



Valley Senior Services  
helping seniors maintain independence

# Silver Quill

Valley Senior Services of Trail & Steele Counties

**NOVEMBER 2024 | VOLUME 42 NO. 11**

## Happy Thanksgiving



**JOIN US FOR A TRADITIONAL THANKSGIVING MEAL WITH TURKEY AND ALL THE TRIMMINGS!**

**WEDNESDAY, NOVEMBER 20TH**

**MUST SIGN UP AT LEAST ONE DAY IN ADVANCE. PLEASE CALL YOUR LOCAL SENIOR CENTER BY 2:00 PM TO RESERVE YOUR MEAL.**

### FUEL ASSISTANCE - WHAT IS LIHEAP?

The Low Income Energy Assistance Program (LIHEAP) helps eligible individuals and families pay part of their heating costs. The program also covers:

- Weatherization Services (insulation, weather stripping, etc)
- Furnace cleaning, repair and replacement
- Chimney cleaning and inspection
- Emergency assistance

Written proof or verification of your income, your heating bill, and medical expenses that can be deducted from your income is needed to be sure your eligibility and benefits are calculated correctly.

You can apply online by going to [hhs.nd.gov/applyforhelp/liheap](https://hhs.nd.gov/applyforhelp/liheap) or in person at your local Human Service Zone office:

**Agassiz Valley Human Service Zone**  
call 701-636-5220

### 2024 Fund Drive

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

- Darlene Moen
- Paul Dwight Norgard Estate
- Dale & Marleen Houkom
- Pamela Walcker
- Lorraine Reinpold
- Nancy Fyre
- Duane Haugerud
- Sharon Schlichtmann
- Trowe Price (A. Anderson)
- Wayne & Pam Koering
- Mavis Hettervig
- Helen Strand
- Otto & Maureen Muecke
- Larry & Jacqueline Lovas
- Gregory Tastad
- Elroy Lindaas
- Marilyn Longthorne
- Barb Gilbertson
- Harriet Schmidt
- Glenn Gustafson
- Allen/Sandy Mustad
- Rosina Kerlin
- Timothy Sorteberg
- ANONYMOUS
- Ray & Becky Foss



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



[valleyseniorservices.org](https://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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**Valley Senior Services will be closed Monday, November 11, Thursday, November 28, and Friday, November 29.**

**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  
Nov 20

Mayville  
Nov 21

**Call Jill at 218-242-1379 for appointment.**

**Debra Lessard will be providing footcare at:**

Kiwanis 335  
Nov 4

Buxton  
Nov 14

Hillsboro  
Nov 15

**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



## 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**

Nov 15 - Foot care at Senior Center\*  
Nov 21- 1:30 Monthly business meeting  
featuring Bridging Center speaker on area  
Resources - free refreshments!  
(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**

Nov 4 - 1:30 monthly business  
Nov 21 - 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**

Nov 12 - 2:00 Monthly business meeting

Nov 26 - 2:00 Social

Every Tuesday - 2:00 Cards

## Hope Senior Center

211 Steele Ave

Nov 5 - 1:30 Monthly business meeting

Nov 19 - 1:30 Social

Nov 20 - Foot care at senior center\*

Every Thursday— 1:30 Cards

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

\*See foot care schedule on page 2

## Buxton Town & Country Senior Center

315 Broadway

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

Nov 14 - Foot care at Senior Center\*

Nov 18 - 2:00-4:00 Pie Day

Nov 25 - 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**

Nov 11 - 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

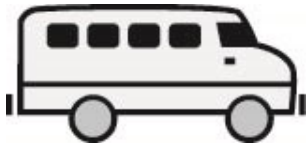
*To rent the center, call Marie Hamm at*

## 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 Mayville by appointment. Please call 701-788-3453 to sign up.



# Steele County Transit

# November 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**

<p><b>Pickup Locations:</b>  <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</p>				<b>1</b>
<b>4</b>	<p><b>5</b>  <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></p>	<p><b>6</b>  <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></p>	<b>7</b>	<b>8</b>
<b>11</b>  Closed - No transportation	<p><b>12</b>  <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></p>	<b>13</b>	<b>14</b>	<b>15</b>
<p><b>18</b>  <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></p>	<b>19</b>	<p><b>20</b>  <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></p>	<b>21</b>	<p><b>22</b>  <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></p>
<b>25</b>	<p><b>26</b>  <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></p>	<p><b>27</b>  <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></p>	<b>28</b>  Closed - No transportation	<b>29</b>  Closed - No transportation

# NOVEMBER 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
				
<b>4</b> Cheesy Baked Ziti Sicilian Blend Veggies Fruit Breadstick	<b>5</b> Caprese Chicken Lemon Dill Orzo Green & Gold Fruit Cocktail Bread x2	<b>6</b> Honey Roast Pork Chop Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	<b>7</b> Beef Stew Seasoned Peas House Salad Pears WG Biscuit	<b>1</b> Parmesan Baked Cod Roasted Red Potatoes Asparagus Almondine Fruit Dinner Roll
<b>11</b> CLOSED 	<b>12</b> Sloppy Joe WG Bun Peas & Carrots Tator Tots Blushing Pears Coleslaw	<b>13</b> Beef Soft Tacos (2) Spanish Rice Black Beans Salsa & Guacamole Banana Cake	<b>14</b> Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Mandarin Orange	<b>8</b> Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries Bread x2
<b>18</b> Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears Bread x2	<b>19</b> Beef Tips & Mushroom in Gravy Onion Mashed Potato Corn Strawberry Applesauce Bread x2	<b>20 Thanksgiving Meal</b> Roast Turkey / Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Hot Fruit Compote Dinner Roll/ Pumpkin Pie	<b>21</b> Spaghetti & Meat Sauce Brussels Sprouts Parmesan Cheese Apple Garlic Bread	<b>15</b> Mushroom Swiss Burger / Bun Tuscan Potato Salad Baked Beans Tangerine
<b>25</b> Fish & Chips Coleslaw Tropical Fruit Cup Tartar Sauce Lemon Wedge Ciabatta Roll	<b>26</b> Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp Bread x2	<b>27</b> Manhattan Meatballs Brown Rice House Salad Carrots Pineapple Bread x2	<b>28</b> CLOSED 	<b>22</b> French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Fruit
				<b>29</b> CLOSED

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

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1 - MAYVILLE</b> Parmesan Baked Cod Roasted Red Potatoes Asparagus Almondine
<b>4 - MAYVILLE</b> Cheesy Baked Ziti Sicilian Blend Veggies Fruit Breadstick	<b>5 - PORTLAND</b> Caprese Chicken Lemon Dill Orzo Green & Gold Beans Fruit Cocktail	<b>6 - MAYVILLE</b> Honey Roast Pork Chop Squash Fresh Fruit Salad Hot Spiced Apples	<b>7 - PORTLAND</b> Beef Stew/WG Biscuit Seasoned Peas House Salad Pears	<b>8 - MAYVILLE</b> Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries
<b>11 - MAYVILLE</b> CLOSED	<b>12 - PORTLAND</b> Sloppy Joe/WG Bun Peas & Carrots Tator Tots Blushing Pears Coleslaw	<b>13 - MAYVILLE</b> Beef Soft Tacos (2) Spanish Rice Black Beans Salsa/Guacamole Banana/Cake	<b>14 - PORTLAND</b> Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Mandarin Orange	<b>15 - MAYVILLE</b> Mushroom Swiss Burger / Bun Tuscan Potato Salad Baked Beans Tangerine
<b>18 - MAYVILLE</b> Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears	<b>19 - PORTLAND</b> Beef Tips & Mushroom in Gravy Onion Mashed Potato Corn Strawberry Applesauce	<b>20 - MAYVILLE</b> Roast Turkey / Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Pumpkin Pie	<b>21 - PORTLAND</b> Spaghetti & Meat Sauce Brussel Sprouts Parmesan Cheese Apple Garlic Bread Breadstick	<b>22 - MAYVILLE</b> French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Fruit
<b>25 - MAYVILLE</b> Fish & Chips Coleslaw Tropical Fruit Cup Ciabatta Roll	<b>26 - PORTLAND</b> Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp	<b>27 - MAYVILLE</b> Manhattan Meatballs Brown Rice House Salad Carrots Pineapple	<b>28 - PORTLAND</b> CLOSED	<b>29 - MAYVILLE</b> CLOSED

## NUTRITION TO REDUCE THE RISK OF OSTEOPOROSIS BY LANE LIPETZKY SWENSON, RD, LD, CGN

Did you know, approximately 10 million Americans over the age of 50 have osteoporosis? Another 44 million have low bone density (osteopenia), increasing their risk of developing the disease. Osteoporosis is a disease where your bones become weak and more likely to break. In fact, 1 in 2 women and about 1 out of every 4 men will fracture a bone due to osteoporosis. In this month's article we will look at how nutrition and lifestyle affect bone health.

### Nutrition for Bone Health

According to the Bone Health and Osteoporosis Foundation (BHOFF), nutrition and lifestyle are key to preventing and managing osteoporosis. The two nutrients most associated with bone health are calcium and vitamin D. As you will see in the table below, calcium needs actually increase with age.

### Recommended calcium intake:

Women under the age of 50	1,000 mg calcium per day
Women over the age of 50	1,200 mg calcium per day
Men under the age of 71	1,000 mg calcium per day
Men over the age of 71	1,200 mg calcium per day

How do you know if you are eating or drinking enough calcium? The table below can help you calculate the amount you're consuming in your diet. First, determine the amount of dairy you eat daily and multiply the

*(Continued on page 7)*

## Buxton (701-847-2069)

Monday	Wednesday	Friday
		<b>1</b> Parmesan Baked Cod Roasted Red Potatoes Asparagus Almondine Fruit
<b>4</b> Cheesy Baked Ziti Sicilian Blend Veggies Fruit Breadstick	<b>6</b> Honey Roast Pork Chop Squash Fresh Fruit Salad Hot Spiced Apples	<b>8</b> Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries
<b>12 - Tuesday</b> Sloppy Joe/WG Bun Peas & Carrots Tator Tots Blushing Pears Coleslaw	<b>13</b> Beef Soft Tacos (2) Spanish Rice Black Beans Salsa/Guacamole Banana/Cake	<b>15</b> Mushroom Swiss Burger / Bun Tuscan Potato Salad Baked Beans Tangerine
<b>18</b> Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears	<b>20</b> Roast Turkey/ Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Pumpkin Pie	<b>22</b> French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Fruit
<b>25</b> Fish & Chips Coleslaw Tropical Fruit Cup Ciabatta Roll	<b>26 - Tuesday</b> Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp	<b>27 - Wednesday</b> Manhattan Meatballs Brown Rice House Salad Carrots Pineapple

## Finley (701-524-1818)

Monday	Wednesday	Friday
		<b>1</b> Parmesan Baked Cod Roasted Red Potatoes Asparagus Almondine Fruit
<b>4</b> Cheesy Baked Ziti Sicilian Blend Veggies Fruit Breadstick	<b>6</b> Honey Roast Pork Chop Squash Fresh Fruit Salad Hot Spiced Apples	<b>8</b> Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries
<b>12 - Tuesday</b> Sloppy Joe/WG Bun Peas & Carrots Tator Tots Blushing Pears Coleslaw	<b>13</b> Beef Soft Tacos (2) Spanish Rice Black Beans Salsa/Guacamole Banana/Cake	<b>15</b> Mushroom Swiss Burger / Bun Tuscan Potato Salad Baked Beans Tangerine
<b>18</b> Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears	<b>20</b> Roast Turkey/ Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Pumpkin Pie	<b>22</b> French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Fruit
<b>25</b> Fish & Chips Coleslaw Tropical Fruit Cup Ciabatta Roll	<b>26 - Tuesday</b> Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp	<b>27 - Wednesday</b> Manhattan Meatballs Brown Rice House Salad Carrots Pineapple

## REDUCE THE RISK OF OSTEOPOROSIS

(Continued from page 6)

servings by 300 mg. Then, if you eat or drink any calcium fortified products, read the label for calcium per serving. Multiply the amount of calcium by the number of servings you have daily. Lastly, add 250 mg to your total to account for the various sources of calcium coming from your balanced diet. If you are falling short of your calcium needs you can choose to eat more calcium containing foods or talk to your dietitian about calcium supplementation.

**Example: You drink 3 servings of milk daily and eat a variety of fruits and vegetables  
3 X 300 mg + 250 mg = 1,150 mg of daily calcium intake**

Food	Serving Size	Amount of Calcium
Milk	8 oz cup	300 mg
Yogurt	6 oz serving	300 mg
Cheese	1.5 oz	300 mg
Fortified juices, soy milk, almond milk and cereals	Check the food label	Calcium amounts vary, read the food label
Fruits, Vegetables, soy, bone in fish and other Calcium Sources	Most people eat about 250 mg of calcium a day through various sources	250 mg

(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**

## **REDUCE THE RISK OF OSTEOPOROSIS**

*(continued from page 7)*

To absorb calcium, your body needs vitamin D. Adults over the age of 50 need around 800-1000 IUs every day. Several lifestyle factors can increase your needs such as being home bound, if you are older than 60, spending little time outside, living in a northern altitude, if you have very dark skin, are obese or if you have a medical condition that affects your vitamin D levels. Sun exposure can help your body make vitamin D, however, too much sun has its own risks. Additionally, there are several food sources that contain the vitamin in small amounts like egg yolks, fortified dairy, fatty fish and mushrooms, but it likely will not be enough to meet your needs. Be sure to talk to your dietitian or doctor about vitamin D supplements.

In addition to calcium and vitamin D, other nutrients such as protein, potassium, magnesium, vitamin K as well as vitamin C can help strengthen bones. Limiting excess intake of sodium can also be beneficial. To help support your bone health, eat 1.5 cups of fruit and 2 cups of vegetables daily. You can also try to limit your daily sodium intake to 2,300 mg or less. Because of their recommended high intake fruits and vegetables while limiting sodium, both the DASH diet and Mediterranean diet can decrease your risk for osteoporosis.

### **Lifestyle Factors Contributing to Bone Health**

Lifestyle factors like participating in weight bearing physical activity can help improve your bone health. Other lifestyle factors like drinking alcohol, excess caffeine intake and smoking can damage your bones and contribute to bone loss. Lifestyle tips to improve your bone health include:

- Participate in weight bearing exercise like walking, dancing, pickleball, hiking or gardening at least 3 times a week.
- Try strength training exercises, stretching and balance exercises several times a week.
- Limit alcohol consumption to no more than 2-3 drinks a day.
- Stop smoking.
- If you drink caffeine, drink it in moderation. Studies show having more than 3 cups of coffee a day can interfere with calcium absorption. High intake of soft drinks is also associated with bone loss.