



Valley Senior Services
helping seniors maintain independence

Silver Quill



Valley Senior Services of Ransom & Sargent Counties

JULY 2024 | VOLUME 42 NO. 7



©LPI

TO-GO MEALS



Are you looking for a fast and convenient lunch option?

Are you tired of fast food and TV dinners that do not support your health goals?

Do you appreciate an affordable meal?

Would you like someone else to cook occasionally?

If you answered “yes” to any of the questions above, Take-Out (or To-Go) meals are a great option for you! You can pick up a meal occasionally or regularly based on your schedule. Meals plans are developed by Licensed Registered Dieticians and provide 1/3 of the recommended dietary intake for older adults, without adding excess sugar, sodium, or fat.

Your wallet will thank you, too! There is a suggested donation of \$4 per meal, but we encourage individuals to donate what they can afford.

If you need a break from the kitchen, consider signing up for To-Go meals and let us handle the cooking!

Meals must be ordered no later than 9:00 am the previous day, to ensure there is enough for everyone and to limit waste.

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: 683-4295

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.

Menus are listed on pages 4 through 7. Visit us online at valleyseniors.org to learn 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!

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We will be closed
Thursday,
July 4th.
No

Transportation,
Activities,
Meals on
Wheels, To-Go
Meals, or
Congregate
Meals.



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:

Kevin; 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

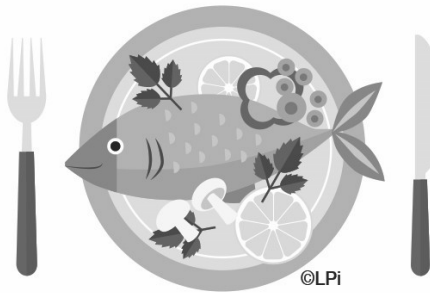
Cogswell: 724-3024

Rutland: 683-4295

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

THE REASONS WHY EVERYONE SHOULD EAT MORE SEAFOOD

BY LANE LIPETZKY SWENSON, RD, LD, CGN



Seafood has been an important nutritional staple for cultures around the world for thousands of years. Today, however, it can be a polarizing food, some people love it while others hate it. Fortunately for the fish lovers, it is an extremely nutritious protein source that both the Department of Health and Human Services as well as the US Department of Agriculture recommended to eat two to three times a week! In this month's article we will discuss the important nutrition found in seafood and how to limit your mercury intake.

Nutritional Value of Seafood

Although nutritional values vary depending on the type of fish you're eating, you can count on seafood to be a great low-calorie source of protein, omega 3 fatty acids, vitamins and minerals. Lean fish are generally only 100 calories per 3 oz serving while fatty fish (containing healthy fats) are around 200 calories per serving. In that same 3 oz serving, seafood has on average 21 grams of high-quality protein to help build and maintain muscle mass. As we age, our protein

needs increase while our calorie needs decrease making seafood a good choice for your healthy diet.

Seafood is also a great source of omega 3 fatty acids and is low in saturated fat. Omega 3 fats are associated with a decrease in inflammation and triglyceride levels. Additionally, according to the National Institute of Health, higher consumption of omega 3 fatty acids is associated with improved learning, memory and cognitive wellbeing. To know if you are eating a fatty fish, look at the color of the flesh. Fatty fish like salmon and herring typically have a darker color flesh while leaner fish like cod and walleye have a lighter color. Both fatty and lean seafood are healthy for you and should be included in your diet.

Different types of seafood will contain varying levels of vitamins and minerals making it hard to give an overall nutritional statement. I would recommend to focus on eating a variety of fish to vary your vitamin and mineral intake. Seafood can be a good source of selenium, potassium, B vitamins, vitamin A, vitamin D, iron, zinc, magnesium and iodine depending on what type of fish you are eating.

You may notice that certain types of seafood, especially shellfish, contain high amounts of cholesterol. Luckily, dietary

cholesterol only has a modest effect on overall cholesterol meaning that it is ok to include foods containing cholesterol like eggs and shellfish as part of your healthy diet. Saturated fat, on the other hand, is what tends to raise cholesterol levels. As mentioned above, seafood is actually low in saturated fat which makes it a great choice for heart health.

What about mercury?

Fish absorb methylmercury from their environment which has led to speculation over how much fish is ok to consume. In general, predatory fish contain higher levels of mercury. This includes shark, bluefin tuna, barramundi and swordfish. High mercury lake fish according to the Minnesota Department of Health include bass, northern and walleye. Fish with lower levels of mercury include shellfish, salmon, crappie, sunfish, tilapia, stream trout, yellow perch, sardines and canned tuna. Our bodies are able to eliminate mercury over time, but it is still important to limit the consumption of high mercury containing fish to no more than once a week. Fish low in mercury, however, should be consumed 2 times a week.

See page 5 for an easy and delicious recipe to help you increase your seafood intake!

(Continued on page 5)

July 2024

Lisbon

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 Italian Meatballs Tomato Sauce Herbed Penne Pasta Italian Blend Veggies Pears with Vanilla Sauce Breadstick | 2 Balsamic Blackberry Chicken Tomato Cucumber Salad Brown Rice Pilaf Capri Blend Veggies Apple/ Bread x1 | 3 Beef Fajita Spanish Rice Chuckwagon Corn Chips & Salsa Caramel Custard Raspberries | 4 CLOSED  | 5 Hamburger WG Bun Lettuce, Tomato, Onion Sweet potato Fries Corn on the Cob Pineapple |
| 8 Beef Tips & Mushroom / Gravy Onion Mashed Potato Asparagus Strawberry Applesauce Bread x2 | 9 BBQ Pork Chop Southwest Macaroni Salad Squash Cornbread Fresh Plum | 10 Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad | 11 Tater Tot Casserole Peas Peaches Bread x2 | 12 Philly Cheese Chicken Sandwich Potato Wedges Broccoli Pineapple |
| 15 French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Kiwi | 16 RS Ham Baked Potato Country Blend Veggies Banana Bread x2 | 17 Salisbury Steak / Gravy Mashed Potatoes Winter Blend Veggies Strawberry Cream Pie Bread x2 | 18 Jamaican Ribs Tex-Mex Cowboy Caviar Parslied Potatoes Potato Roll Fruit Cocktail | 19 Spaghetti House Salad / Dressing Malibu Blend Veggies Breadstick Peach Crisp |
| 22 Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce Bread x2 | 23 Meatloaf / Brown Gravy Mashed Potatoes Brussel Sprouts Ciabatta Roll Minted Pears | 24 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions & Peppers Blueberries Bread x2 | 25 Grilled Chicken Breast Potato Salad Herbed Green Beans Cantaloupe Bread x2 | 26 Sloppy Joe Baked Beans Orange WW Bun Oven Baked Fries |
| 29 Grandmas' Hotdish Zucchini Watermelon Breadstick | 30 Crispy Pork Loin White & Wild Rice Blend Marinated Cucumbers Sicilian Blend Veggies Tropical Fruit/Bread | 31 Grilled Salmon Baked Potato Cauliflower Orange Bread x2 |  | |

Enderlin

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| 1 Italian Meatballs Tomato Sauce Herbed Penne Pasta Italian Blend Veggies Pears with Vanilla Sauce | 2 Balsamic Blackberry Chicken/Brown Rice Pilaf Tomato Cucumber Salad Capri Blend Veggies Apple | 3 Beef Fajita/Spanish Rice Chuckwagon Corn Chips & Salsa Caramel Custard Raspberries | 4 CLOSED | 5 Hamburger/WG Bun Lettuce, Tomato, onion Potato Wedges Corn on the cob Pineapple |
| 8 Beef Tips & Mushroom / Gravy Onion Mashed Potato Asparagus Strawberry Applesauce | 9 BBQ Pork Chop Southwest Macaroni Salad Squash/Cornbread Fresh Plum | 10 Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad | 11 Tater Tot Casserole Peas Peaches | 12 Philly Cheese Chicken Sandwich Potato Wedges Broccoli Pineapple |
| 15 French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Kiwi | 16 RS Ham Baked Potato Country Blend Veggies Banana | 17 Salisbury Steak / Gravy Mashed Potatoes Winter Blend Veggies Strawberry Cream Pie | 18 Jamaican Ribs Tex-Mex Cowboy Caviar Parslied Potatoes Potato Roll/Fruit Cocktail | 19 Spaghetti House Salad / Dressing Malibu Blend Veggies Breadstick Peach Crisp |
| 22 Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce | 23 Meatloaf / Brown Gravy Mashed Potatoes Brussel Sprouts Ciabatta Roll Minted Pears | 24 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions & Peppers Blueberries | 25 Grilled Chicken Breast Potato Salad Herbed Green Beans Cantaloupe | 26 Sloppy Joe Baked Beans Orange WW Bun Oven Baked Fries |
| 29 Grandmas' Hotdish Zucchini Watermelon Breadstick | 30 Crispy Pork Loin White & Wild Rice Blend Marinated Cucumbers Sicilian Blend Veggies Tropical Fruit | 31 Grilled Salmon Baked Potato Cauliflower Orange Breadx2 | | |

(Continued from page 3)

EAT MORE SEAFOOD

DIJON BAKED SALMON

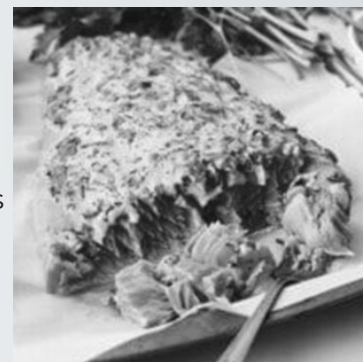
Prep time 5 minutes
Cook time 20 minutes

Ingredients

- 1 pound salmon fillet or 3-4 smaller salmon fillets
- ¼ cup fresh parsley finely chopped
- ¼ cup Dijon mustard
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 2 garlic cloves finely chopped
- salt and pepper to taste

Instructions

1. Preheat your oven to 375 degrees Fahrenheit. Mix the mustard, parsley, lemon juice, oil, garlic, salt, and pepper in a small bowl.
2. Place the salmon on a parchment lined baking tray and generously coat the top of the salmon with the herbed mustard mix.
3. Cooking times will vary based on the thickness of your salmon. Bake the salmon for 8-12 minutes for smaller fillets (an inch or less in thickness) or 15 to 20 minutes for a large thick fillet. Make sure it reaches a minimum internal temperature of 145 F.



Milnor

| Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|
| 1 – MONDAY Italian Meatballs/Tomato Sauce Herbed Penne Pasta Italian Blend Veggies Pears with Vanilla Sauce | 2 – TUESDAY Chicken Kiev O'Brien Potatoes Green Bean Oregano Ginger Baked Pears | 3 – WEDNESDAY Beef Fajita/Spanish Rice Chuckwagon Corn/Chips & Salsa Caramel Custard Raspberries | 5 Hamburger/WG Bun Lettuce, Tomato, Onion Sweet Potato Fries Corn on the Cob/Pineapple |
| 9 Beef Tips & Mushroom / Gravy Onion Mashed Potato Asparagus Strawberry Applesauce | 10 Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad | 11 Tater Tot Casserole Peas Peaches | 12 Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce |
| 16 RS Ham Baked Potato Country Blend Veggies Banana | 17 Salisbury Steak / Gravy Mashed Potatoes Winter Blend Veggies Strawberry Cream Pie | 18 Jamaican Ribs Tex-Mex Cowboy Caviar Parslied Potatoes/Potato Roll Fruit Cocktail | 19 Spaghetti House Salad / Dressing Malibu Blend Veggies Breadstick/Peach Crisp |
| 23 Meatloaf / Brown Gravy Mashed Potatoes Brussel Sprouts/Ciabatta Roll Minted Pears | 24 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers Blueberries | 25 Grilled Chicken Breast Potato Salad Herbed Green Beans Cantaloupe | 26 Sloppy Joe/WW Bun Baked Beans Orange Oven Baked Fries |
| 30 Crispy Pork Loin White & Wild Rice Blend Marinated Cucumbers Sicilian Blend Veggies | 31 Grilled Salmon Baked Potato Cauliflower Orange | | |

Cogswell and Forman

| Monday | Tuesday | Wednesday | Thursday |
|--|--|--|---|
| 1 Italian Meatballs/Tomato Sauce Herbed Penne Pasta Italian Blend Veggies Pears with Vanilla Sauce | 2 Balsamic Blackberry Chicken Tomato Cucumber Salad Brown Rice Pilaf Capri Blend Veggies/Apple | 3 Beef Fajita/Spanish Rice Chuckwagon Corn/Chips & Salsa Caramel Custard Raspberries | 5 – FRIDAY Hamburger/WG Bun Lettuce, Tomato, onion Sweet Potato Fries Corn on the Cob/Pineapple |
| 8 Beef Tips & Mushroom / Gravy Onion Mashed Potato Asparagus Strawberry Applesauce | 9 BBQ Pork Chop Southwest Macaroni Salad Squash/Cornbread Fresh Plum | 10 Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad | 11 Tater Tot Casserole Peas Peaches |
| 15 Spaghetti/Breadstick House Salad / Dressing Malibu Blend Veggies Peach Crisp | 16 RS Ham Baked Potato Country Blend Veggies Banana | 17 Salisbury Steak / Gravy Mashed Potatoes Winter Blend Veggies Strawberry Cream Pie | 18 Jamaican Ribs/Potato Roll Tex-Mex Cowboy Caviar Parslied Potatoes Fruit Cocktail |
| 22 Sloppy Joe/WW Bun Baked Beans Orange Oven Baked Fries | 23 Meatloaf w/Brown Gravy Mashed Potatoes/ Brussel Sprouts Ciabatta Roll/ Minted Pears | 24 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers Blueberries | 25 Grilled Chicken Breast Potato Salad Herbed Green Beans Cantaloupe |
| 29 Grandmas' Hotdish Zucchini/Watermelon Breadstick | 30 Crispy Pork Loin/White & Wild Rice Blend/Tropical Fruit/Sicilian Blend Veggies/Marinated Cucumbers | 31 Salmon Loaf/Mixed Veggies Roasted Red Potatoes Berry Crisp | |

Rutland

| Monday | Tuesday | Wednesday | Thursday |
|--|--|--|--|
| 1 Italian Meatballs/Tomato Sauce Herbed Penne Pasta Italian Blend Veggies Pears with Vanilla Sauce Breadstick | 2 Balsamic Blackberry Chicken Tomato Cucumber Salad Brown Rice Pilaf Capri Blend Veggies/Apple | 3 Beef Fajita/Spanish Rice Chuckwagon Corn/Chips & Salsa Caramel Custard Raspberries | 5- FRIDAY Hamburger/WG Bun Lettuce, Tomato, Onion Sweet Potato Fries Corn on the Cob/Pineapple |
| 8 Beef Tips & Mushroom / Gravy Onion Mashed Potato Asparagus Strawberry Applesauce | 9 BBQ Pork Chop Southwest Macaroni Salad Squash/Cornbread Fresh Plum | 10 Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad | 11 Tater Tot Casserole Peas Peaches |
| 15 French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Kiwi | 16 RS Ham Baked Potato Country Blend Veggies Banana | 17 Salisbury Steak / Gravy Mashed Potatoes Winter Blend Veggies Strawberry Cream Pie | 18 Jamaican Ribs/Potato Roll Tex-Mex Cowboy Caviar Parslied Potatoes Fruit Cocktail |
| 22 Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce | 23 Meatloaf / Brown Gravy Mashed Potatoes/Ciabatta Roll Brussel Sprouts Minted Pears | 24 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers Blueberries | 25 Grilled Chicken Breast Potato Salad Herbed Green Beans Cantaloupe |
| 29 Grandmas' Hotdish Zucchini Watermelon Breadstick | 30 Crispy Pork Loin White & Wild Rice Blend Marinated Cucumbers Sicilian Blend Veggies | 31 Grilled Salmon Baked Potato Cauliflower Orange | |

FREE NUTRITION COUNSELING - JULY SCHEDULE

Better nutrition can help improve your overall health. North Dakota Health and Human Services, Adult and Aging Services has teamed up with registered dietitians at Dietary Solutions to provide you with one-on-one nutrition counseling at no cost to you!

Getting started is as easy as:

1. Agree to have your contact information shared with Dietary Solutions
2. Answer a call from Dietary Solutions to schedule your first meeting
3. Set up a phone call or Zoom meeting on a date and time that works for you

Don't miss this chance for free nutrition information just for

you! Call 1-888-960-2180 or email counseling@dietarysolutions.net Dietary Solutions is also providing free upcoming webinars:

[Nutritional Management of Renal Disease](#)

July 11 at 10:30am CST
<https://bit.ly/NDRenal>
 Webinar ID: 95738797467
 Passcode: 625978

Webinars will be recorded and available at <https://bit.ly/NDRecordings>

Join the conversation about enhancing your well-being through balanced nutrition and health lifestyle choices. The Simply Nutritious Conversations and Simply Nutritious Diabetic

Conversations programs are a friendly way to learn from registered dietitians and connect with other seniors.

Join our Simply Nutritious Conversations:

[Nutrition and Bone Health](#)

July 23 at 2:00pm CST
 Dial: 1 (646) 931-3860
 Call ID: 963 0276 6097

Join our Simply Nutritious Diabetic Conversations:

[Impact of Fiber on Blood Glucose Levels](#)

July 25 at 2:00pm CST
 Dial: 1 (646) 931-3860
 Call ID: 990 0687 8905

Summer Olympics

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

Word List:

AQUATICSPORTS
BRONZEMEDAL
COUNTRIES
FENCING
GOLF
NATIONALANTHEM
RUGBY
SWIMMING
TORCH
WEIGHTLIFTING

ARCHERY
CEREMONIES
CYCLING
FIELDHOCKEY
GYMNASTICS
OLYMPICS
SAILING
TABLETENNIS
TRIATHLON
WINNERS

ATHLETES
CHAMPION
EQUESTRIAN
FLAGS
HOST
PODIUM
SHOOTING
TELEVISION
UNITEDSTATES
WORLDRECORDS

BOXING
COMPETITORS
EVENTS
GOLDMEDAL
LOSERS
ROWING
SILVERMEDAL
TENNIS
VOLLEYBALL
WRESTLING

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



Valley
Senior Services
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