



TOGETHER
We Can
Make An
Impact



Giving Hearts Day

Giving Hearts Day is just about here!

A Day of Generosity,
A Lifetime of Support for Seniors in

CASS • STEELE • TRAILL • RANSOM • SARGENT • RICHLAND COUNTIES



TRANSPORTATION



COMMUNITY
DINING



SENIOR CENTER
SOCIALIZATION



MEALS ON
WHEELS



RESOURCE
SPECIALISTS

To donate to Valley Senior Services for Giving Hearts Day, visit GivingHeartsDay.org to make your online donation or mail/drop off your cash or check donation at your area senior center.

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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**Valley Senior Services
will be closed
Monday, February 17 in
observation of
President's Day.
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.



Join Us for Sweetheart Bingo!

Where: Mayville Senior Center
When: February 8 at 2:00 pm

We hope to see you there!

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

Feb 12 & 26 - Foot care at Senior Center*
Feb 27 - 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

Feb 3 - 1:30 monthly business

Feb 8 - 2:00 Sweetheart Bingo

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

No Meetings or Socials December - March

Every Tuesday - 2:00 Cards

Hope Senior Center

211 Steele Ave

Feb 4 - 1:30 Monthly business meeting

Feb 18 - 1:30 Social

Feb 19 - Foot care at senior center*

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

Feb 20 - Foot care at senior center*

Feb 17 - 2:00-4:00 Pie Day

Feb 24 - 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

Feb 10- 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.*



When inclement weather arises, and we cannot provide our services, Valley Senior Services will broadcast our closing announcements on the following Radio Stations: WDAY AM 970, KFGO 790 and KMAV 1550; TV Station: KXJB and KVLV; along with our website (www.valleyseniorservices.org) and Facebook page (www.facebook.com/ValleySeniorServices/).

*See foot care schedule on page 2

Steele County Transit

Aneta - Buxton - Cooperstown - Hatton - Hillsboro - Northwood - Page - Mayville - Galesburg - Portland - Reynolds - Finley - Sharon - Hope - Rural Grand Forks County as noted

February 2025

To schedule a ride, call: 1 (800) 845-1715 or (701) 636-5953 at least **2 days in advance**.

The cost for these rides is **\$8.00 per person**.

Rides will be provided on a first call, first serve basis. Hours spent in Fargo and Grand Forks will be between 9:30am to 2:30pm unless all riders are ready to leave earlier.

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>FARGO</u>	4 <u>GRAND FORKS</u> GF County	5	6	7 <u>FARGO</u>
10 <u>FARGO</u>	11	12 <u>FARGO</u>	13 <u>GRAND FORKS</u> GF County	14
17 <u>FARGO</u>	18 <u>GRAND FORKS</u> GF County	19	20	21 <u>FARGO</u>
24 <u>FARGO</u>	25	26 <u>FARGO</u>	27 <u>GRAND FORKS</u> GF County	28

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.

Traill & Steele County Foot Care

Consistent care of the feet is fundamental to mobility, comfort, and independence especially in the elderly. Routine foot care is recommended for individuals living with underlying conditions such as diabetes, arterial insufficiency, gout and arthritis and those annoying corns and callouses. Unfortunately, routine foot care is often overlooked, neglected and not available to rural communities. Just for You Foot Care provides this service to Mayville, Hatton, Hope, Casselton, Cooperstown, Buxton and Hillsboro. This routine service includes, basic nail trimming, removing ingrown toenails, reducing thick nails, reducing or removing corns and callouses. You will also get a nice warm foot soak and lotion application and a foot massage to promote circulation. Medical recommendations will be made for further foot care treatments if needed. For services in Hillsboro and Buxton contact Deb Lessard at 701-430-2074. All other locations contact Jill Kent at 218-242-1379. Cost for this service is \$35.00.

In February, Just For You Footcare will be providing footcare at:

Hope
Feb 19

Call Jill at 218-242-1379 for appointment.

In February, Debra Lessard will be providing footcare at:

Hillsboro
Feb 12 & Feb 26

Buxton
Feb 20

Call 701-430-2074 for an appointment

FEBRUARY 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
3 Beef Stuffed Pepper Parslied Potatoes Zucchini Peaches Bread x 1	4 Pork Wings Scalloped Potatoes Seasoned Snow Peas Cinnamon Bananas Dinner Roll	5 Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad	6 Spagetti & Meat Sauce Green Beans Parmesan Cheese Appe 1 WG Breadstick	7 Mushroom Swiss Burger / Bun Potato Salad Broccoli Tangerine
10 Lemon Pepper Cod Rosemary Garlic Potatoes Dilled Carrots Oranges in Whipped Topping	11 Cobb Salad Dressing Peaches 2 WG Breadsticks	12 Country Fried Steak / Gravy Baby Baker Potatoes Beets Pineapple Dessert	13 Philly Cheese Chicken Sandwich Tator Tots Capri Blend Veggies Banana	14 Chicken Tenders Macaroni & Cheese House Salad Fruit Cocktail Bread x1
17 <p style="text-align: center;">CLOSED If you would like to receive a frozen meal, please call the office.</p>	18 Macaroni Hotdish Green Beans Diced Pears Bread x1	19 Cheese Tortellini / Marinara Sauce Meatballs Italian Veggie Blend Mixed Berries Breadstick	20 Beef Fajita Chips / Salsa Spanish Rice Southwest Corn Raspberries Dessert	21 Open Face Turkey Sandwich (2 bread) Chive Mashed Potatoes Peas & Carrots Snicker Apple Salad
24 Fish Sandwich / Bun / Tartar Sauce Au gratin Potatoes Lettuce, Tomato, Onion Cinnamon Applesauce	25 Teriyaki Chicken Sesame Brown Rice Pacific Blend Veggies Egg Roll Peach Crisp	26 Supreme Pizza Casserole Prince Edward Veggies House Salad Pineapple Garlic Toast	27 Pulled BBQ Chicken Ranch Beans California Blend Veggies Cornbread Strawberries	28 Roast Beef & Gravy Dijon Red Potatoes Country Blend Veggies Tropical Fruit Bread x2
				

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 - MAYVILLE Beef Stuffed Pepper Parslied Potatoes Zucchini	4 - PORTLAND Pork Wings Scalloped Potatoes Seasoned Snow Peas	5 - MAYVILLE Crispy Beef Tacos Southwest Corn	6 - PORTLAND Spaghetti & Meat Sauce Green Beans Apple	7 - MAYVILLE Mushroom Swiss Burger/Bun Potato Salad / Broccoli Tangerine
10 - MAYVILLE Lemon Pepper Cod Rosemary Garlic Potatoes Dilled Carrots	11 - PORTLAND Cobb Salad / Dressing Peaches 2 WG Breadsticks	12 - MAYVILLE Country Fried Steak/Gravy Baby Baker Potatoes Pineapple / Dessert	13 - PORTLAND Philly Cheese Chicken Sandwich Tator Tots	14 - MAYVILLE Chicken Tenders Macaroni & Cheese House Salad
17 - CLOSED If you would like to receive a frozen meal, please call the office	18 - PORTLAND Macaroni Hotdish Green Beans Diced Pears	19 - MAYVILLE Cheese Tortellini / Marinara Sauce/Meatballs Italian Veggie Blend	20 - PORTLAND Beef Fajita/ Chips/Salsa Spanish Rice /Southwest Corn/ Raspberries	21 - MAYVILLE OpenFace Turkey Sandwich Chive Mashed Potatoes Peas & Carrots Snicker Apple Salad
24 - MAYVILLE Fish Sandwich / Bun Au gratin Potatoes Cinnamon Applesauce	25 - PORTLAND Teriyaki Chicken Sesame Brown Rice Egg Roll	26 - MAYVILLE Supreme Pizza Casserole Prince Edward Veggies House Salad	27 - PORTLAND Pulled BBQ Chicken Ranch Beans California Blend Veggies	28 - MAYVILLE Roast Beef & Gravy Dijon Red Potatoes Country Blend Veggies

SLOW COOKER RECIPES

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Tis the season to use the crockpot! Slow cooker meals are a great way to make simple recipes that are both warm and delicious. Most recipes require minimum preparation and can save you time with very few dishes to do for cleanup. Additionally, using a slow cooker can help soften protein sources like tough cuts of meat for those who may have trouble chewing. The recipes below are easy to prepare and serve 2-4 people to help cut down leftovers.

Shredded Crockpot Chicken for Two

Serves: 2

- 1-2 boneless skinless chicken breasts (about 1/2 lb)
- 1/4 cup chicken broth
- 1/2 teaspoon Italian seasoning
- Black pepper to taste

Instructions

1. Place chicken breasts in small crockpot. Pour in chicken broth and sprinkle with seasonings.
2. Cover and cook on low for 3-4 hours or until chicken is cooked through (165 degrees F minimum) and fall apart tender.
3. Let rest for 10 minutes before pulling apart. Using two forks, gently pull and shred the chicken in the liquid.
4. Make shredded chicken sandwiches or add to the top of a fresh salad.

Tomato Basil Steak

Author: Sheryl Little

Serves: 4

- 1-1/4 pounds boneless beef shoulder top blade or flat iron steaks
- 1/2 pound whole fresh mushrooms, quartered
- 1 medium sweet yellow pepper, julienned
- 1 can (14 ounces) stewed tomatoes, undrained
- 1 can (8 ounces) tomato sauce
- 1 envelope onion soup mix
- 2 tablespoons minced fresh basil

Instructions

1. Place steaks in a 4-qt. slow cooker. Add mushrooms and pepper. In a small bowl, mix tomatoes, tomato sauce, soup mix and basil; pour over top.
2. Cook, covered, on low 6-8 hours or until beef and vegetables are tender. Serve with rice.

(Continued on page 7)

Buxton (701-847-2069)

Monday	Wednesday	Friday
3 - Wednesday Beef Stuffed Pepper Parslied Potatoes Zucchini Peaches	5 - Thursday Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad	7 Mushroom Swiss Burger / Bun Potato Salad Broccoli Tangerine
10 Lemon Pepper Cod Rosemary Garlic Potatoes Dilled Carrots Oranges in Whipped Topping	12 Country Fried Steak / Gravy Baby Baker Potatoes Beets Pineapple / Dessert	14 Chicken Tenders Macaroni & Cheese House Salad Fruit Cocktail
18 - Tuesday Macaroni Hotdish Green Beans Diced Pears Bread x1	19 Cheese Tortellini / Marinara Sauce Meatballs Italian Veggie Blend Mixed Berries	21 Open Face Turkey Sandwich (2 bread) Chive Mashed Potatoes Peas & Carrots Snicker Apple Salad
24 Fish Sandwich/ Bun Au gratin Potatoes Lettuce,tomato,onion Cinnamon Applesauce	26 Supreme Pizza Casserole Prince Edward Veggies Pineapple Garlic Toast	28 Roast Beef & Gravy Dijon Red Potatoes Country Blend Veggies Tropical Fruit

Finley (701-524-1818)

Monday	Wednesday	Friday
3 - Wednesday Beef Stuffed Pepper Parslied Potatoes Zucchini Peaches	5 - Thursday Crispy Beef Tacos Southwest Corn Refried Beans Cherry Fruit Salad	7 Mushroom Swiss Burger / Bun Potato Salad Broccoli Tangerine
10 Lemon Pepper Cod Rosemary Garlic Potatoes Dilled Carrots Oranges in Whipped Topping	12 Country Fried Steak / Gravy Baby Baker Potatoes Beets Pineapple / Dessert	14 Chicken Tenders Macaroni & Cheese House Salad Fruit Cocktail
18 - Tuesday Macaroni Hotdish Green Beans Diced Pears Bread x1	19 Cheese Tortellini / Marinara Sauce Meatballs Italian Veggie Blend Mixed Berries	21 Open Face Turkey Sandwich (2 bread) Chive Mashed Potatoes Peas & Carrots Snicker Apple Salad
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SLOW COOKER RECIPES

(Continued from page 6)

Split Pea Soup

Serves: 2-3

- 8 oz split peas · 2 medium carrots, peeled and diced
- ½ white onion, chopped · 1 garlic clove, minced

- 1 bay leaf
- 1 tsp salt · ½ teaspoon pepper · 3 cups hot water

Instructions

1. Layer ingredients in order listed above. Do not stir
2. Cover and cook until peas are soft High: 4-5 hours or Low: 8-10 hours
3. Remove bay leaf before serving.

Easy Pork Chops

Author Carrie Barnard

Serves: 2-3

- 2-3 boneless pork chops (thick cut)
- 1 can cream of chicken soup (10 oz)

- 1 Tbsp ranch seasoning mix
- ¼ cup chicken broth

Instructions

1. Place pork chops in a crock pot.
2. In a mixing bowl, whisk together the cream of chicken soup, ranch seasoning mix and chicken broth.
3. Pour this mixture on top of the pork chops in a crock pot.
4. Cover and cook on low for 5-7 hours or on high for 2.5-3.5 hours until the pork has an internal temperature of 165 degrees F.



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

 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.