



Valley Senior Services
helping seniors maintain independence

Silver Quill



Valley Senior Services of Ransom & Sargent Counties

FEBRUARY 2025



TOGETHER
We Can
Make An
Impact

FEBRUARY 13 Giving Hearts Day

Giving Hearts Day is just about here!

A Day of Generosity,
A Lifetime of Support for Seniors in

CASS • STEELE • TRAILL • RANSOM • SARGENT • RICHLAND COUNTIES



TRANSPORTATION



COMMUNITY DINING



SENIOR CENTER SOCIALIZATION



MEALS ON WHEELS



RESOURCE SPECIALISTS

To donate to Valley Senior Services for Giving Hearts Day, visit GivingHeartsDay.org to make your online donation or mail/drop off your cash or check donation at your area senior center.

Scan to donate starting January 13



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, February 17th.

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

See Back page for Giving Hearts Day Events and More Donation Options

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

SLOW COOKER RECIPES

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Tis the season to use the crockpot! Slow cooker meals are a great way to make simple recipes that are both warm and delicious. Most recipes require minimum preparation and can save you time with very few dishes to do for cleanup. Additionally, using a slow cooker can help soften protein sources like tough cuts of meat for those who may have trouble chewing. The recipes below are easy to prepare and serve 2-4 people to help cut down leftovers.

Shredded Crockpot Chicken for Two

Serves: 2

- 1-2 boneless skinless chicken breasts (about 1/2 lb)
- 1/2 teaspoon Italian seasoning
- 1/4 cup chicken broth
- Black pepper to taste

Instructions

1. Place chicken breasts in small crockpot. Pour in chicken broth and sprinkle with seasonings.
2. Cover and cook on low for 3-4 hours or until chicken is cooked through (165 degrees F minimum) and fall apart tender.
3. Let rest for 10 minutes before pulling apart. Using two forks, gently pull and shred the chicken in the liquid.
4. Make shredded chicken sandwiches or add to the top of a fresh salad.

Tomato Basil Steak

Author: Sheryl Little

Serves: 4

- 1-1/4 pounds boneless beef shoulder top blade or flat iron steaks
- 1 can (14 ounces) stewed tomatoes, undrained
- 1/2 pound whole fresh mushrooms, quartered
- 1 can (8 ounces) tomato sauce
- 1 medium sweet yellow pepper, julienned
- 1 envelope onion soup mix
- 2 tablespoons minced fresh basil

Instructions

1. Place steaks in a 4-qt. slow cooker. Add mushrooms and pepper. In a small bowl, mix tomatoes, tomato sauce, soup mix and basil; pour over top.
2. Cook, covered, on low 6-8 hours or until beef and vegetables are tender. Serve with rice.

Split Pea Soup

Serves: 2-3

- 8 oz split peas · 2 medium carrots, peeled and diced
- 1 bay leaf
- 1/2 white onion, chopped · 1 garlic clove, minced
- 1 tsp salt · 1/2 teaspoon pepper · 3 cups hot water

Instructions

1. Layer ingredients in order listed above. Do not stir
2. Cover and cook until peas are soft High: 4-5 hours or Low: 8-10 hours
3. Remove bay leaf before serving.

(Continued on page 5)

February 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
3 Beef Stuffed Pepper Parslied Potatoes Zucchini Cranberry Peaches Bread x 1	4 Salisbury steak / Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad Bread x2	5 Pork Wings Scalloped Potatoes Seasoned Snow Peas Cinnamon Bananas Dinner Roll	6 RS Ham Baked Potato Mixed Veggies Bread x2 Deluxe Fruit	7 Mushroom Swiss Burger / Bun Potato Salad Broccoli Tangerine
10 Tater Tot Casserole Green Beans - 1 cup Diced Pears Bread x1	11 Lemon Pepper Cod Rosemary Garlic Potatoes Dilled Carrots Oranges in Whipped Topping Bread x2	12 Country Fried Steak / Gravy Baby Baker Potatoes Beets Pineapple Dessert Dinner Roll	13 Open Face Turkey Sandwich (2 slices bread) Chive Mashed Potatoes Peas & Carrots Snicker Apple Salad	14 Macaroni & Cheese House Salad - 1 cup Fruit Cocktail Bread x1
17 CLOSED If you would like to receive a frozen meal, please call the office	18 Cheese Tortellini / Marinara Sauce Meatballs Italian Veggie Blend Mixed Berries Breadstick	19 Roast Beef & Gravy Dijon Red Potatoes Country Blend Veggies Tropical Fruit Bread x2	20 Beef Fajita Chips / Salsa Spanish Rice Southwest Corn Raspberries Dessert	21 Philly Cheese Chicken Sandwich Tator Tots Capri Blend Veggies Banana
24 Fish Sandwich / Bun / Tartar Sauce Au gratin Potatoes Lettuce, Tomato, Onion Cinnamon Applesauce	25 Teriyaki Chicken Sesame Brown Rice Pacific Blend Veggies Egg Roll Peach Crisp	26 Supreme Pizza Casserole House Salad Green Beans Oregano Dressing Apple Breadstick	27 Pulled BBQ Chicken Ranch Beans California Blend Veggies Cornbread Strawberries	28 Egg & Sausage Bake Hash Browns Asparagus Almondine Bread x1 / Jelly Blueberries
				

ENDERLIN (701-437-2669)

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Stuffed Pepper Parslied Potatoes Corn Peaches	3 Salisbury steak / Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad	5 Pork Chops Scalloped Potatoes Peas/Cinnamon Bananas	6 RS Ham Baked Potato Mixed Veggies Bread x2	7 Mushroom Swiss Burger / Bun Potato Salad/Broccoli Tangerine
10 Tater Tot Casserole Green Beans - 1 cup Diced Pears Bread x1	11 Lemon Pepper Cod Rosemary Garlic Potatoes Dilled Carrots	12 Country Fried Steak / Gravy Baby Baker Potatoes Pineapple/ Dessert	13 Open Face Turkey Sand- wich (2 slices bread) Chive Mashed Potatoes Snickers Apple Salad	14 Chicken Tenders Macaroni & Cheese House Salad - 1 cup Fruit Cocktail
17 CLOSED If you would like to receive a frozen meal, please call the office	18 Cheese Tortellini Marinara Sauce Meatballs Italian Veggie Blend	19 Roast Beef & Gravy Dijon Red Potatoes Country Blend Veggies Tropical Fruit	20 Beef Fajita Chips / Salsa Spanish Rice Southwest Corn	21 Philly Cheese Chicken Sandwich Tator Tots Capri Blend Veggies
24 Fish Sandwich / Bun / Au gratin Potatoes Cinnamon Applesauce	25 Teriyaki Chicken Sesame Brown Rice Pacific Blend Veggies Egg Roll/ Peach Crisp	26 Supreme Pizza Casserole House Salad Green Beans Oregano Dressing Apple	27 Pulled BBQ Chicken Ranch Beans California Blend Veggies Cornbread	28 Egg & Sausage Bake Hash Browns Broccoli Blueberries

SLOW COOKER RECIPES

(Continued from page 3)

Easy Pork Chops

Author Carrie Barnard

Serves: 2-3

- 2-3 boneless pork chops (thick cut)
- 1 can cream of chicken soup (10 oz)
- 1 Tbsp ranch seasoning mix
- ¼ cup chicken broth

Instructions


1. Place pork chops in a crock pot.
2. In a mixing bowl, whisk together the cream of chicken soup, ranch seasoning mix and chicken broth.
3. Pour this mixture on top of the pork chops in a crock pot.
4. Cover and cook on low for 5-7 hours or on high for 2.5-3.5 hours until the pork has an internal temperature of 165 degrees F.

Word Twist

Valentine's Day

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!



Eachmor _____

Pdicu _____

Thrae _____

Erfslwo _____

Ocaohletc _____

Terewhtsae _____

Tenfciioaf _____

Skis _____

Aerfyubr _____

Ndiatoora _____

Answers on page 6

MILNOR (701-427-9327)

Tuesday	Wednesday	Thursday	Friday
4 Salisbury steak / Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad	5 Beef Stuffed Pepper Parslied Potatoes Zucchini Cranberry Peaches	6 RS Ham Baked Potato Mixed Veggies Deluxe Fruit	7 Mushroom Swiss Burger / Bun Potato Salad Broccoli Tangerine
11 Lemon Pepper Cod Rosemary Garlic Potatoes Dilled Carrots Oranges in Whipped Topping	12 Country Fried Steak / Gravy Baby Baker Potatoes Beets/ Pineapple Dessert	13 Tater Tot Casserole Green Beans - 1 cup Diced Pears Bread x1	14 Chicken Tenders Macaroni & Cheese House Salad - 1 cup Fruit Cocktail
18 Cheese Tortellini / Marinara Sauce Meatballs Italian Veggie Blend Mixed Berries	19 Roast Beef & Gravy Dijon Red Potatoes Country Blend Veggies Tropical Fruit Bread x2	20 Beef Fajita Chips / Salsa Spanish Rice Southwest Corn Raspberries/Dessert	21 Philly Cheese Chicken Sandwich Tator Tots Capri Blend Veggies Banana
25 Teriyaki Chicken Sesame Brown Rice Pacific Blend Veggies Egg Roll Peach Crisp	26 Supreme Pizza Casserole House Salad Green Beans Oregano Dressing Apple Breadstick	27 Pulled BBQ Chicken Ranch Beans California Blend Veggies Cornbread Strawberries	28 Fish Sandwich / Bun / Tartar Sauce Augratin Potatoes Lettuce, Tomato, Onion Cinnamon Applesauce

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

Monday	Tuesday	Wednesday	Thursday
3 Mushroom Swiss Burger / Bun Potato Salad Broccoli Tangerine	4 Salisbury steak / Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad	5 Pork Wings Scalloped Potatoes Seasoned Snow Peas Cinnamon Bananas	6 Friday RS Ham Baked Potato Mixed Veggies Deluxe Fruit
10 Tater Tot Casserole Green Beans - 1 cup Diced Pears	11 Chicken Tenders Macaroni & Cheese House Salad - 1 cup Fruit Cocktail Banana	12 Country Fried Steak / Gravy Baby Baker Potatoes Beets Pineapple Dessert	13 Open Face Turkey Sandwich (2 slices bread) Chive Mashed Potatoes Peas & Carrots Snicker Apple Salad
18 - Tuesday Cheese Tortellini / Marinara Sauce Meatballs Italian Veggie Blend Mixed Berries Breadstick	19 - Wednesday Roast Beef & Gravy Dijon Red Potatoes Country Blend Veggies Tropical Fruit Breadstick	20 - Thursday Beef Fajita Chips / Salsa Spanish Rice Southwest Corn Raspberries Dessert	21 - Friday Philly Cheese Chicken Sandwich Tator Tots Capri Blend Veggies Banana
24 Fish Sandwich / Bun / Tartar Sauce Au gratin Potatoes Lettuce, Tomato, Onion Cinnamon Applesauce	25 Egg & Sausage Bake Hash Browns Asparagus Almondine Bread x1 / Jelly Blueberries	26 Supreme Pizza Casserole House Salad Green Beans Oregano Dressing Apple Breadstick	27 Pulled BBQ Chicken Ranch Beans California Blend Veggies Cornbread Strawberries



**Word Twist
Answers**

Romance
Cupid
Heart

Flowers
Chocolate
Sweetheart

Affection
Kiss
February

Adoration

©LPI

RUTLAND (701-724-4074)

Monday	Tuesday	Wednesday	Thursday
3 Mushroom Swiss Burger / Bun Potato Salad Broccoli Tangerine	4 Salisbury steak / Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad	5 Pork Wings Scalloped Potatoes Seasoned Snow Peas Cinnamon Bananas	6 RS Ham Baked Potato Mixed Veggies Deluxe Fruit
10 Tater Tot Casserole Green Beans - 1 cup Diced Pears Bread x1 Whole Pear	11 Chicken Tenders Macaroni & Cheese House Salad - 1 cup Fruit Cocktail Banana	12 Country Fried Steak / Gravy Baby Baker Potatoes Beets/Pineapple Dessert Dinner Roll	13 Open Face Turkey Sandwich (2 slices bread) Chive Mashed Potatoes Peas & Carrots Snicker Apple Salad
18 Tuesday Cheese Tortellini / Marinara Sauce Meatballs Italian Veggie Blend Mixed Berries Breadstick	19 Wednesday Roast Beef & Gravy Dijon Red Potatoes Country Blend Veggies Tropical Fruit	20 Thursday Beef Fajita Chips / Salsa Spanish Rice Southwest Corn Raspberries Dessert	21 Friday Philly Cheese Chicken Sandwich Tator Tots Capri Blend Veggies Banana
24 Fish Sandwich / Bun / Tartar Sauce Augratin Potatoes Lettuce, Tomato, Onion Cinnamon Applesauce	25 Egg & Sausage Bake Hash Browns Asparagus Almondine Bread x1 / Jelly Blueberries	26 Supreme Pizza Casserole House Salad Green Beans Oregano Dressing Apple Breadstick	27 Pulled BBQ Chicken Ranch Beans California Blend Veggies Cornbread Strawberries

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

RENT REFUNDS AND PROPERTY TAX CREDIT OPTIONS AVAILABLE

RENTER'S REFUND:

The Renter's Refund program provides a partial refund on rent for a renter's place of residence or a mobile home lot. Refunds can be up to \$400. To be eligible for this program, you (the renter) must:

- Be 65 or older (or have a permanent disability)
- Have income of \$70,000 or less, including the income of your spouse and any dependents, for the calendar year preceding the assessment date.
- Have annual rent payments that are a certain percentage of your income. If 20% of your annual rent exceeds 4% of your annual income, you will receive a refund for the over payment. Refunds can be up to \$400.

For more information or to get an application, go to www.tax.nd.gov/renter. You may also call the State Tax Commissioner at 1-877-328-7088 option 5. If you need assistance with Rent Refunds, call our office at 293-1440. Renters must apply for by May 31, 2025.

HOMESTEAD PROPERTY TAX:

If you are a homeowner age 65 or older, you may qualify for the Homestead Property Tax Credit program. 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.

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

PRIMARY RESIDENCE CREDIT:

The Primary Residence Credit (PRC) provides all North Dakota homeowners with the option to apply for a state property tax credit. Homeowners with an approved application may receive up to a \$500 credit against their 2025 property tax obligation. There are no age restrictions or income limitations for this credit. To be eligible, you must:

- Own a home (house, mobile home, town home, duplex, or condo) in North Dakota, and reside in it as your primary residence.

For more information or to apply for the Primary Residence Credit, go to www.tax.nd.gov/prc. Questions? You can call 701-328-7988 or toll-free 1-877-649-0112. Applications are due by March 31, 2025.

(Information provided in part by aarp.org and tax.nd.gov)

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

When inclement weather arises, and we cannot provide our services, Valley Senior Services will broadcast our closing announcements on the following Radio Stations: KQLX; TV Station: KVLV; along with our website (www.valleyseniorservices.org) and Facebook page (www.facebook.com/ValleySeniorServices/).



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

**GIVING HEARTS DAY
 FUNDRAISING
 EVENTS**

Garage & Bake Sale

Saturday, February 8th
 10:00 am - 6:00 pm
 Lisbon Senior Center

Soup Cookoff!

Thursday, February 13th
 5:00 pm - 7:00pm
 Lisbon Senior Center
 Prizes for most unique, best
 appearance, best smell and
 overall best!

Help us meet our Giving Hearts Day goals by donating money, donating your time as a volunteer, or donating household items to our garage sale. For more info, or to donate garage sale items, call our office at 701-683-3131.

 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



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.