

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

Fall Dessert Recipes

Fall is finally here and holiday season is just around the corner! Holidays are often filled with delicious foods and sweets that can be hard to resist. Instead of limiting all desserts, why not make nutritious ones to help curb your sweet tooth? Below are a few easy recipes that are either low in added sugar and saturated fat or they are full of nutritious ingredients like fruits, whole grains, nuts, seeds and spices. These desserts are great options to have as a snack or to share when the grandkids come to visit!

Stove Top Spiced Apples

Ingredients

- 4 apples, cored and chopped
- 1 tbsp water
- 2 tsp cinnamon
- 1 tsp vanilla
- a pinch of nutmeg, cloves and ginger (based on preference)

Directions

1. Core and cut apples into wedges or cubes
2. Add them to a nonstick pan with cinnamon, optional spices, vanilla and a little splash of water and stir together to coat. Cover and cook at medium-high heat for one minute.
3. Then take the lid off, reduce heat and keep stirring occasionally for another 3-4 minutes or until some of the apples become tender.
4. Take out and serve immediately.

Serving Options: Serve cinnamon apples with plain, low fat Greek yogurt to add protein to your dessert or top with your favorite nuts for some healthy fats!

No Bake Pumpkin Peanut Butter Balls

Ingredients

- 1 cup rolled oats
- 1/2 cup pumpkin puree
- 1/2 cup peanut butter
- 2 tablespoons honey or maple syrup (optional)
- 1 1/2 teaspoons pumpkin pie spice

Directions

1. Add oats to a food processor or blender and grind until it turns into flour.
2. In a large mixing bowl, combine all the ingredients. Using a spoon shape into small bite sized balls. Enjoy!

Optional Additions: Add chia seeds, pecans, shredded coconut or ground flaxseed for more fiber and healthy fats!

**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**

**Administrative Specialist
Deanna**

**COUNTY ASSISTANT
Sharilynne**

**KITCHEN STAFF
Carol-Abercrombie
Sarah—Hankinson
Sandra—Lidgerwood
Sharron-Wahpeton
Tanya—Wahpeton
Cathy-Wyndmere**

**FILL-IN KITCHEN STAFF
Joanne
Karen
Dorothy**

**TRANSPORTATION
Christine
Dawn
Uri**

**INVENTORY & TRANSPORTATION
Shanel
Keith**

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 Grindeland
Valley Senior Services
2801 32nd Avenue South
Fargo, ND 58103**

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 December 3 & 17 and January 7 & 21
9:00am to 12:00pm December 5 and January 2

**Lidgerwood Senior Center
117 4th Street Southwest
December 5 and January 2**

**Hankinson Senior Center
111 3rd Street Southwest
9:00am to 1:00pm on
December 12 and January 9**

**Wyndmere Senior Center
466 4th Street
10:00am to 1:00pm on
December 19 and January 16**

**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

Wahpeton Senior Center

520 3rd Ave S

December 5th @ 10:00am

Hankinson Senior Center

111 3rd St SW

December 6th @ 12:00pm

Lidgerwood Senior Center

117 4th St SW

December 5th @ 10:00am

We invite you to join CHI Health at Home for an informative session dedicated to understanding the benefits of hospice care and when is the right time for hospice.

Abercrombie Senior Center

516 Broadway

December 3rd @ 12:30pm

Wyndmere Senior Center

466 4th St

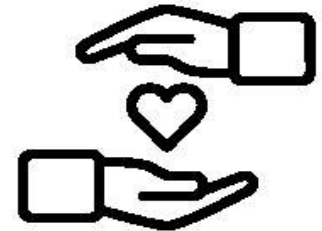
December 5th @ 11:00am

This educational session aims to highlight the benefits of hospice care and to help families understand what hospice is

Benefits of Hospice Care

Hospice Care offers numerous advantages for patients and their families, including:

- Comprehensive Support
- Pain and Symptom Management
- Emotional Support
- Family Involvement
- Home-Based Care
- Respite for Caregivers



When is the Right Time for Hospice?

Determining the right time to transition to hospice care can be challenging. Here are some indicators:

- Terminal Diagnosis
- Frequent Hospitalizations
- Declining Health
- Focus on Quality of Life
- Increased Need of Support

save the date



Giving Hearts Day is just about here!

Scheduled donations
start as early as
January 13

Mark your calendar!
February 13
ALL DAY LONG



A Day of Generosity,
A Lifetime of Support for Seniors





RICHLAND COUNTY

NUTRITION PROGRAM

VALLEYSENIORSERVICES.ORG

At Valley Senior Services, we believe that proper nutrition is vital to maintaining the health and independence of older adults, helping them stay active and remain in their homes. Our dietitian-approved meals are available at Richland County sites in Wahpeton, Hankinson, Lidgerwood, Wyndmere, and Abercrombie for individuals 60+ and their spouses, with a suggested donation of \$4 per meal. No one is ever turned away due to an inability to contribute.

✔ Congregate Dining*

Join us for a delicious, home-cooked meal at any of our senior centers, where you can catch up with old friends or meet someone new. Simply call the center by 9:00 am on the day you'd like to join us, and lunch will be served from 11:00 am to 12:30 pm.

✔ Carry Out Meals*

No time to join us for lunch or prefer to eat at home? No problem! Just call by 9:00 am, and we'll have a meal ready for pickup by 11:00 am, so you can enjoy it on your own schedule.

✔ Home Delivered Meals

Home Delivered Meals, or Meals on Wheels, are available for individuals who are homebound or meet specific eligibility requirements. A Resource Specialist will visit your home to complete an assessment and determine your eligibility, with reassessments conducted annually. If eligible, friendly volunteers will deliver a hot meal to you every day your local senior center is open.

✔ Frozen Meals*

Our frozen meals are the same delicious, home-cooked meals we prepare daily, and they come with two slices of frozen bread, a fruit cup, and a half pint of milk. These meals can be easily reheated in the oven or microwave and are available for pickup at all five of our senior centers.

* An annual Meal Program Assessment form is required.

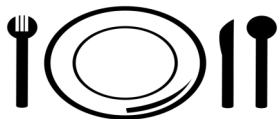
LEARN MORE ABOUT THE NUTRITION PROGRAM IN RICHLAND COUNTY

701-642-3033

RICHLAND COUNTY MEAL SITES

- Abercrombie Community Center (M, T, W) - 701-553-8459
- Hankinson Senior Center (T, W, F) - 701-242-7742
- Lidgerwood Senior Center (M, T, TH) - 701-538-4602
- Wahpeton Senior Center (M, T, W, TH, F) - 701-642-3033
- Wyndmere Senior Center (M, T, TH) - 701-439-2907

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Tuna Noodle Casserole Caribbean Blend Veggies Peaches Dinner Roll</p>	<p>3</p> <p>Turkey a la King Fluffy Rice Malibu Blend Veggies Fresh Grapes Biscuit</p>	<p>4</p> <p>Hot Roast Beef w/ Gravy on Wheat Chive Mashed Potatoes Peas and Carrots Snicker Apple Salad</p>	<p>5</p> <p>Chicken & Dumplings House Salad Herbed Green Beans Strawberries & Yogurt Biscuit</p>	<p>6</p> <p>Scrambled Eggs Seasoned Steak Hashbrowns Orange Vinaigrette Veggies Mixed Berries Bread x2/Jelly</p>
<p>9</p> <p>BBQ Ribs Prince Edward Veggies Baked Potato Fruit Cocktail Bread x2</p>	<p>10</p> <p>Chili w/ Beans House Salad Cornbread Wheat Crackers Banana</p>	<p>11</p> <p>Birthday Dinner Chicken Fried Steak Cream Gravy Potatoes & Onions Lemon Butter Broccoli Ambrosia Bread x1 Birthday Cake</p>	<p>12</p> <p>Cheeseburger on a Bun Dijon Red Potatoes Squash Fresh Whole Pear</p>	<p>13</p> <p>Christmas Dinner Ham Glazed Sweet Potatoes Green Bean Casserole Orange Strawberry Cream Pie Dinner Roll</p>
<p>16</p> <p>Swedish Meatballs Mashed Potatoes Corn Apple Bread x2</p>	<p>17</p> <p>Lemon Pepper Fish Au Gratin Potatoes Winter Blend Veggies Peachy Gelatin Bread x2</p>	<p>18</p> <p>Chicken Tortilla Soup Cheese Enchiladas Black Beans Pepper Medley Sour Cream Pineapple</p>	<p>19</p> <p>Beef Lasagna Herbed Green Beans Blueberries Breadstick</p>	<p>20</p> <p>Roast Pork Loin Parslied Potatoes Balsamic Brussels Sprouts Apricots Caribbean Sauce Dinner Roll</p>
<p>23</p> <p>Tater Tot Casserole Southwest Corn Fresh Whole Pear Bread x2</p>	<p>24</p> <p>CLOSED Meals on Wheels recipients will receive a frozen meal on Monday along with their hot meal.</p>	<p>25</p> <p>CLOSED If you would like to receive an additional frozen meal on Monday, please call the office at 642-3033.</p>	<p>26</p> <p>Lemon Mustard Chicken Roasted Red Potatoes Country Blend Veggies Tropical Fruit Dinner Roll</p>	<p>27</p> <p>Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit</p>
<p>30</p> <p>Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges</p>	<p>31</p> <p>Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus Raspberries Breadstick</p>	<p>We will be closed on January 1st. If you would like to receive a frozen meal on Tuesday along with your hot meal, please call the office at 642-3033</p>		



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 \$11.75 per meal.

December 2024

Abercrombie Senior Center

553-8759

<p>Tuna Noodle Casserole Caribbean Blend Veggies Peaches Dinner Roll</p> <p style="text-align: right;">2</p>	<p>Scrambled Eggs Seasoned Steak Hashbrowns Orange Vinaigrette Veggies Mixed Berries Bread x2/Jelly</p> <p style="text-align: right;">3</p>	<p>Chicken & Dumplings House Salad Herbed Green Beans Strawberries & Yogurt Biscuit</p> <p style="text-align: right;">4</p>
<p>Chili w/ Beans House Salad Cornbread Wheat Crackers Banana</p> <p style="text-align: right;">9</p>	<p>Chicken Fried Steak/Cream Gravy Potatoes & Onions Lemon Butter Broccoli Ambrosia Bread x1</p> <p style="text-align: right;">10</p>	<p>Christmas Dinner</p> <p>Ham Glazed Sweet Potatoes Green Bean Casserole Orange Strawberry Cream Pie Dinner Roll</p> <p style="text-align: right;">13</p>
<p>Swedish Meatballs Mashed Potatoes Corn Apple Bread x2</p> <p style="text-align: right;">16</p>	<p>Beef Lasagna Herbed Green Beans Winter Blend Veggies Breadstick</p> <p style="text-align: right;">17</p>	<p>Chicken Tortilla Soup Cheese Enchiladas Black Beans Pepper Medley Sour Cream Pineapple</p> <p style="text-align: right;">18</p>
<p>Tater Tot Casserole Southwest Corn Fresh Whole Pear Bread x2</p> <p style="text-align: right;">23</p>	<p>Lemon Mustard Chicken Roasted Red Potatoes Country Blend Veggies Tropical Fruit Dinner Roll</p> <p style="text-align: right;">26</p>	<p>Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit</p> <p style="text-align: right;">27</p>
<p>Sloppy Joe / Bun Baked Beans Potato Wedges Bread x2</p> <p style="text-align: right;">30</p>	<p>Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus Raspberries Breadstick</p> <p style="text-align: right;">31</p>	

December 2024

Hankinson Senior Center

242-7742

<p>Turkey a la King Fluffy Rice Malibu Blend Veggies Fresh Grapes Biscuit</p> <p style="text-align: right;">3</p>	<p>Hot Roast Beef/Gravy on Wheat Chive Mashed Potatoes Peas and Carrots Snicker & Apple Salad</p> <p style="text-align: right;">4</p>	<p>Chicken & Dumplings House Salad Herbed Green Beans Strawberries & Yogurt Biscuit</p> <p style="text-align: right;">6</p>
<p>Chicken Fried Steak/Cream Gravy Potatoes & Onions Lemon Butter Broccoli Ambrosia Bread x1</p> <p style="text-align: right;">10</p>	<p>Christmas Dinner</p> <p>Ham Glazed Sweet Potatoes Green Bean Casserole Orange Strawberry Cream Pie Dinner Roll</p> <p style="text-align: right;">11</p>	<p>BBQ Ribs Prince Edward Veggies Baked Potato Fruit Cocktail Bread x2</p> <p style="text-align: right;">13</p>
<p>Chicken Tortilla Soup Cheese Enchiladas Black Beans Winter Blend Veggies Sour Cream Pineapple</p> <p style="text-align: right;">17</p>	<p>Roast Pork Loin Parslied Potatoes Balsamic Brussels Sprouts Apricots Caribbean Sauce Dinner Roll</p> <p style="text-align: right;">18</p>	<p>Beef Lasagna Herbed Green Beans Blueberries Breadstick</p> <p style="text-align: right;">20</p>
<p>Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit</p> <p style="text-align: right;">23</p>	<p>Lemon Mustard Chicken Roasted Red Potatoes Country Blend Veggies Tropical Fruit Dinner Roll</p> <p style="text-align: right;">26</p>	<p>Tater Tot Casserole Southwest Corn Fresh Whole Pear Bread x2</p> <p style="text-align: right;">27</p>
<p>Shrimp Scampi / Spinach Fettuccine House Salad Buttered Asparagus Raspberries Breadstick</p> <p style="text-align: right;">30</p>		

December 2024

Lidgerwood Senior Center

538-4602

<p>Tuna Noodle Casserole Caribbean Blend Veggies Peaches Dinner Roll</p> <p style="text-align: right;">2</p>	<p>Hot Roast Beef/Gravy on Wheat Chive Mashed Potatoes Peas & Carrots Snicker & Apple Salad</p> <p style="text-align: right;">3</p>	<p>Chicken & Dumplings House Salad Herbed Green Beans Strawberries & Yogurt Biscuit</p> <p style="text-align: right;">5</p>
<p>BBQ Ribs Prince Edward Veggies Baked Potato Fruit Cocktail Bread x2</p> <p style="text-align: right;">9</p>	<p>Chicken Fried Steak/Cream Gravy Potatoes & Onions Lemon Butter Broccoli Ambrosia Bread x1</p> <p style="text-align: right;">10</p>	<p style="text-align: center;">Christmas Dinner</p> <p>Ham Glazed Sweet Potatoes Green Bean Casserole Orange Strawberry Cream Pie Dinner Roll</p> <p style="text-align: right;">13</p>
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<p>Tater Tot Casserole Southwest Corn Fresh Whole Pear Bread x2</p> <p style="text-align: right;">23</p>	<p>Lemon Mustard Chicken Roasted Red Potatoes Country Blend Veggies Tropical Fruit Dinner Roll</p> <p style="text-align: right;">26</p>	<p>Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit</p> <p style="text-align: right;">27</p>
<p>Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges</p> <p style="text-align: right;">30</p>	<p>Shrimp Scampi / Spinach Fettucine House Salad Buttered Asparagus Raspberries Breadstick</p> <p style="text-align: right;">31</p>	

December 2024

Wyndmere Senior Center

439-2907

<p>Tuna Noodle Casserole Caribbean Blend Veggies Peaches Dinner Roll</p> <p style="text-align: right;">2</p>	<p>Turkey a la King Fluffy Rice Malibu Blend Veggies Fresh Grapes Biscuit</p> <p style="text-align: right;">3</p>	<p>Chicken & Dumplings House Salad Herbed Green Beans Strawberries & Yogurt Biscuit</p> <p style="text-align: right;">5</p>
<p>BBQ Ribs Prince Edward Veggies Baked Potato Fruit Cocktail Bread x2</p> <p style="text-align: right;">9</p>	<p>Chili w/ Beans House Salad Cornbread Wheat Crackers Banana</p> <p style="text-align: right;">10</p>	<p style="text-align: center;">Christmas Dinner</p> <p>Ham Glazed Sweet Potatoes Green Bean Casserole Orange Strawberry Cream Pie Dinner Roll</p> <p style="text-align: right;">13</p>
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3 Ingredient Banana, Oat, Chocolate Chip Cookies

Ingredients

- 2 medium bananas, ripe
- 1 ½ cup oatmeal - optional 1/2 cup rolled oats and 1 cup quick oats
- 1/3 cup mini chocolate chips

Directions

1. Preheat oven to 350 degrees Fahrenheit and grease a cookie sheet. Using the back of a fork, mash bananas in a medium bowl until they are broken down.
2. Add in oats and chocolate chips. Gently stir until all of the ingredients are mixed together.
3. Scoop one tablespoon of the dough into your hands and free form into a cookie. Place on cookie sheet and continue until you have 12 cookies.
4. Bake for 12-15 minutes or until set through and lightly golden. Cool and enjoy!

Storage Recommendations: Cookies can be stored in an airtight container for five days in the refrigerator or for 3 months frozen.

Fruit and Nut Dark Chocolate Bark

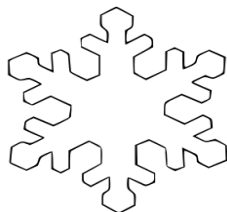
Ingredients

- 3 cups dark chocolate chips
- 1 cup roughly chopped pecans, pistachios and walnuts
- 1/3 cup chopped dried apricots or cherries
- 1/3 cup dried cranberries

Directions

1. Line a large baking sheet with parchment paper or a silicone mat.
2. Place the chocolate chips in a microwave safe glass bowl or measuring cup. Heat for 1 minute, at 50% power, stir and heat an additional 30 seconds to a minute, stir again until smooth. Pour the chocolate across the lined baking sheet and spread it out with a spatula.
3. Sprinkle with the chopped fruits and nuts. Let the chocolate harden at room temperature or in the refrigerator. Cut the bark into pieces once it has set. Store at cool room temperature or in the refrigerator. Enjoy!

Weather Related Closures for Abercrombie, Hankinson, Lidgerwood, Wahpeton & Wyndmere Meal Sites



Weather related closures will be announced on the following media outlets:

• **Valley News Live**

• **Facebook**

When we are closed, there will be no Carry Out, Congregate, Home Delivered Meals, Transportation or Activities that day.

Richland County Public Transit Schedules

December 2024—February 2025

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 10:00am and 2:00pm if possible. The cost for these rides is **\$5.00 per person**.

FAIRMOUNT/HANKINSON/LIDGERWOOD WYNDMERE/MOORETON

December 9 & 23

January 13 & 27

February 10 & 24

TRANSIT RIDES TO FARGO

We provide transportation to Fargo on Tuesdays and Thursdays. **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.

December: 3, 5, 10, 12, 17, 19, 26, & 31

January: 2, 7, 9, 14, 16, 21, 23, 28, & 30

February: 4, 6, 11, 13, 18, 20, 25, & 27

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"



FOR MORE INFO, CONTACT US AT
INFO@VALLEYSENIORSERVICES.ORG OR
701-642-3033



TRANSPORTATION

Transportation is available in Wahpeton, to Fargo, and from surrounding towns into Wahpeton for all Richland County residents, regardless of age.



NUTRITIOUS MEALS

Community dining, Meals on Wheels, and to-go meals are available in Abercrombie, Hankinson, Lidgerwood, Wahpeton, and Wyndmere. Not in these towns? Frozen meals are available!



RESOURCES SERVICES

Our staff help clients 60+ identify needs and find services to maintain independence.