

SEASON'S GREETINGS

JOIN US FOR A
special holiday meal!

**RESERVATIONS
ARE REQUIRED**

CHECK THE
MENUS INSIDE
OR CALL YOUR
LOCAL SENIOR
CENTER FOR MORE
INFORMATION

ALL MEAL SITES &
OFFICES WILL BE
CLOSED ON DEC 24 & 25
AND JAN 1



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
Tuesday, Dec 24
Wednesday, Dec 25, and
Wednesday, Jan 1.*

*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

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 at the Lisbon Center to 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.

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

CHRISTMAS WORD SEARCH

E Q Y U W C P C W S B N D Z J
 O S K A A R Q R G R O R E E Y
 T F L N D R E N E B A P C H G
 E V D V L I I A B S O P O Z O
 L Y E E D K L I T I E L R C N
 T E O Q C Y R O N H Z N A Q G
 S N K O M I L S H T A N T G G
 I E T A R B E L E C D R I S E
 M S P N C T E E O L T E O H B
 X Z I V T T R E E H S I N A E
 U E E I X D I S R T I N S E L
 X W A H M D J U F Q T D E B L
 O R N A M E N T R B F E M L S
 S E I K O O C V F F I E X C N
 S D R A C F U T T I G R L H B

Bells	Cards	Decorations	Gift	Mistletoe	Pie	Reindeer	Tinsel	Wreath
Candles	Celebrate	Eggnog	Holiday	Noel	Poinsettia	Ribbon	Tree	
Candy	Cookies	Fruitcake	Holly	Ornament	Presents	Stockings	Wrap	

©LPI

December 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
2 Tuna Noodle Casserole Caribbean Blend Veggies Peaches Dinner Roll	3 Turkey a la King Fluffy Rice Malibu Blend Veggies Fresh Grapes Biscuit	4 Scrambled Egg Seasoned Steak Hashbrowns Orange Vinaigrette Veggies Mixed Berries WW Bread x2 Jelly	5 Chicken & Dumplings House Salad Herbed Green Beans Strawberries & Yogurt Biscuit	6 Hot Roast Beef / Gravy on Wheat (2 slices) Chived Mashed Potatoes Peas and Carrots Snicker & Apple Salad
9 BBQ Ribs Prince Edward Veggies Baked Potato Fruit Cocktail Bread x2	10 Chicken Fried Steak / Cream Gravy Potatoes & Onions Lemon Butter Broccoli Ambrosia Birthday Cake Bread x1	11 Chili w/ Beans House Salad Cornbread Wheat Crackers Banana	12 Cheeseburger on a Bun Dijon Red Potatoes Squash Whole Pear	13 Beef Lasagna Herbed Green Beans Blueberries Breadstick
16 Swedish Meatballs Mashed Potatoes Corn Apple Bread x2	17 Lemon Pepper Fish Au Gratin Potatoes Winer Blend Veggies Peachy Gelatin Bread x2	18 Chicken Tortilla Soup Cheese Enchiladas Black Beans Pepper Medley Sour Cream Pineapple	19 - Christmas Meal RS Ham Glazed Sweet Potatoes Green Bean Casserole Orange Pie Dinner Roll	20 Roast Pork Loin Parslied Potatoes Balsamic Brussel Sprouts Apricots Caribbean Sauce Dinner Roll
23 Tater Tot Casserole Southwest Corn Fresh Whole Pear Bread x2	24 CLOSED Meals on Wheels recipients will receive a frozen meal on Monday along with their hot meal.	25 CLOSED If you would like to receive an additional frozen meal on Monday, please call your meal site kitchen.	26 Lemon Mustard Chicken Roasted Red Potatoes Winter Blend Veggies Tropical Fruit Dinner Roll	27 Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit
30 Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges	31 Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus Raspberries Breadstick			

ENDERLIN (701-437-2669)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tuna Noodle Casserole Carribbean Blend Veggies Peaches	3 Turkey a la King Fluffy Rice Malibu Blend Veggies Fresh Grapes	4 Hot Roast Beef / Gravy on Wheat (2 slices) Chived Mashed Potatoes Peas and Carrots	5 Chicken & Dumplings House Salad Herbed Green Beans Strawberries & Yogurt	6 Scrambled Egg Seasoned Steak Hashbrowns Orange Vinaigrette
9 BBQ Ribs Prince Edward Veggies Baked Potato Fruit Cocktail	10 Chili w/ Beans House Salad Cornbread Wheat Crackers	11 Chicken Fried Steak / Cream Gravy Potatoes & Onions Lemon Butter Broccoli	12 Cheeseburger on a Bun Dijon Red Potatoes Squash Pears	13 - Christmas Meal RS Ham Glazed Sweet Potatoes Green Bean Casserole Orange
16 Swedish Meatballs Mashed Potatoes Corn Apple	17 Lemon Pepper Fish Au Gratin Potatoes Winer Blend Veggies Peachy Gelatin	18 Chicken Tortilla Soup Cheese Enchiladas Black Beans Pepper Medley	19 Beef Lasagna Herbed Green Beans Blueberries Breadstick	20 Roast Pork Loin Parslied Potatoes Balsamic Brussel Sprouts
23 Tater Tot Casserole Southwest Corn - 1 cup Fresh Whole Pear Bread x2	24 CLOSED Meals on Wheels recipients will receive a frozen meal on Monday along with their hot meal.	25 CLOSED If you would like to receive an additional frozen meal on Monday, please call your meal site kitchen.	26 Lemon Mustard Chicken Roasted Red Potatoes Winter Blend Veggies Tropical Fruit	27 Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread
30 Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges	31 Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus Raspberries			

FALL AND HOLIDAY DESSERT RECIPES

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Fall is finally here and holiday season is just around the corner! Holidays are often filled with delicious foods and sweets that can be hard to resist. Instead of limiting all desserts, why not make nutritious ones to help curb your sweet tooth? Below are a few easy recipes that are either low in added sugar and saturated fat or they are full of nutritious ingredients like fruits, whole grains, nuts, seeds and spices. These desserts are great options to have as a snack or to share when the grandkids come to visit!

Stove Top Spiced Apples

Ingredients

- 4 apples, cored and chopped
- 1 tbsp water
- 2 tsp cinnamon
- 1 tsp vanilla
- a pinch of nutmeg, cloves and ginger (based on preference)

Directions

1. Core and cut apples into wedges or cubes
2. Add them to a nonstick pan with cinnamon, optional spices, vanilla and a little splash of water

and stir together to coat. Cover and cook at medium-high heat for one minute.

3. Then take the lid off, reduce heat and keep stirring occasionally for another 3-4 minutes or until some of the apples become tender.
4. Take out and serve immediately.

Serving Options: Serve cinnamon apples with plain, low fat Greek yogurt to add protein to your dessert or top with your favorite nuts for some healthy fats!

No Bake Pumpkin Peanut Butter Balls

Ingredients

- 1 cup rolled oats
- 1/2 cup pumpkin puree
- 1/2 cup peanut butter
- 2 tablespoons honey or maple syrup (optional)
- 1 1/2 teaspoons pumpkin pie spice

Directions

1. Add oats to a food process or blender and grind until it turns into flour.

(Continued on page 7)

MILNOR (701-427-9327)

Tuesday	Wednesday	Thursday	Friday
3 Turkey a la King Fluffy Rice Malibu Blend Veggies	4 Hot Roast Beef / Gravy on Wheat Chived Mashed Potatoes Peas and Carrots	5 Tuna Noodle Casserole Carribbean Blend Veggies Peaches	6 Scrambled Egg Seasoned Steak Hashbrowns
10 Chili w/ Beans House Salad Cornbread	11 Chicken Fried Steak/ CreamGravy Potatoes & Onions	12 Cheeseburger on a Bun Dijon Red Potatoes Squash	13 RS Ham Glazed Sweet Potatoes Green Bean Casserole Orange
17 Lemon Pepper Fish Au Gratin Potatoes Winer Blend Veggies Peachy Gelatin	18 Swedish Meatballs Mashed Potatoes Corn Apple	19 Beef Lasagna Herbed Green Beans Blueberries Breadstick	20 Roast Pork Loin Parslied Potatoes Balsamic Brussel Sprouts Apricots
23 - Monday Tater Tot Casserole Southwest Corn Fresh Whole Pear	24 & 25 - Christmas Eve & Day CLOSED Meals on Wheels recipients will receive a frozen meal on Monday along with their hot meal.	26 Chicken & Dumplings House Salad Herbed Green Beans	27 Beef Stroganoff Mashed Potatoes Carrots
30 Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges	31 Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus		<i>If you would like to receive an additional frozen meal on Monday before Christmas, please call your meal site kitchen.</i>

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

Monday	Tuesday	Wednesday	Thursday
2 Tuna Noodle Casserole Carribbean Blend Veggies Peaches Dinner Roll	3 Turkey a la King Fluffy Rice Malibu Blend Veggies - 1 cup Fresh Grapes Biscuit	4 Hot Roast Beef / Gravy on Wheat (2 slices) Chived Mashed Potatoes Peas and Carrots Snicker & Apple Salad	5 Chicken & Dumplings House Salad Herbed Green Beans Strawberries & Yogurt Biscuit
9 BBQ Ribs Prince Edward Veggies Baked Potato Fruit Cocktail	10 Chili w/ Beans House Salad Cornbread Wheat Crackers	11 Chicken Fried Steak/Cream Gravy Potatoes & Onions Lemon Butter Broccoli Ambrosia	12 Cheeseburger on a Bun Dijon Red Potatoes Squash Whole Pear
16 Swedish Meatballs Mashed Potatoes Corn Apple Bread x2	17 Lemon Pepper Fish Au Gratin Potatoes Winer Blend Veggies Peachy Gelatin Bread x2	18 - Christmas Dinner RS Ham Glazed Sweet Potatoes Green Bean Casserole Orange Strawberry Cream Pie	19 Herbed Green Beans Blueberries Breadstick
23 Tater Tot Casserole Southwest Corn Fresh Whole Pear Bread x2	24 & 25 - Christmas Eve & Day CLOSED Meals on Wheels recipients will receive a frozen meal on Monday along with their hot meal.	26 - Thursday Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread	27 - Friday Roast Pork Loin Parslied Potatoes Balsamic Brussel Sprouts Apricots
30 Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges	31 Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus		<i>If you would like to receive an additional frozen meal on Monday before Christmas, please call your meal site kitchen.</i>

RUTLAND (701-724-4074)

Monday	Tuesday	Wednesday	Thursday
2 Tuna Noodle Casserole Caribbean Blend Veggies Peaches	3 Turkey a la King Fluffy Rice Malibu Blend Veggies Fresh Grapes	4 Hot Roast Beef / Gravy on Wheat (2 slices) Chived Mashed Potatoes Peas and Carrots	5 Chicken & Dumplings House Salad Herbed Green Beans Strawberries & Yogurt
9 BBQ Ribs Prince Edward Veggies Baked Potato	10 Chili w/ Beans House Salad Cornbread	11 Chicken Fried Steak/Cream Gravy Potatoes & Onions Lemon Butter Broccoli	12 Cheeseburger on a Bun Dijon Red Potatoes Squash
16 Swedish Meatballs Mashed Potatoes Corn Apple Bread x2	17 Lemon Pepper Fish Au Gratin Potatoes Winer Blend Veggies Peachy Gelatin	18 - Christmas Dinner RS Ham Glazed Sweet Potatoes Green Bean Casserole Orange Strawberry Cream Pie	19 Beef Lasagna Herbed Green Beans Blueberries Breadstick Pumpkin Pie
23 Tater Tot Casserole Southwest Corn - 1 cup Fresh Whole Pear Bread x2	24 & 25 - Christmas Eve & Day CLOSED <i>Meals on Wheels recipients will receive a frozen meal on Monday along with their hot meal.</i>	26 - Thursday Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread	27 - Friday Roast Pork Loin Parslied Potatoes Balsamic Brussel Sprouts Apricots
30 Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges	31 Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus		<i>If you would like to receive an additional frozen meal on Monday before Christmas, please call your meal site</i>

DESSERT RECIPES

(Continued from page 5)

- In a large mixing bowl, combine all the ingredients. Using a spoon shape into small bite sized balls. Enjoy!

Optional Additions: Add chia seeds, pecans, shredded coconut or ground flaxseed for more fiber and healthy fats!

3 Ingredient Banana, Oat, Chocolate Chip Cookies

- 2 medium bananas, ripe
- 1 ½ cup oatmeal - optional 1/2 cup rolled oats and 1 cup quick oats
- 1/3 cup mini chocolate chips

Directions

- Preheat oven to 350 degrees Fahrenheit and grease a cookie sheet. Using the back of a fork, mash bananas in a medium bowl until they are broken down.
- Add in oats and chocolate chips. Gently stir until all of the ingredients are mixed together.
- Scoop one tablespoon of the dough into your hands and free form into a cookie. Place on cookie sheet and continue until you have 12 cookies.
- Bake for 12-15 minutes or until set through and lightly golden. Cool and enjoy!

Storage Recommendations: Cookies can be stored in an airtight container for five days in the refrigerator or for 3 months frozen.

Fruit and Nut Dark Chocolate Bark

Ingredients

- 3 cups dark chocolate chips
- 1 cup roughly chopped pecans, pistachios and walnuts
- 1/3 cup chopped dried apricots or cherries
- 1/3 cup dried cranberries

Directions

- Line a large baking sheet with parchment paper or a silicone mat.
- Place the chocolate chips in a microwave safe glass bowl or measuring cup. Heat for 1 minute, at 50% power, stir and heat an additional 30 seconds to a minute, stir again until smooth. Pour the chocolate across the lined baking sheet and spread it out with a spatula.
- Sprinkle with the chopped fruits and nuts. Let the chocolate harden at room temperature or in the refrigerator. Cut the bark into pieces once it has set. Store at cool room temperature or in the refrigerator. Enjoy!

MEDICARE OPEN ENROLLMENT PERIOD ENDS DECEMBER 7

Every year Medicare allows beneficiaries the opportunity to make changes to their health coverage plans during Medicare's Open Enrollment Period which is October 15 through December 7. During this time, Medicare beneficiaries can add, drop, or change their Medicare Advantage or Part D plans. Act during Open Enrollment to make sure your current coverage will still meet your needs in 2025.

Changes you can make during Medicare's Open Enrollment Period

- Joining a new Medicare Advantage Plan or Part D prescription drug plan.
- Switching from Original Medicare to a Medicare Advantage Plan.
- Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan.) *

* If a beneficiary switches to Original Medicare and wants to purchase a Medicare supplement plan (Medigap plan), Medigap options may be limited or not available based on the individual's health status.

Review your coverage for 2025

- Medicare Advantage and Part D plans usually change each year. Make sure that your drugs will still be covered next year and that your providers and pharmacies will still be in the plan's network.
- If you have a **Medicare Advantage Plan or a stand-alone Part D plan**, read your plan's Annual Notice of Change (ANOC) and Evidence of Coverage (EOC).
 - Explore other plans in your area. You may find a cheaper plan that meets your healthcare and prescription drug needs. Research shows you can lower your costs by shopping around.

Protect yourself from marketing violations and enrollment fraud

Medicare has rules about how plans can and cannot communicate with you to market their insurance products. Plans are allowed to send you mail and emails but are not allowed to call or visit you in person without your permission. Red flags to watch out for: **anyone** who tries to pressure you to join their plan, **anyone** who claims they represent Medicare and wants to offer free services, or **anyone** threatening that you will lose your Medicare benefits unless you sign up for a certain plan. If you believe that you may be experiencing Medicare fraud, abuse, or errors, contact ND Senior Medicare Patrol (SMP).

Reporting Medicare fraud: If you suspect fraud, contact the ND SMP at

ndsmp@minotstateu.edu or call 1-833-818-0029 or 701-858-3580. 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: SHIP National Technical Assistance Center (September 2021). Medicare Minute: Medicare's open enrollment period. 2021 Medicare Rights Center.

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!

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

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

