

SEPTEMBER 2026 | VOLUME 44 NO. 9

FARGO SENIOR PICNIC

THURSDAY, SEPTEMBER 10

Rheault Farm Park | 10:00 AM-1:00 PM

2902 25th St S, Fargo, ND 58103

**Join us for a few hours of
movement, food, fun and community!**

10:00am | Strength Balance & Stretch (Free Exercise Program)

11:00am | Meal: Shredded Chicken BBQ Sandwiches

11:45am | Root Beer Floats

12:00pm | Bingo

1:00pm | Done!

A suggested donation of \$4.00 per meal applies to adults age 60 and older and their spouses, regardless of age (cash and checks accepted). All other adults under age 60 pay the full meal cost of \$11.75.

Pre-Registration Required

Limited to first 160 to sign up!

Sign up in-person at Broadway Station, Trollwood Senior Center, Ed Clapp Senior Center, Courts Plus, Fargo Parks Sports Center or call 701-293-1440 by Friday, September 3.



Get in Touch!

2801 32nd Ave South
Fargo, ND 58103

PHONE

Main Office:

701-293-1440

Metro Senior Ride:

701-356-7433 (RIDE)

WEBSITE

valleyseniorservices.org

EMAIL

info@valleyseniors.org

HOURS

Monday - Friday
8:00am-4:30pm

 /ValleySeniorServices

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Kylee L.

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:

*Paul Grindeland, Valley Senior Services,
P.O. Box 2217, Fargo, ND 58108.
(701) 293-1440.*

Senior Center Highlights

ED CLAPP PARK CENTER 2801 32ND AVE S, FARGO EM 298-3976

Sep 2 - 10:00-1:00 Foot Care
Sep 7 - Center closed
Sep 9 - 10:00-1:00 Foot care; 12:30 Birthday cupcakes
Sep 10 - 12:30 AARP Safe Driving Course (call 701-298-3976 to register)
Sep 16 - 10:00-1:00 Foot Care
Sep 23 - 10:00-1:00 Foot Care
Sep 25 - 12:00-1:00 Vaccine Clinic
Every Monday - 12:30 Pinochle, cards
Every Tuesday - 9:30 Free exercise; 12:30 Pinochle, cards
Every Wednesday - 12:30 Cards & Mahjong
Every Thursday - 9:30 Free exercise; 1:00 Bingo & Mahjong
Every Friday - 12:30 Cards

Meals served daily at 12:00 pm. reserve meals, please call 298-3976 by 12:00 pm the day before.

TROLLWOOD VILLAGE 3105 BROADWAY, FARGO DONNA 298-3975

Sep 2 - 9:00 - 2:00 Foot care; 1:00 Birthday cupcakes
Sep 3 - 9:00-2:00 Foot care
Sep 7 - Center closed
Sep 8 - 11:00 Fargo Public Library
Sep 22 - 11:00 Fargo Public Library
Every Monday - 12:30 Bingo
Every Tuesday - 12:30 Pinochle; 1:00 Grocery bus; 2:00 Bible study in Library
Every Wednesday - 12:30 Dominos; Whist
Every Thursday - 12:30 Bingo

Meals served daily at 11:30 am. To reserve meals, please call 298-3975 by 12:00 pm the day before.



Labor Day

Valley Senior Services will be closed September 7th - no center meals or activities, Meals on Wheels or transportation

WEST FARGO HIGH RISE 230 8TH AVE W, WEST FARGO

Sep 1 - 12:15 Dominoes/Chickenfoot
Sep 7 - Center closed
Sep 8 - 12:15 Bingo
Sep 15 - 12:15 WFACP Board Meeting
Sep 19 - 10:00-12:00 "A Walk in The Park" starting at Rustad Rec; Music, snacks and refreshments to follow, register at wfparks.org
Sep 22 - 12:15 Bingo
Sep 29 - 12:15 Open for Activities
Every Monday - 12:15 Cards/Pinochle
Every Wednesday - 12:15 Cards/Whist

Meals served daily at WFHR and Monterey at 11:30 am. To reserve meals, please call 701-551-5881 at least one day in advance.

BROADWAY STATION 1461 BROADWAY, FARGO CASSIE 232-7936

Sep 1 - 9:30-11 Fit & Strong; 1:00 Total Balance Talk
Sep 3 - 9:30-11 Fit & Strong; 10:00-3:00 ND Legal Services
Sep 4 - 12:30 Birthday Treats
Sep 7 - Center closed
Sep 9 - 9:30-1:00 League of Women voters assistance in Lobby (see p. 10 for more info)
Sep 23 - 12:00-1:00 Vaccine Clinic (see p. 10 for more info)
Every Monday - 10:15 Balance Builders; 10:30 Chess Club; 12:30 31 & Bridge
Every Tuesday - 10:00-11:00 Tai Ji (starting 9/8); 12:30 Whist & 31
Every Wednesday - 12:30 Pinochle & 31
Every Thursday - 10:00-11:00 Tai Ji (starting 9/8); 12:30 Bridge; 12:30 Crafts & Sewing
Every Friday - 1:15 Bingo

Meals served daily at 11:30 am. To reserve meals, please call 232-7936 by 12:00 pm the day before.

Join us daily for coffee and to work on puzzles or play other games!

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 293-1440 OR TOLL FREE 1-877-827-1916
OR E-MAIL: INFO@VALLEYSENIORS.ORG

The Importance of Foot Care for Older Adults

Consistent care of the feet is fundamental to mobility, comfort, and independence especially in the elderly. Routine foot care is recommended for individuals living with underlying conditions such as diabetes, arterial insufficiency, gout and arthritis and those annoying corns and callouses.

Sanford Home Care will provide a nurse to cut and file your toenails at Ed Clapp Senior Center most Wednesdays from 10:00 am to 1:00 pm:

ED CLAPP PARK CENTER

2801 32ND AVE S, FARGO

**PLEASE USE THE ATRIUM ENTRANCE*

10:00 AM TO 1:00 PM

on

Wednesday, September 2

Wednesday, September 9

Wednesday, September 16

Wednesday, September 23

Call Sanford at 701-234-3204 for an appointment. Please leave a message, someone will get back to you. The fee for foot care is \$30 (cash or check).

All Embracing Home Care is now providing foot care at All Embracing Office in the Trollwood Village Business Center on the first Wednesday and Thursday of each month from 9:00 am to 2:00 pm:

TROLLWOOD CENTER

3105 BROADWAY, FARGO

9:00 AM TO 2:00 PM

on

Wednesday, September 2

Thursday, September 3

Call or text All Embracing at 701-330-8373 for an appointment. Please mention you are calling for foot care at Trollwood. The fee for foot care is \$35 (cash or check).

You can also visit valleyseniorservices.org/foot-care-clinic to learn more about foot care clinics in your area.

Your Home Your Health Award-Winning Care in the comfort of your own home!  Dakota HOME CARE DakotaHomeCare.com 877-691-0015 701-663-5373 Medical and Non-Medical Services	TECH HELP @ THE CARLSON LIBRARY Tuesdays from 11:00 AM – 1:00 PM Dr. James Carlson Library - Conference Room Need assistance with your phone, tablet, laptop, iPad, Kindle or other device? We can help! Drop in or call ahead to make an appointment. Fargo Public Library FREE 2801 32nd Ave. S. 701-476-5980 fargolibrary.org 
Sparklight® Always working for you. • Fiber-Fueled Network • Unlimited Data • No Commitments • Rates Starting at \$29.95 a month 877-687-1332 • www.sparklight.com	No act of kindness is ever wasted Support Our Advertisers! NEED HELP SETTING UP YOUR MEDS BI-WEEKLY? ALSO DO YOU NEED HELP TRIMMING YOUR TOENAILS? I CAN HELP! EACH SERVICE IS ONLY \$30 PER VISIT! Lori Kryzsko RN Landline: 701-532-1210 Cell: 701-729-3296 



September Schedule of Events

SEPTEMBER 2

1:00 pm

Fall Kickoff Celebration with
music from the
Dakota Brass Band

SEPTEMBER 9

1:00 pm

Bands, Bouquets, and Bingo

SEPTEMBER 16

1:00 pm

Education: "Healthcare
Navigation and Advocacy"
Amanda Roberts, APRN, CNP

SEPTEMBER 23

9:30-11:00 am

Moving Ahead Life After Loss
Support Group

1:00-2:30 pm

Caregiver Cafe

All programs, unless otherwise
noted, are located :

Memory Cafe
3910 25th St S, Fargo

*For more information call
Memory Cafe at
701-404-6712
or email :
hello@memorycaferrv.org*

Hjemkomst Center - Moorhead, MN

SENIOR SAFETY academy

SEPTEMBER 10
9:00-2:30PM

Vendor Booths Open at 8:30
Lunch Provided at 11:30

Information on:

- STROKE AWARENESS
- FRAUD AND SCAMS
- HOME CARE SERVICES
- PHYSICAL MOVEMENTS

Register with Moorhead Parks at:
218-299-5514 or moorheadparks.activityreg.com

Beginning August 3

AARP Minnesota

NORTHLAND FACE
Senior Care Services
Program of Adult-Initiative
Care for the Elderly

**Law Enforcement Partnering with Senior Citizens
to Enhance Safety for Seniors**

West Fargo Library Offerings

NEW EVENTS FOR SENIORS!

The West Fargo Public
Library is working on
providing several events for
seniors in the month of
September. Please stop
by the library or visit their
website at:
westfargolibrary.org for
more information.



**coffee with
a cop**

WEST FARGO
POLICE DEPARTMENT

Wednesday, September 16
10:00 - 11:00 am

Rustad Recreation Center
601 26th Ave East
West Fargo, ND

Volunteer Spotlight

This month we are featuring Meals on Wheels volunteer, John, who has been delivering meals for about 5 years. Here's what he has to say about volunteering:

TELL US A BIT ABOUT YOURSELF:

I grew up in Wisconsin, and am a retired attorney formerly with First International Bank and Trust.

HOW DID YOU BECOME INTERESTED IN VOLUNTEERING?

I wanted to do something for the community and it helps keep me busy!

WHAT IS YOUR FAVORITE PART OF VOLUNTEERING?

Getting to know the people on my route as well as the pets! :)



Thank you, John, for your dedication to Meals on Wheels!

*We are looking for more Meals on Wheels volunteers!
Go to www.valleyseniorservices.org/volunteer/
for more information.*



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Set Up & Organize

Seasonal Decor

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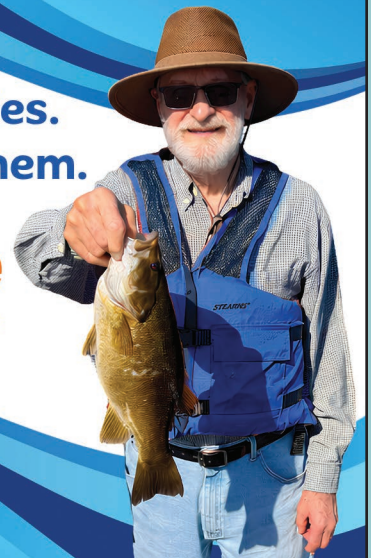
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We're making them.**

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HEALTHY EATING

THE SPECTRUM OF HEALTHY EATING

Healthy eating is not just ensuring that your plate is loaded with fruits and vegetables (although that does help!). Healthy eating has a wide range of components, and each principle can work together to give you an overall feeling of wellness.

THE SPECTRUM

- **Important Nutrients** – Fruits and vegetables are high in fiber, vitamins, minerals, and antioxidants that the body needs on a regular basis. Aim to have a colorful plate! Consider low-fat calcium-rich food sources for your dairy products. Protein is another vital nutrient and can be found in lean meats, fish high in omega-3's, and even from beans/legumes. Look for carbohydrates high in whole grain sources. Be mindful of all added sugars and sodium levels.
- **Water Intake** – Hydration is key!* The body expels water through many means on a daily basis and must be replaced by drinking the recommended amounts of water and/or consuming foods with a high water content. Sodas, sugary drinks, alcohol, and caffeinated beverages are not adequate sources for hydration, and must be consumed in moderation. Aim for 15.5 cups (3.7 liters) of fluids a day for men, 11.5 cups (2.7 liters) of fluids a day for women.
- **Emotional Eating** – Mental aspects are just as important for healthy eating. Listen to hunger cues. For example: how full are you truly feeling? Are you eating out of boredom or as a social aspect? Are you feeling any other physical symptoms along with hunger? What is your mood in and is that contributing to your desire to eat or not eat?
- **Food Labels** – Reading food labels can provide a great roadmap to healthy eating. Information commonly found on food labels includes portion size, vitamins, minerals, protein, carbohydrates, fiber, protein, fats and sodium content. Food labels can help you discern whether specific foods fit your personal criteria for healthy eating.
- **Mealtime Habits** – Healthy habits equal healthy eating! Are you distracted by technology during your meals? This has the potential to lead to mindless consumption and overeating. Are you taking your time chewing your food and not rushing? These factors have an impact on healthy eating.

**See page 9 for more information on hydration!*

FARGO MENU

Month of September Meals on Wheels, Congregate & Take Out Meals -
To Make a Reservation at Your Local Meal Site, Please Call before 12:00 Noon one day in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01	02	03	04
	Sweet & Sour Meatballs Brown Rice Steamed Green Beans Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread	Beef Tacos w/Cheese Shredded Lettuce 2 WW Tortillas Black Beans Fresh Fruit	Pulled Pork Whole Wheat Bun Potato Salad Steamed Corn Warm Cinnamon Apples	Chicken Kiev Baked Sweet Potato Peas & Carrots Whole Wheat Bread x2 Mandarin Oranges
07	08	09	10	11
	Beef Stroganoff Noodles Steamed Green Beans Steamed Baby Carrots Fresh Fruit Whole Wheat Bread	Braised Pork Chop Baked Sweet Potato Brussels Sprouts Rosy Applesauce Whole Wheat Bread x2	PICNIC Shredded BBQ Chicken Whole Wheat Bun Baked Beans Potato Salad Watermelon	Swedish Meatballs Mashed Potatoes Stewed Tomatoes Diced Strawberries Angel Food Cake
14	15	16	17	18
BBQ Beef Patty Whole Wheat Bun Baked Beans Steamed Corn Fruit Cocktail	Dijon Chicken Smashed Potatoes California Blend Vegetables Fresh Fruit Whole Wheat Bread x2	Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Diced Pears Whole Wheat Bread	Smothered Pork Chop Baked Potato Hawaiian Coleslaw Cinnamon Applesauce Whole Wheat Bread x2	Meatsauce Whole Grain Rotini Pasta Steamed Cauliflower Crinkle Cut Carrots Mandarin Oranges Whole Wheat Breadstick
21	22	23	24	25
Baked Chicken Thigh Rosemary Roasted Potatoes Diced Beets Diced Pears Whole Wheat Bread x2	Lemon Pepper Fish Vegetable Rice Pilaf Creamed Carrots Green Beans Fresh Fruit Whole Wheat Bread	Cabbage Roll Parsley Buttered Potatoes Seasoned Broccoli Diced Peaches Whole Wheat Bread x2	Chicken & Noodles Mixed Vegetables Tossed Salad Strawberry Jello w/Pineapple Whole Wheat Bread	Bronze Pork Chop Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread x2
28	29	30		
Potato Chip Fish Whole Wheat Bun Baked Sweet Potato Green Beans Almondine Mandarin Oranges	Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread	Tarragon Chicken Parsley Buttered Potatoes Crinkle Cut Carrots 100% Grape Juice Whole Wheat Bread x2		

FOR MEALS ON WHEELS, CONTACT THE MAIN OFFICE
AT 701-293-1440
ALL MEALS INCLUDE 8 OZ 1% MILK
MENU SUBJECT TO CHANGE

TO RESERVE A MEAL AT A SITE, PLEASE CALL:
ED CLAPP.....701-298-3976
TROLLWOOD....701-298-3975
BROADWAY STATION....701-232-7936

WEST FARGO & CASSELTON MENU

08

Month of September Meals on Wheels, Congregate & Take Out Meals -
WFACP - West Fargo High Rise, 230 8th Ave West (M-F) & Martin's Lutheran Church, Casselton (T-Th-F)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01	02	03	04
	Sweet & Sour Meatballs Brown Rice Steamed Green Beans Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread	Beef Tacos w/Cheese Shredded Lettuce 2 WW Tortillas Black Beans Fresh Fruit	Chicken Kiev Baked Sweet Potato Peas & Carrots Whole Wheat Bread x2 Mandarin Oranges	Pulled Pork Whole Wheat Bun Potato Salad Steamed Corn Warm Cinnamon Apples
07	08	09	10	11
	Shredded BBQ Chicken Whole Wheat Bun Baked Beans Potato Salad Watermelon	Braised Pork Chop Baked Sweet Potato Brussels Sprouts Rosy Applesauce Whole Wheat Bread	Beef Stroganoff Noodles Steamed Green Beans Steamed Baby Carrots Fresh Fruit Whole Wheat Bread	Swedish Meatballs Mashed Potatoes Stewed Tomatoes Diced Strawberries Angel Food Cake
14	15	16	17	18
BBQ Beef Patty Whole Wheat Bun Baked Beans Steamed Corn Fruit Cocktail	Dijon Chicken Smashed Potatoes California Blend Vegetables Fresh Fruit Whole Wheat Bread	Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Diced Pears Whole Wheat Bread	Smothered Pork Chop Baked Potato Hawaiian Coleslaw Cinnamon Applesauce Whole Wheat Bread	Meatsauce Whole Grain Rotini Pasta Steamed Cauliflower Crinkle Cut Carrots Mandarin Oranges Whole Wheat Breadstick
21	22	23	24	25
Baked Chicken Rosemary Roasted Potatoes Diced Beets Diced Pears Whole Wheat Bread	Lemon Pepper Fish Vegetable Rice Pilaf Creamed Carrots Green Beans Fresh Fruit Whole Wheat Bread	Cabbage Roll Parsley Buttered Potatoes Seasoned Broccoli Diced Peaches Whole Wheat Bread	Chicken & Noodles Mixed Vegetables Tossed Salad Strawberry Jello w/Pineapple Whole Wheat Bread	BroNze Pork Chop Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread
28	29	30		
Potato Chip Fish Whole Wheat Bun Baked Sweet Potato Green Beans Almondine Mandarin Oranges	Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread	Tarragon Chicken Parsley Buttered Potatoes Crinkle Cut Carrots 100% Grape Juice Whole Wheat Bread		

FOR MEALS ON WHEELS, CONTACT THE MAIN OFFICE
AT 701-293-1440
ALL MEALS INCLUDE 8 OZ 1% MILK
MENU SUBJECT TO CHANGE

TO RESERVE A MEAL AT A SITE, PLEASE CALL
BEFORE NOON AT LEAST ONE DAY IN ADVANCE:
WEST FARGO.....551-5881
CASSELTON....347-8219

Healthy Weight and Growth

ABOUT WATER AND HEALTHIER DRINKS



BENEFITS OF DRINKING WATER

Getting enough water every day is important for health. Drinking water can prevent dehydration, which may cause unclear thinking, mood change, overheating, constipation,

and kidney stones. Water has no calories, so replacing sugary drinks with plain water can help reduce caloric intake.

WATER HELPS YOUR BODY:

- Keep a normal temperature.
- Lubricate and cushion joints.
- Protect your spinal cord and other sensitive tissues.
- Get rid of waste through urination, perspiration, and bowel movements.

YOUR BODY NEEDS MORE WATER WHEN YOU ARE:

- In hot climates.
- More physically active.
- Running a fever.
- Having diarrhea or vomiting.

MEETING YOUR WATER INTAKE EVERY DAY

Daily water intake recommendations vary by age, sex, pregnancy status, activity level, and breastfeeding status. Daily water intake is mostly from water and other beverages. Foods, especially those with high water content such as many fruits and vegetables, can also add to fluid intake.

TIPS TO DRINK MORE WATER

- Carry a reusable water bottle with you.
- Freeze water in freezer-safe bottles for ice-cold water all day.
- Choose water over sugary drinks.
- Opt for water when eating out.
- Serve water during meals.
- Add a wedge of lime or lemon to your water.

HEALTHIER DRINK OPTIONS

Many other beverages can be part of healthy eating patterns.

- **Low- or no- calorie beverages:** Plain coffee or teas, sparkling water, seltzers, and flavored waters are low-calorie choices.
- **Drinks with important nutrients:** Milk; unsweetened, fortified milk alternatives, and limited amounts of 100% fruit or low-sodium vegetable juice contain important nutrients. Enjoy these drinks within recommended calorie limits.

OTHER BEVERAGES

- **Sugary drinks:** Regular sodas, fruit drinks, energy drinks, sweetened waters, and sweetened coffee and tea contain calories but little nutritional value.
- **Alcoholic drinks:** If you choose to drink alcohol, do so in moderation.
- **Caffeinated drinks:** Moderate caffeine consumption (up to 400 mg per day) can be part of a healthy diet for most adults. That's about 2-3 cups of plain coffee.
- **Drinks with sugar alternatives:** Drinks that are labeled "sugar-free" or "diet" likely contain high-intensity sweeteners, such as sucralose, aspartame, or saccharine. These sweeteners may reduce caloric intake in the short term. However, there are many questions about the sweeteners' effectiveness for long-term weight management.
- **Energy drinks:** In addition to added sugar, these products may also contain large amounts of caffeine and other legal stimulants. Concerns have been raised about the potential health risks of these products, especially for young people.

Fargo Cass

Valley
Senior Services
helping seniors maintain independence

STAY HEALTHY THIS SEASON

Vaccine Clinics

**Wednesday, Sept. 23**12:00–1:00 pm
Broadway Station
1461 N Broadway, Fargo**Friday, Sept. 25**12:00–1:00 pm
Ed Clapp Senior Center
2801 32nd Ave S, Fargo**Wednesday, Sept. 30**11:00 am–12:00 pm
Page Senior Center
124 Morton Ave, Page

These are walk-in clinics. No appointments necessary. Bring health insurance or Medicare cards.

**Call 701-241-1383
with questions**

Why Vaccinate?

Older adults are at higher risk of serious illness from respiratory illnesses like influenza and COVID-19. Vaccinations are an important part of staying healthy during respiratory virus season.

Keeping up to date on recommended vaccines can help reduce the risk of severe illness and hospitalization.

Fargo Cass Public Health is offering influenza and COVID-19 vaccines at upcoming immunization clinics, making it easy to get protected.

Rural Cass News

CONGREGATE DINING & TAKE OUT

Page Café, Page ND (668-2254): Monday-Friday at 11:30-12:30. Please call ahead to order meals.

Martin's Lutheran Church, Casselton ND (347-8219): Tues-Thurs-Fri at 11:30-12:30. Please call ahead to order meals. (See menu on page 8).

CASS COUNTY COUNCIL ON AGING MEETING

September 21 at 10:00 am in Leonard

CASS COUNTY RURAL BUS SCHEDULE

Routes:	North Cass County	South Cass County
	Hunter	Leonard
	Arthur	Kindred
	Casselton	Horace
	Fargo	Fargo

North route runs Tuesdays - September 1, 8, 15, 22 & 29. South route runs Wednesdays - September 2, 9, 16, 23 & 29. Express van runs Mondays and Thursdays. Please call 701-356-7433 for more information or to schedule your ride.

VACCINE CLINIC

September 30 from 11:00 am - 12:00 pm at Page Senior Center (see p. 10 for more info)



Just for You Foot Care LLC

FOOT CARE CLINIC:

Jill Kent, RN of Just For You Foot Care will be providing foot care services at:
Casselwood
Senior Living
(no September footcare)

Call Jill at
218-242-1379 for an appointment

We Care for Yours Like Our Own

We believe in caring for your loved ones with the same dedication, respect & compassion we would give our own family members. We provide medical and non-medical services.



Ready to discuss your in-home care needs?

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info@ourfamilyhomecare.org



www.ourfamilyhomecare.org

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(800) 950-9952 x2251



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www.StyleSafeFargo.com

Word Search

Around the Classroom

P	E	A	R	S	R	O	S	S	I	C	S	H
O	P	D	R	A	O	B	K	L	A	H	C	R
S	A	O	I	B	M	A	R	K	E	R	O	E
T	P	R	B	O	O	K	S	H	E	L	F	L
E	E	R	D	E	S	K	K	R	W	D	A	P
R	R	K	O	T	K	C	A	O	L	C	A	A
E	L	O	I	J	O	S	D	S	O	R	R	T
E	A	O	O	L	E	N	G	M	C	L	U	S
C	E	B	C	R	I	C	P	L	I	P	L	G
H	S	E	O	W	R	U	T	C	O	P	E	B
A	P	T	T	O	T	P	N	O	U	B	R	U
I	A	O	S	E	R	E	S	G	R	M	E	F
R	M	N	R	N	P	S	N	O	Y	A	R	C

Word List:

DESK
GLOBE
RULER
SCISSORS
CRAYONS

CHALKBOARD
ERASER
NOTEBOOK
BOOKSHELF
MAP

MARKER
CLOCK
POSTER
COMPUTER
PROJECTOR

CHAIR
PENCIL
STAPLER
PAPER
WINDOW

Thank You to Our Contributors!

We appreciate the many donations we have received and thank each and every one of you for your support. All contributions can be sent to:

VALLEY SENIOR SERVICES
P.O. BOX 2217
FARGO, ND 58108

Hole, Wayne & Jeanne in
 memory of Liz Slen

*Thank
 you*

\$100 and Above

The Family of Carol Norman
 in thanks to
 Valley Senior Services
 and in honor of Volunteer Connie -
 \$500

Dale & Sheila Wandersee - \$100



**THE LEAGUE OF
 WOMEN VOTERS
 OF THE RED RIVER VALLEY**

will be offering assistance on how to fill
 out Absentee Voting Applications and
 making plans to vote
 in the November election

September 9, 2026
9:30am - 1pm
Broadway Station
1461 Broadway North

CARFiT

Is Headed Your Way!

CarFit is a free, interactive and educational
 program designed to improve older driver safety.
 Trained volunteers provide information to ensure
 the safest "fit" for older drivers and their vehicles.



Freedom Resource Fair

Tuesday, September 29, 2026

Veterans Memorial Arena

1201 7th Ave E, West Fargo, ND

11:30 AM - 2:00 PM

Free Admission

**Jazzy's Mobile Kitchen Food
 Truck On-Site:**

(Gluten Free Options are Available!)

Grab a Bingo card and Explore

Visit booths, mark your card, and have fun discovering
 resources. No need to fill every space. Hand in your card for
 a chance to **win prizes** throughout the event!

**For questions or booth registration,
 call (701) 478-0459**

or email freedom@freedomrc.org

Booth registration closes Friday, August 28, 2026.

FREEDOM
 RESOURCE CENTER



WHERE: Hope Lutheran Church
 3636 25th Street South, Fargo

WHEN: Tuesday, September 29th
 1:00-4:00 pm *Reservations Required

CONTACT: Katelyn Kennedy
 701-417-2002
katelyn.kennedy@sanfordhealth.org

For more information, contact car-fit.org

Scam of the Month

How Scammers Find Your Personal Information Online

Scammers look up information about people before they contact them. They can find details on public records, people-search websites, and social media without needing to hack anything. In a matter of minutes, a scammer can gather enough information to make their scam seem real. Because scammers already know personal details, their messages often sound believable and convincing.

Personal Information Scammers Can See

- Your home address and places where you have lived before
- Names of your family members, such as parents, brothers, sisters, and children
- Your age, birthday, and phone number
- Photos you share on social media
- Where you work or have worked, and where you went to school
- Your hobbies, interests, and groups or causes you support
- Public court records or legal documents
- Information about things you buy online or reviews you post online
- Scammers can find email addresses on a funeral home website after you visit an obituary and leave a message for the family.

Why Certain Groups Are Targeted More.

Experts say scammers often target veterans, older adults, and people near retirement:

- Their personal information is often easy to find in public records
- They may trust messages that seem to come from official sources
- They may be using medical, financial, or government systems that scammers target

Steps to Protect Your Information Online.

1. Search your name online to see what information is public.
2. Remove your information from people-search sites like Whitepages, Spokeo, and MyLife.
3. Set your social media accounts to private.
4. Avoid sharing personal details like your birthday, travel plans, or military service.

Your online footprint is bigger than you think, and scammers use it to target people. You can lower your risk by sharing less personal information online and watching out for common scam tricks.

Reporting Medicare fraud:

If you suspect fraud, contact the ND SMP at ndsmp@minotstateu.edu or call 833-818-0029 or 701-858-3580. For non-Medicare fraud issues, contact the ND Attorney General's Office at 800-472-2600.

The information provided is intended to be a general summary only. Source of information: Information adapted from cybersecurity expert Kurt Knutsson (CyberGuy) and general consumer protection guidance on identity theft and online privacy

NORTH DAKOTA SENIOR MEDICARE PATROL PHONE: 833-818-0029 OR (701) 858-3580

For more information or to locate your SMP, visit <https://ndcpd.org/smp/>



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