

Valley Senior Services of Traill & Steele Counties

SEPTEMBER 2024 | VOLUME 42 NO. 9



Support Valley Senior Services

Your Generosity Helps Seniors Thrive

At Valley Senior Services, we are dedicated to providing essential services to seniors. Since 1971, our mission is to support those ages 60 and older, ensuring they can remain in their homes and continue to enjoy a high quality of life. Throughout our history of more than 50 years, no senior has been denied services due to an inability to pay.

Why Your Donation Matters

Every donation to Valley Senior Services directly impacts the lives of seniors in our community. Here are just a few ways your contribution helps:

- **Nutrition Program:** Ensuring seniors receive nutritious meals whether it's Meals on Wheels or in a community dining setting.
- **Transportation Services:** Providing rides to medical appointments, grocery stores, and social activities, helping seniors stay connected and active.
- **Resource Information:** Supplying valuable information to help seniors navigate available services and support.

A Growing Need

By 2025, it is projected that the age 60 and over population will comprise 25% of North Dakota's total population. To meet the needs of the increasing aging population, we have established a giving program. This initiative is crucial in preparing us financially to accommodate the growing number of seniors who will require our assistance.

Ways to Give

- **Donate Online or by Mail:** Visit our website to make a secure online donation or send your donation to Valley Senior Services Inc. Your gift, no matter the size, will have an immediate impact.
- **Endowment Fund:** Considering donating \$5,000 or more? Our endowment fund with the Dakota Medical Foundation is the perfect option, as it helps ensure the long-term sustainability of our programs.
- **Planning Ahead:** Include Valley Senior Services in your will or estate planning. Your legacy will continue to support seniors for years to come.

We ask you to consider the unique and profound impact your donation to Valley Senior Services Inc. can have on the lives of seniors in our community. Imagine the joy and relief of a senior who receives a warm meal, a friendly visit, or a ride to a critical appointment—all thanks to your generosity. Together, we can make a lasting impact on the lives of seniors in our community and uphold our legacy of compassionate care.



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 Traill & Steele
Program Assistant,
Hannah,
at the numbers above!**

WHAT'S INSIDE

Meal Info	2
Foot Care	3
Center Highlights	3
Food Pantries	3
Help Wanted	3
Transit Info	4
Hillsboro Menu	5
Mayville-Portland Menu..	6
Nutrition Article	6
Buxton & Finley Menus....	7



**We will be closed
Monday, September 2nd.**

**No Transportation,
Activities, Meals on
Wheels, To-Go Meals, or
Congregate Meals.**

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
Sept 17

Mayville
Sept 19 & 26

Call Jill at 218-242-1379 for appointment.

Debra Lessard, RN will be providing foot care at:

Hillsboro
Sept 4, 18, 25

Kiwanis 335
Sept 19

Buxton
Sept 25

Call Deb at 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
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

Mayville Senior Center

39 1st Avenue NE
701-788-3453

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

Sept 3 - 1:30 monthly business
Sept 19 & 26 - 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.*

Hillsboro Senior Center

205 N Main Street
701-636-5953

Meals: Mon-Fri at 12:00 pm

Sept 4, 18 & 25 - Foot care at Senior
Center*
Sept 26 - 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

Sept 16 - 2:00-4:00 Pie Day Sept 23 - 12:30
Monthly business meeting
with bingo to follow

Sept 25 - Foot care at Senior Center*
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.*

Hope Senior Center

211 Steele Ave

Sept 3 - 1:30 Monthly business meeting;
Sept 17 - 1:30 Social
Every Thursday - 1:30 Cards

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

Portland Golden Age Club

710 Parke Avenue
701-788-3410

Meals: Tues & Thurs at 11:30 am

Sept 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.*

Finley Senior Center

301 Central Avenue
701-524-1818

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

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

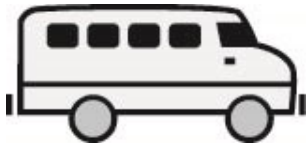


Are you looking for the opportunity to serve your community in a meaningful way? Valley Senior Services of Trail/Steele Meal Sites could be the perfect place for you! We are looking to add a part-time site assistant/float to assist with the daily functions of our meal services operation.

Daytime hours – No Weekend –
Holidays Off – Wage Range:
\$15.00 to \$18.00

If you have a passion for people and serving up smiles, apply online at
valleyseniorservices.org.

Interested or need further information?
Contact Mia at 701-636-5953.



Steele County Transit

September 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>2</p>	<p>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></p>	<p>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></p>	<p>5</p>	<p>6</p>		
<p>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></p>	<p>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></p>	<p>11</p>	<p>12</p>	<p>13</p>		
<p>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></p>	<p>17</p>	<p>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></p>	<p>19</p>	<p>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></p>		
<p>23</p>	<p>24 <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>25 <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>	<p>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></p>	<p>27</p>		
<p>30</p>			<p style="text-align: center;">Pickup Locations:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <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 </td> <td style="width: 50%; border: none;"> <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 </td> </tr> </table>		<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
<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					

SEPTEMBER 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
<p>2</p> <p>CLOSED</p> 	<p>3</p> <p>Liver & Onions Mashed Potatoes Steamed Buttered Greens Banana WW Bread</p>	<p>4</p> <p>Country Fried Steak / Gravy Rosemary Potatoes Parslied Carrots Banana Bread x1</p>	<p>5</p> <p>Chicken Monterey Brown Rice Prince Edward Veggie Watermelon Breadstick</p>	<p>6</p> <p>Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Peaches</p>
<p>9</p> <p>Oven Fried Chicken Chive Mashed Potatoes Seasoned Green Beans Peaches Cornbread Poultry Gravy</p>	<p>10</p> <p>House Salad Swedish Meatballs TriColor Rotini California Blend Veggies Cranberry Velvet</p>	<p>11</p> <p>BBQ Pork Ribs Cheesy Hashbrowns Carrots Corn Muffin Angel Food Cake Berries w/ whip</p>	<p>12</p> <p>Cheeseburger Dijon Red Potatoes Squash Whole Pear</p>	<p>13</p> <p>Baked Fish w/Dill Sauce Italian Pasta Salad Italian Blend Veggies Apple WG Breadstick</p>
<p>16</p> <p>French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Applesauce</p>	<p>17</p> <p>Teriyaki Chicken Sesame Brown Rice Asian Blend Veggies Vegetable Egg Roll Peach Crisp</p>	<p>18</p> <p>Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions & Peppers Blueberries Bread x2</p>	<p>19</p> <p>Italian Pasta Bake House Salad Capril Blend Veggies Grapes Bread x1</p>	<p>20</p> <p>Chicken BLT Salad Fruit Cocktail Bread x2</p>
<p>23</p> <p>BBQ Meatloaf Baked Potato Baked Beans Orange</p>	<p>24</p> <p>Honey Roast Pork Chop Stewed Tomatoes Fresh Fruit Salad Hot Spiced Apples WW Dinner Roll</p>	<p>25</p> <p>Roast Beef & Gravy Roasted Red Potatoes Zucchini Cherries Bread x2</p>	<p>26</p> <p>Herbed Fish Potatoes & Onions Key Biscayne Blend Veggies CranApple Cobbler Bread x1</p>	<p>27</p> <p>Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Breadstick</p>
<p>30</p> <p>Parmesan Chicken Pasta / Marinara Caribbean Blend Veggies - 1 Cup Garlic Bread Cantaloupe</p>	 <p>September</p> <p>©LPi</p>			

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 - MAYVILLE CLOSED	3 - PORTLAND Liver & Onions Mashed Potatoes Steamed Buttered Greens Banana Apple	4- MAYVILLE Country Fried Steak / Gravy Rosemary Potatoes Parslied Carrots Banana	5- PORTLAND Chicken Monterey Brown Rice Prince Edward Veggie Watermelon Breadstick	6 - MAYVILLE Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Peaches
9 - MAYVILLE Oven Fried Chicken Chive Mashed Potatoes Seasoned Green Beans Peaches/Cornbread Poultry Gravy	10 - PORTLAND House Salad Swedish Meatballs TriColor Rotini California Blend Veggies Cranberry Velvet	11 - MAYVILLE BBQ Pork Ribs Cheesy Hashbrowns Carrots/Corn Muffin Angel Food Cake	12 - PORTLAND Cheeseburger Dijon Red Potatoes Squash Whole Pear	13 - MAYVILLE Baked Fish w/Dill Sauce Italian Pasta Salad Italian Blend Veggies Apple
16 - MAYVILLE French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Applesauce	17 - PORTLAND Teriyaki Chicken Sesame Brown Rice Asian Blend Veggies Vegetable Egg Roll Peach Crisp	18 - MAYVILLE Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions & Peppers Blueberries	19- PORTLAND Italian Pasta Bake House Salad Capril Blend Veggies Grapes	20- MAYVILLE Chicken BLT Salad Fruit Cocktail Bread x2
23 - MAYVILLE BBQ Meatloaf Baked Potato Baked Beans Orange	24 - PORTLAND Honey Roast Pork Chop Stewed Tomatoes Fresh Fruit Salad Hot Spiced Apples	25 - MAYVILLE Roast Beef & Gravy Roasted Red Potatoes Zucchini Cherries	26 - PORTLAND Herbed Fish Potatoes & Onions Key Biscayne Veggies CranApple Cobbler	27 - MAYVILLE Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple
30 - MAYVILLE Parmesan Chicken Pasta / Marinara Caribbean Blend Veggies Cantaloupe				

LIFESTYLE TO LOWER CHRONIC INFLAMMATION

BY LANE LIPETZKY SWENSON, RD, LD, CGN

According to the National Institute of Health, nearly 125 million people in the US live with some form of chronic inflammation. Chronic inflammation can damage healthy cells, tissues and organs over time and if left unchecked can increased your risk of developing chronic diseases. So, what is inflammation and how can we prevent it? In this month's article we will differentiate between the two types of inflammation as well as how a healthy diet and lifestyle can help minimize it.

What is Inflammation?

To put it simply, inflammation is the response to a problem within our bodies. It can be caused by illness, infection or exposure to something that doesn't belong. If you injure your knee or cut your finger, your immune system will respond by sending inflammatory cells to the site of injury to start healing. This is often referred to as acute inflam-

mation. It is short lived, beneficial and allows your body to heal.

Chronic inflammation, on the other hand, can damage your body over time. This type of inflammation lasts for months or even years and can be caused by disease, unhealthy body weight, stress, excess alcohol intake, use of tobacco products, exposure to environmental toxins or eating an inflammatory diet. With chronic inflammation, your body continues to send inflammatory cells when there is no real danger, causing damage to tissues. While acute inflammation is easy to spot through swelling and redness, chronic inflammation can be more difficult to notice. You may experience joint or muscle pain, fatigue, trouble sleeping, digestive issues, skin rashes or even mood disorders like anxiety.

(Continued on page 7)

Buxton (701-847-2069)

Monday	Wednesday	Friday
4-WEDNESDAY Country Fried Steak / Gravy Rosemary Potatoes Parslied Carrots	5-THURSDAY Liver & Onions Mashed Potatoes Steamed Buttered Greens	6 Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn
9 Oven Fried Chicken Chive Mashed Potatoes Seasoned Green Beans Peaches	11 BBQ Pork Ribs Cheesy Hashbrowns Carrots Corn Muffin Angel Food Cake Berries w/ whip	13 Baked Fish w/Dill Sauce Italian Pasta Salad Italian Blend Veggies Apple
16 French Dip Sandwich Red Garlic Potatoes Sweet & Sour Beets	18 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers	20 Chicken BLT Salad Fruit Cocktail Bread x2
23 BBQ Meatloaf Baked Potato Baked Beans Orange	25 Roast Beef & Gravy Roasted Red Potatoes Zucchini Cherries	27 Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Breadstick
30 Parmesan Chicken Pasta / Marinara Caribbean Blend Veggies - 1 Cup Garlic Bread		

Finley (701-524-1818)

Monday	Wednesday	Friday
4-WEDNESDAY Country Fried Steak / Gravy Rosemary Potatoes Parslied Carrots	5-THURSDAY Liver & Onions Mashed Potatoes Steamed Buttered Greens	6 Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn
9 Oven Fried Chicken Chive Mashed Potatoes Seasoned Green Beans Peaches	11 BBQ Pork Ribs Cheesy Hashbrowns Carrots Corn Muffin Angel Food Cake Berries w/ whip	13 Baked Fish w/Dill Sauce Italian Pasta Salad Italian Blend Veggies Apple
16 French Dip Sandwich Red Garlic Potatoes Sweet & Sour Beets	18 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers	20 Chicken BLT Salad Fruit Cocktail Bread x2
23 BBQ Meatloaf Baked Potato Baked Beans Orange	25 Roast Beef & Gravy Roasted Red Potatoes Zucchini	27 Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple
30 Parmesan Chicken Pasta / Marinara Caribbean Blend Veggies - 1 Cup Garlic Bread		

LOWER CHRONIC INFLAMMATION

(Continued from page 6)

Symptoms vary greatly and slowly become worse over time.

Anti-Inflammatory Lifestyle

How can diet and lifestyle help reduce chronic inflammation? Following dietary patterns like the Mediterranean diet or the DASH diet can be a great start! Additionally, including 30 minutes of physical activity in your daily routine, managing your stress, drinking in moderation, maintaining a healthy body weight and prioritizing a good night sleep can all be beneficial. If you already have a chronic disease and are worried about inflammation, working with your doctor or dietitian to help control it can minimize its inflammatory effects. Below is a list of dietary strategies to help decrease inflammation and provide your body with nourishment to age healthfully!

- Make half your plate non-starchy vegetables for two meals a day. Aim to eat a variety of colors.
- Increase your intake of omega 3 fatty acids through eating fish 2-3 times a week.
- Use olive oil and avocado oil for cooking and season your foods with a variety of herbs and spices.
- Eat lean protein sources like eggs, chicken, soy, fish, low fat dairy, lentils and beans to meet your protein needs.
- Limit highly processed foods with added sugars and sodium like premade cookies, cakes, potato chips and fast food.
- Decrease your saturated fat intake to less

(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

LOWER INFLAMMATION

(continued from page 7)

than 10% of your calories by limiting processed baked goods, high fat dairy and fried foods.

- Eat a variety of foods containing vitamins, minerals, polyphenols and antioxidants. Examples include fruits, vegetables, nuts, seeds, beans, dairy, whole grains and lean meats.
- Consume food during normal eating windows and limit eating late night snacks or eating if you wake up in the middle of the night.
- Keep your gut bacteria happy! Studies show 70% of your immune system is found in your digestive tract. Meet your daily fiber needs and limit your intake of processed foods.
- Cook at home more often than you eat out.
- Stay hydrated!

Try this healthy lifestyle recipe from mayoclinic.org that follows the DASH diet:

EASY PIZZA FOR TWO

Ingredients

- 1/2 cup chunky no-salt-added tomato sauce
- 1 ready-made whole-wheat flatbread (about 10-inch diameter)
- 2 slices of onion, 1/4-inch wide
- 4 slices red bell pepper, 1/4-inch wide
- 1/4 cup shredded low-fat mozzarella
- 2 tablespoons chopped fresh basil

Directions

Heat the oven to 350 F. Lightly coat a baking pan with cooking spray. Spread tomato sauce over the flatbread. Top with the onion, pepper, mozzarella and basil. Place the pizza on a baking pan and bake until the cheese is melted and golden brown, 5 to 7 minutes.