

# *Senior Society*

Volume 28 Number 10

Valley Senior Services

October 2018

## *2018 Fund Drive*

*Please see insert in this newsletter for information on how you can help us with a contribution to our annual fund drive!*

### **Medicare Part D Annual Enrollment**

Open enrollment for 2019 Medicare Prescription Drug Plans is from October 15 to December 7. You can select the best plan that is available for you with a goal of finding one with the best coverage.

There are several options for Part D enrollment assistance:

- Call the ND Insurance Department at 1-888-575-6611
- Call 211 (through 11/16/18)

*(continued on back page)*

**Bethany Ness - Resource Specialist,  
Traill and Steele Counties  
1-800-845-1715 or 788-3453**

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: Brian Arett, Valley Senior Services, P.O. Box 2217, Fargo, ND 58108. (701) 293-1440.

# Trail/Steele Ride Service Schedule

All vehicles available in both counties.

*Rides Open to the Public*

## Bus Schedule

**(wheelchair lift equipped):**

Mondays, Wednesdays,  
& Fridays--call for an appointment

## Van Schedule:

Tuesdays, Wednesdays &  
Thursdays--  
call for an appointment

**Please Note: Please call 1-800-845-1715 (Hillsboro 636-5953) for a ride reservation, even if you have already called the driver.**

## Steele/Trail Bus Schedule

Please call 1-800-845-1715 from 8:30 am to 3:30 pm  
for a ride reservation.

### Tuesday, October 2 - Grand Forks

Cooper - 8:15 (call)      Finley - 8:30 (call)      Sharon - 8:40 (call)  
Aneta - 8:55 (call)      Northwood - 9:40 (call)

### Wednesday, October 3 - Fargo

Finley - 8:15 (call)      Sharon - 8:30 (call)      Hatton - 8:50 (call)  
Portland - 9:15 (call)      Mayville - 9:25 (call)      Hillsboro - 9:50 (call)

### Monday, October 8 - Fargo

Aneta - 8:15 (call)      Sharon - 8:30 (call)      Finley - 8:45 (call)  
Hope - 9:10 (call)      Page - 9:30 (call)      Galesburg - 9:40 (call)

### Tuesday, October 9 - Fargo

Finley - 8:15 (call)      Northwood - 8:45 (call)      Hatton - 9:15 (call)  
Portland - 9:30 (call)      Mayville - 9:35 (call)      Hillsboro - 10:00 (call)

### Monday, October 15 - Grand Forks

Hatton - 8:45 (call)      Portland - 9:15 (call)      Mayville - 9:25 (call)  
Hillsboro - 9:55 (call)      Buxton - 10:25 (call)      Reynolds - 10:35 (call)

### Wednesday, October 17 - Fargo

Northwood - 8:45 (call)      Hatton - 9:15 (call)      Portland - 9:30 (call)  
Mayville - 9:35 (call)      Hillsboro - 10:00 (call)

### Thursday, October 18 - Grand Forks

Hope - 8:10 (call)      Finley - 8:30 (call)      Sharon - 8:45 (call)  
Aneta - 9:00 (call)      Northwood - 9:30 (call)      GF County (call)

### Friday, October 19 - Fargo

Cooper - 8:10 (call)      Luverne - 8:40 (call)      Hope - 9:00 (call)  
Page - 9:30 (call)      Galesburg - 9:40 (call)

### Tuesday, October 23 - Fargo

Northwood - 8:45 (call)      Hatton - 9:15 (call)      Portland - 9:30 (call)  
Mayville - 9:35 (call)      Hillsboro - 9:55 (call)

### Wednesday, October 24 - Fargo

Sharon - 8:30 (call)      Finley - 8:45 (call)      Portland - 9:15 (call)  
Mayville - 9:25 (call)      Hillsboro - 10:00 (call)

### Thursday, October 25 - Grand Forks

Finley - 8:30 (call)      Sharon - 8:45 (call)      Hatton - 9:15 (call)  
GF County (call)

# Oct/Nov Foot Care

## Hillsboro

Oct. 1 - 7:00-noon;  
Kiwianis #1 - 1:00 until  
done

Oct. 2 - 7:00 until done

Nov. 6 - 7:00 until done

Nov. 7 - 7:00 until done

## Portland

Oct. 19 - 7:00 until done

## Mayville

Nov. 5 - 7:00 until done

## Galesburg

Oct. 30 - 8:00 until done  
(Community Center)

## Hatton

Oct. 26 - 7:00 until done  
(Hatton Medical Building)

## Reynolds

Oct. 12 - 8:00 until done  
(KT Hall back door)

## Buxton

Oct. 12 - 10:30 until done

## Hope

Oct. 18 - 7:00 until done

## Page

Oct. 18 - 11:00 until  
done

## Finley

Oct. 16 - 7:00 until done

*Foot care located at local  
senior centers unless  
otherwise noted*

# Benefits of Coffee

Wake up and smell the ... antioxidants?

If you think your morning cup of joe provides nothing more to your body than a jolt of caffeine, you might be pleasantly surprised to learn that your daily cup (or three) provides some health benefits as well. Drinking moderate amounts of coffee (including decaf) has been linked to lower risk of cardiovascular disease, Type 2 diabetes, Parkinson's disease and some cancers.



And those antioxidants? Although researchers have yet to determine the exact mechanisms behind some of the disease-preventing effects, it is important to keep in mind that these compounds may be exerting other beneficial effects, such as acting as an anti-inflammatory. Coffee also contains small amounts of some nutrients, including potassium, niacin and magnesium.

Making your coffee a vehicle for fat-free milk is one way to improve your daily calcium and vitamin D. If your diet does not include dairy, a fortified soy beverage is a calcium-rich alternative.

So how much java is *too* much? It's wise to stick to no more than 3 to 4 cups per day. Certain groups, such as people with hypertension and the elderly, may be more susceptible to the adverse effects of caffeine. Pregnant and breast-feeding women will want to limit intake to a *maximum* of 200 to 300 milligrams a day of caffeine (the amount in 2 to 3 cups of coffee).

*Reviewed by Taylor Wolfram, MS, RDN, LDN*

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<https://www.eatright.org/health/wellness/preventing-illness/benefits-of-coffee>

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

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**RETURN SERVICE REQUESTED**

## **Medicare Part D Annual Enrollment**

*(continued from front page)*

- Call 1-800-MEDICARE (1-800-633-4227) or to to [www.medicare.gov](http://www.medicare.gov) to view the plan finder
- The North Dakota Insurance Department is hosting Open Enrollment events at the following locations:

Grand Forks

Tuesday, Oct. 16  
9am - 4pm  
CanadInns  
1000 S. 42nd Street

Fargo

Wednesday, Oct. 17  
9am - 4pm  
Country Inn & Suites  
3316 13th Ave. S

Valley City

Thursday, Oct. 18  
9am - 4 pm  
Senior Center  
139 2nd Ave SE

- You can also compare plans using Medicare's online Drug Plan Finder at [www.medicare.gov](http://www.medicare.gov) or call Medicare at 1-800-633-4227.