



Valley
Senior Services
helping seniors maintain independence

Silver Quill



Valley Senior Services of Ransom & Sargent Counties

APRIL 2025

Take a Chance

Did you know that April 23rd is National Take a Chance Day - what better way to celebrate than joining us at your the local Senior Center. Stop by one of our senior centers to chit-chat, get some exercise, play a game, or check out some of our many other activities. You can find a list of sites and a schedule of activities on page 2. No need to make a reservation for activities unless noted.

Or, invite a friend or neighbor to join you for a hot, nutritious lunch, filled with good company and great food. Check out our menus on pages 4-7. If you're pressed for time, don't worry - we also offer convenient to-go meals at all our locations - see page 2 for more info.

Ready to make it a date? Simply call or drop by to sign up for a meal, no later than 9 am the day before. Consider making a suggested donation of \$4 (for those age 60 and over; under 60 is \$11.75 per meal). Donation are anonymous, and we welcome everyone - no senior will ever be turned away due to inability to donate. We'll even take care of the dishes!

Let's make National Take a Chance Day a day to remember, filled with new connections, and the joy of trying something different!

April 23rd
is
National
Take a
Chance
Day!

**THANK
YOU
SO MUCH**



**Thank you to all who
donated for
Giving Hearts Day!**

Adair, Lanae
Aging in the Community
Anderson, Gwen & Russell
Anderson, Susan
Anderson, Suzanne
Bank North
Barringer, Wanda & Josh
Bergamann, Sheila
Bissell Golf Course
Bobcat
Boschee, Brenda
Boschee, Delilah
Boschee, Vicki
Breker, Lois
Butzon, Madeleine
Claus, Darline
Dagman, Sheryl & Virgil
Dawson, Phyllis
Elijah, Sheila
Enderlin Senior Center
Engstrom, Mir
Freeberg, Jean
Froemke, Beverly
Groettum, Kendall
Hankel, Allan
Hanson, Nancy & Richard

(Donations continued on page 8)



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 on
Friday, April 18th
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;

Jean; Violet;

Sargent Kitchen Staff:

Gwen; Sandra; Carolyn; Diane;

Delores; Valerie; Hannah;

Kathy

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 Chair Volleyball; 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.

Attention Sheldon Residents!!

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

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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

THE UN-BEET-ABLE VEGETABLE!

BY LANE LIPETZKY SWENSON, RD, LD, CGN



Beets are a nutritious vegetable that can bring a pop of color to any meal! They are packed with vitamins, minerals and phytonutrients

that are crucial for our health. According to the American Heart Association (AHA), eating beets may help lower blood pressure, maintain healthy cells, reduce inflammation and reduce the risk for chronic diseases like cardiovascular disease. The AHA goes on to say that some studies suggest they could even protect against memory loss. In this month's article we will look into why both beetroots and greens are nutritious and I'll share a few recipes to help include them in your diet.

Why are beets nutritious?

Beetroot is a great source of vitamins C, A and folate (vitamin B9) as well as the mineral potassium. Beetroot is also packed with phytonutrients like betalain which gives the beets their red color. Betalains are known to be both antioxidants and anti-inflammatory agents meaning they can help repair cell damage and reduce risk of chronic disease. Additionally, beets contain nitrates which are plant-based compounds that may help to lower blood pressure.

There are many ways to prepare beetroots like adding them to salads or coleslaws, roasting or baking them, or you can even blend them into dips or smoothies. It is healthy to eat beets both raw and cooked, however, they will retain more nutrition if eaten raw. The best way to cook them to retain the most nutrition is to steam them for less than 15 minutes or roast them for less than an hour. Boiling or canning beets will lower the vitamin C, folate and betalain levels. If you do can

or boil the beets, consume the water or canning liquid for the extra nutrition.

Beet greens are typically the less popular part of the beet but they are also packed with nutrition. They have high levels of both vitamin A and vitamin K and they are a great source of lutein and zeaxanthin, phytonutrients that are important for eye health. Beet greens will retain most of their nutrition even when they are cooked. Common ways to prepare beet greens include sautéing them or adding them to salads raw. They can be fairly bitter when eaten raw so pick young, tender leaves and pair them with strong flavors like lemon.

Phytonutrient definition– substances produced by plants that are beneficial to human health.

RECIPES

Sauteed Beet Greens

Author: Love & Lemons Website

- 1 bunch beet greens · 1 teaspoon extra-virgin olive oil · 1 garlic clove, finely chopped
- Sea salt and freshly ground black pepper
- 2 tablespoons golden raisins
- Lemon wedge, for squeezing
- 1 tablespoon chopped walnuts or pistachios

Instructions

1. Separate the stems from the beet greens. Finely chop the stems and coarsely chop the leaves.
2. Heat the olive oil in a large skillet over medium heat. Add the garlic and the beet stems and cook, stirring, for 1 minute. Add the beet greens, a few pinches of salt, and several grinds of pepper. Sauté, tossing, until just wilted.
3. Turn off the heat, add the raisins, and squeeze with lemon juice. Toss to combine. Transfer to a platter, top with the walnuts, and season to taste with more salt and pepper.

(Continued on page 5)

April 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 Garlic Oregano Chicken Company Potatoes Herbed Green Beans WB-2 Pineapple	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Banana Wheat Dinner Roll	3 Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley Peaches WG Breadstick	4 Mexican Meatballs Mashed Potatoes Mexican Corn WB-2 Honeydew Cubes
7 Cheeseburger Dijon Red Potatoes Peas Grapes	8 Country Beef & Veg Soup Egg Salad on Wheat Tomato & Cucumber Salad Lettuce & Tomato Slice Pear	9 House Salad Stuffed Manicotti Marinara Sauce Italian Green Beans Cantaloupe WG Breadstick Chocolate Cake	10 Tuna Noodle Casserole California Blend Veggies Wheat Dinner Roll Mandarin Oranges	11 Oven Fried Chicken Baked Beans Potato Salad WB-2 Peach Crisp
14 Grilled Salmon Ckd Mashed Potatoes Dilled Baby Carrots Raspberries WW Bread	15 Chicken Supreme Confetti Rice Broccoli Mixed Fruit	16 EASTER DINNER Country Ham Scalloped Potatoes Brussels Sprouts WG Bread Banana Glorified Rice	17 Beef & Cabbage Bake Winter Blend Veggies Cantaloupe WG Biscuit	18 Closed 
21 Pulled Pork on Bun Rosemary Potatoes Herbed Green Beans Strawberries	22 Meatloaf & Gravy Chive Mashed Potatoes Squash Medley Pineapple W Dinner Roll	23 Chicken & Noodles Seasoned Green Peas WG Bread Applesauce Margarine	24 Broccoli Salad Garlic Shrimp Angel Hair Pasta Capri Blend Veggies Peach Applesauce	25 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots WB-2 Mixed Fruit
28 RS Country Fried Steak Brown Gravy Roasted Red Potatoes Parslied Carrots Blueberries WW Bread	29 Salisbury Steak Mashed Potatoes Broccoli Raspberries WW Bread	30 Lasagna House Salad Herbed Green Beans Peaches WW Bread Parmesan Cheese		

ENDERLIN (701-437-2669)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Garlic Oregano Chicken Company Potatoes Herbed Green Beans Pineapple	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Banana	3 Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley Peaches	4 Mexican Meatballs Mashed Potatoes Mexican Corn Honeydew Cubes
7 Cheeseburger Dijon Red Potatoes Peas Grapes	8 Country Beef & Veg Soup Egg Salad on Wheat Tomato&Cucumber Salad Pear	9 House Salad Stuffed Manicotti Italian Green Beans Chocolate Cake	10 Tuna Noodle Casserole California Blend Veggies Wheat Dinner Roll Mandarin Oranges	11 Oven Fried Chicken Baked Beans Potato Salad Peach Crisp
14 Grilled Salmon Ckd Mashed Potatoes Dilled Baby Carrots Raspberries	15 Chicken Supreme Confetti Rice Broccoli Mixed Fruit	16 Easter Dinner Country Ham Scalloped Potatoes Brussels Sprouts Glorified Rice	17 Beef & Cabbage Bake Winter Blend Veggies Cantaloupe WG Biscuit	18 Closed
21 Pulled Pork on Bun Rosemary Potatoes Herbed Green Beans Strawberries	22 Meatloaf & Gravy Chive Mashed Potatoes Squash Medley Pineapple	23 Chicken & Noodles Seasoned Green Peas WG Bread Applesauce	24 Broccoli Salad Garlic Shrimp/ Angel Hair Pasta Capri Blend Veggies	25 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Mixed Fruit
28 RS Country Fried Steak Brown Gravy Roasted Red Potatoes Parslied Carrots	29 Salisbury Steak Mashed Potatoes Broccoli Raspberries	30 Lasagna House Salad Herbed Green Beans Peaches		

THE UN-BEET-ABLE VEGETABLE!

(Continued from page 3)

Roasted Beets

Author: Jeanine Donofrio

- 6 medium beets, tops removed, scrubbed well · Extra-virgin olive oil, for drizzling
- Sea salt and freshly ground black pepper

Instructions

1. Preheat the oven to 400°F.
2. Place each beet on a piece of foil. Drizzle generously with olive oil and sprinkle with salt and pepper. Wrap the beets in the foil, place on a baking sheet, and roast for 35 to 60 minutes, or until fork-tender. The timing will depend on the size and freshness of the beets.
3. Remove the beets from the oven, remove the foil, and set aside to cool. When the beets are cool to the touch, peel off the skins.

Shredded Raw Beet Salad Recipe

Author: Krissi Alori

- 3 medium to large beets peeled and trimmed
- 1 Valencia orange with zest
- 1 lime with zest · 2 tablespoons olive oil
- salt to taste
- 1/2 cup chives minced

Instructions

1. Shred 3 medium to large beets and add to bowl. Add zest and juice from an entire Valencia orange. Add zest and juice from lime to taste (this amount is subjective).
2. Add 2 tablespoons olive oil and toss to combine. Add salt to taste and toss to combine.
3. Add 1/2 cup chives just before serving.

MILNOR (701-427-9327)

Tuesday	Wednesday	Thursday	Friday
1 Garlic Oregano Chicken Company Potatoes Herbed Green Beans Pineapple	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Banana	3 Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley Peaches	4 RS Country Fried Steak Brown Gravy Roasted Red Potatoes Parslied Carrots
8 Country Beef & Veg Soup Egg Salad on Wheat Tomato & Cucumber Salad Pear	9 House Salad Stuffed Manicotti/Marinara Sauce Italian Green Beans Chocolate Cake	10 Cheeseburger Dijon Red Potatoes Peas Grapes	11 Oven Fried Chicken Baked Beans Potato Salad Peach Crisp
14 - Monday Grilled Salmon Ckd Mashed Potatoes Dilled Baby Carrots Raspberries	15 - Tuesday Chicken Supreme Confetti Rice Broccoli Mixed Fruit	16 - Wednesday Easter Dinner Country Ham Scalloped Potatoes Brussels Sprouts Glorified Rice	17 - Thursday Beef & Cabbage Bake Winter Blend Veggies Cantaloupe WG Biscuit
22 Meatloaf & Gravy Chive Mashed Potatoes Squash Medley Pineapple	23 Chicken & Noodles Seasoned Green Peas Applesauce	24 Broccoli Salad Garlic Shrimp/Angel Hair Pasta Capri Blend Veggies Peach Applesauce	25 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Mixed Fruit
31 Salisbury Steak Mashed Potatoes Broccoli Raspberries	29 Lasagna House Salad Herbed Green Beans Peaches		

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

Monday	Tuesday	Wednesday	Thursday
	1 Garlic Oregano Chicken Company Potatoes Herbed Green Beans Pineapple	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Banana	3 Mexican Meatballs Mashed Potatoes Mexican Corn Honeydew Cubes
7 Cheeseburger Dijon Red Potatoes Peas Grapes	8 Oven Fried Chicken Baked Beans Potato Salad Peach Crisp	9 House Salad Stuffed Manicotti/Marinara Sauce Italian Green Beans Chocolate Cake	10 Tuna Noodle Casserole California Blend Veggies Wheat Dinner Roll Mandarin Oranges
14 Grilled Salmon Ckd Mashed Potatoes Dilled Baby Carrots Raspberries	15 Chicken Supreme Confetti Rice Broccoli Mixed Fruit	16 Easter Dinner Country Ham Scalloped Potatoes Brussels Sprouts Glorified Rice	17 Beef & Cabbage Bake Winter Blend Veggies Cantaloupe WG Biscuit
21 Pulled Pork on Bun Rosemary Potatoes Herbed Green Beans Strawberries	22 Meatloaf & Gravy Chive Mashed Potatoes Squash Medley Pineapple	23 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Mixed Fruit	24 Broccoli Salad Garlic Shrimp/Angel Hair Pasta Capri Blend Veggies Peach Applesauce
28 RS Country Fried Steak Brown Gravy Roasted Red Potatoes Parslied Carrots	29 Salisbury Steak Mashed Potatoes Broccoli Raspberries	30 Lasagna House Salad Herbed Green Beans Peaches	

RUTLAND (701-724-4074)

Monday	Tuesday	Wednesday	Thursday
	1 Garlic Oregano Chicken Company Potatoes Herbed Green Beans Pineapple	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Banana	3 Mexican Meatballs Mashed Potatoes Mexican Corn Honeydew Cubes
7 Cheeseburger Dijon Red Potatoes Peas Grapes	8 Oven Fried Chicken Baked Beans Potato Salad Peach Crisp	9 House Salad Stuffed Manicotti\Marinara Sauce Italian Green Beans Chocolate Cake	10 Tuna Noodle Casserole California Blend Veggies Wheat Dinner Roll Mandarin Oranges
14 Grilled Salmon Ckd Mashed Potatoes Dilled Baby Carrots Raspberries	15 Chicken Supreme Confetti Rice Broccoli- 1 cup Mixed Fruit	16 EASTER DINNER Country Ham Scalloped Potatoes Brussels Sprouts Glorified Rice	17 Beef & Cabbage Bake Winter Blend Veggies Cantaloupe WG Biscuit
21 Pulled Pork on Bun Rosemary Potatoes Herbed Green Beans Strawberries	22 Meatloaf & Gravy Chive Mashed Potatoes Squash Medley Pineapple	23 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Mixed Fruit	24 Broccoli Salad Garlic Shrimp/Angel Hair Pasta Capri Blend Veggies Peach Applesauce
28 RS Country Fried Steak Brown Gravy Roasted Red Potatoes Parslied Carrots	29 Salisbury Steak Mashed Potatoes Broccoli Raspberries	30 Lasagna House Salad Herbed Green Beans Peaches	

WE LOVE OUR VOLUNTEERS!

April is Volunteer Appreciation Month

Thank you to our dining center, activities, and Meals on Wheels volunteers! Thank you for your commitment to help pack, deliver hot nutritious meals, provide activities, and support dining center staff - all to benefit the seniors in our community. We are grateful for your support in helping seniors maintain their independence.

This program would not be possible without you!

CLPI

ND SMP SCAM OF THE MONTH

MEDICARE'S NEW \$2,000 LIMIT ON PRESCRIPTION COSTS – WATCH OUT FOR SCAMS!

Starting January 1, 2025, Medicare will limit how much seniors must pay for prescription drugs to \$2,000 a year. This new rule applies to Medicare Part D and will help millions of people afford their medicine. But scammers might try to trick you by pretending to offer help or asking for money.

Be Careful of These Scams:

- Unwanted phone calls offering help
 - If someone calls you out of nowhere and says they can help with your Medicare drug benefits, be careful!
 - Never share personal details like your Medicare number or bank information.
- Fake fees or payments
 - Scammers might say you have to pay a fee to get the new \$2,000 cap.
 - Medicare will never ask you to pay ahead of time for benefits.
- No extra cards or paperwork needed
 - If you are part of a Medicare Prescription Payment Plan, you don't need a special card or extra paperwork at the pharmacy.
 - Your current Medicare or drug plan will handle everything as usual.

How to Stay Safe:

- Never share personal information with strangers on the phone or in email.
 - Don't click on unknown links in emails or texts.
- Check your Medicare statements for mistakes or charges you don't recognize.
- Treat your Medicare card like a credit card—keep it safe!
- Report suspicious activity.

Stay alert and protect yourself from scams!

Reporting Medicare fraud: If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at ndsmp@minotstateu.edu or call 1-833-818-0029. 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: NY SMP (14 Jan 2025) StateWide Fraud of the Month.

Thank you to all who donated for Giving Hearts Day!

(Donations continued from front page)

Harrison, Carolyn
Huseth, Beverly
Jipson, Terry
Job Erection & Engineering, Inc.
Johnson, Julie
Lisbon Body Shop Inc.
Lukes, Roger or Valorie
Martin, Alma
Mattis, Amber
McLaen, Caryn
Meyer, Tim & Elise
Motl, Ron & Linda
Nims, Sylvia
Pederson, Herman & Susan
Peters, Theresa
Rawson, Charlene
Rebhahn, Muriel
Rohn, Vee
Rutland Senior Citizens Club
Sandstrom, Alrin
Scheffert, Gloria
Schlecht, Susan & Wilbur
Sitts, Ronald
Skroch, Gary
Smith, Stephanie
Spiekermeier, Connie
Spiekermeier, Mary in Memory of Tom Spiekermeier
Stabnow, Betty
Suter, Timothy
Teals Lisbon
Torfenson, IMO Maynard
Thorson, Eunice
Utecht, Rodney
Ussatis, Loretta
Venzke, Joy

We apologize if a name was missed - some names may also be in the April Cass County Silver Quill under the "About Us" tab at valleyseniors.org

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



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

VALLEY SENIOR SERVICES

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

- 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