



Valley Senior Services
helping seniors maintain independence

Silver Quill



Valley Senior Services of Ransom & Sargent Counties

NOVEMBER 2024 | VOLUME 42 NO. 11



JOIN US FOR A TRADITIONAL
THANKSGIVING MEAL WITH TURKEY AND
ALL THE TRIMMINGS!

THURSDAY, NOVEMBER 21ST
TO RESERVE YOUR SPOT OR TAKE A MEAL
TO-GO, PLEASE CALL YOUR LOCAL
MEAL SITE BY FRIDAY, NOVEMBER 15TH.



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
Monday, November 11,
Thursday, November 28,
and
Friday, November 29.
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

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

Statement of Identification - Silver Quill
Published Monthly by: Valley Senior Services, Inc.
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

NUTRITION TO REDUCE THE RISK OF OSTEOPOROSIS

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Did you know, approximately 10 million Americans over the age of 50 have osteoporosis? Another 44 million have low bone density (osteopenia), increasing their risk of developing the disease. Osteoporosis is a disease where your bones become weak and more likely to break. In fact, 1 in 2 women and about 1 out of every 4 men will fracture a bone due to osteoporosis. In this month's article we will look at how nutrition and lifestyle affect bone health.

Nutrition for Bone Health

According to the Bone Health and Osteoporosis Foundation (BHOFF), nutrition and lifestyle are key to preventing and managing osteoporosis. The two nutrients most associated with bone health are calcium and vitamin D. As you will see in the table below, calcium needs actually increase with age.

Recommended calcium intake:

Women under the age of 50	1,000 mg calcium per day
Women over the age of 50	1,200 mg calcium per day
Men under the age of 71	1,000 mg calcium per day
Men over the age of 71	1,200 mg calcium per day

How do you know if you are eating or drinking enough calcium? The table below can help you calculate the amount you're consuming in your diet. First, determine the amount of dairy you eat daily and multiply the servings by 300 mg. Then, if you eat or drink any calcium fortified products, read the label for calcium per serving. Multiply the amount of calcium by the number of servings you have daily. Lastly, add 250 mg to your total to account for the various sources of calcium coming from your balanced diet. If you are falling short of your calcium needs you can choose to eat more calcium containing foods or talk to your dietitian about calcium supplementation.

Example: You drink 3 servings of milk daily and eat a variety of fruits and vegetables
 $3 \times 300 \text{ mg} + 250 \text{ mg} = 1,150 \text{ mg}$ of daily calcium intake

Food	Serving Size	Amount of Calcium
Milk	8 oz cup	300 mg
Yogurt	6 oz serving	300 mg
Cheese	1.5 oz	300 mg
Fortified juices, soy milk, almond milk and cereals	Check the food label	Calcium amounts vary, read the food label
Fruits, Vegetables, soy, bone in fish and other Calcium Sources	Most people eat about 250 mg of calcium a day through various sources	250 mg

To absorb calcium, your body needs vitamin D. Adults over the age of 50 need around 800-1000 IUs every day. Several lifestyle factors can increase your needs such as being home bound, if you are older than 60, spending little time outside, living in a northern altitude, if you have very dark skin, are obese or if you have a medical condition that affects your vitamin D levels. Sun exposure can help your body make vitamin D, however, too much sun has its own risks. Additionally, there are several food sources that contain the vitamin in small amounts like egg yolks, fortified dairy, fatty fish and mushrooms, but it likely will not be enough to meet your needs. Be sure to talk to your dietitian or doctor about vitamin D supplements. In addition to calcium and vitamin D, other

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November 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 \$11.75 PER MEAL SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8oz 1% MILK

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Parmesan Baked Cod Roasted Red Potatoes Asparagus Almondine Apricots Dinner Roll
4 Cheesy Baked Ziti Sicilian Blend Veggies Mixed Berries Breadstick	5 Caprese Chicken Lemon Dill Orzo Green & Gold Beans Fruit Cocktail Bread x2	6 Honey Roast Pork Chop Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	7 Beef Stew Seasoned Peas House Salad Pears WG Biscuit	8 Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin w/ Raspberries Bread x2
11 CLOSED 	12 Beef Soft Tacos (2) Spanish Rice Black Beans Salsa Guacamole Banana	13 Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Mandarin Orange	14 Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries Bread x2	15 Mushroom Swiss Burger / Bun Tuscan Potato Salad Baked Beans Tangerine
18 Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears Bread x2	19 Beef Tips & Mushroom in Gravy Onion Mashed Potato Corn Strawberry Applesauce Bread x2	20 Spaghetti & Meat Sauce Brussels Sprouts Parmesan Cheese Apple Garlic Bread	21 - Thanksgiving Meal Roast Turkey / Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Hot Fruit Compote Pumpkin Pie Dinner Roll	22 French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Blueberries
25 Fish & Chips Coleslaw Tropical Fruit Cup Tartar Sauce Lemon Wedge Ciabatta Roll	26 Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp Bread x2	27 Manhattan Meatballs Brown Rice House Salad Carrots Pineapple Bread x2	28 CLOSED 	29 CLOSED

ENDERLIN (701-437-2669)

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Parmesan Baked Cod Roasted Red Potatoes Asparagus Almondine Apricots Dinner Roll
4 Cheesy Baked Ziti Sicilian Blend Veggies Berries Breadstick	5 Caprese Chicken Lemon Dill Orzo Green & Gold Beans Fruit Cocktail Bread x2	6 Honey Roast Pork Chop Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	7 Beef Stew Seasoned Peas House Salad Pears WG Biscuit	8 Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin w/ Raspberries
11 CLOSED	12 Beef Soft Tacos (2) Spanish Rice Black Beans Salsa/Guacamole Banana	13 Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Mandarin Orange	14 Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries	15 Mushroom Swiss Burger / Bun Tuscan Potato Salad Baked Beans Tangerine
18 Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears	19 Beef Tips & Mushroom in Gravy/ Corn Onion Mashed Potato Strawberry Applesauce	20 Spaghetti & Meat Sauce Brussel Sprouts Apple Garlic Bread	21 Roast Turkey / Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Pumpkin Pie	22 French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Blueberries
25 Fish & Chips Coleslaw Tropical Fruit Cup Ciabatta Roll	26 Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp	27 Manhattan Meatballs Brown Rice/House Salad Carrots Pineapple	28	29

REDUCE THE RISK OF OSTEOPOROSIS

(Continued from page 3)

nutrients such as protein, potassium, magnesium, vitamin K as well as vitamin C can help strengthen bones. Limiting excess intake of sodium can also be beneficial. To help support your bone health, eat 1.5 cups of fruit and 2 cups of vegetables daily. You can also try to limit your daily sodium intake to 2,300 mg or less. Because of their recommended high intake fruits and vegetables while limiting sodium, both the DASH diet and Mediterranean diet can decrease your risk for osteoporosis.

Lifestyle Factors Contributing to Bone Health

Lifestyle factors like participating in weight bearing physical activity can help improve your bone health. Other lifestyle factors like drinking alcohol, excess caffeine intake and smoking can damage your bones and contribute to bone loss. Lifestyle tips to improve your bone health include:

- Participate in weight bearing exercise like walking, dancing, pickleball, hiking or gardening at least 3 times a week.
- Try strength training exercises, stretching and balance exercises several times a week.
- Limit alcohol consumption to no more than 2-3 drinks a day.
- Stop smoking.
- If you drink caffeine, drink it in moderation. Studies show having more than 3 cups of coffee a day can interfere with calcium absorption. High intake of soft drinks is also associated with bone loss.

MILNOR (701-427-9327)

Tuesday	Wednesday	Thursday	Friday
			1 Parmesan Baked Cod Roasted Red Potatoes Asparagus Almondine
5 Caprese Chicken Lemon Dill Orzo Green & Gold Beans Fruit Cocktail	6 Honey Roast Pork Chop Squash Fresh Fruit Salad Hot Spiced Apples	7 Beef Stew/WG Biscuit Seasoned Peas House Salad Pears	8 Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin w/ Raspberries
12 Beef Soft Tacos (2) Spanish Rice Black Beans Salsa/Guacamole	13 Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers	14 Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries	15 Mushroom Swiss Burger / Bun Tuscan Potato Salad Baked Beans Tangerine
19 Beef Tips & Mushroom in Gravy Onion Mashed Potato Corn Strawberry Applesauce	20 Spaghetti & Meat Sauce Brussels Sprouts Apple Garlic Bread	21 Roast Turkey / Gravy Mashed Potatoes/Cranberry Sauce Sage Bread Dressing/Green Bean Casserole/Pumpkin Pie	22 Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears
25 Fish & Chips Coleslaw Tropical Fruit Cup Ciabatta Roll	26 Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp	27 Manhattan Meatballs Brown Rice House Salad/Carrots Pineapple	28 CLOSED

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

Monday	Tuesday	Wednesday	Thursday
4 Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin w/ Raspberries	5 Caprese Chicken Lemon Dill Orzo Green & Gold Beans Fruit Cocktail	6 Honey Roast Pork Chop Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	7 Beef Stew/WG Biscuit Seasoned Peas House Salad Pears
12—Tuesday Beef Soft Tacos (2) Spanish Rice Black Beans Salsa/Guacamole	13 - Wednesday Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers	14 - Thursday Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries	15 - Friday French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Blueberries
18 Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears	19 Beef Tips & Mushroom in Gravy Onion Mashed Potato Corn Strawberry Applesauce	20 Spaghetti & Meat Sauce Brussels Sprouts Parmesan Cheese Apple Garlic Bread	21 Roast Turkey / Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Hot Fruit Compote Pumpkin Pie
25 Fish & Chips Coleslaw Tropical Fruit Cup Ciabatta Roll	26 Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp	27 Manhattan Meatballs Brown Rice House Salad/Carrots Pineapple	28 CLOSED

RUTLAND (701-724-4074)

Monday	Tuesday	Wednesday	Thursday
4 Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin w/ Raspberries	5 Caprese Chicken Lemon Dill Orzo Green & Gold Beans - 1 Cup Fruit Cocktail	6 Honey Roast Pork Chop Squash Fresh Fruit Salad Hot Spiced Apples	7 Beef Stew/WG Biscuit Seasoned Peas House Salad Pears
12 - Tuesday Beef Soft Tacos (2) Spanish Rice Black Beans Salsa/Guacamole Banana	13 - Wednesday Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Mandarin Orange	14 - Thursday Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries	15 - Friday French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Blueberries
18 Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears	19 Beef Tips & Mushroom in Gravy Onion Mashed Potato Corn Strawberry Applesauce	20 Spaghetti & Meat Sauce Brussels Sprouts Apple Garlic Bread	21 Roast Turkey / Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Pumpkin Pie
25 Fish & Chips Coleslaw Tropical Fruit Cup Ciabatta Roll	26 Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp	27 Manhattan Meatballs Brown Rice House Salad/Carrots Pineapple	28 CLOSED

FUEL ASSISTANCE - WHAT IS LIHEAP?



The Low Income Energy Assistance Program (LIHEAP) helps eligible individuals and families pay part of their heating costs. Applications will be accepted until May 31, 2025. LIHEAP can help pay for the fuel you use to heat the home you live in from October through May if you buy your heating fuel from a fuel dealer or a utility company (fuel oil, propane, natural gas, electricity, wood coal or kerosene), or if your rent payments include heat and you do not receive a rent

subsidy. The amount of benefits you may be eligible for depends on the type and size of your home and the type of fuel used to heat your home.

The program also covers:

- Weatherization Services (insulation, weather stripping, etc)
- Furnace cleaning, repair and replacement
- Chimney cleaning and inspection
- Emergency assistance

Written proof or verification of your income, your heating bill, and medical expenses that can be deducted from your income is needed to be sure your eligibility and benefits are calculated correctly.

You can apply online by going to hhs.nd.gov/applyforhelp/liheap or in person at your local Human Service Zone office:

RSR Human Service Zone
701-683-6133 (Ransom)
701-724-6241 ext 7 (Sargent)



Preventing Medicare Fraud

MEDICARE OPEN ENROLLMENT PERIOD IS OCTOBER 15-DECEMBER 7

The Medicare Open Enrollment Period (OEP) is the time when Medicare beneficiaries can review their Medicare plan and make changes to their current coverage, enroll, or unenroll from Part D or Part C plans. Plans affected during OEP are prescription drug plans also known as Part D, and Medicare Advantage Plans also known as Part C. Changes in coverage begin January 1st. Even if you are happy with your current coverage, plans change each year, so it is a good idea to review your plan for the upcoming year.

- This is also the time of the year to be on the lookout for uninvited callers that try to switch you to plans that may not be the best fit to meet your needs.

BEWARE OF MEDICARE OPEN ENROLLMENT SCAMS

Even though Medicare fraud is a year-round concern, scammers use the open enrollment time to step up their game. Medicare beneficiaries should be on fraud alert during open enrollment. Avoid being a victim of identity theft or Medicare fraud by guarding your Medicare number and other personal information. Tips to avoid being scammed:

- Shop and compare plans to ensure you are getting the plan that best meets your needs.
- Don't fall for high-pressure sales pitches.
- Never give your Medicare number or other personal information to callers.
- Be suspicious of calls claiming to be from Medicare.
 - Medicare will never call to ask you to verify your Medicare number.
- Don't trust caller ID. Scammers use technology that spoofs the telephone number to look like a call coming from the government.
- If anyone claims to be an "official Medicare agent" and tries to sell you Medicare insurance, this is a scam.
 - There are NO Medicare representatives.
- Don't take calls from anyone saying you MUST join their prescription plan, or you will lose your Medicare coverage. Prescription plan coverage is voluntary.
- Be aware of advertisements that look like they are from the government but are really from private companies selling plans.

OPTIONS FOR MAKING A PART D PLAN COMPARISON

- ⇒ You can complete a plan comparison on the Medicare website at: www.medicare.gov/plan-compare or by calling 800-MEDICARE (800-633-4227)
- ⇒ North Dakota Insurance Department will be available by telephone for enrollment assistance. They can be contacted at 1-888-575-6611.

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

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

