



Valley
Senior Services
helping seniors maintain independence

Silver Quill

JANUARY 2025 | VOLUME 43 NO. 1

save the date



**Giving Hearts Day
is just about here!**

A Day of Generosity,
A Lifetime of Support for Seniors



Valley
Senior Services
helping seniors maintain independence

Scan to donate
starting January 13



See page 14 for donation options



2801 32nd Ave S
Fargo, ND 58103



701-293-1440



Monday - Friday
8:00 AM to 4:30 PM



valleyseniorservices.org

WHAT'S INSIDE

Center Highlights.....	2
Foot Care Info.....	3
Memory Cafe	4
What is LIHEAP	4
Free Tech Help.....	4
Volunteer Spotlight	5
Nutrition	6
Fargo Menu	7
West Fargo/Casselton Menu	8
Crazy for Coffee Word Search.....	9
Donations.....	10
Property Tax Options.....	12
Rural Cass News	14
Secret Santa for Seniors	15

**Valley Senior Services
will be closed on
Wednesday, January 1
and
Monday, January 20.**

**No Meals on Wheels,
senior center meals/
activities or
transportation.**

STAFF LISTING

BOARD MEMBERS

JoEllen Harris
 Kari Stoner
 Connie Elledge
 Ray Nelson
 Jim Link
 Matt Anderson
 Georgia Dufault
 Barbara Rude
 James Roth

DIRECTOR

Paul Grindeland

TRANSPORTATION MANAGER

Cindy G.

PROGRAM MANAGER

Kassie Emanuel

PROGRAM MANAGER

Shelley Tollefson

METRO SENIOR RIDE SUPERVISOR

Cindy G.

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 Jennifer F. Sam B.

VOLUNTEER COORDINATOR

Megan W.

RESOURCE SPECIALISTS

Patty Dahley
 Jill McCall
 Karleen Wyum
 Jamie Heinen
 Grace Ennen
 Paul Steichen

ADMINISTRATIVE ASSISTANTS

Em Janes
 Kylee L.

SENIOR CENTER HIGHLIGHTS

ED CLAPP PARK CENTER 2801 32ND AVE S, FARGO EDEN SIVERTSON 298-3976

Jan 1 - Center closed
 Jan 3 - 12:30 Birthday cupcakes
 Jan 8 - 10:00 - 2:00 Foot care
 Jan 15 - 10:00 - 2:00 Foot Care
 Jan 20 - Center closed
 Jan 22 - 10:00 - 2:00 Foot care
 Jan 29 - 10:00 - 2:00 Foot Care
Every Monday - 12:30 Pinochle, cards
Every Tuesday - 9:30 Free exercise;
 12:30 Pinochle, cards
Every Wednesday - 10:00-2:00 Foot
 care; 12:30 Cards & Mahjong
Every Thursday - 9:30 Free exercise;
 1:00 Bingo & Mahjong
Every Friday - 12:30 Cards

*Meals served daily at 12:00 pm.
 reserve meals, please call 298-3976 by
 12:00 pm the day before.*

TROLLWOOD VILLAGE 3105 BROADWAY, FARGO 298-3975

Jan 1 - Center closed
 Jan 14 - 11:00 Fargo Public Library
 Jan 20 - Center closed
 Jan 28 - 11:00 Fargo Public Library
Every Monday - 9:30 Exercise
 (Rosewood room); 12:30 Bingo
Every Tuesday - 12:30 Pinochle; 1:00
 Grocery bus; 2:30 Bible study in
 library
Every Wednesday - 9:30 Exercise;
 (Rosewood Rm); 12:30 Dominos;
 Whist
Every Thursday - 12:30 Bingo
Every Friday - 12:30 Crafts

*Meals served daily at 11:30 am. To
 reserve meals, please call
 298-3975 by 12:00 pm the day before.*

**Centers are closed
 January 1.
 Happy New Year!**

**Centers will also be
 close on January 20 in
 observation of Martin
 Luther King, Jr Day.**

WEST FARGO HIGH RISE 230 8TH AVE W, WEST FARGO

Jan 1 - Center closed
 Jan 6 - 1:30 Movie @WF Library
 Jan 7 - 12:00 Birthdays; 1:00 Book club
 @ WF Library
 Jan 8 - 7:00 Intro to Libby @WF Library
 Jan 9 - 5:30 Soup & More @BSC
 Jan 13 - 12:15 Crafts; 1:30 Movie @WF
 Library
 Jan 14 - 12:15 Chicken Foot
 Jan 15 - 1:00 Book club @WF Library
 Jan 16 - 1:30 Book club @WF Library
 Jan 20 - Center closed
 Jan 23 - 5:30 Soup & More @BSC
 Jan 27 - 1:30 Movie @WF Library
 Jan 28 - 12:15 Money bingo
Every Monday - 8:45 SAIL @ RRC
Every Tuesday - 8:45 & 10:00 Bone
 Builders @ Veterans Memorial; 6:30
 Cribbage Club @WF Library
Every Wednesday - 8:45 SAIL @ RRC;
 12:30 Cards/Whist
Every Thursday - 8:45 & 10:00 Bone
 Builders @ VMA
Every Friday - 8:45 SAIL @ RRC
*All activities at West Fargo High Rise
 unless otherwise noted. Call 433-5460
 to register for library events*

*Meals served daily at WFHR and
 Monterey at 11:30 am. To reserve
 meals, please call 356-2047 at least
 one day in advance.*

BROADWAY STATION 1461 BROADWAY, FARGO EM JAMES 232-7936

Jan 1 & 20 - Center closed
Every Monday - 10:15 Balance
 Builders; 1:00 Open activities
Every Tuesday - 1:15 Bingo
Every Wednesday - 12:30 Pinochle
Every Thursday - 10:15 Balance
 Builders/Chair Yoga; 11:30-3:30
 Sewing/Crafts; 1:00 Open activities
Every Friday - 1:15 Bingo

*Meals served daily at 11:30 am. To
 reserve meals, please call 232-7936 by
 12:00 pm the day before.*

*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.*

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

THE IMPORTANCE OF FOOT CARE FOR OLDER ADULTS

As we age, our feet often bear the signs of a lifetime of use. Proper foot care is vital for maintaining mobility, independence, and overall health in older adults. Healthy feet are the foundation for staying active, preventing falls, and avoiding complications from common health issues like diabetes or poor circulation. To support foot health, Valley Senior Services has partnered with certified area providers to facilitate convenient and professional foot care clinics. Our goal is to ensure older adult has the opportunity to prioritize foot health, enabling them to stay active, comfortable, and engaged in their daily lives.

Foot care schedule has changed in the new year! Sanford Home Care will provide a nurse to cut and file your toenails at Ed Clapp Senior Center every Wednesday from 10:00 am to 2:00 pm:

ED CLAPP PARK CENTER 2801 32ND AVE S, FARGO

Wednesday, January 8 Wednesday, January 15
 Wednesday, January 22 Wednesday, January 29
 10:00 am - 2:00 pm
 (No Foot Care on Wednesday, January 1)

*Call 701-234-3204 for an appointment. Please leave a message, someone will get back to you.
 The fee for foot care is \$30 (cash or check).*

You can also visit valleyseniorservices.org/foot-care-clinic to learn more about foot care clinics in your area.

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Scan to contact us!

TECH HELP @ THE CARLSON LIBRARY

Tuesdays from 11:00 AM – 1:00 PM
 Dr. James Carlson Library - Conference Room

Need assistance with your phone, tablet, laptop, iPad, Kindle or other device?

We can help!
 Drop in or call ahead to make an appointment.



FREE | 2801 32nd Ave. S. | 701-476-5980 | fargolibrary.org

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

To advertise here visit lpicommunities.com/adcreator





JANUARY SCHEDULE OF EVENTS:

January 1

Happy New Year - No Programming

January 8

This is How Dementia Feels to Me' Panel of individuals living with memory concerns

Hjemkomst Center

January 15

Intergenerational Card Making Project with local artist Emily Brooks

Hope Lutheran Church - South Campus

January 22

9:30 am Moving Ahead Support Group, 1122 1st Ave N, Fargo

1:00 pm Caregiver Cafe, 1122 1st Ave N, Fargo

All programs run from 1:00-2:30 pm.

For more information call Memory Cafe at 701-404-6712 or email: hello@memorycaferrv.org

FUEL ASSISTANCE - WHAT IS LIHEAP?

The Low Income Energy Assistance Program (LIHEAP) helps eligible individuals and families pay part of their heating costs. Applications will be accepted until May 31, 2025. LIHEAP can help pay for the fuel you use to heat the home you live in from October through May if you buy your heating fuel from a fuel dealer or a utility company (fuel oil, propane, natural gas, electricity, wood coal or kerosene), or if your rent payments include heat and you do not receive a rent subsidy.

Community Options will be at James Carlson Library

The 3rd Tuesday of the month from 10 a.m. to 12 p.m. to assist with your LIHEAP application.

- Make an appointment for a time that works for you
- or bring documents to fill out an application
- or get a referral for other services
- or ask questions
- Oct 15, Nov 19, Dec 17, Jan 21, Feb 18, Mar 18, Apr 15, May 20



communityoptionsnd.com
1-800-823-2417
referral@coresinc.org



TECH HELP @ CARLSON LIBRARY

Tuesdays from 11:00 AM – 1:00 PM
Dr. James Carlson Library - Conference Room

Need assistance with your phone, tablet, laptop, iPad, Kindle or other device?

We can help!

Drop in or call ahead to make an appointment.



FREE | 2801 32nd Ave S | 701-476-5980 | fargolibrary.org



WEST FARGO POLICE DEPARTMENT COFFEE WITH A COP

Wednesday, January 15
from 10:00 - 11:00 am
601 26th Ave E,
West Fargo

You now have the option to the Silver Quill by email!
Just send a note to aellison@fargoparks.com that you want the newsletter emailed.

Volunteer SPOTLIGHT

This month we are featuring Meals on Wheels volunteer, Cliff, who has been delivering meals for two years. Here's what he has to say about volunteering:

Tell us a little bit about yourself:

I am a retired cook at the V.A.

How did you become interested in volunteering?

A friend, Mike, got me interested.

What is your favorite part about delivering Meals on Wheels?

Meeting and talking with the people I deliver to.



Thank you, Cliff, for your dedication to Meals on Wheels!

**We are looking for more volunteers!
Go to www.valleyseniorservices.org/volunteer/ for more information.**

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CONTACT ME
Bill Clough

wclough@lpicommunities.com
(800) 950-9952 x2635



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Jamestown | Devils Lake

DAILY FIBER RECOMMENDATIONS

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Adequate daily fiber intake has been shown to lower the risk of chronic diseases like heart disease, coronary artery disease, obesity, diabetes and colorectal cancer. In fact, the American Institute of Cancer Research reports that for each 10-gram increase in daily fiber, your risk for colorectal cancer decreases by 7%. Research has shown a similar risk reduction in other chronic diseases, the more fiber you eat, the lower your risk for disease.

Fiber is likely lowering these risks by relieving constipation, benefiting intestinal bacteria, lowering cholesterol, controlling blood sugar levels and reducing inflammation. Fiber containing foods are also generally high in vitamins, minerals, phytonutrients and antioxidants which all support health. Despite the positive research surrounding fiber, the Dietary Guidelines for Americans estimates more than 90% of men and women fall short of the recommendations. So, how do we reach our fiber goals?

Fiber Recommendations

Women over the age of 50	21 grams of fiber per day
Men over the age of 50	30 grams of fiber per day

Fiber Intake Examples

Foods containing fiber include fruits, vegetables, legumes, nuts, seeds and whole grains. Each table below is an example of which foods to include in your daily diet to help meet your fiber needs. The fiber content and serving size of the foods below are taken directly from the USDA website. For the most accurate grams of fiber, read the food label of the product you're using. A word of caution, increase your fiber intake slowly. Adding too much right away can cause negative side effects such as gas and bloating.

Above 20 Grams of Fiber

Rolled Oats, cooked	½ cup	4 grams
Chia Seeds	1 Tbsp	3 grams
Blueberries	1 cup	3.6 grams
Almonds	1 oz	3.5 grams
Corn, cooked	1 cup	4 grams
Lettuce, chopped	2 cups	1 gram
Tomato	1 medium	1 gram
Cucumber, sliced	½ medium	5 grams

Orange	1 medium	3.7 grams
Pumpkin seeds, whole	1 oz	5.2 grams
Split Peas, cooked	½ cup	8.2 grams
Mushrooms, cooked	½ cup	1.7 grams
Onions, cooked	½ cup	1.5 grams
Peppers, raw	½ cup	1.6 grams



25-30 Grams of Fiber

Avocado	½ cup	5 grams
Whole Grain Toast	1 slice	2 grams
Grapefruit	1 fruit	5 grams
Flaxseed, ground	1 Tbsp	2.8 grams
Hummus	¼ cup	3.7 grams
Celery, raw	1 cup	2.8 grams
Carrots, raw	1 cup	3.6 grams

Pear	1 medium	5.5 grams
Pistachios	1 oz	2.9 grams
Wild Rice, cooked	1 cup	3 grams
Kale, cooked	½ cup	2.4 grams
Turnip, cooked	1 cup	3.1 grams
Lentils, cooked	½ cup	8 grams

JANUARY 2025 MENU

FARGO MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS - TO MAKE A RESERVATION AT YOUR LOCAL MEAL SITE PLEASE CALL BEFORE 12:00 NOON ONE DAY IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CENTER CLOSED 	2 Rosemary Orange Chicken Parmesan Garlic Whipped Potatoes Steamed Brussels Sprouts Blushing Pears Whole Wheat Bread x2	3 Swedish Meatballs Whole Wheat Breadstick Mashed Potatoes Stewed Tomatoes Fresh Fruit
6 Dijon Chicken Smashed Potatoes California Blend Veggies Apricots Whole Wheat Bread x2	7 BBQ Beef Patty Baked Beans Steamed Corn Pears Whole Wheat Bun	8 Gjetost Chicken Roasted Garlic Whipped Potatoes Green Beans Fresh Fruit Whole Wheat Bread	9 Smothered Pork Chop Baked Potato Hawaiian Coleslaw Fresh Fruit Whole Wheat Bread x2	10 Pot Roast Whole Wheat Breadstick Parsley Buttered Potatoes Glazed Carrots Apple Crisp
13 Baked Chicken Thigh Rosemary Roasted Potatoes Diced Beets Peaches Whole Wheat Bread x2	14 Bronze Pork Loin Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread x2	15 Lemon Pepper Fish Vegetable Rice Pilaf Creamed Peas Steamed Baby Carrots Fresh Fruit	16 Chicken & Noodles Tossed Salad Mixed Vegetables Rosy Applesauce Whole Wheat Bread	17 Meatloaf Baked Potato Stewed Tomatoes Lime Jell-O w/ Pears Whole Wheat Bread x2
20 CENTER CLOSED 	21 Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread	22 Tarragon Roasted Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread x2	23 Sweet & Sour Pork Brown Rice Tossed Salad Mixed Vegetables Cinnamon Applesauce	24 Sloppy Joe Sandwich Whole Wheat Bun Baked Beans Steamed Broccoli Tropical Fruit
27 Chicken Wild Rice Hotdish Steamed Corn California Blend Veggies Pineapple Tidbits Whole Wheat Bread	28 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread x2	29 Citrus Glazed Fish Au Gratin Potatoes Seasoned Peas Pears Whole Wheat Bread x2	30 Chili Saltine Crackers Baked Potato Parslied Carrots Apricots	31 Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2

FOR MEALS ON WHEELS CONTACT THE MAIN OFFICE AT 701-293-1440 ALL MEALS INCLUDE 8 oz 1% MILK MENU SUBJECT TO CHANGE

To reserve a meal at a site, please call:
Ed Clapp 701-298-3976
Trollwood701-298-3975
Broadway Station701-232-7936

JANUARY 2025 MENU

WEST FARGO and CASSELTON MEALS ON WHEELS, CONGREGATE & TAKE OUT MEALS
 WFACTP - West Fargo High Rise 230 8th Ave. West

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CENTER CLOSED 	2 Monterey Chicken Parmesan Garlic Whipped Potatoes Steamed Brussels Sprouts Blushing Pears Whole Wheat Bread x2	3 Swedish Meatballs Whole Wheat Breadstick Mashed Potatoes Stewed Tomatoes Fresh Fruit
6 Dijon Chicken Mashed Potatoes California Blend Veggies Apricots Whole Wheat Bread x2	7 BBQ Beef Patty Baked Beans Steamed Corn Pears Whole Wheat Bun	8 Gjetost Chicken Roasted Garlic Whipped Potatoes Green Beans Fresh Fruit Whole Wheat Bread	9 Smothered Pork Chop Baked Potato Hawaiian Coleslaw Fresh Fruit Whole Wheat Bread x2	10 Pot Roast Whole Wheat Breadstick Parsley Buttered Potatoes Glazed Carrots Apple Crisp
13 Baked Chicken Thigh Rosemary Roasted Potatoes Diced Beets Peaches Whole Wheat Bread x2	14 Bronze Pork Loin Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread x2	15 Lemon Pepper Fish Vegetable Rice Pilaf Creamed Peas Steamed Baby Carrots Fresh Fruit	16 Chicken & Noodles Tossed Salad Mixed Vegetables Rosy Applesauce Whole Wheat Bread	17 Meatloaf Baked Potato Stewed Tomatoes Lime Jell-O w/ Pears Whole Wheat Bread x2
20 CENTER CLOSED 	21 Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread	22 Tarragon Roasted Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread x2	23 Sweet & Sour Pork Brown Rice Tossed Salad Mixed Vegetables Cinnamon Applesauce	24 Sloppy Joe Sandwich Whole Wheat Bun Baked Beans Steamed Broccoli Tropical Fruit
27 Chicken Wild Rice Hotdish Steamed Corn California Blend Veggies Pineapple Tidbits Whole Wheat Bread	28 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread x2	29 Citrus Glazed Fish Au Gratin Potatoes Seasoned Peas Pears Whole Wheat Bread x2	30 Chili Saltine Crackers Baked Potato Parslied Carrots Apricots	31 Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2

FOR MEALS ON WHEELS CONTACT THE MAIN OFFICE AT 701-293-1440
 ALL MEALS INCLUDE 8 oz 1% MILK
 MENU SUBJECT TO CHANGE

To reserve a congregate or take out meal, call before noon at least one day in advance

West Fargo356-2047
Casselton 347-8219
Meals on Wheels 293-1440

Crazy for Coffee

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

Word List:

- | | | | |
|-----------|-----------|----------|---------------|
| AEROPRESS | AFFOGATO | ROAST | AMERICANO |
| ARABICA | BARISTA | ROASTER | GRINDER |
| BLEND | BOURBON | CAFFEINE | CHEMEX |
| BREWER | CORTADO | CREMA | DECAFFEINATED |
| DEGASSING | DOPPIO | DRIP | ESPRESSO |
| FAIR | TRADE | FINISH | FRENCH |
| LATTE | MACCHIATO | MOCHA | PULL |
| RISTRETTO | REDEYE | ROBUSTA | SHOT |
| TYPICA | VARIETAL | | |

THANK YOU TO OUR CONTRIBUTORS!

We appreciate the many donations we have received and thank each and every one of you for your support. All contributions can be sent to:

Valley Senior Services

P.O. Box 2217

Fargo, ND 58108



- Anna in memory of Chuck Silverman
- Anonymous for Secret Santa
- Dufault, Georgia for Secret Santa
- Heley, Terry in memory of Merrie Kelley
- Knudson, Sue in memory of Ruby McCann
- Lindstrom, Marie in memory of Nancy Lilleberg
- Lucht, Ben in memory of Ruby McCann
- Ray, Valerie in memory of Warner Knudson

\$100.00 and Above

- \$700 - Estate of DuWayne Ellison in memory of DuWayne Ellison
- \$500 - Alana Knudson in memory of Warner Knudson
- \$250 - WFACP for Secret Santa
- \$104 - Karen Erdmann in memory of Harold Haber
- \$100 - Diane Bachinski in memory of Wayne Bachinski



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We welcome you to visit One Oak Place



One Oak Place is a community for baby boomers

which meets their expectations of living in an environment that provides them a good quality of life. Designed for a maintenance-free, engaging lifestyle with access to amenities and services including guest suites, pool, fitness center, woodshop, spacious patios, gardens, and eight acres of grounds to enjoy. Plus, so much more, right outside your door.

One Oak Place offers a monthly rental package to include all utilities, basic TV package, heated underground parking and storage.



Tour our 1, 2, or 3 bedrooms apartments, some with dens. Our designs highlight natural light and open concept styles with well-planned spacious storage.

www.oneoakplace.com • 1709 25th Ave. South, Fargo, ND 58103 • 701.234.1625



DAILY FIBER RECOMMENDATIONS

(Continued from page 6)

Above 30 Grams of Fiber

Shredded Wheat Cereal	1 cup	6.2 grams
Banana	1 whole fruit	3 grams
Broccoli, cooked	1 cup	5.2 grams
Sweet Potato, cooked	1 cup	6.3 grams
Beets, cooked	1 cup	2.8 grams
Blackberries	1 cup	7.6 grams

Kiwi	1 cup	5.4 grams
Strawberries	1 cup	3 grams
Barley, cooked	1/2 cup	3 grams
Red Beans, cooked	1/2 cup	6.5 grams
Brussels Sprouts, cooked	1 cup	6.4 grams
Carrots, cooked	1 cup	4.8 grams
Peas, cooked	1 cup	4 grams
Walnuts	1 oz	1.9 grams

Although there is no upper limit for fiber intake, some research suggests to not exceed 50 grams of fiber a day. Additionally, if you have narrowed intestines, gastroparesis, are undergoing radiation therapy, preparing for a colonoscopy or have been told to follow a low fiber diet, consult with your healthcare provider before increasing your intake.

Fluid Recommendations

In addition to meeting fiber recommendations, it is important to meet your fluid needs. Fluid recommendations vary for each individual; however, The National Academy of Medicine suggests 9 cups of fluids a day for women and 13 cups for men over the age of 50. You can meet your fluid needs through beverages like water and you can eat hydrating foods like fruits, vegetables, soups and other foods that contain liquids.



All Inclusive Care
AT HOME AT YOUR PACE

Our goal is to assist those 55 and over to remain living independently in their homes and communities for as long as safely possible.

NORTHLAND PACE
Senior Care Services

northlandpace.com

LOCATIONS | Bismarck 701-751-3050 | Dickinson 701-456-7387 | Minot 701-857-8045 | Fargo 701-412-2081



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Bethany on 42nd
4255 30th Ave South | Fargo, ND | 701.478.8900



Fieldstone Village
Senior Apartments

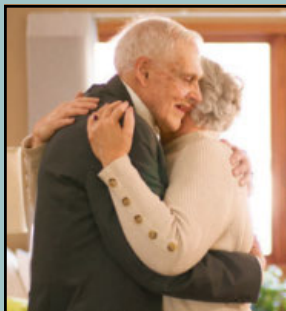
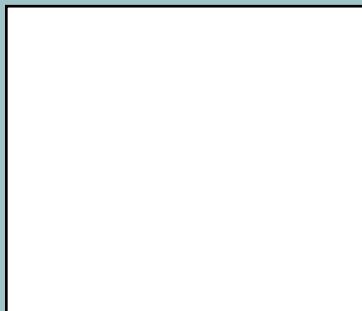
701-235-4138

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1 Bdrms \$585 | 2 Bdrms \$685

4574 44th Ave S, Fargo ND 58104




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www.hrrv.org | 800.237.4629

questions@hrrv.org

PROPERTY TAX CREDIT OPTIONS

PRIMARY RESIDENCE CREDIT

What is the Primary Residence Credit?

The Primary Residence Credit (PRC) provides all North Dakota homeowners with the option to apply for a state property tax credit through the North Dakota Office of State Tax Commissioner.

Homeowners with an approved application may receive up to a \$500 credit against their property tax obligation.

To be eligible for the credit, you must own a home (house, mobile home, town home, duplex, or condo) in North Dakota, and reside in it as your primary residence.

There are no age restrictions or income limitations for this credit.

Only one Primary Residence Credit is available per household.

Apply online by March 31, 2025 at tax.nd.gov/prc

Those applying for the credit may be eligible to apply for more than one type of property tax credit, including the **Homestead Property Tax Credit** and the **Disabled Veterans Property Tax Credit**.

HOMESTEAD PROPERTY TAX CREDIT

What is the Homestead Property Tax Credit?

The Homestead Property Tax Credit property tax credits available to eligible North Dakotans. The credit reduces the homeowner's taxable value depending on the homeowner's income. The maximum reduction may vary from \$4,500 to \$9,000. Homeowners must be 65 years of age or older or be permanently disabled. To be eligible for this program, you (the homeowner) must:

- Live at and be invested in the property
- Not have income that exceeds \$70,000, including the income of your spouse and any dependents, for the calendar year preceding the assessment date.

The homeowner does not qualify to receive the credit if the homestead is rented while the owner is temporarily absent, or the homestead is a farm structure.

The Homestead Property Tax Credit reduces the homeowner's taxable value according to the following:

<u>If your income is:</u>	<u>\$0 – \$40,000</u>	<u>\$40,001 – \$70,000</u>
Taxable value is reduced by:	100%	50%
Maximum reduction of taxable value:	\$9,000	\$4,500
Maximum reduction of true & full value:	\$200,000	\$100,000

Interested in applying? Visit casscountynd.gov/homestead or contact the Cass County Tax Equalization Office at (701) 241-5616. For residents living in Fargo or West Fargo, please contact your city assessor's office. Homeowners must apply for a property tax credit by March 31.

Do you need more information or assistance applying? Valley Senior Services can help! Call 293-1440 to connect with one of our Resource Specialists.

Are you a renter? Look for information in the February Silver Quill about Rent Refunds!

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\$0

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- Primary care copays
- Medical deductibles

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Additional benefits:



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navigator
services



Dental
coverage



Hearing
benefits



Vision
benefits



Fitness
incentives



Prescription
drug
coverage



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H6385_353-903-361-PY2025-ND-SD-IA_M H3186_353-903-361-PY2025-MN_M 353-903-361 6/24



For ad info. call 1-800-950-9952 • www.lpiseniors.com

Valley Senior Services, Fargo, ND

E 4C 02-1024

RURAL CASS NEWS

CONGREGATE DINING & TAKE OUT

Page Café, Page ND (668-2254): Monday-Friday at 11:30-12:30. Please call ahead to order meals.
The Café, Hunter ND (874-2100): Tuesday-Friday at 11:00-12:00. Please call ahead to order meals.
Martin’s Lutheran Church, Casselton ND (347-8219): Tues-Thurs-Fri at 11:30-12:30. Please call ahead to order meals.

CASS COUNTY COUNCIL ON AGING MEETING:

TBD

CASS COUNTY RURAL BUS SCHEDULE:

Routes:	North Cass County	South Cass County
	Hunter	Leonard
	Arthur	Kindred
	Casselton	Horace
	Fargo	Fargo

North route runs January 7, 14, 21 & 28. South route runs January 8, 15, 22 & 29. Express van runs Mondays and Thursdays. Please call 356-7433 for more information or to schedule your ride. Please call 1-800-845-1715 for pick-up information and to reserve a ride.



Just for You Foot Care

Jill Kent, RN of Just For You Foot Care will be providing foot care services at:

Casselton City Hall
January 15

Call Jill at 218-242-1379 for an appointment

Cut along the dotted line above and mail your donation to the Fargo Valley Senior Services office.

Giving Hearts Day is just about here!

Join us from January 13 - February 13 in supporting the services that keep seniors in their homes and independent.

To donate to Valley Senior Services - Meals On Wheels program on Giving Hearts Day, visit GivingHeartsDay.org to make your online donation or mail/drop off your donation any of the Cass County meal sites.

A great way to donate to the Meals On Wheels program is by sponsoring a certain number of meals! To do so, follow the simple equation below:

_____	Number of meals to sponsor
x \$11.75	Cost per meal
\$ _____	Your total donation for Giving Hearts Day



Checks can be made out to Valley Senior Services and mailed to 2801 32nd Ave S Fargo, ND 58103. Checks must have "Giving Hearts Day" in the memo line or be dated February 13, 2025.



Once again, you, the community of Fargo, West Fargo and surrounding areas, stepped up to fulfill the Christmas wishes of our area seniors.

The Secret Santa for Seniors program is designed to spread holiday cheer to our seniors. We are very grateful for the overwhelming response we received from local businesses and individuals whether they adopted a senior and shopped for items on their wish list, or donated gift cards and cash, or both.

In 2024, over 265 seniors received gifts from our awesome Secret Santas. Thank you from the staff at Valley Senior Services!

STORM POLICY

When inclement weather arises, community dining sites, Meals on Wheels delivery, and Metro Senior Ride will be canceled if we determine that conditions are dangerous to our clients, volunteers and staff. When conditions are such that we cannot provide our services, Valley Senior Services will broadcast our closing announcements on the following radio stations: KFGO, WDAY; TV stations: KVRR, KVLV; along with our website (www.valleyseniorservices.org) and Facebook page (www.facebook.com/ValleySeniorServices/). If weather conditions are bad and you are unsure if we are open, call our office at 293-1440 or your meal site before going out.

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