

Silver Quill

Valley Senior Services
of Ransom & Sargent Counties

FEBRUARY
2012

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, 2012.

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 683-3131 or toll-free at 1-877-857-3743.

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**Need to reach us?
See contact information on page 2.**

**Valley
Senior Services
Box 387
Lisbon, ND 58054**

**Office phone: 683-3131
Toll free: 877-857-3743**

**For meals or
transportation:
683-4295**

**Fax no. (Lisbon office):
683-0352**

Executive Director:

Brian Arett
Valley Senior Services
701-293-1440
877-827-1916

Outreach:

Karleen Wyum
Bethany Peterson
*To contact Karleen or Bethany,
please call 1-877-857-3743
or 683-3131. Please leave
a message as they are often
away from their desks. They
will contact you as soon as possible.
These numbers can also
be used for transit requests and
other services.*

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.

**Ransom
County Public
Health**

404 Forest Street,
Lisbon ND
701-683-6140

Cholesterol Screening:

Thursday, Feb. 2 - 8:30 - 9:30 at
office in Lisbon. Cost is \$20;
fasting after midnight required; no
appt. needed

Foot care:

Feb. 1 - Fort Ransom in a.m.
Feb. 6 - Lisbon @ Ransom Cty
Public Health in a.m.

Foot Care can be also done in your
home. Call the office to schedule a
home foot care visit.

Nurse of the Day:

Thursdays 8:30 to Noon & 1:00-4:00
@Public Health Office. Blood pressure
checks, hemoglobin, B12, B/S,
footcare& med. set-ups.No appt.
needed.

Office closed Monday, Feb. 20th

**Lisbon-Oakes
Area Home Health
Services**

417 Main Street, Lisbon ND
58054
701-683-3095

Wellness Wednesday

9:00-4:00

A nurse will be in the office each
Wednesday to provide:

Foot care
Blood pressure checks
Blood sugar checks
Diabetic teaching
Medication set-up

No cost to you if you come to our
office on Wednesdays!

Lisbon Area Health Services
Home Care offers home health
services to patients in their
homes. If you or a family member
has had a recent illness,
hospitalization or surgery, you
may qualify for skilled nursing,
therapy or home health aide services.
Call our office with any
questions or to request an evaluation
visit.

Sargent County Public Health

SC District Health Unit
316 Main Street, Forman, ND 58032
Phone: 701-724-3725

Foot Care (9:00-Noon)

Feb. 14 - Rutland; Feb. 17 - Milnor;
Feb. 21 - Forman

Cholesterol screening, blood sugars, blood pressures &
hemoglobin available by appointment.

Call 724-3725 to schedule an appointment.

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.

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)

Consumer & Family Wellness

Nutrition, Family & Consumer Education Lesson

February 7
Ransom County Expo Center
Doors open at 9:00 a.m.

9:30 a.m. Eating For Your Eyes This lesson identifies foods for eye health and offers recipes and tips to protect vision throughout life. It also features take-home "vision cards", which allow the participant to experience how common eye diseases affect vision.

10:45 North Dakota Food & Culture This presentation will give you a glimpse into the many cultures that are here in North Dakota and how they shape our state and the food we consume.

12:00 Noon - Lunch (free)

1:00 Healthy Living for the Second Half of Life Interest in the topic of positive aging continues to increase. This lesson discusses how to develop healthy habits as we age.

2:00 Who Gets Grandma's Yellow Pie Plate or Grandpa's Gun? The transfer of non-titled property, such as photographs and other family heirlooms, often creates more challenges among family members than the transfer of titled property. Learn how to deal with some of the issues that may arise.

3:00 A Cup of Hot Chocolate - A fun and inspirational way to take a look at ourselves! Enjoy a cup of hot chocolate as we have fun looking at some things about ourselves. There will be a "hot chocolate story," we'll explore a little about chocolate and then look at some characteristics about ourselves.

Wealth Management & Estate Planning

Tuesday, February 7
Expo Center, West Wing
Ransom, ND
6:30 p.m.

Elements that will be addressed:

- \$ Liabilities (debt)
- \$ Risk Management (what needs to be insured)
- \$ Business Succession Planning
- \$ Investments/Cash Flow/Income Tax
- \$ Investing and Distributing IRA's/401k's
- \$ How Assets are Titled
- \$ Estate Plan of Distribution
- \$ Durable Power of Attorney
- \$ Lifetime Gifting to Family Members
- \$ Charitable Giving

Do you know about the North Dakota Planned Giving Tax Credit? Do you have a POD/TOD or a TODD? If any of this does not sound familiar, come and learn more!

Class is free but must register by Feb. 1. Call 701-683-6128. Hord d'oeuvres at 6:00.

Ransom Sargent Senior Services, a branch of Valley Senior Services, is a non-profit organization serving senior citizens in Ransom and Sargent Counties. Our services include: Home Delivered Meals, Frozen Meals, Community Dining, Transportation, Senior Centers, Outreach Assistance and Medicare Part D assistance. In addition, we distribute a monthly publication - The Silver Quill - detailing current and upcoming events of interest to the senior community. If you would like additional information on our services please contact our office at 683-3131 or 1-877-857-3743.

Your tax deductible contribution to Ransom Sargent Senior Services will help us to continue to meet the increasing demand for services. Your gift can be mailed to RSSS, P.O. Box 387, Lisbon, ND 58054.

Your gift can be designated to *Home Delivered Meals *Congregate Dining * Outreach Assistance *Transportation *Medicare Part D Assistance

Faith in Action

Located in Lisbon Area Health Services Swingbed
Program Director: Patty Peterson
Office Hours: 8am - 12am Monday - Friday
Phone: (701) 683-6439

Faith in Action is a new and growing program in Ransom and Sargent Counties. We are a volunteer based, non profit, outreach program networking people who need a little assistance maintaining their independence. We are here to offer assistance through companionship, faith and hope.

If you are a person in need of our services or know someone that is please contact our office. If you are looking to be a volunteers please contact us. This is an opportunity to give of yourself.

“We are Neighbors caring for Neighbors”

Sanford Home Care

404 Forest Street
Lisbon, ND
701-683-6141

Sanford Home Care-Lisbon provides Medicare-certified Home Care to area residents. We can provide: skilled nursing, therapy services, home health aide, Telehealth, Lifeline and personal care. Please call us if you or a family member has a need after an illness or hospitalization. Contact Deb Bergstrom, RN for any questions you may have.

Tid Bits

- Check out the coupons at the Lisbon Site. The coupons are hanging on the office door. Thanks, Park Side Home, for keeping the site stocked with current coupons. The coupons are a treat for everyone!
- Meals on Wheels delivery people are always needed! Call your Local senior center and volunteer one day a month! The average time to deliver meals is 20-30 minutes.
- Sargent County Council meeting in Milnor - Feb. 10 @ 2:00
- Ransom County Council meeting in Enderlin- April 10 @ 2:00



Enderlin HEART

Living at Home/Block Nurse Program

Hours: 9:00 a.m.-Noon, Monday through Friday

Location: The HEART Program is located in the Enderlin Senior Center, 221 3rd Ave. N. Phone 701-437-2877

Program Director: Tracy Ekeren

Feb. 9- Bingo @ 1:00 p.m. & Birthday party @ 2:15 p.m. Feb. 13 - “Living Gluten Free” at 5:30 p.m. @ Enderlin Center. Everyone Welcome! Feb. 14 - Giving Hearts Day donation match. Call HEART at 701-437-2877 or email heartprogram@yahoo.com for more info.

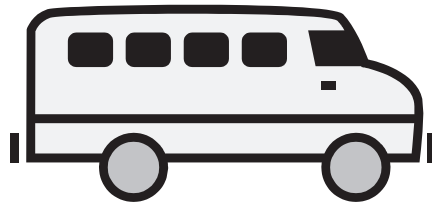
SARGENT COUNTY

Sargent County Transportation--Open to the public

Call 1-877-857-3743 or 683-3131--leave a message
Schedule appointments from 10:30 a.m. to 2:30 p.m.

Sargent County Van

Rides provided Tuesday through Thursday on request.



CENTER HIGHLIGHTS

**Gwinner 678-3911,
678-3928 or 683-4295**

**Open Mon, Wed, Fri
Meals:
Mon, Wed, Fri at Noon***

Club meets 3rd Wednesday of the month; dinner 12:00 Noon

Check it out! There is a lot of action taking place in the Gwinner City Hall. Come and eat a noon meal in the beautiful remodeled building. What an outstanding job the City of Gwinner has accomplished!

**All meal sites serve noon meal at 12:00.
Please call ahead to sign up for dinner so the cook can plan to make enough food!**

**Milnor Center
427-9327**

**Open Tuesday-Friday
Meals:**

Tue, Wed, Thus, Fri
Cards after lunch; Club meets 3rd Monday of the month at 2:00 p.m.

**Cogswell Center
724-3024**

**Open: Monday-Thursday
Meals:
Mon, Tues, Wed, Thurs**

**Forman Center
724-3928**

**Open: Mon-Thur
Meals:
Mon, Tues, Wed, Thurs**

Call Lisbon office for any meal, transit or outreach needs. The Forman center is under construction and has no phone service at this time. Thank you to the City of Forman and all the seniors for your patience and support!

**Rutland Center
724-4074**

**Open Monday-Thursday
Meals:
Mon, Tues, Wed, Thurs**
Daily - Cards & puzzles
Club meets 2nd Tuesday @ 1:00

RANSOM COUNTY

Ransom County Transportation -- Open to the public

Call 683-4295 or 1-877-857-3743

Schedule appointments from 10:30 a.m. to 2:30 p.m.

Ransom County Schedule

Monday - Lisbon

Tuesday - Lisbon/McLeod

Wednesday - Ft. Ransom & Lisbon

Thursday - Enderlin, Lisbon & as needed

Friday - Lisbon

2nd & 4th Tuesday and every Thursday - Fargo
(reserve by 4:00 p.m. Weds)

CENTER HIGHLIGHTS

Lisbon Center
683-4295

Open Monday-Friday

Meals:

Monday-Friday @ 12:00 Noon

Me, you & coffee. Join us for coffee, cards & socializing daily.

Feb. 1 - Golden Rule

Feb. 2 - High School Choir singing

Feb. 3 - Birthday club

Feb. 13 - Pot luck, club meeting

Every Monday - 10:45 Exercise;
1:00 Bingo

Every Tuesday - 1:30 Hand & Foot

Every Thursday - 10:45 Exercise

Mon & Thurs exercises
open to the public
No cards on Sunday

Enderlin Center
437-2669

Open Monday-Friday

Meals:

Monday through Friday

Every Monday - 1:00 Pinochle

Every Tuesday - 1:00 Whist

Every Thursday - van to Lisbon (call Lisbon office to schedule a ride)

2nd Thursday of month - Bingo hosted by HEART program

Regular meetings every other month

Busy people in a busy little town--
leave the cooking & dishes to us.
Join us at Noon!

Fort Ransom

Meals:

No meals being served at this time. Anyone needing frozen meals should call the Lisbon site at 683-3131

Every Wednesday - van to Lisbon
(call 877-857-3743 or 683-4295)

Sheldon Seniors

No Meals - Call the Lisbon office for frozen meals at 683-3131

Potluck 2nd & 4th
Friday of the month

All meal sites serve noon meal at 12:00.

Please call ahead to sign up for dinner so the cook can plan to make enough food!

