

Lifestyle to Lower Chronic Inflammation

Lane Lipetzky Swenson, RD, LD, CGN—Valley Senior Services

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.
- 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!

Valley Senior Services
520 3rd Avenue South
Wahpeton, ND 58075
(701)642-3033 or (701)642-5746

Fax:

701-642-5009

Rural Program Manager
Shelley Tollefson

County Program Supervisor
Amy Laney

RESOURCE SPECIALIST
Sarah Omodt

OFFICE ASSISTANT
Deanna

COUNTY ASSISTANT
Sharilynne

KITCHEN STAFF
Carol-Abercrombie
Sandra—Hankinson
Sandra—Lidgerwood
Sharron-Wahpeton
Viola—Wahpeton
Cathy-Wyndmere

FILL-IN KITCHEN STAFF
Joanne
Karen
Dorothy

TRANSPORTATION
Christine
Dawn

INVENTORY & TRANSPORTATION
Shanel
Keith
David

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

Paul Grindeland
Valley Senior Services
2801 32nd Avenue South
Fargo, ND 58103
701-293-1440

Foot Care Clinics For Richland County

Foot care will be done by appointment at the following Senior Centers in Richland County:

Wahpeton Senior Center
520 3rd Ave South

11:00am to 3:00pm on
September 3 & 17 and October 1, 3, & 15

Lidgerwood Senior Center
117 4th Street Southwest
September 5 and October 3

Hankinson Senior Center
111 3rd Street Southwest
9:00am to 1:00pm on
September 12 and October 10

Wyndmere Senior Center
466 4th Street
10:00am to 1:00pm on
September 19 and October 17

To schedule an appointment call
Richland County Health Department at
642-7735

Cost: \$25.00

***For an additional \$5, fingernail care can also be provided at your footcare appointment.**

- * Foot care is provided to clients who are not able to trim their own toenails due to physical limitations.
- * Foot care does not include any treatment for ingrown nails, calluses, and/or infection.

Richland County Council on Aging Board of Directors

Don Krassin	Pinky Rubish
Robert Wurl	Liz Mumm
Alisa Mitskog	Rich Hills



LINKED LIVES RESEARCH LAB

NDSU

CENTER FOR IMMUNIZATION RESEARCH AND EDUCATION

NDSU Educational Seminar

VACCINATION FOR OLDER ADULTS: WHAT YOU NEED TO KNOW

Presented by **Dr. Avish Nagpal**, MD, Sanford Health or **Dr. Oliver Frenzel**, PharmD, NDSU

Thursday, September 5th at 9:30am at the Lidgerwood Senior Center

Thursday, September 12th at 9:30am at the Wahpeton Senior Center

Friday, September 13th at 12:00pm at the Hankinson Senior Center

Wednesday, September 18th at 12:30pm at the Abercrombie Community Center

Thursday, September 19th at 10:00am at the Wyndmere Senior Center

This presentation will:



Provide information about how vaccines work



Inform you about the side effects and benefits of vaccinations recommended for older adults



Empower you to make informed decisions

*Free breakfast
or desserts
provided!*

This educational seminar is part of an NDSU research project, and attendees will be asked to participate in this study by completing a confidential, brief survey both before and after this 40 minute educational session.



Questions? Call/email Dr. Andrea Huseth-Zosel at (701) 231-8681 or andrea.husethzosel@ndsu.edu or call/email Dr. Heather Fuller at 701-231-5621 or heather.fuller@ndsu.edu

Study Approved by the NDSU Institutional Review Board: IRB0005207

HOW CAN I PICK THE BEST MEDICARE PART D PRESCRIPTION DRUG PLAN FOR MY NEEDS?

BY KIMBERLY LANKFORD, AARP

Your goal in choosing a Medicare Part D prescription drug plan is to select a plan that:

- Covers all your drugs with the lowest out-of-pocket cost.
- Provides good service.
- Checks the box on any other personal requirements you might have.

But Part D plans can change their costs and coverage every year, just as the prescription drugs you take can change. And there are a lot of options out there, so consider this when selecting a plan.

Comparing that many plans can be overwhelming, but several tools and resources can help you assess the right plan for your needs.

Here's how to determine your best Part D plan when you first sign up or during Medicare's annual open enrollment period from Oct. 15 to Dec. 7 for coverage starting January 1.

Tip: Don't look just at a plan's premiums. Also compare the coverage and total costs for your medications. Your answers to these questions will help narrow the field.

How does the Part D plan cover my prescriptions?

Using the Medicare Plan Finder at www.medicare.gov/plan-compare, make sure the drugs you take are part of a plan's formulary, what insurers call a list of covered drugs. After you've entered all of your medications, you can see how much you'll pay for them with each plan. Two plans that cover your medicines may have very different costs, depending on the copayments they charge for your drugs.

Most Part D plans have four or five pricing tiers, starting with the lowest copayments:

- Preferred generic medications.
- Generics not on the preferred list.
- Preferred brand-name drugs.
- Other brand-name drugs.
- A separate high-priced tier for specialty medications (on some, not all).

That's not how you'll see the information presented in the Plan Finder, but this can help you understand why you might see different prices for the same prescription when you compare plans in your area.

Other options: Call 800-MEDICARE (800-633-4227) for help, or work with representatives from your State Health Insurance Assistance Program (SHIP).

Does the Part D plan cover the pharmacies I use?

This can be just as important in determining the price you pay for your prescriptions as the plan's formulary. Many Part D plans have preferred pharmacies that charge lower copayments than other pharmacies in the plan's network.

You can enter up to five pharmacies in the Plan Finder to determine if they're preferred in-network pharmacies, standard in-network pharmacies that have higher copayments, or not in a plan's network. Click view your pharmacies to see what your out-of-pocket costs would be for your medications at different pharmacies.

Continued on Page 5

Continued from Page 4:

What are the total costs for the plan and my drugs?

Several factors can affect the total cost for a Part D plan during the year, including premiums, deductibles and copayments for your medications. Plans were allowed to charge a deductible of up to \$545 in 2024, while some plans have no deductible.

Premiums can vary, but a plan with low premiums may cost you more if it has high copayments for your drugs. When you're in the Plan Finder, you can sort the plans by **Lowest drug + premium** cost to find out which plan's total costs will be least expensive for you for the year.

The Plan Finder also shows your estimated total monthly drug costs for each plan. That can be helpful if you're looking for a plan that spreads expenses throughout the year rather than charging the biggest bills in the first few months.

How does the Part D plan rate for customer service?

The Plan Finder can show you each plan's star ratings, which the Centers for Medicare & Medicaid Services award to Part D and Medicare Advantage plans based on several quality measures. For Part D plans, the categories include accuracy of pricing, complaints, customer service and members' experiences.

Keep in mind:

Three ways to enroll. After you find the best prescription drug plan for your needs, you can sign up through the Medicare Plan Finder, by calling the Medicare help line at 800-MEDICARE (800-633-4227) or by contacting the plan directly. You can also find contact information for Part D plans in your area in the Plan Finder or by calling the Medicare help line, as well as by reaching out to your State Health Insurance Assistance Program (SHIP).

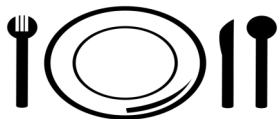
One plan at a time. If you switch to another Part D plan, the old one is automatically canceled as soon as the new coverage becomes effective. If you switch plans during the open enrollment period of Oct. 15 to Dec. 7, your new coverage automatically begins Jan. 1.

Financial help is available. If your income is below a certain level, you can qualify for the Extra Help program, which can help pay your Part D premiums and copayments. Eligibility is expanding in 2024.

Options for Help during Medicare Part D Open Enrollment

- Valley Senior Services Richland County Resource Specialist will be available to assist you with Medicare Part D enrollment **by appointment only** at the Wahpeton location on Wednesdays beginning October 29th to December 6th. Schedule your appointment by calling the Wahpeton Senior Center at 642-3033.
- North Dakota Insurance Department is available by telephone for enrollment assistance. They can be contacted at 1-888-575-6611. You can also compare plans using Medicare's online Drug Plan Finder at: <https://www.medicare.gov>
- The Richland County Health Department will also be offering Part D comparison and enrollment assistance. Please call 701-642-7735 for more information and to schedule an appointment.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>CLOSED</p> <p>If you would like to receive a frozen meal, please call the office at 642-3033.</p>	<p>3</p> <p>Sloppy Joe/Bun Peas Tater Tots Tropical Fruit</p>	<p>4</p> <p>Country Fried Steak Rosemary Potatoes Parslied Carrots Banana Bread x1</p>	<p>5</p> <p>Chicken Monterey Brown Rice Prince Edward Veggies Watermelon Breadstick</p>	<p>6</p> <p>Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Peaches</p>
<p>9</p> <p>Oven Fried Chicken Chive Mashed Potatoes Seasoned Green Beans Peaches Cornbread Poultry Gravy</p>	<p>10</p> <p>Swedish Meatballs Tri Color Rotini House Salad California Blend Veggies Cranberry Velvet Roll</p>	<p>11</p> <p>Birthday Dinner BBQ Pork Ribs Cheesy Hashbrowns Carrots Corn Muffin Angel Food Cake Berries/Whip</p>	<p>12</p> <p>Cheeseburger Dijon Red Potatoes Squash Whole Pear</p>	<p>13</p> <p>Baked Fish w/ Dill Sauce Italian Pasta Salad Italian Blend Veggies Apple 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 Veggie Vegetable Egg Roll Peach Crisp</p>	<p>18</p> <p>Garlic Steak Bites Glazed Sweet Potatoes Broccoli/Onions & Peppers Blueberries Bread x2</p>	<p>19</p> <p>Italian Pasta Bake House Salad Capri 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 Fresh Fruit Salad 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 Garlic Bread Cantaloupe</p>				



All of our meal sites provide congregate, carry out, and home delivered meals. Please call your meal site by 9am on the day you would like to eat. All meals include 1% milk. If you live in Richland County but do not have a meal site near you, frozen meals are available.

Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age. Under the age of 60 is a charge of \$9.00 per meal.

September 2024

Abercrombie Senior Center

553-8759

Sloppy Joe/Bun Peas Tater Tots Tropical Fruit	3	Country Fried Steak/ Gravy Rosemary Potatoes Parslied Carrots Banana Bread x1	4	Chicken Monterey Brown Rice Prince Edward Veggies Watermelon Breadstick	5
Swedish Meatballs Tri Color Rotini House Salad California Blend Veggies Cranberry Velvet Roll	9	Cheeseburger Dijon Red Potatoes Squash Whole Pear	10	Baked Fish/Dill Sauce Italian Pasta Salad Italian Blend Veggies Apple Breadstick	11
Teriyaki Chicken Sesame Brown Rice Asian Blend Veggies Vegetable Egg Roll Peach Crisp	16	Italian Pasta Bake House Salad Capri Blend Veggies Grapes Bread x1	17	Chicken BLT Salad Fruit Cocktail Bread x2	18
BBQ Meatloaf Baked Potato Baked Beans Orange	23	Honey Roast Pork Chop Stewed Tomatoes Fresh Fruit Salad Hot Spiced Apples Dinner Roll	24	Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Breadstick	25
Parmesan Chicken Pasta/ Marinara Caribbean Blend Veggies Garlic Bread Cantaloupe	30				

September 2024

Hankinson Senior Center

242-7742

		PLEASE NOTE: Until a cook is hired in Hankinson, there will be NO congregate or carry-out meals on Tuesdays, but meals will be available Wednesdays & Fridays. Meals on Wheels recipients will continue to get a meal delivered Tuesdays, Wednesdays & Fridays.			
MEALS ON WHEELS ONLY Sloppy Joe/Bun Peas Tater Tots Tropical Fruit	3	Country Fried Steak/Gravy Rosemary Potatoes Parslied Carrots Banana Bread x1	4	Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Peaches	6
MEALS ON WHEELS ONLY House Salad Swedish Meatballs Tri Color Rotini California Blend Veggies Cranberry Velvet Roll	10	BBQ Pork Ribs Cheesy Hashbrowns Carrots Corn Muffin Angel Food Cake Berries/Whipped Topping	11	Baked Fish/Dill Sauce Italian Pasta Salad Italian Blend Veggies Apple Breadstick	13
MEALS ON WHEELS ONLY Teriyaki Chicken Sesame Brown Rice Asian Blend Veggies Vegetable Egg Roll Peach Crisp	17	Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/ Onions & Peppers Blueberries Bread x2	18	Chicken BLT Salad Fruit Cocktail Bread x2	20
MEALS ON WHEELS ONLY Honey Roast Pork Chop Stewed Tomatoes Fresh Fruit Salad Hot Spiced Apples Dinner Roll	24	Roast Beef & Gravy Roasted Red Potatoes Zucchini Cherries Bread x2	25	Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Breadstick	27

September 2024

Lidgerwood Senior Center

538-4602

CLOSED	3	Sloppy Joe/Bun Peas Tater Tot Tropical Fruit	5
Oven Fried Chicken Chive Mashed Potatoes Seasoned Green Beans Peaches Cornbread Poultry Gravy	9	Swedish Meatballs Tri Color Rotini House Salad California Blend Veggies Cranberry Velvet WW Roll	12
French Dip Sandwich Red Potatoes/ Garlic Sweet & Sour Beets Applesauce	16	Teriyaki Chicken Sesame Brown Rice Asian Blend Veggies Vegetable Egg Roll Peach Crisp	19
BBQ Meatloaf Baked Potato Baked Beans Orange	23	Honey Roast Pork Chop Stewed Tomatoes Fresh Fruit Salad Hot Spiced Apples WW Dinner Roll	26
Parmesan Chicken Pasta/Marinara Caribbean Blend Veggies Garlic Bread Cantaloupe	30		

September 2024

Wyndmere Senior Center

439-2907

Sloppy Joe/Bun Peas Tater Tot Tropical Fruit	3	Country Fried Steak Rosemary Potatoes Parslied Carrots Banana Bread x1	5
Oven Fried Chicken Chive Mashed Potatoes Seasoned Green Beans Peaches Cornbread Poultry Gravy	9	Swedish Meatballs Tri Color Rotini House Salad California Blend Veggies Cranberry Velvet WW Roll	12
French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Applesauce	16	Teriyaki Chicken Sesame Brown Rice Asian Blend Veggies Vegetable Egg Roll Peach Crisp	19
BBQ Meatloaf Baked Potato Baked Beans Orange	23	Honey Roast Pork Chop Stewed Tomatoes Fresh Fruit Salad Hot Spiced Apples WW Dinner Roll	26
Parmesan Chicken Pasta/Marinara Caribbean Blend Veggies Garlic Bread Cantaloupe	30		



ND SMP Scam of the Month – September 2024

Genetic Testing Scams are BACK!

Have you received phone calls or emails with offers for genetic testing to find out if you are at risk for certain diseases? And did the offer say that Medicare will pay for the genetic test or that the test is FREE? **Beware of offers for tests or services that didn't come from a trusted provider.** Medicare is seeing an increase in scams involving "free" genetic testing that show your risk for cancer, dementia or other hereditary conditions.

Scammers may call and tell you that your health care provider is ordering a genetic test for you and all they need is your Medicare number. Other ways this scam works:

- You may get offers from a company wanting to send you a free genetic test kit.
- Fraudsters target people at senior centers or health fairs offering a cheek swab right at the event.

The point of this scam is to get your Medicare card number. Fraudsters then bill Medicare for thousands of dollars for tests and other services never received.

Medicare statement red flags:

- Be sure to read your Medicare Summary Notice if you are on Original Medicare or your Explanation of Benefits if you are on a Medicare Advantage plan.
- Look for any unusual charges. Look for words like "gene analysis" or "molecular pathology" which could be red flags for fraudulent charges.

Medicare covers genetic testing ONLY to see whether people with cancer have an inherited gene mutation. Only agree to testing ordered by your health care provider. They know best what testing you need for your continued medical care. Don't be left with a huge bill for genetic testing that Medicare will not cover. Remember, never give out your Medicare number to anyone other than a trusted health care provider.

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: AARP Bulletin. (2024, June). Medicare made easy. *AARP.org/Bulletin*, 65(5).

North Dakota Senior Medicare Patrol Phone: 833-818-0029 or (701) 858-3580

For more information or to locate your SMP, visit <https://ndcpd.org/smp/>

This project was supported, in part, by grant number 90MPPG0021, from the Administration for Community Living, Department of Health and Human Services. Points of view or opinions do not necessarily represent official Administration for Community Living policy.

Like us on Facebook: North Dakota Senior Medicare Patrol

Richland County Public Transit Schedules

September 2024—November 2024

Valley Senior Services Richland County Public Transportation can accommodate medical, dental and eye appointments, shopping, visiting and other personal needs on a first-call, first-serve basis. Please call us at 701-642-5746 at least 2 days in advance to ensure your ride reservation. Vehicles are equipped to accommodate accessibility needs. Our transportation is open to the public and is available to anyone of any age. We look forward to your call.

TRANSIT RIDES WITHIN WAHPETON/BRECKENRIDGE

We provide transportation in the Wahpeton/Breckenridge area Monday through Friday. The first ride is given at 8:15am and the last ride is given at 3:45pm. The cost for these rides is **\$1 per one way ride**. We ask that you limit your shopping bags to 6 or less, and you should be able to carry your own bags.

TRANSIT RIDES TO WAHPETON

We offer rides from surrounding towns in Richland County into Wahpeton monthly. **To schedule a ride call 642-5746 at least 2 days in advance.** Hours spent in Wahpeton will be between 10:00am to 3:00pm unless all riders are done earlier. It is best if you schedule any medical appointments between the hours of 10am and 2:00pm if possible. The cost for these rides is **\$5.00 per person**.

FAIRMOUNT/HANKINSON/LIDGERWOOD WYNDMERE/MOORETON

September: 9 & 23

October: 14 & 28

November: 4 & 18

TRANSIT RIDES TO FARGO

We provide transportation to Fargo on the 1st, 2nd, 3rd and 4th Tuesdays and Thursdays of each month. **To schedule a ride, call 642-5746 at least 2 days in advance.** Hours spent in Fargo will be between 10:00am to 3:00pm unless all riders are done earlier. It is best if you schedule any medical appointments between the hours of 10:00am and 2:00pm. The cost for these rides is **\$8.00 per person**.

Please note: we will no longer have set routes to Fargo. Anyone in Richland County can ride our transportation on any Fargo date.

September: 3, 5, 10, 12, 17, 19, 24, & 26

October: 1, 3, 8, 10, 15, 17, 22, & 24

November: 5, 7, 12, 14, 19, 21, & 26

Activities

All activities are held at the Senior Center in your community unless otherwise noted.
Coffee & dessert following all activities in Lidgerwood, Wahpeton, and Wyndmere.

Bingo

Wahpeton—Tuesday at 12:30pm

Coffee & Toast Social

Abercrombie—Monday, Tuesday, and Wednesday
from 8am-10am

Exercise

Lidgerwood—Exercise equipment available to use

Wahpeton—Bone Builders—Tuesday & Thursday
at 9am at the Wahpeton Community Center

Pot Luck

Fairmount—2nd & 4th Wednesday of the month at
12pm

Free For All Fridays!

Grab your friends and come on down to the
Wahpeton Senior Center From 12:30pm – 4pm for
any or all of the following games:

Cribbage **Dice** **Mexican Train**

Wii Games **Yahtzee** **Phase 10**

**“Roll” into the weekend with us at the
Wahpeton Senior Center! Give us a call at
642-5746 before noon on Thursday and let us
know that you will be joining us for rolls
on Friday.**

**This ensures we will have
enough rolls for everyone! Then join us on
Friday between 8:30am—9:30am for a roll
and all you can drink coffee!
Suggested \$1.00 donation!**

Bridge

Wahpeton—Thursday at 12:30pm

Hand and Foot

Abercrombie—Wednesday at 1pm

Lidgerwood—Tuesday at 1pm

Wahpeton—Wednesday at 12:15pm

Hankinson—Tuesday, Wednesday &
Friday at 12:00pm

Other Card Games & Dominoes

Wyndmere—Monday—Friday at 3pm

Hankinson—Tuesday, Wednesday &
Friday at 12:00pm

Pinochle

Wahpeton—Wednesday at 12:30pm

Wyndmere—Monday at 1pm

Puzzles

Wahpeton—Monday — Friday
9am—3pm

Wyndmere—Monday—Friday
10am—6pm

Hankinson—Tuesday, Wednesday &
Friday at 12:00pm

Social Hour

Abercrombie—Monday, Tuesday &
Wednesday at 1pm

Wyndmere—Monday—Friday at 3pm

Whist

Wahpeton—Monday at 12:30pm

Wyndmere—Thursday at 1pm

Hankinson—Tuesday, Wednesday &
Friday at 12:00pm

Wahpeton Harmony Senior Citizens Club, Inc
520 3rd Avenue South
Wahpeton, ND 58075

NON-PROFIT ORG.
U.S. POSTAGE PAID
WAHPETON, ND 58075
PERMIT NO. 10

"Return Service Requested"



FOR MORE INFO, CONTACT US AT
INFO@VALLEYSENIORSERVICES.ORG OR
701-642-3033



TRANSPORTATION

Transportation is available in Wahpeton, to Fargo, and from surrounding towns into Wahpeton for all Richland County residents, regardless of age.



NUTRITIOUS MEALS

Community dining, Meals on Wheels, and to-go meals are available in Abercrombie, Hankinson, Lidgerwood, Wahpeton, and Wyndmere. Not in these towns? Frozen meals are available!



RESOURCES SERVICES

Our staff help clients 60+ identify needs and find services to maintain independence.