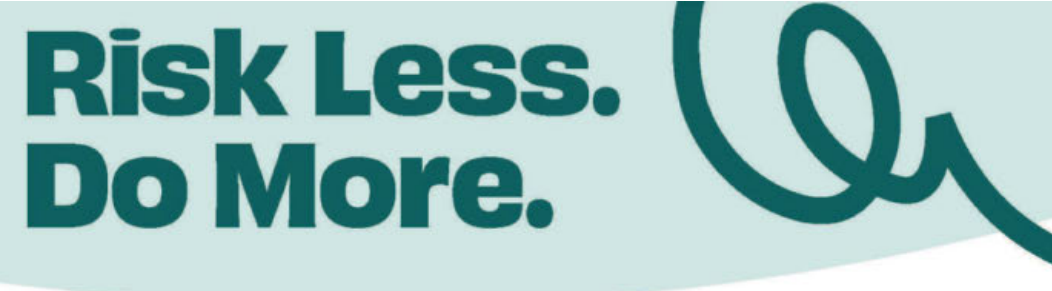


OCTOBER 2024 | VOLUME 42 NO. 10



-  2801 32nd Ave S
Fargo, ND 58103
-  701-293-1440
-  Monday - Friday
8:00 AM to 4:30 PM
-  valleyseniorservices.org

Three reasons to vaccinate against flu, COVID-19, and RSV

1 You may be high risk (even if you don't know it). You're at higher risk for severe illness from influenza (flu), COVID-19, and respiratory syncytial virus (RSV) if you:

- Are 65 years and older;
- Have certain medical conditions like heart, lung, or kidney disease, diabetes, obesity, or asthma; or
- Have a weakened immune system.

If you are pregnant, your baby could be at risk for RSV.

2 Vaccines work best to keep you from getting severely ill if you get a respiratory infection from flu, COVID-19, or RSV. Flu and COVID-19 vaccines can prevent some infections, but like RSV vaccines, their primary job is to keep symptoms mild and keep people who get infected from needing medical or hospital care.

3 You can protect the people you love by encouraging them to join you in getting vaccinated to reduce the risk of serious flu, COVID-19, and RSV illness.

Vaccines prevent millions of cases of respiratory infections every year. They are a safe, trustworthy way to protect yourself. **Talk to your doctor to see which vaccines are right for you.**



Learn more at cdc.gov/respiratory-viruses



WHAT'S INSIDE

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Check us out online at valleyseniorservices.org or on our Facebook page at facebook.com/ValleySeniorServices

Do you have questions or concerns about vaccines?
See page 14 for a fact sheet on influenza, COVID-19, and respiratory syncytial virus (RSV) vaccines.



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*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 HIGHLIGHTS

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

Oct 1 - 12:30 Birthday cupcakes
 Oct 9 - 10:00-1:00 Foot care
 Oct 10 - 12:30-4:30 AARP Driving Course (call 298-3976 to register)
 Oct 14 - 12:30-1:30 Scam Education for Seniors
 Oct 15- 9:00 Exercise; 10:00-1:00 Foot care
 Oct 16 - 10:00-1:00 Foot care
 Oct 17 - 9:00 Exercise 10:00-1:00 Foot Care
Every Monday - 12:30 Pinochle, cards
Every Tuesday - 9:30 Free exercise; 12:30 Pinochle, cards
Every Wednesday - 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

Oct 2- 10:00-1:00 Foot care; 1:00 Birthday cupcakes
 Oct 3 - 10:00-1:00 Foot care
 Oct 8- 11:00 Fargo Public Library
 Oct 21 - 12:30 Church Service in Rosewood Room
 Oct 22 - 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.

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

Oct 1- 12:15 Chicken foot
 Oct 5- 9:00 Senior breakfast
 Oct 7- 1:30 Movie @ WF Library; 7:00 Book club @ WF Library
 Oct 8- 12:00 Birthdays; 12:15 Prize Bingo
 Oct 10- 5:30 Soup & More @BSC
 Oct 16- 1:00 Book club @WF Library
 Oct 17- 1:30 Book club @ WF Library
 Oct- 12:15 Special bingo
 Oct 24- 5:30 Soup & More @ BSC
 Oct 28 - 1:30 Movie @WF Library
 Oct 29 - 7:00 Author talk @WF Library
 Oct 30 - 10:30 Free vaccine clinic @WF Library

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

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.

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: info@valleyseniors.org



Sanford Home Care will provide a nurse to cut and file your toenails at the following locations:

TROLLWOOD CENTER

3105 BROADWAY, FARGO

Wednesday, October 2
 Thursday, October 3
 Wednesday, November 6
 Thursday, November 7
 10:00 am - 1:00 pm

WEST FARGO HIGH RISE

230 8TH AVE W, WEST FARGO

Thursday, October 10
 Thursday, November 14
 10:00 am - 1:00 pm

ED CLAPP PARK CENTER

2801 32ND AVE S, FARGO

Wednesday, October 9
 Tuesday, October 15
 Wednesday, October 16
 Thursday, October 17
 Wednesday, November 13
 Tuesday, November 19
 Wednesday, November 20
 Thursday, November 21
 10:00 am - 1:00 pm

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).

Please note the time for foot care has changed at all sites to 10:00 am - 1:00 pm.

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

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

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

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OCTOBER SCHEDULE OF EVENTS:

October 2

Dementia Variants and Why is Matters; Dr. Bess Martin, Neuropsychologist, Essentia

Hope Lutheran Church - South Campus

October 9

Teepa Snow GEMS Stages of Dementia, Arlene Correia, Hospice of the Red River Valley

Hjemkomst Center

October 16

Bring and Brag! Bring a favorite item, story, poem or joke to share.

Hope Lutheran Church - South Campus

October 23

Support Groups:

9:30 am Moving Ahead: Life After Loss

1:00 pm Caregiver Cafe

Linger, Laugh and Learn Center

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

2025 MEDICARE PART D OPEN ENROLLMENT



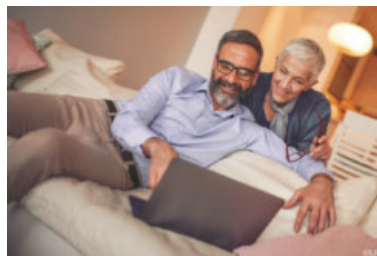
The annual Medicare Part D Open Enrollment is from October 15th to December 7th. During this time, you can compare prescription drug plan coverage and decide about your coverage for 2025. Here are some options for doing a plan comparison:

- ⇒ You can complete a plan comparison on the Medicare website at: www.medicare.gov/plan-compare or by calling 800-MEDICARE (800-633-4227)
- ⇒ North Dakota Insurance Department will be available by telephone for enrollment assistance. They can be contacted at 701-328-2440 Option #1 or 1-888-575-6611.
- ⇒ Valley Senior Services Resource Specialists will conduct Part D comparison sessions for 2025 Medicare Part D Prescription Drug Plans during the open enrollment period based on staff availability.

Valley Senior Services Resource Specialists are acting in good faith to provide independent, impartial information. We do not sell, recommend, or endorse any specific insurance product. We will provide Part D plan comparison information provided by the Medicare Plan Finder website. Plan comparison information provided by the Medicare Plan Finder website is an estimate of costs.

Please call our office after October 1st for more information on Part D comparison assistance. You can reach us at 701-293-1440 or toll-free at 877-827-1916.

RECEIVE THE SILVER QUILL BY EMAIL!



You now have the option to receive our Cass County version of the Silver Quill by email! Or, do you want to be taken off the print version and receive the digital version instead?

Just send a note to aellison@fargoparks.com that you want the newsletter emailed and if you want to be taken off the print list and we will get you added to the appropriate lists.

This month we are featuring Meals on Wheels volunteers, JoEllen, who has been delivering meals since 2019. Here's what she has to say about volunteering:

Tell us a little bit about yourself:

I moved to Fargo in 2016. I am a gardener and dog walker and square dancer.

How did you become interested in volunteering?

I knew I had the time and ability to provide a service to seniors, and the flexibility of delivering Meals on Wheels is a good fit for me.

What is your favorite part about delivering Meals on Wheels?

I enjoy getting acquainted with my regulars - and meeting their pets, too! It's great to share a smile.



Thank you, JoEllen, 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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FALL SOUP RECIPES

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Fall is just around the corner meaning it will be soup season before we know it! Making a healthy and hearty soup can be a great way to ring in the fall. Whether you are trying to increase your fiber intake, vegetable variety or bump up on protein, there is a soup for you! Below are a few delicious soup recipes to add to your list of favorites.

White Bean, Kale and Sausage Soup

Prep time 30 minutes

Cook time 10 minutes

Serves 5

Ingredients

8 ounces mild Italian turkey sausage links	2 cups reduced sodium chicken broth
1 medium onion, chopped	1 ½ cups water
2 cloves garlic, minced	1 tsp Italian seasoning
2 cans cannellini beans (white kidney beans), rinsed and drained	¼ tsp ground pepper
1 can, no salt added diced tomatoes (undrained)	4 cups coarsely chopped kale or spinach

Instructions

1. Cook sausage, onion and garlic in a large saucepan 5 to 10 minutes or until the sausage is browned and the onion is tender. Drain fat. Stir in beans, tomatoes, broth, water, Italian seasoning and pepper. Bring to a boil; reduce heat. Cover and simmer for 5 minutes.
2. Stir in kale. Simmer, uncovered, 1 to 3 minutes more or until the kale is tender.

Lentil Soup

Prep time 10 minutes

Cook time 45 minutes

Serves 6

Ingredients

2 Tbsp olive oil	½ tsp cumin
1 onion, chopped	½ tsp coriander powder
2 gloves garlic. Minced	1 ½ tsp paprika powder
1 large carrot, chopped	2 bay leaves, dried
2 ribs celery, chopped	1 lemon
2 cups green or brown lentils, rinsed	Salt and pepper to taste
14 oz can crushed tomatoes	Chopped fresh parsley for optional garnish
6 cups vegetable stock, low sodium	


Instructions

1. Heat oil in a large pot over medium heat. Add garlic and onion, cook for 2 minutes.
2. Add celery and carrot. Cook for 7 - 10 minutes or until softened and the onion is sweet.
3. Add all remaining ingredients except the lemon and salt. Stir.
4. Increase heat and bring to simmer. Scoop scum on the surface off and discard (do this again during cooking if required). Place lid on and turn heat down to medium low. Simmer for 35 - 40 minutes or until lentils are soft.
5. Remove bay leaves. Season to taste with salt and pepper. Add squeezed lemon juice just before serving. Garnish with parsley if desired.

(Continued on page 9)

OCTOBER 2024 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 Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread	2 Tarragon Roasted Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread x2	3 Sweet & Sour Pork Brown Rice Tossed Salad Mixed Vegetables Cinnamon Applesauce Whole Wheat Bread	4 Country Meatballs Mashed Potatoes & Gravy Steamed Broccoli Tropical Fruit Whole Wheat Bread x2
7 Chicken Wild Rich Hotdish Steamed Corn California Blend Vegetables Pineapple Tidbits Whole Wheat Bread	8 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread x2	9 Citrus Glazed Fish Au Gratin Potatoes Seasoned Peas Pears Whole Wheat Bread x2	10 Chili Baked Potato Parslied Carrots Apricots Sour Cream Saltine Crackers x2	11 Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
14 Beef Stew Winter Blend Vegetables Mandarin Oranges Whole Wheat Biscuit	15 Tuna Pasta Hotdish Peas & Carrots Green Beans Fresh Fruit Green Beans Whole Wheat Bread	16 Orange Marmalade Chicken Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread x2	17 Hamburger Whole Wheat Bun Baked Beans Tossed Salad Warm Spiced Apples	18 BBQ Chicken Thigh Baked Potato Maple Dijon Brussels Sprouts Tropical Fruit Whole Wheat Bread x2
21 Tator Tot Hotdish California Blend Vegetables Pineapple Tidbits Whole Wheat Bread x2	22 Chicken Veronique Smashed Potatoes Diced Beets Fresh Fruit Whole Wheat Bread x2	23 Seasoned Pork Roast w/ Gravy Baked Sweet Potato Confetti Coleslaw Cinnamon Applesauce Whole Wheat Bread x2	24 Chicken Alfredo Noodles Whole Wheat Breadstick Steamed Baby Carrots Seasoned Green Beans Blushing Pears	25 Cheesy Egg Bake Steamed Peas Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
28 Ranch Chicken Thigh Brown Sugar Baked Squash Mixed Vegetables Peaches Whole Wheat Bread x2	29 Cabbage Rolls Parsley Buttered Potatoes Seasoned Broccoli Apricots Whole Wheat Bread	30 Taco Filling & Cheese Whole Grain Tortilla x2 Black Beans Shredded Lettuce Warm Spiced Apples	31 Pulled Pork Sandwich Whole Wheat Bun Potato Salad Steamed Corn Fruit & Monster Cookie	

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
Trollwood 701-298-3975
Broadway Station 701-232-7936

OCTOBER 2024 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread	2 Tarragon Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread	3 Sweet & Sour Pork Brown Rice Tossed Salad Mixed Vegetables Cinnamon Applesauce Whole Wheat Bread	4 Country Meatballs Mashed Potatoes & Gravy Steamed Broccoli Tropical Fruit Whole Wheat Bread
7 Chicken Wild Rich Hotdish Steamed Corn California Blend Vegetables Pineapple Tidbits Whole Wheat Bread	8 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread	9 Citrus Glazed Fish Au Gratin Potatoes Seasoned Peas Pears Whole Wheat Bread	10 Chili Baked Potato Parslied Carrots Apricots Sour Cream Saltine Crackers	11 Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread
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28 Ranch Chicken Brown Sugar Baked Squash Mixed Vegetables Peaches Whole Wheat Bread	29 Cabbage Rolls Parsley Buttered Potatoes Seasoned Broccoli Apricots Whole Wheat Bread	30 Taco Filling & Cheese Whole Grain Tortilla x2 Black Beans Tossed Salad Warm Spiced Apples	31 Pulled Pork Sandwich Whole Wheat Bun Potato Salad Steamed Corn Fruit & Monster Cookie	

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..... 356-2047
 Meals on Wheels293-1440**

FALL SOUP RECIPES

(Continued from page 6)

Finnish Salmon Soup (Lohikeitto)

Prep time 10 minutes

Cook time 30 minutes

Serves 4

Ingredients

1 lb salmon, fresh fillet, no skin	¾ cup heavy cream
1 lb small red potatoes, firm	1 bunch fresh dill
3 leeks	1 lemon
3 carrots	Salt and pepper
5 cups fish broth	

Instructions

1. Cut the leeks into thin strips and wash them well. Peel and slice the carrots and cut the potatoes into cubes. Cut the fresh salmon into large cubes. Chop the dill finely.
2. In a large saucepan, sauté the leeks and slice carrots in butter or olive oil.
3. Once the leeks have reduced in volume by half, add the potatoes and fish stock. Season with salt and black pepper. Simmer for 15 minutes at medium heat until the potatoes are cooked.
4. 10 minutes before serving, add the salmon chunks and cream. Cook over medium heat for 3-5 minutes until the salmon is cooked. The cream should not boil. Close the lid and wait another 5 minutes.
5. To finish, add the fresh dill. Serve in a bowl and decorate with more dill, black pepper and a drizzle of lemon juice if you like.

How to Freeze Soup

Soup recipes often make large portions which can be difficult to finish for one or two people. Freezing individual portions can be a great way to save it for later. To freeze soup, cool the soup quickly after cooking by placing it in the refrigerator or dividing it into smaller portions. Use freezer safe bags or freezer safe storage containers to separate soup into individual servings. If using a storage container, leave an inch of room at the top of the container for expansion. If using a freezer safe bag, lay the bags flat to push the air out and store soup flat. Label the individual portions with the name of the soup, the date it was made/stored and the ingredients you still want to add. Soup can be safely stored for up to 3 months in the freezer.



When you are ready to eat the soup, thaw the leftovers in the refrigerator for 24 hours before reheating and serving. Typically, vegetables, meat, whole grains and legumes freeze well. Soups containing milk, cream, pasta, potatoes, fresh herbs, tender greens or lemon juice don't freeze quite as well. Add the ingredients that don't freeze as well after thawing and reheating the soup.

Page 10 Enigma Answer

“Everyone has a fair turn to be as great as he pleases.” — Jeremy Collier

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "D" = "P"*

“FSFZKLQF BCP C MCJZ XWZQ XL IF
CP HZFCX CP BF DVFCFPF.”

– GFZFRK OLVVJFZ

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E106

See answer on page 9



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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 your meals.

KD Café, Hunter ND (874-2100): Tuesday-Friday at 11:00-12:00. Please call ahead to order your meals.

CASS COUNTY COUNCIL ON AGING MEETING:

Monday, December 16 at 10:00 am in Harwood.

CASS COUNTY RURAL BUS SCHEDULE:

Routes:	North Cass County	South Cass County
	Hunter 8:00 a.m.	Leonard 8:00 a.m.
	Arthur 8:20	Kindred 8:30
	Casselton 9:00	Horace 8:45
	Fargo 9:45	Fargo 9:15

North route runs October 1, 8, 15, 22 & 29. South route runs October 2, 9, 16, 23 & 30. Express van runs Mondays and Thursdays. Please call 356-7433 for more information or to schedule your ride. For Page residents: you can use Steele County bus to Fargo on October 7 & 18. Please call 1-800-845-1715 for pick-up information and to reserve a ride.



Just for You Foot Care LLC

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

Casselton City Hall

October 16

November 27

Page Senior Center

October 24

Call Jill at 218-242-1379 for an appointment

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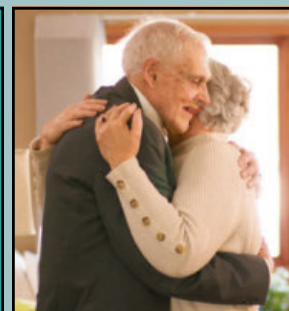
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THANK YOU TO OUR CONTRIBUTORS!

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

\$100.00 and Above

Marilyn Jensen in memory of
Don Grant - \$200



LEAVE A LASTING LEGACY BENEFITTING SENIOR CITIZENS IN NEED

Valley Senior Services Inc. has an Endowment Fund that allows for gifts to support the current needs of the organization and provides the opportunity for substantial tax benefits for the giver. Whether you choose to make a gift now or one in the future through your estate planning process, the gift can be designated to this fund.

Many of us do not have the resources presently available to support the organizations that are near and dear to our heart. However, support can be given in the future through the use of a properly worded bequest in your will or the designation of Valley Senior Services as a beneficiary of life insurance or retirement funds such as 401K or an IRA. Valley Senior Services will work with you and your attorney to properly word a bequest or beneficiary designation to be a part of your will or trust document.

The Director of Valley Senior Services is ready to answer your gift planning questions; he can be reached at:

Paul W. Grindeland

Valley Senior Services
2801 32nd Ave So.
PO Box 2217
Fargo, ND 58108

valleyseniorservices.org
701-293-1440
1-877-827-1916 (toll free)

SENIOR SAFETY ACADEMY



SPONSORED BY THE COPS UNIT

This program is designed to provide education and crime tips to the senior residents of West Fargo. Sessions will focus on topics related to growing older safely and securely.

TOPICS

- Drone demonstration
- K-9 demonstration
- Red River Regional Dispatch
- Home and fire safety
- Scams
- AARP resources
- Sanford Ambulance

TO APPLY

Applicants must be over 60 years of age, a West Fargo resident or work within the city, and pass a criminal background check.

Applications are available at the West Fargo Police Department, West Fargo Public Library or online at westfargopolice.com.

WEST FARGO POLICE DEPARTMENT COFFEE WITH A COP



Wednesday, October 16
from 10:00 - 11:00 am
601 26th Ave E,
West Fargo

Special Guest Speaker:
West Fargo Police Department's
Bike Patrol Unit

The West Fargo Police Department's Coffee with a Cop Program is designed to increase understanding between citizens and the police. Come to ask questions, visit with an officer, or just list and have a cup of coffee.

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ADDRESSING COMMON CONCERNS ON FLU, COVID-19 AND RSV VACCINES

Common Concerns	Talking Points
Flu vaccines cause the flu.	<ul style="list-style-type: none"> ◆ You can't get the flu from a flu vaccine because flu vaccines either use a dead form of the virus or no virus at all. ◆ Some people who are vaccinated still get the flu. Even if you get the flu, being vaccinated helps your symptoms stay milder.
I got a flu vaccine last year. Why do I need one again?	<ul style="list-style-type: none"> ◆ Flu viruses change from year to year, so the flu vaccine is updated annually to help target the current strains of flu. ◆ You should get a flu vaccine every year so that you're protected against the latest flu viruses spreading in your community.
I never get the flu, so why should I get the flu vaccine?	<ul style="list-style-type: none"> ◆ Some types of flu viruses spread more easily than others, and the most common flu viruses infecting people change each year. Getting vaccinated makes sure you're more protected from new or changing virus strains. ◆ If you do get the flu, there's no way to predict how bad your symptoms might be. But if you're vaccinated, your risk of getting severely ill is cut nearly in half.
I already got a COVID-19 vaccine.	<ul style="list-style-type: none"> ◆ The COVID-19 virus has changed a lot. The 2024–2025 COVID-19 vaccines were updated to target the newest variants. ◆ If you're up to date with the vaccines, you're more protected from severe illness even if you get COVID-19.
COVID-19 vaccines cause long-term side effects.	<ul style="list-style-type: none"> ◆ Most people have either mild side effects or no side effects at all after getting a COVID-19 vaccine. ◆ Like with any medicine, rare but serious reactions to vaccines can happen. Data show that in every one million people who get a vaccine, five or fewer have a severe allergic reaction, depending on which vaccine they get. ◆ Some people have been concerned about heart inflammation after a COVID-19 vaccine, but the risk of heart inflammation is higher after getting COVID-19 than after getting the vaccine. ◆ The benefits of the vaccines outweigh the risks of COVID-19's long-term health effects, or Long COVID, which is much more common than serious vaccine side effects.
I thought that COVID-19 was over! Why should I keep getting COVID-19 vaccines?	<ul style="list-style-type: none"> ◆ COVID-19 is still around and still making people seriously ill, especially if you're 65 years old or older; pregnant; if you have a health condition such as heart disease, obesity, or asthma; or if you have a weakened immune system. COVID-19 vaccines help protect you from COVID-19's worst outcomes.
RSV vaccines are too new and haven't been studied enough.	<ul style="list-style-type: none"> ◆ RSV vaccines were proven to work well to protect people from getting really sick from RSV in clinical trials. The most common side effects are a sore arm, lack of energy, and headache, and those symptoms don't last long. Severe allergic reactions are rare. ◆ RSV can be very dangerous for older adults. It can make you have trouble breathing or develop an infection deep in your lungs. The RSV vaccine helps protect you from serious symptoms. ◆ The benefits of getting vaccinated outweigh the risks of severe RSV.

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Common Concerns	Talking Points
<p>Can I get more than one of these vaccines at the same time?</p>	<ul style="list-style-type: none"> ◆ You can get the flu and COVID-19 vaccines at the same time. If you are eligible for an RSV vaccine, then you can get it at the same time you get either or both flu and COVID-19 vaccines. ◆ If you choose to get a flu, COVID-19, and RSV vaccine at different times, then you don't need to wait a certain amount of time before getting another vaccine. ◆ You may have more side effects if you get more than one of these vaccines at the same time, but symptoms will likely be mild and should not last long. Some of the most common side effects are arm pain or swelling, headache, and fatigue.

Find more resources at [RiskLessDoMore.hhs.gov](https://www.hhs.gov/risklessdo-more)

Fargo Cass Public Health is hosting a walk-in flu shot clinic for seniors 55+ at Ed Clapp Senior Center on October 2 from Noon to 1:00 pm, and at Page Senior Center on October 4 from Noon to 1:00 pm.

Walk-in flu shot clinics for all community members at 1240 25th Street South in Fargo on October 18 from Noon to 4:00 pm and October 25 from 7:30 am to 12:30 pm. COVID vaccines, if available, will be offered at all events. Please bring your Medicare and/or insurance cards.

Information provided by hhs.gov

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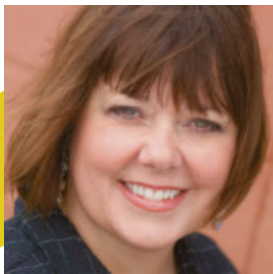
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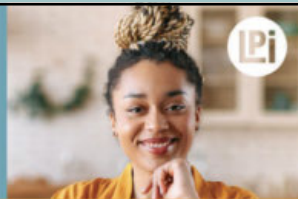
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