

**FEBRUARY 2025 | VOLUME 43 NO. 2**



**TOGETHER**  
We Can  
Make An  
Impact.

 **Giving Hearts Day**

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

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

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A Day of Generosity,  
A Lifetime of Support for Seniors in

**CASS • STEELE • TRAILL • RANSOM • SARGENT • RICHLAND COUNTIES**



TRANSPORTATION



COMMUNITY DINING



SENIOR CENTER SOCIALIZATION



MEALS ON WHEELS



RESOURCE SPECIALISTS

To donate to Valley Senior Services for Giving Hearts Day, visit [GivingHeartsDay.org](http://GivingHeartsDay.org) to make your online donation or mail/drop off your cash or check donation at your area senior center.

Scan to donate starting January 13 



*Valley Senior Services will be closed on Monday, February 17th*

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

**PRESIDENTS' DAY**

## 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.

### DISPATCHERS

Mary Jo F. Anita B.  
 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

Feb 3 - 12:30 Birthday cupcakes  
 Feb 5 - 10:00 - 2:00 Foot care  
 Feb 12 - 10:00 - 2:00 Foot Care  
 Feb 13 - 12:30 AARP Save Driving Course  
 Feb 17 - Center closed  
 Feb 19- 10:00 - 2:00 Foot care  
 Feb 26 - 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

Feb 5 - 1:00 Birthday cupcakes  
 Feb 17 - Center closed  
 Feb 25 - 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.*

**Reminder:  
 Centers are closed  
 February 17 in  
 observation of  
 President's Day**

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

Feb 4 - 12:00 Birthdays; 12:15 Chicken Foot  
 Feb 10 - 12:15 Crafts  
 Feb 11 - 10:30 Chair yoga @WF Library; 12:15 Valentine prize bingo; 1:00 Book club @WF Library  
 Feb 13 - 5:30 Kitchen Konnection @BSC  
 Feb 15 - 1:00 Adult Art Party@Library  
 Feb 17 - Centers closed  
 Feb 19 - 1:00 Book club @WF Library  
 Feb 20 - 1:30 Book club @WF Library  
 Feb 22 - 1:00 Adult Art Party@Library  
 Feb 24 - 12:15 Sherriff Talk  
 Feb 25- 12:15 Money bingo  
 Feb 27 - 5:30- Kitchen Konnection @BSC  
Every Monday - 8:45 SAIL @ RRC; 1:30 Movie @WF Library  
Every Tuesday - 8:45 & 10:00 Bone Builders @ Veterans Memorial  
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

Feb 17 - 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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 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

## THE IMPORTANCE OF FOOT CARE FOR OLDER ADULTS

Consistent care of the feet is fundamental to mobility, comfort, and independence especially in the elderly. Routine foot care is recommended for individuals living with underlying conditions such as diabetes, arterial insufficiency, gout and arthritis and those annoying corns and callouses. 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

10:00 am - 2:00 pm

on

Wednesday, February 8

Wednesday, February 12

Wednesday, February 19

Wednesday, February 26

*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](http://valleyseniorservices.org/foot-care-clinic) to learn more about foot care clinics in your area.

**Your Home  
Your Health**

Award-Winning Care in the comfort of your own home!



**Medical and Non-Medical Services**

**Dakota HOME CARE**  
DakotaHomeCare.com

877-691-0015  
701-663-5373

YOUR INDEPENDENCE MATTERS

**DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?**

Engaging, ad-supported print and digital newsletters to reach your community.



Visit [lpicommunities.com](http://lpicommunities.com)

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](http://fargolibrary.org)

**Volunteer in Your Community**

Lutheran Social Service of MN is seeking volunteers age 55 and over in your area to provide companionship to older adults. Volunteers commit to regular weekly hours for a tax-free stipend and mileage reimbursement. Please contact us at 701.389.3770 or [AmeriCorpsSeniors@lssmn.org](mailto:AmeriCorpsSeniors@lssmn.org) for more information and to make an impact in your community.







## FEBRUARY SCHEDULE OF EVENTS:

### February 5

1:00 pm

Love Your Brain Yoga with Jena Gorden & Nan Kennelly

Hope Lutheran Church South, Fargo

### February 12

1:00 pm

Moorhead High School Apollo Strings

Hjemkomst Center, Moorhead

### February 19

1:00 pm

'My Way: Crafting a Personalized Care Plan'

Abby Husar, MS, OTR/L

Hope Lutheran Church South Campus

### February 24

6:00 pm

Young Onset Dementia Support Group

1122 1st Ave N, Fargo

### February 26

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

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

*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.

The program also covers:

- Weatherization services (insulation, weather stripping, etc)
- Furnace cleaning, repair & replacement
- Chimney cleaning and inspection
- Emergency assistance

See below for assistance with applying for LIHEAP!

### 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



## WEST FARGO POLICE DEPARTMENT COFFEE WITH A COP

**Wednesday, February 19**  
**from 10:00 - 11:00 am**  
**601 26th Ave E,**  
**West Fargo**

## RECEIVE THE SILVER QUILL BY EMAIL!

You now have the option to receive our Cass County version of the Silver Quill by email! Just send a note to [aellison@fargoparks.com](mailto: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.

# Volunteer SPOTLIGHT

This month we are featuring Meals on Wheels volunteer, Kay. Here's what she has to say about volunteering:



**Tell us a little bit about yourself:**

I started delivering Meals on Wheels when I worked at Blue Cross Blue Shield. A few months ago, I got back into delivering as I know Megan, the volunteer coordinator. She asked if I would be interested in delivering and I was!

**How did you become interested in volunteering?**

People saved my life in 2018 by giving me CPR at Target. My mission is to pay it forward.

**What is your favorite part about delivering Meals on Wheels?**

Meeting and visiting with the recipients.

**Thank you, Kay, for your dedication to Meals on Wheels!**

**We are looking for more volunteers!  
Go to [www.valleyseniorservices.org/volunteer/](http://www.valleyseniorservices.org/volunteer/) for more information.**


**Prairie Ridge Apartments**  
Rental Criteria: 55 years of age or older and meet income criteria.

Contact: Stephanie  
TO APPLY VISIT US IN PERSON  
OR EMAIL US AT [stephanie@lcdgroup.org](mailto:stephanie@lcdgroup.org)  
3361 Westrac Drive So • Fargo, ND 58103  
[lpropertymanagement.org/property/prairie-ridge-apartments](http://lpropertymanagement.org/property/prairie-ridge-apartments)





**THRIVE**  
LOCALLY



**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!


**CONTACT ME**  
**Bill Clough**

[wclough@lpicommunities.com](mailto:wclough@lpicommunities.com)  
**(800) 950-9952 x2635**



**Grow Bolder**

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**218-291-2200**  
[eventide.org](http://eventide.org)

Moorhead | Fargo | West Fargo  
Jamestown | Devils Lake

## **SLOW COOKER RECIPES**

### **BY LANE LIPETZKY SWENSON, RD, LD, CGN**

Tis the season to use the crockpot! Slow cooker meals are a great way to make simple recipes that are both warm and delicious. Most recipes require minimum preparation and can save you time with very few dishes to do for cleanup. Additionally, using a slow cooker can help soften protein sources like tough cuts of meat for those who may have trouble chewing. The recipes below are easy to prepare and serve 2 -4 people to help cut down leftovers.

#### **Shredded Crockpot Chicken for Two**

Serves: 2

- 1-2 boneless skinless chicken breasts (about 1/2 lb)
- ¼ cup chicken broth
- ½ teaspoon Italian seasoning
- Black pepper to taste

Instructions

1. Place chicken breasts in small crockpot. Pour in chicken broth and sprinkle with seasonings.
2. Cover and cook on low for 3-4 hours or until chicken is cooked through (165 degrees F minimum) and fall apart tender.
3. Let rest for 10 minutes before pulling apart. Using two forks, gently pull and shred the chicken in the liquid.
4. Make shredded chicken sandwiches or add to the top of a fresh salad.

#### **Tomato Basil Steak**

Author: Sheryl Little

Serves: 4

- 1-1/4 pounds boneless beef shoulder top blade or flat iron steaks
- ½ pound whole fresh mushrooms, quartered
- 1 medium sweet yellow pepper, julienned
- 1 can (14 ounces) stewed tomatoes, undrained
- 1 can (8 ounces) tomato sauce
- 1 envelope onion soup mix
- 2 tablespoons minced fresh basil

Instructions

1. Place steaks in a 4-qt. slow cooker. Add mushrooms and pepper. In a small bowl, mix tomatoes, tomato sauce, soup mix and basil; pour over top.
2. Cook, covered, on low 6-8 hours or until beef and vegetables are tender. Serve with rice.

#### **Split Pea Soup**

Serves: 2-3


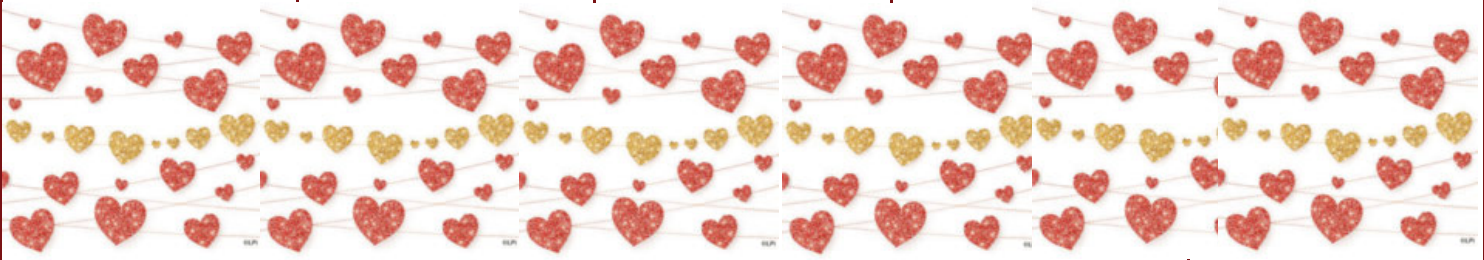
- 8 oz split peas · 2 medium carrots, peeled and diced
- ½ white onion, chopped · 1 garlic clove, minced
- 1 bay leaf
- 1 tsp salt · ½ teaspoon pepper · 3 cups hot water

Instructions

1. Layer ingredients in order listed above. Do not stir
2. Cover and cook until peas are soft High: 4-5 hours or Low: 8-10 hours
3. Remove bay leaf before serving.

## FEBRUARY 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   |
|---|--|--|--|--|
| <b>3</b><br>Beef Stew<br>Winter Blend<br>Vegetables<br>Apricots<br>Whole Wheat Biscuit                                    | <b>4</b><br>Tuna Pasta Hotdish<br>Peas & Carrots<br>Green Beans<br>Fresh Fruit<br>Whole Wheat Bread                          | <b>5</b><br>Orange Marmalade<br>Chicken<br>Scalloped Potatoes<br>Steamed Cabbage<br>Fresh Fruit<br>Whole Wheat Bread x2                | <b>6</b><br>Hamburger<br>Whole Wheat Bun<br>Baked Beans<br>Tossed Salad<br>Peaches   | <b>7</b><br>BBQ Chicken Thigh<br>Baked Potato<br>Maple Dijon Brussel<br>Sprouts<br>Tropical Fruit<br>Whole Wheat Bread x2                    |
| <b>10</b><br>Tator Tot Hotdish<br>California Blend<br>Vegetables<br>Pears<br>Whole Wheat Bread x2                         | <b>11</b><br>Chicken Veronique<br>Smashed Potatoes<br>Diced Beets<br>Fresh Fruit<br>Whole Wheat Bread x2                     | <b>12</b><br>Seasoned Pork Roast<br>w/ Gravy<br>Baked Sweet Potato<br>Confetti Coleslaw<br>Cinnamon Applesauce<br>Whole Wheat Bread x2 | <b>13</b><br>Cheesy Egg Bake<br>Steamed Peas<br>Steamed Cauliflower<br>Fresh Fruit<br>Whole Wheat Bread  | <b>14</b><br>Meatball Sub Sandwich<br>Hoagie Bun<br>Crinkle Cut Carrots<br>Seasoned Green Beans<br>Fresh Fruit<br>Valentine's Day<br>Dessert |
| <b>17</b><br>CENTER CLOSED<br><br>      | <b>18</b><br>Ranch Chicken Thigh<br>Parsley Buttered<br>Potatoes<br>Seasoned Broccoli<br>Fresh Fruit<br>Whole Wheat Bread x2 | <b>19</b><br>Taco Filling & Cheese<br>Whole Grain Tortilla x2<br>Black Beans<br>Shredded Lettuce<br>Fresh Fruit                        | <b>20</b><br>Pulled Pork Sandwich<br>Potato Salad<br>Steamed Corn<br>Warm Spiced Apples<br>Whole Wheat Bun   | <b>21</b><br>Chicken Kiev<br>Baked Potato<br>Peas & Carrots<br>Orange Jell-O w/<br>Mandarin Oranges<br>Whole Wheat Bread x2                  |
| <b>24</b><br>Herb Baked Fish<br>Brown Rice<br>Parslied Carrots<br>Steamed Broccoli<br>Tropical Fruit<br>Whole Wheat Bread | <b>25</b><br>Beef Stroganoff<br>Noodles<br>Crinkle Cut Carrots<br>Mixed Vegetables<br>Fresh Fruit                            | <b>26</b><br>Braised Pork Chop<br>Baked Sweet Potato<br>Tossed Salad<br>Pineapple Tidbits<br>Whole Wheat Bread x2                      | <b>27</b><br>Rosemary Orange<br>Chicken<br>Parmesan Garlic<br>Whipped Potatoes<br>Steamed Brussels Sprouts<br>Blushing Pears<br>Whole Wheat Bread x2 | <b>28</b><br>Swedish Meatballs<br>Chicken<br>Whole Wheat<br>Breadstick<br>Mashed Potatoes<br>Stewed Tomatoes<br>Fresh Fruit                  |
|                                        |  |  |  |  |

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**

## FEBRUARY 2025 MENU

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

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
| <b>3</b><br>Beef Stew<br>Winter Blend<br>Vegetables<br>Apricots<br>Whole Wheat Biscuit                                    | <b>4</b><br>Tuna Pasta Hotdish<br>Peas & Carrots<br>Green Beans<br>Fresh Fruit<br>Whole Wheat Bread                 | <b>5</b><br>Orange Marmalade<br>Chicken<br>Scalloped Potatoes<br>Steamed Cabbage<br>Fresh Fruit<br>Whole Wheat Bread                | <b>6</b><br>Hamburger<br>Whole Wheat Bun<br>Baked Beans<br>Tossed Salad<br>Peaches   | <b>7</b><br>BBQ Chicken<br>Baked Potato<br>Maple Dijon Brussel<br>Sprouts<br>Tropical Fruit<br>Whole Wheat Bread  |
| <b>10</b><br>Tator Tot Hotdish<br>California Blend<br>Vegetables<br>Pears<br>Whole Wheat Bread                            | <b>11</b><br>Chicken Veronique<br>Mashed Potatoes<br>Diced Beets<br>Fresh Fruit<br>Whole Wheat Bread                | <b>12</b><br>Seasoned Pork Roast<br>w/ Gravy<br>Baked Sweet Potato<br>Confetti Coleslaw<br>Cinnamon Applesauce<br>Whole Wheat Bread | <b>13</b><br>Cheesy Egg Bake<br>Steamed Peas<br>Steamed Cauliflower<br>Fresh Fruit<br>Whole Wheat Bread                                    | <b>14</b><br>Meatball Sub Sandwich<br>Hoagie Bun<br>Crinkle Cut Carrots<br>Seasoned Green Beans<br>Fresh Fruit<br>Valentine's Day Dessert   |
| <b>17</b><br>CENTER CLOSED<br><br>      | <b>18</b><br>Salsa Chicken<br>Parsley Buttered<br>Potatoes<br>Seasoned Broccoli<br>Fresh Fruit<br>Whole Wheat Bread | <b>19</b><br>Taco Filling & Cheese<br>Whole Grain Tortilla x2<br>Black Beans<br>Shredded Lettuce<br>Fresh Fruit                     | <b>20</b><br>Pulled Pork Sandwich<br>Potato Salad<br>Steamed Corn<br>Warm Spiced Apples<br>Whole Wheat Bun                                 | <b>21</b><br>Chicken Kiev<br>Baked Potato<br>Peas & Carrots<br>Orange Jell-O w/<br>Mandarin Oranges<br>Whole Wheat Bread  |
| <b>24</b><br>Herb Baked Fish<br>Brown Rice<br>Parslied Carrots<br>Steamed Broccoli<br>Tropical Fruit<br>Whole Wheat Bread | <b>25</b><br>Beef Stroganoff<br>Noodles<br>Crinkle Cut Carrots<br>Mixed Vegetables<br>Fresh Fruit                   | <b>26</b><br>Braised Pork Chop<br>Baked Sweet Potato<br>Tossed Salad<br>Pineapple Tidbits<br>Whole Wheat Bread                      | <b>27</b><br>Barbeque Chicken<br>Parmesan Garlic<br>Whipped Potatoes<br>Steamed Brussels Sprouts<br>Blushing Pears<br>Whole Wheat Bread x2 | <b>28</b><br>Swedish Meatballs<br>Whole Wheat<br>Breadstick<br>Mashed Potatoes<br>Stewed Tomatoes<br>Fresh Fruit<br><br> |

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 Fargo .....356-2047**  
**Casselton ..... 347-8219**  
**Meals on Wheels ..... 293-1440**



# Valentine Words

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

**Word List:**

- |            |           |            |               |
|------------|-----------|------------|---------------|
| ADORE      | AFFECTION | AMOROUS    | ARROW         |
| BELOVED    | BEMINE    | BOUQUET    | CANDLELIGHT   |
| CANDY      | CARDS     | CHERISH    | CHERUB        |
| CHOCOLATE  | CUPID     | DARLING    | DEAR          |
| DESIRE     | DEVOTION  | EMBRACE    | ENDEARMENT    |
| FEBRUARY   | FLOWERS   | FOURTEENTH | FRIENDS       |
| HEART      | HONEY     | HUGS       | KISSES        |
| LOVE       | LOVEBIRDS | PINK       | POEM          |
| RED        | ROMANCE   | ROSES      | SECRETADMIRER |
| SWEETHEART | SWEETS    | TEDDYBEAR  | TENDERNESS    |

## 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

Danielson, Christie  
Fandrich, Mary  
Olson, Ardell & Audrey

### \$100.00 and Above

\$500 - Sandra Anderson  
\$500 - BCBSND Caring Foundation  
\$208 - Carla Wolsky in memory of  
Kenwood Grove  
\$200 - MBN Engineering Inc.  
\$100 - Edward Johs

Thank You. 



**NEW**

### Stay Active and Independent for Life (SAIL) Program

Strength, balance, fitness for 55+.

 9:00-10:00 am  
Monday, Wednesday, Friday

 FARGO PARKS  
SPORTS CENTER

6100 38th St S Fargo, ND 58104

The Fargo Park District is excited to introduce **Stay Active and Independent for Life (SAIL)**, a free strength, balance, and fitness program for adults 55 and older. SAIL is designed to help participants improve their strength, enhance balance, and reduce the risk of falls—the most important activities for staying active and independent. Starting February 3, the program will be held on Mondays, Wednesdays, and Fridays. No registration is required; participants simply need to show up in comfortable clothing. Equipment and instruction are provided, making it easy to join and start benefiting from this evidence-based program.

In addition to welcoming participants, the Fargo Park District is looking for volunteers to help lead SAIL sessions. If you're interested in making a positive impact and supporting community wellness, sign up to volunteer at [bit.ly/FPD\\_SAILVolunteer](https://bit.ly/FPD_SAILVolunteer). Together, we can create a healthier, more active community!

# SLOW COOKER

(Continued from page 6)

## Easy Pork Chops

Author Carrie Barnard

Serves: 2-3

- 2-3 boneless pork chops (thick cut)
- 1 can cream of chicken soup (10 oz)
- 1 Tbsp ranch seasoning mix
- ¼ cup chicken broth

### Instructions

1. Place pork chops in a crock pot.
2. In a mixing bowl, whisk together the cream of chicken soup, ranch seasoning mix and chicken broth.
3. Pour this mixture on top of the pork chops in a crock pot.
4. Cover and cook on low for 5-7 hours or on high for 2.5-3.5 hours until the pork has an internal temperature of 165 degrees F.

**Word Twist**  
**Valentine's Day**

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.  
 Hint: Each puzzle has a common theme!

- Eacnmor \_\_\_\_\_
- Pdicu \_\_\_\_\_
- Thrae \_\_\_\_\_
- Erfslwo \_\_\_\_\_
- Ocaohletc \_\_\_\_\_
- Terewhtsae \_\_\_\_\_
- Tenfciioaf \_\_\_\_\_
- Skis \_\_\_\_\_
- Aerfyubr \_\_\_\_\_
- Ndiatoora \_\_\_\_\_

CLPI

*\*Answers on page 12*



*Want a fun lifestyle and time to do what you want?  
 Without home and yard maintenance...*

*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**



## RENT REFUNDS AND PROPERTY TAX CREDIT OPTIONS AVAILABLE

### RENTER'S REFUND:

The Renter's Refund program provides a partial refund on rent for a renter's place of residence or a mobile home lot. Refunds can be up to \$400. To be eligible for this program, you (the renter) must:

- Be 65 or older (or have a permanent disability)
- Have income of \$70,000 or less, including the income of your spouse and any dependents, for the calendar year preceding the assessment date.
- Have annual rent payments that are a certain percentage of your income. If 20% of your annual rent exceeds 4% of your annual income, you will receive a refund for the over payment. Refunds can be up to \$400.

For more information or to get an application, go to [www.tax.nd.gov/renter](http://www.tax.nd.gov/renter). You may also call the State Tax Commissioner at 1-877-328-7088 option 5. If you need assistance with Rent Refunds, call our office at 293-1440. Renters must apply for by May 31, 2025.

### HOMESTEAD PROPERTY TAX:

If you are a homeowner age 65 or older, you may qualify for the Homestead Property Tax Credit program. 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.

Interested in applying? Visit [casscountynod.gov/homestead](http://casscountynod.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.

### PRIMARY RESIDENCE CREDIT:

The Primary Residence Credit (PRC) provides all North Dakota homeowners with the option to apply for a state property tax credit. Homeowners with an approved application may receive up to a \$500 credit against their 2025 property tax obligation. There are no age restrictions or income limitations for this credit. To be eligible, you must:

- Own a home (house, mobile home, town home, duplex, or condo) in North Dakota, and reside in it as your primary residence.

For more information or to apply for the Primary Residence Credit, go to [www.tax.nd.gov/prc](http://www.tax.nd.gov/prc). Questions? You can call 701-328-7988 or toll-free 1-877-649-0112. Applications are due by March 31, 2025.

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

*(Information provided in part by [aarp.org](http://aarp.org) and [tax.nd.gov](http://tax.nd.gov))*



**Word Twist  
Answers**

Romance  
Cupid  
Heart

Flowers  
Chocolate  
Sweetheart

Affection  
Kiss  
February

Adoration

## RESOLVING TO STAY SCAM FREE IN 2025

Many people's New Year's resolutions have come and gone by now but the Better Business Bureau recommends adding some resolutions to help make this year fraud-free:

**I resolve to be cautious with email.** Be wary of unsolicited emails from a person or company. Scammers can make emails look like they are from a legitimate business, government agency or reputable organization. Never click on links or open attachments in unsolicited emails.

**I resolve never to send money to strangers.** If you haven't met a person face-to-face, don't send them money, especially if the person asks you to transfer funds using a pre-paid debit card, gift card, or CashApp. Money sent this way is untraceable, and once it is sent, there's no getting it back. Scammers will try to trick you into panicking - so before making a move, think the situation through.

**I resolve to do research before making online payments and purchases.** Research the retailer before entering payment information. Ask: Is this a person or business I know and trust? Do they have a working customer service number? Where is the company located? Are payments made through a secure server (https://...com)? Have I checked to see if others have complained?

**I resolve to use my best judgement when sharing my personal information.** Sharing sensitive personal information with scammers opens the door to identity theft. Never share financial information, birthdate, address, Social Security/Social Insurance number, or Medicare number with an unsolicited caller.

**I resolve to create strong, unique passwords for each account.** Using strong, varied passwords across accounts makes it harder for fraudsters to access multiple accounts if one is compromised.

**I resolve to enable two-factor authentication.** Adding this layer of security to accounts, specially those involving finances or personal data, greatly reduces the risk of unauthorized access.

**I resolve to be social media smart.** Use privacy settings on social media and only connect with people you know. Be careful about including personal information in your profile, and never reveal your address and other sensitive information. Scammers may use this information to make themselves pass as friends or relatives and earn your trust. Also, be careful when buying products you see on social media. The BBB has received thousands of complaints about misleading Facebook and Instagram ads.

**I resolve to regularly check my financial statements.** Committing to review bank and credit card statements can catch unauthorized transactions early.

**I resolve to educate myself about the latest scams.** Staying informed on emerging scams helps you recognize and avoid new fraud tactics.

### ND SMP ADVISES ON HOW TO AVOID MEDICARE SCAMS THIS YEAR:

- ◆ Stay alert for requests for personal information like your Medicare or Social Security number
- ◆ Avoid sharing sensitive information over the phone or online
- ◆ Carefully review Medicare Summary Notices and Explanation of Benefits to make sure all charges are accurate
- ◆ Use a calendar or journal to track your medical appointments for reference
- ◆ If something seems suspicious, speak up! Start by contacting your healthcare provider to confirm if it's a billing error

**Report Medicare Scams - such as unauthorized use of your Medicare number or suspicious billing - by contacting the ND Senior Medicare Patrol at 1-833-818-0029. For non-Medicare fraud issues, contact the ND Attorney General at 1-800-472-2600.**

*(Information provided in part by bbb.org and ND SMP Scam of the Month - January 2025)*

**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:**

March 17th at 10:00 am in Hickson

**CASS COUNTY RURAL BUS SCHEDULE:**

|                |                          |                          |
|----------------|--------------------------|--------------------------|
| <b>Routes:</b> | <u>North Cass County</u> | <u>South Cass County</u> |
|                | Hunter                   | Leonard                  |
|                | Arthur                   | Kindred                  |
|                | Casselton                | Horace                   |
|                | Fargo                    | Fargo                    |

North route runs February 4, 11, 18 & 25. South route runs February 5, 12, 19 & 26. 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  
 February 26

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](http://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.**

## TAX TIME IS COMING, AND AARP CAN HELP!

Now is the time to get ready for tax-filing season, and AARP Foundation Tax-Aide is providing in-person and virtual tax preparation help to anyone, free of charge, with a focus on taxpayers over 50 and have low-to-moderate income. Tax-Aide volunteers are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code.



For more information, go to [aarp.org/money/taxes/aarp\\_taxaide/](http://aarp.org/money/taxes/aarp_taxaide/) Tax-Aide locations can be found using the Tax-Aide locator on the above website around mid-January. Times and locations will be published in this newsletter when they become available.

## 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](http://www.valleyseniorservices.org)) and Facebook page ([www.facebook.com/ValleySeniorServices/](http://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.

|   |  |
|---|--|
|  <p><b>All Inclusive Care</b><br/><b>AT HOME AT YOUR PACE</b></p> <p>Our goal is to assist those 55 and over to remain living independently in their homes and communities for as long as safely possible.</p> <p><b>NORTHLAND PACE</b><br/>Senior Care Services</p> <p>northlandpace.com</p> <p>LOCATIONS   Bismarck 701-751-3050   Dickinson 701-456-7387   Minot 701-857-8045   Fargo 701-412-2081</p> |  <p><b>House Calls</b><br/><i>Care that Comes to You</i></p> <p>Primary and Palliative Care<br/>in Your Home.</p> <p><b>CareThatComesToYou.org</b></p> <p><b>800.929.8891</b></p> |
|---|--|

|  |  |
|--|--|
| <p><b>Rehabilitation Suites</b></p> <ul style="list-style-type: none"> <li>• Years of rehab and therapy experience</li> <li>• Physical, occupational, speech therapy</li> <li>• Personal care, family-oriented</li> <li>• On-site managers</li> <li>• Wellness care</li> </ul>  |  <p><b>Bethany</b><br/>retirement living</p> <p><b>Bethany on University</b><br/>201 University Drive South   Fargo, ND   701.239.3000</p> <p><b>Bethany on 42nd</b><br/>4255 30th Ave South   Fargo, ND   701.478.8900</p>  |
|--|--|

|   |  |   |
|---|--|---|
| <p><b>Fieldstone Village</b><br/>Senior Apartments</p> <p><b>701-235-4138</b></p> <p><b>Affordable Senior Living</b></p> <p>Features Include: Elevator, Guest Suite, Community Room, Fitness Center, On-Site Management.</p> <p><b>1 Bdrms \$585   2 Bdrms \$685</b></p> <p>4574 44th Ave S, Fargo ND 58104</p> | <p><b>THRIVE</b><br/>LOCALLY</p>  |  <p><b>HOSPICE</b><br/>RED RIVER VALLEY</p> <p>Making each moment matter,<br/><b>For You, For Them, For Us.</b></p> <p><b>www.hrrv.org   800.237.4629</b></p> <p><b>questions@hrrv.org</b></p> |
|---|--|---|



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