



Valley Senior Services  
helping seniors maintain independence

# Silver Quill

Valley Senior Services of Trail & Steele Counties

JULY 2024 | VOLUME 42 NO. 7

## WELCOME, MIA!

My name is Mia Lawson, and I recently took over the County Program Supervisor position for Trail/Steele counties. I have been working within the field of human services since 2017. I have always had a passion for engaging with others and serving them in a meaningful way. I'm excited for this new chapter, and eager to work alongside such a great team of people! Outside of work I would say I enjoy long walks on the beach, but there aren't too many beaches in Hillsboro, North Dakota. The sea of prairie land does fine enough! In my free time I'm usually all over the map spending time with my friends and family or having the occasional lazy day at home with my boyfriend and our 4-legged roommates. My summers are typically filled with watching softball (I don't do land sports) or spending time at the lake. My winters are filled with staying home and pretending I'm somewhere warmer. The way to my heart is with a coffee or bringing me through the Taco Bell drive through.



©LPi



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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### TO-GO MEALS



©LPi

*Are you looking for a fast and convenient lunch option?  
Are you tired of fast food and TV dinners that do not support your health goals?*

*Do you appreciate an affordable meal?  
Would you like someone else to cook occasionally?*

If you answered "yes" to any of the questions above, To-Go (or take-out) meals are a great option for you! You can pick up a meal occasionally or regularly based on your schedule. Meals plans are

(Continued on page 2)

We will be closed Thursday, July 4th.  
No Transportation, Activities, Meals on Wheels, To-Go Meals, or Congregate Meals.



# Valley Senior Services Traill & 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

# To-Go Meals

*(Continued from front page)*

developed by Licensed Registered Dietitians and provide 1/3 of the recommended dietary intake for older adults, without adding excess sugar, sodium, or fat.

Your wallet will thank you, too! There is a suggested donation of \$4 per meal, but we encourage individuals to donate what they can afford.

If you need a break from the kitchen, consider signing up for To-Go meals and let us handle the cooking!

Meals must be ordered no later than 2:00 pm the previous day, to ensure there is enough for everyone and to limit waste. See below for information on locations, or visit us online at [valleyseniors.org](http://valleyseniors.org) to learn more!

## 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.**

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](mailto: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**

July 1 - 1:30 monthly business  
July 18 - Foot care at the 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**

July 8 & 15 - Foot care at Senior Center\*  
July 25 - 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**

July 15 - 2:00-4:00 Pie Day  
July 22 - 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.*

\*See foot care schedule

## Portland Golden Age Club

710 Parke Avenue  
701-788-3410

**Meals: Tues & Thurs at 11:30 am**

July 8 - 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

July 2- 1:30 Monthly business meeting;  
July 16 - 1:30 Social  
July 17- Foot care at Senior Center\*  
Every Thursday - 1:30 Cards

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

## Finley Senior Center

301 Central Avenue  
701-524-1818

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

July 9 - 2:00 Monthly business meeting  
July 23 - 2:00 Social  
Every Tuesday - 2:00 Cards

## Trail & Steele County Foot Care

Jill Kent of Just For You Foot Care will be providing foot care at:

Hope

July 17

Mayville

July 18

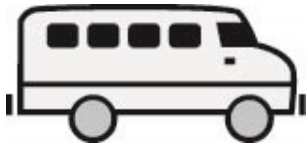
**Call Jill at 218-242-1379 for an appointment**

Debra Lessard, RN will be providing foot care at:

Hillsboro

July 8 & 15

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



# Steele County Transit

# July 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\*

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>														
<p><b>1</b></p>	<p><b>2</b> <b>GRAND FORKS</b> 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>3</b> <b>FARGO</b> 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>	<p><b>4</b></p>	<p><b>5</b></p>														
<p><b>8</b> <b>FARGO</b> 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></p>	<p><b>9</b> <b>FARGO</b> 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>	<p><b>10</b></p>	<p><b>11</b></p>	<p><b>12</b></p>														
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<p><b>21</b></p>	<p><b>22</b> <b>FARGO</b> 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>23</b> <b>FARGO</b> 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>	<p><b>24</b> <b>GRAND FORKS</b> Finley - 8:30 <u>call</u> Sharon - 8:45 <u>call</u> Hatton - 9:15 <u>call</u> GF County - <u>call</u></p>	<p><b>25</b></p>														
<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p style="text-align: center;"><b>Pickup Locations:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Aneta - Cafe</td> <td style="width: 50%;">Mayville -Senior Ctr</td> </tr> <tr> <td>Buxton - Post Office</td> <td>Galesburg-Post Office</td> </tr> <tr> <td>Cooperstown - City Hall</td> <td>Portland – The Hub</td> </tr> <tr> <td>Hatton - Miller’s Food</td> <td>Reynolds - Cafe</td> </tr> <tr> <td>Hillsboro - Senior Ctr</td> <td>Finley - Cenex</td> </tr> <tr> <td>Northwood - Senior Ctr</td> <td>Sharon - Bank</td> </tr> <tr> <td>Page - Café</td> <td>Hope - Cenex</td> </tr> </table>		Aneta - Cafe	Mayville -Senior Ctr	Buxton - Post Office	Galesburg-Post Office	Cooperstown - City Hall	Portland – The Hub	Hatton - Miller’s Food	Reynolds - Cafe	Hillsboro - Senior Ctr	Finley - Cenex	Northwood - Senior Ctr	Sharon - Bank	Page - Café	Hope - Cenex
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# JULY 2024

## Hillsboro



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>1</b> Italian Meatballs Tomato Sauce Herbed Penne Pasta Italian Blend Veggies Pears with Vanilla Sauce Breadstick	<b>2</b> Balsamic Blackberry Chicken Tomato Cucumber Salad Brown Rice Pilaf Capri Blend Veggies Apple Bread x1	<b>3</b> Beef Fajita Spanish Rice Chuckwagon Corn Chips & Salsa Caramel Custard Raspberries	<b>4</b> CLOSED 	<b>5</b> Chicken Kiev O'Brien Potatoes Green Bean Oregano Grapes Bread x2
<b>8</b> Beef Tips & Mushroom / Gravy Onion Mashed Potato Asparagus Strawberry Applesauce Bread x2	<b>9</b> BBQ Pork Chop Southwest Macaroni Salad Squash Cornbread Fresh Plum	<b>10</b> Fish Tacos Hawaiian Coleslaw Black Beans Cilantro Cream Sauce / Lettuce Bananas & Oranges Strawberry Cream Pie	<b>11</b> Tater Tot Casserole Peas Peaches Bread x2	<b>12</b> Philly Cheese Chicken Sandwich Potato Wedges Broccoli Pineapple
<b>15</b> French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Kiwi	<b>16</b> RS Ham Baked Potato Country Blend Veggies Banana Bread x2	<b>17</b> Salisbury Steak / Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad Bread x2	<b>18</b> Jamaican Ribs Tex-Mex Cowboy Caviar Parslied Potatoes Potato Roll Fruit Cocktail	<b>19</b> Chicken Spaghetti House Salad / Dressing Malibu Blend Veggies Breadstick Peach Crisp
<b>22</b> Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce Bread x2	<b>23</b> Meatloaf / Brown Gravy Mashed Potatoes Brussel Sprouts Ciabatta Roll Minted Pears	<b>24</b> Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions & Peppers Blueberries Bread x2	<b>25</b> Grilled Chicken Breast Potato Salad Herbed Green Beans Cantaloupe Bread x2	<b>26</b> Hawaiian Turkey Burger / Bun Tator Tots Corn Cobbette Strawberries
<b>29</b> Grandma's Hotdish Zucchini Watermelon Breadstick	<b>30</b> Crispy Pork Loin White & Wild Rice Blend Marinated Cucumbers Sicilian Blend Veggies Tropical Fruit Bread	<b>31</b> Grilled Salmon Baked Potato Cauliflower Orange Bread x2		

## Mayville-Portland

Monday	Tuesday	Wednesday	Thursday	Friday
1- MAYVILLE Italian Meatballs/Tomato Sauce/Herbed Penne Pasta/Italian Blend Veggies Pears with Vanilla Sauce	2- PORTLAND Balsamic Blackberry Chicken Tomato Cucumber Salad Brown Rice Pilaf Capri Blend Veggies	3- MAYVILLE Beef Fajita/Spanish Rice Chuckwagon Corn Chips & Salsa Caramel Custard Raspberries	4- PORTLAND CLOSED	5- MAYVILLE Chicken Kiev O'Brien Potatoes Green Bean Oregano Grapes
8- MAYVILLE Beef Tips & Mushroom / Gravy Onion Mashed Potato Asparagus Strawberry Applesauce	9- PORTLAND BBQ Pork Chop Southwest Macaroni Salad/Squash Cornbread Fresh Plum	10- MAYVILLE Fish Tacos/Cilantro Cream Sauce/ Lettuce Hawaiian Coleslaw Black Beans Strawberry Cream Pie	11- PORTLAND Tater Tot Casserole Peas Peaches	12- MAYVILLE Philly Cheese Chicken Sandwich Potato Wedges Broccoli Pineapple
15- MAYVILLE French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Kiwi	16- PORTLAND RS Ham/Baked Potato Country Blend Veggies Banana Breadx2	17- MAYVILLE Salisbury Steak / Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad	18- PORTLAND Jamaican Ribs/Potato Roll Tex-Mex Cowboy Caviar Parslied Potatoes Fruit Cocktail	19- MAYVILLE Chicken Spaghetti House Salad / Dressing Malibu Blend Veggies Peach Crisp
22- MAYVILLE Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce	23- PORTLAND Meatloaf / Brown Gravy Mashed Potatoes Brussel Sprouts Ciabatta Roll Minted Pears	24- MAYVILLE Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers Blueberries	25- PORTLAND Grilled Chicken Breast Potato Salad Herbed Green Beans Cantaloupe	26- MAYVILLE Hawaiian Turkey Burger / Bun Tator Tots Corn Cobbette Strawberries
29- MAYVILLE Grandma's Hotdish Zucchini Watermelon Breadstick	30- PORTLAND Crispy Pork Loin White & Wild Rice Blend Marinated Cucumbers Sicilian Blend Veggies	31- MAYVILLE Grilled Salmon Baked Potato Cauliflower Orange		

## THE REASONS WHY EVERYONE SHOULD EAT MORE SEAFOOD

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Seafood has been an important nutritional staple for cultures around the world for thousands of years. Today, however, it can be a polarizing food, some people love it while others hate it. Fortunately for the fish lovers, it is an extremely nutritious protein source that both the Department of Health and Human Services as well as the US Department of Agriculture recommended to eat two to three times a week! In this month's article we will discuss the important nutrition found in seafood and how to limit your mercury intake.

### Nutritional Value of Seafood

Although nutritional values vary depending on the type of fish you're eating, you can count on seafood to be a great low-calorie source of protein, omega 3 fatty acids, vitamins and minerals. Lean fish are generally only 100 calories per 3 oz serving while

fatty fish (containing healthy fats) are around 200 calories per serving. In that same 3 oz serving, seafood has on average 21 grams of high-quality protein to help build and maintain muscle mass. As we age, our protein needs increase while our calorie needs decrease making seafood a good choice for your healthy diet.

Seafood is also a great source of omega 3 fatty acids and is low in saturated fat. Omega 3 fats are associated with a decrease in inflammation and triglyceride levels. Additionally, according to the National Institute of Health, higher consumption of omega 3 fatty acids is associated with improved learning, memory and

*(Continued on page 7)*

## Buxton

Monday	Wednesday	Friday
1 Italian Meatballs Tomato Sauce Herbed Penne Pasta Italian Blend Veggies	3 Beef Fajita Spanish Rice Chuckwagon Corn Chips & Salsa Caramel Custard	5 Chicken Kiev O'Brien Potatoes Green Bean Oregano Grapes
8 Beef Tips & Mushroom/ Gravy Onion Mashed Potato/Asparagus Strawberry Applesauce	10 Fish Tacos Hawaiian Coleslaw Black Beans Cilantro Cream Sauce / Lettuce Strawberry Cream Pie	12 Philly Cheese Chicken Sandwich Potato Wedges Broccoli Pineapple
15 French Dip Sandwich Garlic Red Potatoes Sweet & Sour Beets Kiwi	17 Salisbury Steak / Gravy Mashed Potatoes Winter Blend Veggies Cherry Fruit Salad	19 Chicken Spaghetti House Salad/Dressing Malibu Blend Veggies Breadstick Peach Crisp
22 Potato Chive Cruised Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce	24 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers Blueberries	26 Hawaiian Turkey Burger / Bun Tator Tots Corn Cobbette Strawberries
29 Grandma's Hotidsh Zucchini Watermelon Breadstick	31 Grilled Salmon Baked Potato Cauliflower Orange	

## Finley

Monday	Wednesday	Friday
1 Italian Meatballs Tomato Sauce Herbed Penne Pasta Italian Blend Veggies	3 Beef Fajita Spanish Rice Chuckwagon Corn Chips & Salsa Caramel Custard	5 Chicken Kiev O'Brien Potatoes Green Bean Oregano Grapes
8 Beef Tips & Mushroom/ Gravy Onion Mashed Potato/Asparagus Strawberry Applesauce	10 Fish Tacos Hawaiian Coleslaw Black Beans Cilantro Cream Sauce / Lettuce Strawberry Cream Pie	12 Philly Cheese Chicken Sandwich Potato Wedges Broccoli Pineapple
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## EAT MORE SEAFOOD

(Continued from page 6)

cognitive wellbeing. To know if you are eating a fatty fish, look at the color of the flesh. Fatty fish like salmon and herring typically have a darker color flesh while leaner fish like cod and walleye have a lighter color. Both fatty and lean seafood are healthy for you and should be included in your diet.

Different types of seafood will contain varying levels of vitamins and minerals making it hard to give an overall nutritional statement. I would recommend to focus on eating a variety of fish to vary your vitamin and mineral intake. Seafood can be a good source of selenium, potassium, B vitamins, vitamin A, vitamin D, iron, zinc, magnesium and iodine depending on what type of fish you are eating.

You may notice that certain types of seafood, especially shellfish, contain high amounts of cholesterol. Luckily, dietary cholesterol only has a modest effect on overall cholesterol meaning that it is ok to include foods containing cholesterol like eggs and shellfish as part of your healthy diet. Saturated fat, on the other hand, is what tends to raise cholesterol levels. As mentioned above, seafood is actually low in saturated fat which makes it a great choice for heart health.

### What about mercury?

Fish absorb methylmercury from their environment which has led to speculation over how much fish is ok to consume. In general,

(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**

## **EAT MORE SEAFOOD**

*(continued from page 7)*

predatory fish contain higher levels of mercury. This includes shark, bluefin tuna, barramundi and swordfish. High mercury lake fish according to the Minnesota Department of Health include bass, northern and walleye. Fish with lower levels of mercury include shellfish, salmon, crappie, sunfish, tilapia, stream trout, yellow perch, sardines and canned tuna. Our bodies are able to eliminate mercury over time, but it is still important to limit the consumption of high mercury containing fish to no more than once a week. Fish low in mercury, however, should be consumed 2 times a week.

See below for an easy and delicious recipe to help you increase your seafood intake!

### **DIJON BAKED SALMON**

Prep time 5 minutes

Cook time 20 minutes

#### **Ingredients**

- 1 pound salmon fillet or 3-4 smaller salmon fillets
- ¼ cup fresh parsley finely chopped
- ¼ cup Dijon mustard
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 2 garlic cloves finely chopped
- salt and pepper to taste

#### **Instructions**

1. Preheat your oven to 375 degrees Fahrenheit. Mix the mustard, parsley, lemon juice, oil, garlic, salt, and pepper in a small bowl.
2. Place the salmon on a parchment lined baking tray and generously coat the top of the salmon with the herbed mustard mix.
3. Cooking times will vary based on the thickness of your salmon. Bake the salmon for 8-12 minutes for smaller fillets (an inch or less in thickness) or 15 to 20 minutes for a large thick fillet. Make sure it reaches a minimum internal temperature of 145 F.