



Valley Senior Services  
helping seniors maintain independence

# Silver Quill

Valley Senior Services of Traill & Steele Counties

MARCH 2025 | VOLUME 35 NO. 3

## RENT REFUNDS AND PROPERTY TAX CREDIT OPTIONS AVAILABLE

### RENTER'S REFUND:

The Renter's Refund program provides a partial refund on rent for a renter's place of residence or a mobile home lot. Refunds can be up to \$400. To be eligible for this program, you (the renter) must:

- Be 65 or older (or have a permanent disability)
- Have income of \$70,000 or less, including the income of your spouse and any dependents, for the calendar year preceding the assessment date.
- Have annual rent payments that are a certain percentage of your income. If 20% of your annual rent exceeds 4% of your annual income, you will receive a refund for the over payment. Refunds can be up to \$400.

For more information or to get an application, go to [www.tax.nd.gov/renter](http://www.tax.nd.gov/renter). You may also call the State Tax Commissioner at 1-877-328-7088 option 5. If you need assistance with Rent Refunds, call our office at 293-1440. Renters must apply for by May 31, 2025.

### HOMESTEAD PROPERTY TAX:

If you are a homeowner age 65 or older, you may qualify for the Homestead Property Tax Credit program. To be eligible for this program, you (the homeowner) must:

- Live at and be invested in the property
- Not have income that exceeds \$70,000, including the income of your spouse and any dependents, for the calendar year preceding the assessment date.

The homeowner does not qualify to receive the credit if the homestead is rented while the owner is temporarily absent, or the homestead is a farm structure.

Interested in applying? Visit [casscountynnd.gov/homestead](http://casscountynnd.gov/homestead) or contact the Cass County Tax Equalization Office at (701) 241-5616. For residents living in Fargo or West Fargo, please contact your city assessor's office. Homeowners must apply for a property tax credit by March 31.

### PRIMARY RESIDENCE CREDIT:

The Primary Residence Credit (PRC) provides all North Dakota homeowners with the option to apply for a state property tax credit. Homeowners with an approved application may receive up to a \$500 credit against their 2025 property tax obligation. There are no age restrictions or income limitations for this credit. To be eligible, you must:

- Own a home (house, mobile home, town home, duplex, or condo) in North Dakota, and reside in it as your primary residence.

For more information or to apply for the Primary Residence Credit, go to [www.tax.nd.gov/prc](http://www.tax.nd.gov/prc). Questions? You can call 701-328-7988 or toll-free 1-877-649-0112. Applications are due by March 31, 2025.

***Do you need more information or assistance applying? Valley Senior Services can help!  
Call 701-788-3453 or toll-free at 800-845-1715.***



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



[valleyseniorservices.org](http://valleyseniorservices.org)



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

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

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# 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

For services in Hillsboro and Buxton contact Deb Lessard. All other locations contact Jill Kent. Cost for this service is \$35.00.

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

Mayville  
March 6 & 27

Hatton  
March 11

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

**Debra Lessard, RN will be providing foot care at:**

Hillsboro  
March 5, 10, 26

Kiwanis  
March 25

**Call Deb at 701-430-2074 for appointment**

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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

## Hillsboro Senior Center

205 N Main Street  
701-636-5953

**Meals: Mon-Fri at 12:00 pm**

March 5, 10 & 26 - Foot care at Senior Center\*  
March 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**

March 3 - 1:30 monthly business  
March 6 & 27 - 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**

No Meetings or Socials December - March  
Every Tuesday - 2:00 Cards

## Hope Senior Center

211 Steele Ave

March 4 - 1:30 Monthly business meeting

March 18 - 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**

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

March 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**

March 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](http://www.valleyseniorservices.org)) and Facebook page ([www.facebook.com/ValleySeniorServices/](http://www.facebook.com/ValleySeniorServices/)).

\*See foot care schedule on page 2

# PROTEIN INTAKE WITH CHRONIC KIDNEY DISEASE

BY LANE LIPETZKY SWENSON, RD, LD, CGN



Chronic kidney disease (CKD) is a disease in which kidneys lose their ability to perform vital functions such as filtering waste and fluid from the blood, regulating blood pressure, producing red blood cells and keeping bones strong. In general, people experience a gradual decline in kidney function that is represented in stages 1 through 5. Over time, CKD can turn into end stage renal disease, requiring dialysis to help remove waste and fluids from the blood or a kidney transplant. Uncontrolled diabetes and high blood pressure are the two most common causes; however, autoimmune diseases, infections and genetic factors could also play a role.

In 2020 the National Kidney foundation released an updated Kidney Disease Outcomes Quality Initiative (KDOQI) along with the Academy of Nutrition and Dietetics as a nutrition guide for managing CKD. In this month's article we will go over the stages of CKD and the most up to date guidelines regarding protein intake for each stage. These guidelines provide nutritional guidance to help slow the progression into later stages of CKD, however, it is always best to follow the specific recommendations from your healthcare team.

## Chronic Kidney Disease Stages

CKD is broken down into 5 stages based on globular filtration rate or GFR.

Stage	GFR Level	Description
1	90 or higher	Generally normal kidney function with some signs of kidney damage (e.g., protein in the urine)
2	60-89	Mild decrease in kidney function
3a	45-59	Moderate decrease in kidney function
3b	30-44	Moderate decrease in kidney function
4	15-29	Severe decrease in kidney function
5	Less than 15	Kidney failure, end stage renal disease

## Protein Recommendations Based on Stage

Proper nutrition and management of chronic conditions can help slow the progression of CKD. Protein is an important dietary component that helps build and maintain muscle mass, fight infection and stay healthy. However, with CKD, too much protein can wear kidneys out faster and intake may need to be regulated if someone is not on dialysis. The recommendations for protein intake based on weight and stage of CKD are below.

- Stages 1-2 (mild to moderate): Aim for about 0.8 to 1.0 grams of protein per kilogram of body weight per day
- Stages 3-5 (not on dialysis): A lower protein intake of around 0.6 to .8 grams per kilogram of body weight per day may be recommended.
- Dialysis: Protein needs are higher due to the loss of protein during dialysis. The recommended intake is around 1.0 to 1.2 grams per kilogram of body weight per day.

### An example of a protein calculation:

Individual who is 150 lbs with stage 3a CKD

150 lbs / 2.2 = 68 kilograms

68 kg X 0.8 grams of protein = 54 grams of protein a day

(Continued on page 7)



# March 2025

## Hillsboro (701-636-5953)

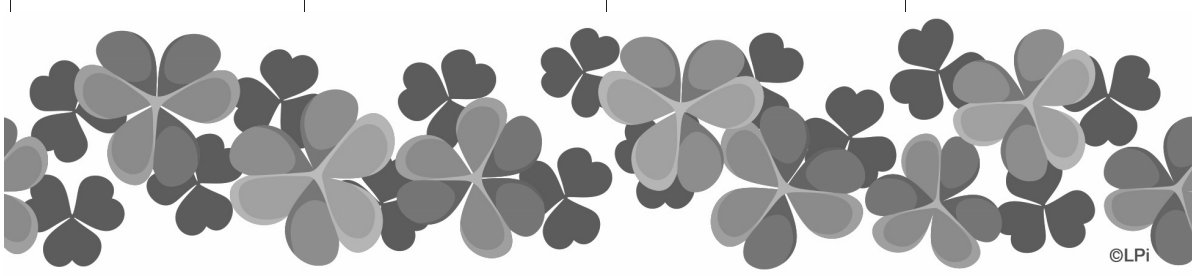
See pages 6-7 for all site menus - info on ordering a meal for all sites on page 2

### 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
<b>3</b> Caprese Chicken Lemon Dill Orzo Green & Gold Beans Pears Bread x1	<b>4</b> Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers WB-2 Pears with Blueberries	<b>5</b> Honey Roast Pork Chop Stewed Summer Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	<b>6</b> Chicken & Dumplings Capri Blend Veggies House Salad Strawberries & Yogurt Biscuit	<b>7</b> Fish & Chips / Tartar Sauce Coleslaw Tropical Fruit Lemon Wedge Dinner Roll
<b>10</b> Beef Tips & Mushroom in Gravy Onion Mashed Potato California Blend Veggies Peaches Bread x2	<b>11</b> Sweet & Sour Chicken Brown Rice Japanese Stir Fry Veggies Potstickers Orange	<b>12</b> Cheesy Baked Ziti Sicilian Blend Veggies Apple WG Breadstick German Chocolate Cake	<b>13</b> Manhattan Meatballs Brown Rice House Salad Country Blend Veggies Seasonal Fresh Fruit	<b>14</b> Tarragon Roast Chicken Baked Sweet Potato Peaches in Orange Sauce WW Bread Parmesan Broccoli
<b>17</b> Chicken Kiev Parslied Potatoes Green Bean Oregano Blueberries Bread x2	<b>18</b> Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange	<b>19</b> Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp Dinner Roll	<b>20</b> Chili w/ Beans Baked Potato Applesauce Cornbread	<b>21</b> Chicken & Wild Rice Casserole Brussel Sprouts & Tomatoes Wheat Roll Whole Pear
<b>24</b> Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Pineapple Dinner Roll	<b>25</b> BBQ Ribs Peas Baked potato Sour Cream Fruit Cocktail Bread x2	<b>26</b> French Dip Tator Tots Seasoned Carrots Strawberry Pineapple Cream Dinner Roll	<b>27</b> Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes Biscuit RTB	<b>28</b> Country Ham Scalloped Potatoes Malibu Blend Veggies Deluxe Fruit Bread x2
<b>31</b> Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges				

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3 - MAYVILLE</b> Caprese Chicken Lemon Dill Orzo Green & Gold Beans Pears	<b>4 - PORTLAND</b> Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers Pears with Blueberries	<b>5 - MAYVILLE</b> Honey Roast Pork Chop Stewed Summer Squash Fresh Fruit Salad Hot Spiced Apples	<b>6 - PORTLAND</b> Chicken & Dumplings Capri Blend Veggies House Salad Strawberries & Yogurt	<b>7 - MAYVILLE</b> Fish & Chips/Tartar Sauce Coleslaw Tropical Fruit Lemon Wedge
<b>10 - MAYVILLE</b> Beef Tips & Mushroom in Gravy Onion Mashed Potato California Blend Veggies	<b>11- PORTLAND</b> Sweet & Sour Chicken Brown Rice/Japanese Stir Fry Veggies Potstickers	<b>12 - MAYVILLE</b> Cheesy Baked Ziti Sicilian Blend Veggies WG Breadstick German Chocolate Cake	<b>13 - PORTLAND</b> Manhattan Meatballs Brown Rice/House Salad Country Blend Veggies Seasonal Fresh Fruit	<b>14 - MAYVILLE</b> Tarragon Roast Chicken Baked Sweet Potato Peaches in Orange Sauce Parmesan Broccoli
<b>17 - MAYVILLE</b> Chicken Kiev Parslied Potatoes Green Bean Oregano Blueberries	<b>18 - PORTLAND</b> Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange	<b>19 - MAYVILLE</b> Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp	<b>20 - PORTLAND</b> Chili w/ Beans Baked Potato Applesauce Cornbread	<b>21 - MAYVILLE</b> Chicken & Wild Rice Casserole Brussel Sprouts&Tomatoes Wheat Roll
<b>24 - MAYVILLE</b> Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veg	<b>25 - PORTLAND</b> BBQ Ribs Peas Baked potato/Sour Cream	<b>26 - MAYVILLE</b> French Dip/Tator Tots Seasoned Carrots Strawberry Pineapple Cream	<b>27 - PORTLAND</b> Turkey a la King Fluffy Rice Pacific Blend Veggies	<b>28 - MAYVILLE</b> Country Ham Scalloped Potatoes Malibu Blend Veggies
<b>31 - MAYVILLE</b> Sloppy Joe / Bun Baked Beans Potato Wedges				

## TAX TIME IS COMING, AND AARP CAN HELP!

Now is the time to get ready for tax-filing season, and AARP Foundation Tax-Aide is providing in-person and virtual tax preparation help to anyone, free of charge, with a focus on taxpayers over 50 and have low-to-moderate income. Tax-Aide volunteers are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code. Local Tax-Aide Site information is below:



### Moorhead Public Library

118 5th Street South, Moorhead, MN  
Open Mondays and Wednesday from 9:00 am to 3:00 pm

### Fargo Public Library, Carlson Branch

2801 32nd Avenue South, Fargo  
Open Tuesdays from 10:00 am to 4:00 pm

### Hjemkomst Center

202 1st Avenue North, Moorhead  
Open Thursdays from 9:00 am to 3:00 pm

### East Grand Forks Public Library

422 4th Street NW, East Grand Forks, MN  
Wednesdays from 12:30 pm to 4:30 pm  
Fridays from 9:30 am to 4:30 pm

Appointments are required; you must call (701) 335-6509 to schedule an appointment at the Fargo and Moorhead sites, and 701-787-1661 for the East Grand Forks site.  
For more information, go to [aarp.org/money/taxes/aarp\\_taxaide/](http://aarp.org/money/taxes/aarp_taxaide/)  
Tax-Aide locations will close in early- to mid-April.

## Buxton (701-847-2069)

	Wednesday	Friday
<b>3 - Wednesday</b> Caprese Chicken Lemon Dill Orzo Green & Gold Beans	<b>5 - Thursday</b> Honey Roast Pork Chop Stewed Summer Squash	<b>7</b> Fish & Chips Coleslaw Tropical Fruit Lemon Wedge
<b>10</b> Beef Tips & Mushroom in Gravy Onion Mashed Potato California Blend Veggies	<b>12</b> Cheesy Baked Ziti Sicilian Blend Veggies WG Breadstick German Chocolate Cake	<b>14</b> Tarragon Roast Chicken Baked Sweet Potato Peaches in Orange Sauce
<b>17</b> Chicken Kiev Parslied Potatoes Green Bean Oregano	<b>19</b> Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp	<b>21</b> Chicken & Wild Rice Casserole Brussel Sprouts & Tomatoes
<b>24</b> Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies	<b>26</b> French Dip Tator Tots Seasoned Carrots Strawberry Pineapple Cream	<b>28</b> Country Ham Scalloped Potatoes Malibu Blend Veggies Deluxe Fruit
<b>31</b> Sloppy Joe / Bun Baked Beans Potato Wedges		

## Finley (701-524-1818)

	Wednesday	Friday
<b>3 - Wednesday</b> Caprese Chicken Lemon Dill Orzo Green & Gold Beans	<b>5 - Thursday</b> Honey Roast Pork Chop Stewed Summer Squash	<b>7</b> Fish & Chips Coleslaw Tropical Fruit Lemon Wedge
<b>10</b> Beef Tips & Mushroom in Gravy Onion Mashed Potato California Blend Veggies	<b>12</b> Cheesy Baked Ziti Sicilian Blend Veggies WG Breadstick German Chocolate Cake	<b>14</b> Tarragon Roast Chicken Baked Sweet Potato Peaches in Orange Sauce
<b>17</b> Chicken Kiev Parslied Potatoes Green Bean Oregano	<b>19</b> Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp	<b>21</b> Chicken & Wild Rice Casserole Brussel Sprouts & Tomatoes
<b>24</b> Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies	<b>26</b> French Dip Tator Tots Seasoned Carrots Strawberry Pineapple Cream	<b>28</b> Country Ham Scalloped Potatoes Malibu Blend Veggies Deluxe Fruit
<b>31</b> Sloppy Joe / Bun Baked Beans Potato Wedges		

## PROTEIN INTAKE WITH CHRONIC KIDNEY DISEASE

(Continued from page 4)

### Protein Containing Foods

Foods containing protein include fish, poultry, eggs, meat, dairy, dried beans or peas, whole grains, nuts and seeds. Examples of common protein sources are in the table below.

Food	Serving	Average grams of protein
Beef, lean	3 oz, cooked	22 grams
Chicken breast	3 oz, cooked	25 grams
Salmon	3 oz, cooked	21 grams
Large egg	1 egg	7 grams
Yogurt (not Greek yogurt)	1 cup	8 grams
Cottage Cheese	½ cup	13 grams
Black beans	1 cup cooked	15 grams
Lentils	1 cup cooked	15-18 grams

In conclusion, limiting protein intake can help slow the loss of kidney function in those with CKD. On the other hand, eating enough protein is important for lowering your risk of malnutrition. The amount of protein you need will depend on your size, stage of CKD, other chronic conditions and overall nutrition status. To know the exact amount of protein that is right for you, consult with your dietitian and healthcare team.



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

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

## Steele County Transit - March 2025

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

**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	4 <b><u>GRAND FORKS</u></b> GF County	5	6	7 <b><u>FARGO</u></b>
10 <b><u>FARGO</u></b>	11	12 <b><u>FARGO</u></b>	13 <b><u>GRAND FORKS</u></b> GF County	14
17 <b><u>FARGO</u></b>	18 <b><u>GRAND FORKS</u></b> GF County	19	20	21 <b><u>FARGO</u></b>
24 <b><u>FARGO</u></b>	25	26 <b><u>FARGO</u></b>	27 <b><u>GRAND FORKS</u></b> GF County	28
31				

**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.