

Protein Intake with Chronic Kidney Disease

By Lane Lipetzky Swenson—RD, LD, CGN

Chronic kidney disease (CKD) is a disease in which kidneys lose their ability to perform vital functions such as filtering waste and fluid from the blood, regulating blood pressure, producing red blood cells and keeping bones strong. In general, people experience a gradual decline in kidney function that is represented in stages 1 through 5. Over time, CKD can turn into end stage renal disease, requiring dialysis to help remove waste and fluids from the blood or a kidney transplant. Uncontrolled diabetes and high blood pressure are the two most common causes; however, autoimmune diseases, infections and genetic factors could also play a role.

In 2020 the National Kidney foundation released an updated Kidney Disease Outcomes Quality Initiative (KDOQI) along with the Academy of Nutrition and dietetics as a nutrition guide for managing CKD. In this month's article we will go over the stages of CKD and the most up to date guidelines regarding protein intake for each stage. These guidelines provide nutritional guidance to help slow the progression into later stages of CKD, however, it is always best to follow the specific recommendations from your healthcare team.

Chronic Kidney Disease Stages

CKD is broken down into 5 stages based on globular filtration rate or GFR.

Stage	GFR Level	Description
1	90 or higher	Generally normal kidney function with some signs of kidney damage (e.g., protein in the urine)
2	60-89	Mild decrease in kidney function
3a	45-59	Moderate decrease in kidney function
3b	30-44	Moderate decrease in kidney function
4	15-29	Severe decrease in kidney function
5	Less than 15	Kidney failure, end stage renal disease

Protein Recommendations Based on Stage

Proper nutrition and management of chronic conditions can help slow the progression of CKD. Protein is an important dietary component that helps build and maintain muscle mass, fight infection and stay healthy. However, with CKD, too much protein can wear kidneys out faster and intake may need to be regulated if someone is not on dialysis. The recommendations for protein intake based on weight and stage of CKD are below.

- Stages 1-2 (mild to moderate): Aim for about 0.8 to 1.0 grams of protein per kilogram of body weight per day
- Stages 3-5 (not on dialysis): A lower protein intake of around 0.6 to .8 grams per kilogram of body weight per day may be recommended.
- Dialysis: Protein needs are higher due to the loss of protein during dialysis. The recommended intake is around 1.0 to 1.2 grams per kilogram of body weight per day.

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 March 4 & 18 and April 15
9:00am to 12:00pm March 6 and April 3

Lidgerwood Senior Center
117 4th Street Southwest
March 6 and April 3

Hankinson Senior Center
111 3rd Street Southwest
9:00am to 1:00pm on
March 13 and April 10

Wyndmere Senior Center
466 4th Street
10:00am to 1:00pm on
March 20 and April 17

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**



ATTENTION NORTH DAKOTA HOMEOWNERS

PRIMARY RESIDENCE CREDIT (PRC)

As a North Dakota Homeowner,
You May Qualify for a Property Tax Credit.

APPLY ONLINE BY MARCH 31, 2025
TAX.ND.GOV/PRC



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Continued from Page 1

An example of a protein calculation:

Individual who is 150 lbs with stage 3a CKD

150 lbs / 2.2 = 68 kilograms

68 kg X 0.8 grams of protein = 54 grams of protein a day

Protein Containing Foods

Foods containing protein include fish, poultry, eggs, meat, dairy, dried beans or peas, whole grains, nuts and seeds. Examples of common protein sources are in the table below.

Food	Serving	Average grams of protein
Beef, lean	3 oz, cooked	22 grams
Chicken breast	3 oz, cooked	25 grams
Salmon	3 oz, cooked	21 grams
Large egg	1 egg	7 grams
Yogurt (not Greek yogurt)	1 cup	8 grams
Cottage Cheese	½ cup	13 grams
Black beans	1 cup cooked	15 grams
Lentils	1 cup cooked	15-18 grams

In conclusion, limiting protein intake can help slow the loss of kidney function in those with CKD. On the other hand, eating enough protein is important for lowering your risk of malnutrition. The amount of protein you need will depend on your size, stage of CKD, other chronic conditions and overall nutrition status. To know the exact amount of protein that is right for you, consult with your dietitian and healthcare team.



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.

CAPLP
Lakes & Prairies Community Action Partnership
Tax \$ite

FREE TAX PREP for Minnesota Families & FAST REFUNDS!

- Free tax preparation if your income is around or below \$67,000.
 - IRS certified preparers and free e-filing
- Services offered in Moorhead, Hawley, Barnesville, & Breckenridge
 - Call 218.512.1570 to schedule an appointment

2025 SCHEDULE

February 3rd-April 7th

CAPLP- 311 5th St. S., Breckenridge, MN
56520

Mon. & Thurs.: Appointment Only Call 218.512.1570*

WHAT TO BRING:



- Photo ID
- Social security card, ITIN, & birth dates for ALL persons listed on tax return
- Income statements or W2s for each job
- All 1099 forms received
- Year-end income for MFIP, SSI, MSA, GA, Veterans' Benefits, Workers' Compensation
- Checkbook or savings account & routing number for direct deposit/debit
- Any other IRS letters received

OPTIONAL DOCUMENTS FOR FILING:

- Last year's tax return
- Tuition expenses for university, college, or technical college (Form 1098-T)
- Interest statement for student loans (1098-E)
- Childcare expenses: provider name, address, TAX ID, or social security number
- Charitable donations
- Homeowner statements: mortgage interest statement (Form 1098), real estate taxes paid, Statement of Property Tax

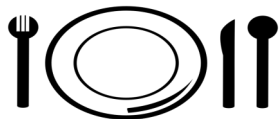


THIS PROJECT MADE POSSIBLE THANKS TO FUNDING & SUPPORT FROM:



*Please call on or after 1/21/25 to schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Chili w/ Beans Baked Potato Applesauce Cornbread</p>	<p>4</p> <p>Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes Biscuit RTB</p>	<p>5</p> <p>Manhattan Meatballs Brown Rice House Salad Country Blend Veggies Seasonal Fresh Fruit Bread x1</p>	<p>6</p> <p>Caprese Chicken Lemon Dill Orzo Green & Gold Beans Pears Bread x1</p>	<p>7</p> <p>Fish & Chips Tartar Sauce Coleslaw Tropical Fruit Lemon Wedge Dinner Roll</p>
<p>10</p> <p>Beef Tips & Mushroom Gravy Onion Mashed Potato California Blend Veggies Peaches Bread x2</p>	<p>11</p> <p>Sweet & Sour Chicken Brown Rice Japanese Veggies Potstickers Orange</p>	<p>12</p> <p>Birthday Dinner Spaghetti & Meat Sauce Peas & Carrots Banana Breadstick Parmesan Cheese German Chocolate Cake</p>	<p>13</p> <p>French Dip Tater Tots Seasoned Carrots Strawberry Pineapple Cream</p>	<p>14</p> <p>Broccoli Cheese Soup Crackers Coleslaw Cottage Cheese and Fruit Banana Bread</p>
<p>17</p> <p>Chicken Kiev Parslied Potatoes Green Bean Oregano Blueberries Bread x2</p>	<p>18</p> <p>Denver Scramble O'Brien Potatoes Roasted Veggies Banana WG Bagel / Jelly</p>	<p>19</p> <p>Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp Dinner Roll</p>	<p>20</p> <p>Crispy Beef Tacos Chuckwagon Corn Refried Beans Cherry Fruit Salad</p>	<p>21</p> <p>Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Pineapple Dinner Roll</p>
<p>24</p> <p>Grandma's Hotdish Lemon Walnut Broccoli Blushing Pears Breadstick</p>	<p>25</p> <p>BBQ Ribs Peas Baked Potato Sour Cream Fruit Cocktail Bread x2</p>	<p>26</p> <p>Honey Roast Pork Chop Stewed Summer Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll</p>	<p>27</p> <p>Country Ham Scalloped Potatoes Malibu Blend Veggies Deluxe Fruit Bread x2</p>	<p>28</p> <p>Chicken & Dumplings Capri Blend Veggies House Salad Strawberries & Yogurt Biscuit</p>
<p>31</p> <p>Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges</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.

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

Chili w/ Beans Baked Potato Applesauce Cornbread	3	Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes Biscuit RTB	4	Fish & Chips / Tartar Sauce Coleslaw Tropical Fruit Lemon Wedge Dinner Roll	5
Sweet & Sour Chicken Brown Rice Japanese Stir Fry Veggies Potstickers Orange	10	Spaghetti & Meat Sauce Peas & Carrots Banana Breadstick Parmesan Cheese German Chocolate Cake	11	Broccoli Cheese Soup / Crackers Coleslaw Cottage Cheese and Fruit Banana Bread	12
Chicken Kiev Parslied Potatoes Green Bean Oregano Blueberries Bread x2	17	Denver Scramble O'Brien Potatoes Roasted Veggies Banana WG Bagel / Jelly	18	Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Pineapple Dinner Roll	19
Grandma's Hotdish Lemon Walnut Broccoli Blushing Pears Breadstick	24	BBQ Ribs Peas Baked Potato / Sour Cream Fruit Cocktail Bread x2	25	Chicken & Dumplings Capri Blend Veggies House Salad Strawberries & Yogurt Biscuit	26
Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges	31				

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

Caprese Chicken Lemon Dill Orzo Green & Gold Beans Pears Bread x1	4	Manhattan Meatballs Brown Rice House Salad Country Blend Veggies Seasonal Fresh Fruit Bread x1	5	Chili W Beans Baked Potato Applesauce Cornbread	7
Beef Tips & Mushroom in Gravy Onion Mashed Potatoes California Blend Veggies Peaches Bread x2	11	French Dip Tater Tots Seasoned Carrots Banana German Chocolate Cake	12	Broccoli Cheese Soup/Crackers Coleslaw Cottage Cheese and Fruit Banana Bread	14
Chicken Kiev Parslied Potatoes Capri Blend Veggies Blueberries Bread x2	18	Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp Dinner Roll	19	Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Pineapple Dinner Roll	20
BBQ Ribs Garden Blend Veggies Baked Potato /Sour Cream Fruit Cocktail Bread x2	25	Grandma's Hotdish Lemon Walnut Broccoli Blushing Pears Breadstick	26	Country Ham Scalloped Potatoes Malibu Blend Veggies Deluxe Fruit Bread x2	28

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

Fish & Chips / Tartar Sauce Coleslaw Tropical Fruit Lemon Wedge Dinner Roll	3	Manhattan Meatballs Brown Rice House Salad Country Blend Veggies Seasonal Fresh Fruit Bread x1	4	Caprese Chicken Lemon Dill Orzo Green & Gold Beans Pears Bread x1	6
Beef Tips & Mushroom in Gravy Onion Mashed Potato California Blend Veggies Peaches Bread x2	10	Sweet & Sour Chicken Brown Rice Japanese Stir Fry Veggies Potstickers Orange	11	French Dip Tator Tots Seasoned Carrots Strawberry Pineapple Cream	13
Chicken Kiev Parslied Potatoes Green Bean Oregano Blueberries Bread x2	17	Denver Scramble O'Brien Potatoes Roasted Veggies Banana WG Bagel / Jelly	18	Crispy Beef Tacos Chuckwagon Corn Refried Beans Cherry Fruit Salad	20
Honey Roast Pork Chop Stewed Summer Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	24	BBQ Ribs Peas Baked Potato / Sour Cream Fruit Cocktail Bread x2	25	Country Ham Scalloped Potatoes Malibu Blend Veggies Deluxe Fruit Bread x2	27
Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges	31				

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

Chili w/ Beans Baked Potato Applesauce Cornbread	3	Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes Biscuit RTB	4	Caprese Chicken Lemon Dill Orzo Green & Gold Beans Pears Bread x1	6
Beef Tips & Mushroom in Gravy Onion Mashed Potato California Blend Veggies Peaches Bread x2	10	Sweet & Sour Chicken Brown Rice Japanese Stir Fry Veggies Potstickers Orange	11	French Dip Tator Tots Seasoned Carrots Strawberry Pineapple Cream	13
Chicken Kiev Parslied Potatoes Green Bean Oregano Blueberries Bread x2	17	Denver Scramble O'Brien Potatoes Roasted Veggies Banana WG Bagel / Jelly	18	Crispy Beef Tacos Chuckwagon Corn Refried Beans Cherry Fruit Salad	20
Grandma's Hotdish Lemon Walnut Broccoli Blushing Pears Breadstick	24	BBQ Ribs Peas Baked Potato / Sour Cream Fruit Cocktail Bread x2	25	Country Ham Scalloped Potatoes Malibu Blend Veggies Deluxe Fruit Bread x2	27
Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges	31				

ND SMP Scam of the Month – March 2025

Most Common Scams to Watch for in 2025

The new year doesn't always mean scammers change their tricks, but they update their scams by using new technology and taking ideas from old scams and big events happening in the world. Scammers always have the same goal—to get your personal information or money!

Types of scams to watch out for:

1. AI (Artificial Intelligence) Scams

- Scammers might use AI to create fake people or change voices during calls to trick victims.

2. Cryptocurrency Scams

- People new to crypto investing are often targeted by fake investment offers, scams involving celebrities, or “pump and dump” schemes where prices are manipulated.

3. Synthetic Identity Scams

- Scammers make fake identities by mixing real and fake information. They use these identities to open credit accounts or take out loans.

4. Romance and Celebrity Scams

- These scams use AI-generated profiles to seem more believable. Victims might think they’ve started a relationship or friendship with a celebrity, but it’s all fake.

5. New Medicare Card Scams

- Scammers pretend to be Medicare workers. They call and say they need to update your Medicare card, asking for information like your Social Security or bank account numbers.

How to Protect Yourself

Scammers are always coming up with new tricks, but here are some ways to stay safe:

- Be suspicious of deals that seem too good to be true.
- Don’t click on unknown links in emails or texts.
- Be careful with your phone and don’t share personal information with strangers.
- Watch what you post on social media.
- Research companies or people before giving them any personal information.

Report suspicious activity.

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: Experian-Prevention (20 Dec 24). *The latest scams you need to be aware of in 2025*. Retrieved from <https://www.experian.com/blogs/ask-experian/category/fraud-and-identity-theft/prevention/>. AARP Scam and Fraud (16 Dec 2024). *Here are five common scams to watch for in 2025*. Retrieved from: <https://www.aarp.org/money/scams-fraud/info-2024/biggest-scams-2025.html>

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

March 2025 to May 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

March 10 & 24 April 14 & 28 May 12 & 19

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.

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

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

May: 6, 8, 13, 15, 20, 22, 27, & 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"



Valley Senior Services

helping seniors maintain independence

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.