



Valley
Senior Services

helping seniors maintain independence

TOGETHER
We Can
Make An
Impact



Giving Hearts Day

Giving Hearts Day is just about here!

A Day of Generosity,
A Lifetime of Support for Seniors in

WAHPETON • ABERCROMBIE • HANKINSON • LIDGERWOOD • WYNDMERE

To donate to Valley Senior Services for Giving Hearts Day, visit GivingHeartsDay.org to make your online donation or mail/drop off your cash or check donation at your area senior center.

**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

**RESOURCE SPECIALIST
Sarah**

**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
Julie**

**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
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 February 4 & 18 and March 4 & 18
9:00am to 12:00pm February 6 and March 6

**Lidgerwood Senior Center
117 4th Street Southwest
February 6 and March 6**

**Hankinson Senior Center
111 3rd Street Southwest
9:00am to 1:00pm on
February 13 and March 13**

**Wyndmere Senior Center
466 4th Street
10:00am to 1:00pm on
February 20 and March 20**

**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

Rent Refunds, Property Tax Credits, and Primary Residence Credits Available

Rent Refunds

If you are 65 years old, or totally and permanently disabled, you may be eligible for a rent refund. 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 \$70,000 for the year 2024. 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.

Applications are available at the end of January and must be filed with the State Tax Commissioner by June 1st, 2025.

Property Tax Credit

If you are 65 years old, or totally and permanently disabled, you may be eligible for a 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 \$70,000.

If you believe you are eligible for a property tax credit, **you can file an application with your local assessor by March 31st 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 more information, or if you are interested in applying,
please call our office at 701-642-3033 or the State
Tax Commissioner at 1-877-328-7088 option 5 or visit www.tax.nd.gov**

Primary Residence Credit

The primary Residence Credit (PRC) provides all North Dakota homeowners with the option to apply for a state property tax credit through the North Dakota Office of State Tax Commissioner. Homeowners with an approved application may receive up to a \$500 credit against their property tax obligation.

To be eligible for the credit, you must own a home (house, mobile home, duplex, or condo) in North Dakota, and reside in it as your primary residence. There are no age restrictions or income limitations for this credit. Only one Primary Residence Credit is available per household. **Apply online by March 31, 2025 at tax.nd.gov/prc**

Those applying for the credit may be eligible for apply for more than one type of property tax credit, including the Homestead Property Tax Credit and the Disabled Veterans Property Tax Credit.

Slow Cooker Recipes

By Lane Lipetzky Swenson—RD, LD, CGN

Tis the season to use the crockpot! Slow cooker meals are a great way to make simple recipes that are both warm and delicious. Most recipes require minimum preparation and can save you time with very few dishes to do for cleanup. Additionally, using a slow cooker can help soften protein sources like tough cuts of meat for those who may have trouble chewing. The recipes below are easy to prepare and serve 2-4 people to help cut down leftovers.

Shredded Crockpot Chicken for Two

Serves: 2

Ingredients

- 1-2 boneless skinless chicken breasts (about 1/2 lb)
- ¼ cup chicken broth
- ½ teaspoon Italian seasoning
- Black pepper to taste

Instructions

1. Place chicken breasts in small crockpot. Pour in chicken broth and sprinkle with seasonings.
2. Cover and cook on low for 3-4 hours or until chicken is cooked through (165 degrees F minimum) and fall apart tender.
3. Let rest for 10 minutes before pulling apart. Using two forks, gently pull and shred the chicken in the liquid.
4. Make shredded chicken sandwiches or add to the top of a fresh salad.

Tomato Basil Steak

Author: Sheryl Little

Serves: 4

Ingredients

- 1-1/4 pounds boneless beef shoulder top blade or flat iron steaks
- ½ pound whole fresh mushrooms, quartered
- 1 medium sweet yellow pepper, julienned
- 1 can (14 ounces) stewed tomatoes, undrained
- 1 can (8 ounces) tomato sauce
- 1 envelope onion soup mix
- 2 tablespoons minced fresh basil

Instructions

1. Place steaks in a 4-qt. slow cooker. Add mushrooms and pepper. In a small bowl, mix tomatoes, tomato sauce, soup mix and basil; pour over top.
2. Cook, covered, on low 6-8 hours or until beef and vegetables are tender. Serve with rice.

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Split Pea Soup

Serves: 2-3

Ingredients

- 8 oz split peas
- 2 medium carrots, peeled and diced
- ½ white onion, chopped
- 1 garlic clove, minced
- 1 bay leaf
- 1 tsp salt
- ½ teaspoon pepper
- 3 cups hot water

Instructions

1. Layer ingredients in order listed above. Do not stir
2. Cover and cook until peas are soft High: 4-5 hours or Low: 8-10 hours
3. Remove bay leaf before serving.

09-Easy Pork Chops

Author Carrie Barnard

Serves: 2-3

Ingredients

- 2-3 boneless pork chops (thick cut)
- 1 can cream of chicken soup (10 oz)
- 1 Tbsp ranch seasoning mix
- ¼ cup chicken broth

Instructions

1. Place pork chops in a crock pot.
2. In a mixing bowl, whisk together the cream of chicken soup, ranch seasoning mix and chicken broth.
3. Pour this mixture on top of the pork chops in a crock pot.
4. Cover and cook on low for 5-7 hours or on high for 2.5-3.5 hours until the pork has an internal temperature of 165 degrees F.



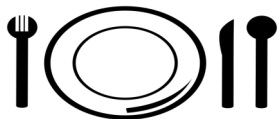
Weather Related Closures for Abercrombie, Hankinson, Lidgerwood, Wahpeton & Wyndmere Meal Sites

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

- **Valley News Live / KVLV Channel 11**
- **KBMW Radio**
- **Facebook: "Wahpeton Senior Center"**
"Valley Senior Services"
- **Valley Senior Services Website:**
www.valleyseniorservices.org

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Beef Stuffed Pepper Parslied Potatoes Zucchini Cranberry Peaches Bread x1</p>	<p>4</p> <p>Salisbury Steak/Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad Bread x2</p>	<p>5</p> <p>Pork Wings Scalloped Potatoes Seasoned Snow Peas Cinnamon Bananas Dinner Roll</p>	<p>6</p> <p>Ham Baked Potato Mixed Veggies Deluxe Fruit Bread x2</p>	<p>7</p> <p>Mushroom Swiss Burger / Bun Potato Salad Broccoli Tangerine</p>
<p>10</p> <p>Tater Tot Casserole Green Beans Diced Pears Bread x1</p>	<p>11</p> <p>Lemon Pepper Cod Rosemary Garlic Potatoes Dilled Carrots Oranges in Whipped Topping Bread x2</p>	<p>12</p> <p>Birthday Dinner Country Fried Steak/ Gravy Baby Baker Potatoes Beets Pineapple Dessert Dinner Roll</p>	<p>13</p> <p>Open Faced Turkey Sandwich (bread x2) Chive Mashed Potatoes Peas & Carrots Snicker Apple Salad</p>	<p>14</p> <p>Chicken Tenders Macaroni & Cheese House Salad Fruit Cocktail Bread x1</p>
<p>17</p> <p>CLOSED If you would like to receive a frozen meal, please call the office at 642-3033.</p>	<p>18</p> <p>Cheese Tortellini / Marinara Sauce Meatballs Italian Veggie Blend Mixed Berries Breadstick</p>	<p>19</p> <p>Roast Beef & Gravy Dijon Red Potatoes Country Blend Veggies Tropical Fruit Bread x2</p>	<p>20</p> <p>Beef Fajita Chips/Salsa Spanish Rice Southwest Corn Raspberries Dessert</p>	<p>21</p> <p>Philly Cheese Chicken Sandwich Tater Tots Capri Blend Veggies Banana</p>
<p>24</p> <p>Fish Sandwich on Bun w/ Tartar Sauce Au Gratin Potatoes Lettuce, Tomato, Onion Cinnamon Applesauce</p>	<p>25</p> <p>Teriyaki Chicken Sesame Brown Rice Pacific Blend Veggies Egg Roll Peach Crisp</p>	<p>26</p> <p>Supreme Pizza Casserole House Salad/Dressing Green Beans Oregano Apple Breadstick</p>	<p>27</p> <p>Pulled BBQ Chicken Ranch Beans California Blend Veggies Cornbread Strawberries</p>	<p>28</p> <p>Egg & Sausage Bake Hash Browns Asparagus Almondine Bread x1 / Jelly Blueberries</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.

February 2025**Abercrombie Senior Center****553-8759**

Salisbury Steak & Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad Bread x2	3	Beef Stuffed Pepper Parslied Potatoes Zucchini Cranberry Peaches Bread x1	4	Mushroom Swiss Burger on a Bun Potato Salad Broccoli Tangerine	5
Tater Tot Casserole Green Beans Diced Pears Bread x1	10	Lemon Pepper Cod Rosemary Garlic Potatoes Dilled Carrots Oranges in Whipped Topping Bread x2	11	Chicken Tenders Macaroni & Cheese House Salad Fruit Cocktail Bread x1	12
Philly Cheese Chicken Sandwich Tater Tots Capri Blend Veggies Banana	18	Cheese Tortellini w/ Marinara Sauce Meatballs Italian Veggie Blend Mixed Berries Breadstick	19	Beef Fajita Chips & Salsa Spanish Rice Southwest Corn Raspberries Dessert	20
Fish Sandwich on a Bun/ Tartar Sauce Au Gratin Potatoes Lettuce, Tomato, Onion Cinnamon Applesauce	24	Teriyaki Chicken Sesame Brown Rice Pacific Blend Veggies Egg Roll Peach Crisp	25	Supreme Pizza Casserole House Salad/Dressing Green Beans Oregano Apple Breadstick	26

February 2025**Hankinson Senior Center****242-7742**

Beef Stuffed Pepper Parslied Potatoes Capri Blend Veggies Cranberry Peaches Bread x1	4	RS Ham Baked Potato Mixed Veggies Deluxe Fruit Bread x2	5	Mushroom Swiss Burger on a Bun Potato Salad Winter Blend Veggies Tangerine	7
Country Fried Steak/Gravy Baby Baker Potatoes Beets Pineapple Dessert Dinner Roll	10	Open Faced Turkey Sandwich (bread x2) Chive Mashed Potatoes Prince Edward Veggies Snicker Apple Salad	11	Tater Tot Casserole Green Beans Diced Pears Bread x1	12
Beef Fajita Chips & Salsa Spanish Rice Southwest Corn Raspberries Dessert	18	Roast Beef & Gravy Dijon Red Potatoes Country Blend Veggies Tropical Fruit Bread x2	19	Philly Cheese Chicken Sandwich Tater Tots Capri Blend Veggies Banana	21
Teriyaki Chicken Sesame Brown Rice Pacific Blend Veggies Egg Roll Peach Crisp	25	Pulled BBQ Chicken Ranch Beans California Blend Veggies Cornbread Strawberries	26	Supreme Pizza Casserole House Salad/Dressing Green Beans Oregano Apple Breadstick	28

February 2025**Lidgerwood Senior Center****538-4602**

Beef Stuffed Pepper Parslied Potatoes Zucchini Cranberry Peaches Bread x1	3	Salisbury Steak & Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad Bread x2	4	Mushroom Swiss Burger on a Bun Potato Salad Broccoli Tangerine	6
Country Fried Steak & Gravy Baby Baker Potatoes Beets Pineapple Dessert Dinner Roll	10	Lemon Pepper Cod Rosemary Garlic Potatoes Dilled Carrots Oranges in Whipped Topping Bread x2	11	Chicken Tenders Macaroni & Cheese House Salad Fruit Cocktail Bread x1	13
Roast Beef & Gravy Dijon Red Potatoes Italian Veggie Blend Tropical Fruit Bread x2	18	Philly Cheese Chicken Sandwich Tater Tots Capri Blend Veggies Banana	19	Beef Fajita Chips & Salsa Spanish Rice Southwest Corn Raspberries Dessert	20
Fish Sandwich on a Bun/Tartar Sauce Au Gratin Potatoes Lettuce, Tomato, Onion Cinnamon Applesauce	24	Supreme Pizza Casserole House Salad/Dressing Green Beans Oregano Apple Breadstick	25	Pulled BBQ Chicken Ranch Beans California Blend Veggies Cornbread Strawberries	27

February 2025**Wyndmere Senior Center****439-2907**

Beef Stuffed Pepper Parslied Potatoes Zucchini Cranberry Peaches Bread x1	3	Salisbury Steak & Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad Bread x2	4	Ham Baked Potato Mixed Veggies Deluxe Fruit Bread X2	6
Tater Tot Casserole Green Beans Diced Pears Bread x1	10	Lemon Pepper Cod Rosemary Garlic Potatoes Dilled Carrots Oranges in Whipped Topping Bread x2	11	Open Faced Turkey Sandwich (bread x2) Chive Mashed Potatoes Peas & Carrots Apple Snicker Salad	13
Cheese Tortellini/Marinara Sauce Meatballs Italian Veggie Blend Mixed Berries Breadstick	18	Roast Beef & Gravy Dijon Red Potatoes Country Blend Veggies Tropical Fruit Bread x2	19	Beef Fajita Chips & Salsa Spanish Rice Southwest Corn Raspberries Dessert	20
Fish Sandwich on a Bun/Tartar Sauce Au Gratin Potatoes Lettuce, Tomato, Onion Cinnamon Applesauce	24	Teriyaki Chicken Sesame Brown Rice Pacific Blend Veggies Egg Rolls Peach Crisp	25	Pulled BBQ Chicken Ranch Beans California Blend Veggies Cornbread Strawberries	27



ND SMP Scam of the Month – February 2025

New Years' Resolution: Commit to a Scam-Free Year!

Wishing you a Happy 2025! A new year brings a fresh start! Let's take this opportunity to educate ourselves about scams and how to avoid them.

New Years' Resolution to stay scam free:

I will PREVENT scams:

- Stay alert for "red flags," such as requests for personal information like your Medicare or Social Security number.
Protect yourself by avoiding sharing sensitive information over the phone or online.

I will DETECT scams:

- Carefully review Medicare Summary Notices (MSNs) or Explanation of Benefits (EOBs) to make sure all charges are accurate.
Use a calendar or journal to track your doctor's appointments for reference.

I will REPORT scams:

- If something seems suspicious, speak up! Start by contacting your healthcare provider to confirm if it's a billing error.
- Report Medicare scams—such as unauthorized use of your Medicare number or suspicious billing—by contacting the ND Senior Medicare Patrol.

Scams to watch out for in 2025:

- Telehealth scams
- AI-generated impersonation scams
- "Fake" medical device scams
- Data breach exploitation scams

Let's make this year a safe and scam-free one!

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.

North Dakota Senior Medicare Patrol Phone: 833-818-0029 or (701) 858-3580

For more information or to locate your SMP, visit <https://ndcpd.org/smp/>

This project was supported, in part, by grant number 90MPPG0021, from the Administration for Community Living, Department of Health and Human Services. Points of view or opinions do not necessarily represent official Administration for Community Living policy.

Like us on Facebook: North Dakota Senior Medicare Patrol

Richland County Public Transit Schedules

February 2025 — April 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

February 10 & 24 March 10 & 24 April 14 & 28

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.

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

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

April: 1, 3, 8, 10, 15, 17, 22, 24, & 29

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"

Cut along the dotted line above and mail your donation to the Richland County Valley Senior Services office.

Giving Hearts Day is just about here!

Join us from January 13 - February 13 in supporting the services that keep seniors in their homes and independent.

To donate to Valley Senior Services - Meals On Wheels program on Giving Hearts Day, visit GivingHeartsDay.org to make your online donation or mail/drop off your donation at the Wahpeton Senior Center.

A great way to donate to the Meals On Wheels program is by sponsoring a certain number of meals! To do so, follow the simple equation below:

_____ Number of meals to sponsor
x \$11.75 Cost per meal
\$ _____ Your total donation for Giving Hearts Day



Giving Hearts Day

Checks can be made out to Valley Senior Services and mailed to 520 3rd Ave S, Wahpeton, ND 58075
Checks must have "Giving Hearts Day" in the memo line or be dated February 13, 2025.