

JULY 2024 | VOLUME 42 NO. 7



TO-GO MEALS



Are you looking for a fast and convenient lunch option?

Are you tired of fast food and TV dinners that do not support your health goals?

Do you appreciate an affordable meal?

Would you like someone else to cook occasionally?



If you answered “yes” to any of the questions above, To-Go (or Take-Out) meals are a great option for you! You can pick up a meal occasionally or regularly based on your schedule. Meals plans are developed by Licensed Registered Dietitians and provide 1/3 of the recommended dietary intake for older adults, without adding excess sugar, sodium, or fat.

Your wallet will thank you, too! There is a suggested donation of \$4 per meal, but we encourage individuals to donate what they can afford.

If you need a break from the kitchen, consider signing up for To-Go meals and let us handle the cooking!

Meals must be ordered no later than noon the previous day, to ensure there is enough for everyone and to limit waste. See page 2 for information on meal sites, and pages 7 & 8 for menus. Visit us online at valleyseniors.org to learn more!



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
Thursday,
July 4th.*

*No Meals on Wheels,
Senior Center Meals/
activities or
transportation.*

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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**

July 1 - 12:30 Birthday cupcakes
 July 4 - Center closed
 July 11 - 12:30-4:30 AARP Driving Course (call 298-3976 to register)
 July 17 - 10:00-2:00 Foot care
 July 23- 9:00 Exercise; 10:00-2:00 Foot care
 July 24 - 9:00 Chair yoga; 10:00-2:00 Foot care
 July 25 - 10:00-2:00 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; 12:30-1:30 Root Beer Floats - see p. 4 for more info
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**

July 3 - 1:00 Birthday cupcakes
 July 4 - Center closed
 July 9 - 11:00 Fargo Public Library
 July 10 - 10:00-2:00 Foot care
 July 11 - 10:00-2:00 Foot care
 July 15 - 12:30 Church Service in Rosewood Room
 July 23 - 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**

July 2 - 12:15 Prize bingo
 July 4 - Center closed
 July 6 - 9:00 Senior breakfast
 July 8 - 12:15 Crafts
 July 9 - 12:00 Birthdays; 12:15 Chicken foot
 July 17 - 1:00 Book club @ WF Library
 July 18 - 10:00-2:00 Foot care; 1:30 Book club @ WF Library; 6:00 Oregon Trail Escape Room @WFLib
 July 23 - 12:15 Money bingo
 July 25 - 5:30 Soup & more @BSC
Every Monday - 8:45 SAIL @ RRC; 1:30 Movie matinee @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**

July 4 - 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.

Reminder - Centers are closed on July 4th

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, July 10
Thursday, July 11
Wednesday, August 7
Thursday, August 8
10:00 am - 2:00 pm

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

Thursday, July 18
Thursday, August 15
10:00 am - 2:00 pm

ED CLAPP PARK CENTER
2801 32ND AVE S, FARGO

Wednesday, July 17
Tuesday, July 23
Wednesday, July 24
Thursday, July 25
Wednesday, August 14
Tuesday, August 20
Wednesday, August 21
Thursday, August 22
10:00 am - 2:00 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).

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Dr. James Carlson Library - Conference Room

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Drop in or call ahead to make an appointment.

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

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To advertise here visit lpicommunities.com/adcreator



JULY SCHEDULE OF EVENTS:

July 3

Celebrating our Veterans and Freedom with Music & Testimonies

Hope Lutheran Church - South Campus

July 10

Dakota Brass Music in the Park!

Urban Plains Park Shelter B, 3020 51st St S, Fargo

July 17

Meet and Greet Local Resources From ND Aging and Disability Resource Link

Hope Lutheran Church - South Campus

July 24

Caregiver Cafe, 1:00 pm - 2:30 pm

Call 701-404-6712 for details

1122 1st Ave N, Fargo

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

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

HAVE YOU HEARD ABOUT HUNTER?



The KD Café in Hunter, ND is open under new management and serving Senior Meals Tuesday through Friday! Please join us in welcoming the new manager, Dawn. Enjoy a healthy and tasty meal while supporting a local, family-run business. Please sign up for meals one day in advance by calling (701) 874-2100. There is a suggested donation of \$4 per meal. Meals are served at 11:00 am and can be dine-in or taken to-go.

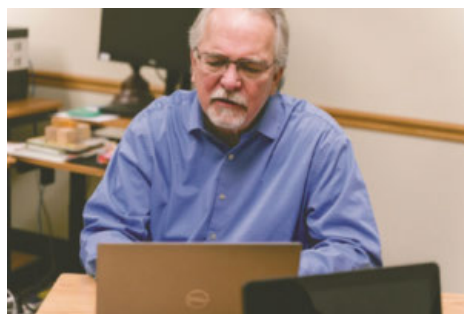
ROOT BEER FLOAT HAPPY HOUR

In July, join us on Fridays at Ed Clapp Senior Center for \$1 Root beer Floats! We will serve between 12:30-1:30, so make sure to swing by for a cool treat!

Diet Root Beer will be available upon request.



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.

Volunteer SPOTLIGHT

This month we are featuring Meals on Wheels volunteers, Karen and Stan Froelich, who have been delivering meals for three years. Here's what they have to say about volunteering:

Tell us a little bit about yourselves:

We are retired NDSU professors, and this is about our 3rd year delivering meals for the parts of the year we are in town (summers mainly at lake cabin, some winter months in Florida).

How did you become interested in volunteering?

Friend/colleague Jin Li talked about his experience delivering meals and it sounded worthwhile, and doable for us.

What is your favorite part about delivering Meals on Wheels?

We are glad to provide a worthwhile service and feel good about bringing a nice hot meal to people. And it is so interesting to meet the people, we enjoy visiting with many of them and look forward to seeing how they are doing each time. It's also interesting to drive through the neighborhoods, many of which we would not see otherwise.



THANK YOU, KAREN AND STAN, FOR YOUR DEDICATION TO MEALS ON WHEELS!



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

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Bill Clough

wclough@lpicommunities.com

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THE REASONS WHY EVERYONE SHOULD EAT MORE SEAFOOD

BY LANE LIPETZKY SWENSON, RD, LD, CGN



Seafood has been an important nutritional staple for cultures around the world for thousands of years. Today, however, it can be a polarizing food, some people love it while others hate it. Fortunately for the fish lovers, it is an extremely nutritious protein source that both the Department of Health and Human Services as well as the US Department of Agriculture recommended to eat two to three times a week! In this month's article we will discuss the important nutrition found in seafood and how to limit your mercury intake.

Nutritional Value of Seafood

Although nutritional values vary depending on the type of fish you're eating, you can count on seafood to be a great low-calorie source of protein, omega 3 fatty acids, vitamins and minerals. Lean fish are generally only 100 calories per 3 oz serving while fatty fish (containing healthy fats) are around 200 calories per serving. In that same 3 oz serving, seafood has on average 21 grams of high-quality protein to help build and maintain muscle mass. As we age, our protein

needs increase while our calorie needs decrease making seafood a good choice for your healthy diet.

Seafood is also a great source of omega 3 fatty acids and is low in saturated fat. Omega 3 fats are associated with a decrease in inflammation and triglyceride levels. Additionally, according to the National Institute of Health, higher consumption of omega 3 fatty acids is associated with improved learning, memory and cognitive wellbeing. To know if you are eating a fatty fish, look at the color of the flesh. Fatty fish like salmon and herring typically have a darker color flesh while leaner fish like cod and walleye have a lighter color. Both fatty and lean seafood are healthy for you and should be included in your diet.

Different types of seafood will contain varying levels of vitamins and minerals making it hard to give an overall nutritional statement. I would recommend to focus on eating a variety of fish to vary your vitamin and mineral intake. Seafood can be a good source of selenium, potassium, B vitamins, vitamin A, vitamin D, iron, zinc, magnesium and iodine depending on what type of fish you are eating.

You may notice that certain types of seafood, especially shellfish, contain high amounts of cholesterol. Luckily, dietary cholesterol only has a modest effect on overall cholesterol meaning

that it is ok to include foods containing cholesterol like eggs and shellfish as part of your healthy diet. Saturated fat, on the other hand, is what tends to raise cholesterol levels. As mentioned above, seafood is actually low in saturated fat which makes it a great choice for heart health.

What about mercury?



Fish absorb methylmercury from their environment which has led to speculation over how much fish is ok to consume. In general, predatory fish contain higher levels of mercury. This includes shark, bluefin tuna, barramundi and swordfish. High mercury lake fish according to the Minnesota Department of Health include bass, northern and walleye. Fish with lower levels of mercury include shellfish, salmon, crappie, sunfish, tilapia, stream trout, yellow perch, sardines and canned tuna. Our bodies are able to eliminate mercury over time, but it is still important to limit the consumption of high mercury containing fish to no more than once a week. Fish low in mercury, however, should be consumed 2 times a week.

See page 9 for an easy and delicious recipe to help you increase your seafood intake!

(Continued on page 9)

JULY 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 Tator Tot Hotdish California Blend Vegetables Pears Whole Wheat Bread x2	2 Chicken Veronique Smashed Potatoes Diced Beets Fresh Fruit Whole Wheat Bread x2	3 Seasoned Pork Roast Baked Sweet Potato Confetti Coleslaw Fruit Whole Wheat Bread x2	4 CLOSED 	5 Cheesy Egg Bake Steamed Peas Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
8 Ranch Chicken Thigh Baked Potato w/Sour Cream Mixed Vegetables Peaches Whole Wheat Bread x2	9 Cabbage Rolls Parsley Buttered Potatoes Seasoned Broccoli Fresh Fruit Whole Wheat Bread	10 Taco Filling & Cheese Shredded Lettuce Whole Grain Tortilla x2 Black Beans Fresh Fruit	11 Pulled Pork Sandwich Whole Wheat Bun Potato Salad Steamed Corn Warm Spiced Apples	12 Chicken Kiev Scalloped Potatoes Peas & Carrots Orange Jello w/ Oranges Whole Wheat Bread x2
15 Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Tropical Fruit Whole Wheat Bread Tartar Sauce	16 Beef Stroganoff Noodles Crinke Cut Carrots Mixed Vegetables Fresh Fruit Whole Wheat Bread	17 Braised Pork Chop Baked Sweet Potato Tossed Salad Pineapple Tidbits Whole Wheat Bread x2	18 Rosemary Orange Chicken Parmesan Garlic Potatoes Steamed Brussels Spouts Blushing Pears Whole Wheat Bread x2	19 Swedish Meatballs Breadstick Mashed Potatoes Stewed Tomatoes Fresh Fruit Whole Wheat Bread
22 Dijon Chicken Smashed Potatoes California Blend Vegetables Apricots Whole Wheat Bread x2	23 BBQ Beef Patty Whole Wheat Bun Baked Beans Steamed Corn Pears	24 Orange Chicken Dumplings Brown Rice Green Beans Fresh Orange	25 Smothered Pork Chop Baked Potato w/Sour Cream Coleslaw Fresh Fruit Whole Wheat Bread x2	26 Spaghetti w/ Meatsauce Noodles Steamed Cauliflower Carrots Pineapple Tidbits Whole Wheat Bread
29 Baked Chicken Thigh Rosemary Roasted Potatoes Diced Beets Peaches Whole Wheat Bread x2	30 Bronze Pork Loin Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread x2	31 Lemon Pepper Fish/Tartar Sauce Vegetable Rice Pilaf Creamed Peas Steamed Baby Carrots Fresh Fruit Whole Wheat Bread		

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

JULY 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 Tator Tot Hotdish California Blend Vegetables Pears Whole Wheat Bread x2	2 Chicken Veronique Mashed Potatoes Diced Beets Fresh Fruit Whole Wheat Bread x2	3 Pulled Pork Sandwich Whole Wheat Bun Potato Salad Seasoned Broccoli Warm Spiced Apples	4 CLOSED 	5 Cheesy Egg Bake Steamed Peas Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
8 Ranch Chicken Thigh Baked Potato Mixed Vegetables Peaches Whole Wheat Bread x2	9 Cabbage Rolls Parsley Buttered Potatoes Winter Blend Vegetables Peaches Whole Wheat Bread x2	10 Taco Filling & Cheese Whole Grain Tortilla Black Beans Steamed Corn Fresh Fruit	11 Seasoned Pork Roast W/ Gravy Baked Sweet Potatoes Coleslaw Berries Whole Wheat Bread Angel Food Cake	12 Chicken Kiev Scalloped Potatoes Peas & Carrots Mandarin Oranges Whole Wheat Bread x2
15 BBQ Chicken Parmesan Garlic Potatoes Steamed Brussels Spouts Tropical Fruit	16 Beef Stroganoff Noodles Crinkle Cut Carrots Mixed Vegetables Fresh Fruit	17 Braised Pork Chop Baked Sweet Potato Tossed Salad Pineapple Tidbits Whole Wheat Bread x2	18 Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Blushing Pears Whole Wheat Bread	19 Swedish Meatballs Mashed Potatoes Stewed Tomatoes Fresh Fruit Whole Wheat Bread
22 Beef Stew Winter Blend Vegetables Apricots Whole Wheat Biscuit	23 Tuna Pasta Hotdish Steamed Brussels Spouts Green Beans Fresh Fruit Whole Wheat Bread	24 Salsa Chicken Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread x2	25 Pork Potstickers Brown Rice Crinkle Cut Carrots Steamed Broccoli Tropical Fruit Whole Wheat Bread	26 Hamburger Whole Wheat Bread Baked Beans Tossed Salad Peaches
29 Homestyle Chicken Rosemary Roasted Potatoes Diced Beets Peaches Whole Wheat Bread x2	30 Lemon Pepper Fish Vegetable Rice Pilaf Creamed Peas Steamed Baby Carrots Fresh Fruit Whole Wheat Bread	31 Bronze Pork Loin Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread x2		

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

**To reserve a congregate or take out meal, call before noon at least one day in advance..... 356-2047
 Meals on Wheels293-1440**

EAT MORE SEAFOOD

(Continued from page 6)

DIJON BAKED SALMON

Prep time 5 minutes
Cook time 20 minutes

Ingredients

- 1 pound salmon fillet or 3-4 smaller salmon fillets
- ¼ cup fresh parsley finely chopped
- ¼ cup Dijon mustard
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 2 garlic cloves finely chopped
- salt and pepper to taste

Instructions

1. Preheat your oven to 375 degrees Fahrenheit. Mix the mustard, parsley, lemon juice, oil, garlic, salt, and pepper in a small bowl.
2. Place the salmon on a parchment lined baking tray and generously coat the top of the salmon with the herbed mustard mix.
3. Cooking times will vary based on the thickness of your salmon. Bake the salmon for 8-12 minutes for smaller fillets (an inch or less in thickness) or 15 to 20 minutes for a large thick fillet. Make sure it reaches a minimum internal temperature of 145 F.



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FREE NUTRITION COUNSELING - JULY SCHEDULE

Better nutrition can help improve your overall health. North Dakota Health and Human Services, Adult and Aging Services has teamed up with registered dietitians at Dietary Solutions to provide you with one-on-one nutrition counseling at no cost to you!

Getting started is as easy as:

1. Agree to have your contact information shared with Dietary Solutions
2. Answer a call from Dietary Solutions to schedule your first meeting
3. Set up a phone call or Zoom meeting on a date and time that works for you

Don't miss this chance for free nutrition information just for you! Call 1-888-960-2180 or email counseling@dietarysolutions.net

Dietary Solutions is also providing free upcoming webinars:

Nutritional Management of Renal Disease

July 11 at 10:30am CST

<https://bit.ly/NDRenal>

Webinar ID: 95738797467

Passcode: 625978

Webinars will be recorded and available at <https://bit.ly/NDR recordings>

Join the conversation about enhancing your well-being through balanced nutrition and

health lifestyle choices. The Simply Nutritious Conversations and Simply Nutritious Diabetic Conversations programs are a friendly way to learn from registered dietitians and connect with other seniors.

Join our Simply Nutritious Conversations:

Nutrition and Bone Health

July 23 at 2:00pm CST

Dial: 1 (646) 931-3860

Call ID: 963 0276 6097

Join our Simply Nutritious Diabetic Conversations:

Impact of Fiber on Blood Glucose Levels

July 25 at 2:00pm CST

Dial: 1 (646) 931-3860

Call ID: 990 0687 8905



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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.

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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, September 16 at 10:00 am in Embden.

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



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

July 24

Call Jill at 218-242-1379 for an appointment

North route runs July 2, 9, 16, 23 & 30. South route runs July 3, 10, 17, 24 & 31. 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 July 8 & 18. Please call 1-800-845-1715 for pick-up information and to reserve a ride.

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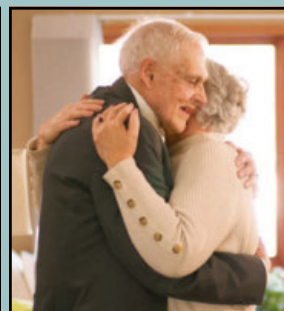
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THANK YOU TO OUR CONTRIBUTORS!

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](#)

Donald & Judith Nelson in memory of
Ronald Gadberry

\$100.00 and Above

The Patricia Skognes Fund/
FM Area Foundation - \$1,800

Allan & Jennifer Erickson - \$500

THANK YOU
for your generosity

A SPECIAL THANK YOU TO NORTH DAKOTA COMMUNITY FOUNDATION



We are incredibly grateful to the North Dakota Community Foundation for selecting Valley Senior Services as a recipient of the Freeman Foundation Grant, which supports agencies dedicated to combatting food insecurity and hunger. We are thrilled to receive a generous \$5,000 grant!

A special thank you to Amy with NDCF, who visited our offices to award us with this amazing gift. This support will go a long way in strengthening our Meals on Wheels and Nutrition Program, helping us continue to provide hot, nutritious meals to those in need.

Thank you, NDCF, for your unwavering commitment to our community!



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VALLEY SENIOR SERVICES IS HERE FOR YOU

Since 1971, we have been providing services and support to those 60+ in our community. Every day we strive to promote better health and help you keep your independence longer. Learn about some of the services we provide below.

RESOURCE SERVICES

Our Resource Specialists are your first step in finding services you need now and in the future. They are here to give you valuable information and provide you with support as you make decisions based on your goals, preferences and values.

Valley Senior Services Resource Specialists help in the following ways:

- Help clients identify current and future needs
- Explore various options of support
- Provide information regarding community resources
- Encourage and assist in long-term support and services
- Work with community partners and coordinate service referrals

**All client information and identity are confidential*

MEAL SERVICES

Our meal programs are great options if you are looking for tasty, well-balanced, and affordable meals. Valley Senior Services nutrition programs follow standards set by the Title III Older Americans Act.

Community Dining Program

Join us Monday-Friday at a local meal site for a variety of delicious meals served each day. All meals are planned by a licensed dietician.

**This is a congregate dining program and reservations must be made 1 day in advance*

Meals on Wheels

Proudly, Valley Senior Services is a part of the Meals on Wheels Program. Through the work of volunteers, we provide one hot, nutritious meal per day to those who are 60+ and homebound. Meals are delivered Monday-Friday in the counties we serve.

**To participate in the Meals on Wheels Program, you must meet eligibility standards.*

Nutrition Program

Meals are offered on a contributory basis to help offset the cost of meal preparation. SNAP (food stamps) benefits can also be used.

TRANSPORTATION SERVICES

We offer transportation for people of all ages in our region. Ride services can be requested for medical, dental and eye appointments, plus shopping and other personal needs. All rides are made on a first-call, first-serve basis.

(Continued on page 15)

VALLEY SENIOR SERVICES IS HERE FOR YOU

(Continued from page 14)

Metro Senior Ride Service

Our 60+ ride services are for those residing in the Fargo-Moorhead, West Fargo and Dilworth area. Ride reservations must be made at least 3 days in advance. To reserve a ride, call (701)356-RIDE (7433).

Public Transportation

Public Transit is available for people of all ages residing in the counties we serve and rural Grand Forks County. Select vehicles are equipped with wheelchair lifts to accommodate accessibility needs. These vehicles are only available in the rural counties. To reserve a ride, please call your local Valley Senior Services office.

For more information regarding any of our services or programs, please visit us online at ValleySeniorServices.org. Or, feel free to contact us by phone at 701-293-1440 or toll-free 1-877-827-1916. For daily program updates, the latest news and fun upcoming events, be sure to follow us on Facebook @ValleySeniorServices.

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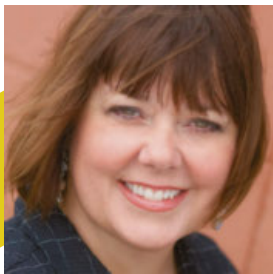


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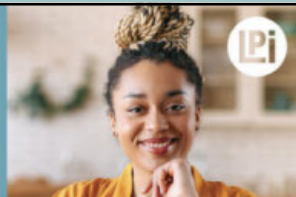
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