



Valley Senior Services
helping seniors maintain independence

Silver Quill

Valley Senior Services of Trail & Steele Counties

JANUARY 2025 | VOLUME 35 NO. 1

save the date



Giving Hearts Day is just about here!

A Day of Generosity,
A Lifetime of Support for Seniors



Giving Hearts Day

Scan to donate starting January 13



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



valleyseniorservices.org



701-788-3453
800-845-1715 (toll-free)

Information and referrals always available by contacting Trail & Steele Program Assistant, Hannah, at the numbers above!

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2024 Fund Drive

A big thank you to the individuals listed below who have generously donated to the 2024 Fund Drive.

- James/Ina Robertson
- Ostervold Welca
- Bruce/Anona Lundstrom
- Barb/Mike Kress
- Elaine Aune
- Ella Mae Satrom
- Eileen Holt
- Janice Carr



Valley Senior Services will be closed Wednesday, Jan 1 and Monday, Jan 20. No Meals on Wheels, senior center meals/activities or transportation.

Valley Senior Services Trail & Steele Counties

www.valleyseniorservices.org

County Program Supervisor:

Mia—Hillsboro
701-636-5953
800-845-1715

Program Assistant:

Hannah
701-788-3453

Hillsboro site:

205 N Main
PO Box 506
Hillsboro, ND 58045

Mayville site:

39 1st Ave NE
Mayville, ND 58257

Portland site:

710 Parke Ave
Portland ND, 58274

Finley site:

301 Central Ave
Finley ND, 58230

Buxton site:

315 Broadway
Buxton, ND 58218

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:

Director:

Paul Grindeland
Valley Senior Services
P.O. Box 2217
Fargo ND 58108
701-293-1440 or 877-827-1916

DINING LOCATIONS FOR SENIOR MEALS

(Take-Out meals available)

Hillsboro Senior Center – Dine-in at 12:00 pm on Monday thru Friday or take-out drive thru on the South side of the senior center. See menu on p. 5.

Mayville Senior Center – Dine-in at 11:30 am on Monday, Wednesday and Friday or take-out drive thru on West side of the senior center. See menu on p. 6.

Portland Senior Center – Dine-in at 11:30 am on Tuesday and Thursday or take-out pick up at front door. See menu on p. 6.

Buxton Senior Center – Dine-in at 11:15 am on Monday, Wednesday and Friday or take-out at front door. See menu on p. 7.

Finley Senior Center – Dine-in at 12:00 pm on Monday, Wednesday and Friday or pick up take-out meals in the senior center. See menu on p. 7.

Hillsboro, Buxton, Finley call:
701-636-5953 or 800-845-1715

Mayville/Portland call:
701-788-3453 (Mayville)
701-788-3410 (Portland)

Please call one day in advance by 2:00 pm to reserve your meal. To reserve a meal for Mondays, please call by 2:00 on Friday.

Trail & Steele County Foot Care

Just For You Footcare will be providing footcare at:

Hope
Jan 8

Mayville
Jan 16 & 23

Hatton
Jan 28

Call Jill at 218-242-1379 for appointment.

Debra Lessard will be providing footcare at:

Hillsboro
Jan 3, 13 & 22

Buxton
Jan 9

Kiwanis
Jan 28

Call 701-430-2074 for an appointment

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 701-293-1440 or toll free 1-877-827-1916
or e-mail us at: info@valleyseniors.org



Local Food Pantries Trail County

Hatton

Hatton Helping Hand
1009 Dakota Ave, Hatton ND
(Goose River Bank front door)
2nd and 4th Wednesdays
4:00 – 6:00 pm
Contact:
Donalee Strand
701-371-1036 or
Faye Duncan
701-430-9869

Hillsboro

Hillsboro Kiwanis
Food Pantry
Hillsboro Armory
408 1st St. SE, Hillsboro ND
1st & 3rd Mondays
4:00-6:00 pm
Contact:
Rich Gehrke 701-436-5777

Portland

May-Port Food Pantry
713 Helen Ave, Portland
3rd Thursday—
9:00-10:00 am (for Seniors)
3:00-5:00 pm (public)
Contact:
Marilyn Koppang
218-230-3862

Steele County

Finley

Steele County Food Pantry
201 Washington Ave W,
(Courthouse) Finley, ND
Call or text:
Darci McCullough
701-789-1517 or Pam Montag
701-388-9622

CENTER HIGHLIGHTS

Hillsboro Senior Center

205 N Main Street
701-636-5953

Meals: Mon-Fri at 12:00 pm

Jan 3, 13 & 22 - Foot care at Senior Center*
Jan 23- 1:30 Monthly business meeting
(bingo to follow)

Every day - 8:00 Coffee

Every Tuesday - 9:00 Bone Builders; 1:00
Senior Fun Afternoon (games, cards, etc)

Every Thursday— 9:00 Bone Builders;
1:30 Bingo

*To rent the center, call Lavonne Kozojed at
701-430-1229 or Marilyn Longthorne at
636-2092.*

Mayville Senior Center

39 1st Avenue NE
701-788-3453

Meals: Mon, Wed, Fri at 11:30 am

Jan 6 - 1:30 monthly business
Jan 16 & 23 - Foot care at Senior Center*

Every Tuesday - 1:30 Bingo

Every Friday - 1:30 Cards

*To rent the center, call Elva Carlson
at 701-788-2536.*

Finley Senior Center

301 Central Avenue
701-524-1818

Meals: Mon, Wed, Fri at 12:00 pm

Jan 14 - 2:00 Monthly business meeting

Jan 28 - 2:00 Social

Every Tuesday - 2:00 Cards

Hope Senior Center

211 Steele Ave

Jan 7 - 1:30 Monthly business meeting

Jan 8 - Foot care at senior center*

Jan 21 - 1:30 Social

Every Thursday— 1:30 Cards

*To rent the center, call Edith Johnson
at 701-840-1904.*

Buxton Town & Country Senior Center

315 Broadway

Meals: Mon, Wed, Fri at 11:30 am

Jan 9 - Foot care at senior center*

Jan 20 - 2:00-4:00 Pie Day

Jan 27 - 12:30 Monthly business meeting
with bingo to follow

Every Mon, Wed & Fri - 10:00 Bone
Builders

*To rent the center, call Arlan Vonesh at
847-2102, Rose Finstrom at 847-3052 or
Wanda Knutsvig at 701-740-5751.*

Portland Golden Age Club

710 Parke Avenue
701-788-3410

Meals: Tues & Thurs at 11:30 am

Jan 13 - 12:00 noon potluck meal;
12:45 monthly business meeting

Every Monday - 8:00-9:30 Coffee

Every Wednesday - 8:00-9:30 Coffee;
9:30 Bone Builders; 1:00 Cards

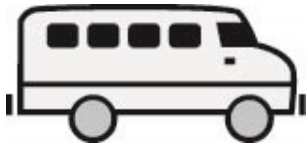
Every Friday - 8:00-9:30 Coffee;
9:30 Bone Builders

*To rent the center, call Marie Hamm at
608-697-2106.*



There will be no carry out, congregate, or home delivered meals on the days that schools in the area are closed due to storm conditions. Weather related announcements can be heard by listening to KFGO 790 and KMAV 1550 radio and WDAY TV and KVLV TV.

*See foot care schedule on page 2



Steele County Transit

JANUARY 2025

Call 1 800-845-1715 or 636-5953 from 8:30AM - 3:30 PM to schedule a ride.

Van Schedules: Two vans are available for individual appointments with one being accessible for mobility aids. These vans are available Monday thru Friday within Traill and Steele counties as well as to Fargo and Grand Forks.

To schedule a ride, call 1-800-845-1715 (Hillsboro 636-5953) - 8:30am-3:30pm.

You must call the number listed for a ride

Monday

Tuesday

Wednesday

Thursday

Friday

Pickup Locations:		1	2	3
Aneta - Cafe Buxton - Post Office Cooperstown - City Hall Hatton - Miller's Food Hillsboro - Senior Ctr Northwood - Senior Ctr Page - Café Mayville -Senior Ctr Galesburg-Post Office Portland – The Hub Reynolds - Cafe Finley - Cenex Sharon - Bank Hope - Cenex		Closed - No transportation		<u>FARGO</u>
6 <u>FARGO</u>	7 <u>GRAND FORKS</u> GF County	8 <u>FARGO</u>	9 <u>GRAND FORKS</u> GF County	10
13 <u>FARGO</u>	14	15	16	17 <u>FARGO</u>
20 Closed - No transportation	21 <u>GRAND FORKS</u> GF County	22 <u>FARGO</u>	23 <u>GRAND FORKS</u> GF County	24
27 <u>FARGO</u>	28	29	30	31

JANUARY 2025

Hillsboro (701-636-5953)


See pages 6-7 for all site menus - info on ordering a meal for all sites on page 2

MEALS ON WHEELS & MEALS AT CENTERS

Please call one day in advance by 2 pm Tuesday through Friday to leave reservation for a meal
(for Monday call by 2pm Friday)

Phone 701-636-5953 or 1-800-845-1715

ALL MEALS INCLUDE 8oz 1% MILK

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED If you would like to receive a frozen meal, please call the office.	2 Salisbury Steak / Mushroom Gravy Mashed Potatoes Capri Blend Veggies Mandarin Oranges Bread x2	3 Meatball Sub Sandwich Potato Wedges Tomato & Cucumber Salad Applesauce
6 Chicken Kiev O'Brien Potatoes Green Bean Oregano Peaches & Pears Bread x 2	7 Peach French Toast Bake Scrambled Egg Glazed Sweet Potatoes LoCal Syrup Banana	8 BBQ Chicken Breast Au Gratin Potatoes Harvard Beets Strawberries Bread x2 Carrot Cake	9 Shepherds Pie Brussels Sprouts Peaches in Orange Sauce Bread x2	10 Cheese Calzone Cesar Salad / Dressing Creamed Vegetables Raspberries Breadstick
13 Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce Bread x 2	14 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Heavenly Hash	15 Parmesan Chicken Angel Hair Pasta/ Marinara Italian Blend Veggies Garlic Bread Fruit Salad	16 Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding Dinner Roll Bread x2	17 Oven Fried Chicken Mashed Potatoes & Gravy Glazed Baby Carrots Kiwi Bread x2
20 CLOSED If you would like to receive a frozen meal, please call the office.	21 Garlic Steak Bites Baked Potato Green Beans Fruit Cocktail Bread x2	22 Pork Club Chop Whipped Potatoes Roasted Butternut Squash Deluxe Fruit Bread x2	23 Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Apple	24 Ham & Bean Soup Winter Blend Veggies Apple Crisp Cornbread
27 Roast Beef Mushroom Gravy Mashed Potatoes Spinach w/Garlic Butter Cranberry Peaches Bread x 2	28 Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Pineapple Bread x2	29 Orange Chicken White & Wild Rice Blend House Salad / Dressing Oriental Blend Veggies Pineapple Angel Cake Breadstick	30 Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Mixed Fruit Dinner Roll	31 Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Banana Bran Muffin LS Crackers

Mayville (701-788-3453)-Portland (701-788-3410)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 - CLOSED If you would like to receive a frozen meal, please call the office	2 - PORTLAND Salisbury Steak Mushroom Gravy/Mashed Potatoes Capri Blend Veggies	3 - MAYVILLE Meatball Sub Sandwich Potato Wedges Tomato & Cucumber Salad
6 - MAYVILLE Chicken Kiev O'Brien Potatoes Green Bean Oregano	7 - PORTLAND Peach French Toast Bake Scrambled Egg Glazed Sweet Potatoes	8 - MAYVILLE BBQ Chicken Breast Au Gratin Potatoes Carrot Cake	9 - PORTLAND Shepherds Pie Brussels Sprouts Peaches in Orange Sauce	10 - MAYVILLE Cheese Calzone Cesar Salad / Dressing Creamed Vegetables
13 - MAYVILLE Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots	14 - PORTLAND BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies	15 - MAYVILLE Parmesan Chicken Angel Hair Pasta/Marinara Italian Blend Veggies	16 - PORTLAND Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding	17 - MAYVILLE Oven Fried Chicken Mashed Potatoes & Gravy Glazed Baby Carrots
20 - CLOSED If you would like to receive a frozen meal, please call the office	21 - PORTLAND Garlic Steak Bites Baked Potato Green Beans	22 - MAYVILLE Pork Club Chop Whipped Potatoes Roasted Butternut Squash	23 - PORTLAND Taco Casserole Spanish Rice Refried Beans	24 - MAYVILLE Ham & Bean Soup Winter Blend Veggies Apple Crisp
27 - MAYVILLE Roast Beef Mushroom Gravy Mashed Potatoes	28 - PORTLAND Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies	29 - MAYVILLE Orange Chicken White & Wild Rice Blend Pineapple Angel Cake	30 - PORTLAND Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies	31 - MAYVILLE Broccoli Cheese Soup Cottage Cheese and Fruit Banana Bran Muffin

DAILY FIBER RECOMMENDATIONS

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Adequate daily fiber intake has been shown to lower the risk of chronic diseases like heart disease, coronary artery disease, obesity, diabetes and colorectal cancer. In fact, the American Institute of Cancer Research reports that for each 10-gram increase in daily fiber, your risk for colorectal cancer decreases by 7%. Research has shown a similar risk reduction in other chronic diseases, the more fiber you eat, the lower your risk for disease.

Fiber is likely lowering these risks by relieving constipation, benefiting intestinal bacteria, lowering cholesterol, controlling blood sugar levels and reducing inflammation. Fiber containing foods are also generally high in vitamins, minerals, phytonutrients and antioxidants which all support health. Despite the positive research surrounding fiber, the Dietary Guidelines for Americans estimates more than 90% of men and women fall short of the recommendations. So, how do we reach our fiber goals?

Fiber Recommendations

Women over the age of 50	21 grams of fiber per day
Men over the age of 50	30 grams of fiber per day

Fiber Intake Examples

Foods containing fiber include fruits, vegetables, legumes, nuts, seeds and whole grains. Each table below is an example of which foods to include in your daily diet

to help meet your fiber needs. The fiber content and serving size of the foods below are taken directly from the USDA website. For the most accurate grams of fiber, read the food label of the product you're using. A word of caution, increase your fiber intake slowly. Adding too much right away can cause negative side effects such as gas and bloating.

Above 20 Grams of Fiber

Rolled Oats, cooked	½ cup	4 grams
Chia Seeds	1 Tbsp	3 grams
Blueberries	1 cup	3.6 grams
Almonds	1 oz	3.5 grams
Corn, cooked	1 cup	4 grams
Lettuce, chopped	2 cups	1 gram
Tomato	1 medium	1 gram
Cucumber, sliced	½ medium	5 grams

Orange	1 medium	3.7 grams
Pumpkin seeds, whole	1 oz	5.2 grams
Split Peas, cooked	1/2 cup	8.2 grams
Mushrooms, cooked	1/2 cup	1.7 grams
Onions, cooked	1/2 cup	1.5 grams
Peppers, raw	1/2 cup	1.6 grams

(Continued on page 7)

Buxton (701-847-2069)

	Wednesday	Friday
1 - Wednesday CLOSED	2 - Thursday Salisbury Steak / Mushroom Gravy Mashed Potatoes Capri Blend Veggies	3 Meatball Sub Sandwich Potato Wedges Tomato & Cucumber Salad
6 Chicken Kiev O'Brien Potatoes Green Bean Oregano	8 BBQ Chicken Breast Au Gratin Potatoes Carrot Cake	10 Cheese Calzone Cesar Salad Dressing Creamed Vegetables
13 Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots	15 Parmesan Chicken Angel Hair Pasta/ Marinara Italian Blend Veggies	17 Oven Fried Chicken Mashed Potatoes & Gravy Glazed Baby Carrots
21 - Tuesday Garlic Steak Bites Baked Potato Green Beans	22 Pork Club Chop Whipped Potatoes Roasted Butternut	24 Ham & Bean Soup Winter Blend Veggies Apple Crisp
27 Roast Beef Mushroom Gravy Mashed Potatoes Spinach w/Garlic Butter	29 Orange Chicken White & Wild Rice Blend Pineapple Angel Cake	31 Broccoli Cheese Soup Cottage Cheese and Fruit Banana Bran Muffin

Finley (701-524-1818)

	Wednesday	Friday
1 - Wednesday CLOSED	2 - Thursday Salisbury Steak / Mushroom Gravy Mashed Potatoes Capri Blend Veggies	3 Meatball Sub Sandwich Potato Wedges Tomato & Cucumber Salad
6 Chicken Kiev O'Brien Potatoes Green Bean Oregano	8 BBQ Chicken Breast Au Gratin Potatoes Carrot Cake	10 Cheese Calzone Cesar Salad Dressing Creamed Vegetables
13 Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots	15 Parmesan Chicken Angel Hair Pasta/ Marinara	17 Oven Fried Chicken Mashed Potatoes & Gravy
21 - Tuesday Garlic Steak Bites Baked Potato Green Beans	22 Pork Club Chop Whipped Potatoes Roasted Butternut Squash	24 Ham & Bean Soup Winter Blend Veggies Apple Crisp
27 Roast Beef Mushroom Gravy Mashed Potatoes Spinach w/Garlic Butter	29 Orange Chicken White & Wild Rice Blend Pineapple Angel Cake	31 Broccoli Cheese Soup Cottage Cheese and Fruit Banana Bran Muffin

DAILY FIBER RECOMMENDATIONS

(Continued from page 6)

25-30 Grams of Fiber

Avocado	½ cup	5 grams
Whole Grain Toast	1 slice	2 grams
Grapefruit	1 fruit	5 grams
Flaxseed, ground	1 Tbsp	2.8 grams
Hummus	1/4 cup	3.7 grams
Celery, raw	1 cup	2.8 grams
Carrots, raw	1 cup	3.6 grams
Pear	1 medium	5.5 grams
Pistachios	1 oz	2.9 grams
Wild Rice, cooked	1 cup	3 grams
Kale, cooked	1/2 cup	2.4 grams
Turnip, cooked	1 cup	3.1 grams
Lentils, cooked	1/2 cup	8 grams

Above 30 Grams of Fiber

Shredded Wheat Cereal	1 cup	6.2 grams
Banana	1 whole fruit	3 grams
Broccoli, cooked	1 cup	5.2 grams
Sweet Potato, cooked	1 cup	6.3 grams
Beets, cooked	1 cup	2.8 grams
Blackberries	1 cup	7.6 grams
Kiwi	1 cup	5.4 grams
Strawberries	1 cup	3 grams
Barley, cooked	1/2 cup	3 grams
Red Beans, cooked	1/2 cup	6.5 grams
Brussels Sprouts, cooked	1 cup	6.4 grams
Carrots, cooked	1 cup	4.8 grams
Peas, cooked	1 cup	4 grams
Walnuts	1 oz	1.9 grams

Although there is no upper limit for fiber intake, some research suggests to not exceed 50 grams of fiber a day. Additionally, if you have narrowed intestines, gastroparesis, are undergoing radiation therapy, preparing for a colonoscopy or have been told to follow a low fiber diet, consult with your healthcare provider before increasing your intake.



Valley Senior Services, Inc.
P.O. Box 2217
Fargo, ND 58108

NON-PROFIT ORG.
U.S. POSTAGE PAID
FARGO, ND 58102
PERMIT NO. 1123

 Cut along the dotted line above and mail your donation to the Traill/Steele County 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 to make your online
 donation or mail/drop off your donation at the
 Hillsboro or Mayville Senior Center.

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



Giving Hearts Day

Checks can be made out to Valley Senior Services and mailed to PO Box 506, Hillsboro, ND 58045.
 Checks must have "Giving Hearts Day" in the memo line or be dated February 13, 2025.