

The Reasons Why Everyone Should Eat More Seafood

Lane Lipetzky, RDN—Valley Senior Services

Seafood has been an important nutritional staple for cultures around the world for thousands of years. Today, however, it can be a polarizing food, some people love it while others hate it. Fortunately for the fish lovers, it is an extremely nutritious protein source that both the Department of Health and Human Services as well as the US Department of Agriculture recommended to eat two to three times a week! In this month's article we will discuss the important nutrition found in seafood and how to limit your mercury intake.

Nutritional Value of Seafood

Although nutritional values vary depending on the type of fish you're eating, you can count on seafood to be a great low-calorie source of protein, omega 3 fatty acids, vitamins and minerals. Lean fish are generally only 100 calories per 3 oz serving, while fatty fish (containing healthy fats) are around 200 calories per serving. In that same 3 oz serving, seafood has on average 21 grams of high-quality protein to help build and maintain muscle mass. As we age, our protein needs increase while our calorie needs decrease making seafood a good choice for your healthy diet.

Seafood is also a great source of Omega-3 fatty acids and is low in saturated fat. Omega-3 fats are associated with a decrease in inflammation and triglyceride levels. Additionally, according to the National Institute of Health, higher consumption of Omega-3 fatty acids is associated with improved learning, memory and cognitive well-being. To know if you are eating a fatty fish, look at the color of the flesh. Fatty fish like salmon and herring typically have a darker color flesh while leaner fish like cod and walleye have a lighter color. Both fatty and lean seafood are healthy for you and should be included in your diet.

Different types of seafood will contain varying levels of vitamins and minerals making it hard to give an overall nutritional statement. I would recommend to focus on eating a variety of fish to vary your vitamin and mineral intake. Seafood can be a good source of selenium, potassium, B vitamins, vitamin A, vitamin D, iron, zinc, magnesium and iodine depending on what type of fish you are eating.

You may notice that certain types of seafood, especially shellfish, contain high amounts of cholesterol. Luckily, dietary cholesterol only has a modest effect on overall cholesterol, meaning that it is ok to include foods containing cholesterol like eggs and shellfish as part of your healthy diet. Saturated fat, on the other hand, is what tends to raise cholesterol levels. As mentioned above, seafood is actually low in saturated fat which makes it a great choice for heart health.

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

Fax:

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**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 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
July 9 & 16 and August 6 & 20

**Lidgerwood Senior Center
117 4th Street Southwest**

There will be no footcare in Lidgerwood in July.

**Hankinson Senior Center
111 3rd Street Southwest**

9:00am to 1:00pm on
July 11 and August 8

**Wyndmere Senior Center
466 4th Street**

10:00am to 1:00pm on
July 18 and August 15

**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



Picnic In The Park & Zoo Walk

Date: August 8th, 2024

Time: 11:00am—Meal

12:00pm—Zoo Walk

Place: Meal will be served at the Hughes Shelter

Zoo Walk is at the Chahinkapa Zoo

Entertainment: 10:00am—12pm— Music by Ed Moore



We will be serving grilled chicken on a bun, baked beans, pasta salad, watermelon, and an ice cream dessert.

Suggested donation is \$4.00 per meal for anyone age 60 & older and \$9.00 per meal for anyone under the age of 60.

Admission to the zoo is free for people 60 years of age and older!



People are able to just come and eat or just do the Zoo Walk or you can do both!

Pre-Registration is required for both the lunch and the zoo walk. You can sign up at the Wahpeton Senior Center office or by calling 701-642-3033 by Friday, July 19th!

What about mercury?

Fish absorb methylmercury from their environment which has led to speculation over how much fish is ok to consume. In general, predatory fish contain higher levels of mercury. This includes shark, bluefin tuna, barramundi and swordfish. High mercury lake fish according to the Minnesota Department of Health include bass, northern and walleye. Fish with lower levels of mercury include shellfish, salmon, crappie, sunfish, tilapia, stream trout, yellow perch, sardines and canned tuna. Our bodies are able to eliminate mercury over time, but it is still important to limit the consumption of high mercury containing fish to no more than once a week. Fish low in mercury, however, should be consumed 2 times a week.

Below is an easy and delicious recipe to help you increase your seafood intake!

Dijon Baked Salmon

Prep time 5 minutes

Cook time 20 minutes

Ingredients

- 1 pound salmon fillet or 3-4 smaller salmon fillets
- ¼ cup fresh parsley finely chopped
- ¼ cup Dijon mustard
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 2 garlic cloves finely chopped
- Salt and pepper to taste



Instructions

1. Preheat your oven to 375 degrees Fahrenheit. Mix the mustard, parsley, lemon juice, oil, garlic, salt, and pepper in a small bowl.
2. Place the salmon on a parchment lined baking tray and generously coat the top of the salmon with the herb mustard mix.
3. Cooking times will vary based on the thickness of your salmon. Bake the salmon for 8-12 minutes for smaller fillets (an inch or less in thickness) or 15 to 20 minutes for a large thick fillet. Make sure it reaches a minimum internal temperature of 145 F.



ND SMP Scam of the Month – July 2024

Medicare Fraud Prevention Week

Every June, the Administration for Community Living (ACL) and its Senior Medicare Patrol Resource Center lead the nation's observance of Medicare Fraud Prevention Week. Established in 2022, this week focuses on raising awareness of the actions everyone can take to prevent Medicare fraud, errors, and abuse.

Why is Medicare Fraud Prevention So Important?

Medicare loses an estimated \$60 billion each year to fraud, errors, and abuse. Medicare-related errors contribute to this annual loss even though errors can be honest billing mistakes. However, a pattern of errors committed by a physician or provider could be considered a red flag of potential fraud or abuse if not corrected. When people steal from Medicare, it hurts us all and is big business for criminals. Some common examples of fraud or abuse:

- Charging for services or supplies that were not provided.
- Misrepresenting a diagnosis, a person's identity or services provided to justify payment.
- Prescribing or providing excessive or unnecessary tests and services.

Falling prey to health care fraud may mean that your Medicare number has been "compromised" because of medical identity theft. Theft from Medicare fraud threatens the integrity of the Medicare program and potentially affects available funds for those needing future Medicare services. The most effective way to stop fraud from occurring is to prevent it in the first place. Educating ourselves on how to prevent Medicare fraud, errors, and abuse is the best place to start.

If you are a **Medicare beneficiary**, kick off the week on 6/5 by learning how to read your Medicare statements, the MSNs or EOBs, either in paper format that comes in the mail or go online to Medicare.gov and review claims digitally. Remember the three steps: **Prevent, Detect, Report!**

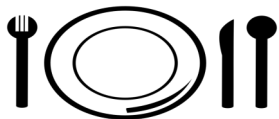
- **Prevent:** Learn how to read your MSN. You can also call or email your SMP to learn how to best protect yourself and your loved ones from health care fraud, errors, or abuse.
- **Detect:** When reviewing your MSN or EOB, look for services, products, or equipment you didn't receive, double charges, or items your doctor didn't order.
 - If you find items of concern, call the doctor or company in question and ask them about potential mistakes. Call SMP if you still have questions.
- **Report:** Call or email your local SMP if you believe that you have experienced health care fraud, errors, or abuse.

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/>

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.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Italian Meatballs Tomato Sauce Herbed Penne Pasta Italian Blend Veggies Pears with Vanilla Sauce Breadstick	2 Balsamic Blackberry Chicken Tomato Cucumber Salad Brown Rice Pilaf Capri Blend Veggies Apple Bread x1	3 Beef Fajita Spanish Rice Chuckwagon Corn Chips & Salsa Caramel Custard Raspberries	4 CLOSED	5 Chicken Kiev O'Brien Potatoes Green Beans Oregano Grapes Bread x2
8 Beef Tips/Mushroom Gravy Onion Mashed Potato Asparagus Strawberry Applesauce Bread x2	9 BBQ Pork Chop Southwest Macaroni Salad Squash Cornbread Fresh Plum	10 BIRTHDAY DINNER Fish Tacos Hawaiian Coleslaw Black Beans Cilantro Cream Sauce Lettuce Bananas & Oranges Strawberry Cream Pie	11 Tater Tot Casserole Peas Peaches Bread x2	12 Philly Cheese Chicken Sandwich Potato Wedges Broccoli Pineapple
15 French Dip Sandwich Red Potatoes/Garlic Sweet & Sour Beets Kiwi	16 Ham Baked Potato Country Blend Veggies Banana Bread x2	17 Salisbury Steak/Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad Bread x2	18 Jamaican Ribs Tex-Mex Cowboy Caviar Parslied Potatoes Potato Roll Fruit Cocktail	19 Chicken Spaghetti House Salad Dressing Malibu Blend Veggies Breadstick Peach Crisp
22 Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce Bread x2	23 Meatloaf/Brown Gravy Mashed Potatoes Brussels Sprouts Ciabatta Roll Minted Pears	24 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions & Peppers Blueberries Bread x2	25 Grilled Chicken Breast Potato Salad Herbed Green Beans Cantaloupe Bread x2	26 Hawaiian Turkey Burger/Bun Tater Tots Corn Cobette Strawberries
29 Grandma's Hotdish Zucchini Watermelon Breadstick	30 Crispy Pork Loin White & Wild Rice Blend Marinated Cucumbers Sicilian Blend Veggies Tropical Fruit Bread x1	31 Grilled Salmon Baked Potato Cauliflower Orange Bread x2		



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.

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

Italian Meatballs Tomato Sauce Herbed Penne Pasta Italian Blend Veggies Pears with Vanilla Sauce Breadstick	1	Balsamic Blackberry Chicken Tomato Cucumber Salad Brown Rice Pilaf Capri Blend Veggies Apple Bread x1	2	Beef Fajita Spanish Rice Chuckwagon Corn Chips & Salsa Caramel Custard Raspberries	3
Beef Tips & Mushroom Gravy Onion Mashed Potato Asparagus Strawberry Applesauce Bread x2	8	BBQ Pork Chop Southwest Macaroni Salad Squash Cornbread Fresh Plum	9	Philly Cheese Chicken Sandwich Potato Wedges Broccoli Pineapple	10
French Dip Sandwich Red Potatoes/Garlic Sweet & Sour Beets Kiwi	15	Chicken Spaghetti House Salad/Dressing Malibu Blend Veggies Breadstick Peach Crisp	16	Salisbury Steak/Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad Bread x2	17
Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce Bread x2	22	Meatloaf/Brown Gravy Mashed Potatoes Brussels Sprouts Ciabatta Roll Minted Pears	23	Hawaiian Turkey Burger/Bun Tater Tots Corn Cobbette Strawberries	26
Grandma's Hotdish Zucchini Watermelon Breadstick	29	Crispy Pork Loin White & Wild Rice Blend Marinated Cucumbers Sicilian Blend Veggies Tropical Fruit Bread x1	30	Grilled Salmon Baked Potato Cauliflower Orange Bread x2	31

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

MEALS ON WHEELS ONLY Chicken Kiev O'Brien Potatoes Green Bean Oregano Grapes Bread x2	1	MEALS ON WHEELS ONLY Italian Meatballs Tomato Sauce Herbed Penne Pasta Italian Blend Veggies Pears with Vanilla Sauce Breadstick	2	MEALS ON WHEELS ONLY Beef Fajita Spanish Rice Chuckwagon Corn Chips & Salsa Caramel Custard Raspberries	3
MEALS ON WHEELS ONLY Philly Cheese Chicken Sandwich Potato Wedges Broccoli Pineapple	9	Tater Tot Casserole Peas Peaches Bread x2	10	Beef Tips & Mushroom Gravy Onion Mashed Potato Asparagus Strawberry Applesauce Bread x2	12
MEALS ON WHEELS ONLY French Dip Sandwich Red Potatoes/Garlic Sweet & Sour Beets Kiwi	16	Ham Baked Potato Country Blend Veggies Banana Bread x2	17	Jamaican Ribs Tex-Mex Cowboy Caviar Parslied Potatoes Potato Roll Fruit Cocktail	19
MEALS ON WHEELS ONLY Hawaiian Turkey Burger/Bun Tater Tots Corn Cobette Strawberries	23	Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce Bread x2	24	Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions & Peppers Blueberries Bread x2	26
MEALS ON WHEELS ONLY Grilled Salmon Baked Potato Cauliflower Orange Bread x2	30	BBQ Pork Chop Southwest Macaroni Salad Squash Cornbread Fresh Plum	31	PLEASE NOTE: There will be NO congregate or carry-out meals on July 1st, 2nd or 3rd. 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.	

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

Italian Meatballs Tomato Sauce Herbed Penne Pasta Italian Blend Veggies Pears with Vanilla Sauce Breadstick	1	Balsamic Blackberry Chicken Tomato Cucumber Salad Brown Rice Pilaf Capri Blend Veggies Apple Bread x1	2	Chicken Kiev O'Brien Potatoes Green Bean Oregano Grapes Bread x2	3
Beef Tips & Mushroom Gravy Onion Mashed Potato Asparagus Strawberry Applesauce Bread x2	8	BBQ Pork Chop Southwest Macaroni Salad Squash Cornbread Fresh Plum	9	Salisbury Steak/ Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad Bread x2	11
French Dip Sandwich Red Potatoes/Garlic Sweet & Sour Beets Kiwi	15	Ham Baked Potato Country Blend Veggies Banana Bread x2	16	Jamaican Ribs Tex-Mex cowboy Caviar Parslied Potatoes Potato Roll Fruit Cocktail	18
Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce Bread x2	22	Meatloaf/Brown Gravy Mashed Potatoes Brussels Sprouts Ciabatta Roll Minted Pears	23	Grilled Chicken Breast Potato Salad Herbed Green Beans Cantaloupe Bread x2	25
Grandma's Hotdish Zucchini Watermelon Breadstick	29	Crispy Pork Loin White & Wild Rice Blend Marinated Cucumbers Sicilian Blend Veggies Tropical fruit Bread x1	30		

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

Italian Meatballs Tomato Sauce Herbed Penne Pasta Italian Blend Veggies Pears with Vanilla Sauce Breadstick	1	Balsamic Blackberry Chicken Tomato Cucumber Salad Brown Rice Pilaf Capri Blend Veggies Apple Bread x1	2	Beef Fajita Spanish Rice Chuckwagon Corn Chips & Salsa Caramel Custard Raspberries	3
Beef Tips & Mushroom Gravy Onion Mashed Potato Asparagus Strawberry Applesauce Bread x2	8	BBQ Pork Chop Southwest Macaroni Salad Squash Cornbread Fresh Plum	9	Tater Tot Casserole Peas Peaches Bread x2	11
French Dip Sandwich Red Potatoes/Garlic Sweet & Sour Beets Kiwi	15	Ham Baked Potato Country Blend Veggies Banana Bread x2	16	Jamaican Ribs Tex-Mex Cowboy Caviar Parslied Potatoes Potato Roll Fruit Cocktail	18
Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce Bread x2	22	Meatloaf/Brown Gravy Mashed Potatoes Brussels Sprouts Ciabatta Roll Minted Pears	23	Grilled Chicken Breast Potato Salad Herbed Green Beans Cantaloupe Bread x2	25
Grandma's Hotdish Zucchini Watermelon Breadstick	29	Crispy Pork Loin White & Wild Rice Blend Marinated Cucumbers Sicilian Blend Veggies Tropical fruit Bread x1	30		

Tips for Communicating with Individuals with Dementia

Michelle Yaggie, Lead Therapist/OTR—Benedictine Living Community, Wahpeton

It is estimated that nearly 70 percent of older adults with Alzheimer's or other dementias reside in the community (outside a hospital or clinical setting). About 26 percent of these individuals live alone, but the remainder receives care from family members, unpaid caregivers, and community-based and residential care providers. By age 80, 75 percent of people with Alzheimer's dementia are admitted to a nursing home.

Hints for conversing with a loved one who lives with memory impairment

One of your worst fears has come true. Your loved one is diagnosed with Alzheimer's disease, or another form of dementia, severely impacting their capacity to think, remember and reason. And, with each day, the impairment grows steadily worse. Caregiving in this situation is highly demanding, and attempts at communication become particularly challenging.

Here are a few hints that may foster better conversation and understanding with your loved one:

- Have a full and clear knowledge of their abilities. Use these abilities in talking with them, as well as language they understand, as this will avoid frustration.
- Use their first name in speaking to them, and never talk about them in their presence as if they weren't there.
- Approach them from the front to avoid surprise.
- Always speak at the same physical level so they can see you.
- You can use touch as reassurance or to get their attention, but use it with care and stop if it causes agitation.
- Identify yourself before addressing the person by name. Introduce others in the room by name, and have your loved one repeat the name to avoid the embarrassment of not being able to identify people in social situations.
- Don't use pronouns; use names as often as possible in conversation to avoid confusion.
- Use simple words favoring sentences and statements over questions. Avoid questions with one word answers, as this sets them up for failure. Stay away from memory questions, as this may cause frustration.
- If they use the wrong word, don't correct them or call it out. If it can be done nonchalantly, work the correct word into the conversation.
- Use repetition. It's better to be overly repetitive than cause frustration or aggravation.
- Converse slowly, giving them plenty of time to respond.
- Smile and use humor.

As the number of Americans living with Alzheimer's and other dementias grows, it's more important than ever for care professionals to implement the latest approaches to quality care. High-quality dementia care training can lead to an improvement in communication between caregivers and Individuals living with dementia, a reduction in dementia-related behaviors and an increase in job satisfaction and staff retention.

Richland County Public Transit Schedules

July 2024— September 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

July: 8 & 22

August 12 & 26

September: 9 & 23

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.

July: 2, 9, 11, 16, 18, 23, & 25

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

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

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.

