

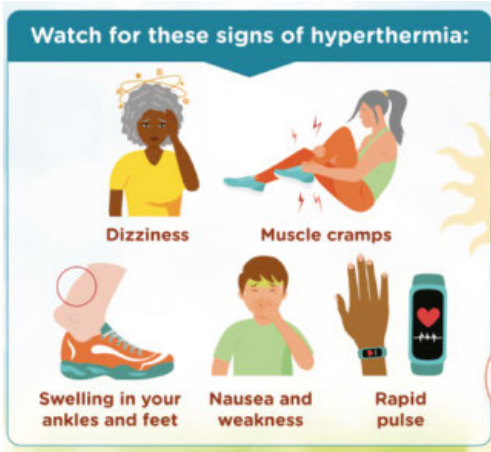
AUGUST 2024 | VOLUME 42 NO. 8



STAYING SAFE IN HOT WEATHER

Older adults may be more likely to have heat-related health problems. Being hot for too long can cause hyperthermia - a heat-related illness. Learn more about the signs of hyperthermia and how to prevent hot-weather illness.


Watch for these signs of hyperthermia:



Dizziness Muscle cramps

Swelling in your ankles and feet Nausea and weakness Rapid pulse

Tips to prevent hot-weather illness:



Drink liquids Limit caffeine and alcohol

Wear light-colored, loose fitting clothes If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety

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

WHAT'S INSIDE

- Center Highlights.....2
- Foot Care Clinics.....3
- Memory Cafe4
- Medicare Part D4
- Root Beer Floats4
- Volunteer Spotlight5
- Nutrition6
- Fargo Menu7
- West Fargo Menu8
- Free Nutrition Counseling.....10
- Rural Cass News11
- Word Search12
- Donations13
- Scam of the Month14
- Express Van Service.....15

Valley Senior Services will be closed Monday, September 2 in observance of Labor Day.

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

STAFF LISTING

BOARD MEMBERS

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

DIRECTOR

Paul Grindeland

TRANSPORTATION MANAGER

Cindy G.

PROGRAM MANAGER

Kassie Emanuel

PROGRAM MANAGER

Shelley Tollefson

METRO SENIOR RIDE

SUPERVISOR

Cindy G.

DISPATCHERS

Mary Jo F.
 Charlotte A.
 Anita 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.

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

Aug 2 - 12:30 Birthday cupcakes
 Aug 6 - 12:30 "Happy Hour" root beer floats
 Aug 8 - 12:30-4:30 AARP Driving Course (call 298-3976 to register)
 Aug 14 - 10:00-1:00 Foot care
 Aug 20 - 9:00 Exercise; 10:00-1:00 Foot care
 Aug 21 - 9:00 Chair yoga; 10:00-1:00 Foot care
 Aug 22 - 10:00-1:00 Foot Care
Every Monday - 12:30 Pinochle, cards
Every Tuesday - 9:30 Free exercise; 12:30 Pinochle, cards
Every Wednesday - 12:30 Cards & Mahjong
Every Thursday - 9:30 Free exercise; 1:00 Bingo & Mahjong
Every Friday - 12:30 Cards

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

TROLLWOOD VILLAGE 3105 BROADWAY, FARGO 298-3975

Aug 7 - 10:00-1:00 Foot care; 1:00 Birthday cupcakes
 Aug 8 - 10:00-1:00 Foot care
 Aug 13 - 11:00 Fargo Public Library
 Aug 19 - 12:30 Church Service in Rosewood Room
 Aug 27 - 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

Aug 1 - 9:00 Senior breakfast
 Aug 5 - 12:15 Crafts
 Aug 6 - 12:15 Chicken foot
 Aug 13 - 12:00 Birthdays; 12:15 Prize bingo
 Aug 15 - 10:00-1:00 Foot care; 1:30 Book club @ WF Library
 Aug 21 - 1:00 Book club @ WF Library;
 Aug 27 - 12:15 Money bingo
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

Aug 6—2:00-2:30 Root beer floats
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 September 2nd

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, August 7
Thursday, August 8
Wednesday, September 4
Thursday, September 5
10:00 am - 1:00 pm

WEST FARGO HIGH RISE
230 8TH AVE W, WEST FARGO
Thursday, August 15
Thursday, September 12
10:00 am - 1:00 pm

ED CLAPP PARK CENTER
2801 32ND AVE S, FARGO
Wednesday, August 14
Tuesday, August 20
Wednesday, August 21
Thursday, August 22
Wednesday, September 11
Tuesday, September 17
Wednesday, September 18
Thursday, September 19

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

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

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

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

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

Visit 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

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

To advertise here visit lpicommunities.com/adcreator



AUGUST SCHEDULE OF EVENTS:

August 7

Financial Planning for Seniors with guests Tom Stadum, Fjell Capital; Steve Nelson, Prairiewood Wealth Management; and Lexi Oestreich, FM Area Foundation

Hope Lutheran Church - South Campus

August 14

Storytelling with Wood Carved Norwegian Characters, Storyteller, Jerry Ness.

Hjemkomst Center

August 21

Friends and Family Day with Harvest Hope Farm Animals.

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

August 28

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

Call 701-404-6712 for details

1122 1st Ave N, Fargo

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

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



MARK YOUR CALENDARS! MEDICARE PART D OPEN ENROLLMENT IS QUICKLY APPROACHING

Medicare Part D (Prescription Drug Plan) Open Enrollment period is from October 15 through December 7 each year. Coverage begins on January 1. Valley Senior Services will once again provide assistance with Part D open enrollment. Look for more information in the September newsletter!

NATIONAL ROOT BEER FLOAT DAY IS AUGUST 6!

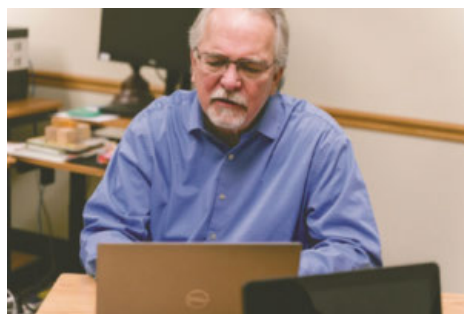
**JOIN US FOR \$1 ROOT BEER FLOATS
ON TUESDAY, AUGUST 6**

Broadway Station, 1461 Broadway, Fargo
from 2:00-2:30pm
OR

Ed Clapp, 2801 32nd Ave S, Fargo
at 12:30 pm



RECEIVE THE SILVER QUILL BY EMAIL!



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

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

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

Tell us a little bit about yourself:

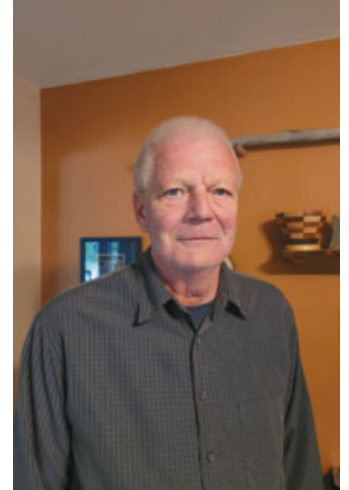
I have several hobbies including stained glass, woodworking, and pottery. I also like bike riding and camping with some canoeing.

How did you become interested in volunteering?

Being retired, I had plenty of free time. I needed something to fill that time, and I wanted to help other people, which in turn, helps me.

What is your favorite part about delivering Meals on Wheels?

Meeting new people - I've made new friends. And spending time visiting with my people.



THANK YOU, DAVID, FOR YOUR DEDICATION TO MEALS ON WHEELS!

Rehabilitation Suites

- Years of rehab and therapy experience
- Physical, Occupational, Speech Therapy
- Personal care, Family-oriented
- On-site managers
- Wellness care

Bethany on University
201 University Drive South | Fargo, ND | 701.239.3000

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

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635

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

HOW TO MANAGE BLOOD PRESSURE WITH THE DASH DIET

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Did you know almost half of the adults in the US have high blood pressure? It is often referred to as the “silent killer” because people rarely experience any signs or symptoms yet it has a great impact on your health. According to the American Heart Association having high blood pressure increases your risk of heart attack, stroke, and chronic kidney disease. If you are someone who has been diagnosed with hypertension or prehypertension, following the DASH diet is a great first line of defense.

What is the DASH Diet?

The DASH diet stands for Dietary Approaches to Stop Hypertension. It can be used both to help treat high blood pressure or to prevent it. Because the diet encourages foods like fruits, vegetables, low fat dairy and whole grains it is rich in nutrients like potassium, calcium, magnesium and fiber which are helpful for lowering blood pressure. It is also beneficial for your overall heart health by promoting a decreased intake of sodium, added sugars and saturated fats. The DASH diet is not a strict diet full of foods you can and cannot eat, but rather a set of guidelines to help you build a healthy and balanced diet that works for you. The bullet points below show the recommended servings siz-

DASH Eating Plan

The Benefits: Lowers blood pressure & LDL “bad” cholesterol.

✔ Eat This	⚠ Limit This
 Vegetables	 Fatty meats
 Fruits	 Full-fat dairy
 Whole grains	 Sugar sweetened beverages
 Fat-free or low-fat dairy	 Sweets
 Fish	 Sodium intake
 Poultry	
 Beans	
 Nuts & seeds	
 Vegetable oils	

www.nhlbi.nih.gov/DASH





es from different food groups as well as a sample daily meal plan to help you start planning your personal DASH diet.

Recommended Servings from Each Food Group

- Grains: 6-8 servings of grains daily, preferably whole grains. One serving may be 1/2 cup of cooked cereal, rice or pasta, 1 slice of bread or 1-ounce dry cereal.
- Vegetables: 4-5 servings of vegetables a day. One cup of raw leafy green vegetables, 1/2 cup cut-up raw or cooked vegetables, or 1/2 cup vegetable juice equals one serving.
- Fruit: 4-5 servings of fruit a day. One serving is one medium fruit, 1/2 cup fresh, frozen or canned fruit, or 1/2 cup fruit juice.
- Dairy: 2-3 servings of fat-free or low-fat dairy products daily. One serving is 1 cup milk or yogurt, or 1 1/2 ounces of cheese.
- Lean Meat: Six 1-ounce servings a day of lean meats, poultry, eggs or fish.
- Legumes and nuts: 4-5 servings of nuts, seeds, or dry beans and peas a week. One serving is 1/3 cup nuts, 2 tablespoons peanut butter, 2 tablespoons of seeds, or 1/2 cup of cooked dried beans or peas.
- Oils: 2-3 servings of fats and oils daily. One serving is 1 teaspoon of a healthy oil like olive oil or avocado oil, 1 tablespoon mayonnaise or 2 tablespoons of salad dressing.
- Added Sugar: 5 or fewer servings a week of sweets or added sugars. One serving is 1 tablespoon sugar, jelly or jam, 1/2 cup sorbet or 1 cup lemonade.
- Sodium: Less than 2,300 mg of sodium daily. One tsp of salt contains 2,300 mg of sodium.

SAMPLE MEAL PLAN

Breakfast


Avocado toast with:

- 1 medium avocado, mashed
- 1/4 cup sundried tomatoes or 1/2 cup halved cherry tomatoes

(Continued on page 9)

AUGUST 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 Chicken & Noodles Tossed Salad Mixed Vegetables Rosy Applesauce Whole Wheat Bread	2 Meatloaf Baked Potato Stewed Tomatoes Lime Jell-O w/ Pears Whole Wheat Bread x2
5 Potato Chip Fish Baked Sweet Potato Green Beans Almondine Mandarin Oranges Whole Wheat Bun	6 Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread	7 Tarragon Roasted Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread x2	8 Sweet & Sour Pork Brown Rice Tossed Salad Mixed Vegetables Cinnamon Applesauce Whole Wheat Bread	9 Country Meatballs Mashed Potatoes & Gravy Steamed Broccoli Tropical Fruit Whole Wheat Bread x2
12 Chicken Wild Rice Hotdish Steamed Corn California Blend Vegetables Pineapple Tidbits Whole Wheat Bread	13 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread x2	14 Citrus Glazed Fish Au Gratin Potatoes Seasoned Peas Pears Whole Wheat Bread x2	15 Sloppy Joe Potato Salad Parslied Carrots Warm Cinnamon Apples Whole Wheat Bun	16 Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
19 Beef Stew Winter Blend Vegetables Apricots Whole Wheat Biscuit	20 Tuna Pasta Hotdish Peas & Carrots Green Beans Fresh Fruit Whole Wheat Bread	21 Orange Marmalade Chicken Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread x2	22 Hamburger Whole Wheat Bun Baked Beans Tossed Salad Peaches	23 Mr. Rib Patty Whole Wheat Hoagie Bun Maple Dijon Brussel Sprouts Baked Potato Fruit Pudding
26 Tator Tot Hotdish California Blend Vegetables Pears Whole Wheat Bread x2	27 Chicken Veronique Smashed Potatoes Diced Beets Fresh Fruit Whole Wheat Bread x2	28 Seasoned Pork Roast w/ Gravy Baked Sweet Potato Confetti Coleslaw Cinnamon Applesauce Whole Wheat Bread x2	29 Chicken Ala King w/ Whole Wheat Pasta Steamed Baby Carrots Seasoned Green Beans Fresh Fruit Whole Grain Breadstick	30 Cheesy Egg Bake Steamed Peas Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2

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

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

AUGUST 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 Roasted Pork Loin Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread	2 Chicken & Noodles Tossed Salad Mixed Vegetables Rosy Applesauce Whole Wheat Bread
5 Potato Chip Fish Baked Sweet Potato Green Beans Almondine Mandarin Oranges Whole Wheat Bun	6 Country Meatballs Mashed Potatoes & Gravy Steamed Broccoli Tropical Fruit Whole Wheat Bread x2	7 Tarragon Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread x2	8 Sweet & Sour Pork Brown Rice Tossed Salad Mixed Vegetables Cinnamon Applesauce Whole Wheat Bread	9 Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread
12 Chicken Wild Rice Hotdish Steamed Corn California Blend Vegetables Pineapple Tidbits Whole Wheat Bread	13 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread x2	14 Citrus Glazed Fish Au Gratin Potatoes Seasoned Peas Pears Whole Wheat Bread x2	15 Sloppy Joe Potato Salad Parslied Carrots Warm Cinnamon Apples Whole Wheat Bread	16 Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
19 Beef Stew Winter Blend Vegetables Apricots Whole Wheat Biscuit	20 Tuna Pasta Hotdish Peas & Carrots Green Beans Fresh Fruit Whole Wheat Pasta	21 Orange Marmalade Chicken Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread x2	22 Hamburger Whole Wheat Bun Baked Beans Tossed Salad Peaches	23 BBQ Chicken Baked Potato Maple Dijon Brussel Sprouts Fruit Pudding Whole Wheat Bread x2
26 Tator Tot Hotdish California Blend Vegetables Pears Whole Wheat Bread x2	27 Chicken Ala King Steamed Baby Carrots Seasoned Green Beans Fresh Fruit Whole Wheat Biscuit	28 Chicken Veronique Mashed Potatoes Diced Beets Fresh Fruit Whole Wheat Bread x2	29 Seasoned Pork Roast w/ Gravy Baked Sweet Potatoes Coleslaw Cinnamon Applesauce Whole Wheat Bread x2	30 Cheesy Egg Bake Steamed Peas Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2

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

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

DASH DIET

(Continued from page 6)

- 1 poached egg
 - 1 slice whole-wheat toast
- 1 medium orange
Coffee, tea or water

Lunch

Tuna salad:

- 3 ounces canned tuna drained
 - 1/4 cup diced red onion
 - 1/4 cup diced celery
 - 1 tablespoon mayonnaise
 - 1 tsp Dijon mustard (optional)
 - Pepper to taste
 - 8 whole grain crackers or make a sandwich with whole wheat bread, leaf lettuce and sliced tomato
- 1 whole fruit like an apple, peach, plum or banana
1 cup skim milk

Supper

Chicken, vegetable stir-fry with:

- 1/2 teaspoon sesame oil
- 2 oz. shredded chicken
- 1/2 cup sliced onion, sliced
- 1/2 cup chopped red bell pepper
- 1/2 cup sliced button mushrooms
- 1/2 cup broccoli florets
- 1/2 cup sliced carrots
- 1/2 teaspoon chopped fresh ginger
- 1/2 teaspoon chopped fresh garlic
- 1/2 tablespoon rice wine
- 1/2 teaspoon reduced-sodium soy sauce
- 1/2 tablespoon chopped cashews
- 1 cup brown rice.

Water

Snacks

- 1 cup berries
- 1/4 cup almonds
- Low-fat yogurt

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

FREE NUTRITION COUNSELING - AUGUST 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:

Managing IBS Symptoms with Nutrition

August 15 at 10:30am CST

<https://bit.ly/NDIBS>

Webinar ID: 915 2206 1214

Passcode: 004977

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

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:

The Importance of Vitamin B

August 20 at 2:00pm CST

Dial: 1 (646) 931-3860

Call ID: 998 8490 2384

Join our Simply Nutritious Diabetic Conversations:

Hydration and Diabetes Management

August 22 at 2:00pm CST

Dial: 1 (646) 931-3860

Call ID: 934 3418 1706



*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



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

North route runs August 6, 13, 20 & 27. South route runs August 7, 14, 21 & 27. 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 August 12 & 23. Please call 1-800-845-1715 for pick-up information and to reserve a ride.

ADVERTISE HERE
to reach your community



Call 800-950-9952

Fieldstone Village
Senior Apartments

701-235-4138
Affordable Senior Living
Features Include: Elevator, Guest Suite,
Community Room, Fitness Center,
On-Site Management.

1 Bdrms \$550 | 2 Bdrms \$650
4574 44th Ave S, Fargo ND 58104




House Calls
Care that Comes to You

**Primary and Palliative Care
in Your Home.**

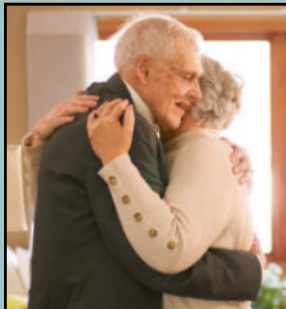
CareThatComesToYou.org
f t i in **800.929.8891**

SUPPORT OUR ADVERTISERS!



**ARE YOU REACHING
THE MEMBERS IN YOUR
COMMUNITY?**

To advertise here
visit lpicommunities.com/adcreator




HOSPICE
RED RIVER VALLEY

Making each moment matter,
For You, For Them, For Us.

www.hrrv.org | 800.237.4629
f t i in **questions@hrrv.org**

National Parks

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

Word List:

ACADIA
CANYONLANDS
GLACIER
REDWOOD
VOYAGEURS
ROCKY
CASCADES
MAMMOTH
DUNES

ARCHES
CONGAREE
KATMAI
SAGUARO
YELLOWSTONE
MOUNTAIN
RAINIER
CAVE
SMOKY

BADLANDS
DENALI
OLYMPIC
SEQUOIA
YOSEMITE
PETRIFIED
MESA
GRAND
TETON

BISCAYNE
EVERGLADES
PINNACLES
SHENANDOAH
ZION
FOREST
VERDE
CANYON

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

In memory of DuWayne Ellison:

- Bollinger, Gail
- Denault, Wayne & Carol
- Ethen, Nancy
- Jacobson, Melissa
- Morken, Mary
- Rice, Mindy



\$100.00 and Above

Jonathan & Loree Zuther in memory of
DuWayne Ellison—\$100

	<p>FOR ALL YOUR ESTATE PLANNING NEEDS</p> <p>701-364-9595</p>	<p><i>Change is Good! Inc.</i> Helping you sort, organize and move</p> <p>Call Joan Today, CRTS, SMMC</p>
<p>Susan E. Johnson-Drenth, CELA * *Only Certified Elder Law Attorney in ND by the National Elder Law Foundation</p> <ul style="list-style-type: none"> ◆ Estate Planning ◆ Wills/Trust ◆ Medicaid Planning ◆ Guardianships ◆ Probate ◆ Real Estate - Mineral Rights <p>~ Attorney with 27 Years of Experience ~</p> <p>902 28th St S, Ste 2 ♦ Fargo, ND 58103</p> <p>www.jdlegalplanning.com</p>	<p>218-329-7442</p> <p>HELPING SENIORS Move & Downsize without the chaos!</p> <p>www.changeisgood.us.com <small>Serving Fargo, ND, Moorhead, MN and the surrounding area!</small></p>	 <p>FREE AD DESIGN with purchase of this space</p> <p>CALL 800-950-9952</p>



Preventing Medicare Fraud

NDSMP Fraud of the Month

PROTECT YOURSELF FROM QR CODE FRAUD



Quick Response codes, better known as QR codes, are scannable barcodes that will direct you to websites. QR codes can be very useful, but sometimes scammers use them to trick people into visiting fake websites or run harmful software that can steal their personal information.

Some examples:

- Send QR codes by email or text message pretending to be from delivery companies.
- Request that you confirm your information due to suspicious activity using fake QR codes.
- Place harmful codes on social media advertisements.

Here are some tips to avoid related scams:

- Verify the source: Before scanning a QR code, make sure it comes from a trusted and reliable source. Legitimate QR codes from SSA will always send you to a safe and secure webpage.
- Inspect the code. Scammers may try to imitate a QR code. Study the QR code closely. Look for any signs of altering or misspellings. Avoid scanning a QR code if something looks suspicious.
- Be aware of codes from unknown sources. Social Security Administration and Medicare will never send a QR code by text or email asking you to confirm your information.
- Be aware of urgent requests using QR Codes: Fraudsters often pretend to be government officials and use fake QR codes to defraud people. For example, a scammer may pose as a Social Security employee claiming that there is a problem with your account.

Stay Informed: Stay up to date on the latest QR code fraud and scams. Follow trusted sources such as news outlets and official government websites for updates. QR codes are an easy and convenient way to get information, but it's important to be aware when using them.

Reporting Medicare fraud: If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP@ndsmp@minotstateu.edu or call 1-833-818-0029. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: Social Security Matters (22 Feb 24). *Fraud, Scams, Privacy & Identity*. Protecting yourself from QR code fraud.

Express Van Service

Cass County Public Transit

To better serve Casselton, Mapleton, Horace, Harwood and other local county towns, an Express Van Service has been added to Cass County Public Transit System two days a week. This service will provide rides into Fargo for any need with a more immediate return ride home as scheduled. Be sure to schedule your ride for medical appointments, shopping, nursing home visits and more. *This Express Van is wheelchair accessible.*

Express Van Service available:
Mondays and Thursdays • 8:00am-4:00 pm
and other days as possible.

This service is in addition to the Cass County Public Transit Bus which operates on Tuesdays, Wednesdays and every other Friday.

CALL SEVERAL DAYS IN ADVANCE:
701.356.7433
FARE: \$3.00/WAY

OPERATED BY:



visit us online for more services for seniors:
www.valleyseniorservices.org

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com

THRIVE
LOCALLY

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



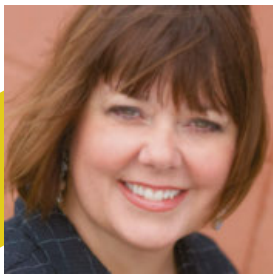


VALLEY SENIOR SERVICES

P.O. Box 2217
Fargo, ND 58108

NONPROF STD
U.S. Postage
PAID
PERMIT NO. 1123
Fargo ND 58102

ADVANTAGE INC.,
REALTORS®



Maren Day Woods
Guidance with Grace

Helping seniors buy, sell,
stage, lease, pack and move.

701-412-1952



**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide



SafeStreets

833-287-3502

**Your Added
Member Benefit**

 | **Passport**



Support Prairie
Public and
get extended
access to your
favorite shows
& films with
the PBS app.



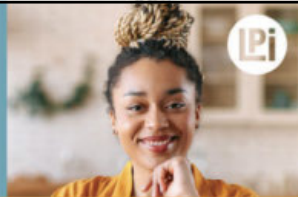
Become a member today:
prairiepublic.org/passport

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



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

Valley Senior Services, Fargo, ND

H 4C 02-1024