

## Canning

Lane Lipetzky, RDN—Valley Senior Services

It's that time of year again! Gardens are producing and farmers markets are in full swing. Many are looking for methods to preserve fresh, local produce to enjoy longer. In this month's article we will explore canning; how it works, if it is healthy and tips to do it safely.

### How does canning work?

Canning preserves food by removing the oxygen that ages food, destroying enzymes that break down food, and preventing the growth of undesirable bacteria, yeasts, and molds. Canning also preserves food by creating a vacuumed sealed container, keeping the food and liquids in while keeping the air and microorganisms out. If done correctly, home canning will effectively preserve food (unopened) for one year. If canned food is not eaten within the first year, consuming the food within two years should be safe to do but may decrease in quality and nutrition.

### Are canned foods healthy?

When canning fruits and vegetables, water soluble vitamins like the B vitamins and vitamin C may be decreased due to the cooking process. However, because home canned fruits and vegetables are typically picked at peak ripeness, they generally have the best flavor and nutrient quality to begin with. Some studies are even showing that certain phytochemicals like lycopene (found in tomatoes) are actually increased during the canning process. In addition to this, many of the minerals and fat-soluble vitamins typically remain relatively unchanged through the canning process. Over time, canned fruits and vegetables will begin to lose their nutritional value. After about a year, vitamin content can decrease anywhere from 5-20%.

Another important factor to look at when canning or selecting canned produce is the salt and sugar content. Home canners selling at farmers markets should have ingredients listed on their cans. If you're canning at home, you will have control over which recipes you select. Look for recipes that limit the salt and sugar content in canned goods. For safe and tested recipes, visit the [USDA's National Center for Home Food Preservation Website](https://www.uga.edu/nchfp) at: [www.uga.edu/nchfp](https://www.uga.edu/nchfp)

### Tips for Safe Canning

- Make sure your jars and lids are in good shape. Jars can be reused unless cracked, jar rings can be reused unless they are rusty or dented, jar lids are best purchased new. Avoid using jar lids over a year old.
- Use exact recipes! Changing the ingredients in a recipe or simply adding less salt to a recipe can make the canned food unsafe.
- Choose the correct canner for the job. Water canners for jams, jellies, relishes, pickles, apples, peaches and tomatoes. Pressure canners for all other vegetables, soups, meats, fish, and some tomato products like salsas if they use large amounts of low acidic vegetables.
- Select quality produce. Avoid over ripe or mushy, decaying produce.
- Follow the processing times, even if they seem long. Each product has a specific processing time to destroy the microorganisms that spoil THAT product and could potentially make us sick.

**Southeast Senior Services**  
520 3rd Avenue South  
Wahpeton, ND 58075  
(701)642-3033 or (701)642-5746

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701-642-5009

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\*\*\*\*\*

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:

Shelley Tollefson

Southeast Senior Services

520 3<sup>rd</sup> Avenue South

Wahpeton, ND 58075

642-3033



Are you looking for help finding services that will allow you to continue living independently in your home as late in life as possible? We have Resource Specialists that are here to help!

Call today to schedule a meeting with one of our Resource Specialists to learn about the many programs and services available in your community.

You can reach us by calling 701-642-3033.

**Talk with us today!**

**Foot Care Clinics For Richland County**

Foot care will be done at the Wahpeton Senior Center from 11:00 am to 3:00 pm on September 6 & 20 and October 4 & 18 November 1 & 15 and December 6 & 20 or by appointment at the Richland County Health Department.

Done by: Richland County Health Department  
For an appointment call: 642-7735  
Cost: \$25.00

- \* Foot care is provided to clients who are not able to trim their own toenails due to physical limitations.
- \* Foot care does not include any treatment for ingrown nails, calluses, and/or infection.



**Southeast Senior Services  
Board of Directors**

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# Canning

Lane Lipetzky, RDN—Valley Senior Services

*Continued from page 1:*

## Tips for Safe Canning Continued:

- Allow the jars to cool naturally, right side up and for 12 hours. Testing the seal earlier could cause the seal to break.  
Store canned goods in a cool dark place. If you see signs of a broken seal, bubbling or odor, discard the jars and contents.

## Safe canning tips from University of Connecticut Extension

For more safety tips or recipes, visit any University Extension website or the USDA's National Center for Home Food Preservation Website. Find recipes from NDSU Extension at

<https://www.ndsu.edu/agriculture/extension/extension-topics/food-and-nutrition/food-preservation/canning>

## Salsa (Recipe from the NDSU Extension website)

### Yield: 13 pints

7 qt. paste tomatoes, peeled, cored and chopped  
4 c. long green chili peppers, seeded and chopped (about 12 chilies)  
5 c. onion, chopped (about 5 medium onions)  
½ c. jalapeno peppers, seeded and finely chopped (about 2 peppers)  
6 cloves garlic, minced  
2 c. bottled lemon or lime juice  
2 Tbsp. salt  
½ Tbsp. red pepper  
2 Tbsp. ground cumin  
3 Tbsp. oregano leaves  
2 Tbsp. fresh cilantro

### Procedure:

Wash hands thoroughly before handling food. Prepare peppers as described previously. Wear rubber gloves while handling chili peppers or wash hands thoroughly with soap and water before touching your face.

Prepare tomatoes: Wash tomatoes. Dip in boiling water for 30 to 60 seconds or until skins split, then dip in cold water. Slip off skins and remove cores.

Combine all ingredients except cumin, oregano and cilantro in a large pot and bring to a boil, stirring frequently. Reduce heat and boil 10 minutes. Add herbs and spices and simmer for another 20 minutes, stirring occasionally. Ladle hot into hot pint jars, leaving ½-inch headspace. Wipe jar rims. Cap with properly pretreated lids. Adjust lids and process in a boiling water canner for 20 minutes.

Note: This recipe is best suited for paste tomatoes. Slicing tomatoes require a much longer cooking time to achieve a desirable consistency. You may decrease the amounts of spices, but increasing the amount is not advised. You may make adjustments to suit your tastes after opening the jars.



## ND SMP Scam of the Month October/November 2022

### Original Medicare Versus Medicare Advantage

With the open enrollment period fast approaching, this month's fact sheet will focus on understanding the basics of Original Medicare, the basics of Medicare Advantage, knowing what to consider when choosing between the two plans, and knowing how to protect yourself from marketing violations and scams as you compare plans.

**Original Medicare:** is the traditional fee-for-service program offered directly through the federal government. It is sometimes called Traditional Medicare. Under Original Medicare, you can go to any doctor and hospital that takes Medicare, anywhere in the country.

**Medicare Advantage Plans:** also known as Part C or MA plans, are plans that contract with the federal government to provide Medicare benefits. You will still owe a premium for Part B and maybe Part A, as well as potentially another premium for the MA Plan.

#### What to consider when choosing between Original Medicare and Medicare Advantage:

- Costs: What premiums and out-of-pocket costs will you be responsible for?
- Supplemental insurance: Will you have the choice to purchase a Medigap policy? If you have other coverage, like a retiree plan, how will it work with your Medicare coverage choice?
- Provider access: What kind of providers can you see? Do you need to see in-network providers or get referrals? If so, are the doctors you see in the plan's network?
- Drug coverage: Is there prescription drug coverage included or will you need to purchase a Part D plan? Does the drug coverage cover the medications you take?
- Additional benefits: Are additional services, like vision, hearing, or dental covered?
- Out-of-pocket limit: Is there an annual limit on out-of-pocket costs?

#### Marketing Violations and Scams:

Medicare Advantage Plans are administered, marketed, and sold by private companies. Plan representatives, agents, and brokers must follow federal guidelines when marketing to you. Examples of marketing violations and scams may include:

- A company represents itself as being from Medicare, Social Security or Medicaid.
- You receive an unsolicited call or text from a plan you have asked not to contact you.
- A plan agent comes to your door, uninvited, without scheduling an appointment.
- You were given misinformation about a plan's coverage.
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#### Who should you contact for more information or to report Medicare fraud:

Contact ND SMP at 1-800-233-1737 or [ndsmp@minotstateu.edu](mailto:ndsmp@minotstateu.edu) to report marketing violations or Medicare scams. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: Medicare Rights Center (2022). August 2022 Medicare Minute.

**North Dakota Senior Medicare Patrol Phone: 800-233-1737 or (701) 858-3580**

For more information or to locate your SMP, visit [www.ndcpd.org/smp](http://www.ndcpd.org/smp)

This project was supported, in part, by grant number 90MPPG0021, from the Administration for Community Living, Department of Health and Human Services. Points of view or opinions do not necessarily represent official Administration for Community Living policy.

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

The prescription drug plans approved by Medicare are approved for one calendar year (January through December). The private companies offering these plans must apply to Medicare to be approved each year, so plans change from year to year.

You can select the best plan that is available for you, with a goal of finding one that is the least expensive. These plans are very different for each individual based on your current medications and which pharmacy or pharmacies you use.

### **Options for Help**

- ◆ Valley Senior Services Richland County Resource Specialist will be available to assist you with Medicare Part D enrollment **by appointment only** at the following locations:

- \* **Abercrombie Community Center**

Tuesday, November 1st

- \* **Hankinson Senior Center**

Tuesday, October 25th

- \* **Lidgerwood Senior Center**

Thursday, November 17<sup>th</sup>

- \* **Wyndmere Senior Center**

Tuesday, November 29<sup>th</sup>

- \* **Wahpeton Senior Center**

Wednesdays starting October 26<sup>th</sup> – December 5<sup>th</sup>

**All appointments must be made by calling the Wahpeton Senior Center at 642-3033.**

- ◆ North Dakota Insurance Department is available by telephone for enrollment assistance. They will not be scheduling any open enrollment events throughout the state this year due to the pandemic. They can be contacted at 701-328-2440 Option #1 or 1-888-575-6611. You can also compare plans using Medicare's online Drug Plan Finder at: <http://www.medicare.gov>
- ◆ The Richland County Health Department will also be offering Part D comparison and enrollment assistance. Please call 701-642-7735 for more information and to schedule an appointment.

### **You Will Need**

- ◆ Your Medicare card and current drug plan information.
- ◆ Your login information for your MyMedicare.gov account if you have one.
- ◆ Medications and/or a list of your prescriptions, including dosage and frequency.

**Wahpeton  
642-5746**

**Southeast Senior Services  
October 2022**

**All Meals Served With  
1% Milk**

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Lemon Pepper Fish Sweet Potato Creamed Peas Apricots Bread-1	Cheeseburger Hotdish Candied Carrots Lettuce Salad Plums Bread-1	Ranch Chicken Breast Au Gratin Potatoes Broccoli Peaches Cake Party Bun	Salisbury Steak Mashed Potato/Gravy Squash Pears Bread-1	Bronze Pork Loin Cheesy Whipped Potatoes Confetti Coleslaw Fruit Cocktail Cookie Bread-1
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
Biscuits & Sausage Gravy Breakfast Potato Mixed Vegetables Deluxe Fruit Bread-0	Roast Beef Mashed Potato New Brunswick Veggies Mandarin Oranges Bread-1	<b>BIRTHDAY DINNER</b> Citrus Glazed Baked Salmon Vegetable Rice Pilaf Key Biscayne Veggies Grapes Birthday Cake Bread-0	Lasagna Green Beans Lettuce Salad Mixed Berries Garlic Breadstick	BBQ Chicken Breast Potato Salad Corn Peach Crisp/Topping Bread-1
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
Smothered Pork Chop Mashed Potato Diced Beets Tropical Fruit Bread-1	Chili Baked Potato California Blend Veggies Peaches Corn Bread	Country Meatballs Mashed Potato Baby Carrots Apple Party Bun	Tuna Noodle Hotdish Peas Creamy Cucumbers Mangos Hershey Brownie Bread-1	Sweet & Sour Chicken Rice Garlic Ginger Green Beans Pears Peach Kuchen Bar Bread-0
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
Beef Stew Mashed Potato Cauliflower Pineapple Tidbits Biscuit	Herb Crusted Chicken Parmesan Garlic Potato Malibu Blend Veggies Applesauce Bread-1	Ham Scalloped Potato Asparagus Orange Jello/Oranges/Topping Party Bun	Hamburger on a Bun Lettuce Tomato Onion Baked Beans Macaroni Pea Salad Banana Bread-0	Chicken Alfredo Noodles Winter Blend Vegetables 7 Layer Salad Fruit Cocktail Garlic Toast
<b>MONDAY 31</b>				
Tater Tot Hotdish Tater Tots Broccoli Pumpkin Cobbler Bread-1				


**Richland County Meal Sites Monthly Menu. All Meals Include a Beverage & Bread.**

**OCTOBER 2022**

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3 Ranch Chicken Breast Au Gratin Potatoes Broccoli	4 Cheeseburger Hotdish Candied Carrots Lettuce Salad	5 Salisbury Steak Mashed Potato/Gravy Squash
10 Biscuits and Sausage Gravy Breakfast Potato Mixed Vegetables	11 Lasagna Green Beans Lettuce Salad	12 Barbecue Chicken Breast Potato Salad Corn
17 Tuna Noodle Hotdish Peas Creamy Cucumbers	18 Chili Baked Potato California Blend Vegetables	19 Country Meatballs Mashed Potato Baby Carrots
24 Beef Stew Mashed Potato Cauliflower	25 Hamburger on a Bun Baked Beans Macaroni Pea Salad	26 Chicken Alfredo Noodles Winter Blend Vegetables
31 Tater Tot Hotdish Tater Tots Broccoli		

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**Frozen meals are available to the meal participants of Fairmount. If you would like more info please call Southeast Senior Services at 701-642-3033.**

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4 Lemon Pepper Fish Sweet Potato Creamed Peas	5 Hamburger Gravy Mashed Potato Squash	7 Barbecue Ribs Twice Baked Potato Coleslaw
11 Biscuits and Sausage Gravy Breakfast Potato Mixed Vegetables	12 Lasagna Green Beans Lettuce Salad	14 Roast Beef Mashed Potato/Gravy New Brunswick Vegetables
18 Smothered Pork Chop Mashed Potato Diced Beets	19 Tuna Noodle Hotdish Peas Creamy Cucumbers	21 Meatballs/Gravy Mashed Potato Baby Carrots
25 Barbecue Chicken Parmesan Garlic Potatoes Malibu Blend Vegetables	26 Creamy Turkey Mashed Potato Winter Blend Vegetables	28 Ham Scalloped Potato Asparagus

**Richland County Meal Sites Monthly Menu. All Meals Include a Beverage & Bread.**

**OCTOBER 2022**

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3 Cheeseburger Hotdish Candied Carrots Lettuce Salad	4 Ranch Chicken Breast Au Gratin Potatoes Broccoli	6 Salisbury Steak Mashed Potato/Gravy Squash
10 Biscuits and Sausage Gravy Breakfast Potato Mixed Vegetables	11 Lasagna Green Beans Lettuce Salad	13 Barbecue Chicken Breast Potato Salad Corn
17 Smothered Pork Chop Mashed Potato Diced Beets	18 Chili Baked Potato California Blend Vegetables	20 Country Meatballs Mashed Potato Baby Carrots
24 Herb Crusted Chicken Parmesan Garlic Potatoes Malibu Blend Vegetables	25 Ham Scalloped Potato Asparagus	27 Hamburger on a Bun Baked Beans Macaroni Pea Salad
31 Tater Tot Hotdish Tater Tots Broccoli		

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3 Lemon Pepper Fish Sweet Potato Creamed Peas	4 Cheeseburger Hotdish Candied Carrots Lettuce Salad	6 Salisbury Steak Mashed Potato/Gravy Squash
10 Biscuits and Sausage Gravy Breakfast Potato Mixed Vegetables	11 Roast Beef Mashed Potato New Brunswick Vegetables	13 Lasagna Green Beans Lettuce Salad
17 Smothered Pork Chop Mashed Potato Diced Beets	18 Chili Baked Potato California Blend Vegetables	20 Tuna Noodle Hotdish Peas Creamy Cucumbers
24 Beef Stew Mashed Potato Cauliflower	25 Herb Crusted Chicken Parmesan Garlic Potatoes Malibu Blend Vegetables	27 Hamburger on a Bun Baked Beans Macaroni Pea Salad
31 Tater Tot Hotdish Tater Tots Broccoli		

**All of our meal sites provide congregate and home delivered meals in their towns. Meals are available for a suggested donation of \$4.00. All donations are used to help us keep up with the growing demand for these services.**

Abercrombie	Serves	M,T,W	553-8759
Hankinson	Serves	T,W,F	242-7742
Lidgerwood	Serves	M,T,TH	538-4602
Wyndmere	Serves	M,T,TH	439-2907
Wahpeton	Serves	M-F	642-5746



Please let your Meal Site know if you plan on eating with them!





## We Need Your Help!

Due to the high cost of supplies and postage, we are looking at emailing as many newsletters as we can each month instead of sending them in the mail.

If you would like to receive our newsletter via e-mail please call our office and give us your email address and we will be happy to add you to our electronic mailing system!

We can be reached at 701-642-3033.

Thank you in advance for helping us save money and the trees!



## Fuel Assistance Income And Asset Guidelines

The Low Income Energy Assistance Program (LIHEAP) helps eligible individuals and families pay part of their home heating costs. Applications will be accepted until May 31, 2023.

LIHEAP can help pay for the fuel you use to heat the home you live in from October through May if you buy your heating fuel from a fuel dealer or a utility company (fuel oil, propane, natural gas, electricity, wood coal or kerosene), or if your rent payments include heat and you do not receive a rent subsidy. The amount of benefits you may be eligible for depends on your income, the type and size of your home and the type of fuel used to heat your home.

### This program also covers:

- Weatherization Services (insulation, weather stripping around doors and windows, etc.)
- Furnace cleaning, repair and replacement
- Chimney cleaning and inspection
- Emergency assistance

To be eligible, the total income of all persons living in your household must be counted. Total income, after allowable deductions, must be below these limits:

**1 person household:**  
**\$2,783 per month/\$33,407 per year**

**2 person household:**  
**\$3,640 per month/\$43,686 per year**

Written proof or verification of your income, your heating bill and medical expenses that can be deducted from your income is needed to be sure your eligibility and benefits are calculated correctly.

**Application are available from Richland County Social Services or our office after  
October 1, 2022.**

MONDAY	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
	DILLED SALMON BABY RED POTATOES CREAMED PEAS PEARS DINNER ROLL	CHICKEN BREAST MAC N CHEESE CALIFORNIA MEDLEY CAPTAINS SALAD STRAWBERRIES BREADSTICK	BEEF TIPS/GRAVY MASHED POTATO WAX BEANS APPLES MUFFIN	FISH SANDWICH SCALLOPED POTATOES CONFETTI COLESLAW ESCALLOPED APPLES BREAD-0
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
SWISS STEAK/GRAVY MASHED POTATO COUNTRY BLEND VEGGIES DELUXE FRUIT BREAD-1	LEMON PEPPER CHICKEN SEASONED RED POTATOES CREAMED PEAS CARROT RAISIN PINEAPPLE SALAD BREAD-1	<b>BIRTHDAY DINNER</b> ROAST PORK/GRAVY MASHED POTATO COOKED CABBAGE BIRTHDAY CAKE MIXED BERRIES BREAD-1	LEMON PEPPER TILAPIA CHEESY HASHBROWN BAKE BRUSSEL SPROUTS CHERRY JELLO/PEACHES AND TOPPING BREAD-1	<b>CLOSED</b> <b>If Home Delivered Participants would like to receive a frozen meal along with their hot meal on Thursday, please let us know by calling 642-5746.</b>
MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
BEEF STEW MASHED POTATO MIXED VEGGIES TROPICAL FRUIT BAKING POWDER BISCUIT	BARBECUE RIBS BAKED POTATO SCALLOPED CORN MANDARIN ORANGES BREAD-1	BAKED COD/ALFREDO SAUCE WILD RICE PRINCE EDWARD VEGGIES PINEAPPLE BREAD-1	<b>THANKSGIVING DINNER</b> ROAST TURKEY & DRESSING MASHED POTATO/GRAVY GREEN BEANS CRANBERRY SAUCE CHEESECAKE/BERRIES BREAD-1	CABBAGE ROLLS MASHED POTATO CARROTS ANGEL FOOD CAKE WITH STRAWBERRIES/TOPPING BREAD-0
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
TACO HOTDISH CHUCKWAGON CORN ROMAINE LETTUCE SALAD PEACHES MUFFIN	HAMBURGER ON A BUN LETTUCE, ONION, TOMATO CLASSIC POTATO SALAD BAKED BEANS APRICOTS BREAD-0	ROAST BEEF/GRAVY MASHED POTATO PEAS AND ONIONS FRUIT COCKTAIL DINNER ROLL	<b>CLOSED</b> <b>If Home Delivered Participants would like to receive 2 frozen meals along with their hot meal on Wednesday, please let us know by calling 642-5746.</b>	<b>CLOSED</b>
MONDAY 28	TUESDAY 29	WEDNESDAY 30		
COUNTRY MEATBALLS MASHED POTATO/GRAVY BEETS APPLESAUCE BREAD-1	CHICKEN BREAST/GRAVY CHEESY MASHED POTATO ASPARAGUS PEARS BREAD-1	PORK CHOPS MUSHROOM GRAVY GARLIC MASHED POTATO SQUASH PLUMS BREAD-1		


**Richland County Meal Sites Monthly Menu. All Meals Include a Beverage & Bread.**

**NOVEMBER 2022**

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	1 Dilled Salmon Baby Red Potatoes Creamed Peas	2 Beef Tips/Gravy Mashed Potato Wax Beans
7 Swiss Steak/Gravy Mashed Potato Country Blend Vegetables	8 Lemon Pepper Tilapia Cheesy Hashbrown Bake Brussels Sprouts	9 Roast Pork/Gravy Mashed Potato Cooked Cabbage
14 Beef Stew Mashed Potato Mixed Vegetables	15 Barbecue Ribs Baked Potato Scalloped Corn	<b>16 Thanksgiving Dinner</b> Roast Turkey & Dressing Mashed Potato/Gravy Green Beans
21 Taco Hotdish Chuckwagon Corn Romaine Lettuce Salad	22 Hamburger on a Bun Classic Potato Salad Baked Beans	23 Roast Beef/Gravy Mashed Potato Peas and Onions
28 Country Meatballs Mashed Potato/Gravy Beets	29 Chicken Breast/Gravy Cheesy Mashed Potato Asparagus	30 Pork Chops/Mushroom Gravy Garlic Mashed Potato Squash

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**Frozen meals are available to the meal participants of Fairmount. If you would like more info please call Southeast Senior Services at 701-642-3033.**

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1 Dilled Salmon Baby Red Potatoes Creamed Peas	2 Tater Tot Hotdish Tater Tots Broccoli	4 Beef Tips/Gravy Mashed Potato Wax Beans
8 Country Fried Steak Mashed Potato/Gravy Country Blend Vegetables	9 Roast Pork/Gravy Mashed Potato Cooked Cabbage	10 Lemon Pepper Tilapia Cheesy Hashbrown Bake Brussels Sprouts
15 Cabbage Rolls Mashed Potato Carrots	16 Barbecue Ribs Baked Potato Scalloped Corn	18 Roast Beef/Gravy Mashed Potato Peas and Onions
21 Sloppy Joe on a Bun Coleslaw Baked Beans	22 Taco Salad Peaches Muffin	<b>23 Thanksgiving Dinner</b> Roast Turkey & Dressing Mashed Potato/Gravy Green Beans
29 Chicken Breast/Gravy Cheesy Mashed Potato Asparagus	30 Pork Chops/Mushroom Gravy Garlic Mashed Potato Squash	

**Richland County Meal Sites Monthly Menu. All Meals Include a Beverage & Bread.**

**NOVEMBER 2022**

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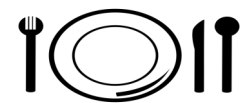
	1 Chicken Breast Macaroni and Cheese California Medley Vegetables	3 Beef Tips/Gravy Mashed Potato Wax Beans
7 Swiss Steak/Gravy Mashed Potato Country Blend Vegetables	8 Roast Pork/Gravy Mashed Potato Cooked Cabbage	10 Lemon Pepper Tilapia Cheesy Hashbrown Bake Brussels Sprouts
14 Barbecue Ribs Baked Potato Scalloped Corn	15 Cabbage Rolls Mashed Potato Carrots	<b>17 Thanksgiving Dinner</b> Roast Turkey & Dressing Mashed Potato/Gravy Green Beans
21 Taco Hotdish Chuckwagon Corn Romaine Lettuce Salad	22 Hamburger on a Bun Classic Potato Salad Baked Beans	23 Roast Beef/Gravy Mashed Potato Peas and Onion
28 Country Meatballs Mashed Potato/Gravy Beets	29 Chicken Breast/Gravy Cheesy Mashed Potato Asparagus	

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	1 Dilled Salmon Baby Red Potatoes Creamed Peas	3 Beef Tips/Gravy Mashed Potato Wax Beans
7 Swiss Steak/Gravy Mashed Potato Country Blend Vegetables	8 Lemon Pepper Chicken Seasoned Red Potatoes Creamed Peas	10 Lemon Pepper Tilapia Cheesy Hashbrown Bake Brussels Sprouts
14 Beef Stew Mashed Potato Mixed Vegetables	15 Barbecue Ribs Baked Potato Scalloped Corn	<b>17 Thanksgiving Dinner</b> Roast Turkey & Dressing Mashed Potato/Gravy Green Beans
21 Taco Hotdish Chuckwagon Corn Romaine Lettuce Salad	22 Hamburger on a Bun Classic Potato Salad Baked Beans	23 Roast Beef/Gravy Mashed Potato Peas and Onions
28 Country Meatballs Mashed Potato/Gravy Beets	29 Chicken Breast/Gravy Cheesy Mashed Potato Asparagus	

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Please let your Meal Site know if you plan on eating with them!

# Richland County Health Department

## 2022 WALK- IN FLU/COVID VACCINE CLINICS

Location	Date	Time
Colfax Richland Jr/Sr High School	Wednesday, September 28	3-6 P.M.
Lidgerwood KC Hall	Wednesday, October 5	3-6 P.M.
Hankinson Community Center	Wednesday, October 19	3-6 P.M.
Wahpeton High School	Wednesday, October 26 <sup>th</sup>	4-6 P.M.
Wyndmere Community Center	Wednesday, November 2	3-6 P.M.
<p><b>COVID/Flu Shot Fridays starting 9/30 through 11/18</b>  <b>7:30am-3:00pm</b>  <b>Richland County Health Department</b></p>		

**\*NEW\* COVID BOOSTER VACCINE: Pfizer Bivalent Booster vaccine available for ages 12 years and older.**

**\*Eligible: 2 months after last COVID vaccine.**

**FLU VACCINE: Available for ages 6 months and older.**

Paperwork will be completed on site. We are able to bill the following insurances: Sanford, Medica, Blue Cross Blue Shield, Medicare, Humana and North Dakota Medical Assistance. For questions, call (701) 642-7735. No appointments needed.



**Richland County  
Health Department**  
Prevent. Promote. Protect.

**Richland County Public Transit Schedules for  
October 2022– December 2022**

**TRANSIT RIDES TO WAHPETON**

Southeast Senior Services offers rides from surrounding towns into Wahpeton monthly. **To schedule a ride call 642-5746 at least 2 days in advance.** Hours spent in Wahpeton will be between 10:00am to 3:00pm unless all riders are done earlier. It is best if you schedule any medical appointments between the hours of 10am and 2:00pm if possible. The cost for these rides is **\$5.00 per person.**

**FAIRMOUNT/HANKINSON/LIDGERWOOD  
WYNDMERE/MOORETON**

October      10 & 24      Nov 7 & 28      Dec 12 & 19

**ESTIMATED PICK UP TIMES FOR RIDES TO WAHPETON**

Fairmount 8:40 am	Hankinson 9:00 am	Lidgerwood 9:15 am
Wyndmere 9:30 am		Mooreton 9:45 am

**TRANSIT RIDES TO FARGO**

Southeast Senior Services provides transportation to Fargo on the 1st, 2nd, 3rd and 4th Tuesdays and Thursdays of most months. **To schedule a ride call 642-5746 at least 2 days in advance.** Hours spent in Fargo will be between 10:00am to 3:00pm unless all riders are done earlier. It is best if you schedule any medical appointments between the hours of 10:00am and 2:00pm. Cost for these rides is **\$8.00 per person.** The routes will be as follows:

**Fargo North Run**  
Wahpeton, Abercrombie,  
Mooreton, Christine,  
Walcott, Galchutt

**Will run on  
these dates.** →

Oct: 4, 6, 11, 27  
Nov: 1, 3, 8  
Dec: 1, 6, 13, 22

**Fargo South Run**  
Wahpeton, Fairmount,  
Hankinson, Lidgerwood,  
Wyndmere, Colfax

**Will run on  
these dates.** →

Oct: 13, 18, 25  
Nov: 10, 22  
Dec: 8, 20, 27

**Fargo Run**  
Wahpeton, Fairmount,  
Hankinson, Lidgerwood,  
Wyndmere, Mooreton,  
Abercrombie, Colfax,  
Christine, Walcott, Galchutt

**Will run on  
these dates.** →

Oct: 20  
Nov: No trip this month  
Dec: 15

# Activities

All activities are held at the Senior Center in your community unless otherwise noted.  
Coffee & dessert following all activities in Lidgerwood, Wahpeton, and Wyndmere.

## Bingo

Wahpeton—Tuesday at 12:30pm

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## Coffee & Toast Social

Abercrombie—Monday, Tuesday, and Wednesday

Time: 8am-10am at the location listed above

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## Exercise

Lidgerwood—Exercise equipment available to use  
Wahpeton—Bone Builders—Tuesday & Thursday at 9am  
at the Wahpeton Community Center

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## Pot Luck

Fairmount—2nd & 4th Wednesday of the month at 12pm

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## Free For All Fridays!

Grab your friends and come on down to the Wahpeton Senior Center From 12:30pm – 4pm for any or all of the following games:

Cribbage	Dice	Mexican Train
Wii Games	Yahtzee	Phase 10

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“Roll” into the weekend with us at the Wahpeton Senior Center! Join us anytime between 8:30am—9:30am for a roll and all you can drink coffee! Suggested \$1.00 Donation!

Everyone is welcome!

## Bridge

Wahpeton—Thursday at 12:30pm

## Hand and Foot

Abercrombie—Wednesday at 1pm

Lidgerwood—Tuesday at 1pm

Wahpeton—Wednesday at 12:15pm

Hankinson—Tuesday, Wednesday & Friday at 12:00pm

## Other Card Games & Dominoes

Wyndmere—Monday—Friday at 3pm

Hankinson—Tuesday, Wednesday & Friday at 12:00pm

## Pinochle

Wahpeton—Wednesday at 12:30pm

Wyndmere—Monday at 1pm

## Puzzles

Wahpeton—Monday — Friday 9am—3pm

Wyndmere—Monday—Friday 10am—6pm

Hankinson—Tuesday, Wednesday & Friday at 12:00pm

## Social Hour

Abercrombie—Monday, Tuesday & Wednesday at 1pm

Wyndmere—Monday—Friday at 3pm

## Whist

Wahpeton—Monday at 12:30pm

Wyndmere— Thursday at 1pm

Hankinson—Tuesday, Wednesday & Friday at 12:00pm

Wahpeton Harmony Senior Citizens Club, Inc  
520 3<sup>rd</sup> Avenue South  
Wahpeton, ND 58075

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
WAHPETON, ND 58075  
PERMIT NO. 10

"Return Service Requested"

# SOUTHEAST SENIOR SERVICES

## Fill In Job Opening Opportunities At Southeast Senior Services

Southeast Senior Services is looking for fill in part time Drivers and Meal Delivery applicants for our Meal and Transportation Programs. This fill in position will help provide public transportation within the town of Wahpeton, from towns within Richland County into Wahpeton and from Richland County towns up to Fargo. Qualified applicants will also fill in delivering inventory to our county locations as well as meals to our Wyndmere site. Applicants must have a clear driving record, a caring attitude, the ability to lift up to 50 lbs. and the ability to work professionally with the public.

If you are interested in applying, please stop in and complete an application at:

Southeast Senior Services—520 3rd Avenue South—Wahpeton, ND 58078  
701-642-3033