: Residential services for mentally handicapped people. Semi-independent
Living Center.

MEDICAL RELATED CONTINUED

Homehealth Services

St. Joseph's Home Care Service 218-732-3311
Caring Hands Home Care, Inc. 218-732-0088

MinnesotaCare 800-657-3672

MA/GAMC Covered Services 800-657-3739

Park Rapids - Walker Clinic 218-732-2800
Pleasant Ave
Park Rapids MN 56470

Park Rapids Hospice 218-732-3311
c/o St Joseph's Hospital
600 Pleasant Ave
Park Rapids MN 56470

St. Joseph's Hospital 218-732-3311
600 Pleasant Ave
Park Rapids MN 56470

CHEMICAL DEPENDENCY

Al-Anon Groups 218-732-1259 (daytime)
218-732-8321 (evenings)

Services: Al-Anon is a group of persons whose life has been affected in some way by an alcoholic. The emphasis is placed on ourselves, not on the alcoholic. Working with a spouse or concerned friends of an alcoholic.

Alcoholics Anonymous Group 218-732-4337 or 800-462-5525
(at Pine Manor)

Services: Working with alcoholics, dealing with life without alcohol, accepting sobriety as a way of life.

Pine Manor 218-732-4337
22195 St Hwy 34 Rachel Mueller 732-9371 (h)
Nevis MN 56467-9612

Services: Detoxification, in-patient/out-patient chemical abuse & dependency services, adolescent chemical problems program.

CHIROPRACTORS

Ahrens, Todd	207 Pleasant Ave, Park Rapids MN 56470	218-732-5191
Erickson, Mike	400 Pleasant Ave, Park Rapids MN 56470	218-732-4554
Montzka, Deborah	207 Pleasant Ave, Park Rapids MN 56470	218-732-8890
Smart, T J	708 Bridge St, Park Rapids MN 56470	218-732-7261
Stenberg, M A	708 Bridge St, Park Rapids MN 56470	218-732-7261

DENTISTS

Anderson, David	19033 US 71, Park Rapids MN 56470	218-732-3291
Jorgenson, Jay	406 Pleasant Ave, Park Rapids MN 56470	218-237-7200
Reich, Guy	314 Pleasant Ave, Park Rapids MN 56470	218-732-4466
Restemayer, Charles	16 Birch Ave NE, Menahga MN 56464	218-564-5192
Shubert, James	205 Pleasant Ave, Park Rapids MN 56470	218-732-4436
Smile Center	Hwy 6, Deerwood MN	800-477-7645
Weber, Christina	120 Main Ave N, Park Rapids MN 56470	218-732-1414

EYE CLINICS (Opticians - Eye Wear)

Bruhn Optical	Hwy 34 E, Park Rapids MN 56470 Mike Bruhn - Owner, James Hess - OD	218-732-8535
Park Rapids-Walker Eye Clinic	206 Pleasant Ave, Park Rapids MN 56470 Rodney Helm, OD Michael Perez, OD	218-732-3389

Other eye clinics are also located in surrounding communities of Bemidji, Wadena, etc.

ORTHODONTICS

Anderson, Todd	124 SW Colfax, Wadena MN 56482	218-631-4529
or	120 Main Ave N, Park Rapids MN 56470	218-732-3997
Monahan, Edward	124 SW Colfax, Wadena MN 56482	218-631-4529
or	120 Main Ave N, Park Rapids MN 56470	218-732-3997

PHARMACY STORES

Park Pharmacy	101 Main Ave N, Park Rapids MN 56470	218-732-3342
Pharmacy Shoppe	Hwy 71 S, Park Rapids MN 56470	218-732-3351
Menahga Drug	Hwy 71, Menahga MN 56464	218-564-4511
Walker Drug	Walker MN 56484	218-547-1016

PUBLIC TRANSPORTATION

Heartland Express Monday-Friday 218-732-9328 or 800-660-1666
Contact: Linda Bair
Connections to Greyhound bus in Walker by special appointment. Countywide bus to Park Rapids or Bemidji. Medical transportation to Bemidji, Park Rapids, Fargo.

City of Park Rapids Bus Monday-Friday 8:00 am-4:15 pm 218-732-3500
\$1.25 each way

PRIVATE TRANSPORTATION

People's Express 800-450-0123
For Non-Ambulatory M.A. clients to medical appointments. Must be certified to qualify. Also available for private pay for any reason.

Medivan Same as People's Express. 218-847-1729 or 800-422-0976

SENIOR SERVICES

Adult Day Care Program

LOCATIONS: Heritage Living Center
Park Rapids MN 56470
218-732-3329

Bethany Lutheran Church
Nevis MN 56467
218-652-3712

AVAILABILITY: Monday-Friday, 9 am - 3:30 pm (with flexibility)

SERVICES: Noon meal, snacks, group interaction, outings, music therapy, crafts, etc.

American Association of Retired Person (AARP)

Park Rapids Chapter
COUNTIES SERVED: Hubbard
LOCATION: Park Rapids Senior Citizen Center
SERVICES: AARP is a national, non-profit, non-partisan organization for Americans ages 50 and older.

218-732-8612

Green Thumb See page 2 for description and more information.

Headwaters Insurance Advocacy Program

216 3rd St NW
Bemidji MN 56601
(The Beltrami Co. Senior Citizen Council on Aging, Inc.)

218-751-8836 or 800-535-3442

Lutheran Social Services - Meals on Wheels

SERVICES: Congregate & home delivered meals to senior citizens ages 60 & over, & their spouses.

AVAILABILITY: Monday - Friday Bemidji: 218-751-6102

SENIOR NUTRITION PROGRAM: 218-233-7521

COUNTIES SERVED: Beltrami, Hubbard, Clearwater, Mahnommen and Lake of the Woods.

Hubbard County Nursing Home (Heritage Living Center) 218-732-3329

SERVICES: Skilled and intermediate care provided, Medicare & Medicaid certified, VA certified, Adult Day Care Program, Respite Care, etc.

NAPS (Nutrition Assistance Program for Seniors) 800-365-0270 or 651-484-8241

Low income seniors 60 years or older who meet Federal income guidelines and are MN residents. Must provide proof of birth date, address and income.

Nursing Homes

Woodrest Health Care Center 218-547-1855
1700 Tower Ave
Walker MN 56484

Heritage Living Center 218-732-3329
619 6th St W
Park Rapids MN 56470
Contact: Kurt Hansen, Pat Burkman, LaVonne Lindbom, Karen Hill, & Teresa Walsh

SENIOR SERVICES CONTINUED

NURSING HOMES, CONT.

Green Pine Acres 218-564-4101
427 Main St NE
Menahga MN 56464

Park Rapids Senior Citizen Center 218-732-8612

LOCATION: 102 2nd St W, Park Rapids MN 56470

Seniors 60 and over are eligible. Call the Center the day before for the reservations. Enjoy playing cards, bingo, fellowship, coffee & goodies, bake sales, club meetings, etc.

Senior Citizen Centers

Laporte 218-224-2427
Lake George 218-266-3952
Nevis 218-652-2022
Akeley 218-652-2818
Menahga 218-564-4858
Nary-Guthrie over 55 club - located in Nary Community Center

SENIOR COMPANION PROGRAM

St. Joseph's Area Health Center 218) 237-5461
Contact: Brenda Wright

LIVING AT HOME PROGRAM

Contact: Jean Schwartz 218) 732-3137

HEALTH CARE PROVIDERS IN HUBBARD COUNTY AREA

<u>Hubbard County</u>	<u>Cass County</u>	<u>Wadena County</u>
<p>Dakota Clinic 705 Pleasant Ave Park Rapids MN 56470 218) 732-2800</p>	<p>Case Lake Indian Hospital 317 7th St NW Cass Lake MN 56633 218) 335-3200</p>	<p>Dakota Clinic 212 Aspen Ave NE P.O. Box 190 Menahga MN 56464 218) 564-4131</p>
<p>Erickson Medical Clinic 205 West 7th St Park Rapids MN 56470 218) 732-7760</p>	<p>Cass Lake Family Service Center 312 2nd St NE P.O. Box 785 Cass Lake MN 56633 218) 335-7837</p>	<p>Sebeka Medical Clinic P.O. Box 306 106 MN Ave E Sebeka MN 56477 218) 837-5333</p>
<p><u>Becker County</u></p>	<p>Dakota Clinic P.O. Box 1029 Walker MN 56484 218) 547-3452</p>	<p>Wadena Medical Center 4 NW Deerwood Wadena MN 56482 218) 631-1360</p>
<p>MeritCare Clinic 1245 S Washington Detroit Lakes MN 56501 218) 846-2000</p>	<p>MeritCare Clinic 614 Michigan Ave P.O. Box 1390 Walker MN 56484 218) 547-3938</p>	<p>Wadena Co PHN Service 22 Dayton Ave SE Wadena MN 56482 218) 631-7629</p>
<p>Dakota Clinic, LTD P.O. Box 727 Detroit Lakes MN 56501 218) 847-3181</p>	<p>Cass Co Health & Human Services 400 Michigan Ave W P.O. Box 519 Walker MN 56484 888) 547-1340</p>	<p><u>Out of State</u></p>
<p>Multi-County Nursing Service P.O. Box 701 Detroit Lakes MN 56501 218) 847-9224</p>	<p>Pine River Family Clinic P.O. Box 88 415 Barclay Ave Pine River MN 56474 218) 587-4416</p>	<p>Dakota Clinic/Innovis 3000 32nd Ave S Fargo ND 58103 800) 437-4054</p>
<p><u>Beltrami County</u></p>	<p>MeritCare Clinic 1233 34th St NW Bemidji MN 56601 800) 942-4923</p>	<p>MeritCare Clinic 737 Broadway Fargo ND 58102 800) 437-4010</p>
<p>Beltrami County PHN 616 America Ave Suite 130 Bemidji MN 56601 218) 759-8140</p>	<p align="right">(updated February 2003)</p>	
<p>Red Lake Comprehensive Health Services P.O. Box 249 Red Lake MN 56671 218) 679-3316</p>		

DENTAL PROVIDERS IN HUBBARD COUNTY AREA

<u>Becker County</u>	<u>Beltrami County - (continued)</u>	<u>Wadena County</u>
<p>X Dr Clark G Borstad, DDS 1225 Washington Ave Detroit Lakes MN 56501 218) 847-3111</p> <p>X Drs Tom Fritz, Beth McCauley & John Jordan 1136 Washington Ave Detroit Lakes MN 56501 218) 847-2624</p> <p>X Dr Donald Steinmetz, DDS & Dr Christi Riewer 1137 Jackson Ave Detroit Lakes MN 56501 218) 847-9214</p> <p>X White Earth Health Center P.O. Box 358 Hwy 224 E White Earth MN 56591 218) 983-4300</p>	<p>► Dr George Wellner, DDS Dr Cooper, Dr Schram 2600 Bemidji Ave Bemidji MN 56601 218) 751-4460</p> <p><u>Cass County</u></p> <p>X Dr Steven Bilben & Dr Pederson P.O. Box 1389 Walker MN 56484 218) 547-1851</p> <p>♥ Dr Otto F Ringle, DDS P.O. Box 1060 2nd Michigan St Walker MN 56484 218) 547-1522</p> <p><u>Hubbard County</u></p> <p>X Dr David Anderson, DDS 19033 US 71 Park Rapids MN 56470 218) 732-3291</p> <p>X Dr Jay Jorgenson 406 Pleasant Ave Park Rapids MN 56470 218) 237-7200</p> <p>X Dr Christina Weber, DDS 120 North Main Park Rapids MN 56470 218) 732-1414</p> <p>X Dr Guy Reich, DDS 314 Pleasant Ave Park Rapids MN 56470 218) 732-4466</p> <p>X Dr James Shubert, DDS 205 Pleasant Ave Park Rapids MN 56470 218) 732-4436</p>	<p>X Dr O’Kane, DDS 124 Colfax Ave SW Wadena MN 56482 218) 631-2515</p> <p>X Dr Wayne C Howard, DDS 122 Colfax Ave SW Wadena MN 56482 218) 631-4525</p> <p>X Dr James Matthiae 206 First St SE Wadena MN 56482 218) 631-1487</p> <p>♥ Dr Charles Restemayer, DDS P.O. Box 130 16 Birch Ave NE Menahga MN 56464 218) 564-5192</p> <p><u>Other</u></p> <p>♥ The Smile Center 21343 Archibald Rd Deerwood MN 56444 800) 477-7645</p> <p>♥ Provider is accepting new MA & MinnesotaCare patients.</p> <p>X Provider is not accepting any new MA or MinnesotCare patients.</p> <p>► Provider accepting new MA patients only.</p> <p>♣ Provider accepting new MinnesotaCare patients only.</p> <p style="text-align: right; font-size: small;">Updated: February 2003</p>
<u>Beltrami County</u>		
<p>X Dr Gary Erickson 430 25th St NW, Box 1327 Bemidji MN 56619 218) 751-8626</p> <p>► Dr Marshall G Muirhead, DDS 102 W 26th St Bemidji MN 56601 218) 751-8432</p> <p>► Lakeview Dental Clinic Dr Richard Johnson 603 Bemidji Ave Bemidji MN 56601 218) 751-4523</p> <p>X Dr Lee Scotland, DDS 430 25th St NW P.O. Box 1327 Bemidji MN 56601 218) 751-8325</p>		

OPTIONS FOR DENTAL CARE

University of Minnesota School of Dentistry - Minneapolis

New Patient Desk for appointment 612) 624-8400

(They will send a map and directions for simplicity)

Will see all pay sources

Can do bridges, dentures, crowns, root canals, periodontal care, for example

Have hospital privileges for more extensive care and needs

Smile Center - Deerwood MN

800) 477-7645

Many dentists on staff, extended hours and some Saturday hours

Located 15 minutes east of Brainerd MN

Will see all pay sources

Apple Tree Dental - Hawley MN

888) 683-1038

Located between Detroit Lakes and Moorhead on Hwy 10

Patients must be on MinnesotaCare or Medical Assistance

Family Health Care Center - Moorhead MN

715 N 11th St 218) 299-7830

Can not do bridges or dentures

Will see patients on the Minnesota Health Care programs

North Dakota State College of Science

Dental Hygiene Program

800) 342-4325 Extension 2333

800 6th St N, Wahpeton ND

Mayme Green Allied Health Center (first building on the right when entering the main drive of the campus)

Highly recommended for preventive procedures such as cleanings, exams, x-rays and sealants

Will see all pay sources, including Minnesota Health Care programs, but self-pay prices are very reasonable.

Prevention care and proper dental hygiene are extremely important

NEW:

Smile Center, Big Lake MN 866) 748-6684

EMERGENCY RELIEF OF DENTAL PAIN

URGENT CARE/WALK IN DENTAL CLINIC

Program A Community Service, Volunteer

For Whom: People who do not have a dentist and are:

- Low income & uninsured (may have MA or CHIP)
- All minors must be accompanied by a parent/guardian
- No residency requirements

Cost: \$15.00 per visit (paid at visit). No billing to other payers or MA

When: **WALK-IN No appointments First Come - First Served**
Tuesdays, 5:30 pm to 7:45 pm Every Tuesday
Fridays, 1:00 pm to 3:30 pm, 1st & 3rd Fridays
(September thru May)
(Closed Holidays)

Where: Family Health Care Center Moorhead Dental Clinic

Family Service Center
715 N 11th St, Suite 106B
Moorhead MN 56560

Service: **Immediate relief of Pain only** (may include:

- Sedative Fillings
- Palliative Treatment
- Management of Oral Infections
- Assessment of minor dental trauma

Staff: Volunteer Dentists

Please bring own interpreter.
For questions, call: 701) 364-5364

E-MAIL ADDRESSES

Moorhead & Bemidji Legal Aid

legalaid@lsnmlaw.org

INTERNET WEBSITES

City of Park Rapids

citypr@ci.park-rapids.mn.us

DHS

www.dhs.state.mn.us

Mayo Clinic Health Information

www.mayohealth.org

Minnesota Census Roundtable

www.census2000.state.mn.us

MN State Credit Union

www.sccu-mn.org

MN State Plan

www.mndcplan.com

Nationwide (NACO/Pepsco)

www.nrsretire.com

PERA

www.mnpera.org

State of Minnesota

www.state.mn.us

Social Security Administration

www.ssa.gov

US Postal Service

www.usps.gov

US Census Bureau

www.census.gov