Valley Senior Services
helping seniors maintain independence

Silver Quill

NEWSLETTER OF VALLEY SENIOR SERVICES OF CASS COUNTY

DECEMBER 2026 | VOLUME 44 NO. 12

Happy Holidays

Join us for a Special Holiday Meal

Wednesday, December 16th
Fargo Senior Centers

Thursday, December 17th
West Fargo & Casselton Senior Centers

Suggested donation of $5. Please reserve your meal at your meal site no later than Friday, December 11th



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 at noon on 12/24 after meals are served through 12/25. No senior center activities on the 24th or 25th.

Our Staff

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

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Cindy G.

PROGRAM MANAGER
Kassie Emanuel

PROGRAM MANAGER
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Paul B. Jennifer E.

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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 30 to Dec 3 - Art Cart
Dec 2 - 10:00-1:00 Foot Care
Dec 9 - 10:00-1:00 Foot care; 12:30 Birthday cupcakes
Dec 10 - 12:30 AARP Safe Driving Course (call 701-298-3976 to register)
Dec 16 - 10:00-1:00 Foot Care
Dec 25 - Centers closed
Every Monday - 12:30 Hand and Foot & Pinochle
Every Tuesday - 9:30 Bone Builders; 12:30 Hand and Foot & Pinochle
Every Wednesday - 12:30 Hand and Foot & Mahjong
Every Thursday - 9:30 Bone Builders; 1:00 Bingo & Mahjong
Every Friday - 12:30 Hand and Foot

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

Dec 2 - 9:00 - 2:00 Foot care; 1:00 Birthday cupcakes
Dec 3 - 9:00-2:00 Foot care
Dec 7 to Dec 10 - Art Cart
Dec 8- 11:00 Fargo Public Library
Dec 11 - 1:30 McKinley Holiday program
Dec 15 - 12:30 1:15 "History of NASA"
Dec 22 - 11:00 Fargo Public Library
Dec 25 - Centers closed
Every Monday - 12:30 Bingo
Every Tuesday - 12:30 Pinochle; 1:00 Grocery bus
Every Wednesday - 12:30Dominos
Every Thursday - 12:30 Bingo
Every Friday - 12:30 Pinochle

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

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

Dec 1 - 12:15 Dominoes/Chickenfoot
Dec 8 - 12:15 Bingo
Dec 17 - 11:30 Holiday Feast & Entertainment; 12:15 WFACP Board Meeting
Dec 21 to Dec 30 - No activities due to the holidays
Every Monday - 12:15 Pinochle
Every Wednesday - 12:15 Whist/Mary Widow

Cash prizes for games!
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

Dec 3 - 10:00-3:00 ND Legal Services
Dec 4 - 12:30 Birthday Treats
Dec 8 - 1:00 Total Balance Talk
Dec 14 to Dec 17 - Art Cart
Dec 25 - Centers closed
Every Monday - 10:15 Balance Builders; 10:30 Chess Club; 12:30 Bridge & 31
Every Tuesday - 12:30 Whist & 31
Every Wednesday - 10:30 Cribbage; 12:30 Pinochle & 31
Every Thursday - 12:30 Bridge
Every Friday - 12:30 31 & More; 1:00 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!

CENTERS CLOSED

Senior Centers will close at noon (after meals are served) on December 24th and remain closed on the 25th. No activities on December 24th or 25th.

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, December 2
Wednesday, December 9
Wednesday, December 16

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, December 2
Thursday,December 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.



memorycafe

December Schedule of Events

DECEMBER 2
1:00 pm
Community Giveback Blanket Project

DECEMBER 9
1:00 pm
Christmas Concert featuring Sarah Morrau & Rebekka Devries

DECEMBER 16
1:00 pm
Education:
Nurse Practitioner Amy Bro

All programs are located at :
Memory Cafe
3910 25th St S, Fargo

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

coffee with a cop
WEST FARGO POLICE DEPARTMENT

Wednesday, December 16 from 10:00 - 11:00 am

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

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.

Attention: Snowbirds!

Please call us at 701-293-1440 (toll-free 1-877-827-1916) or email info@valleyseniors.org to cancel your Silver Quill when you are gone for the winter. It will help us save on paper and postage.

You have the option to receive the Silver Quill by email instead! Just send a note to aellison@fargoparks.com that you want the newsletter to be emailed, and if you want to be taken off the print list.

Storm Policy

When inclement weather arises, community dining sites, Meals on Wheels delivery, and Metro Senior Ride will be canceled if we determine that conditions are dangerous to our clients, volunteers and staff. When conditions are such that we cannot provide our services, Valley Senior Services will broadcast our closing announcements on the following:

- **Website (www.valleyseniorservices.org)**
- **Facebook page(www.facebook.com/ValleySeniorServices/)**
- **Radio stations: KFGO, WDAY**
- **TV stations: KVRR, KVLY**

If weather conditions are bad and you are unsure if we are open, call our office at 293-1440 or your meal site before going out.

If you normally eat or pick up a meal from a meal site, consider requesting an additional meal to have on hand when inclement weather is forecasted.

Volunteer Spotlight

This month we are featuring Meals on Wheels volunteer, Brooke. Here's what she has to say about volunteering:



TELL US A BIT ABOUT YOURSELF:

My name is Brooke and my children (Sydney and Cam) and I have been delivering for about a year already.

HOW DID YOU BECOME INTERESTED IN VOLUNTEERING?

I was looking for a volunteer opportunity that we could do together that would allow us to connect with others in the community.

WHAT IS YOUR FAVORITE PART OF VOLUNTEERING?

Building relationships with the individuals we visit. I look forward to hearing how the week has been going and the hobbies/activities they enjoy doing. We are fortunate enough to have some sweet cats and dogs to say hello to on our route as well:)

Thank you, Brooke, Sydney and Cam, for your dedication to Meals on Wheels!

forget me not
SERVING SENIORS & THEIR FAMILIES
with heart, every step of the way
Our Services Include:
Feeling overwhelmed moving into a senior community? We can help.
Shop Your Items
Coordinate Move
Set Up & Organize
Seasonal Decor
Contact us at: 701-388-9049 or info@fmnliving.com

HERO
Healthcare Equipment Recycling Organization
LOCAL INVENTORY
of affordable Healthcare Equipment & Supplies
701-212-1921
5012 53rd St S, Ste C, Fargo, ND 58104
Donate Today!
www.HEROFargo.org

Does your organization need a newsletter?
We'll cover the printing costs!
Learn more at lpicommunities.com

It's 3 o'clock somewhere.
Your parents might not stay out as late as they used to, but at Eventide, they get to do the things they love because, well, that's what they live for.
eventide
Schedule a tour at eventide.org

Nutrition: Diabetes Awareness



WHAT IS DIABETES?

Diabetes is a health condition when the body does not use food as energy correctly. Most of the food we eat is broken down into nutrients, including glucose (sugar), and used as energy. In a healthy body, when blood glucose levels rise, the pancreas releases insulin to carry blood sugar to the cells in our body. When you have diabetes, the body does not use or produce insulin correctly. This causes glucose to build up in the blood instead of being used for energy. The extra sugar in the blood is what leads to high blood glucose levels. If left untreated, diabetes can contribute to other health conditions, such as kidney or heart disease.

THERE ARE THREE TYPES OF DIABETES

- **Type 1:** Type 1 diabetes caused by an immune reaction that causes the pancreas to stop making insulin.
- **Type 2**: Type 2 diabetes occurs when insulin is not effectively used by the body, or the pancreas does not produce enough insulin.
- **Prediabetes:** Prediabetes is a "warning signal" telling us that blood sugar levels are higher than the normal range, but not yet high enough to be diabetes.

TESTING FOR DIABETES

Many tests can measure blood sugar to identify diabetes or prediabetes. These include hemoglobin A1C blood tests, blood glucose tests, glucose intolerance tests, and even urinalysis tests for the presence of glucose.

Anyone with a Body Mass Index (BMI) of 25 or higher should begin regular screenings for diabetes. Adults 35 years or older should have blood glucose level screenings even if they are a healthy weight. Your healthcare professional will guide you on these important screenings.

Diabetes does not have a cure and can get worse over time. Here are some ways to help manage and slow the progression of diabetes, such as:

- Healthy eating
- Staying active
- Losing weight if overweight
- Taking medications as ordered
- Professional diabetic support and education
- Regular exams and appointments with health professionals

Resources:
https://www.mayoclinic.org/diseases-conditions/diabetes/diagnosis-treatment/drc-20371451
https://www.cdc.gov/diabetes/basics/diabetes.html

See page 9 for more information on diabetes

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FARGO MENU

Month of December 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**
	Salisbury Steak Mashed Potatoes Stewed Tomatoes WW Bread x2 Tropical Fruit	Citrus Glazed Fish Vegetable Rice Pilaf Baked Sweet Potato Seasoned Peas Whole Wheat Bread Applesauce	Chili Baked Potato w/sour cream Parslied Carrots Saltine Crackers Diced Peaches	Smothered Garden Chicken Cheesy Mashed Potatoes California Blend Veggies WW Bread x2 Orange Jello w/ mandarin oranges
07	**08**	**09**	**10**	**11**
BBQ Chicken Thigh Baked Potato w/sour cream Maple Dijon Brussels Sprouts WW Bread x2 Diced Pears	Tuna Noodle Hotdish Peas & Carrots Steamed Green Beans Whole Wheat Bread Fresh Fruit	Orange Chicken Dumplings Crinkle Cut Carrots Winter Blend Vegetables 100% Apple Juice	Hamburger Whole Wheat Bun Baked Beans Potato Salad Warm Cinnamon Apples	Chicken Fajita Whole What Tortilla Brown Rice Steamed Corn Broccoli Pineapple Tidbits
14	**15**	**16** HOLIDAY MEAL	**17**	**18**
Chicken Veronique Baked Sweet Potato Diced Beets WW Bread x2 Diced Peaches	Beef Stroganoff Noodles Baby Carrots Green Beans WW Bread Fresh Fruit	Ham & Raisin Sauce Smashed Potatoes Scalloped Corn Sister Schubert's Roll Lefse w/Brown Sugar Cranapple Crisp	Salsa Chicken Brown Rice Steamed Cauliflower Seasoned Green Beans WW Bread Cherry Jello w/Pineapple	Cheesy Egg Bake Steamed Peas California Blend Vegetables WW Bread x2 100% Orange Juice
21	**22**	**23**	**24**	**25**
Ranch Chicken Thigh Baked Potato w/Sour Cream Mixed Vegetables WW Bread x2 Diced Pears	Sweet & Sour Meatballs Brown Rice Steamed Green Beans Crinkle Cut Carrots WW Bread Fresh Fruit	Beef Tacos w/Cheese, Lettuce, & Picante WW Tortillas x2 Best Black Beans Fresh Fruit	Chicken Pot Pie Filling on WW Biscuit Steamed Broccoli Warm Cinnamon Apples	CLOSED 
28	**29**	**30**	**31**	
Herb Baked Fish Brown Rice Parslied Carrots California Blend Diced Peaches	Tater Tot Hotdish Steamed Broccoli WW Bread x2 Red Delicious Apple	Rosemary Orange Chicken Parmesan Garlic Potatoes Steamed Brussels Sprouts WW Bread x2 Diced Pears	Braised Pork Chop Baked Sweet Potato Tossed Salad w/Ranch WW Bread x2 Rosy Applesauce	

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

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Month of December 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**
	Salisbury Steak Mashed Potatoes Stewed Tomatoes WW Bread x2 Tropical Fruit	Citrus Glazed Fish Vegetable Rice Pilaf Baked Sweet Potato Seasoned Peas Whole Wheat Bread Applesauce	Chili Baked Potato w/sour cream Parslied Carrots Saltine Crackers Diced Peaches	Smothered Garden Chicken Cheesy Mashed Potatoes California Blend Veggies WW Bread x2 Orange Jello w/Oranges
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BBQ Chicken Baked Potato w/sour cream Maple Dijon Brussels Sprouts WW Bread x2 Diced Pears	Tuna Noodle Hotdish Peas & Carrots Steamed Green Beans Whole Wheat Bread Fresh Fruit	Orange Chicken Dumplings Crinkle Cut Carrots Winter Blend Vegetables 100% Apple Juice	Chicken Fajita Whole What Tortilla Brown Rice Steamed Corn Broccoli Pineapple Tidbits	Hamburger Whole Wheat Bun Baked Beans Potato Salad Warm Cinnamon Apples
14	**15**	**16**	**17** HOLIDAY MEAL	**18**
Chicken Veronique Baked Sweet Potato Diced Beets WW Bread x2 Diced Peaches	Beef Stroganoff Noodles Baby Carrots Green Beans WW Bread Fresh Fruit	Salsa Chicken Brown Rice Stamed Cauliflower Seasoned Green Beans WW Bread Cherry Jello w/Pineapple	Ham & Raisin Sauce Mashed Potatoes Scalloped Corn Sister Schubert's Roll Lefse w/Brown Sugar Fruited Crisp	Cheesy Egg Bake Steamed Peas California Blend Vegetables WW Bread x2 100% Orange Juice
21	**22**	**23**	**24**	**25**
Chicken Pot Pie Filling on WW Biscuit Steamed Broccoli Warm Cinnamon Apples	Sweet & Sour Meatballs Brown Rice Steamed Green Beans Crinkle Cut Carrots WW Bread Fresh Fruit	Beef Tacos w/Cheese, Lettuce, & Picante WW Tortillas x2 Best Black Beans Fresh Fruit	Ranch Chicken Baked Potato w/Sour Cream Mixed Vegetables WW Bread x2 Diced Pears	CLOSED
28	**29**	**30**	**31**	
Braised Pork Chop Baked Sweet Potato Tossed Salad w/Ranch WW Bread x2 Rosy Applesauce	Tater Tot Hotdish Steamed Broccoli WW Bread x2 Red Delicious Apple	Rosemary Orange Chicken Parmesan Garlic Potatoes Steamed Brussels Sprouts WW Bread x2 Diced Pears	Herb Baked Fish Brown Rice Parslied Carrots California Blend Diced Peaches	



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

Diabetes Awareness

Diabetes Statistics

New Cases

1.2 million

Americans are diagnosed with diabetes ever year

38.4 million

Americans have diabetes



1 out of 4 do not know they have it



Diabetes remains the **8th leading cause of death** in the United States



Diabetes Warning Signs

- Frequent Urination
- Increased Thirst
- Increased Hunger
- Extreme Fatigue
- Blurry Vision
- Cuts/Bruises that are slow to heal
- Weight Loss
- Tingling, pain, or numbness in the hands/feet

Tips to Reduce Your Risk for Diabetes

- ✓ Make Healthy Food Choices
- ✓ Engage in Physical Activity
- ✓ Maintain a Healthy Body Weight
- ✓ Work with a Health Professional

Resources: Centers for Disease Control and Prevention & Diabetes.org

Part D Open Enrollment

MEDICARE OPEN ENROLLMENT CLOSES DECEMBER 7

Protect Yourself from Scams During Medicare Open Enrollment

October 15 to December 7 is Medicare Open Enrollment. During this time, Medicare beneficiaries can review and make changes to their Medicare coverage and Part D prescription drug plans. Unfortunately, scammers also take advantage of this busy enrollment period to target Medicare beneficiaries.

SCAMMERS TRY TO TRICK PEOPLE DURING OPEN ENROLLMENT. BE CAREFUL WITH MEDICARE ADS:

During Open Enrollment, you may see ads for Medicare plans. Some ads may feature celebrities or promise things like:

- "Free" health care
- No copays
- Money added back to your Social Security Check

These offers may sound great, but the details are important. Costs, benefits, doctors, and prescription coverage can be different from one plan to another.

Medicare Advantage plans are offered by private insurance companies approved by Medicare. They are different from Original Medicare. Do not sign up for a plan just because you see an ad or receive a phone call. Take time to learn what the plan covers and what it will cost.

STOP. CHECK. PROTECT

If someone contacts you about Medicare and you are not sure if they are a real Medicare representative, do not give them your information. .

- Take your time. You do not have to decide right away.
- Check your current Medicare and prescription drug coverage. Compare plans before making a change.
- Use trusted sources to check information.

REPORT MEDICARE MARKETING VIOLATIONS

You can report potential Medicare marketing violations and misleading practices directly to ND SMP at 1-833-818-0029, ND SHIP at 1-888-575-6611 or 1-800-MEDICARE (1-800-633-4227).

The information provided is intended to be a general summary only. Source of information: Medicare Messinger. (2025, September). Medicare Advantage Marketing: What to know as Medicare open enrollment approaches.

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.

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 - December 1, 8, 15, 22 & 29. South route runs Wednesdays -December 2, 9, 16, 23 & 30. 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

December 30

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?
701-318-9023
info@ourfamilyhomecare.org

OurFamily HOME CARE
www.ourfamilyhomecare.org
Serving Fargo, Grand Forks, Casselton, Jamestown & surrounding areas

Advertise Here!
Contact Kristee Flynn
kflynn@4LPi.com
(800) 950-9952 x2251

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- Flood Detection
- Fire Safety
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ADT Authorized Provider | SafeStreets
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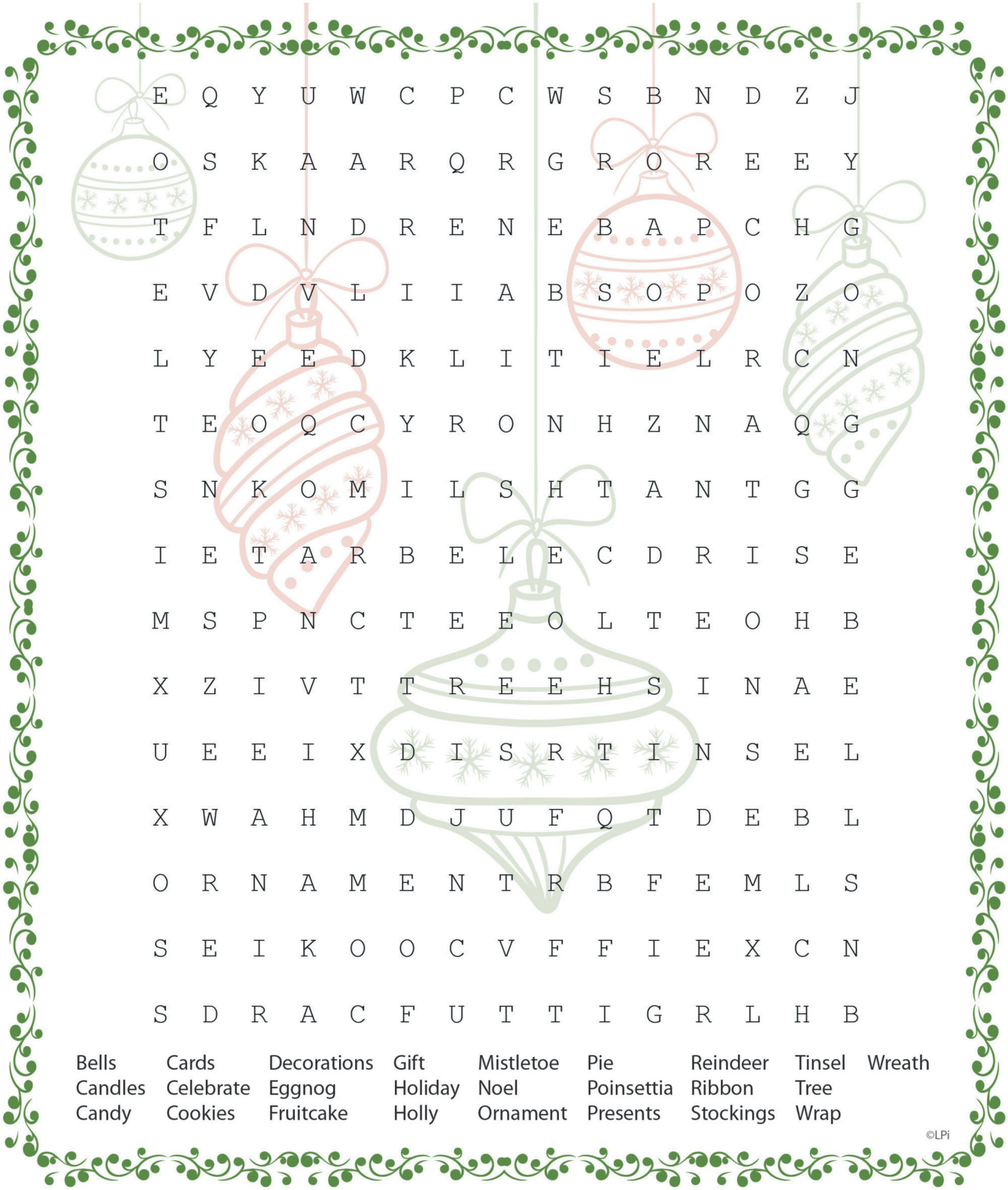
701-356-5090
6020 53rd Ave S, Ste E, Fargo
www.StyleSafeFargo.com

Word Search



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

Bells
Candles
Candy
Cards
Celebrate
Cookies
Decorations
Eggnog
Fruitcake
Gift
Holiday
Holly
Mistletoe
Noel
Ornament
Pie
Poinsettia
Presents
Reindeer
Ribbon
Stockings
Tinsel
Tree
Wrap
Wreath

©LPi

Diabetes-Friendly Recipe



Cranberry-Coconut Oatmeal Cookies

Servings: 12 **Calories:** 74 per cookie **Total Carbohydrates:** 13 gm **Total Sugars:** 10 gm **Fiber:** 1 gm
Total Time: 30 minutes **Active Time:** 15 minutes

The foundation of these cookies, oats provide fiber, antioxidants, vitamins and minerals. Regularly eating oats has been linked to lower cholesterol and can help manage blood sugar.

INGREDIENTS:

- 1 large egg
- ½ cup granulated sugar
- ⅔ cup rolled oats
- 3 ½ tablespoons unsweetened coconut flakes, crushed
- 2 tablespoons finely chopped dried cranberries
- 2 teaspoons melted butter
- ¼ teaspoon salt
- ¼ teaspoon vanilla extract
- ⅛ teaspoon lemon extract

Helpful Tips:

- Avoid overmixing the dough, which can lead to stiff and hard cookies
- Be careful not to overcook them, or they will become dry
- Ingredients should be room temperature before mixing

DIRECTIONS

1. Preheat oven to 325°F. Coat a baking sheet with cooking spray.
2. Beat 1 egg in a medium bowl. Gradually add 1/2 cup sugar, stirring to combine. Add 2/3 cup oats, 3 1/2 tablespoons coconut, 2 tablespoons cranberries, 2 teaspoons butter, 1/4 teaspoon salt, 1/4 teaspoon vanilla and 1/8 teaspoon lemon extract; stir until thoroughly combined. Drop the dough by the teaspoonful onto the prepared baking sheet, about 1 1/2 inches apart. Spread each dough mound into a circular shape using a fork dipped in cold water.
3. Bake until lightly browned, 10 to 15 minutes. Let cool on the baking sheet for 3 minutes before transferring to a wire rack to cool completely.

TO MAKE AHEAD

Prepare the cookie dough, roll it into a log or 1-tablespoon balls and store it in an airtight container in the refrigerator overnight or freeze it in a freezer-safe bag (labeled with a date) for up to 3 months.

(eatingwell.com)

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 TO:
Haedt, Richard
Olson, Virginia in memory of
Karen Fluegal

LEAVE A LASTING LEGACY BENEFITTING SENIOR CITIZENS IN NEED

Valley Senior Services Inc. has an Endowment Fund that allows for gifts to support the current needs of the organization and provides the opportunity for substantial tax benefits for the giver. Whether you choose to make a gift now or one in the future through your estate planning process, the gift can be designated to this fund.

Many of us do not have the resources presently available to support the organizations that are near and dear to our heart. However, support can be given in the future through the use of a properly worded bequest in your will or the designation of Valley Senior Services as a beneficiary of life insurance or retirement funds such as 401K or an IRA. Valley Senior Services will work with you and your attorney to properly word a bequest or beneficiary designation to be a part of your will or trust document.

The Director of Valley Senior Services is ready to answer your gift planning questions; he can be reached at:

Paul W. Grindeland
Valley Senior Services
2801 32nd Ave So.
PO Box 2217
Fargo, ND 58108

valleyseniorservices.org
701-293-1440
1-877-827-1916 (toll free)

LIHEAP

Low Income Home Energy Assistance Program

The Low Income Energy Assistance Program (LIHEAP) helps eligible in dividuals and families pay part of their heating costs. Applications will be accepted until May 31, 2027. LI HEAP 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 the type and size of your home and the type of fuel used to heat your home.

The program also covers:
- Weatherization Services (insulation, weather stripping, etc)
- Furnace cleaning, repair and replacement
- Chimney cleaning and inspec tion
- Emergency assistance

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

You can apply online by going to hhs.nd.gov/applyforhelp/liheap or in person at your local Human Service Zone office:

Cass County Human Service Zone
1010 2nd Ave S Fargo, ND 58103
701-241-5761

Do you need assistance completing your LIHEAP application? Your local Community Options can help - call 701-223-2417.

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



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Casselton 701-347-8219
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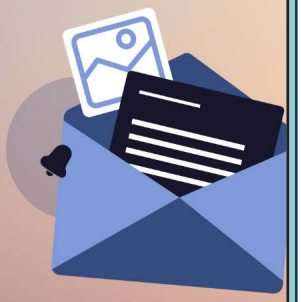

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