



Valley
Senior Services
helping seniors maintain independence

Silver Quill

APRIL 2025 | VOLUME 43 NO. 4

Take a Chance

Did you know that April 23rd is National Take a Chance Day - what better way to celebrate than joining us at your local Senior Center!

Stop by one of our senior centers to chit-chat, get some exercise, play a game, or check out some of our many other activities. You can find a list of sites and a schedule of activities on page 2 under Center Highlights. No need to make a reservation for activities unless noted.

Or, invite a friend or neighbor to join you for a hot, nutritious lunch, filled with good company and great food. Check out our menus on pages 7 and 8. If you're pressed for time, don't worry - we also offer convenient to-go meals at all our locations.

Ready to make it a date? Simply call or drop by to sign up for a meal, no later than noon the day before. Consider making a suggested donation of \$4 (for those age 60 and over; under 60 is \$11.75 per meal). Rest assured, donations are anonymous, and we welcome everyone - no senior will ever be turned away due to inability to donate.

And we'll even take care of the dishes!

Let's make
National Take a Chance Day
a day to remember, filled with new
connections, and the joy of trying
something different!

April 23rd is
National
Take a Chance
Day!



2801 32nd Ave S
Fargo, ND 58103



701-293-1440



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



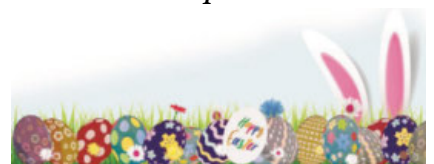
valleyseniorservices.org

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Valley Senior Services will be closed on Friday, April 18th

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



STAFF LISTING

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 Kylee L.

SENIOR CENTER HIGHLIGHTS

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

April 1 - 12:30 Birthday cupcakes
 April 2 - 10:00 - 2:00 Foot care
 April 9 - 10:00 - 2:00 Foot Care; 12:30
 AARP Presentation "Getting to Know
 Your Smartphone"
 April 10 - 12:30 AARP Save Driving
 Course
 April 16- 10:00 - 2:00 Foot care
 April 18 - Center closed
 April 23 - 10:00 - 2:00 Foot Care
 April 30 - 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 DONNA 298-3975

April 2 - 1:00 Birthday cupcakes
 April 8 - 11:00 Fargo Public Library
 April 18 - Center closed
 April 22 - 11:00 Fargo Public Library
Every Monday - 9:30 Exercise
 (Theatre 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

*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

*April activities calendar will be
 available to be viewed online at
valleyseior.services.org
 Click on "Senior Services" then
 "Senior Centers"
 We apologize for the inconvenience*

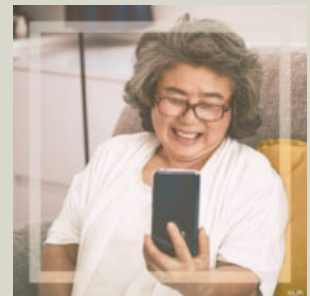
*Meals served daily at WFHR and
 Monterey at 11:30 am. To reserve
 meals, please call 356-2047 at least
 one day in advance.*

BROADWAY STATION 1461 BROADWAY, FARGO EM 232-7936

April 18 - 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.*

AARP PRESENTATION: GETTING TO KNOW YOUR SMARTPHONE



**Ed Clapp Park Center
 Wednesday, April 9
 12:30 pm**

We hope to see you there!

Reminder: Centers are closed April 18

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@valleyseiors.org

*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.*

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 1:00 pm:

ED CLAPP PARK CENTER

2801 32ND AVE S, FARGO

10:00 am - 1:00 pm
on

Wednesday, April 2
Wednesday, April 9

Wednesday, April 16
Wednesday, April 23

Wednesday, April 30

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.

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

We Care for Yours Like Our Own

We believe in caring for your loved ones with the same dedication, respect & compassion we would give our own family members. We provide medical and non-medical services.

Ready to discuss your in-home care needs?
701-318-9023
info@ourfamilyhomecare.org

Our Family HOME CARE
www.ourfamilyhomecare.org
Serving Fargo, Grand Forks, Casselton, Jamestown & surrounding areas

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

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 for more information and to make an impact in your community.

AmeriCorps Seniors | **Lutheran Social Service of Minnesota**





APRIL SCHEDULE OF EVENTS:

April 2

1:00 pm

Music with the Norsky Brothers
Hope Lutheran Church South, Fargo

April 9

1:00 pm

“Planning Your Funeral,
A Community Discussion”
Hjemkomst Center, Moorhead

April 16

1:00 pm

Indoor Mini Herb Garden Session
with Brenda and Dr. Ed Deckard

Hope Lutheran Church
South Campus

April 23

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*

**WEST FARGO POLICE
DEPARTMENT COFFEE WITH
A COP**



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



Please join us in congratulating Jacob on his recent promotion to full-time cook at the West Fargo High Rise meal site. Jacob has worked with Valley Senior Services for nearly 10 years and has proven to be a reliable and hardworking team member. He will continue to serve seniors in Cass County by helping prepare meals for West Fargo and rural Cass County.

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



**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 ellison@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.

WE LOVE OUR VOLUNTEERS!

April is Volunteer Appreciation Month

Thank you to our dining center, activities, and Meals on Wheels volunteers! Thank you for your commitment to help pack, deliver hot nutritious meals, provide activities, and support dining center staff - all to benefit the seniors in our community. We are grateful for your support in helping seniors maintain their independence.

This program would not be possible without you!

CLPI

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
 3361 Westrac Drive So • Fargo, ND 58103
lcpROPERTYMANAGEMENT.org/property/prairie-ridge-apartments



Lewis & Clark
PROPERTY MANAGEMENT

NeighborWorks
CHARTERED MEMBER

THRIVE
LOCALLY

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635



Grow Bolder

Growing Bolder means living life your way and Eventide is the perfect place to do it.



218-291-2200
eventide.org

Moorhead | Fargo | West Fargo
 Jamestown | Devils Lake



THE UN-BEET-ABLE VEGETABLE!

BY LANE LIPETZKY SWENSON, RD, LD, CGN



Beets are a nutritious vegetable that can bring a pop of color to any meal! They are packed with vitamins, minerals and

phytonutrients that are crucial for our health. According to the American Heart Association (AHA), eating beets may help lower blood pressure, maintain healthy cells, reduce inflammation and reduce the risk for chronic diseases like cardiovascular disease. The AHA goes on to say that some studies suggest they could even protect against memory loss. In this month's article we will look into why both beetroots and greens are nutritious and I'll share a few recipes to help include them in your diet.

Why are beets nutritious?

Beetroot is a great source of vitamins C, A and folate (vitamin B9) as well as the mineral potassium. Beetroot is also packed with phytonutrients like betalain which gives the beets their red color. Betalains are known to be both antioxidants and anti-inflammatory agents meaning they can help repair cell damage and reduce risk of chronic disease. Additionally, beets contain nitrates which are plant-based compounds that may help to lower blood pressure.

There are many ways to prepare beetroots like adding them to salads or coleslaws, roasting or baking them, or you can even blend them into dips or smoothies. It is healthy to eat beets both raw and cooked, however, they will retain more nutrition if eaten raw. The best way to cook them to retain the most nutrition is to steam them for less than 15 minutes or roast them for less than an hour. Boiling or canning beets will lower the vitamin C, folate and betalain levels. If you do can or boil the beets, consume the water or canning liquid for the extra nutrition.

Beet greens are typically the less popular part of the beet but they are also packed with nutrition.

They have high levels of both vitamin A and vitamin K and they are a great source of lutein and zeaxanthin, phytonutrients that are important for eye health. Beet greens will retain most of their nutrition even when they are cooked. Common ways to prepare beet greens include sautéing them or adding them to salads raw. They can be fairly bitter when eaten raw so pick young, tender leaves and pair them with strong flavors like lemon.

Phytonutrient definition– substances produced by plants that are beneficial to human health.

RECIPES

Roasted Beets

Author: Jeanine Donofrio

- 6 medium beets, tops removed, scrubbed well
- Extra-virgin olive oil, for drizzling
- Sea salt and freshly ground black pepper

Instructions

1. Preheat the oven to 400°F.
2. Place each beet on a piece of foil. Drizzle generously with olive oil and sprinkle with salt and pepper. Wrap the beets in the foil, place on a baking sheet, and roast for 35 to 60 minutes, or until fork-tender. The timing will depend on the size and freshness of the beets.
3. Remove the beets from the oven, remove the foil, and set aside to cool. When the beets are cool to the touch, peel off the skins.

Shredded Raw Beet Salad Recipe

Author: Krissi Alori

- 3 medium to large beets peeled and trimmed
- 1 Valencia orange with zest
- 1 lime with zest
- 2 tablespoons olive oil
- salt to taste
- 1/2 cup chives minced

Instructions

1. Shred 3 medium to large beets and add to bowl. Add zest and juice from an entire Valencia orange. Add zest and juice from lime to taste (this amount is subjective).
2. Add 2 tablespoons olive oil and toss to combine. Add salt to taste and toss to combine.
3. Add 1/2 cup chives just before serving.

(Continued on page 9)

APRIL 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 Orange Marmalade Chicken Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread x2	5 Tuna Pasta Hotdish Peas & Carrots Green Beans Fresh Fruit Whole Wheat Bread	3 Hamburger Whole Wheat Bun Baked Beans Tossed Salad Peaches	4 BBQ Chicken Thigh Baked Potato Maple Dijon Brussel Sprouts Tropical Fruit Whole Wheat Bread x2
7 Tator Tot Hotdish California Blend Vegetables Pears Whole Wheat Bread x2	8 Chicken Veronique Smashed Potatoes Diced Beets Fresh Fruit Whole Wheat Bread x2	9 Seasoned Pork Roast w/ Gravy Baked Sweet Potato Confetti Coleslaw Cinnamon Applesauce	10 Chicken Ala King Steamed Baby Carrots Seasoned Green Beans Fresh Fruit Whole Wheat Biscuit	11 Cheesy Egg Bake Steamed Peas Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
14 Ranch Chicken Thigh Baked Potato Mixed Vegetables Peaches Whole Wheat Bread x2	15 Cabbage Rolls Parsley Buttered Potatoes Seasoned Broccoli Fresh Fruit Whole Wheat Bread	16 Taco Filling & Cheese Whole Grain Tortilla x2 Black Beans Shredded Lettuce Fresh Fruit	27 Pulled Pork Sandwich Whole Wheat Bun Potato Salad Steamed Corn Warm Spiced Apples	18 CLOSED 
21 Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Tropical Fruit Whole Wheat Bread	22 Beef Stroganoff Noodles Crinkle Cut Carrots Mixed Vegetables Fresh Fruit Whole Wheat Bread	23 Braised Pork Chop Baked Sweet Potato Tossed Salad Pineapple Tidbits Whole Wheat Bread x2	24 Rosemary Orange Chicken Parmesan Garlic Whipped Potatoes Steamed BrusselsSprouts Blushing Pears Whole Wheat Bread x2	25 Swedish Meatballs Chicken Whole Wheat Breadstick Mashed Potatoes Stewed Tomatoes Fresh Fruit
28 Dijon Chicken Smashed Potatoes California Blend Vegetables Apricots Whole Wheat Bread x2	29 BBQ Beef Patty Whole Wheat Bun Baked Beans Steamed Corn Pears	30 Buttermilk Chicken Sister Shubert Roll Roasted Garlic Whipped Potatoes Glazed Carrots Easter Dessert w/ 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
Trollwood701-298-3975
Broadway Station701-232-7936

APRIL 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
	1 Orange Marmalade Chicken Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread	2 Tuna Pasta Hotdish Peas & Carrots Green Beans Fresh Fruit Whole Wheat Bread	3 Hamburger Whole Wheat Bun Baked Beans Tossed Salad Peaches	4 BBQ Chicken Baked Potato Maple Dijon Brussel Sprouts Tropical Fruit Whole Wheat Bread
7 Tator Tot Hotdish California Blend Vegetables Pears Whole Wheat Bread	8 Chicken Veronique Mashed Potatoes Diced Beets Fresh Fruit Whole Wheat Bread	9 Seasoned Pork Roast w/ Gravy Baked Sweet Potato Coleslaw Cinnamon Applesauce	10 Chicken Ala King Steamed Baby Carrots Seasoned Green Beans Fresh Fruit Whole Wheat Biscuit	11 Cheesy Egg Bake Steamed Peas Steamed Cauliflower Fresh Fruit Whole Wheat Bread
14 Ranch Chicken Baked Potato Mixed Vegetables Peaches Whole Wheat Bread	15 Cabbage Rolls Parsley Buttered Potatoes Seasoned Broccoli Fresh Fruit Whole Wheat Bread	16 Taco Filling & Cheese Whole Grain Tortilla x2 Black Beans House Salad Fresh Fruit	17 Pulled Pork Sandwich Whole Wheat Bun Potato Salad Steamed Corn Warm Spiced Apples	18 CLOSED 
21 Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Tropical Fruit Whole Wheat Bread	22 Beef Stroganoff Noodles Crinkle Cut Carrots Mixed Vegetables Fresh Fruit Whole Wheat Bread	23 Braised Pork Chop Baked Sweet Potato Tossed Salad Pineapple Tidbits Whole Wheat Bread	24 Breaded Chicken Parmesan Garlic Whipped Potatoes Steamed Brussels Sprouts Blushing Pears Whole Wheat Bread	25 Swedish Meatballs Whole Wheat Breadstick Mashed Potatoes Stewed Tomatoes Fresh Fruit
28 Dijon Chicken Mashed Potatoes California Blend Vegetables Apricots Whole Wheat Bread	29 BBQ Beef Patty Whole Wheat Bun Baked Beans Steamed Corn Pears	30 Buttermilk Chicken Sister Shubert Roll Roasted Garlic Whipped Potatoes Glazed Carrots Easter Dessert w/ 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 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

THE UN-BEET-ABLE VEGETABLE!

(Continued from page 6)

Sauteed Beet Greens

Author: Love & Lemons
Website

- 1 bunch beet greens · 1 teaspoon extra-virgin olive oil · 1 garlic clove, finely chopped
- Sea salt and freshly ground black pepper
- 2 tablespoons golden raisins
- Lemon wedge, for squeezing
- 1 tablespoon chopped walnuts or pistachios

Instructions

1. Separate the stems from the beet greens. Finely chop the stems and coarsely chop the leaves.
2. Heat the olive oil in a large skillet over medium heat. Add the garlic and the beet stems and cook, stirring, for 1 minute. Add the beet greens, a few pinches of salt, and several grinds of pepper. Sauté, tossing, until just wilted.
3. Turn off the heat, add the raisins, and squeeze with lemon juice. Toss to combine. Transfer to a platter, top with the walnuts, and season to taste with more salt and pepper.

JOIN US FOR THE LSS RURAL AGING ACTION NETWORK SERVICE OLDER ADULT RESOURCE FAIRS



Event Details:

Breckenridge Senior Citizen Center:
Friday, April 11,
from 10:00 AM to 2:00 PM

Fargodome:
Thursday, April 17,
from 10:00 AM to 2:00 PM



lssmn.org/lssraan | 888.489.8270



Word Twist

Step into Spring

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!

lmoob _____ wdoeam _____

anrewel _____ niar _____

nisuhnes _____ zeerbe _____

sosbmlo _____ ndgare _____

htowgr _____ waekninga _____

See answer on page 15



ACTIVE AGERS PROGRAMS

SAIL fitness

Mondays, Wednesdays, Fridays
Free

feather yoga or chair yoga

Tuesdays in April & May
\$28 | 4 classes

coffee & crafts

Thursdays in April & May
\$40 | 4 classes



Fargo Parks is excited to offer Active Ager programs designed for those 55+ to stay engaged and active!

One of the highlights is the **Stay Active and Independent for Life (SAIL)** program, a free, evidence-based fitness class at the Fargo Parks Sports Center. Meeting on Mondays, Wednesdays, and Fridays, SAIL focuses on building strength, improving balance, and reducing the risk of falls. No registration is required—just bring comfortable clothing, a water bottle, and a willingness to move! Plus, Fargo Parks is looking for volunteers to help lead sessions, offering a great way to give back while staying active.

For those looking to combine wellness with relaxation, Fargo Parks offers **Chair Yoga, Feather Yoga, and Coffee & Crafts**.

- **Chair Yoga** provides a gentle, seated yoga practice for those needing balance support.
- **Feather Yoga** enhances flexibility and mindfulness for all fitness levels.

Both programs run in 4-week sessions on Tuesday mornings.

If crafting is more your style, join **Coffee & Crafts** at the Fargo Parks Sports Center for a fun, social hour filled with creativity and conversation. With a variety of engaging activities, Active Agers can find the perfect way to move, connect, and create!

Sign up today at:
fargoparks.com/adult-programs/active-agers

TAX TIME IS HERE, AND AARP CAN HELP!



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. Local Tax-Aide Site information is below:

Moorhead Public Library

118 5th Street South,
Moorhead, MN

Open Mondays and Wednesday
from 9:00 am to 3:00 pm

Fargo Public Library, Carlson Branch

2801 32nd Avenue South,
Fargo

Open Tuesdays from 10:00 am to 4:00 pm

Hjemkomst Center

202 1st Avenue North,
Moorhead

Open Thursdays from 9:00 am to 3:00 pm

Appointments are required; you must call (701) 335-6509 to schedule an appointment at all sites.

For more information, go to aarp.org/money/taxes/aarp_taxaide/ Tax-Aide locations will close in early- to mid-April.

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:

June 16 at 10:00 am in Horace

CASS COUNTY RURAL BUS SCHEDULE:

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

North route runs April 1, 8, 15, 22 & 28. South route runs April 2, 9, 16, 23 & 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
April 9

Call Jill at 218-242-1379 for an appointment



*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

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

Francis Heier \$500

Midland National Employee Match - \$225

American Ag Employee Match - \$200



GIVING HEARTS DAY CONTRIBUTORS



We want to extend a heartfelt *THANK YOU* to everyone who supported Valley Senior Services during Giving Hearts Day! A special acknowledgment goes to our incredible match donors who helped amplify the impact of each gift: Bobcat, Cass County Electric Cooperative, Ulteig, Gate City Bank Employee Cody Spaeth, Ray & Lucelle Nelson, Rusty & Neva Papacheck, and two anonymous donors.

We also deeply appreciate the businesses that generously contributed to our fundraiser, some of whom even stopped by for a photo with us. Your kindness and generosity help us continue providing essential services to seniors in our community. We are truly grateful for your support!

(Donations listed starting on page 13)

GIVING HEARTS DAY CONTRIBUTORS

\$100.00 and Above

Andersen, Karen
 Anderson, Don & Corrine
 Anderson, Kevin & Donna
 Andres, Joanne
 Anonymous,
 Arneson, Ron
 Ausk, Cherie & Randy
 Bachmeier, Amy
 Bares, Stephanie
 Beauchamp, Kayla
 Berg, Angela in Honor of Robert Sedevie
 Berg, Jack
 Berg, Sandra
 Bergene, Constance
 Bertsch, Terri
 Bina, Zaundra
 Bishop, Jill
 Bjelde, Kristine
 Blozinski, Patty
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 Danielson, Christie
 Degenstein, Dale
 Dietz, Janet
 Dryburgh, Louise
 Dubuque, Chadwick
 Dullea-Wagner, Julie
 Egge, Judith
 Ellis, Kenny
 Emanuelson, Pamela
 Erbstoesser, Janice
 Farkas, Susan
 Fiechtner, Delores
 Fischer, Erin
 Fiske, Valerie
 Fritel, Lori

Laney's Inc. - \$2500
 Sammons Financial (Midland National) - \$2500
 Cass County Electric Cooperative - \$1000
 Cook, Jerry - \$1000
 Doosan Bobcat - \$1000
 Fluge, Scott in Memory of Grandma Johnson - \$1000
 Koda Bank - \$1000
 Marsh & McLennan Agency LLC - \$1000
 Retzer, Ken & Marcia - \$750
 Abilene Equipment dba Out Front Power - \$519
 Bell Bank - \$500
 Bethlehem Lutheran Church - \$500
 DMF Rick & Tracy Berg Family Fund - \$500
 Ozbun, Judith - \$500
 Roeber, Elizabeth - \$500
 Jordahl, Rod & Diane - \$400
 Grindeland, Ryan in Memory of Leander Reitan - \$350
 Bell Bank - \$300
 Chyle, GERALYN - \$300
 Grimson, Ron & Patricia - \$300
 Gullicks, Ruth - \$300
 VISIONBank - \$300
 Zientara, Emily - \$300
 Blair, Stephanie - \$250
 Carlson, Janet - \$250
 Geiger, Jill - \$250
 Grant, Carol - \$250
 McLean, Mona - \$250
 Off The Wall Advertising in Honor of Jarod Berger - \$250
 Pomeroy, Mavis - \$250

Schenck, Lori & Clayton - \$250
 TCI Insurance - \$250
 Traynor, J. Patrick - \$250
 Wahowske, Darline - \$235
 Arett, Brian - \$200
 Boe, Kevin - \$200
 Borowicz, Michelle - \$200
 Garske, John - \$200
 Grindeland, Paul - \$200
 Haarstad, Geri - \$200
 Hibl, Curt and Carol - \$200
 Kavanaugh, Bonnie - \$200
 Selbo, Pam & Greg - \$200
 Weber, Steven - \$200
 Lucas, Lisa - \$150
 Rastedt, Paulette & Bill - \$150
 Kjesbo, Janice - \$141
 Van Dam Financial Group - \$140.85
 Eide Bailly - \$125
 Heilman, Heidi in Honor of Bernie Johnson - \$125
 Diede, Linda \$117.5 0
 Petterson, Lois - \$117.50
 Ames, Marlene - \$100
 Anderson, Debra in Memory of Rose Nolte - \$100
 Anderson, Matt - \$100
 Bachinski, Diane - \$100
 Bandemer, Brian & Ann - \$100
 Bell Bank - \$100
 Blanchard Llewellyn, Tami - \$100
 Blazek, John - \$100
 Bleier, Cynthia - \$100
 Boutain, Carolyn - \$100
 Carlisle, Brian - \$100
 Dawson, Steve and Vicki - \$100
 Doll, Casandra & Darren - \$100
 Dombeck, James - \$100

(Continued from page 13)

\$100.00 and Above

Froning, Tom
 Gate City Bank
 Gibson, Valorie
 Glass, Thomas
 Godon, Kathleen
 Grant, Judy
 Grondahl, Connie
 Grugel, Pam
 Gustin, Katie
 Hall, Loretta
 Hammond, Frances
 Hancock, Gerri
 Hanson, Myrna
 Harrison, Jan in
 Memory of Fraser
 Harrison
 Hastings, Jack
 Haug, Steven
 Haut, Melissa
 Hayes, Gail
 Heglie, Sandra
 Heilig, Abbey
 Heintzman, Holly
 Held, Kathy
 Helland, Joan
 Helmick, Jay
 Hickel, Cody
 Hill, Aaron
 Hilzendager, Sue
 Hoglelund, Wayne &
 Beverly
 Holten, Brittany
 Honek, Lou Ann
 Horst, Terry
 Hoverson, Carol
 Ihry, Iris
 Jaeger, Dorothy
 Jensen, Denise
 Jesten, Teresa
 Job, Carla
 Johnson, Duane
 Johnson, Molly
 Jones, Sheryl
 Kanski, Kristi
 Kasson, Sierra
 Kelley, James
 Kelsch, Jaime
 Kenyon, Julie
 Kirby, Teresa
 Klose, Suzette In
 Memory of Elise
 TorbenSON

Dufault, Georgia In Honor Of VSS staff
 & volunteers - \$100
 Duphorn, Jon & Julie - \$100
 Elledge, Connie - \$100
 Ellingson, LuAnn - \$100
 Erbes, Kim - \$100
 Espe, William - \$100
 Fargo Glass & Paint Co. - \$100
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 Forman, Mary - \$100
 Goellner, Ryan - \$100
 Goughnour, Larry & Sheila \$100
 Gray, Wanda - \$100
 Gulsvig, Dale & Mary- \$100
 Gust, Michael and Jayne - \$100
 Harris, JoEllen - \$100
 Hazlett, Jane - \$100
 Heat Transfer Warehouse - \$100
 Heley, Terry - \$100
 Herrmann, Carol & Ed - \$100
 Iverson, Bonnie - \$100
 Jameson, JoAnn - \$100
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 Johnson, Noel - \$100
 Johnson, Roger - \$100
 Johnson, Susan - \$100
 Jorgenson, Diane - \$100
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 Kidder, Anne - \$100
 Kjos, Roger - \$100
 Knain, Todd - \$100
 Kvanvig, Marie - \$100
 Landsverk, Linda - \$100
 LaPlante, Jena - \$100
 Lindstrom, John - \$100
 Lubben, Larry - \$100

Ludlum, Lorette - \$100
 McKay, Virginia - \$100
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 Mjelstad, Kevin and Susan - \$100
 Moch, Joseph and Rebecca - \$100
 Monteith, Donna - \$100
 Montplaisir, Marjorie - \$100
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 Paulson, Lindsay - \$100
 Peterson, Kaia - \$100
 Pierce, Deborah - \$100
 Raghieb, Kerry - \$100
 Reiser, Jan - \$100
 Roggensack, Rick & Jane - \$100
 Schaefer, Kathy - \$100
 Schmid, Rodger - \$100
 Schumacher, Donna - \$100
 Sevald, Kristin - \$100
 Soland, Nicole - \$100
 Stenson, Jana in Memory of Maxine L &
 Kenneth L Johnston - \$100
 Sturlaugson, Jennifer - \$100
 Swenson, Warren - \$100
 Thompson, Thomas - \$100
 Tinguely Matthew - \$100
 Tscharkert, Carol - \$100
 Venette, Jim and Pat - \$100
 Wangler, Pat & Mary - \$100
 Watt, Kathy - \$100
 Weiser, Megan - \$100
 Winkelman, Dale & Nicol - \$100
 Wire, Jim and Lucy - \$100
 Wolsky, Carla - \$100
 Yost, Ross - \$100
 Young, Larry - \$100
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Knutson, Jennifer	LaPalm, George	Lockwood, Aaron	McCall, Megan
Koppinger, Thomas in Memory of Lolita	Larew, Donald	Magnuson, Deanna	Miller, Kathryn
Koppinger	Larsen, Esther & John	Mahoney, Timothy	Mogard, Valerie
Kuhn, Andy	Larsen, Joyce	Majerus, Faye	
Lane, Sharon	Lies, Bernie	Marthe, Karla	
	Lobdell Flynn, Barb	McCall, Jill	

(Continued on page 15)

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Montgomery, Stacie
in Memory of Jim
Lund

Montgomery, Adam
Montplaisir, Marty
Moorhead, David &
Elaine

Nelson, Chrissy &
Ryan

Nelson, Mike
Newburgh, Diane
Nilles, Donald

Nyhof, Sonja
Odegaard, Dave

Olson, Ardell

Olson, Brett

Olson, Donna

Olson, M. Jane

Olson, Michael

Olson, Pam

Olson, Patricia

Olson, Virginia
Ortmeier, Maren
Parke, Rene
Peck, Diane
Pierson, Debra
Presbyterian Women
of Hunter ND
Puetz, Maranda
Radke, Lucy
Radloff, Scott &
Brenda
Radniecki, Kiera
Rasmusson,
Michael G
Rawls, Silas
Reiten, Kathi
Rice, Merillyn
Rutten, Delores
Ruud, Shirley

Sand, Tyler
Satrom, Nola
Schempp, Tammy
Scherr, Daniel
Seifert, Amy
Sellers, Nedra
Shannon, Ray
Shawn, Jessica
Sir Speedy
Skarstad, John in
Honor of Anita Adahl
Slen, Elizabeth
Smith, Rebecca
Sommerfeld, Gene
Sopko, Steven
Spiekermeier, Mary in
Memory of Tom
Spiekermeier
Splettstaszer, Donna

Spooner, Pamela in
Memory of Bruce
Jorgenson
Staber, Cassie
Stadick, Betsy
Stai, Penny
Stedman, Patti
Stenseth, Kristina
Stock, Dan
Sturlaugson,
Amanda
in Memory of
Thomas Hoepfner
Striegel, Julie
Tareski, Neal in
Memory of Val
Tareski
Thomas, Paula
Thompson, MM

Thorson, Ronald
Tweeter, Valentina
Utt, Mike
Vogel, Steve
Voigtschild, Miranda
Wallace, Shirley
Webb, Pat in
Memory of Betty
Ann Overgaard
Weidner, Shelley
Weiss, Jen
Werner, Paul
Westrum, Dawn
Wolfbaum, John
Yakowicz, Jack
Zander, Jeffrey
Zander, Jerome
Zander, Jodi

 **Word Twist
Answers**

Bloom
Renewal
Sunshine

Blossom
Growth
Meadow

Rain
Breeze
Garden

Awakening

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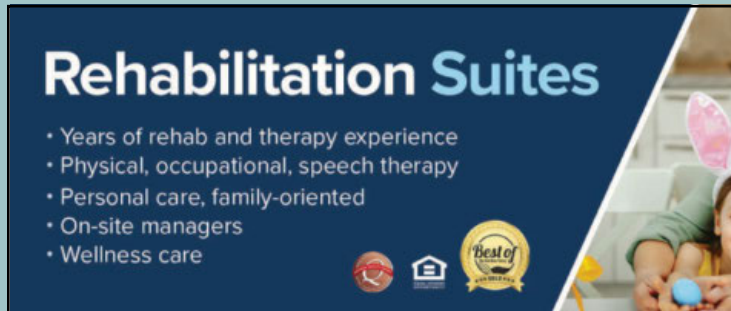


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