Valley Senior Services
helping seniors maintain independence

Silver Quill

NEWSLETTER OF VALLEY SENIOR SERVICES OF CASS COUNTY

NOVEMBER 2026 | VOLUME 44 NO. 11



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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VALLEY SENIOR SERVICES WILL BE CLOSED NOVEMBER 11TH, 26TH & 27TH.
NO MEALS ON WHEELS, SENIOR CENTER ACTIVITIES OR MEALS, OR TRANSPORTATION.

Our Staff

BOARD MEMBERS
JoEllen Harris
Ray Nelson
Val Mogard
Matt Anderson
Georgia Dufault
Barbara Rude
James Roth
Merrell Piepkorn
Lavonne Haring

DIRECTOR
Paul Grindeland

TRANSPORTATION MANAGER
Cindy G.

PROGRAM MANAGER
Kassie Emanuel

PROGRAM MANAGER
Shelley Tollefson

METRO SENIOR RIDE OPERATIONS SUPERVISOR
Jennifer F.

DISPATCHERS
MaryJo F. Anita B.
Paul B. Jennifer E.

VOLUNTEER COORDINATOR
Megan W.

RESOURCE SPECIALISTS
Patty Dahley
Jill McCall
Jamie Heinan
Grace Ennen
Paul Steichen
Lindsay Lemley-Holter

ADMINISTRATIVE ASSISTANTS
Em J.
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

Nov 9 to Nov 12 - Art Cart
Nov 11 - Centers closed
Nov 12 - 12:30 AARP Safe Driving Course (call 701-298-3976 to register)
Nov 18 - 10:00-1:00 Foot care; 12:30 Birthday cupcakes
Nov 25 - 10:00-1:00 Foot Care
Nov 26 & 27 - Centers closed
Every Monday - 12:30 Open cards & Pinochle
Every Tuesday - 9:30 Bone Builders; 12:30 Open cards & Pinochle
Every Wednesday - 12:30 Open cards
Every Thursday - 9:30 Bone Builders; 1:00 Bingo & Open cards
Every Friday - 12:30 Open cards

Meals served daily at 12:00 pm. To reserve meals, please call 298-3976 by 12:00 pm at least one day in advance.

TROLLWOOD VILLAGE
3105 BROADWAY, FARGO
DONNA 298-3975

Nov 4 - 9:00 - 2:00 Foot care; 1:00 Birthday cupcakes
Nov 5 - 9:00-2:00 Foot care
Nov 10 - 11:00 Fargo Public Library
Nov 11 - Centers closed
Nov 16 to Nov 19 - Art Cart
Nov 24 - 11:00 Fargo Public Library
Nov 26 & 27 - Centers closed
Every Monday - 12:30 Bingo
Every Tuesday - 12:30 Open cards; 1:00 Grocery bus
Every Wednesday - 12:30 Open cards
Every Thursday - 12:30 Bingo
Every Friday - 12:30 Open cards

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

CENTERS CLOSED
Senior Centers will be closed November 11, November 26, and November 27

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

Nov 3 - 12:15 Dominoes/Chickenfoot
Nov 10 - 12:15 Bingo
Nov 17 -12:15 WFACP Board Meeting
Nov 23 - Nov 27 No activities due to Thanksgiving holiday
Every Monday - 12:15 Cards/ Pinochle
Every Wednesday - 12:15 Cards/ Whist/Mary Widow

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

Nov 4 - 10:00-11:00 Safety Social
Nov 5 - 10:00-3:00 ND Legal Services
Nov 6 - 12:30 Birthday Treats
Nov 10 - 1:00 Total Balance Talk
Nov 11 - Centers closed
Nov 23 to Nov 25 - Art Cart
Nov 26 & 27 - Centers closed
Every Monday - 10:15 Balance Builders; 10:30 Chess Club; 12:30 Open cards
Every Tuesday - 10:00 Tai Ji Quan; 12:30 Open cards
Every Wednesday - 12:30 Open cards
Every Thursday - 10:00 Tai Ji Quan; 12:30 Open cards
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!

Fargo Park District
Nov 3- 1:00 Art Workshop
Yunker Farm, 1201 28 Ave N
Nov 4 - 10:00 Safety Social
Broadway Stattion, 1461 Broadwasy
Nov 16 - 10:00 Safety Social
Fargo Parks Sports Center, 6100 38 St S
Nov 17 - 1:00 Art Workshop
Fargo Parks Sports Center, 6100 38 St S

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, November 4
Wednesday, November 18
Wednesday, November 25

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, November 4
Thursday, November 5

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.



memorycafe

November Schedule of Events

NOVEMBER 4
1:00 pm
Caregiver Appreciation Celebration

Hope Lutheran Church,
3636 25th St South, Fargo

NOVEMBER 11
1:00 pm
Veteran's Day Celebration with Moorhead High School Apollo Strings

NOVEMBER 18
1:00 pm
Education:
Making Travel Easier: Tips for Traveling with Dementia

NOVEMBER 25
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

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

Thank you

Barbara Swegarden in memory of Joyce Larson

$100 and Above

Brenda Lineburg

ND Association for the Disabled

NDAD
helping others to help themselves

The North Dakota Association for the Disabled (NDAD) is a nonprofit, charitable organization dedicated to helping North Dakotans facing health challenges live with greater independence, opportunity, and hope. NDAD provides support through direct financial assistance, medical equipment loans, adaptive recreation, and other services. NDAD continues its mission of enhancing lives and helping others to help themselves by connecting individuals with the resources and support they need.

With six offices, NDAD is able to help individuals across the entire state of North Dakota. Our NDAD Fargo office serves Barnes, Cass, Lamoure, Ransom, Richland, Dickey, and Sargent counties. To connect with the Fargo office, call (701) 281-8215 or email fargo@ndad.org. To learn more about NDAD and the services offered, visit NDAD.org.

Coffee with a Cop

coffee with a cop
WEST FARGO POLICE DEPARTMENT

Wednesday, November 18
from 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 nine years! Here's what he has to say about volunteering:



TELL US A BIT ABOUT YOURSELF:

My wife Cecile and I have been married for 38 years. We have two grown children, Andy and Mary. Our grandson Colton lives with us and keeps us young. I am currently a restaurant owner of 24 years and am looking forward to retirement to focus on volunteer work as I enter my 65th year.

HOW DID YOU BECOME INTERESTED IN VOLUNTEERING?

I was Grand Knight for Knights of Columbus Council #11930 at Sts. Anne and Joachim Catholic Church. As a council, we committed to delivering meals one day a month. I enjoyed it so much that my daughter, then 16 years old, would sub one day a week. We did routes at nearly every distribution facility in Fargo and West Fargo. One day, we were asked if we would commit to delivering out of one facility. We decided to deliver Wednesdays and Fridays. When Mary got a full time job, I changed to Fridays and have been doing Route #61 ever since.

WHAT IS YOUR FAVORITE PART OF VOLUNTEERING?

There are many things - at first it was time my daughter and I spent together. After each route, once a week, we would go out for lunch. We developed relationships with those to whom we delivered. Knowing each by their name and they knowing mine is quite a connection. Each week our short conversations allowed us to learn a little more about each other. The recipients are so appreciative and kind. Having 11 separate conversations each day is very special. I look forward to my retirement days when I can run another route and make new friends.

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



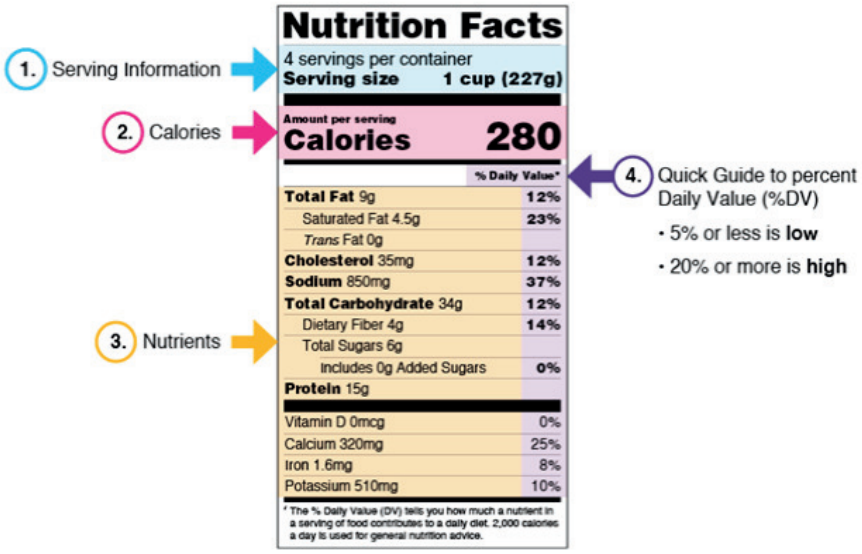


Understanding the Nutrition Facts Label

The Nutrition Facts label on food can help us make healthy choices. Choosing healthier foods and drinks will help you meet the Dietary Guidelines for Americans. It can also help lower the risk of health problems like high blood pressure, heart disease and diabetes. Get up and move. Regular exercise can help you have a healthy blood pressure. Try to get 30 minutes of physical activity per day, 5 days a week.

Reading the label:

1. Serving Size: All nutrient amounts listed on the label are for one serving. Make sure to read the serving size on the package and compare it to how much you eat. For some foods, the amount you eat may be more than one serving size.
2. Calories: The calories are in bold, large print. They tell you how much energy in in one serving of this food.
3. Nutrients: You can use the label information to get more of the nutrients you want to increase and less of the nutrients you may want to limit.
    - Limit these nutrients: Saturated Fat, Sodium, and added Sugars
    - Increase these nutrients: Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium
4. Percent Daily Value (%DV): Can help you know if a serving of food is high or low in a nutrient
    - 5% DV or less of a nutrient is considered low
    - 20% or more of a nutrient is considered high
5. Ingredient List: Tells you what the food is made of and if there are any common food allergens in it. Ingredients are listed in order of quantity. The first ingredient is what the product contains the most of. Try to pick foods with ingredients you are familiar with and words that are easy to read.



The nutrition label can be a useful tool for choosing healthy foods. We all have different dietary needs, and food nutrition labels can help us pick foods that support our individual health goals.

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FARGO MENU

Month of November 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
02	**03**	**04**	**05**	**06**
Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli WW Bread Diced Pears	Beef Stroganoff Noodles Steamed Green Beans Steamed Baby Carrots WW Bread Fresh Fruit	Rosemary Orange Chicken Parmesan Garlic Potatoes Brussels Sprouts WW Bread x2 Rosy Applesauce	Braised Pork Chop Baked Sweet Potato Tossed Salad WW Bread x2 Diced Peaches	Swedish Meatballs Mashed Potatoes Stewed Tomatoes Whole Grain Dinner Roll Lime Jello w/Peaches
09	**10**	**11**	**12**	**13**
BBQ Beef Patty WW Bun Baked Beans Steamed Corn Fruit Cocktail	Dijon Chicken Smashed Potatoes California Blend Vegetables WW Bread x2 Fresh Fruit	CLOSED 	Smothered Pork Chop Baked Potato Hawaiian Coleslaw WW Bread x2 Cinnamon Applesauce	WW Rotini Pasta w/Meatsauce Crinkle Cut Carrots Steamed Cauliflower WW Breadstick Mandarin Oranges
16	**17**	**18** HOLIDAY MEAL	**19**	**20**
Baked Chicken Thigh Rosemary Roasted Potatoes Beets WW Bread x2 Diced Pears	Lemon Pepper Fish Vegetable Rice Pilaf Creamed Carrots Green Beans Fresh Fruit	Roast Turkey Mashed Potatoes w/low-sodium gravy Dressing Glazed Carrots Cranberries Pumpkin Bar	Chicken & Noodles Steamed Broccoli Mixed Vegetables WW Bread Pineapple Tidbits	Bronze Pork Chop Baked Potato Seasoned Brussels Sprouts WW Bread x2 Fresh Fruit
23	**24**	**25**	**26**	**27**
Breaded Fish Fillet WW Bun Baked Sweet Potato Green Beans Almondine Mandarin Oranges	Tarragon Chicken Parsley Buttered Potatoes Crinkle Cut Carrots WW Bread x2 100% Grape Juice	Country Meatballs Mashed Potatoes Steamed Broccoli WW Bread x2 Diced Peaches	CLOSED 	CLOSED
30				
Chicken Wild Rice Steamed Corn Green Beans Whole Wheat Bread Diced Pears				



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 November 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
02	**03**	**04**	**05**	**06**
Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli WW Bread Diced Pears	Beef Stroganoff Noodles Steamed Green Beans Steamed Baby Carrots WW Bread Fresh Fruit	Rosemary Orange Chicken Parmesan Garlic Potatoes Brussels Sprouts WW Bread Rosy Applesauce	Braised Pork Chop Baked Sweet Potato Tossed Salad WW Bread Diced Peaches	Swedish Meatballs Mashed Potatoes Stewed Tomatoes Whole Grain Dinner Roll Lime Jello w/Peaches
09	**10**	**11**	**12**	**13**
BBQ Beef Patty WW Bun Baked Beans Steamed Corn Fruit Cocktail	Dijon Chicken Smashed Potatoes California Blend Vegetables WW Bread Fresh Fruit	CLOSED Veteran's Day	Smothered Pork Chop Baked Potato Hawaiian Coleslaw WW Bread Cinnamon Applesauce	WW Rotini Pasta w/Meatsauce Crinkle Cut Carrots Steamed Cauliflower WW Breadstick Mandarin Oranges
16	**17**	**18**	**19** HOLIDAY MEAL	**20**
Baked Chicken Rosemary Roasted Potatoes Beets WW Bread Diced Pears	Lemon Pepper Fish Vegetable Rice Pilaf Creamed Carrots Green Beans Fresh Fruit	Chicken & Noodles Steamed Broccoli Mixed Vegetables WW Bread Pineapple Tidbits	Roast Turkey Mashed Potatoes w/ low-sodium gravy Dressing Glazed Carrots Cranberries Pumpkin Bar	Bronze Pork Chop Baked Potato Seasoned Brussels Sprouts WW Bread Fresh Fruit
23	**24**	**25**	**26**	**27**
Country Meatballs Mashed Potatoes Steamed Broccoli WW Bread Diced Peaches	Tarragon Chicken Parsley Buttered Potatoes Crinkle Cut Carrots WW Bread 100% Grape Juice	Breaded Fish Fillet WW Bun Baked Sweet Potato Green Beans Almondine Mandarin Oranges	CLOSED Happy Thanksgiving	CLOSED
30				
Chicken Wild Rice Steamed Corn Green Beans Whole Wheat Bread Diced Pears				

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

Part D Open Enrollment

MEDICARE PART D OPEN ENROLLMENT

Protect Yourself from Scams During Medicare Open Enrollment

Every year, scammers become more active during the Medicare Open Enrollment Period. They may target people with Medicare to steal their money, personal information, or both. Open Enrollment runs from **October 15 through December 7.** As you review your health and prescription plans, learn how to spot and avoid scams.

WATCH OUT FOR MEDICARE SCAMS

Scammers may pretend to be from Medicare. They may contact you when you are not expecting a call, text, or email. They may:

- Sound professional and know some of your personal information.
- Say you need a "new" or "updated" Medicare card.
- Ask for your Medicare number, bank account number, or credit card number.
- Offer you cash or gifts if you switch to their plan.
- Try to scare you by saying you must join a plan, or you will not have coverage next year.

REMEMBER

- Medicare cards are free. Medicare will mail your card to you automatically.
- Real Medicare representatives will not contact you out of the blue to ask for your Medicare number, financial information, or payment.

HOW TO PROTECT YOURSELF

Follow these tips to help protect yourself from Medicare scams during Open Enrollment:

- Do not share your information with unexpected callers. If someone asks for your Medicare, personal, or financial information, hang up.
- Medicare may ask you to verify information when you contact Medicare first.
- Medicare will not try to sell you a plan or make you pay for a Medicare card.

DO NOT TRUST YOUR CALLER ID.

- A scammer can make a call look like it is coming from Medicare. If you are not sure, hang up and call 1-800-MEDICARE (1-800-633-4227).

GET HELP COMPARING MEDICARE PLANS.

- North Dakota Insurance Department will be available by telephone for enrollment assistance. They can be contacted at 701-328-2440 Option #1 or 1-888-575-6611.
- You can also visit Medicare.gov, the official U.S. government website for Medicare.
- Or call 1-800-MEDICARE (1-800-633-4227).
- For residents of rural Cass County, Community of Care will provide assistance with Part D open enrollment in Arthur, ND at 335 1st Street. Call Lauren at 701-967-8502 for appointments.
- Valley Senior Services Resource Specialists will conduct Part D comparison sessions for 2027 Medicare Part D Prescription Drug Plans during the open enrollment period based on staff availability. **For appointments, please call 701-356-1434 and leave a message.** Walk-ins cannot be accomodated.

Valley Senior Services Resource Specialists are acting in good faith to provide independent, impartial information. We do not sell, recommend, or endorse any specific insurance product. We will provide Part D plan comparison information provided by the Medicare Plan Finder website. Plan comparison information provided by the Medicare Plan Finder website is an estimate of costs. ***Please note, VSS comparisons are available for Part D plans only, for Medicare Supplement and Medicare Advantage plan comparisons, contact the ND State Health Insurance Department.**

Report Medicare fraud. Report Medicare impersonators and other Medicare scams at 1-800-MEDICARE (1-800-633-4227) or to the ND Senior Medicare Patrol at 1-833-818-0029. Then tell the FTC at ReportFraud.ftc.gov

The information provided is intended to be a general summary only. Source of information: Federal Trade Commission. (2025, September 30). This Medicare Open Enrollment season, learn how to protect yourself from scams.

Senior Resources Presentation

YOU'RE INVITED TO A PRESENTATION ON

Valley Senior Services
helping seniors maintain independence

SENIOR RESOURCES AND TRANSPORTATION



NOVEMBER 17

2:00 PM

Broadway Station
Senior Center
1461 Broadway North
Fargo

Our Resource Specialists are knowledgeable on community programs and can connect you with services to help you remain independent at home. We invite you to meet our staff and learn about Resource Services and Transportation in Cass County.

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

December 21 at 10:00 am in Page

CASS COUNTY RURAL BUS SCHEDULE

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

North route runs Tuesdays - November 3, 10, 17 & 24. South route runs Wednesdays - November 4, 11, 18 & 25. Express van runs Mondays and Thursdays. Please call 701-356-7433 for more information or to schedule your ride.

**Residents within Horace city limits are served by Metro Senior Ride*

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

November 18
December 30

Call Jill at 218-242-1379 for an appointment









Word Search

Hidden Herbs

E T P A R S L E Y D I L L

V E E M A R O J R A M A O

M M E L E M O N G R A S S

T N I M R E P P E P I T E

C N L A V E N D E R I S R

H T O L I S A B R O I O O

A H C G A L Y O N N S B R

M Y H M A A E A A E I E T

O M I I B R G N M E G L N

M E V N A E R A N A O O A

I E E T R A R A S E S C L

L M S O A Y R T T R F L I

E Y N A R E D N A I R O C

Word List:

BASIL
SAGE
MINT
FENNEL
LAVENDER
CILANTRO
THYME
CHIVES
LEMONGRASS
PEPPERMINT
PARSLEY
ROSEMARY
TARRAGON
BAY
ANISE
DILL
OREGANO
MARJORAM
CHAMOMILE
CORIANDER

IF YOU PLAN TO EAT THE THANKSGIVING MEAL AT THE SENIOR CENTERS ON 11/18 OR 11/19, PLEASE COMPLETE THE FRONT AND BACK OF THIS FORM AND RETURN TO THE SENIOR CENTER

Resource & Meal Program Assessment

Date of Assessment:	**Meal Site:**	
Name (First, MI, Last):	**Date of Birth:** / /	**Phone Number (include area code):**
Residential Address (include city/state/zip):		**County:**
Mailing Address (if different):	**Emergency Contact Name & Phone Number:**	

Gender:	**Gender Identity:**	**Ethnicity:**	**Race:**
☐ Female ☐ Male	☐ Female ☐ Male ☐ Non-Binary ☐ Non-Disclose ☐ Transgender-Female ☐ Transgender-Male ☐ Other	☐ Not Hispanic or Latino ☐ Hispanic or Latino ☐ Unknown	☐ White ☐ Asian ☐ American Indian/Alaskan ☐ Black/African American ☐ White-Hispanic ☐ Native Hawaiian/Pacific Islander

Primary Language:	**Household Gross Monthly Income Range:**
☐ English ☐ Other	☐ Single $0-$1,330 ☐ Couple $0-$1803 ☐ Their monthly income is above those amounts

Is the individual homebound?	**Is the individual the spouse of someone 60 years of age or older OR the disabled dependent child of an eligible home-delivered meal individual?**	**Does the individual live alone?**
☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No

Do you have ability to prepare frozen meals?	**Do you have freezer space to store frozen meals?**
☐ Yes ☐ No	☐ Yes ☐ No

Client eligibility category. Check all that apply:

☐ Age 60 and Over
☐ Spouse of individual age 60 and Over
☐ Disabled under 60 & lives in senior housing with meal site or eligible individual
☐ Individual has limited physical mobility
☐ Individual is unable to tolerate a group situation due to physical or mental disability or substance abuse
☐ Individual lives in a remote geographic location where no congregate meal site exists
☐ Individual lives in a remote geographic location prohibits access due to transportation issues

Data Entry Checklist

☐Home-Delivered Meal Program	☐Emergency Contact List	☐Silver Quill List
☐Resources	☐ Client List	☐Release of Information
☐Initial Assessment	☐Reassessment	☐WellSky

Assessor_____

Nutrition Screening Checklist		Yes	No
1. Do you have an illness and/or condition that made you change the kind and/or amount of food you eat?	*Yes=2*		
2. Do you eat fewer than 2 meals per day?	*Yes=3*		
3. Do you eat **less than** 1 ½ to 3 cups of fruits and/or vegetables most days?	*Yes=1*		
4. Do you eat and/or drink **less than** three 8oz cups of dairy products (milk, yogurt, cheese, etc..) most days?	*Yes=1*		
5. Do you have 3 or more drinks of alcohol almost every day?	*Yes=2*		
6. Do you have tooth and/or mouth problems that make it hard to eat?	*Yes=2*		
7. Are there times when you don't have enough money to buy the food that you need?	*Yes=4*		
8. Do you eat alone most of the time?	*Yes=1*		
9. Do you take 3 or more prescriptions or over the counter medications per day?	*Yes=1*		
10. Without wanting to, have you lost or gained 10 pounds in the last 6 months?	*Yes=2*		
11. Are there times when you are physically **unable** to shop, cook, or feed yourself?	*Yes=2*		
12. If you score high on this nutrition screening, would you like to be contacted by a Nutritionist for free nutrition counseling?			
	Total =		

Activities of Daily Living	Independent	Requires Assistance
1. What is your ability to bathe/shower yourself?		
2. What is your ability to dress yourself?		
3. What is your ability to use the restroom facilities on your own?		
4. What is your ability to physically transfer on your own?		
5. Do you have any bowel or bladder (incontinence) issues?		
6. Are you able to feed yourself?		

Instrumental Activities of Daily Living	Independent	Requires Assistance
1. Can you use the telephone on your own?		
2. Can you do your own shopping?		
3. Are you able to prepare meals?		
4. Can you do your own housework?		
5. Can you do your own laundry?		
6. Can you arrange your own transportation?		
7. Can you manage your own medications?		
8. Can you manage your own money?		

Contact Us

Main Office

701-293-1440 or
toll-free 1-877-827-1916

For Meals on Wheels, general questions, and resource services

Valley Senior Services
helping seniors maintain independence

FOR MORE INFORMATION, EMAIL US AT INFO@VALLEYSENIORS.ORG OR FIND US AT VALLEYSENIORSERVICES.ORG

Metro Senior Ride

701-356-7433 (RIDE)

For scheduling transportation

Congregate Dining

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 701-551-5881
Casselton 701-347-8219
Page Café 701-668-2254

ALL-INCLUSIVE CARE AND SUPPORT SERVICES
TO HELP SENIORS LIVE SAFELY AND INDEPENDENTLY AT HOME.
NORTHLAND PACE Senior Care Services
BISMARCK 701-751-3050 | DICKINSON 701-456-7387
MINOT 701-857-8045 | FARGO 701-412-2081
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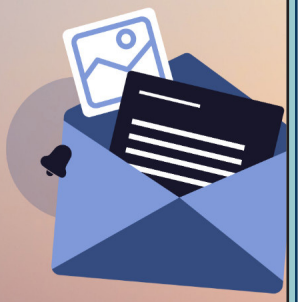
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