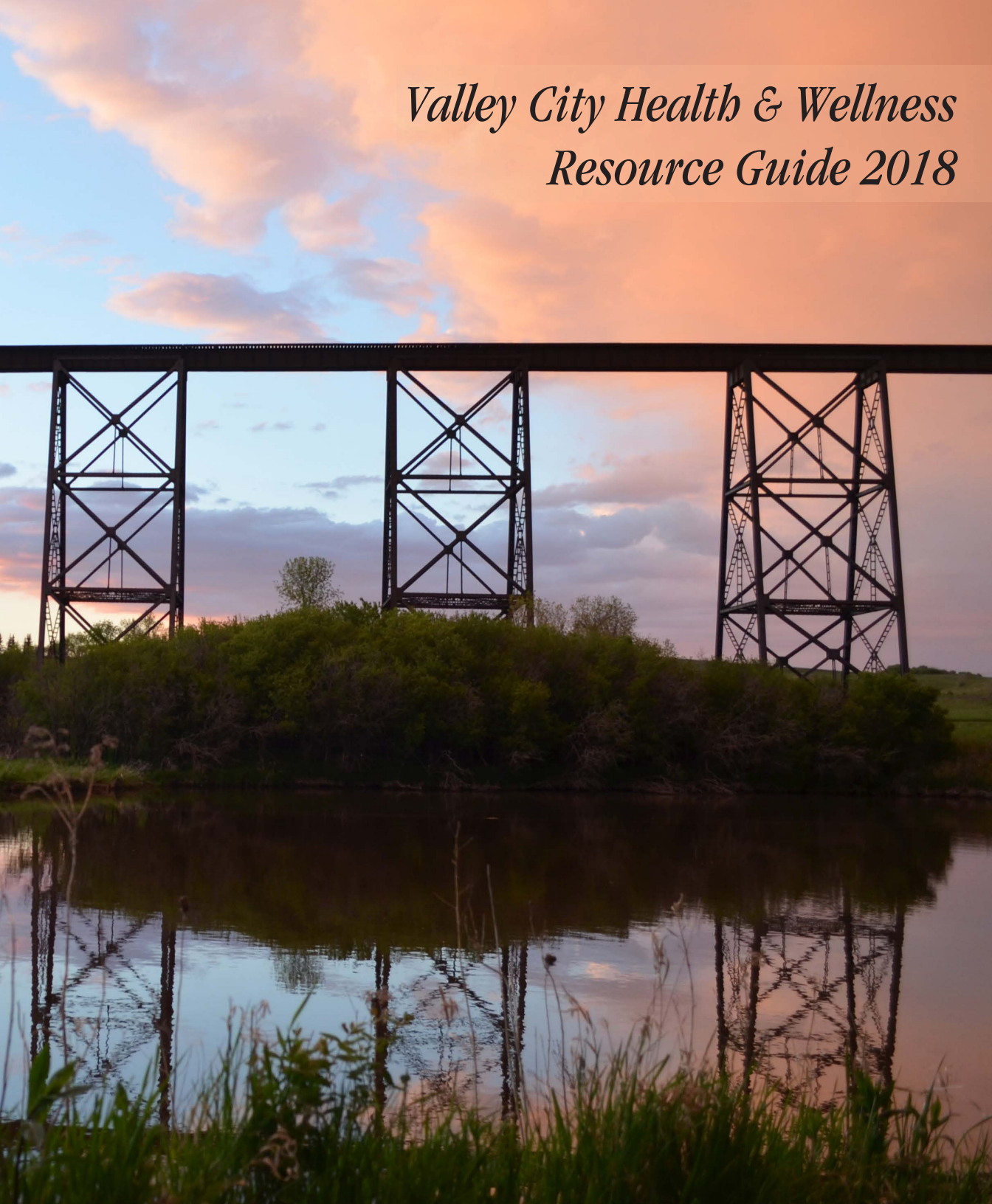
Valley City Health & Wellness Resource Guide 2018



VALLEY CITY HEALTH AND WELLNESS RESOURCE GUIDE 2018

This Guide was made possible through a Grant awarded to CHI Mercy Health by the ND Medicare Rural Hospital Flexibility Program. This FLEX Grant represents a Collaborative Population Health Improvement Activity between CHI Mercy Health and Valley City-County Health District. Funds are subcontracted through the Center for Rural Health which is designated as the North Dakota State Office of Rural Health, a federal-state partnership that helps rural communities build their healthcare services through collaborations and initiatives with a wide range of partners across the state.

CHI MERCY HEALTH
570 Chautauqua Blvd. Valley City, ND 58072
701.845.6400

CITY-COUNTY HEALTH DISTRICT
415 2nd Ave. NE Valley City, ND 58072
701.845.8518

TABLE OF CONTENTS

1. Abuse & Neglect Services Page 3
2. Aging Services Pages 3-4
3. Assisted Living Facilities Page 4
4. Behavioral Health Services Pages 5-6
    a. Counselors Pages 5-6
    b. Treatment Centers Page 6
5. Childcare Pages 7-9
    a. Centers Page 7
    b. Family Page 7
    c. Group Page 8
    d. Self-Declared Pages 8-9
6. Crisis Lines Pages 9-10
7. Disability Services Pages 10-11
8. Education Pages 11-13
    a. Preschool Page 11
    b. Elementary Pages 11-12
    c. Jr. and Sr. High School Page 12
    d. Higher Education Page 12
    e. Other Education Services Page 13
9. Emergency Services Page 14
10. Health & Wellness Services Pages 14-16
11. Health Education Pages 16-17
12. Helping Hands Pages 17-18
13. Home Health & Hospice Pages 18-19
14. Housing Pages 19-21
    a. Housing Assistance Page 19
    b. Rental Contacts Pages 19-20

c. Real Estate Agents Pages 20-21

15. Jobs & Employment Page 21
16. Medical & Clinical Services Pages 21-25
    a. Chiropractors Pages 21-22
    b. Clinics Page 22
    c. Dentists Page 23
    d. Hearing Page 23
    e. Holistic Nursing Page 23
    f. Hospital Page 24
    g. Optometrists Page 24
    h. Pharmacies Page 24
    i. Therapies Pages 24-25
    j. Veterinary Page 25
17. Nutritional Services Pages 25-26
    a. Assistance Programs Pages 25-26
    b. Dieticians Page 26
18. Public Health Page 27
19. Respite Care Pages 27-28
20. Social Services Pages 28-29
21. Spiritual Care Services Pages 30-32
    a. Associations Page 30
    b. Churches Pages 30-32
22. Support Groups Pages 32-33
    a. Grief Page 32
    b. Other Support Groups Pages 32-33
23. Transportation Services Page 33
24. Valley City Key Contacts

***If you have any changes: deletions or additions for this Community Resource Guide—please contact CHI Mercy Health at 701-845-6400 or City-County Health District at 701-845-8518.**

ABUSE & NEGLECT SERVICES

Name & Location	Contact Info.	Service Description
Abused Persons Outreach Center 253 Central Ave. N. Valley City, ND 58072 www.ndcaws.org	701.845.0078 (Center) 701.845.0072 (Hotline) 1.866.845.0072 (TF) Fax: 701.845.1897	No fee charged. Crisis intervention, public education, medical, legal and law enforcement advocacy, referrals, self-help groups, safe shelter, 24-hour crisis line.
Adult Protection Services (South Central Human Service Center--Jamestown)	1.800.260.1310	
Barnes County Social Services 230 4th ST. NW, Rms# 102-105 Valley City, ND 58072 www.barnescounty.us	701.845.8521 Fax: 701.845.4281	Child protection, family foster care, parent aide, family focused services, daycare licensing and registration, children's special health, aged/disabled home- and community-based services, respite care, information and referral, economic and general assistance, permanency funds, food stamps, fuel assistance, Medicaid.

AGING SERVICES

Name & Location	Contact Info.	Service Description
Belltone Hearing Aid Center 150 2nd St. SW Valley City, ND 58702	701.845.3245	Hearing aid devices
Lifeline & Medical Alert 979 Central Ave. NW Valley City, ND 58072	701.845.8222 Fax: 701.845.8249	Lifeline system setup
Sanford Speech & Hearing 1140 Main St. W Valley City, ND 58072	701.845.4955	Speech and hearing services

Senior Information Line (N.D. Department of Human Services) 1237 W. Divide Ave., Suite 6 Bismarck N.D. 58501 www.nd.gov/dhs/services/adultsaging	Resource Link: 1.855.GO2LINK (855.462.5465) Relay: 800.366-6888 Fax: 701.328.8744	Assisted Living Services, Family Caregiver Support Program, Home and Community-Based Care, Information and Assistance, Long-Term Care Ombudsman Program, Qualified Service Providers, Vulnerable Adult Protective Services
South Central Adult Services 139 2nd Ave. SE Valley City, ND 58702 www.southcentralseniors.org	701.845.4300 Barnes County Senior Center & Transportation: 701.845.4300	Legal Aid, Durable Social Service Programs, Property Tax Credit, Visual and Hearing assistive devices and information, (IPAT) for safety equipment, Senior Health Insurance, Assessments, Limited escort services to medical appointments, Social Services or to other appointments, along with shopping assistance.

ASSITED LIVING

Name & Location	Contact Info.	Service Description
Bridgeview Estates 1120 5th ST. NE Valley City, ND 58072 www.bridgeviewliving.org	701.845.8061 1.800-472-0031 (TF)	Secure assisted living environment, which allows for independence with available social and medical support services.
The Legacy Place 570 13th ST. NE Valley City, ND 58072 http://thelegacyplacevc.com/home/3781215	701.845.8945 Fax: 701.490.3254	Assisted, senior, and transitional living options for tenants.

BEHAVIORAL HEALTH

Name & Location	Contact Info.	Service Description
COUNSELORS		
Abound Counseling (LSS of ND) Faith Lutheran Church 251 4th St. NE Valley City, ND 58072	800.985.7942	Kelly Sisson, LICSW
Creative Therapy 323 Central Ave N, Ste 203 Valley City, ND 58072	701.490.3281	Jennifer Eberle, LPCC Kelsie Carter, LAPC
Essentia Health 132 4th Ave NE Valley City, ND 58072	701.845.8060	Sandra Owens, LP, PhD
Insight Counseling CHI Mercy Health 570 Chautauqua Blvd. Valley City, ND 58072	701.367.5985	Joy A. Belzer, MS LPCC
Jessie Fuher Counseling CHI Mercy Health 570 Chautauqua Blvd. Valley City, ND 58072	701.252.9838	Jessie Fuher, MS LPCC
Sanford Health 520 Chautauqua Blvd. Valley City, ND 58072	701.845.6400	Call to inquire.
SCHSC Providers CHI Mercy Health 570 Chautauqua Blvd. Valley City, ND 58072	701.253.6300 701.253.6360	John Weber, LICSW Chelsea Modlin, LCSW Dr. Dave Clinkenbeard, MD
Solid Ground Counseling 202 Central Ave S Valley City, ND 58072	701.840.8056	Amy Tahran, LPCC

VCSU Student Counseling, VCSU Campus McFarland 424 Valley City, ND 58072	701.845.7424	Erin Klingenberg, PhD., LPCC, NCC
TREATMENT CENTERS		
Heartview Foundation 101 East Broadway Bismarck, ND 58503 www.heartview.org	701.222.0386 800.337.3160	Heartview Foundation is the most experienced private, non-profit alcohol/drug treatment and education program in the region. Since 1964, Heartview has served over 27,000 patients and families from all over the US and Canada.
Jamestown State Hospital 2605 Circle Drive Jamestown, ND 58401-6905 www.nd.gov/dhs/locations/statehospital	701.253.3650 TTY: 701.253.3880 Fax, Administration: 701.253.3999 Fax, Admissions: 701.253.3748 Fax, Health Information Services: 701.253.3035	Provides short-term acute inpatient psychiatric and substance abuse treatment, intermediate psycho-social rehabilitation services, forensic services, and safety net services for adults. The hospital also provides residential addiction treatment services for adult male and female patients referred to the Tompkins Rehabilitation and Corrections Center (TRCC) by the Department of Corrections and Rehabilitation (DOCR). The inpatient psychiatric service and TRCC are considered the traditional patient population.
Prairie St. John's 510 4th Street South Fargo, ND 58103 www.prairie-stjohns.com	701.476.7216 877.333.9565	Founded in 1997, Prairie St. John's is a fully-licensed and accredited 110-inpatient bed psychiatric hospital facility offering services for children, adolescents and adults to address mental health issues, substance use addiction or co-occurring disorders. Prairie offers a full psychiatric and addiction Continuum of Care.

CHILDCARE

Name & Location	Contact Info.	Service Description
CENTERS		
TL Child Care 540 3rd Ave. NE Valley City, ND 58072	701.845.1850	Local child care provider
VC Children's Center 141 4th Ave. NE Valley City, ND 58072	701.845.5437	Local child care provider
Just Kidding Preschool and Childcare Center 320 Central Ave S Valley City, North Dakota 58072	701.845.1313	Local child care provider and preschool.
FAMILY		
Brittany Linderman 1114 2nd St. NE Valley City, ND 58072	701.540.1394	Local child care provider
Cassandra O'Brien 636 9th Ave. SE Valley City, ND 58072	701.261.0845	Local child care provider
Lindsey Loibl 1120 3rd Ave. NW Valley City, ND 58072	701.308.0451	Local child care provider
Megan Kjelland 3942 123rd Ave. SE Valley City, ND 58072	701.212.7443	Local child care provider
Natalie Ley 465 2nd Ave. NE Valley City, ND 58072	701.490.2697	Local child care provider

GROUP		
Amanda Triebold 501 6th St. SE Valley City, ND 58072	701.226.5746	Local child care provider
Greta Guscette 306 3rd Ave. N Wimbledon, ND	701.251.8085	Local child care provider
Kathy Edinger 920 3rd Ave. NW Valley City, ND 58072	701.840.0611	Local child care provider
Megan Roettger 555 10th Ave. SW Valley City, ND 58072	701.840.9924	Local child care provider
Shelly Conlon 235 5th Ave. NE Valley City, ND 58072	701.840.0092	Local child care provider
Shelly Differding 451 8th Ave. NE Valley City, ND 58072	701.845.0957	Local child care provider
Tina Current 462 6th St. SW Valley City, ND 58072	701.840.9728	Local child care provider
SELF-DECLARED		
Annetta Lunde 922 11th Ave. SE Valley City, ND 58072	701.845.2416	Local child care provider
Danielle Brantl 413 6th Ave. NE Valley City, ND 58072	701.840.8065	Local child care provider

Kathy Kunze 1324 116th Ave. SE Dazey, ND	701.733.2132	Local child care provider
Laura Peterson 863 2nd Ave. NW Valley City, ND 58072	701.840.8869	Local child care provider
Loretta Holden 156 9th St. NW Valley City, ND 58072	701.845.4433	Local child care provider
Lori Omdahl 504 7th Ave. Dazey, ND	701.733.2237	Local child care provider
Megan Chase 350 4th St. NW Valley City, ND 58072	701.490.0397	Local child care provider
Pam Van Dyke 9731 44th St. SE Ypsilanti, ND	701.669.2533	Local child care provider

CRISIS LINES

Name & Location	Contact Info.	Service Description
211 ND & Firstlink 4357 13th Ave S #107L Fargo, ND 58103 myfirstlink.org/services/2-1-1-helpline	Dial 2-1-1 701.293.6462 1.888.293.6462 (TF) Fax: 701.235.2476	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.

Abused Persons Outreach Center 253 Central Ave. N. Valley City, ND 58072 www.ndcaws.org	701.845.0078 (Center) 701.845.0072 (Hotline) 1.866.845.0072 (TF) Fax: 701.845.1897	No fee charged. Crisis intervention, public education, medical, legal and law enforcement advocacy, referrals, self-help groups, safe shelter, 24-hour crisis line.
Barnes County 911 1525 12th St. NW Valley City, ND 58702 www.co.barnes.nd.us/dept/emm	Dial 9-1-1 701.845.8510 Fax: 701.845.8533	
Suicide Prevention Hotline Available 24 hours suicidepreventionlifeline.org	800.273.8255 (TALK)	

DISABILITY SERVICES

Name & Location	Contact Info.	Service Description
ND Association for the Disabled (Main Office) 2660 S. Columbia Road Grand Forks, N.D. 58201 www.ndad.org	701.775.5577 1.800.532.6323	Services include financial assistance, equipment for loan, information, referrals and advocacy.
Open Door Center 129 3rd Ave. NE Valley City, ND 58072 www.odcvc.com	701.845.1124	Day programs, residential and vocational services for individuals living with disabilities.
Freedom Resource Center 300 2nd Avenue NE Suite #226 Jamestown, ND 58401 www.freedomrc.org	701.252.4693 Fax: 701.252.4697	Information, Referral, Individual Advocacy, Independent Living Skills, Peer Mentoring, Systems Advocacy, Transition Services
Social Security Administration (Fargo) 657 N 2nd Ave, Fargo, ND 58102 www.ssa.gov	1.877.335.4114 1.800.772.1213	

Social Security Administration (Jamestown) 300 2nd Ave NE, Jamestown, ND 58401 www.ssa.gov	1.855.848.7938 1.800.772.1213	

EDUCATION

Name & Location	Contact Info.	Service Description
PRESCHOOL		
Circle of Friends 540 3rd Ave. NE Valley City, ND 58072	701.840.0905	Preschool located within St. Catherine's Elementary
Head Start 101 College St. SW Valley City, ND 58072 www.ndheadstart.com	701.845.1108 1.800.726.8179 Fax: 701.845.1886	Based on income eligibility. Build and strengthen parental skills in identifying and meeting the needs of their children and families. Health and mental health screenings, nutrition, family services, special needs screenings.
Jefferson Elementary 1150 Central Ave N Valley City, ND 58072 www.valley-city.k12.nd.us/jeffelem.html	701.845.0622 Fax: 701.84505497	Preschool thru grade 3.
Just Kidding Preschool and Childcare Center 320 Central Ave S Valley City, North Dakota 58072	701.845.1313	Local child care provider and preschool
ELEMENTARY		
Jefferson Elementary 1150 Central Ave N Valley City, ND 58072 www.valley-city.k12.nd.us/jeffelem.html	701.845.0622 Fax: 701.84505497	Preschool thru grade 3.

St. Catherine Elementary 540 3rd Ave. NE Valley City, ND 58072 www.stcatherine.k12.nd.us	701.845.1453 Fax: 701.845.0556	Private Elementary School; Kindergarten thru grade 6.
Washington Elementary 510 8th Ave. SW Valley City, ND 58072 www.valleycity.k12.nd.us/washington.html	701.845.0849 Fax: 701.845.3560	Grades 4 thru 6.
JR. HIGH & HIGH SCHOOL		
Sheyenne Valley Area Career and Tech Center 801 9th Ave. SE Valley City, ND 58072 www.sheyennevalleyctc.k12.nd.us	701.845.0256	Adult Education Program, ESL (English as a Second Language) and ELL (English Language Learners). Courses in Information Technology, Automotive Technology, Welding, Electronics, Hydraulics, Construction Careers, Graphic Design, Health Careers, First Responder Training, CPR Certification, Adult Education, Transition (special needs).
Valley City Jr./Sr. High School 493 Central Ave N Valley City, ND 58072 www.valleycity.k12.nd.us/jrsrhigh.html	701.845.0483 Fax: 701.845.2762	Grades 7 thru 12.
HIGHER EDUCATION		
Valley City State University 101 College St. SW, Valley City, ND 58072 www.vcsu.edu	701.845.3821 1.800.532.8641 (TF)	Offers bachelors and master's degrees with a focus in business, education and technology.

OTHER RESOURCES		
Barnes County Library 410 N Central Ave. Valley City, ND 58072 http://vcbclibrary.org/	701.845.3821	Through the collection and dissemination of information, the Library will preserve the past, embrace the present, and build the future.
Barnes County Museum 315 Central Ave N Valley City, ND 58072	701.845.0966	The Barnes County Historical Society seeks to preserve and share the history of Barnes County, ND, and the surrounding area. To this end, the society operates a museum of local history which contains relevant temporary exhibits
NDSU Extension Office Barnes County Courthouse 230 4th St. NW., Room 204 Valley City, ND 58072-2957	701.845.8528 Fax: 701.845.8538	NDSU Extension Service in Barnes County gives local residents easy access to the resources and expertise of North Dakota State University. Through educational programs, publications, and events, extension agents deliver unbiased, research-based information to Barnes County citizens. We can answer your questions on a wide array of topics.
Sheyenne Valley Spec Ed Unit 232 3rd St NE, Valley City, ND 58072 **www.svseu.k12.nd.us**	701.845.3402 Fax: 701.845.3408	Sheyenne Valley Special Education Unit services approximately 243 students with special education needs in six area school districts: Barnes County North, Hope, Page, Maple Valley, Oakes, and Valley City. SVSEU employees approximately 29 certified staff and 27 para educators.

EMERGENCY SERVICES

Name & Location	Contact Info.	Service Description
Barnes County Ambulance 914 11th Ave. SW Valley City, ND 58072	701.845.2220	Emergency medical services and transport
Barnes County Emergency Management/911 1525 12th St. NW Valley City, ND 58702 www.co.barnes.nd.us/dept/emm	701.845.8510 Fax: 701.845.8533	Local 911 dispatch office
Barnes County Sheriff's Office 575 10th St. SW #4 Valley City, ND 58072 www.co.barnes.nd.us/dept/shf/	701.845.8530 Fax: 701.845.0002	County Sheriff's Office
CHI Mercy Health ER 570 Chautauqua Blvd. Valley City, ND 58072 www.mercyhospitalvalleycity.org	701.845.6400 1.800.371.9177 (TF)	Local Critical Care Hospital Emergency Department
North Dakota Poison Control Center	1.800.222.1222	Available 24 Hours/Day
Valley City Police Department 216 2nd Ave. NE Valley City, ND 58072 www.valleycity.us/departments/police.php	701.845.3110 Dispatcher non-emergency: 701.845.8181	Police Department

HEALTH & WELLNESS

Name & Location	Contact Info.	Service Description
b-fit 24/7 323 Central Ave. SW Valley City, ND 58072	701.845.0000	Exercise and fitness and Aquamassage
Bodywork Therapy Center 213 Central Ave. NW Valley City, ND 58702	701.845.4400	Therapeutic services

Central Ave. Chiropractic 323 Central Ave. N #202 Valley City, ND 58072	701.845.0709 Toll Free: 1.800.291.0709	Massage therapy
Gaukler Family Wellness 733 8th Ave SW Valley City, ND 58072 www.gauklerfamilywellness.com	701.845.3294	Exercise and fitness, swimming pool, kid friendly.
A Holistic Touch 135 4th St. NW Valley City, ND 58072 www.aholistictouch.massagetherapy.com	701.845.5555	Massage therapy
Leah Helene's Massage Therapy 105 2nd St. NW Valley City, ND 58072	701.840.2990	Massage therapy
Live Life Well 575 10th St. SW #5 Valley City, ND 58072 www.livelifewellwithashley.com	701.840.5531	Live Life Well offers a stress free healing approach that you will not find with another coach. Stress can be eliminated with bioenergetics principle healing the body from many stress symptoms including but not limited to seasonal allergies, digestion discomfort, hormonal imbalances, childhood immune dysfunction and headaches. The bioenergetics healing approach begins with a health assessment that can be scheduled online.
Massage by Mira 123 3rd St. NE, Ste. 2 Valley City, ND 58072	701.840.3183	Massage therapy

Myo Therapy 135 4th St. NW Valley City, ND 58072	701.840.0287	Massage therapy
Pain Relief Center 136 2nd Ave. NE Valley City, ND 58072	701.845.9985	Pain relief services, Occupational Therapy
Posh Salon & Spa 1028 Main St. W Valley City, ND 58072	701.845.0924	Spa and massage services
Valley City Parks & Rec. PO BOX 422 Valley City, ND 58072 www.vcparks.com	701.845.3294	Parks, activities, event space.
Wellness at Revelations of Beauty 250 Central Ave. N Valley City, ND 58072	701.490.2597	Personal wellness services and acupuncture.

HEALTH EDUCATION

Name & Location	Contact Info.	Service Description
City-County Health District 415 2nd Ave. NE Valley City, ND 58072 www.citycountyhealth.org	701.845.8518	Public health unit. Chronic disease education and management, substance use prevention education, breatheND & tobacco cessation and education, family planning, emergency preparedness, environmental health, physical activity and nutrition education, WIC.
CHI Mercy Health 570 Chautauqua Blvd. Valley City, ND 58072 www.mercyhospitalvalleycity.org	701.845.6400 1.800.371.9177	Babysitting classes, tours, students, CPR, and other training.

NDSU Extension – Barnes County 230 4th St. NW #204 Valley City, ND 58072 www.ag.ndsu.edu/barnescountyextension	701.845.8528 701.845.8538	Education for all of Barnes County. 4H and youth, crops, food-nutrition-health, home and family, horticulture, livestock, nourishing boomers, parent resource center.

HELPING HANDS

Name & Location	Contact Info.	Service Description
Barnes County Ministerial Association	701.845.0340	Local ministers, priests, pastors, and lay people gather the 1st Tuesday of each month. Can provide resource references.
Bridges Backpack Food Program Epworth United Methodist 680 8th Ave. SW Valley City, ND 58072 www.epworthvalleycity.com/ministries	701.845.0340	Provides free bag of food for children K-6 to receive at school on Fridays to feed them over the weekend. Must sign up annually. Food and essential items provided at the Hi-Liner pantry for grades 7-12
Community Action Jamestown Region PO BOX 507 Jamestown, ND 58401 www.cap6.com	701.252.1821 1.800.726.8179 (TF)	Early Head Start, emergency services, financial counseling, food pantry, head start, individual and family services, weatherization.
Community Closet	701.845.0256	Source of free clothing of all genders and sizes, winter gear, boots, shoes, and blankets.
Food Pantry 139 2nd Ave. SE Valley City, ND 58072 www.southcentralseniors.org/food-pantry	1.800.472.0031	Provides food to individuals and families needing assistance. It is run by volunteers and is donation funded. To be eligible to receive food from the Food Pantry, a referral is required from Churches, Pastors, Outreach Workers or Social Services.

Great Plains Food Bank (@ Food Pantry) 139 2nd Ave. SE Valley City, ND 58072 (@ Valley City Cares) 525 5th Ave. SW, Valley City, ND 58072 www.greatplainsfoodbank.org	701.845.4300 701.845.0688	Monday – Friday 3:30 – 5pm Call ahead to set up appointment
Nearly Nu 301 Central Ave. N Valley City, ND 58072 www.nearlynuconsignment.com	701.845.1022	Offering gently used, deeply discounted goods and clothing.
Salvation Army Eastern North Dakota Service Extension **http://salvationarmynorth.org**	Service Representative: 701.213.3467	Lee Isensee--701.845.2774 Joe Lunde—701.845.1974
Senior Foods Commodity Program(Great Plains FoodBank) Faith Lutheran Church 309 4th St. NE Valley City, ND 58072	701.845.4390	For adults 65 and older on a fixed income…bi-monthly home deliveries of food staples. Applications available at Faith Lutheran Church Office.
Thrift-E-Shop 141 2nd St NE Valley City, ND 58072	701.845.4189	Offering gently used, deeply discounted goods and clothing.

HOME HEALTH & HOSPICE

Name & Location	Contact Info.	Service Description
CHI Health at Home – Home Health and Hospice 367 2nd St NW Valley City, ND 58072 www.chihealthconnectathome.com	701.845.6550 855.860.3464 Fax: 701.845.6552	Certified home care (third-party payers/self pay), Hospice, home health aides, physical, speech and occupational therapy, IV therapy, Homebound Heart Program, health maintenance program (self pay), Family Caregiver program, medication management, foot care, personal cares
City-County Health District 415 2nd Ave. NE Valley City, ND 58072 www.citycountyhealth.org	701.845.8518 Fax: 701.845.8542	Certified home care (third party payers), VA-covered home care, public health home visits (self pay), home care aides, referrals, Home Heart Care

		Program, IV therapy, wound care, foot care, immunizations, Family Support Caregiver program, QSP qualified caregivers, respite care, physical, speech and occupational therapy, comprehensive care coordination with other resources.
Hospice of the Red River Valley 1240 W. Main St. Valley City, ND 58072 www.hrrv.org	701.845.1781 800.237.4629 Fax: 701.845.1799	Hospice is end-of-life care providing comfort, support for those with life-limiting illnesses and their families by attending to physical, emotional and spiritual needs. Care provided where patient resides, including private residences, nursing homes and assisted living facilities. Bereavement services also provided to the community.

HOUSING

Name & Location	Contact Info.	Service Description
HOUSING ASSISTANCE		
Barnes County Housing Authority 120 12th St. NW, Valley City, ND 58072	701.845.2600	
RENTAL COMPANIES		
Berkel Properties **Barb Berg** **Bridge City Properties / Summit Properties** **CJ Properties**	701.840.2556 701.845.1868 701.845.6876 701.840.9337	www.vcrentals.net

Steve Neilson and Pat N.	701.840.1950	
Steve Nielson and Mary Lee	701.840.1950	www.valleyrental.net
Valley Rental	701.845.1601	
Cornerstone Rentals	701.845.2787	
Gary Sorenson	701.845.8938	
Lori Pritchert	701.840.0964	
Northwood Manor Apartments	701.840.0553	www.ferchoconstruction.com
Greg Burchill	701.845.1272	
Wade Bruns	701.840.1629	
Kelly Everson	402.762.5192	
Connie Geinert	701.490.3455	
Kim Nehlich	701.490.5031	
Dale and Debbie Rush	701.490.8310	
Six D Construction & Development	701.840.8073	www.sixdconstruction.com
Viking Manor	701.845.8938	
REAL ESTATE AGENCIES		
Keller Williams—Roers Realty 356 Central Ave. N, Valley City, ND 58072 www.kw.com	701.840.5460	
Reign Realty 201 Central Ave. S, Valley City ND 58072 www.reign-realty.com	701.845.1212	

REMAX/ Lawn Realty 202 Central Ave S Valley City, ND 58072 www.lawnrealty.com	701.845.0782	
Valley Realty, Inc. 330 W. Main St, Valley City, ND 58072 www.valleyrealtyinc.com	701.845.1602	

JOBS & EMPLOYMENT

Name & Location	Contact Info.	Service Description
Valley City - Barnes County Development Corporation 250 West Main Street Valley City ND 58702 vdgoffice@hellovalley.com	701.840.1891 Fax: 701.845.1892	The Development Corporation plays a major role in creating career opportunities through the recruitment of new industries and assisting businesses with retention and expansion. The employee Retention & Recruiting Coordinator is the primary contact for employee retention and engagement.
Job Service of ND 1350 32nd St S, Fargo, ND 58103 www.jobsnd.com	701. 239.7300	Search for Jobs--Land a job with Job Service North Dakota's advanced search tool. Create a profile, build your resume and submit applications online.

MEDICAL & CLINICAL CARE

Name & Location	Contact info.	Service Description
CHIROPRACTORS		
Central Avenue Chiropractic PC 323 Central Ave. N #202 Valley City, ND 58072	701.845.0709	

Foell Chiropractic Clinic 150 9th Ave. NW Valley City, ND 58072	701.845.3132	
Thomsen Chiropractic Clinic 1530 W Main St. Valley City, ND 58072	701.845.2481	
CLINICS		
City-County Health District 415 2nd Ave. NE Valley City, ND 58072 www.citycountyhealth.org	701.845.8518	Public health unit. Chronic disease education and management, substance use prevention education, breatheND & tobacco cessation and education, family planning, emergency preparedness, environmental health, physical activity and nutrition education, WIC.
Essentia Health Clinic 132 4th Ave. NE Valley City, ND 58072 www.essentiahealth.org	701.845.8060 Fax: 701.845.8067	Third party payer and/or self pay. Physician assessments (primary care) in office, physician house calls, referrals, lab, testing, podiatry, on-site outreach surgery.
Sanford Health Valley City Clinic 520 Chautauqua Blvd. Valley City, ND 58072 www.sanfordhealth.org	701.845.6000 FAX: 701.845.6150 Appointments: 701.845.6140 1.800.228.8685	Primary and specialty care including dermatology, diabetes education, family medicine, hematology, internal medicine, mammography, medical oncology, nephrology, nutrition, obstetrics and gynecology, orthopedic surgery, podiatric medicine and surgery, psychology, radiology, sleep medicine, surgery (general & vascular), ultrasound, urology.

DENTISTS		
Bridge City Dentistry 202 Central Ave. S. Suite #1 Valley City, ND 58072 www.bridgecitydentistry.com	701.845.4221	
Concept Dentistry 117 3rd St NW Suite 4 Valley City, ND 58072 www.myconceptdentistry.com	701.845.2180	
Odne DDS, Dr. Lynn 915 2nd St. SW Valley City, ND 58072	701.845.5743	
HEARING SERVICES		
Belltone Hearing Aid Center 150 2nd St. SW Valley City, ND 58072	701.845.3245	
Sanford Health Speech & Hearing Services 1140 W Main St. Valley City, ND 58072	701.845.4955	
HOLISTIC NURSING		
Wholistic Health Options	701.361.0207	Gwen Fraase, RN, BSN, CHTP, HTCP
Be Well Healing Arts, PLLC 123 3RD St. NE Valley City, ND 58072	701.845.3874 701.490.2132	Gail Pederson, SPRN, HN-B has been a registered nurse since 1980 and is recognized as a Special Practice Registered Nurse in Holistic Nursing in the state of North Dakota. She has been Board Certified as a Holistic Nurse since 2000. Her office is open by appointment.

HOSPITAL		
CHI Mercy Health 570 Chautauqua Blvd. Valley City, ND 58072 www.mercyhospitalvalleycity.org	701.845.6400 Fax: 701.845.6413	Critical access hospital, emergency room, physical, speech,and occupational therapy, Cardiac Rehab, referrals, surgery, x-rays, swing bed, lab, mammograms, cataract surgery, ambulatory care, infusions, sleep studies.
OPTOMETRISTS		
Looysen I Care 1230 Main St. W Valley City, ND 58072 www.looysenicare.com	701.845.4444	
Professional Eye Care Centers 200 Central Ave. N Suite F Valley City, ND 58072 www.proeyecarecenters.com	701.845.5000	
PHARMACIES		
Central Ave. Health Mart Pharmacy 323 Central Ave. N #101 Valley City, ND 58072	701.845.5280	
NuCara Pharmacy 234 Central Ave. N Valley City, ND 58072	701.845.2652	
Thrifty White Pharmacy 239 2nd Ave NW Valley City, ND 58072	701.845.1763	
THERAPIES		
CHI Mercy Health **570 Chautauqua Blvd.** **Valley City, ND 58072** www.mercyhospitalvalleycity.org	701.845.6400 Fax: 701.845.6413	Therapies: physical, speech, occupational and cardiac rehab.

Essentia Health Clinic 132 4th Ave. NE Valley City, ND 58072 www.essentiahealth.org	701.845.8060 Fax: 701.845.8067	Out-patient physical therapy.
Pain Relief Center 136 2nd Ave. NE Valley City, ND 58072	701.845.9985	Occupational Therapy
VETERINARY SERVICES		
Valley City Veterinary Hospital, PC 1068 4th St. SW Valley City, ND 58072 **www.valleycityvet.com**	701.845.3662 Fax: 701.845.3663	Valley City Veterinary Hospital, PC, is the one and only pet clinic you'll ever need. Because we are a full-service clinic, your pet can get everything from nail trimmings to major surgery, all in one friendly, well-equipped place.We have 24 hour emergency services with the most caring vets ready to help in life-and-death situations

NUTRITION SERVICES

Name & Location	Contact Info.	Service Description
ASSISTANCE PROGRAMS		
Bridges Backpack Food Program Epworth United Methodist 680 8th Ave. SW Valley City, ND 58072 www.epworthvalleycity.com/ministries	701.845.0340	Provides free bag of food for children K-6 to receive at school on Fridays to feed them over the weekend. Must sign up annually.Food and essential items provided at the Hi-Liner pantry for grades 7-12.
Food Pantry 139 2nd Ave. SE Valley City, ND 58072 www.southcentralseniors.org/food-pantry	1.800.472.0031	Provides food to individuals and families needing assistance. It is run by volunteers and is donation funded. To be eligible to receive food from the Food Pantry, a referral is required.

Great Plains Food Bank (@ Food Pantry) 139 2nd Ave. SE Valley City, ND 58072 (@ Valley City Cares) 525 5th Ave. SW, Valley City, ND 58072 www.greatplainsfoodbank.org	701.845.4300 701.845.0688	Monday – Friday 3:30 – 5pm Call ahead to set up appointment
Senior Foods Commodity Program(Great Plains FoodBank) Faith Lutheran Church 309 4th St. NE Valley City, ND 58072	701.845.4390	For adults 65 and older on a fixed income…bi-monthly home deliveries of food staples. Applications available at Faith Lutheran Church Office.
WIC (Women, Infants and Children) 415 2nd Ave. NE Valley City, ND 58072	701.845.8520	WIC is a program for pregnant and breastfeeding women, infants, and children younger than 5 and is available in all counties in North Dakota. WIC offers healthy food for proper growth and development and helps families choose healthier ways of eating.
DIETICIANS		
CHI Mercy Health 570 Chautauqua Blvd. Valley City, ND 58072 www.mercyhospitalvalleycity.org	701.845.6400	Anna Carlson, LRD
City-County Health District 415 2nd Ave. NE Valley City, ND 58072 www.citycountyhealth.org	701.845.8518 Fax: 701.845.8542	Sharon Buhr, MPH, LRD Andrea Winter, LRD
NDSU Extension – Barnes County 230 4th St. NW #204 Valley City, ND 58072	701.845.8528 701.845.8538	Susan Milender-Toppen, RDN, LRD
Sanford Health Valley City Clinic 520 Chautauqua Blvd. Valley City, ND 58072 www.sanfordhealth.org	701.845.6140	Sharon Buhr, MPH, LRD

PUBLIC HEALTH

Name & Location	Contact Info.	Service Description
City-County Health District 415 2nd Ave. NE Valley City, ND 58072 www.citycountyhealth.org	701.845.8518 Fax: 701.845.8542	Immunizations (all ages), community health screenings, medication maintenance, nursing assessments, wound care, foot care, health education, environmental health services (i.e. radon, mold, air quality, daycare/school inspections, rodent control, sewer permits/inspections, hazardous materials), school nursing, referrals, certified lactation counseling, newborn home visits, car seat program, Health Tracks, worksite wellness, family planning, jail health. CCHD is available to work with businesses/organizations for worksite wellness.

RESPITE SERVICES

Name & Location	Contact Info.	Service Description
Barnes County Social Services NW, Rooms 102-105 Valley City, ND 58072 www.barnescounty.us	701.845.8521 Fax: 701.845.4281	
City-County Health District 415 2nd Ave. NE Valley City, ND 58072 www.citycountyhealth.org	701.845.8518 Fax: 701.845.8542	
Hospice of the Red River Valley 1240 W. Main St. Valley City, ND 58072 www.hrrv.org	701.845.1781 800.237.4629 Fax: 701.845.1799	(Clientele only)
Liz Lokken	701.490.0208	Independent

Ashley Mooridian	701.490.4527	Independent
Kim Seidingler	701.989.4725	Independent
South Central Adult Services 139 2nd Ave. SE Valley City, ND 58072 www.scacs.net	701.845.4300 1.800.472.0031 Fax: 701.845.4073	

SOCIAL SERVICES

Name & Location	Contact Info.	Service Description
Barnes County Social Services 230 4th St. NW, Rooms 102-105 Valley City, ND 58072 www.barnescounty.us	701.845.8521 Fax: 701.845.4281	Child protection, family foster care, parent aide, family focused services, daycare licensing and registration, children's special health, aged/disabled home- and community-based services, respite care, information and referral, economic and general assistance, permanency funds, food stamps, fuel assistance, Medicaid.
South Central Adult Services 139 2nd Ave. SE Valley City, ND 58072 www.scacs.net	701.845.4300 1.800.472.0031 Fax: 701.845.4073	No fee for outreach services, but donations accepted. Nominal fee for some services. Referrals, paperwork assistance, medical appointment escort services, transportation (both in-town and out-of-town service), home-delivered meals, frozen meals and liquid supplements available, congregate meals, "Are You OK" calling system, Senior Companion program, help with Living Wills and Durable Power of Attorney for

		Health Care forms, senior health insurance counseling, Medicare Part D assistance, Prescription Assistance Program (for all ages), Senior Info-Line (1.800.451.8693), Respite Program, chore service, Food Pantry assistance, medical equipment assistance, Family Caregiver Program, dialysis transportation
South Central Human Service Center 520 3rd Ave. NW, P.O. Box 2055 Jamestown, ND 58402 www.nd.gov/humanservices/locations/regionalhsc/	701.253.6300 1.800.260.1310 Fax: 701.253.6400	The Center offers service to assist individuals and families who have emotional and interpersonal problems, disabling conditions affecting their ability to be competitively employed, and/or are vulnerable and unable to protect themselves. Services include emergency, psychiatric, acute outpatient, extended care, alcohol and drug, developmental disability, vocational rehabilitation, and aging services.
Veterans Service Officer 230 4th St. NW, Room 204 Valley City, ND 58072 www.barnescounty.us	701.845.8511 Fax: 701.845.8590	Medical referrals to VA, grants for low income veterans for eye glasses, dental and hearing aids, low interest loans up to $5,000 for veterans, transportation to VA Center for homebound veterans, prescription medications for qualifying veterans (can be mailed out)

SPIRITUAL CARE SERVICES

Name & Location	Contact Info.	Service Description
ASSOCIATIONS		
Barnes County Ministerial Association	701.845.0340	Local ministers, priests, pastors, and lay people gather the 1st Tuesday of each month. Can provide resource references.
CHURCHES		
All Saints Episcopal Church 516 Central Ave N Valley City, ND 58072	701.845.0819	
Calvary Baptist Church 2030 Main St W Valley City, ND 58072	701.845.9220	
Church of the Nazarene 913 Riverview Dr. Valley City, ND 58072	701.845.4193	
Congregational United Church of Christ 217 4th St NW Valley City, ND 58072	701.845.1977	
Epworth United Methodist Church 680 8th Ave SW Valley City, ND 58072	701.845.0340	
Evangelical Free Church 1141 9th St SW Valley City, ND 58072	701.845.1649	
Faith Lutheran Church ELCA 251 4th St NE Valley City, ND 58072	701.845.4390	

First Baptist Church 511 Kathryn Road Valley City, ND 58072	701.845.4500	
Grace Free Lutheran Church AFLC 2351 Main Street W Valley City, ND 58072	701.845.2753	
New Life Assembly of God 520 Winter Show Road Valley City, ND 58072	701.845.2259	
Our Savior's Lutheran Church ELCA 138 3rd St NW Valley City, ND 58072	701.845.1328	
Southwest Bible Chapel 826 5th St SW Valley City, ND 58072	701.845.2792	
St Catherine's Catholic Church 540 3rd Ave NE Valley City, ND 58072	701.845.0354	
St. Paul's Evangelical Lutheran Church 658 4th St SW Valley City, ND 58072	701.845.0702	
Trinity Lutheran Church ELCA 499 4th Ave NW Valley City, ND 58072	701.845.3837	
Valley Apostolic 215 4th Ave. Valley City, ND 58072	701.845.9590	

Valley Baptist Church 204 5th St NW Valley City, ND 58072	701.845.6950	

SUPPORT GROUPS

Name & Location	Contact Info.	Service Description
GRIEF SUPPORT		
Hospice of the Red River Valley 1240 W. Main St. Valley City, ND 58072 www.hrrv.org	701.845.1781 800.237.4629 Fax: 701.845.1799	
CHI Health at Home – **Home Health and Hospice** 367 2nd St NW Valley City, ND 58072 www.chihealthconnectathome.com	701.845.6550 855.860.3464 Fax: 701.845.6552	
FirstLink Hotline	701.235.7335 or dial 211	
OTHER SUPPORT GROUPS		
Alcoholics Anonymous 320 2nd Ave SE Valley City, ND 58072	701.845.3705	
Celebrate Recovery for the Whole Family First Church of the Nazarene 913 Riverview Drive Valley City, ND 58072	701.845.4193	Meets Thursday nights. Offering groups for children (Celebration Place) and youth (The Landing). Nursery is also available. Be freed from life's hurts, habits, and hang ups by the one and only true higher power - Jesus Christ. Every Thursday Night Supper @ 6:15 p.m. followed by Worship Service and Small Groups beginning @ 7:00 p.m. Non-denominational and Faith Based ministry

Hearing Loss Resource Group CHI Mercy Health 570 Chautauqua Blvd. Valley City, ND 58072		Meets every other Wednesday in the Health Education Center from 10am-noon.

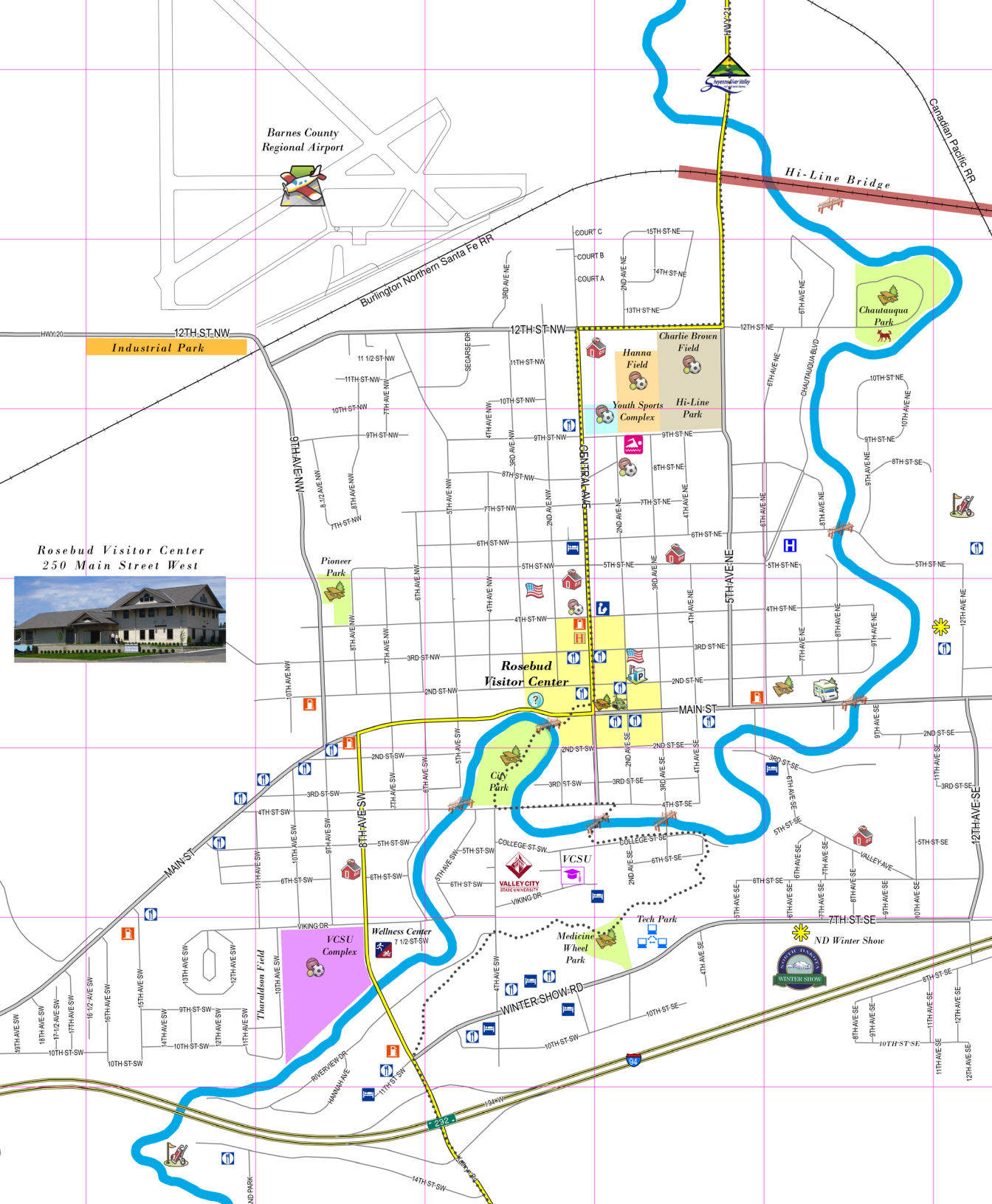
TRANSPORTATION SERVICES

Name & Location	Contact Info.	Service Description
South Central Adult Services	701.845.4300	(Includes dialysis transportation)
Valley City Taxi Service	701.840.1406	
Veterans Service Officer	701.845.8511	(VA facilities only in both Fargo and Jamestown)

VALLEY CITY KEY CONTACTS

Name & Location	Contact Info.	Service Description
City Hall 254 2nd Ave NE, PO Box 390 Valley City, ND 58072 www.valleycity.us	701-845-1700 Fax: 701-845-4588	Office of the Mayor, City Administrator, Finance Director/Auditor,Deputy Auditor, Administrative Assistant, Assessor, Building/Fire Inspector,and City Attorney.
North Dakota Winter Show **700 7th St. SE** Valley City, ND 58072 www.northdakotawintershow.com	701.845.1401	The mission of the NDWS is to provide an education for youth in the various segments of agri-business and to promote and expand agriculture through improved agriculture practices and techniques, and to honor our pioneer culture and heritages. We also strive to establish quality, entertaining learning experiences for people of all ages.

Valley City Chamber of Commerce 250 Main St. W. Valley City, ND 58072 www.valleycitynd.org	701.845.1891 888.288.1891	Our mission is to promote and improve the business environment, stimulate a vibrant local economy and produce a cooperative effort to enhance the overall quality of life in Valley City to its highest potential.
Valley City Development Corp. 250 Main St. W. Valley City, ND 58072 www.valleycitynd.org	701.845.1891 888.288.1891	Is experienced and deeply committed to your success. We understand business problems and are here to help solve them. From selecting the right building and site to finding qualifed and skilled employees, we are here to help!
Valley City Public Works 254 2nd Ave NE, PO Box 240 Valley City, ND 58072 www.valleycity.us	701-845-0380 Fax: 701-845-4588	To Establish Service New customers can visit the Public Works office. A two month deposit is required unless an acceptable credit reference from another utility is provided.To Discontinue Service Contact the Public Works office.


Barnes County Regional Airport
Hi-Line Bridge
Canadian Pacific RR
Burlington Northern Santa Fe RR
HWY 21
HWY 20
Industrial Park
12TH ST NW
Rosebud Visitor Center
250 Main Street West
Pioneer Park
Hanna Field
Charlie Brown Field
Youth Sports Complex
Hi-Line Park
Chautauqua Park
Rosebud Visitor Center
City Park
VCSU
VALLEY CITY STATE UNIVERSITY
VCSU Complex
Wellness Center
Tharaldson Field
Medicine Wheel Park
Tech Park
ND Winter Show
NORTH DAKOTA WINTER SHOW
MAIN ST
9TH AVE NW
8TH AVE SW
CENTRAL AVE
5TH AVE NE
12TH AVE SE
7TH ST SE
WINTER SHOW RD
COLLEGE ST SW
COLLEGE ST SE
VIKING DR
RIVERVIEW DR
HANNAH AVE
CHAUTAUQUA BLVD
VALLEY AVE
COURT A
COURT B
COURT C
SECARSE DR
I-94
292