

How to Manage Blood Pressure with the DASH Diet

Lane Lipetzky Swenson, RD, LD, CGN—Valley Senior Services

Did you know almost half of the adults in the US have high blood pressure? It is often referred to as the “silent killer” because people rarely experience any signs or symptoms, yet it has a great impact on your health. According to the American Heart Association having high blood pressure increases your risk of heart attack, stroke, and chronic kidney disease. If you are someone who has been diagnosed with hypertension or prehypertension, following the DASH diet is a great first line of defense.

What is the DASH Diet?

The DASH diet stands for Dietary Approaches to Stop Hypertension. It can be used both to help treat high blood pressure or to prevent it. Because the diet encourages foods like fruits, vegetables, low fat dairy and whole grains, it is rich in nutrients like potassium, calcium, magnesium and fiber which are helpful for lowering blood pressure. It is also beneficial for your overall heart health by promoting a decreased intake of sodium, added sugars and saturated fats. The DASH diet is not a strict diet full of foods you can and cannot eat, but rather a set of guidelines to help you build a healthy and balanced diet that works for you. The bullet points below show the recommended servings sizes from different food groups as well as a sample daily meal plan to help you start planning your personal DASH diet.

Recommended Servings from Each Food Group

- Grains: 6-8 servings of grains daily, preferably whole grains. One serving may be 1/2 cup of cooked cereal, rice or pasta, 1 slice of bread or 1-ounce dry cereal.
- Vegetables: 4-5 servings of vegetables a day. One cup of raw leafy green vegetables, 1/2 cup cut-up raw or cooked vegetables, or 1/2 cup vegetable juice equals one serving.
- Fruit: 4-5 servings of fruit a day. One serving is one medium fruit, 1/2 cup fresh, frozen or canned fruit, or 1/2 cup fruit juice.
- Dairy: 2-3 servings of fat-free or low-fat dairy products daily. One serving is 1 cup milk or yogurt, or 1 1/2 ounces of cheese.
- Lean Meat: Six 1-ounce servings a day of lean meats, poultry, eggs or fish.
- Legumes and nuts: 4-5 servings of nuts, seeds, or dry beans and peas a week. One serving is 1/3 cup nuts, 2 tablespoons peanut butter, 2 tablespoons of seeds, or 1/2 cup of cooked dried beans or peas.
- Oils: 2-3 servings of fats and oils daily. One serving is 1 teaspoon of a healthy oil like olive oil or avocado oil, 1 tablespoon mayonnaise or 2 tablespoons of salad dressing.
- Added Sugar: 5 or fewer servings a week of sweets or added sugars. One serving is 1 tablespoon sugar, jelly or jam, 1/2 cup sorbet or 1 cup lemonade.
- Sodium: Less than 2,300 mg of sodium daily. One tsp of salt contains 2,300 mg of sodium.

Valley Senior Services
520 3rd Avenue South
Wahpeton, ND 58075
(701)642-3033 or (701)642-5746

Fax:

701-642-5009

Rural Program Manager
Shelley Tollefson

County Program Supervisor
Amy Laney

RESOURCE SPECIALIST
Sarah Omodt

OFFICE ASSISTANT
Deanna

COUNTY ASSISTANT
Sharilynne

KITCHEN STAFF
Carol-Abercrombie
Sandra—Hankinson
Sandra—Lidgerwood
Sharron-Wahpeton
Viola—Wahpeton
Cathy-Wyndmere

FILL-IN KITCHEN STAFF
Joanne
Karen
Dorothy

TRANSPORTATION
Christine
Dawn

INVENTORY & TRANSPORTATION
Shanel
Keith
David

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

Paul Grindelnd
Valley Senior Services
2801 32nd Avenue South
Fargo, ND 58103
701-293-1440

Foot Care Clinics For Richland County

Foot care will be done by appointment at the following Senior Centers in Richland County:

Wahpeton Senior Center
520 3rd Ave South

11:00am to 3:00pm on
August 6 & 20 and September 3 & 17

Lidgerwood Senior Center
117 4th Street Southwest

August 1 and September 5

Hankinson Senior Center
111 3rd Street Southwest

9:00am to 1:00pm on
August 8 and September 12

Wyndmere Senior Center
466 4th Street

10:00am to 1:00pm on
August 15 and September 19

To schedule an appointment call
Richland County Health Department at
642-7735

Cost: \$25.00

*For an additional \$5, fingernail care can also be provided at your footcare appointment.

- * Foot care is provided to clients who are not able to trim their own toenails due to physical limitations.
- * Foot care does not include any treatment for ingrown nails, calluses, and/or infection.

Richland County Council on Aging Board of Directors

Don Krassin

Pinky Rubish

Robert Wurl

Liz Mumm

Alisa Mitskog

Rich Hills



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TO-GO MEALS



Are you looking for a fast and convenient lunch option?

Are you tired of fast food and TV dinners that do not support your health goals?

Do you appreciate an affordable meal?

Would you like someone else to cook occasionally?

If you answered “yes” to any of the questions above, carry-out meals are a great option for you! You can pick up a meal occasionally or regularly based on your schedule. Meals plans are developed by Licensed Registered Dietitians and provide 1/3 of the recommended dietary intake for older adults, without adding excess sugar, sodium, or fat.

Your wallet will thank you, too! There is a suggested donation of \$4 per meal, but we encourage individuals to donate what they can afford.

If you need a break from the kitchen, consider signing up for carry-out meals and let us handle the cooking!

Meals must be ordered by 9am on the day you would like a meal to ensure there is enough for everyone and to limit waste. Take-out meals are available in Abercrombie, Hankinson, Lidgerwood, Wahpeton, and Wyndmere! See pages 6, 7, and 8 for menus.

Visit us online at valleyseniorservices.org to learn more!

Sample Meal Plan

Breakfast

Avocado toast with:

- 1 medium avocado, mashed
- 1/4 cup sundried tomatoes or 1/2 cup halved cherry tomatoes
- 1 poached egg
- 1 slice whole-wheat toast

1 medium orange

Coffee, tea or water

Lunch

Tuna salad:

- 3 ounces canned tuna drained
- 1/4 cup diced red onion
- 1/4 cup diced celery
- 1 tablespoon mayonnaise
- 1 tsp Dijon mustard (optional)
- Pepper to taste
- 8 whole grain crackers or make a sandwich with whole wheat bread, leaf lettuce and sliced tomato

1 whole fruit like an apple, peach, plum or banana

1 cup skim milk

Supper

Chicken, vegetable stir-fry with:

- 1/2 teaspoon sesame oil
- 2 oz. shredded chicken
- 1/2 cup sliced onion, sliced
- 1/2 cup chopped red bell pepper
- 1/2 cup sliced button mushrooms
- 1/2 cup broccoli florets
- 1/2 cup sliced carrots
- 1/2 teaspoon chopped fresh ginger
- 1/2 teaspoon chopped fresh garlic
- 1/2 tablespoon rice wine
- 1/2 teaspoon reduced-sodium soy sauce
- 1/2 tablespoon chopped cashews
- 1 cup brown rice

Water

Snacks

1 cup berries

1/4 cup almonds

Low-fat yogurt

JOIN OUR TEAM

Now Hiring!

Hankinson Senior Center Part -Time Cook

- Tuesdays, Wednesdays, and Fridays
- 6:00am—1:30pm
- Wage DOE (\$16.63-\$24.94)
- No evenings, holidays or weekends
- Preparing and serving meals to seniors at the meal site

Work with great people and make a difference in your community!

Apply online at ValleySeniorServices.org

Please call 642-3033 with any questions.

Protect Yourself from QR Code Fraud



Quick Response codes, better known as QR codes, are scannable barcodes that will direct you to websites. QR codes can be very useful, but sometimes scammers use them to trick people into visiting fake websites or run harmful software that can steal their personal information. Some examples:

- Send QR codes by email or text message pretending to be from delivery companies.
- Request that you confirm your information due to suspicious activity using fake QR codes.
- Place harmful codes on social media advertisements.

Here are some tips to avoid related scams:

Verify the source: Before scanning a QR code, make sure it comes from a trusted and reliable source. Legitimate QR codes from SSA will always send you to a safe and secure webpage.

Inspect the code. Scammers may try to imitate a QR code. Study the QR code closely. Look for any signs of altering or misspellings. Avoid scanning a QR code if something looks suspicious.

Be aware of codes from unknown sources. Social Security Administration and Medicare will never send a QR code by text or email asking you to confirm your information.

Be aware of urgent requests using QR Codes: Fraudsters often pretend to be government officials and use fake QR codes to defraud people. For example, a scammer may pose as a Social Security employee claiming that there is a problem with your account.

Stay Informed: Stay up to date on the latest QR code fraud and scams. Follow trusted sources such as news outlets and official government websites for updates. QR codes are an easy and convenient way to get information, but it's important to be aware when using them.

Reporting Medicare fraud: If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at ndsmp@minotstateu.edu or call 1-833-818-0029. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: SMP Resource Center (25 April 2022). Medicare Fraud Prevention Week. **North Dakota Senior Medicare Patrol Phone: 800-233-1737 or (701) 858-3580.** For more information or to locate your SMP, visit <https://ndcpd.org/smp/>

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Monday

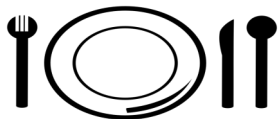
Tuesday

Wednesday

Thursday

Friday

			1 Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Blueberries	2 Hot Dog on a Bun French Fries Corn Cobette Blushing Pears
5 Cabbage Roll Rosemary Potatoes Green Bean Almondine Fresh Fruit Salad Bread x2	6 Pork Wings Macaroni & Cheese Cucumber Mint Salad Baked Tomato Half Mandarin Oranges Whole Grain Banana Bread	7 Manhattan Meatballs Brown Rice House Salad Seasoned Broccoli Seasonal Fresh Fruit Bread x1	8 Picnic in the Park at Hughes Shelter Grilled Chicken on a Bun Pasta Salad Baked Beans Watermelon Dessert	9 Cobb Salad/Dressing Pineapple Breadstick
12 Ham & Beans Southern Style Okra Strawberries Corn Muffin	13 Chicken Fettuccine Alfredo House Salad Italian Blend Veggies Cranberry Fruit Salad Gelatin Breadstick	14 Hot Pork Sandwich Chive Mashed Potatoes Peas & Carrots Wheat Roll Snicker & Apple Salad	15 Swiss Steak Buttered Red Potatoes Lemon Asparagus Fresh Fruit Salad Bread x2	16 Breaded Cod Warm German Potato Salad Prince Edward Veggies Fruit Cocktail Bread x2
19 Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad	20 Chicken & Rice Veggie Casserole Seasoned Green Peas Honeydew Biscuit	21 Roast Turkey/Gravy Glazed Sweet Potatoes Sage Bread Dressing Brussels Sprouts Strawberry & Pineapple Bread x1	22 Peach French Toast Bake Scrambled Egg Breakfast Potatoes Lo-Cal Syrup Banana	23 Lasagna/Parmesan Cheese House Salad Winter Blend Veggies Peaches Breadstick
26 Beef Stroganoff Mashed Potatoes Malibu Blend Veggies Honeydew Bread x2	27 BBQ Pork on a Bun Sweet Potato Waffle Fries Country Blend Veggies Heavenly Hash	28 Supreme Pizza Casserole House Salad Green Beans Oregano Whole Grain Breadstick Cantaloupe	29 Caprese Chicken Lemon Dill Orzo California Blend Veggies Orange Bread x1	30 Fish & Chips Tartar Sauce Coleslaw Tropical Fruit Cup Lemon Wedge Wheat Roll



All of our meal sites provide congregate, carry out, and home delivered meals. Please call your meal site by 9am on the day you would like to eat. All meals include 1% milk. If you live in Richland County but do not have a meal site near you, frozen meals are available.

Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age. Under the age of 60 is a charge of \$9.00 per meal.

August 2024**Abercrombie Senior Center****553-8759**

Cabbage Roll Rosemary Potatoes Green Beans Almondine Fresh Fruit Salad Bread x2	5	Grilled Chicken on a Bun Pasta Salad Baked Beans Watermelon Dessert	6	Cobb Salad/Dressing Pineapple Breadstick	7
Chicken Fettuccine Alfredo House Salad Italian Blend Veggies Cranberry Fruit Salad Gelatin Breadstick	12	Swiss Steak Buttered Red Potatoes Lemon Asparagus Fresh Fruit Salad Bread x2	13	Breaded Cod Warm German Potato Salad Prince Edward Veggies Fruit Cocktail Bread x2	14
Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad	19	Lasagna/Parmesan Cheese House Salad Winter Blend Veggies Peaches Breadstick	20	Roast Turkey/Gravy Glazed Sweet Potatoes Sage Bread Dressing Brussels Sprouts Strawberry & Pineapple Bread x1	21
Beef Stroganoff Mashed Potatoes Malibu Blend Veggies Honeydew Bread x2	26	BBQ Pork on a Bun Sweet Potato Waffle Fries Country Blend Veggies Heavenly Hash	27	Fish & Chips/Tartar Sauce Coleslaw Tropical Fruit Cup Lemon Wedge Wheat Roll	28

August 2024**Hankinson Senior Center****242-7742**

		PLEASE NOTE: Until a cook is hired in Hankinson, there will be NO congregate or carry-out meals on Tuesdays, but meals will be available Wednesdays & Fridays. Meals on Wheels recipients will continue to get a meal delivered Tuesdays, Wednesdays & Fridays.		Hot Dog on a Bun French Fries Corn Cobette Blushing Pears	2
MEALS ON WHEELS ONLY	6	Manhattan Meatballs Brown Rice House Salad Seasoned Broccoli Seasonal Fresh Fruit Bread x1	7	Cobb Salad/Dressing Pineapple Breadstick	9
MEALS ON WHEELS ONLY	13	Hot Pork Sandwich Chive Mashed Potatoes Peas & Carrots Wheat Roll Snicker & Apple Salad	14	Breaded Cod Warm German Potato Salad Prince Edward Veggies Fruit Cocktail Bread x2	16
MEALS ON WHEELS ONLY	20	Roast Turkey/ Gravy Glazed Sweet Potatoes Sage Bread Dressing Brussels Sprouts Strawberry & Pineapple Bread x1	21	Lasagna/Parmesan Cheese House Salad Winter Blend Veggies Peaches Breadstick	23
MEALS ON WHEELS ONLY	27	Supreme Pizza Casserole House Salad Green Beans Oregano Whole grain Breadstick Cantaloupe	28	Fish & Chips/Tartar Sauce Coleslaw Tropical Fruit Cup Lemon Wedge Wheat Roll	30

August 2024**Lidgerwood Senior Center****538-4602**

		Hot Dog on a Bun French Fries Corn Cobette Blushing Pears	1
5	Cabbage Roll Rosemary Potatoes Green Beans Almondine Fresh Fruit Salad Bread x2	6	Manhattan Meatballs Brown Rice House Salad Seasoned Broccoli Seasonal Fresh Fruit Bread x1
8		Grilled Chicken on a Bun Pasta Salad Baked Beans Watermelon Dessert	
12	Hot Pork Sandwich Chive Mashed Potatoes Peas & Carrots Wheat Roll Snicker & Apple Salad	13	Chicken Fettuccine Alfredo House Salad Italian Blend Veggies Cranberry Fruit Salad Gelatin Breadstick
15		Swiss Steak Buttered Red Potatoes Lemon Asparagus Fresh Fruit Salad Bread x2	
19	Lasagna/Parmesan Cheese House Salad Winter Blend Veggies Peaches Breadstick	20	Chicken & Rice Vegetable Casserole Seasoned Green Peas Honeydew Biscuit
22		Roast Turkey/Gravy Glazed Sweet Potatoes Sage Bread Dressing Brussels Sprouts Strawberry & Pineapple Bread x1	
26	Beef Stroganoff Mashed Potatoes Malibu Blend Veggies Honeydew Bread x2	27	BBQ Pork on a Bun Sweet Potato Waffle Fries Country Blend Veggies Heavenly Hash
29		Fish & Chips/Tartar Sauce Coleslaw Tropical Fruit Cup Lemon Wedge Wheat Roll	

August 2024**Wyndmere Senior Center****439-2907**

		Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Blueberries	1
5	Cabbage Roll Rosemary Potatoes Green Beans Almondine Fresh Fruit Salad Bread x2	6	Pork Wings Macaroni & Cheese Cucumber Mint Salad Baked Tomato Half Mandarin Oranges Whole Grain Banana Bread
7		Manhattan Meatballs Brown Rice House Salad Seasoned Broccoli Seasonal Fresh Fruit	
12	Ham & Beans Southern Style Okra Strawberries Corn Muffin	13	Chicken Fettuccine Alfredo House Salad Italian Blend Veggies Cranberry Fruit salad Gelatin Breadstick
15		Swiss Steak Buttered Red Potatoes Lemon Asparagus Fresh Fruit Salad Bread x2	
19	Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad	20	Chicken & Rice Vegetable Casserole Seasoned Green Peas Honeydew Biscuit
22		Peach French Toast Bake Scrambled Egg Breakfast Potatoes Lo-Cal Syrup Banana	
26	Beef Stroganoff Mashed Potatoes Malibu Blend Veggies Honeydew Bread x2	27	BBQ Pork on a Bun Sweet Potato Waffle Fries Country Blend Veggies Heavenly Hash
29		Caprese Chicken Lemon Dill Orzo California Blend Veggies Orange Bread x1	

Summer Olympics

H N O L Y M P I C S U L Y F S C I S L R
 E W S S E T E L H T A H W T E J T T C O
 Q O I I G N I L I A S G R R N Q S N L W
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 S L C W T O R E S C G Y M N A S T I C S
 R H F E N C I N G N O I S I V E L E T Y

Word List:

AQUATICS
SPORTS
 BRONZE
MEDAL
 COUNTRIES
 FENCING
 GOLF
 NATIONAL
ANTHEM
 RUGBY
 SWIMMING
 TORCH
 WEIGHTLIFTING

ARCHERY
 CEREMONIES
 CYCLING
 FIELDHOCKEY
 GYMNASTICS
 OLYMPICS
 SAILING
 TABLETENNIS
 TRIATHLON
 WINNERS

ATHLETES
 CHAMPION
 EQUESTRIAN
 FLAGS
 HOST
 PODIUM
 SHOOTING
 TELEVISION
 UNITEDSTATES
 WORLDRECORDS

BOXING
 COMPETITORS
 EVENTS
 GOLDMEDAL
 LOSERS
 ROWING
 SILVERMEDAL
 TENNIS
 VOLLEYBALL
 WRESTLING

Richland County Public Transit Schedules

August 2024— October 2024

Valley Senior Services Richland County Public Transportation can accommodate medical, dental and eye appointments, shopping, visiting and other personal needs on a first-call, first-serve basis. Please call us at 701-642-5746 at least 2 days in advance to ensure your ride reservation. Vehicles are equipped to accommodate accessibility needs. Our transportation is open to the public and is available to anyone of any age. We look forward to your call.

TRANSIT RIDES WITHIN WAHPETON/BRECKENRIDGE

We provide transportation in the Wahpeton/Breckenridge area Monday through Friday. The first ride is given at 8:15am and the last ride is given at 3:45pm. The cost for these rides is **\$1 per one way ride**. We ask that you limit your shopping bags to 6 or less, and you should be able to carry your own bags.

TRANSIT RIDES TO WAHPETON

We offer rides from surrounding towns in Richland County into Wahpeton monthly. **To schedule a ride call 642-5746 at least 2 days in advance.** Hours spent in Wahpeton will be between 10:00am to 3:00pm unless all riders are done earlier. It is best if you schedule any medical appointments between the hours of 10am and 2:00pm if possible. The cost for these rides is **\$5.00 per person**.

FAIRMOUNT/HANKINSON/LIDGERWOOD WYNDMERE/MOORETON

August 12 & 26

September: 9 & 23

October 14 & 28

TRANSIT RIDES TO FARGO

We provide transportation to Fargo on the 1st, 2nd, 3rd and 4th Tuesdays and Thursdays of each month. **To schedule a ride, call 642-5746 at least 2 days in advance.** Hours spent in Fargo will be between 10:00am to 3:00pm unless all riders are done earlier. It is best if you schedule any medical appointments between the hours of 10:00am and 2:00pm. The cost for these rides is **\$8.00 per person**.

Please note: we will no longer have set routes to Fargo. Anyone in Richland County can ride our transportation on any Fargo date.

August: 1, 6, 13, 15, 20, 22, & 27

September: 3, 5, 10, 12, 17, 19, 24, & 26

October: 1, 3, 8, 10, 15, 17, 22, & 24

Activities

All activities are held at the Senior Center in your community unless otherwise noted.
Coffee & dessert following all activities in Lidgerwood, Wahpeton, and Wyndmere.

Bingo

Wahpeton—Tuesday at 12:30pm

Coffee & Toast Social

Abercrombie—Monday, Tuesday, and Wednesday
from 8am-10am

Exercise

Lidgerwood—Exercise equipment available to use

Wahpeton—Bone Builders—Tuesday & Thursday
at 9am at the Wahpeton Community Center

Pot Luck

Fairmount—2nd & 4th Wednesday of the month at
12pm

Free For All Fridays!

Grab your friends and come on down to the
Wahpeton Senior Center From 12:30pm – 4pm for
any or all of the following games:

Cribbage	Dice	Mexican Train
Wii Games	Yahtzee	Phase 10

**“Roll” into the weekend with us at the
Wahpeton Senior Center! Give us a call at
642-5746 before noon on Thursday and let us
know that you will be joining us for rolls
on Friday.**

**This ensures we will have
enough rolls for everyone! Then join us on
Friday between 8:30am—9:30am for a roll
and all you can drink coffee!
Suggested \$1.00 donation!**

Bridge

Wahpeton—Thursday at 12:30pm

Hand and Foot

Abercrombie—Wednesday at 1pm

Lidgerwood—Tuesday at 1pm

Wahpeton—Wednesday at 12:15pm

Hankinson—Tuesday, Wednesday &
Friday at 12:00pm

Other Card Games & Dominoes

Wyndmere—Monday—Friday at 3pm

Hankinson—Tuesday, Wednesday &
Friday at 12:00pm

Pinochle

Wahpeton—Wednesday at 12:30pm

Wyndmere—Monday at 1pm

Puzzles

Wahpeton—Monday — Friday 9am—
3pm

Wyndmere—Monday—Friday 10am—
6pm

Hankinson—Tuesday, Wednesday &
Friday at 12:00pm

Social Hour

Abercrombie—Monday, Tuesday &
Wednesday at 1pm

Wyndmere—Monday—Friday at 3pm

Whist

Wahpeton—Monday at 12:30pm

Wyndmere—Thursday at 1pm

Hankinson—Tuesday, Wednesday &
Friday at 12:00pm

Wahpeton Harmony Senior Citizens Club, Inc
520 3rd Avenue South
Wahpeton, ND 58075

NON-PROFIT ORG.
U.S. POSTAGE PAID
WAHPETON, ND 58075
PERMIT NO. 10

"Return Service Requested"

VALLEY SENIOR SERVICES

- Helping Seniors Maintain Independence -

Community Dining and Meals on Wheels are offered in the towns of Abercrombie, Hankinson, Lidgerwood, Wahpeton and Wyndmere. Don't live in one of these towns? Frozen meals are available to you!

Transportation is provided in Wahpeton, to Fargo and from surrounding towns into Wahpeton. These rides are open to all Richland County residents regardless of age.

Our Resource Services are designed to assist individuals 60+. Resource Specialists help connect you to the services and supports you need today and to plan ahead for the future.

