



JOIN US FOR A
SPECIAL MEAL TO CELEBRATE THE
HOLIDAY SEASON. THE MEAL WILL BE
SERVED ON
WEDNESDAY, DECEMBER 18 AT THE
SENIOR CENTERS.

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

MEDICARE OPEN ENROLLMENT PERIOD ENDS DECEMBER 7

Every year Medicare allows beneficiaries the opportunity to make changes to their health coverage plans during Medicare's Open Enrollment Period which is October 15 through December 7. During this time, Medicare beneficiaries can add, drop, or change their Medicare Advantage or Part D plans. Act during Open Enrollment to make sure your current coverage will still meet your needs in 2025.

Changes you can make during Medicare's Open Enrollment Period

- Joining a new Medicare Advantage Plan or Part D prescription drug plan.
- Switching from Original Medicare to a Medicare Advantage Plan.

(continued on back page)

2024 Fund Drive

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

Cindy Richards
Joan Ostrom
J. Willard/Donna Jacobson
Donna Nelson
Linda Godejohn
Laurie Lammers
Hillsboro Manor Housing
David Moeller
Sylvia/Jack Hansen
Clara Evanson
Nannette Bagstad
Dr./Mrs. M.J. Lyng
Marlene Rude
Peter Lovas
S Peterson
James Andre
Thelma Eide
Harold/Alice McDonald
Ina Paulson
Kay Martin
Norman Bakken



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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**Valley Senior Services
will be closed
Tuesday, Dec 24
Wednesday, Dec 25, and
Wednesday, Jan 1.
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:

Hatton
Dec 10

Mayville
Dec 12

Call Jill at 218-242-1379 for appointment.

Debra Lessard will be providing footcare at:

Hillsboro
Dec 4 & 18

Buxton
Dec 19

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

Dec 4 & 19 - Foot care at Senior Center*
Dec 26- 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

Dec 2 - 1:30 monthly business
Dec 12 - 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

Dec 10 - 2:00 Monthly business meeting
Dec 24 - 2:00 Social
Every Tuesday - 2:00 Cards

Hope Senior Center

211 Steele Ave

Dec 3 - 1:30 Monthly business meeting
Dec 16 - 1:30 Social
Nov 20 - Foot care at senior center*
Every Thursday— 1:30 Cards
*To rent the center, call Edith Johnson
at 701-840-1904.*

*See foot care schedule on page 2

Buxton Town & Country Senior Center

315 Broadway

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

Dec 16 - 2:00-4:00 Pie Day
Dec 19 - Foot care at senior center*
Dec 23 - 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

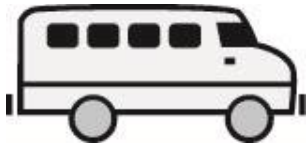
710 Parke Avenue
701-788-3410

Meals: Tues & Thurs at 11:30 am

Dec 9 - 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.



Steele County Transit December 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
2	3 <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>	4 <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>	5	6
9 <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>	10 <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>	11	12	13
16 <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>	17	18 <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>	19	20 <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>
23	24 Closed - No transportation	25 Closed - No transportation	26 <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>	27
30	31	Pickup Locations: 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		

DECEMBER 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
2 Tuna Noodle Casserole Caribbean Blend Veggies Peaches Dinner Roll	3 Turkey a la King Brown Rice Malibu Blend Veggies Fresh Grapes Biscuit	4 Hot Roast Beef/Gravy on Wheat (2 slices) Chived Mashed Potatoes Peas and Carrots Snicker & Apple Salad	5 Chicken Salad on Wheat Chickpea Salad Lettuce, tomato, onion Strawberry & Pineapple	6 Chicken & Dumplings House Salad Herbed Green Beans Strawberries & Yogurt Biscuit
9 BBQ Ribs Prince Edward Veggies Baked Potato Fruit Cocktail Bread x2	10 Lemon Pepper Fish Au Gratin Potatoes Winer Blend Veggies Peachy Gelatin Bread x2	11 Minestrone Soup Tuna Salad Multigrain Bread Caesar Salad Angel Food Cake Berries Unsalted Crackers	12 Scrambled Egg Seasoned Steak Hashbrowns Orange Vinaigrette Veggies Mixed Berries WW Bread x2/Jelly	13 Cheese Enchiladas Black Beans Pepper Medley Winter Fresh Fruit Salad
16 Swedish Meatballs Mashed Potatoes Corn Kiwi Bread x2	17 Chili w/ Beans House Salad Cornbread Wheat Crackers Banana	18 Christmas Meal RS Ham Glazed Sweet Potatoes Green Bean Casserole Orange Strawberry Cream Pie Dinner Roll	19 Beef Lasagna Herbed Green Beans Blueberries Breadstick	20 Breaded Cod Warm German Potato Salad Green Beans Oregano WB-2 Mandarin Oranges
23 Tater Tot Casserole Southwest Corn Cantaloupe Bread x2	24 CLOSED Meals on Wheels recipients will receive two hot meals on Monday.	25 CLOSED If you would like to receive an additional frozen meal on Monday, please call the office.	26 Roast Pork Loin Parslied Potatoes Balsamic Brussel Sprouts Apricots Caribbean Sauce Dinner Roll	27 Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit
30 Cheeseburger on a Bun Dijon Red Potatoes Squash Pears	31 Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus Raspberries Breadstick			

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 - MAYVILLE Tuna Noodle Casserole Caribbean Blend Veggies Peaches	3 - PORTLAND Turkey a la King Brown Rice Malibu Blend Veggies	4 - MAYVILLE Hot Roast Beef/Gravy on Wheat (2 slices) Chived Mashed Potatoes	5 - PORTLAND Chicken Salad on Wheat Chickpea Salad Lettuce,tomato,onion	6 - MAYVILLE Chicken & Dumplings House Salad Herbed Green Beans
9 - MAYVILLE BBQ Ribs Prince Edward Veggies Baked Potato Fruit Cocktail	10 - PORTLAND Lemon Pepper Fish Au Gratin Potatoes Winer Blend Veggies Peachy Gelatin	11 - MAYVILLE Minestrone Soup Tuna Salad Multigrain Bread Caesar Salad	12- PORTLAND Scrambled Egg Seasoned Steak Hashbrowns Orange Vinaigrette Veg	13 - MAYVILLE Cheese Enchiladas Black Beans Pepper Medley Winter Fresh Fruit Salad
16 - MAYVILLE Swedish Meatballs Mashed Potatoes Corn Kiwi	17 - PORTLAND Chili w/ Beans House Salad Cornbread Wheat Crackers	18 - MAYVILLE RS Ham Glazed Sweet Potatoes Green Bean Casserole Strawberry Cream Pie	19 - PORTLAND Beef Lasagna Herbed Green Beans Blueberries Breadstick	20 - MAYVILLE Breaded Cod Warm German Potato Salad Green Beans Oregano
23 - MAYVILLE Tater Tot Casserole Southwest Corn - 1 cup Cantaloupe Bread x2	24 - PORTLAND CLOSED Meals on Wheels recipients will receive two hot meals on Monday.	25 - MAYVILLE CLOSED If you would like to receive an additional frozen meal on Monday, please call the office.	26 - PORTLAND Roast Pork Loin Parslied Potatoes Balsamic Brussel Sprouts Apricots Caribbean Sauce Dinner Roll	27 - MAYVILLE Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit
30 - MAYVILLE Cheeseburger on a Bun Dijon Red Potatoes Squash Pears	31 - PORTLAND Shrimp Scampi Spinach Fettuccine House Salad			

FALL AND HOLIDAY DESSERT RECIPES

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Fall is finally here and holiday season is just around the corner! Holidays are often filled with delicious foods and sweets that can be hard to resist. Instead of limiting all desserts, why not make nutritious ones to help curb your sweet tooth? Below are a few easy recipes that are either low in added sugar and saturated fat or they are full of nutritious ingredients like fruits, whole grains, nuts, seeds and spices. These desserts are great options to have as a snack or to share when the grandkids come to visit!

Stove Top Spiced Apples

Ingredients

4 apples, cored and chopped
1 tbsp water
2 tsp cinnamon
1 tsp vanilla
a pinch of nutmeg, cloves and ginger (based on preference)

Directions

1. Core and cut apples into wedges or cubes
2. Add them to a nonstick pan with cinnamon, optional spices, vanilla and a little splash of water

and stir together to coat. Cover and cook at medium-high heat for one minute.

3. Then take the lid off, reduce heat and keep stirring occasionally for another 3-4 minutes or until some of the apples become tender.
4. Take out and serve immediately.

Serving Options: Serve cinnamon apples with plain, low fat Greek yogurt to add protein to your dessert or top with your favorite nuts for some healthy fats!

No Bake Pumpkin Peanut Butter Balls

Ingredients

1 cup rolled oats
1/2 cup pumpkin puree
1/2 cup peanut butter
2 tablespoons honey or maple syrup (optional)
1 1/2 teaspoons pumpkin pie spice

Directions

1. Add oats to a food process or blender and grind until it turns into flour.

(Continued on page 7)

Buxton (701-847-2069)

Monday	Wednesday	Friday
2 Tuna Noodle Casserole Caribbean Blend Veggies	4 Hot Roast Beef/Gravy on Wheat Chived Mashed Potatoes	6 Chicken & Dumplings House Salad Herbed Green Beans Strawberries & Yogurt
9 BBQ Ribs Prince Edward Veggies Baked Potato Fruit Cocktail	11 Minestrone Soup Tuna Salad Caesar Salad Angel Food Cake Berries	13 Cheese Enchiladas Black Beans Pepper Medley Winter Fresh Fruit Salad
16 Swedish Meatballs Mashed Potatoes Corn Kiwi Applesauce	18 RS Ham Glazed Sweet Potatoes Green Bean Casserole Strawberry Cream Pie	20 Breaded Cod Warm German Potato Salad Green Beans Oregano
23 Tater Tot Casserole Southwest Corn Cantaloupe Bread x2	26 - Thursday Roast Pork Loin Parslied Potatoes Balsamic Brussel Sprouts Apricots	27 Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit
30 Cheeseburger on a Bun Dijon Red Potatoes Squash Pears		

Finley (701-524-1818)

Monday	Wednesday	Friday
2 Tuna Noodle Casserole Caribbean Blend Veggies	4 Hot Roast Beef/Gravy on Wheat Chived Mashed Potatoes	6 Chicken & Dumplings House Salad Herbed Green Beans Strawberries & Yogurt
9 BBQ Ribs Prince Edward Veggies Baked Potato Fruit Cocktail	11 Minestrone Soup Tuna Salad Caesar Salad Angel Food Cake Berries	13 Cheese Enchiladas Black Beans Pepper Medley Winter Fresh Fruit Salad
16 Swedish Meatballs Mashed Potatoes Corn Kiwi Applesauce	18 RS Ham Glazed Sweet Potatoes Green Bean Casserole Strawberry Cream Pie	20 Breaded Cod Warm German Potato Salad Green Beans Oregano
23 Tater Tot Casserole Southwest Corn Cantaloupe Bread x2	26 - Thursday Roast Pork Loin Parslied Potatoes Balsamic Brussel Sprouts Apricots	27 Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit
30 Cheeseburger on a Bun Dijon Red Potatoes Squash Pears		

DESSERT RECIPES

(Continued from page 6)

- In a large mixing bowl, combine all the ingredients. Using a spoon shape into small bite sized balls. Enjoy!

Optional Additions: Add chia seeds, pecans, shredded coconut or ground flaxseed for more fiber and healthy fats!

Banana, Oat, Chocolate Chip Cookies

- 2 medium bananas, ripe
- 1 ½ cup oatmeal - optional 1/2 cup rolled oats and 1 cup quick oats
- 1/3 cup mini chocolate chips

Directions

- Preheat oven to 350 degrees Fahrenheit and grease a cookie sheet. Using the back of a fork, mash bananas in a medium bowl until they are broken down.
- Add in oats and chocolate chips. Gently stir until all of the ingredients are mixed together.

- Scoop one tablespoon of the dough into your hands and free form into a cookie. Place on cookie sheet and continue until you have 12 cookies.
- Bake for 12-15 minutes or until set through and lightly golden. Cool and enjoy!

Storage Recommendations: Cookies can be stored in an airtight container for five days in the refrigerator or for 3 months frozen.

Fruit and Nut Dark Chocolate Bark

Ingredients

- 3 cups dark chocolate chips
- 1 cup roughly chopped pecans, pistachios and walnuts
- 1/3 cup chopped dried apricots or cherries
- 1/3 cup dried cranberries

(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

DESSERT RECIPES

(continued from page 7)

Directions

1. Line a large baking sheet with parchment paper or a silicone mat.
2. Place the chocolate chips in a microwave safe glass bowl or measuring cup. Heat for 1 minute, at 50% power, stir and heat an additional 30 seconds to a minute, stir again until smooth. Pour the chocolate across the lined baking sheet and spread it out with a spatula.
3. Sprinkle with the chopped fruits and nuts. Let the chocolate harden at room temperature or in the refrigerator. Cut the bark into pieces once it has set. Store at cool room temperature or in the refrigerator. Enjoy!

MEDICARE OPEN ENROLLMENT

(continued from front page)

- Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan.) *
- * If a beneficiary switches to Original Medicare and wants to purchase a Medicare supplement plan (Medigap plan), Medigap options may be limited or not available based on the individual's health status.

Review your coverage for 2025

- Medicare Advantage and Part D plans usually change each year. Make sure that your drugs will still be covered next year and that your providers and pharmacies will still be in the plan's network.
- If you have a **Medicare Advantage Plan or a stand-alone Part D plan**, read your plan's Annual Notice of Change (ANOC) and Evidence of Coverage (EOC).
 - o Explore other plans in your area. You may find a cheaper plan that meets your healthcare and prescription drug needs. Research shows you can lower your costs by shopping around.

OPTIONS FOR MAKING A PART D PLAN COMPARISON

- ⇒ You can complete a plan comparison on the Medicare website at: www.medicare.gov/plan-compare or by calling 800-MEDICARE (800-633-4227)
- ⇒ North Dakota Insurance Department will be available by telephone for enrollment assistance. They can be contacted at 1-888-575-6611.