



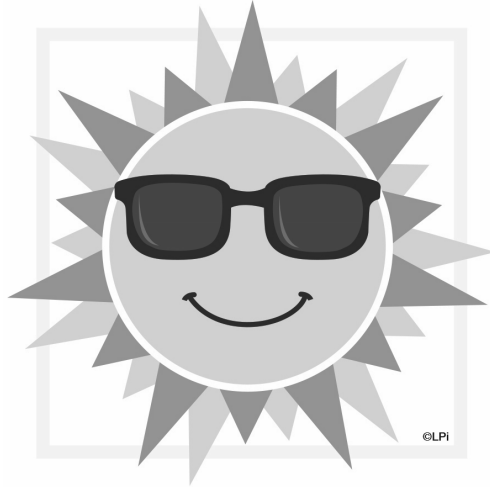
Valley Senior Services  
helping seniors maintain independence

# Silver Quill



Valley Senior Services of Ransom & Sargent Counties

AUGUST 2024 | VOLUME 42 NO. 8



## STAYING SAFE IN HOT WEATHER

Older adults may be more likely to have heat-related health problems. Being hot for too long can cause hyperthermia - a heat-related illness. Learn more about the signs of hyperthermia and how to prevent hot-weather illness.

**Watch for these signs of hyperthermia:**

Dizziness      Muscle cramps

Swelling in your ankles and feet      Nausea and weakness      Rapid pulse

**Tips to prevent hot-weather illness:**

Drink liquids      Limit caffeine and alcohol

Wear light-colored, loose fitting clothes      If it's too hot, try exercising indoors



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

### WHAT'S INSIDE

Senior Center Info .....	2
Nutrition.....	3
Lisbon Menu .....	4
Enderlin Menu.....	5
Milnor and Cogswell/ Forman Menus.....	6
Rutland Menu.....	7
Nutrition Counseling .....	7
Word Search.....	8
Ransom/Sargent Transportation.....	9
County/VSS Info.....	10

*We will be closed  
Monday, September 2nd in  
observance of Labor Day.*

*No Transportation,  
Activities, Meals on Wheels,  
To- Go Meals, or  
Congregate Meals.*

Learn more about staying safe in hot weather at  
[www.nia.nih.gov/hot-weather-safety](http://www.nia.nih.gov/hot-weather-safety)

# 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 1<sup>st</sup> 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

# HOW TO MANAGE BLOOD PRESSURE WITH THE DASH DIET

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Did you know almost half of the adults in the US have high blood pressure? It is often referred to as the “silent killer” because people rarely experience any signs or symptoms yet it has a great impact on your health. According to the American Heart Association having high blood pressure increases your risk of heart attack, stroke, and chronic kidney disease. If you are someone who has been diagnosed with hypertension or prehypertension, following the DASH diet is a great first line of defense.

## What is the DASH Diet?

The DASH diet stands for Dietary Approaches to Stop Hypertension. It can be used both to help treat high blood pressure or to prevent it. Because the diet encourages foods like fruits, vegetables, low fat dairy and whole grains it is rich in nutrients like potassium, calcium, magnesium and fiber which are helpful for lowering blood pressure. It is also beneficial for your overall heart health by promoting a decreased intake of sodium, added sugars and saturated fats. The DASH diet is not a strict diet full of foods you can and cannot eat, but rather a set of guidelines to help you build a healthy and balanced diet that works for you. The bullet points below show the recommended servings sizes from different food groups as well as a sample daily meal plan to help you start planning your personal DASH diet.

## Recommended Servings from Each Food Group

- Grains: 6-8 servings of grains daily, preferably whole grains. One serving may be 1/2 cup of cooked cereal, rice or pasta, 1 slice of bread or 1 -ounce dry cereal.
- Vegetables: 4-5 servings of vegetables a day. One cup of raw leafy green vegetables, 1/2 cup cut-up raw or cooked vegetables, or 1/2 cup vegetable juice equals one serving.

- Fruit: 4-5 servings of fruit a day. One serving is one medium fruit, 1/2 cup fresh, frozen or canned fruit, or 1/2 cup fruit juice.
- Dairy: 2-3 servings of fat-free or low-fat dairy products daily. One serving is 1 cup milk or yogurt, or 1 1/2 ounces of cheese.
- Lean Meat: Six 1-ounce servings a day of lean meats, poultry, eggs or fish.
- Legumes and nuts: 4-5 servings of nuts, seeds, or dry beans and peas a week. One serving is 1/3 cup nuts, 2 tablespoons peanut butter, 2 tablespoons of seeds, or 1/2 cup of cooked dried beans or peas.
- Oils: 2-3 servings of fats and oils daily. One serving is 1 teaspoon of a healthy oil like olive oil or avocado oil, 1 tablespoon mayonnaise or 2 tablespoons of salad dressing.
- Added Sugar: 5 or fewer servings a week of sweets or added sugars. One serving is 1 tablespoon sugar, jelly or jam, 1/2 cup sorbet or 1 cup lemonade.
- Sodium: Less than 2,300 mg of sodium daily. One tsp of salt contains 2,300 mg of sodium.

## SAMPLE MEAL PLAN

### Breakfast

Avocado toast with:

- 1 medium avocado, mashed
  - 1/4 cup sundried tomatoes or 1/2 cup halved cherry tomatoes
  - 1 poached egg
  - 1 slice whole-wheat toast
- 1 medium orange  
Coffee, tea or water

*(Continued on page 5)*

# August 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 \$9.00 PER MEAL SNAP vouchers accepted by calling the Lisbon Office

**ALL MEALS INCLUDE 8oz 1% MILK**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Blueberries	<b>2</b> Hot Dog on Bun French Fries Corn Coblette Blushing Pears
<b>5</b> Cabbage Roll Rosemary Potatoes Green Beans Almondine Fresh Fruit Salad Bread x2	<b>6</b> Pork Wings Macaroni & Cheese Cucumber Mint Salad Baked Tomato Half Mandarin Oranges Whole Grain Banana Bread	<b>7</b> Manhattan Meatballs Brown Rice House Salad Seasoned Broccoli Seasonal Fresh Fruit Bread x1	<b>8</b> Grilled Chicken on a Bun Pasta Salad Baked Beans Watermelon	<b>9</b> Cobb Salad / Dressing Pineapple Breadstick Dessert
<b>12</b> Ham & Beans Southern Style Okra Strawberries Corn Muffin	<b>13</b> Chicken Fettuccine Alfredo House Salad Italian Blend Veggies Cranberry Fruit Salad Gelatin Breadstick	<b>14</b> Hot Pork Sandwich Chive Mashed Potatoes Peas & Carrots Wheat Roll Snicker & Apple Salad	<b>15</b> Swiss Steak Buttered Red Potatoes Lemon Asparagus Fresh Fruit Salad Bread x2	<b>16</b> Breaded Cod Warm German Potato Salad Prince Edward Veggies Fruit Cocktail Bread x2
<b>19</b> Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad	<b>20</b> Chicken & Rice Veg Casserole Seasoned Green Peas Honeydew Biscuit	<b>21</b> Roast Turkey / Gravy Glazed Sweet Potatoes Sage Bread Dressing Brussel Sprouts Strawberry & Pineapple Bread x1	<b>22</b> Peach French Toast Bake Scrambled Egg Breakfast Potatoes LoCal Syrup Banana	<b>23</b> Lasagna / Parmesan Cheese House Salad Winter Blend Veggies Peaches Breadstick
<b>26</b> Beef Stroganoff Mashed Potatoes Malibu Blend Veggies Honeydew Bread x2	<b>27</b> BBQ Pork on Bun Sweet Potato w Waffle Fries Country Blend Veggies Heavenly Hash	<b>28</b> Supreme Pizza Casserole House Salad Green Beans Oregano WG Breadstick Cantaloupe	<b>29</b> Caprese Chicken Lemon Dill Orzo California Blend Veggies Orange Bread x1	<b>30</b> Fish & Chips w/ Tarter Sauce Coleslaw Tropical Fruit Cup Lemon Wedge Wheat Roll

## ENDERLIN (701-437-2669)

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Blueberries	2 Hot Dog on Bun French Fries Corn Cobbette Blushing Pears
5 Cabbage Roll Rosemary Potatoes Green Beans Almondine Fresh Fruit Salad	6 Pork Chops/Macaroni & Cheese/Cucumber Mint Salad/Stewed Tomatoes Whole Grain Banana Bread	7 Manhattan Meatballs Brown Rice House Salad Seasoned Broccoli Seasonal Fresh Fruit	8 Grilled Chicken on a Bun Pasta Salad Baked Beans Watermelon Dessert	9 Cobb Salad / Dressing Pineapple Breadstick
12 Ham & Beans Southern Style Okra Strawberries Corn Muffin	13 Chicken Fettuccine Alfredo/House Salad Italian Blend Veggies Cranberry Fruit Salad Gelatin	14 Hot Pork Sandwich Chive Mashed Potatoes Peas & Carrots Wheat Roll Snicker & Apple Salad	15 Swiss Steak Buttered Red Potatoes Lemon Asparagus Fresh Fruit Salad Breadx2	16 Breaded Cod Potato Salad Prince Edward Veggies Fruit Cocktail Breadx2
19 Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad	20 Chicken & Rice Veg Casserole Seasoned Green Peas Honeydew Biscuit	21 Roast Turkey / Gravy Glazed Sweet Potatoes Sage Bread Dressing Brussel Sprouts Strawberry & Pineapple	22 Peach French Toast Bake Scrambled Egg Breakfast Potatoes LoCal Syrup Banana	23 Lasagna / Parmesan House Salad Winter Blend Veggies Peaches Breadstick
26 Beef Stroganoff Mashed Potatoes Malibu Blend Veggies Honeydew Breadx2	27 BBQ Pork on Bun Potato Wedges Country Blend Veggies Heavenly Hash	28 Supreme Pizza Casserole House Salad Green Beans Oregano WG Breadstick Cantaloupe	29 Caprese Chicken Lemon Dill Orzo California Blend Veggies Orange Breadx1	30 Fish & Chips w/ Tarter Sauce Coleslaw Tropical Fruit Cup Lemon Wedge

(Continued from page 3)

## DASH DIET

### Supper

Chicken, vegetable stir-fry with:

- 1/2 teaspoon sesame oil
- 2 oz. shredded chicken
- 1/2 cup sliced onion, sliced
- 1/2 cup chopped red bell pepper
- 1/2 cup sliced button mushrooms
- 1/2 cup broccoli florets
- 1/2 cup sliced carrots
- 1/2 teaspoon chopped fresh ginger
- 1/2 teaspoon chopped fresh garlic
- 1/2 tablespoon rice wine
- 1/2 teaspoon reduced-sodium soy sauce
- 1/2 tablespoon chopped cashews
- 1 cup brown rice.

Water

### Snacks

- 1 cup berries
- 1/4 cup almonds
- Low-fat yogurt

## MILNOR (701-427-9327)

Tuesday	Wednesday	Thursday	Friday
		1 Sweet & Sour Chicken/Brown Rice/Seasoned Broccoli Florets Vegetable Potstickers Blueberries	2 Hot Dog on Bun French Fries Corn Cobbette Blushing Pears
6 Cabbage Roll Rosemary Potatoes Green Beans Almondine Fresh Fruit Salad	7 Manhattan Meatballs/Brown Rice House Salad Seasoned Broccoli Seasonal Fresh Fruit	8 Grilled Chicken on a Bun Pasta Salad /Baked Beans Watermelon Dessert	9 Beef Stroganoff Mashed Potatoes Malibu Blend Veggies Honeydew
13 Ham & Beans Southern Style Okra Strawberries Corn Muffin	14 Hot Pork Sandwich Chive Mashed Potatoes Peas & Carrots Snicker & Apple Salad	15 Swiss Steak Buttered Red Potatoes Lemon Asparagus Fresh Fruit Salad	16 Breaded Cod Warm German Potato Salad Prince Edward Veggies Fruit Cocktail
20 Chicken & Rice Veg Casserole Seasoned Green Peas Honeydew Biscuit	21 Roast Turkey / Gravy Glazed Sweet Potatoes Sage Bread Dressing Brussels Sprouts	22 Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad	23 Lasagna / Parmesan Cheese House Salad/ Winter Blend Veggies Peaches
27 BBQ Pork on Bun Sweet Potato waffle fries Country Blend Veggies Heavenly Hash	28 Supreme Pizza Casserole House Salad Green Beans Oregano WG Breadstick	29 Caprese Chicken Lemon Dill Orzo California Blend Veggies Orange	30 Fish & Chips w/ Tarter Sauce Coleslaw Tropical Fruit Cup Lemon Wedge

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

Monday	Tuesday	Wednesday	Thursday
			1 Hot Dog on Bun French Fries Corn Cobbette Blushing Pears
5 Cabbage Roll Rosemary Potatoes Green Beans Almondine Fresh Fruit Salad	6 Pork Chops/Macaroni & Cheese Cucumber Mint Salad Baked Tomato Half Whole Grain Banana Bread	7 Manhattan Meatballs/Brown Rice House Salad Seasoned Broccoli Seasonal Fresh Fruit	8 Grilled Chicken on a Bun Pasta Salad /Baked Beans Watermelon Dessert
12 Ham & Beans Southern Style Okra Strawberries Corn Muffin	13 Chicken Fettuccine Alfredo House Salad Italian Blend Veggies Cranberry Fruit Salad Gelatin	14 Hot Pork Sandwich Chive Mashed Potatoes Peas & Carrots Snicker & Apple Salad	15 Swiss Steak Buttered Red Potatoes Lemon Asparagus Fresh Fruit Salad
19 Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad	20 Chicken & Rice Veg Casserole Seasoned Green Peas Honeydew Biscuit	21 Roast Turkey / Gravy Glazed Sweet Potatoes Sage Bread Dressing Brussels Sprouts	22 Lasagna / Parmesan Cheese House Salad Winter Blend Veggies Peaches
26 Beef Stroganoff Mashed Potatoes Malibu Blend Veggies Honeydew	27 BBQ Pork on Bun Sweet Potato waffle fries Country Blend Veggies	28 Supreme Pizza Casserole House Salad/Green Beans Oregano/WG Breadstick Cantaloupe	29 Fish & Chips w/ Tarter Sauce Coleslaw/Tropical Fruit Cup Lemon Wedge Wheat Roll

## RUTLAND (701-724-4074)

Monday	Tuesday	Wednesday	Thursday
			1 Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Blueberries
5 Cabbage Roll Rosemary Potatoes Green Beans Almondine Fresh Fruit Salad	6 Pork Wings/Macaroni & Cheese Cucumber Mint Salad Baked Tomato Half Whole Grain Banana Bread	7 Manhattan Meatballs Brown Rice House Salad Seasoned Broccoli	8 Grilled Chicken on a Bun Pasta Salad Baked Beans Watermelon
12 Ham & Beans Southern Style Okra Strawberries Corn Muffin	13 Chicken Fettuccine Alfredo House Salad Italian Blend Veggies Cranberry Fruit Salad Gelatin	14 Hot Pork Sandwich Chive Mashed Potatoes Peas & Carrots Snicker & Apple Salad	15 Swiss Steak Buttered Red Potatoes Lemon Asparagus Fresh Fruit Salad
19 Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad	20 Chicken & Rice Veg Casserole Seasoned Green Peas Honeydew Biscuit	21 Roast Turkey / Gravy Glazed Sweet Potatoes Sage Bread Dressing Brussels Sprouts	22 Peach French Toast Bake Scrambled Egg Breakfast Potatoes LoCal Syrup/Banana
26 Beef Stroganoff Mashed Potatoes Malibu Blend Veggies Honeydew	27 BBQ Pork on Bun Sweet Potato waffle fries Country Blend Veggies Heavenly Hash	28 Supreme Pizza Casserole House Salad Green Beans Oregano WG Breadstick	29 Caprese Chicken Lemon Dill Orzo California Blend Veggies Orange

## FREE NUTRITION COUNSELING - AUGUST 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](mailto:counseling@dietarysolutions.net) Dietary Solutions is also providing free upcoming webinars:

### **Managing IBS Symptoms with Nutrition**

August 15 at 10:30am CST

<https://bit.ly/NDIBS>

Webinar ID: 915 2206 1214

Passcode: 004977

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:

### **The Importance of Vitamin B**

August 20 at 2:00pm CST

Dial: 1 (646) 931-3860

Call ID: 998 8490 2384

Join our Simply Nutritious Diabetic Conversations:

### **Hydration and Diabetes Management**

August 22 at 2:00pm CST

Dial: 1 (646) 931-3860

Call ID: 934 3418 1706

# National Parks

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

**Word List:**

ACADIA  
 CANYONLANDS  
 GLACIER  
 REDWOOD  
 VOYAGEURS  
 ROCKY  
 CASCADES  
 MAMMOTH  
 DUNES

ARCHES  
 CONGAREE  
 KATMAI  
 SAGUARO  
 YELLOWSTONE  
 MOUNTAIN  
 RAINIER  
 CAVE  
 SMOKY

BADLANDS  
 DENALI  
 OLYMPIC  
 SEQUOIA  
 YOSEMITE  
 PETRIFIED  
 MESA  
 GRAND  
 TETON

BISCAYNE  
 EVERGLADES  
 PINNACLES  
 SHENANDOAH  
 ZION  
 FOREST  
 VERDE  
 CANYON



# 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

## 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  
*helping seniors maintain independence*