



Valley Senior Services
helping seniors maintain independence

Silver Quill

Valley Senior Services of Trail & Steele Counties

OCTOBER 2024 | VOLUME 42 NO. 10

2024 Fund Drive
Please see insert in this newsletter for information on how you can help us with a contribution to our annual fund drive

**Risk Less.
Do More.** 



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!

Three reasons to vaccinate against flu, COVID-19, and RSV

1 You may be high risk (even if you don't know it). You're at higher risk for severe illness from influenza (flu), COVID-19, and respiratory syncytial virus (RSV) if you:

- Are 65 years and older;
- Have certain medical conditions like heart, lung, or kidney disease, diabetes, obesity, or asthma; or
- Have a weakened immune system.

If you are pregnant, your baby could be at risk for RSV.

2 Vaccines work best to keep you from getting severely ill if you get a respiratory infection from flu, COVID-19, or RSV. Flu and COVID-19 vaccines can prevent some infections, but like RSV vaccines, their primary job is to keep symptoms mild and keep people who get infected from needing medical or hospital care.

3 You can protect the people you love by encouraging them to join you in getting vaccinated to reduce the risk of serious flu, COVID-19, and RSV illness.

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Vaccines prevent millions of cases of respiratory infections every year. They are a safe, trustworthy way to protect yourself. **Talk to your doctor to see which vaccines are right for you.**

**RISK LESS.
DO MORE.**
Get this season's vaccines



Learn more at cdc.gov/respiratory-viruses



See page 3 for flu shot schedule



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
Oct 9

Hatton
Oct 29

Mayville
Oct 31

Call Jill at 218-242-1379 for appointment.

For Hillsboro and Buxton, please call Debra Lessard at 701-430-2074 for an appointment

Statement of Identification - Silver Quill
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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

Mayville Senior Center

39 1st Avenue NE
701-788-3453

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

Oct 7 - 1:30 monthly business
Oct 31 - 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.*

Hillsboro Senior Center

205 N Main Street
701-636-5953

Meals: Mon-Fri at 12:00 pm

Oct 24 - 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.*

Buxton Town & Country Senior Center

315 Broadway

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

Oct 21 - 2:00-4:00 Pie Day
Oct 28 - 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.*

Finley Senior Center

301 Central Avenue
701-524-1818

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

Oct 8- 2:00 Monthly business meeting
Oct 22 - 2:00 Social
Every Tuesday - 2:00 Cards

Portland Golden Age Club

710 Parke Avenue
701-788-3410

Meals: Tues & Thurs at 11:30 am

Oct 14 - 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.*

Hope Senior Center

211 Steele Ave

Oct 1 - 1:30 Monthly business meeting
Oct 9 - Foot care at senior center*
Oct 15 - 1:30 Social
Every Thursday - 1:30 Cards

*To rent the center, call Blanche Moore at
701-945-2478.*

Flu Shots

Trail County Health Unit

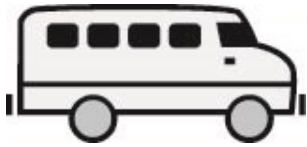
Hillsboro Senior Center
Sept 30 from 9:00 - 10:30 am
Valley United Co-Op - Reynolds
Oct 1 from 9:30 - 10:30 am

Buxton Senior Center
Oct 1 from 11:00 am - Noon
Clifford Rural Water Building
Oct 3 from 9:30 - 10:30 am
Galesburg Community Center
Oct 3 from 11:00am - Noon

Steele County Public Health

Hope Senior Center
Oct 1 from 9:00 am - Noon
Sharon Community Building
Oct 8 from 9:00 am - Noon
Walk-ins at Finley Courthouse
Thursdays from 2:00-4:00pm
(thru 10-31)

*Please bring insurance /
Medicare cards*



Steele County Transit October 2024

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
	1 <u>GRAND FORKS</u> Cooperstown - 8:15 <u>call</u> Finley - 8:30 <u>call</u> Sharon - 8:40 <u>call</u> Aneta - 8:55 <u>call</u> Northwood - 9:40 <u>call</u>	2 <u>FARGO</u> Finley - 8:15 <u>call</u> Sharon - 8:30 <u>call</u> Hatton - 8:50 <u>call</u> Portland - 9:15 <u>call</u> Mayville - 9:25 <u>call</u> Hillsboro - 10:00 <u>call</u>	3	4
7 <u>FARGO</u> Aneta - 8:15 <u>call</u> Sharon - 8:30 <u>call</u> Finley - 8:45 <u>call</u> Hope - 9:10 <u>call</u> Page - 9:30 <u>call</u> Galesburg 10:00 <u>call</u>	8 <u>FARGO</u> Finley - 8:15 <u>call</u> Northwood - 8:45 <u>call</u> Hatton - 9:15 <u>call</u> Portland - 9:30 <u>call</u> Mayville - 9:35 <u>call</u> Hillsboro - 10:00 <u>call</u>	9	10	11
14 <u>GRAND FORKS</u> Hatton - 8:45 <u>call</u> Portland - 9:15 <u>call</u> Mayville - 9:25 <u>call</u> Hillsboro - 9:55 <u>call</u> Buxton - 10:25 <u>call</u> Reynolds - 10:35 <u>call</u>	15	16 <u>FARGO</u> Northwood - 8:45 <u>call</u> Hatton - 9:15 <u>call</u> Portland - 9:30 <u>call</u> Mayville - 9:35 <u>call</u> Hillsboro - 10:00 <u>call</u>	17	18 <u>FARGO</u> Cooperstown - 8:10 <u>call</u> Luverne - 8:40 <u>call</u> Hope - 9:00 <u>call</u> Page - 9:30 <u>call</u> Galesburg - 10:00 <u>call</u>
21	22 <u>FARGO</u> Northwood - 8:45 <u>call</u> Hatton - 9:15 <u>call</u> Portland - 9:30 <u>call</u> Mayville - 9:35 <u>call</u> Hillsboro - 10:00 <u>call</u>	23 <u>FARGO</u> Sharon - 8:30 <u>call</u> Finley - 8:45 <u>call</u> Portland - 9:15 <u>call</u> Mayville - 9:25 <u>call</u> Hillsboro - 10:00 <u>call</u>	24 <u>GRAND FORKS</u> Finley - 8:30 <u>call</u> Sharon - 8:45 <u>call</u> Hatton - 9:15 <u>call</u> GF County - <u>call</u>	25
28	29	30	Pickup Locations: <u>Aneta</u> - Cafe <u>Buxton</u> - Post Office <u>Cooperstown</u> - City Hall <u>Hatton</u> - Miller's Food <u>Hillsboro</u> - Senior Ctr <u>Northwood</u> - Senior Ctr <u>Page</u> - Café <u>Mayville</u> -Senior Ctr <u>Galesburg</u> -Post Office <u>Portland</u> - The Hub <u>Reynolds</u> - Cafe <u>Finley</u> - Cenex <u>Sharon</u> - Bank <u>Hope</u> - Cenex	

OCTOBER 2024

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 Broccoli Cheese Soup Crackers Steak Cobb Salad Pears Breadstick	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Whole Orange Bread x2	3 Braised Pork Chop Roasted Potatoes Roasted Brussel Sprouts Peaches Bread x2	4 Grilled Chicken on Bun Lettuce, Tomato, Onion Tator Tots Beets Fruit Cocktail	
	7 Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin Bread x2	8 Salisbury Steak / Mushroom Gravy Twice Baked Potato Capri Blend Veggies Pineapple Bread x2	9 Stuffed Shells / Sauce House Salad Malibu Blend Veggies Fresh Fruit Breadstick Chocolate Cake	10 Chicken Pesto Sandwich Garden Rotini Salad Broccoli Salad Berries & White Chocolate	11 Beef Fajita Spanish Rice Fajita Blend Veggies Tortilla Caramel Custard Raspberries
	14 Pork Loin Roast / Gravy Mashed Potato Lemon Asparagus Mandarin Oranges Bread x2	15 Cobb Salad WG Breadstick Dressing Peaches	16 Chili w/ Beans House Salad Cornbread Wheat Crackers Deluxe Fruit	17 Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	18 Pulled BBQ Chicken Ranch Beans Corn Cornbread Fresh Strawberries
	21 Fish Sandwich / Bun Lettuce Tomato Onion Scalloped Potatoes Cinnamon Applesauce Tarter Sauce	22 Italian Turkey Meatloaf Boiled Potatoes Green Beans / Thyme Berry Crisp Bread x2	23 RS Ham Baked Potato Peas & Onions Tropical Fruit Bread x2	24 Chicken & Wild Rice Casserole Brussel Sprouts & Tomatoes Whole Pear Breadstick	25 Beef & Broccoli Fluffy Rice Japanese Stir Fry Veggies Vegetable Egg Roll Honeydew
	28 Pork Wings Au Gratin Potatoes Seasoned Snow Peas Ciabatta Roll Kiwi	29 Gyros/Tzatziki Sauce Red Potatoes w/garlic Tomato & Cucumber Salad Strawberries & Yogurt	30 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake Bread x2	31 Country Beef & Veg Soup Egg Salad on Wheat House Salad Lettuce & Tomato Slice Pear	

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 - PORTLAND Broccoli Cheese Soup Crackers/ Breadstick Steak Cobb Salad Pears	2 - MAYVILLE Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Whole Orange	3 - PORTLAND Braised Pork Chop Roasted Potatoes Roasted Brussel Sprouts Peaches	4 - MAYVILLE Grilled Chicken on Bun Lettuce, Tomato, Onion Tator Tots/Beets Fruit Cocktail
7 - MAYVILLE Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin	8 - PORTLAND Salisbury Steak / Mushroom Gravy Twice Baked Potato Capri Blend Veggies Pineapple	9 - MAYVILLE Stuffed Shells / Sauce House Salad Malibu Blend Veggies Fresh Fruit	10 - PORTLAND Chicken Pesto Sandwich Garden Rotini Salad Broccoli Salad Berries & White Chocolate	11 - MAYVILLE Beef Fajita/Tortilla Spanish Rice Fajita Blend Veggies Caramel Custard Raspberries
14 - MAYVILLE Pork Loin Roast / Gravy Mashed Potato Lemon Asparagus Mandarin Oranges	15 - PORTLAND Cobb Salad WG Breadstick Dressing Peaches Fruit Cocktail	16 - MAYVILLE Chili w/ Beans House Salad Cornbread Wheat Crackers Deluxe Fruit	17 - PORTLAND Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash	18 - MAYVILLE Pulled BBQ Chicken Ranch Beans Corn Cornbread Fresh Strawberries
21 - MAYVILLE Fish Sandwich / Bun Lettuce Tomato Onion Scalloped Potatoes Cinnamon Applesauce Tarter Sauce	22 - PORTLAND Italian Turkey Meatloaf Boiled Potatoes Green Beans / Thyme Berry Crisp	23 - MAYVILLE RS Ham Baked Potato Peas & Onions Tropical Fruit	24 - PORTLAND Chicken & Wild Rice Casserole/Breadstick Brussel Sprouts & Tomatoes Whole Pear	25 - MAYVILLE Beef & Broccoli/Rice Japanese Stir Fry Veggies Vegetable Egg Roll Honeydew
28 - MAYVILLE Pork Wings Au Gratin Potatoes Seasoned Snow Peas Ciabatta Roll Kiwi	29 - PORTLAND Gyros/Tzatziki Sauce Red Potatoes w/garlic Tomato & Cucumber Salad	30 - MAYVILLE Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake	31 - PORTLAND Country Beef & Veg Soup Egg Salad on Wheat House Salad Lettuce & Tomato Slice Pear	

FALL SOUP RECIPES

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Fall is just around the corner meaning it will be soup season before we know it! Making a healthy and hearty soup can be a great way to ring in the fall. Whether you are trying to increase your fiber intake, vegetable variety or bump up on protein, there is a soup for you! Below are a few delicious soup recipes to add to your list of favorites.

White Bean, Kale and Sausage Soup

Prep time 30 minutes

Cook time 10 minutes

Serves 5

Ingredients

8 ounces mild Italian turkey sausage links	2 cups reduced sodium chicken broth
1 medium onion, chopped	1 ½ cups water
2 cloves garlic, minced	1 tsp Italian seasoning
2 cans cannellini beans (white kidney beans), rinsed and drained	¼ tsp ground pepper
1 can, no salt added diced tomatoes (undrained)	4 cups coarsely chopped kale or spinach

Instructions

- Cook sausage, onion and garlic in a large saucepan 5 to 10 minutes or until the sausage is browned and the onion is tender. Drain fat. Stir in beans, tomatoes, broth, water, Italian seasoning and pepper. Bring to a boil; reduce heat. Cover and simmer for 5 minutes.
- Stir in kale. Simmer, uncovered, 1 to 3 minutes more or until the kale is tender.

(Continued on page 7)

Buxton (701-847-2069)

Monday	Wednesday	Friday
	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli	4 Grilled Chicken on Bun w/Lettuce, Tomato, Onion Tator Tots
7 Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin	9 Stuffed Shells/Sauce House Salad Malibu Blend Veggies Fresh Fruit Chocolate Cake	11 Beef Fajita Spanish Rice Fajita Blend Veggies Tortilla Caramel Custard Raspberries
14 Pork Loin Roast / Gravy Mashed Potato Lemon Asparagus Mandarin Oranges	16 Chili w/ Beans House Salad Cornbread Wheat Crackers Deluxe Fruit	18 Pulled BBQ Chicken Ranch Beans Corn Cornbread Fresh Strawberries
21 Fish Sandwich/Bun Lettuce Tomato Onion Scalloped Potatoes Cin. Applesauce	23 RS Ham Baked Potato Peas & Onions Tropical Fruit	25 Beef & Broccoli Fluffy Rice Japanese Stir Fry Veggies Vegetable Egg Roll
28 Pork Wings Au Gratin Potatoes Seasoned Snow Peas Kiwi	30 Honey Chicken Glazed Sweet Potatoes CA Blend Veggies Pear Dessert Bake	

Finley (701-524-1818)

Monday	Wednesday	Friday
	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli	4 Grilled Chicken on Bun w/Lettuce, Tomato, Onion Tator Tots
7 Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin	9 Stuffed Shells/Sauce House Salad Malibu Blend Veggies Fresh Fruit Chocolate Cake	11 Beef Fajita Spanish Rice Fajita Blend Veggies Tortilla Caramel Custard Raspberries
14 Pork Loin Roast / Gravy Mashed Potato Lemon Asparagus Mandarin Oranges	16 Chili w/ Beans House Salad Cornbread Wheat Crackers Deluxe Fruit	18 Pulled BBQ Chicken Ranch Beans Corn Cornbread Fresh Strawberries
21 Fish Sandwich/Bun Lettuce Tomato Onion Scalloped Potatoes	23 RS Ham Baked Potato Peas & Onions Tropical Fruit	25 Beef & Broccoli Fluffy Rice Japanese Stir Fry Veggies
28 Pork Wings Au Gratin Potatoes Seasoned Snow Peas Kiwi	30 Honey Chicken Glazed Sweet Potatoes CA Blend Veggies Pear Dessert Bake	

(Continued from page 6)

FALL SOUP RECIPES

Lentil Soup

Prep time 10 minutes

Cook time 45 minutes

Serves 6

Ingredients

2 Tbsp olive oil	2 cups green or brown lentils, rinsed	1 ½ tsp paprika powder
1 onion, chopped	14 oz can crushed tomatoes	2 bay leaves, dried
2 gloves garlic. Minced	6 cups vegetable stock, low sodium	1 lemon
1 large carrot, chopped	½ tsp cumin	Salt and pepper to taste
2 ribs celery, chopped	½ tsp coriander powder	Chopped fresh parsley for optional garnish

Instructions

1. Heat oil in a large pot over medium heat. Add garlic and onion, cook for 2 minutes.
2. Add celery and carrot. Cook for 7 - 10 minutes or until softened and the onion is sweet.
3. Add all remaining ingredients except the lemon and salt. Stir.
4. Increase heat and bring to simmer. Scoop scum on the surface off and discard (do this again during cooking if required). Place lid on and turn heat down to medium low. Simmer for 35 - 40 minutes or until lentils are soft.
5. Remove bay leaves. Season to taste with salt and pepper. Add squeezed lemon juice just before serving. Garnish with parsley if desired.

(Continued on back page)



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

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

RETURN SERVICE REQUESTED

FALL SOUP

(continued from page 7)

How to Freeze Soup

Soup recipes often make large portions which can be difficult to finish for one or two people. Freezing individual portions can be a great way to save it for later. To freeze soup, cool the soup quickly after cooking by placing it in the refrigerator or dividing it into smaller portions. Use freezer safe bags or freezer safe storage containers to separate soup into individual servings. If using a storage container, leave an inch of room at the top of the container for expansion. If using a freezer safe bag, lay the bags flat to push the air out and store soup flat. Label the individual portions with the name of the soup, the date it was made/stored and the ingredients you still want to add. Soup can be safely stored for up to 3 months in the freezer.

When you are ready to eat the soup, thaw the leftovers in the refrigerator for 24 hours before reheating and serving. Typically, vegetables, meat, whole grains and legumes freeze well. Soups containing milk, cream, pasta, potatoes, fresh herbs, tender greens or lemon juice don't freeze quite as well. Add the ingredients that don't freeze as well after thawing and reheating the soup.

Medicare Part D Open Enrollment

The annual Medicare Part D Open Enrollment is from October 15th – December 7th. During this time, you can compare prescription drug plan coverage and decide about your coverage for 2024.

North Dakota Insurance Department is available by telephone for enrollment assistance. They can be contacted at 701-328-2440 Option #1 or 1-888-575-6611.

Hannah Buzick, Valley Senior Services Resource Specialist will conduct Part D comparison sessions for Medicare Part D Prescription drug plans in Hillsboro on October 23. Please sign up at least 24 hours ahead. She was also be available by appointment in Mayville during the open enrollment period. Please call 701-788-3453 to sign up.

Valley Senior Services Resource Specialists will provide Part D plan comparison information provided by the Medicare Plan Finder website. Plan comparison information provided by the Medicare Plan Finder website is an estimate of costs.

Please call Hannah at (701) 788-3453 to inquire about Medicare Part D enrollment assistance.