

Risk Less. Do More.



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!

Three reasons to vaccinate against flu, COVID-19, and RSV

1 You may be high risk (even if you don't know it). You're at higher risk for severe illness from influenza (flu), COVID-19, and respiratory syncytial virus (RSV) if you:

- Are 65 years and older;
- Have certain medical conditions like heart, lung, or kidney disease, diabetes, obesity, or asthma; or
- Have a weakened immune system.

If you are pregnant, your baby could be at risk for RSV.

2 Vaccines work best to keep you from getting severely ill if you get a respiratory infection from flu, COVID-19, or RSV. Flu and COVID-19 vaccines can prevent some infections, but like RSV vaccines, their primary job is to keep symptoms mild and keep people who get infected from needing medical or hospital care.

3 You can protect the people you love by encouraging them to join you in getting vaccinated to reduce the risk of serious flu, COVID-19, and RSV illness.

Vaccines prevent millions of cases of respiratory infections every year. They are a safe, trustworthy way to protect yourself. **Talk to your doctor to see which vaccines are right for you.**

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Learn more at
cdc.gov/respiratory-viruses



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

Resource Specialist:

Felicia

701-683-3131

Meal Delivery:

Russell; Brenda

Ransom Kitchen Staff:

Janet; Vee; Nancy; Amber;

Amber; Amber

Sargent Kitchen Staff:

Gwen; Sandra; Carolyn; Diane;

Delores; Valerie; Hannah;

Nicholas

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 to celebrate anyone's birthday for that month! Whether it's your birthday month, or not, come join us for dinner! We are starting this at this Lisbon Center and hope to expand our birthday celebration to other centers in the near future. Look for more information in upcoming newsletters! 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: 724-4074

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or e-mail us at: info@valleyseniors.org

FALL SOUP RECIPES

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Fall is just around the corner meaning it will be soup season before we know it! Making a healthy and hearty soup can be a great way to ring in the fall. Whether you are trying to increase your fiber intake, vegetable variety or bump up on protein, there is a soup for you! Below are a few delicious soup recipes to add to your list of favorites.

White Bean, Kale and Sausage Soup

Prep time 30 minutes

Cook time 10 minutes

Serves 5

Ingredients

8 ounces mild Italian turkey sausage links	2 cups reduced sodium chicken broth
1 medium onion, chopped	1 ½ cups water
2 cloves garlic, minced	1 tsp Italian seasoning
2 cans cannellini beans (white kidney beans), rinsed and drained	¼ tsp ground pepper
1 can, no salt added diced tomatoes (undrained)	4 cups coarsely chopped kale or spinach

Instructions

1. Cook sausage, onion and garlic in a large saucepan 5 to 10 minutes or until the sausage is browned and the onion is tender. Drain fat. Stir in beans, tomatoes, broth, water, Italian seasoning and pepper. Bring to a boil; reduce heat. Cover and simmer for 5 minutes.
2. Stir in kale. Simmer, uncovered, 1 to 3 minutes more or until the kale is tender.

Lentil Soup

Prep time 10 minutes

Cook time 45 minutes

Serves 6

Ingredients

2 Tbsp olive oil	2 cups green or brown lentils, rinsed	1 ½ tsp paprika powder
1 onion, chopped	14 oz can crushed tomatoes	2 bay leaves, dried
2 gloves garlic. Minced	6 cups vegetable stock, low sodium	1 lemon
1 large carrot, chopped	½ tsp cumin	Salt and pepper to taste
2 ribs celery, chopped	½ tsp coriander powder	Chopped fresh parsley for optional garnish

Instructions

1. Heat oil in a large pot over medium heat. Add garlic and onion, cook for 2 minutes.
2. Add celery and carrot. Cook for 7 - 10 minutes or until softened and the onion is sweet.
3. Add all remaining ingredients except the lemon and salt. Stir.
4. Increase heat and bring to simmer. Scoop scum on the surface off and discard (do this again during cooking if required). Place lid on and turn heat down to medium low. Simmer for 35 - 40 minutes or until lentils are soft.
5. Remove bay leaves. Season to taste with salt and pepper. Add squeezed lemon juice just before serving. Garnish with parsley if desired.

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October 2024

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 \$9.00 PER MEAL SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8oz 1% MILK

Monday	Tuesday	Wednesday	Thursday	Friday	
	1 Broccoli Cheese Soup / Crackers Steak Cobb Salad Whole Orange Breadstick	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Whole Orange Bread x2	3 Braised Pork Chop Roasted Potatoes Roasted Brussel Sprouts Peaches Bread x2	4 Philly Cheese Chicken Sandwich Tator Tots Beets Fruit Cocktail	
	7 Egg & Sausage Bake Hash Browns Asparagus Almondine Banana Bread x 2 Jelly	8 Salisbury Steak / Mushroom Gravy Twice Baked Potato Capri Blend Veggies Pineapple Bread x2	9 Stuffed Shells / Sauce House Salad Malibu Blend Veggies Fresh Fruit Breadstick Chocolate Cake	10 Chicken Pesto Sandwich Garden Rotini Salad Broccoli Salad Berries & White Chocolate	11 Beef Fajita Spanish Rice Fajita Blend Veggies Chips & Salsa Caramel Custard Raspberries
	14 Hot Dog / Bun French Fries Baked Beans Blushing Pears	15 Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin Bread x2	16 Chili w/ Beans House Salad Cornbread Wheat Crackers Deluxe Fruit	17 Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	18 Pulled BBQ Chicken Ranch Beans Corn Cornbread Fresh Strawberries
	21 Fish Sandwich / Bun Lettuce Tomato Onion Scalloped Potatoes Cinnamon Applesauce Tarter Sauce	22 Italian Turkey Meatloaf Boiled Potatoes Green Beans / Thyme Berry Crisp Bread x2	23 Ham Baked Potato Peas & Onions Tropical Fruit Bread x2	24 Pork Wings Au Gratin Potatoes Seasoned Snow Peas Ciabatta Roll Cinnamon Bananas	25 Beef & Broccoli Fluffy Rice Japanese Stir Fry Veggies Vegetable Egg Roll Honeydew
	28 Chicken & Wild Rice Casserole Brussel Sprouts & Tomatoes Whole Pear Breadstick	29 Pork Loin Roast / Gravy Mashed Potato Lemon Asparagus Mandarin Oranges Bread x2	30 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake Bread x2	31 Supreme Pizza Casserole House Salad Green Beans Oregano Breadstick	

ENDERLIN (701-437-2669)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Broccoli Cheese Soup / Crackers Steak Cobb Salad Apple Breadstick	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Whole Orange	3 Braised Pork Chop Roasted Potatoes Roasted Brussel Sprouts Peaches	4 Philly Cheese Chicken Sandwich Tator Tots Beets Fruit Cocktail
7 Egg & Sausage Bake Hash Browns Cauliflower Banana	8 Salisbury Steak / Mushroom Gravy Baked Potato Capri Blend Veggies Pineapple	9 Stuffed Shells / Sauce House Salad Malibu Blend Veggies Fresh Fruit Chocolate Cake	10 Chicken Pesto Sandwich Garden Rotini Salad Broccoli Salad Berries & White Chocolate	11 Beef Fajita/Spanish Rice Fajita Blend Veggies Chips & Salsa Caramel Custard Raspberries
14 Hot Dog / Bun French Fries Baked Beans Blushing Pears	15 Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin	16 Chili w/ Beans House Salad Cornbread Wheat Crackers Deluxe Fruit	17 Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash	18 Pulled BBQ Chicken Ranch Beans Corn Cornbread Fresh Strawberries
21 Fish Sandwich / Bun Lettuce Tomato Onion Scalloped Potatoes Cinnamon Applesauce	22 Italian Turkey Meatloaf Boiled Potatoes Green Beans / Thyme Berry Crisp	23 RS Ham Baked Potato Peas & Onions Tropical Fruit	24 Pork Chop Au Gratin Potatoes Seasoned Snow Peas Bananas	25 Beef & Broccoli/ Rice Japanese Stir Fry Veggies Vegetable Egg Roll
28 Chicken & Wild Rice Casserole Broccoli Whole Pear Breadstick	29 Pork Loin Roast / Gravy Mashed Potato Peas Mandarin Oranges	30 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake	31 Supreme Pizza Casserole House Salad Green Beans Oregano Breadstick Apple	

FALL SOUP RECIPES

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How to Freeze Soup

Soup recipes often make large portions which can be difficult to finish for one or two people. Freezing individual portions can be a great way to save it for later. To freeze soup, cool the soup quickly after cooking by placing it in the refrigerator or dividing it into smaller portions. Use freezer safe bags or freezer safe storage containers to separate soup into individual servings. If using a storage container, leave an inch of room at the top of the container for expansion. If using a freezer safe bag, lay the bags flat to push the air out and store soup flat. Label the individual portions with the name of the soup, the date it was made/stored and the ingredients you still want to add. Soup can be safely stored for up to 3 months in the freezer.

When you are ready to eat the soup, thaw the leftovers in the refrigerator for 24 hours before reheating and serving. Typically, vegetables, meat, whole grains and legumes freeze well. Soups containing milk, cream, pasta, potatoes, fresh herbs, tender greens or lemon juice don't freeze quite as well. Add the ingredients that don't freeze as well after thawing and reheating the soup.

MILNOR (701-427-9327)

Tuesday	Wednesday	Thursday	Friday
1 Broccoli Cheese Soup/Crackers Steak Cobb Salad Whole Orange	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli	3 Braised Pork Chop Roasted Potatoes Roasted Brussel Sprouts	4 Philly Cheese Chicken Sandwich Tator Tots/Beets
8 Salisbury Steak Mushroom Gravy Twice Baked Potato Capri Blend Veggies	9 Egg & Sausage Bake Hash Browns Asparagus Almondine Banana	10 Chicken Pesto Sandwich Garden Rotini Salad/ Broccoli Salad Berries & White Chocolate	11 Beef Fajita/Spanish Rice Fajita Blend Veggies Chips & Salsa Caramel Custard/Raspberries
15 Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin	16 Chili w/ Beans House Salad Cornbread/Wheat Crackers Deluxe Fruit	17 Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash	18 Pulled BBQ Chicken Ranch Beans Corn/Cornbread Fresh Strawberries
22 Fish Sandwich / Bun Lettuce Tomato Onion Scalloped Potatoes Cinnamon Applesauce	23 RS Ham Baked Potato Peas & Onions Tropical Fruit	24 Chicken & Wild Rice Casserole Brussel Sprouts & Tomatoes Whole Pear Breadstick	25 Hot Dog / Bun French Fries Baked Beans Blushing Pears
29 Pork Loin Roast / Gravy Mashed Potato Lemon Asparagus	30 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake	31 Supreme Pizza Casserole House Salad Green Beans Oregano Breadstick	

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

Monday	Tuesday	Wednesday	Thursday
	1 Philly Cheese Chicken Sandwich Tator Tots Corn Cobbette Banana	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Whole Orange	3 Braised Pork Chop Roasted Potatoes Roasted Brussel Sprouts Peaches
7 Egg & Sausage Bake Hash Browns Asparagus Almondine Banana	8 Salisbury Steak/Mushroom Gravy Twice Baked Potato Capri Blend Veggies Pineapple	9 Stuffed Shells / Sauce House Salad Malibu Blend Veggies Chocolate Cake	10 Beef Fajita/Spanish Rice Fajita Blend Veggies Chips & Salsa Caramel Custard
14 Hot Dog / Bun French Fries Baked Beans Blushing Pears	15 Pulled BBQ Chicken Ranch Beans Corn Cornbread	16 Chili w/ Beans House Salad Cornbread Wheat Crackers	17 Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash
21 Fish Sandwich / Bun Lettuce Tomato Onion Scalloped Potatoes Cinnamon Applesauce	22 Meatloaf Mashed Potatoes with Gravy Sliced Dilled Carrots Minted Pears	23 RS Ham Baked Potato Peas & Onions Tropical Fruit	24 Chicken Wild Rice Casserole Brussel Sprouts & Tomatoes Whole Pear Breadstick
28 Supreme Pizza Casserole House Salad Green Beans Oregano Breadstick	29 Pork Loin Roast / Gravy Mashed Potato Lemon Asparagus Mandarin Oranges	30 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake	31 Pork Wings Au Gratin Potatoes Seasoned Snow Peas Cinnamon Bananas

RUTLAND (701-724-4074)

Monday	Tuesday	Wednesday	Thursday
	1 Broccoli Cheese Soup / Crackers Steak Cobb Salad Whole Orange Breadstick	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli - 1 cup Whole Orange	3 Braised Pork Chop Roasted Potatoes Roasted Brussel Sprouts Peaches
7 Egg & Sausage Bake Hash Browns Asparagus Almondine Banana	8 Salisbury Steak/Mushroom Gravy Twice Baked Potato Capri Blend Veggies Pineapple	9 Stuffed Shells / Sauce House Salad /Breadstick Malibu Blend Veggies Fresh Fruit Chocolate Cake	10 Chicken Pesto Sandwich Garden Rotini Salad Broccoli Salad Berries & White Chocolate
14 Hot Dog / Bun French Fries Baked Beans Blushing Pears	15 Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin	16 Chili w/ Beans House Salad Cornbread/Wheat Crackers Deluxe Fruit	17 Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash
21 Fish Sandwich / Bun Lettuce Tomato Onion Scalloped Potatoes Cinnamon Applesauce	22 Italian Turkey Meatloaf Boiled Potatoes Green Beans / Thyme Berry Crisp	23 RS Ham Baked Potato Peas & Onions Tropical Fruit	24 Pork Wings Au Gratin Potatoes Seasoned Snow Peas Cinnamon Bananas
28 Chicken & Wild Rice Casserole Brussel Sprouts & Tomatoes Whole Pear Breadstick	29 Pork Loin Roast / Gravy Mashed Potato Lemon Asparagus Mandarin Oranges	30 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake	31 Supreme Pizza Casserole House Salad /Breadstick Green Beans Oregano Apple

HOW CAN I PICK THE BEST MEDICARE PART D PRESCRIPTION DRUG PLAN FOR MY NEEDS?

BY KIMBERLY LANKFORD, AARP

Medicare Part D Open Enrollment period is October 15 to December 7 each year. Your goal in choosing a Medicare Part D prescription drug plan is to select a plan that:

- Covers all your drugs with the lowest out-of-pocket cost.
- Provides good service.
- Checks the box on any other personal requirements you might have.

Part D plans can change their costs and coverage every year, just as the prescription drugs you take can change. And there are a lot of options out there, so consider this when selecting a plan. Comparing that many plans can be overwhelming, but several tools and resources can help you assess the right plan for your needs. Here's how to determine your best Part D plan

when you first sign up or during Medicare's annual open enrollment period .

Tip: Don't look just at a plan's premiums. Also compare the coverage and total costs for your medications. Your answers to these questions will help narrow the field.

How does the Part D plan cover my prescriptions?

Using the Medicare Plan Finder at www.medicare.gov/plan-compare, make sure the drugs you take are part of a plan's formulary, what insurers call a list of covered drugs. After you've entered all of your medications, you can see how much you'll pay for them with each plan. Two plans that cover your medicines may

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PICK THE BEST MEDICARE PART D PRESCRIPTION DRUG PLAN

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have very different costs, depending on the copayments they charge for your drugs.

Most Part D plans have four or five pricing tiers, starting with the lowest copayments:

- Preferred generic medications.
- Generics not on the preferred list.
- Preferred brand-name drugs.
- Other brand-name drugs.
- A separate high-priced tier for specialty medications (on some, not all).

That's not how you'll see the information presented in the Plan Finder, but this can help you understand why you might see different prices for the same prescription when you compare plans in your area.

Other options: Call 800-MEDICARE (800-633-4227) for help, or work with representatives from your North Dakota State Health Insurance Assistance Program (SHIP) at 888-575-6611.

Does the Part D plan cover the pharmacies I use?

You can enter up to five pharmacies in the Plan Finder to determine if they're preferred in-network pharmacies, standard in-network pharmacies that have higher copayments, or not in a plan's network. Click view your pharmacies to see what your out-of-pocket costs would be for your medications at different pharmacies.

What are the total costs for the plan and my drugs?

Several factors can affect the total cost for a Part D plan during the year, including premiums, deductibles and copayments for your medications. Plans were allowed to charge a deductible of up to \$545 in 2024, while some plans have no deductible.

Premiums can vary, but a plan with low premiums may cost you more if it has high copayments for your drugs. When you're in the

Plan Finder, you can sort the plans by **Lowest drug + premium** cost to find out which plan's total costs will be least expensive for you for the year.

The Plan Finder also shows your estimated total monthly drug costs for each plan. That can be helpful if you're looking for a plan that spreads expenses throughout the year rather than charging the biggest bills in the first few months.

How does the Part D plan rate for customer service?

The Plan Finder can show you each plan's star ratings, which the Centers for Medicare & Medicaid Services award to Part D and Medicare Advantage plans based on several quality measures. For Part D plans, the categories include accuracy of pricing, complaints, customer service and members' experiences.

Keep in mind:

Three ways to enroll. After you find the best prescription drug plan for your needs, you can sign up through the Medicare Plan Finder, by calling the Medicare help line at 800-MEDICARE (800-633-4227) or by contacting the plan directly. You can also find contact information for Part D plans in your area in the Plan Finder or by calling the Medicare help line, as well as by reaching out to your State Health Insurance Assistance Program (SHIP) at 800-575-6611.

One plan at a time. If you switch to another Part D plan, the old one is automatically canceled as soon as the new coverage becomes effective. If you switch plans during the open enrollment period of Oct. 15 to Dec. 7, your new coverage automatically begins Jan. 1.

Financial help is available. If your income is below a certain level, you can qualify for the Extra Help program, which can help pay your Part D premiums and copayments.

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!



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

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

RETURN SERVICE REQUESTED

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



Valley
 Senior Services
helping seniors maintain independence