

Silver Quill



Valley
Senior Services
helping seniors maintain independence

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Rent Refunds and Property Tax Credits Available

If you are 65 years old, or totally and permanently disabled, you may be eligible for a rent refund or property tax credit.

Rent Refunds

You may be eligible to receive a rent refund if 20% of your annual rent exceeds 4% of your annual income. Your income cannot exceed \$26,000 for the year 2010. A refund cannot exceed \$400. For a husband and wife living together, only one can apply for the refund. Only the spouse applying for the refund needs to be 65 years of age. A refund may not be made to a person who pays rent for any living quarters that are exempt from property taxation and for which payment in lieu of property taxes is not made (You may have to check with your local assessor about the tax exempt properties in your area.) For more information or to request an application, call the State Tax Commissioner at 1-800-638-2901 ext. 6. The applications must be filed with the State Tax Commissioner by May 31st, 2010.

Property Tax Credit

The property tax credit will reduce the homeowner's taxable value according to your income. In order to

qualify for a property tax credit, your income must not exceed \$26,000 and your assets may not exceed \$75,000. You may exclude the market value of your homestead up to \$100,000.

If you believe you are eligible for a property tax credit, you can file an application with your local assessor by February 1 in the year your property is assessed and for which you request a property tax credit.

When considering income for both rent refunds and property tax credits, all sources must be considered including but not limited to Social Security benefits, pensions, salaries, unemployment benefits, dividends, interest, profits, etc. Life insurance proceeds paid to a surviving spouse or dependent are not included in this act. Medical expenses are deductible from income if not compensated by insurance or other forms of compensation.

For additional information on rent refunds or property tax credits, please call the State Tax Commissioner at 1-800-638-2901 ext. 6 or our office at 293-1440 or toll-free at 1-877-827-1916.

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Valley Senior Services

P.O. Box 2217
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www.valleyseniorservices.org

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If you are qualified, your rights to receive the services provided by this organization without regard to race, color, religion, sex, national origin, age or handicap are protected by Federal Law. If you believe you have been discriminated against, please contact: Brian Arett, Valley Senior Services, P.O. Box 2217, Fargo, ND 58108. (701) 293-1440.

F/M Communiversity

What is there to do this winter? Why not take a class from F/M Communiversity! There are many classes to choose from during the Winter/Spring 2012 season which runs through April. Classes come in a variety of durations, including one, two, three or four sessions and are held on the weekends, from 1:30pm to 3:30pm.

For more information, to register or to receive a brochure, call 218-299-3438, email communiversity@cord.edu or go to www.fmcommuniversity.org. Course brochures are also available at Valley Senior Services offices.

F/M Communiversity is a "university of the community" for lifelong learning. Participants take interesting, engaging classes in a setting free of tests, grades and papers. The emphasis is on the fun of learning! Learners of all ages and all educational backgrounds are welcome.

F/M Communiversity is a program of Concordia College in cooperation with Minnesota State University Moorhead and North Dakota State University.

Exercise Can Have a Big Impact

For the most part, when older people lose their ability to do things on their own, it doesn't happen just because they have aged. One major reason it happens is that they have become inactive. Older adults who become inactive lose ground in four areas that are important for staying healthy and independent: endurance, strength, balance and flexibility.

Fortunately, research suggests you can maintain or at least partly restore these four areas through exercise - or through everyday physical activities (walking briskly to the bus stop, for example) that accomplish some of the same goals as exercise. What at first may seem like very small changes from exercise and physical activity can have a big impact.

(National Institute on Aging)

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To receive the Silver Quill call 293-1440 or toll free 1-877-827-1916

or e-mail us at: ajbertsch@valleyseniors.org

Is Dark Chocolate Good for My Heart?

Jenny Marhula, LRD,
CDE Valley Senior Services Dietitian



Should you enjoy a box of dark chocolates this Valentine's Day or is this all just a chocolate lover's fantasy?

Dark chocolate is derived from the cacao plant and is a rich source of antioxidants called flavonoids. Dark chocolate containing a higher percentage of cocoa will give you more of these healthy antioxidants. Some studies, report small portions of dark chocolate can help reduce blood pressure, protect the blood vessels and reduce platelet aggregation (platelet stickiness) through the antioxidant activities of the flavonoids.

The American Dietetic Association's Evidence Analysis Library recently analyzed all of the research available on the relationship between dark chocolate and blood pressure. It concludes that a limited amount of data suggests positive effects of cocoa or chocolate on blood pressure when consumed for more than 2 weeks. It states that more research is needed to determine the effects of chocolate or cocoa on people with high blood pressure. The analysis report states, "consumption of cocoa or chocolate may or may not be beneficial for the reduction of blood pressure since the current evidence is inconclusive regarding its effects on blood pressure."

We know that dark chocolate is no health food. It is dense in calories and high in saturated fat, two things Americans already consume way too much of. Obviously, adding too much dark chocolate into your diet will increase calorie consumption and lead to weight gain and weight gain can increase blood pressure.

You see news headlines all the time practically touting dark chocolate as a health food. But news headlines tend to sensationalize single studies. So, is it true? The bottom line is that we still don't know if dark chocolate can significantly improve blood pressure or heart health. It seems that very small amounts of dark chocolate may be beneficial and will probably not be harmful, but moderation is still the key. Eating a box of dark chocolates on Valentine's Day would be far from a "heart healthy" choice. However, eating a couple bites of dark chocolate (like the amount in one or two Hershey's dark chocolate kisses) every day is okay if you can afford the extra calories. Just don't replace your blood pressure medication with chocolate therapy!

Here is a healthier chocolate cookie that my family enjoys. I hope you like it too!

Low Fat Double Chocolate Chip Cookies

¾ cup packed brown sugar
½ cup + 1 T. sugar
1/3 cup canola oil
½ cup applesauce
2 egg whites
2 tsp. vanilla
2 2/3 cup flour
1/3 cup cocoa powder
1 tsp. baking soda
1/3 cup mini chocolate chips

Preheat oven to 300°. Blend brown sugar, sugar, and oil with mixer. Beat in applesauce, egg whites and vanilla. Mix in flour, cocoa powder, baking soda and chocolate chips by hand. Refrigerate dough until firm, about 1 ½ to 2 hours. Roll into 1-inch balls, then roll in powdered sugar. Place on a lightly-sprayed cookie sheet and bake for 15-18 minutes. Do not overbake. Makes about 2 dozen cookies.

(Taken from: Mercy Hospital Auxiliary Cookbook, Valley City, North Dakota. April 2001)

Rural Cass News

Congregate Dining...Page Cafe, Page, ND (668-2254): T, Th, F 11:30-12:30; **Leonard Cafe**, Leonard, ND (645-2240): M, W, F 11:00; **Hunter Cafe & Bakery**, Hunter, ND (874-2253): M, W, F 11:00.

Please call one day ahead to sign up for a congregated meal.

Cass County Council Meeting... will be Monday, February 20 at 10:00 a.m in Horace.

Senior Clubs...

Casselton Silver Threads Senior Club: Meets the 2nd and 4th Mondays of each month. The 1st meeting of the month includes a business meeting, blood pressures, and honoring of birthdays. If there is a program, it will be on the 2nd meeting of the month. Cards and bingo are played following the meal and meeting. For questions or to make reservations, please call June at 347-5571 or Bev at 347-4605.

Tower City Pioneer Club: Meets every Wed. at the Tower City Community Hall. Dinner at 12:00 noon for \$2.50- no reservations needed, catered by Norm Erber of Oriska. Meeting is held on the Wed. following the Cass County meeting. Pinochle starts at 10:00 a.m. and again after dinner. Bingo from 12:45 to 3:00 p.m. Coffee and goodies served by the members. Last Sunday of the month - dance with live music and lunch from 1:30-4:30. Everyone welcome! For more information, call Betty at 845-3311.

Page Fun & Friendship Club: **Feb. 3** - Blood Pressure Clinic 1:00 p.m at Sr.Center; Business meeting at 1:30 p.m. with cards and lunch following. **Feb. 16**- Foot Clinic 11:00 a.m. at senior center. **Feb. 29** - Birthday luncheon at 12 Noon in senior center-\$5.00 each **Congregate dining at the Page Cafe Tues, Thurs & Fri from 11:30-12:30. Call 628-2254. Home delivered meals 5 days a week. Card playing every Fri. afternoon at 1:00 p.m. for anyone interested - lunch served.

Buffalo Senior Citizens: Meets every Monday of the month, noon meal catered by the Corner Cafe for \$2.00. Members can come at 10:00 a.m. to play Racehorse Pinochle or Kings in the Corner. Members are assigned a day to serve an afternoon snack. Parish nurse takes blood pressures and pulse once a month. Cost of membership is \$1.00 and there are currently 36 members. Marian Kasowski, Secretary.

Embden 4 Corners Club: The Embden 4 Corners Club meets the 2nd Thursday of each month at 12 Noon at the Embden Community Center. A great meal is served followed by a business meeting. Cards or bingo are played followed by coffee and dessert. Everyone is welcome. Come join us!

Leonard Friendship Club: Meets on the third Thursday of every month at 12:00 Noon. at the Senior Center in Leonard. There is a potluck meal, business meeting, blood pressures taken, a door prize given and those with birthdays and wedding anniversaries in that month will be honored. Everyone is welcome. Membership is \$5. Please call Jean Carlson at 645-2515 with any questions.

Davenport Senior Center: Will meet the 1st Monday in Dec. & 3rd Monday in Jan, Feb, Mar at 12:30 pm. Meetings include business, the honoring of birthdays & anniversaries & BP. Meal is catered by T & T, West Fargo. Please RSVP by Friday prior to meeting. Membership is \$1. For more information, please call Bev - 428-3740. Come and enjoy an afternoon of good food & fun.

Cass County Rural Bus Schedule for February:

Routes:	<u>North Cass Co.</u>	<u>Central Cass Co.</u>	<u>South Cass Co.</u>
Hunter	8:00 a.m.	Tower City 8:10 a.m.	Leonard 8:00 a.m
Arthur	8:20	Buffalo 8:25	Kindred 8:25
Casselton	9:00	Casselton 9:00	Horace 9:30
Fargo	9:45	Mapleton 9:20	Fargo 9:45
		Fargo 9:40	

North route runs February 7,14,21 & 29. Central route runs February 3 & 17. South route runs February 1,8,15,22 & 29. Towns listed are primary stops. If you live in a town not listed the bus can still pick you up. Please call 293-1440 or 1-877-827-1916 for more information or to schedule your ride. **For Page residents:** you can use Steele County bus to Fargo on February 6 & 17 or to Valley City/Jamestown on February 20. Please call 1-800-845-1715 to reserve a ride and pick-up information.

HeartSprings

HeartSprings schedule for February 2012:

Sat Feb 11: Crafting for a Cause. This month we are joining with Messiah Lutheran (2010 N Elm St., Fgo) in creating pillowcase dresses and britches to send overseas. You can join us anywhere from 9-3pm. Bring a pillowcase, binding to match and 1/2" elastic if you have them. Otherwise, just show up and we will show you how to make these quick & simple dresses.

Tues Feb 14: Labyrinth Walking 8am-8pm, heart donation. Located at HeartSprings

Tues Feb 14: Sacred Dance 6:30pm -7:30pm, located at HeartSprings heart donation

Sat Feb 18: Drum Making with Doris Issendorf 10am-1pm. Located at HeartSprings Call Jan for prices on ordering skins and size drum before Feb. 10th. #701-261-3142

Tues Feb 21: Drumming 6:30-7:30 pm. Located at HeartSprings, heart donation

Tues Feb 28: Healing Service and Holy Eucharist 6:30-7:30pm, located at St Stephen's Episcopal church, 120 21st Ave N, Fargo, heart donation **Tuesdays and Thursdays:** Adaptive Movement led by Jan Nelson, OTR/L, MA. 9:30-10:45AM (\$60/mo drop in \$10) located at HeartSprings

Other offerings in February are:

Tuesdays: Tremble Clefs 11am-12pm, \$20 sign up, choir is free. A therapeutic singing program for those with neurological conditions and/or stroke. Located at HeartSprings. Led by Michelle Gelinske

Tuesdays: Therapeutic Yoga (especially good for pain) led by Cammie Lamey at HeartSprings, 5:00-5:45pm. See quick Fact Sheet on website for cost.

Tuesdays: Beg/Intermediate Yoga led by Cammie Lamey at 8th Studio Co-op, 11 9th St S, Fargo. Time: 6:15pm-7:30pm. See quick Fact Sheet on website for cost.

Thursdays: Adaptive Yoga with Carolyn Espel, 11am-12pm. suggested donation \$10 per class session. Located at HeartSprings.

Thursdays: Meditation, Yoga Nidra led by Carolyn Espel or Heart-based meditation led by Jan Nelson. 12:15pm-12:45pm. Located at HeartSprings. Heart Donation

Location: 2010 N Elm St., Fargo, ND 58102

Email Jan at jnelson1409@yahoo.com

HeartSprings telephone 701-261-3142

WebSite: www.heartspringscenter.com

February Blood Pressures

NP Depot Center -
701 Main Avenue, Fargo

Tuesday,
February 14
10:00-11:30

University Drive Manor -
1201 2nd Ave. N, Fargo

Wednesday,
February 15
1:00-2:00 p.m

Thank You To Our Contributors!

We appreciate the many donations we have received and thank each and every one of you for your support. All contributions can be sent to:

Valley Senior Services
P.O. Box 2217, Fargo, ND 58108

\$100.00 and Above

Agnes Liudahl - \$100

\$5.00-\$99.00

Cook, Larry
Co-Operative Living Center
Coughlin, Judith
Crowe, Judith
Gaynor, Margaret
Jarvis, Fran
Morrison, D.J.
Myers, Harry & Marion
Trom, Shirley



Foot Care

Sanford Home Care will provide a nurse to cut and file your toenails at the following locations:

Trollwood Center, **3105 Broadway, Fargo**

Wednesday, Feb. 8 &
Thursday, Feb. 9
Wednesday, March 7 &
Thursday, March 8
10:30 a.m. - 3:30 p.m.
Call Jenn Kremer at
280-4033 for appt.

Fargo High Rise **101 2nd St. S, Fargo**

Thursday, Feb. 9
10:00 a.m. - 4:00 p.m.
Call 237-3074 for appt.

Ed Clapp Park Center, **2801 32nd Ave. S, Fargo**

Wednesday, Feb. 15 &
Thursday, Feb. 16
10:00-2:30
Call Jenn Kremer at 280-
4033 for appt.

West Fargo High Rise, **230 8th Ave W**

Wednesday, Feb. 22
11:00-3:00
Call 282-3443 for appt.

University Drive Manor **1201 2nd Ave. N, Fargo**

Monday, February 27
9:00 a.m. - 12:00 p.m.
Call 232-6364 for appt

Appointments should be made by the day before the scheduled foot care clinic. The fee for foot care is \$16.00 at senior centers and \$70.00 per hour for a nurse to come to your home. To arrange a home visit you can call 280-4034. A 24-hour notice is required if you need to cancel your

SENIOR CENTER HIGHLIGHTS

Ed Clapp Park Center Vicki Higdem 298-3976

Feb. 8 - 12:30 AARP Drivers Safety
Feb. 10 - 11:45 Children; 1:00 Movies
Feb. 14 - 2:30 Valentine Lunch
Feb. 15 - 10:00-2:30 Foot care
Feb. 16 - 10:00-2:30 Foot care; 2:30
 Birthday & anniversary party
Feb. 24 - 11:45 Children
Every Monday - 10:00 Open cards;
 12:45 Pinochle, cards or dominoes
Every Tuesday - 10:00 Exercise; 1:00
 Whist, cards or dominoes
Every Wednesday - 10:00 Open cards;
 1:00 Mah jongg, bridge, cards or
 dominoes
Every Thursday - 10:00 Exercise; 1:00
 Bingo
Every Friday - 9:00 Mah jongg; 10:00
 Open cards 1:00 Bridge, cards or
 dominoes

Trollwood Senior Center June Lovejoy 298-3975

Every Monday - 9:30 Exercise; 12:30
 Whist & games
Every Tuesday - 9:30 Exercise; 12:30
 Pinochle; 12:30 Grocery bus
Every Wednesday - 9:30 Exercise;
 10:45 Fargo Library; 12:30 Bridge &
 dominoes
Every Thursday - 9:30 Exercise; 12:00
 Church; 12:30 Bingo
Every Friday - 9:30 Exercise; 12:30
 Bridge; 12:30 Movie

Faith Lutheran Church, Marlene Batterberry 282-3309

*Faith Lutheran, 127 2 Ave E, West
Fargo, now has dining & activities
(located at the church unless noted).*

N.P. Depot Center Bernice Schmidt 232-7936

Feb. 14 - 10:00-11:30 Blood pressure
Feb. 27 - 12:45 Free bingo; Birthday &
 anniversary party
Feb. 29 - Singles pool
Every Monday - 12:45 Bingo
Every Tuesday - 12:45 Bingo
Every Wednesday - 12:30 Pinochle
 Tourney; 5:00-5:30 Bingo/Lunch
Every Thursday - 10:00 Partner's
 pool tourney-free; 1:00 Center closes
Every Friday - 1:00 Bingo

Fargo High Rise Bernice LeDoux 237-3074

Check at the Senior Center or online at
www.fargoseniorservices.org for current
activity calendars.

University Drive Manor Kim Ingebretson 232-6364

Feb. 8 - 12:00-1:00 Library time
Feb. 15 - 1:00-2:00 Blood pressures
Feb. 22 - 12:00-1:00 Library time
Feb. 27 - 9:00-12:00 Footcare
Every Monday - 10:00 Exercise
Every Wednesday - 10:00 Exercise
Every Thursday - 9:15 Marketing; 10:00
 Church Service
Every Friday - 10:00 Exercise

West Fargo High Rise Lonna Skoog 282-3443

Feb. 1 - 6:30-7:30 Game night w/
 Blessed Sacrament youth
Feb. 6 - 4:00 Club meeting
Feb. 7 - 2:30 Lefse making w/Pat & Pat
Feb. 8 - 2:45 Speaker
Feb. 9 - 3:00 Movie
Feb. 14 - 2:30 St. Andrews Women
 lunch & Hearts game
Feb. 15 - 6:30-7:30 Game night w/
 Blessed Sacrament youth
Feb. 22 - 10:30-1:30 Foot care
Feb. 29 - 5:15 Flame of Faith meal;
 Game night w/Blessed Sacrament
 youth
Every Monday - 1:30 Bingo @
 Low Rise; 7:00 Dominoes
Every Tuesday - 8:30 Grocery
 shopping; 7:00 Dominoes
Every Wednesday - 1:30 Bingo; 7:00
 Dominoes
Every Thursday - 8:00-10:00 Phone in
 your groceries; 7:00 Dominoes
Every Friday - 1:00 Craft Club @
 LR; 7:00 Bingo

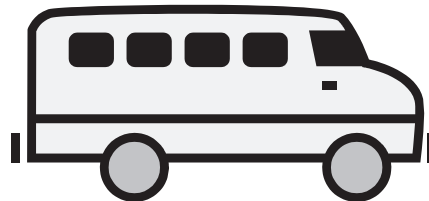


Fargo Senior Commission, Inc.
P.O. Box 2217
Fargo, ND 58108

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**\$1.00 Fare for Rides
to Valley Senior Service Meal Sites**

Seniors whom would like a ride to any of Valley Senior Services Fargo or West Fargo meal sites will now be able to do so for only \$1.00 per one-way ride. The new \$1.00 fare is effective February 1, 2012 and is available on any Metro Senior Ride Service vehicle. Please call 356-RIDE (7433) to schedule your ride.



**Reminder!! Call 356-RIDE (7433) to schedule a ride on our
Metro Senior Ride Service.**