



Valley Senior Services
helping seniors maintain independence

Silver Quill



Valley Senior Services of Ransom & Sargent Counties

JANUARY 2025

save the date



Giving Hearts Day
is just about here!

A Day of Generosity,
A Lifetime of Support for Seniors

Scan to donate
starting January 13



Valley Senior Services
helping seniors maintain independence



Monday - Friday
8:00 AM to 4:30 PM



valleyseniorservices.org



701-683-3131 (Lisbon)
877-857-3743 (toll-free)

Information and referrals
always available by
contacting our Lisbon
office at the numbers
above!

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*Valley Senior Services
will be closed
Wednesday, January 1
and
Monday, January 20.*

*No Meals on Wheels,
senior center meals/
activities or
transportation.*

Valley Senior Services

P.O. Box 387

Lisbon, ND 58054

www.valleyseniorservices.org

Office Phone:

701-683-3131

Toll-free 877-857-3743

Fax:

701-683-0352

For meals or transportation:

701-683-3131 or 877-857-3743

Executive Director:

Paul Grindeland

701-293-1440 or 877-827-1916

County Program Supervisor:

Vicki

701-683-3131

Program Assistant:

Amber

701-683-3131

Meal Delivery:

Russell; Brenda

Ransom Kitchen Staff:

Janet; Vee; Nancy; Amber;

Amber; Jean

Sargent Kitchen Staff:

Gwen; Sandra; Carolyn; Diane;

Delores; Valerie; Hannah

Transportation:

Bryan; Terry; Allen; John;

Lenny

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, please contact: Paul Grindeland, Valley Senior Services, P.O. Box 2217, Fargo, ND 58108. (701) 293-1440.

Senior Center Information

Center Activities

Lisbon:

Mondays: 9:30 Chair Yoga

Tuesdays: 10:30 Bone Builders; 1:00 Bridge; 1:00 Hand & Foot

Wednesdays: Monthly Meeting 1st Wednesday of Month @ 12:15

Thursdays: 10:30 Bone Builders; 6:00pm Pinochle

Fridays: 9:30 Chair Yoga

Third Tuesday of each month: Celebrating Birthdays!

VSS will be having a birthday dinner every *third* Tuesday of the month at the Lisbon Centerto celebrate anyone's birthday for that month! Whether it's your birthday month, or not, come join us for dinner! And don't forget to call kitchen at 683-4295 if you'd like to eat in on this day.

To rent the Lisbon Senior Center, please contact Paula Ellingson at 701-678-2922.

Forman:

Tuesdays & Thursdays: 9:00 Bone Builders

Enderlin:

Tuesdays & Thursdays: 10:00 Bone Builders

Tuesdays: 12:30 Cards

Last Thursday of every month: 12:30 Dominoes

"To Go" Hot Meals Continue

All diners will have the option to eat at the center or pick their meals up and take them home to eat.

Lisbon Center:

Please come into the senior center at 11:00am to pick up your meal if you would like to take it to go.

Anyone wanting a meal must call their meal site by 9:00 am:

Lisbon: 683-4295

Enderlin: 437-2669

Milnor: 427-9327

Forman: 724-3928

Cogswell: 724-3024

Rutland: 724-4074t

Frozen meal delivery to Gwinner on Fridays!

Call 683-3131 for more information or to sign up.

Attention Sheldon Residents!!

Would you like to receive Home Delivered Meals Monday through Friday? If so, please call 683-3131 to get signed up!

Statement of Identification - Silver Quill
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2801 32nd Ave. S, P.O. Box 2217, Fargo, ND 58108
To receive the Silver Quill call 293-1440 or toll free 1-877-827-1916
or e-mail us at:info@valleyseniors.org

DAILY FIBER RECOMMENDATIONS

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Adequate daily fiber intake has been shown to lower the risk of chronic diseases like heart disease, coronary artery disease, obesity, diabetes and colorectal cancer. In fact, the American Institute of Cancer Research reports that for each 10-gram increase in daily fiber, your risk for colorectal cancer decreases by 7%. Research has shown a similar risk reduction in other chronic diseases, the more fiber you eat, the lower your risk for disease.

Fiber is likely lowering these risks by relieving constipation, benefiting intestinal bacteria, lowering cholesterol, controlling blood sugar levels and reducing inflammation. Fiber containing foods are also generally high in vitamins, minerals, phytonutrients and antioxidants which all support health. Despite the positive research surrounding fiber, the Dietary Guidelines for Americans estimates more than 90% of men and women fall short of the recommendations. So, how do we reach our fiber goals?

Fiber Recommendations

Women over the age of 50	21 grams of fiber per day
Men over the age of 50	30 grams of fiber per day

Fiber Intake Examples

Foods containing fiber include fruits, vegetables, legumes, nuts, seeds and whole grains. Each table below is an example of which foods to include in your daily diet to help meet your fiber needs. The fiber content and serving size of the foods below are taken directly from the USDA website. For the most accurate grams of fiber, read the food label of the product you're using. A word of caution, increase your fiber intake slowly. Adding too much right away can cause negative side effects such as gas and bloating.

Above 20 Grams of Fiber

Rolled Oats, cooked	½ cup	4 grams
Chia Seeds	1 Tbsp	3 grams
Blueberries	1 cup	3.6 grams
Almonds	1 oz	3.5 grams
Corn, cooked	1 cup	4 grams
Lettuce, chopped	2 cups	1 gram
Tomato	1 medium	1 gram
Cucumber, sliced	½ medium	5 grams

Orange	1 medium	3.7 grams
Pumpkin seeds, whole	1 oz	5.2 grams
Split Peas, cooked	½ cup	8.2 grams
Mushrooms, cooked	½ cup	1.7 grams
Onions, cooked	½ cup	1.5 grams
Peppers, raw	½ cup	1.6 grams

25-30 Grams of Fiber

Avocado	½ cup	5 grams
Whole Grain Toast	1 slice	2 grams
Grapefruit	1 fruit	5 grams
Flaxseed, ground	1 Tbsp	2.8 grams
Hummus	¼ cup	3.7 grams
Celery, raw	1 cup	2.8 grams
Carrots, raw	1 cup	3.6 grams

Pear	1 medium	5.5 grams
Pistachios	1 oz	2.9 grams
Wild Rice, cooked	1 cup	3 grams
Kale, cooked	½ cup	2.4 grams
Turnip, cooked	1 cup	3.1 grams
Lentils, cooked	½ cup	8 grams

(Continued on page 5)

January 2025

Lisbon (701-683-4295)

See pages 4-7 for all site menus - info on ordering a meal for all sites on page 2


VALLEY SENIOR SERVICES

MEALS ON WHEELS & TAKE OUT/ MEALS AT CENTERS

Suggested donation \$4.00 a meal for people 60+ and spouse of 60+

UNDER 60 IS A CHARGE OF \$11.75 PER MEAL SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8oz 1% MILK

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED If you would like to receive a frozen meal, please call the office.	2 Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding Dinner Roll	3 Broccoli & Cauliflower Salad Tortellini w/ meat sauce Italian Green Beans Berry Crisp Garlic Breadstick
6 Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Whole Pear Bread x2	7 Ham & Bean Soup Winter Blend Veggies Apple Crisp Cornbread	8 BBQ Chicken Breast Au Gratin Potatoes Harvard Beets Strawberries Bread x2 Carrot Cake	9 Shepherds Pie Brussels Sprouts Peaches in Orange Sauce Bread x2	10 Hot Dog on Bun Tator Tots Whole Kernel Corn Cantaloupe
13 Peach French Toast Bake Scrambled Egg Glazed Sweet Potatoes LoCal Syrup Banana	14 Loaded Turkey Sandwich Hogie Bun Tator Tots Corn & Black Bean Salad Strawberry Applesauce	15 Parmesan Chicken Angel Hair Pasta/ Marinara Italian Blend Veggies Garlic Bread Fruit Salad	16 Salisbury Steak / Mushroom Gravy Mashed Potatoes Capri Blend Veggies Apricots Bread x2	17 Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Mandarin Oranges Breadstick
20 CLOSED If you would like to receive a frozen meal, please call the office.	21 Pork Club Chop Whipped Potatoes Roasted Butternut Squash Deluxe Fruit Bread x2	22 Garlic Steak Bites Baked Potato Green Beans Mixed Berries Bread x2	23 Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Fruit Cocktail	24 Oven Fried Chicken Mashed Potatoes & Gravy Glazed Baby Carrots Kiwi Bread x2
27 Beef Stroganoff Seasoned Egg Noodles Seasoned Zucchini Whole Orange Wheat Dinner Roll	28 Orange Chicken White & Wild Rice Blend House Salad / Dressing Oriental Blend Veggies Pineapple Angel Cake	29 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Heavenly Hash	30 Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Apple Dinner Roll	31 Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Banana Bran Muffin LS Crackers

ENDERLIN (701-437-2669)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED If you would like to receive a frozen meal, please call the office.	2 Beef & Cabbage Bake Country Blend Veggies Fruity Tapioca Pudding Dinner Roll	3 Broccoli & Cauliflower Salad Tortellini w/ meat sauce Italian Green Beans Berry Crisp
6 Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Whole Pear	7 Ham & Bean Soup Winter Blend Veggies Apple Crisp Cornbread	8 BBQ Chicken Breast Au Gratin Potatoes Strawberries Carrot Cake	9 Shepherds Pie Broccoli Peaches	10 Hot Dog on Bun Tator Tots Whole Kernel Corn Pineapple
13 Peach French Toast Bake Scrambled Egg Glazed Sweet Potatoes	14 Loaded Turkey Sandwich Hogie Bun Tator Tots Corn & Black Bean Salad	15 Parmesan Chicken Angel Hair Pasta/ Marinara Italian Blend Veggies	16 Salisbury Steak / Mushroom Gravy Mashed Potatoes Capri Blend Veggies	17 Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Mandarin Oranges
20 CLOSED If you would like to receive a frozen meal, please call the office.	21 Pork Club Chop Whipped Potatoes Roasted Butternut Squash	22 Garlic Steak Bites Baked Potato Green Beans Mixed Berries	23 Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn	24 Oven Fried Chicken Mashed Potatoes & Gravy Glazed Baby Carrots
27 Beef Stroganoff Seasoned Egg Noodles Broccoli Whole Orange	28 Orange Chicken White & Wild Rice Blend House Salad / Dressing Oriental Blend Veggies	29 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Heavenly Hash	30 Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Apple	31 Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Banana Bran Muffin

DAILY FIBER RECOMMENDATIONS

(Continued from page 3)

Above 30 Grams of Fiber

Shredded Wheat Cereal	1 cup	6.2 grams
Banana	1 whole fruit	3 grams
Broccoli, cooked	1 cup	5.2 grams
Sweet Potato, cooked	1 cup	6.3 grams
Beets, cooked	1 cup	2.8 grams
Blackberries	1 cup	7.6 grams

Kiwi	1 cup	5.4 grams
Strawberries	1 cup	3 grams
Barley, cooked	1/2 cup	3 grams
Red Beans, cooked	1/2 cup	6.5 grams
Brussels Sprouts, cooked	1 cup	6.4 grams
Carrots, cooked	1 cup	4.8 grams
Peas, cooked	1 cup	4 grams
Walnuts	1 oz	1.9 grams

Although there is no upper limit for fiber intake, some research suggests to not exceed 50 grams of fiber a day. Additionally, if you have narrowed intestines, gastroparesis, are undergoing radiation therapy, preparing for a colonoscopy or have been told to follow a low fiber diet, consult with your healthcare provider before increasing your intake.

Fluid Recommendations

In addition to meeting fiber recommendations, it is important to meet your fluid needs. Fluid recommendations vary for each individual; however, The National Academy of Medicine suggests 9 cups of fluids a day for women and 13 cups for men over the age of 50. You can meet your fluid needs through beverages like water and you can eat hydrating foods like fruits, vegetables, soups and other foods that contain liquids.

MILNOR (701-427-9327)

Tuesday	Wednesday	Thursday	Friday
	1 CLOSED If you would like to receive a frozen meal, please call the office.	2 Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding	3 Broccoli & Cauliflower Salad Tortellini w/ meat sauce Italian Green Beans
7 Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies	8 BBQ Chicken Breast Au Gratin Potatoes Carrot Cake	9 Shepherds Pie Brussels Sprouts Peaches in Orange Sauce	10 Hot Dog on Bun Tator Tots Whole Kernel Corn
14 Loaded Turkey Sandwich Hoagie Bun Tator Tots Corn & Black Bean Salad	15 Parmesan Chicken Angel Hair Pasta/Marinara Italian Blend Veggies Garlic Bread	16 Salisbury Steak/ Mushroom Gravy Mashed Potatoes Capri Blend Veggies Apricots	17 Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Mandarin Oranges
21 Pork Club Chop Whipped Potatoes Roasted Butternut Squash	22 Garlic Steak Bites Baked Potato Green Beans	23 Taco Casserole Spanish Rice Refried Beans	24 Oven Fried Chicken Mashed Potatoes & Gravy Glazed Baby Carrots
28 Beef Stroganoff Seasoned Egg Noodles Seasoned Zucchini Whole Orange	29 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Heavenly Hash	30 Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Apple	31 Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Banana Bran Muffin

COGSWELL (701-724-3024) AND FORMAN (701-724-3928)

Monday	Tuesday	Wednesday	Thursday
CLOSED Jan 1 & Jan 20 If you would like to receive a frozen meal, please call the office.		2 Thursday Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding	3 Friday Broccoli & Cauliflower Salad Tortellini w/ meat sauce Italian Green Beans Berry Crisp
6 Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Whole Pear	7 Ham & Bean Soup Winter Blend Veggies Apple Crisp Cornbread	8 BBQ Chicken Breast Au Gratin Potatoes Harvard Beets Carrot Cake	9 Hot Dog on Bun Tator Tots Whole Kernel Corn Cantaloupe
13 Loaded Turkey Sandwich Hoagie Bun Tator Tots Corn & Black Bean Salad Strawberry Applesauce	14 Parmesan Chicken Angel Hair Pasta/Marinara Italian Blend Veggies Garlic Bread Fruit Salad	15 Salisbury Steak/ Mushroom Gravy Mashed Potatoes Capri Blend Veggies Apricots Dinner Roll	16 Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Mandarin Oranges Breadstick
21 Tuesday Oven Fried Chicken Mashed Potatoes & Gravy Glazed Baby Carrots Kiwi	22 Wednesday Garlic Steak Bites Baked Potato Green Beans Mixed Berries	23 Thursday Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn	24 Friday Pork Club Chop Whipped Potatoes Roasted Butternut Squash Deluxe Fruit
27 Beef Stroganoff Seasoned Egg Noodles Seasoned Zucchini Whole Orange	28 Orange Chicken White & Wild Rice Blend Oriental Blend Veggies Pineapple Angel Cake	29 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Heavenly Hash	30 Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Apple

RUTLAND (701-724-4074)

Monday	Tuesday	Wednesday	Thursday
CLOSED Jan 1 & Jan 20 If you would like to receive a frozen meal, please call the office.		2 Thursday Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding Dinner Roll	3 Friday Broccoli & Cauliflower Salad Tortellini w/ meat sauce Italian Green Beans Berry Crisp
6 Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies	7 Ham & Bean Soup Winter Blend Veggies Apple Crisp	8 BBQ Chicken Breast Au Gratin Potatoes Carrot Cake	9 Hot Dog on Bun Tator Tots Whole Kernel Corn
13 Loaded Turkey Sandwich Hoagie Bun Tator Tots Corn & Black Bean Salad Strawberry Applesauce	14 Parmesan Chicken Angel Hair Pasta/Marinara Italian Blend Veggies Garlic Bread	15 Salisbury Steak / Mushroom Gravy Mashed Potatoes Capri Blend Veggies Apricots	16 Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Mandarin Oranges Breadstick
21 Tuesday Oven Fried Chicken Mashed Potatoes & Gravy Glazed Baby Carrots Kiwi	22 Wednesday Garlic Steak Bites Baked Potato Green Beans Mixed Berries	23 Thursday Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn	24 Friday Pork Club Chop Whipped Potatoes Roasted Butternut Squash Deluxe Fruit
27 Beef Stroganoff Seasoned Egg Noodles Seasoned Zucchini - 1 cup Whole Orange	28 Orange Chicken White & Wild Rice Blend Oriental Blend Veggies Pineapple Angel Cake	29 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Heavenly Hash	30 Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Apple

RANSOM & SARGENT COUNTY INFORMATION

Foot Care

Ransom County Public Health

Call 701-683-6140 for an appt.

Sargent County Foot Care

701-724-3725

Food Pantries

Ransom County Food Pantry

701-308-0905

Call Wednesday to order a basket; Thursday basket
pick up 1:00-3:00 pm

Sargent County Food Pantry

701-680-7049

Forman: 347 Main Street South

Mondays, 4-6pm

Gwinner: 104 Main Street North

Tuesdays, 1-4pm

VALLEY SENIOR SERVICES

- Helping Seniors Maintain Independence -

Community Dining, Carry Out, and Meals on Wheels are offered in the towns of Cogswell, Enderlin, Forman, Lisbon, Milnor, and Rutland. Don't live in one of these towns? Frozen meals are available to you!

Transportation is provided in Ransom and Sargent. These rides are open to all 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.

**Valley Senior Services is located in the
Lisbon Senior Center. We are here to help!**

Stop by and visit with us today!

701-683-3131

PROPERTY TAX CREDIT OPTIONS

PRIMARY RESIDENCE CREDIT

What is the 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, town 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 to apply for more than one type of property tax credit, including the **Homestead Property Tax Credit** and the **Disabled Veterans Property Tax Credit**.

HOMESTEAD PROPERTY TAX CREDIT

What is the Homestead Property Tax Credit?

The Homestead Property Tax Credit property tax credits available to eligible North Dakotans. The credit reduces the homeowner's taxable value depending on the homeowner's income. The maximum reduction may vary from \$4,500 to \$9,000. Homeowners must be 65 years of age or older or be permanently disabled. To be eligible for this program, you (the homeowner) must:

- Live at and be invested in the property
- Not have income that exceeds \$70,000, including the income of your spouse and any dependents, for the calendar year preceding the assessment date.

The homeowner does not qualify to receive the credit if the homestead is rented while the owner is temporarily absent, or the homestead is a farm structure.

The Homestead Property Tax Credit reduces the homeowner's taxable value according to the following:

<u>If your income is:</u>	<u>\$0 – \$40,000</u>	<u>\$40,001 – \$70,000</u>
Taxable value is reduced by:	100%	50%
Maximum reduction of taxable value:	\$9,000	\$4,500
Maximum reduction of true & full value:	\$200,000	\$100,000

Interested in applying? Contact your local assessor or county director of tax equalization. Homeowners must apply for a property tax credit by March 31.

***Are you a renter?
Look for information in the February Silver Quill
about Rent Refunds!***

RANSOM & SARGENT COUNTY TRANSPORTATION



Valley
Senior Services
helping seniors maintain independence

Handicap accessible

We will accommodate appointments of any kind, to ANY AGE, on a first call, first serve basis.

To make a reservation, call 701-683-3131

LISBON CITY VAN

Monday-Wednesday 8:00am-4:00pm

Thursday & Friday 8:15am-3pm

Same day rides within Lisbon city limits

Out of town rides, 20 miles radius of Lisbon, please schedule the day before.

\$2-In-town round trip (includes 1 stop) \$5 Out-of-town round trip (includes 1 stop)

\$1 for each additional stop

COUNTY VANS

Available Monday-Friday for out-of-country trips by appointment.

In County = \$5 per person

Out of County = \$8 per person

FARGO BUS

The bus leaves from Lisbon at 8:30 every Tuesday & Thursday morning.

It will leave Fargo no later than 3pm. Please schedule your appointments accordingly.

\$8 per person

To reserve your seat, call 683-3131

PASSENGER POLICIES

- Please have the exact fare. Drivers do not carry change
- Passengers shall be courteous to the driver & any other passengers.
- The driver may refuse to give you a ride to locations that are not safe, including areas not cleared of snow.
- If requested the driver can provide an arm or hand to assist riders between the entrance to the building & the van.
- Passengers are expected to carry their own shopping bags.
- The driver may assist with shopping bags if time allows.
- It is at the discretion of the driver not to carry anything too heavy.
- They can only take them to the main entrance of your building or house no further.
- No smoking or drinking in the Transit vehicles

Call VSS at 701-683-3131 to reserve your seat!

STORM POLICY

There will not be congregate or home delivered meals on days that schools are closed due to storm conditions. The menu listed for that day will be moved the to the next day. Listen to KQLX of Lisbon for announcements of services on storm days.



Valley Senior Services, Inc.
 P.O. Box 2217
 Fargo, ND 58108

NON-PROFIT ORG.
 U.S. POSTAGE PAID
 FARGO, ND 58102
 PERMIT NO. 1123

 Cut along the dotted line above and mail your donation to the Ransom/Sargent 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 Lisbon 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 PO Box 387, Lisbon, ND 58054. Checks must have "Giving Hearts Day" in the memo line or be dated February 13, 2025.