



Support Valley Senior Services Your Generosity Helps Seniors Thrive

At Valley Senior Services, we are dedicated to providing essential services to seniors. Since 1971, our mission is to support those ages 60 and older, ensuring they can remain in their homes and continue to enjoy a high quality of life. Throughout our history of more than 50 years, no senior has been denied services due to an inability to pay.

Why Your Donation Matters

Every donation to Valley Senior Services directly impacts the lives of seniors in our community. Here are just a few ways your contribution helps:

- **Nutrition Program:** Ensuring seniors receive nutritious meals whether it's Meals on Wheels or in a community dining setting.
- **Transportation Services:** Providing rides to medical appointments, grocery stores, and social activities, helping seniors stay connected and active.
- **Resource Information:** Supplying valuable information to help seniors navigate available services and support.

A Growing Need

By 2025, it is projected that the age 60 and over population will comprise 25% of North Dakota's total population. To meet the needs of the increasing aging population, we have established a giving program. This initiative is crucial in preparing us financially to accommodate the growing number of seniors who will require our assistance.

Ways to Give

- **Donate Online or by Mail:** Visit our website to make a secure online donation or send your donation to Valley Senior Services Inc. Your gift, no matter the size, will have an immediate impact.
- **Endowment Fund:** Considering donating \$5,000 or more? Our endowment fund with the Dakota Medical Foundation is the perfect option, as it helps ensure the long-term sustainability of our programs.
- **Planning Ahead:** Include Valley Senior Services in your will or estate planning. Your legacy will continue to support seniors for years to come.

We ask you to consider the unique and profound impact your donation to Valley Senior Services Inc. can have on the lives of seniors in our community. Imagine the joy and relief of a senior who receives a warm meal, a friendly visit, or a ride to a critical appointment—all thanks to your generosity. Together, we can make a lasting impact on the lives of seniors in our community and uphold our legacy of compassionate care.



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
Monday, September
2nd in observance of
Labor Day.**

**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:

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: 724-4074

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To receive the Silver Quill call 293-1440 or toll free 1-877-827-1916
or e-mail us at: info@valleyseniors.org

LIFESTYLE TO LOWER CHRONIC INFLAMMATION

BY LANE LIPETZKY SWENSON, RD, LD, CGN

According to the National Institute of Health, nearly 125 million people in the US live with some form of chronic inflammation. Chronic inflammation can damage healthy cells, tissues and organs over time and if left unchecked can increase your risk of developing chronic diseases. So, what is inflammation and how can we prevent it? In this month's article we will differentiate between the two types of inflammation as well as how a healthy diet and lifestyle can help minimize it.

What is Inflammation?

To put it simply, inflammation is the response to a problem within our bodies. It can be caused by illness, infection or exposure to something that doesn't belong. If you injure your knee or cut your finger, your immune system will respond by sending inflammatory cells to the site of injury to start healing. This is often referred to as acute inflammation. It is short lived, beneficial and allows your body to heal.

Chronic inflammation, on the other hand, can damage your body over time. This type of inflammation lasts for months or even years and can be caused by disease, unhealthy body weight, stress, excess alcohol intake, use of tobacco products, exposure to environmental toxins or eating an inflammatory diet. With chronic inflammation, your body continues to send inflammatory cells when there is no real danger, causing damage to tissues. While acute inflammation is easy to spot through swelling and redness, chronic inflammation can be more difficult to notice. You may experience joint or muscle pain, fatigue, trouble sleeping, digestive issues, skin rashes or even mood disorders like anxiety. Symptoms vary greatly and slowly become worse over time.

Anti-Inflammatory Lifestyle

How can diet and lifestyle help reduce chronic inflammation? Following dietary patterns like the Mediterranean diet or the DASH diet can be a great start! Additionally, including 30 minutes of physical activity in your daily routine, managing your stress, drinking in moderation, maintaining a healthy body weight and prioritizing a good night sleep can all be beneficial. If you already have a chronic disease and are worried about inflammation, working with your doctor or dietitian to help control it can minimize its inflammatory effects. Below is a list of dietary strategies to help decrease inflammation and provide your body with nourishment to age healthfully!

- Make half your plate non-starchy vegetables for two meals a day. Aim to eat a variety of colors.
- Increase your intake of omega 3 fatty acids through eating fish 2-3 times a week.
- Use olive oil and avocado oil for cooking and season your foods with a variety of herbs and spices.
- Eat lean protein sources like eggs, chicken, soy, fish, low fat dairy, lentils and beans to meet your protein needs.
- Limit highly processed foods with added sugars and sodium like premade cookies, cakes, potato chips and fast food.
- Decrease your saturated fat intake to less than 10% of your calories by limiting processed baked goods, high fat dairy and fried foods.
- Eat a variety of foods containing vitamins, minerals, polyphenols and antioxidants. Examples include fruits, vegetables, nuts, seeds, beans, dairy, whole grains and lean meats.

(Continued on page 5)

September 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
<p>2</p> <p>CLOSED</p> 	<p>3</p> <p>Sloppy Joe / Bun Peas Tator Tots Tropical Fruit</p>	<p>4</p> <p>Country Fried Steak / Gravy Rosemary Potatoes Parslied Carrots Banana Bread x1</p>	<p>5</p> <p>Chicken Monterey Brown Rice Prince Edward Veggie Watermelon Breadstick</p>	<p>6</p> <p>Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Pineapple</p>
<p>9</p> <p>Oven Fried Chicken Chive Mashed Potatoes Seasoned Green Beans Peaches Cornbread Poultry Gravy</p>	<p>10</p> <p>House Salad Swedish Meatballs TriColor Rotini California Blend Veggies Cranberry Velvet WW Roll</p>	<p>11</p> <p>BBQ Pork Ribs Cheesy Hashbrowns Carrots Corn Muffin Angel Food Cake Berries w/ whip</p>	<p>12</p> <p>Hamburger on Bun Lettuce, Tomato, onion Confetti Coleslaw Potato Wedges Baked Apple</p>	<p>13</p> <p>Baked Fish w/Dill Sauce Italian Pasta Salad Italian Blend Veggies Pears WG Breadstick</p>
<p>16</p> <p>French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Applesauce</p>	<p>17</p> <p>Teriyaki Chicken Sesame Brown Rice Asian Blend Veggies Vegetable Egg Roll Peach Crisp</p>	<p>18</p> <p>Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions & Peppers Blueberries Bread x2</p>	<p>19</p> <p>Italian Pasta Bake House Salad Capril Blend Veggies Grapes Bread x1</p>	<p>20</p> <p>Chicken BLT Salad Fruit Cocktail Bread x2</p>
<p>23</p> <p>BBQ Meatloaf Baked Potato Baked Beans Orange</p>	<p>24</p> <p>Honey Roast Pork Chop Stewed Tomatoes Mixed Veg Hot Spiced Apples WW Dinner Roll</p>	<p>25</p> <p>Roast Beef & Gravy Roasted Red Potatoes Zucchini Cherries Bread x2</p>	<p>26</p> <p>Herbed Fish Potatoes & Onions Key Biscayne Blend Veggies CranApple Cobbler Bread x1</p>	<p>27</p> <p>Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Breadstick</p>
<p>30</p> <p>Parmesan Chicken Pasta / Marinara Caribbean Blend Veggies - 1 cup Garlic Bread Cantaloupe</p>	 <p>September</p> <p>©LPi</p>			

ENDERLIN (701-437-2669)

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED	3 Sloppy Joe / Bun Peas Tator Tots Tropical Fruit	4 Country Fried Steak/ Gravy/Parslied Carrots Rosemary Potatoes Banana	5 Chicken Monterey Brown Rice Prince Edward Veggie Watermelon Breadstick	6 Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Pineapple
9 Oven Fried Chicken Chive Mashed Potatoes Seasoned Green Beans Peaches/Cornbread Poultry Gravy	10 House Salad Swedish Meatballs TriColor Rotini California Blend Veggies Cranberry Velvet	11 BBQ Pork Ribs Cheesy Hashbrowns Carrots Corn Muffin Angel Food Cake	12 Hamburger on Bun Lettuce, Tomato, onion Confetti Coleslaw Potato Wedges Baked Apple	13 Baked Fish w/Dill Sauce Italian Pasta Salad Italian Blend Veggies Pears WG Breadstick
16 French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Applesauce	17 Teriyaki Chicken Sesame Brown Rice Asian Blend Veggies Vegetable Egg Roll Peach Crisp	18 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Pep- pers Blueberries	19 Italian Pasta Bake House Salad Capril Blend Veggies Grapes	20 Chicken BLT Salad Fruit Cocktail Bread x2
23 BBQ Meatloaf Baked Potato Baked Beans Orange	24 Honey Roast Pork Chop Stewed Tomatoes Mixed Veg Hot Spiced Apples	25 Roast Beef & Gravy Roasted Red Potatoes Green Beans Cherries	26 Herbed Fish Potatoes & Onions Key Biscayne Blend Veggies CranApple Cobbler	27 Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Breadstick
30 Parmesan Chicken Pasta / Marinara Caribbean Blend Veggies Garlic Bread Cantaloupe				

LOWER CHRONIC INFLAMMATION

(Continued from page 3)

- Consume food during normal eating windows and limit eating late night snacks or eating if you wake up in the middle of the night.
- Keep your gut bacteria happy! Studies show 70% of your immune system is found in your digestive tract. Meet your daily fiber needs and limit your intake of processed foods.
- Cook at home more often than you eat out.
- Stay hydrated!

See page 7 for a healthy lifestyle recipe!



COME JOIN OUR TEAM!

Part Time Cook at our Rutland Meal Site

Monday-Thursday 7am to 2pm

- No Weekends - Holidays Off

Wage Range: 16.63-20.78 DOE

Interested, or need more info?

Call 701-683-3131 or

apply online at valleyseniorservices.org

MILNOR (701-427-9327)

Tuesday	Wednesday	Thursday	Friday
3 French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Applesauce	4 Country Fried Steak / Gravy Rosemary Potatoes Parslied Carrots Banana	5 Chicken Monterey Brown Rice Prince Edward Veggie Watermelon	6 Taco Casserole Spanish Rice/Refried Beans Whole Kernel Corn Pineapple
10 House Salad/Swedish Meatballs TriColor Rotini California Blend Veggies Cranberry Velvet	11 BBQ Pork Ribs Cheesy Hashbrowns Carrots/Corn Muffin Angel Food Cake/Berries w/ whip	12 Hamburger on Bun Potato Wedges/Confetti Coleslaw Lettuce, Tomato, onion Baked Apple	13 Baked Fish w/Dill Sauce Italian Pasta Salad Italian Blend Veggies Pears
17 BBQ Meatloaf Baked Potato Baked Beans Orange	18 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers Blueberries	19 Italian Pasta Bake House Salad Capril Blend Veggies Grapes	20 Chicken BLT Salad Fruit Cocktail Bread x2
24 Parmesan Chicken Pasta / Marinara Caribbean Blend Veggies Garlic Bread Cantaloupe	25 Roast Beef & Gravy Roasted Red Potatoes Zucchini Cherries	26 Herbed Fish Potatoes & Onions Key Biscayne Blend Veggies CranApple Cobbler	27 Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Breadstick

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

Monday	Tuesday	Wednesday	Thursday
3— Tuesday Sloppy Joe / Bun Peas Tator Tots Tropical Fruit	4—Wednesday Country Fried Steak / Gravy Rosemary Potatoes Parslied Carrots Banana	5—Thursday Chicken Monterey Brown Rice Prince Edward Veggie Watermelon	6—Friday Taco Casserole Spanish Rice/Refried Beans Whole Kernel Corn Pineapple
9 Oven Fried Chicken Chive Mashed Potatoes Seasoned Green Beans Peaches Cornbread	10 House Salad Swedish Meatballs Egg Noodles California Blend Veggies Cranberry Velvet	11 BBQ Pork Ribs Cheesy Hashbrowns Carrots Corn Muffin Angel Food Cake/Berries w/ whip	12 Hamburger on Bun Lettuce, Tomato, onion Confetti Coleslaw Potato Wedges Baked Apple
16 French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Applesauce	17 Chicken BLT Salad Fruit Cocktail Bread x2	18 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers Blueberries	19 Italian Pasta Bake House Salad Capril Blend Veggies Grapes
23 BBQ Meatloaf Baked Potato Baked Beans Orange	24 Honey Roast Pork Chop Stewed Tomatoes Mixed Veg Hot Spiced Apples	25 Roast Beef & Gravy Roasted Red Potatoes Zucchini Cherries	26 Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple
30 Parmesan Chicken Pasta / Marinara Caribbean Blend Veggies Bread Cantaloupe			

RUTLAND (701-724-4074)

Monday	Tuesday	Wednesday	Thursday
3— Tuesday Sloppy Joe / Bun Peas Tator Tots Tropical Fruit	4— Wednesday Country Fried Steak / Gravy Rosemary Potatoes Parslied Carrots Banana	5— Thursday Chicken Monterey/Brown Rice Prince Edward Veggie Watermelon Breadstick	6— Friday Taco Casserole Spanish Rice/Refried Beans Whole Kernel Corn Pineapple
9 Oven Fried Chicken Chive Mashed Potatoes Seasoned Green Beans Peaches/Cornbread Poultry Gravy	10 House Salad Swedish Meatballs TriColor Rotini California Blend Veggies Cranberry Velvet	11 BBQ Pork Ribs Cheesy Hashborwns Carrots Corn Muffin Angel Food Cake	12 Hamburger on Bun Lettuce, Tomato, onion Confetti Coleslaw Potato Wedges Baked Apple
16 French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Applesauce	17 Teriyaki Chicken/ Sesame Brown Rice Asian Blend Veggies Vegetable Egg Roll Peach Crisp	18 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers Blueberries Bread x2	19 Italian Pasta Bake House Salad Capril Blend Veggies Grapes
23 BBQ Meatloaf Baked Potato Baked Beans Orange	24 Honey Roast Pork Chop Stewed Tomatoes Mixed Veg Hot Spiced Apples	25 Roast Beef & Gravy Roasted Red Potatoes Zucchini Cherries	26 Herbed Fish Potatoes & Onions Key Biscayne Blend Veggies CranApple Cobbler
30 Parmesan Chicken Pasta / Marinara Caribbean Blend Veggies Garlic Bread Cantaloupe			

EASY PIZZA FOR TWO

Try this healthy lifestyle recipe from mayoclinic.org that follows the DASH diet:

EASY PIZZA FOR TWO

Ingredients

- 1/2 cup chunky no-salt-added tomato sauce
- 1 ready-made whole-wheat flatbread (about 10-inch diameter)
- 2 slices of onion, 1/4-inch wide
- 4 slices red bell pepper, 1/4-inch wide
- 1/4 cup shredded low-fat mozzarella
- 2 tablespoons chopped fresh basil

Directions

Heat the oven to 350 F. Lightly coat a baking pan with cooking spray. Spread tomato sauce over the flatbread. Top with the onion, pepper, mozzarella and basil. Place the pizza on a baking pan and bake until the cheese is melted and golden brown, 5 to 7 minutes.

NUTRITIONAL ANALYSIS PER SERVING

Serving size:			
1/2 pizza			
Calories	163	Sodium	296 mg
Total fat	5g	Total carbohydrate	26g
Saturated fat	3 g	Dietary fiber	6g
Trans fat	0g	Total sugars	8g
Monounsaturated fat	1g	Added sugars	0g
Cholesterol	1mg	Protein	8g

Let's Go Golfing

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

Word List:

APPROACH

BLOCK

DIVOT

FADE

FORE

GREENKEEPER

HEADCOVERS

PRACTICEGREEN

SANDTRAP

TEE OFF

BACKSWING

BOGEY

DRIVINGRANGE

FAIRWAY

GOLFCART

GREENS

HOOK

PULL

SHANK

THREEIRON

BALL

BUNKER

DRAW

FLAGPOLE

GOLFCLUB

GRIP

HOLEINONE

PUT

SLICE

WATERHAZARD

BIRDIE

CADDY

EAGLE

FOLLOWTHROUGH

GOLFING

HANDICAP

PAR

SANDBAGGER

SWING

WEDGE

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