

The Un-beet-able Vegetable!

By Lane Lipetzky Swenson—RD, LD, CGN

Beets are a nutritious vegetable that can bring a pop of color to any meal! They are packed with vitamins, minerals and phytonutrients that are crucial for our health. According to the American Heart Association (AHA), eating beets may help lower blood pressure, maintain healthy cells, reduce inflammation and reduce the risk for chronic diseases like cardiovascular disease. The AHA goes on to say that some studies suggest they could even protect against memory loss. In this month's article we will look into why both beetroots and greens are nutritious and I'll share a few recipes to help include them in your diet.

Why are beets nutritious?

Beetroot is a great source of vitamins C, A and folate (vitamin B9) as well as the mineral potassium. Beetroot is also packed with phytonutrients like betalain which gives the beets their red color. Betalains are known to be both antioxidants and anti-inflammatory agents meaning they can help repair cell damage and reduce risk of chronic disease. Additionally, beets contain nitrates which are plant-based compounds that may help to lower blood pressure.

There are many ways to prepare beetroots like adding them to salads or coleslaws, roasting or baking them, or you can even blend them into dips or smoothies. It is healthy to eat beets both raw and cooked, however, they will retain more nutrition if eaten raw. The best way to cook them to retain the most nutrition is to steam them for less than 15 minutes or roast them for less than an hour. Boiling or canning beets will lower the vitamin C, folate and betalain levels. If you do can or boil the beets, consume the water or canning liquid for the extra nutrition.

Beet greens are typically the less popular part of the beet but they are also packed with nutrition. They have high levels of both vitamin A and vitamin K and they are a great source of lutein and zeaxanthin, phytonutrients that are important for eye health. Beet greens will retain most of their nutrition even when they are cooked. Common ways to prepare beet greens include sautéing them or adding them to salads raw. They can be fairly bitter when eaten raw so pick young, tender leaves and pair them with strong flavors like lemon.

Phytonutrient definition— substances produced by plants that are beneficial to human health.

Recipes

Roasted Beets

Author: Jeanine Donofrio

6 medium beets, tops removed, scrubbed well
Extra-virgin olive oil, for drizzling
Sea salt and freshly ground black pepper

Instructions

Preheat the oven to 400°F.
Place each beet on a piece of foil. Drizzle generously with olive oil and sprinkle with salt and pepper. Wrap the beets in the foil, place on a baking sheet, and roast for 35 to 60 minutes, or until fork-tender. The timing will depend on the size and freshness of the beets.
Remove the beets from the oven, remove the foil, and set aside to cool. When the beets are cool to the touch, peel off the skins.

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

Fax:

701-642-5009

**Rural Program Manager
Shelley Tollefson**

**County Program Supervisor
Laura**

**RESOURCE SPECIALIST
Sarah**

**Administrative Specialist
Deanna**

**COUNTY ASSISTANT
Sharilynne**

**KITCHEN STAFF
Carol-Abercrombie
Sarah—Hankinson
Sandra—Lidgerwood
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Tanya—Wahpeton
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Dorothy
Julie**

**TRANSPORTATION
Christine
Dawn
Uri**

**INVENTORY & TRANSPORTATION
Shanel
Keith**

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:

**Paul Grindeland
Valley Senior Services
2801 32nd Avenue South
Fargo, ND 58103
701-293-1440**

Foot Care Clinics For Richland County

**Foot care will be done by appointment at the following
Senior Centers in Richland County:**

**Wahpeton Senior Center
520 3rd Ave South**

11:00am to 3:00pm on April 15 and May 6 & 20

9:00am to 12:00pm April 3 and May 1

1:00pm to 3:00 pm on April 17

**Lidgerwood Senior Center
117 4th Street Southwest**

April 3 and May 1

**Hankinson Senior Center
111 3rd Street Southwest**

9:00am to 1:00pm on

April 10 and May 8

**Wyndmere Senior Center
466 4th Street**

10:00am to 1:00pm on

April 17 and May 15

**To schedule an appointment call
Richland County Health Department at
642-7735**

Cost: \$25.00

***For an additional \$5, fingernail care can also be
provided at your footcare appointment.**

- * 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.

Richland County Council on Aging Board of Directors

Don Krassin

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Take A Chance

Did you know that April 23rd is National Take a Chance Day?
What better way to celebrate than joining us at your local
Senior Center!

Stop by one of our senior centers to chit-chat, get some exercise,
play a game, or check out some of our many other activities. You
can find a list of sites and a schedule of activities on page 11
under Activities. No need to make a reservation for activities
unless noted.

Or, invite a friend or neighbor to join you for a hot, nutritious
lunch, filled with good company and great food. Check out our
menus on pages 6-8. If you're pressed for time, don't worry - we
also offer convenient to-go meals at all our locations.

Ready to make it a date? Simply call or drop by to sign up for a
meal, no later than noon the day before. Consider making a
suggested donation of \$4 (for those age 60 and over; under 60 is
\$11.75 per meal). Rest assured, donations are anonymous, and
we welcome everyone - no senior will ever be turned away due to
inability to donate. And we'll even take care of the dishes!

Let's make National Take a Chance
Day a day to remember, filled with
new connections, and the joy of
trying something different!

April 23rd
is National
Take a
Chance
Day!

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Shredded Raw Beet Salad Recipe

Author: Krissi Alori

- 3 medium to large beets *peeled and trimmed*
- 1 Valencia orange with zest
- 1 lime with zest
- 2 tablespoons olive oil
- salt to taste
- 1/2 cup chives *minced*

Instructions

Shred 3 medium to large beets and add to bowl. Add **zest and juice from an entire Valencia orange**. Add **zest and juice from lime** to taste (this amount is subjective). Add 2 tablespoons olive oil and toss to combine. Add salt to taste and toss to combine. Add 1/2 cup chives just before serving.

Sauteed Beet Greens

Author: Love & Lemons Website

- 1 bunch beet greens
- 1 teaspoon extra-virgin olive oil
- 1 garlic clove, finely chopped
- Sea salt and freshly ground black pepper
- 2 tablespoons golden raisins
- Lemon wedge, for squeezing
- 1 tablespoon chopped walnuts or pistachios

Instructions

Separate the stems from the beet greens. Finely chop the stems and coarsely chop the leaves. Heat the olive oil in a large skillet over medium heat. Add the garlic and the beet stems and cook stirring, for 1 minute. Add the beet greens, a few pinches of salt, and several grinds of pepper. Sauté, tossing, until just wilted. Turn off the heat, add the raisins, and squeeze with lemon juice. Toss to combine. Transfer to a platter, top with the walnuts, and season to taste with more salt and pepper.



APRIL IS VOLUNTEER APPRECIATION MONTH!

Thank you to our dining center, activities, and Meals on Wheels volunteers! Thank you for your commitment to help deliver hot nutritious meals, fold the newsletter, provide activities, and support dining center staff, to benefit the seniors in our community.

This program would not be possible without you! We are grateful for your support in helping seniors maintain their independence and helping provide a welcoming environment.

2025 SOUTHERN VALLEY AGING EXPO

A Gathering of Experience and Support:
Empowering Seniors, Connecting Communities



Thursday, May 15
11:00 am - 2:30 pm



Wahpeton Community Center
304 5th Street S | Wahpeton, ND 58075

- | | |
|--------------------------|--|
| 11:00am - 12:30pm | Visit Booths
Balance & Falls Screening by Essentia Health |
| 12:00 - 12:30pm | Hot Lunch — Free Will Offering |
| 12:30 - 1:00pm | Mental Health Speaker |
| 1:00- 1:15pm | Stretches |
| 1:15 - 1:30pm | Break Door Prizes Cookies |
| 1:30 - 2:00pm | Scams |
| 2:00 - 2:30pm | Door Prizes Surveys |

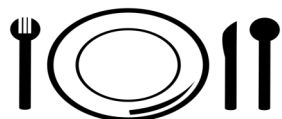
TIP: Bring address labels! There will be plenty of door prizes and sign-up opportunities.

**CONNECT WITH LOCAL SERVICE PROVIDERS AND
DISCOVER THE RESOURCES AVAILABLE TO YOU.**

SPONSORED BY

Richland County Council on Aging, Valley Senior Services, Gate City Bank,
Doosan Bobcat, Cargill, and Thrifty White Pharmacy—Breckenridge

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Country Fried Steak Brown Gravy Roasted Red Potatoes Parslied Carrots Blueberries WW Bread	2 Beef Stroganoff Seasoned Egg Noodles Garden Blend Veggies Banana WW Dinner Roll	3 Baked Fish/Dill Sauce Italian Pasta Salad Squash Medley Peaches WG Breadstick	4 Braised Pork Chops Baked Sweet Potatoes Corn Cobbetts Cranberry Peaches WW Dinner Roll
7 Cheeseburger Dijon Red Potatoes Peas Grapes WG Bun	8 Ham & Bean Soup Winter Blend Veggies Pineapple Crisp Cornbread	BIRTHDAY DINNER 9 Stuffed Manicotti Marinara Sauce Italian Green Beans House Salad Cantaloupe Chocolate Cake WG Breadstick	10 Root Beer Ribs Hashbrown Casserole Corn Pears WB-2	11 Tuna Noodle Casserole California Blend Veg- gies Mandarin Oranges WW Dinner Roll
14 Grilled Salmon Mashed Potatoes Squash Raspberries WW Bread	15 Pulled Pork on a Bun Rosemary Potatoes Cauliflower Strawberries WG Bun	EASTER DINNER 16 Country Ham Garlic Mashed Potatoes Glazed Carrots Banana Glorified Rice WG Bread	17 Beef & Cabbage Bake Winter Blend Veggies Cantaloupe WG Biscuit	18 CLOSED
21 Chicken Supreme Confetti Rice Broccoli Mixed Fruit	22 Meatloaf & Gravy Chive Mashed Potatoes Squash Medley Pineapple WW Dinner Roll	23 Garlic Shrimp Angel Hair Pasta Capri Blend Veggies Broccoli Salad Peach Applesauce WG Breadstick	24 Chicken & Noodles Seasoned Green Peas Applesauce WG Bread	25 Pesto Turkey Baked Potato Brussel Sprouts Mixed Fruit WB-2
28 Garlic Oregano Chicken Company Potatoes Herbed Green Beans Pineapple WB-2	29 Salisbury Steak Mashed Potatoes Broccoli Raspberries WW Bread	30 Lasagna House Salad Mixed Veggies Peaches WW Bread		



All of our meal sites provide congregate, carry out, and home delivered meals. **Please call your meal site by 9am on the day you would like to eat.** All meals include 1% milk. If you live in Richland County but do not have a meal site near you, frozen meals are available.

Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age. Under the age of 60 is a charge of \$11.75 per meal.

April 2025**Abercrombie Senior Center****553-8759**

	Country Fried Steak/Brown Gravy Roasted Red Potatoes Parslied Carrots Blueberries	1	Baked Fish/Dill Sauce Italian Pasta Salad Squash Medley Peaches	2	
Cheeseburger Dijon Red Potatoes Peas Grapes WG Bun	Ham & Bean Soup Winter Blend Veggies Pineapple Crisp Cornbread	7	Stuffed Manicotti/Marinara Sauce Italian Green Beans House Salad Cantaloupe Chocolate Cake	8	9
Grilled Salmon Mashed Potatoes Squash Raspberries WW Bread	Pulled Pork on Bun Rosemary Potatoes Cauliflower Strawberries WG Bun	14	EASTER DINNER Country Ham Garlic Mashed Potatoes Glazed Carrots Banana Glorified Rice WG Bread	15	16
Chicken Supreme Confetti Rice Broccoli Mixed Fruit	Meatloaf & Gravy Chive Mashed Potatoes Squash Medley Pineapple WW Dinner Roll	21	Garlic Shrimp Angel Hair Pasta Capri Blend Veggies Broccoli Salad Peach Applesauce WG Breadstick	22	23
Garlic Oregano Chicken Company Potatoes Herbed Green Beans Pineapple WB-2	Salisbury Steak Mashed Potatoes Broccoli Raspberries WW Bread	28	Lasagna House Salad Mixed Veggies Peaches WW Bread	29	30

April 2025**Hankinson Senior Center****242-7742**

Country Fried Steak/Brown Gravy Roasted Red Potatoes Parslied Carrots Blueberries WW Bread	Beef Stroganoff Seasoned Egg Noodles Garden Blend Veggies Banana WW Dinner Roll	1	Baked Fish/Dill Sauce Italian Pasta Salad Corn Cobbetts Peaches WG Breadstick	2	4
Stuffed Manicotti/Marinara Sauce Italian Green Beans House Salad Cantaloupe Chocolate Cake WG Breadstick	Ham & Bean Soup California Blend Veggies Pineapple Crisp Cornbread	8	Cheeseburger Dijon Red Potatoes Peas Grapes WG Bun	9	11
Grilled Salmon Mashed Potatoes Asparagus Almondine Raspberries WW Bread	EASTER DINNER Country Ham Garlic Mashed Potatoes Glazed Carrots Banana Glorified Rice WG Bread	15	Beef & Cabbage Bake Winter Blend Veggies Strawberries WG Biscuit	16	17
Pesto Turkey Baked Potato Brussel Sprouts Mixed Fruit WB-2	Garlic Shrimp Angel Hair Pasta Capri Blend Veggies Broccoli Salad Peach Applesauce WG Breadstick	22	Meatloaf & Gravy Chive Mashed Potatoes Squash Medley Pineapple WW Dinner Roll	23	25
Salisbury Steak Mashed Potatoes Broccoli Raspberries WW Bread	Lasagna House Salad Mixed Veggies Peaches WW Bread	29		30	

April 2025**Lidgerwood Senior Center****538-4602**

		1	Country Fried Steak/Brown Gravy Roasted Red Potatoes Parslied Carrots Blueberries WW Bread	3	Braised Pork Chops Baked Sweet Potato Corn Cobbetts Cranberry Peaches WW Dinner Roll
7	Cheeseburger Dijon Red Potatoes Peas Grapes WG Bun	8	Beef Stroganoff Seasoned Egg Noodles Garden Blend Veggies Banana WW Dinner Roll	10	Root Beer Ribs Hashbrown Casserole Corn Pears WB-2
14	Grilled Salmon Mashed Potatoes Squash Raspberries WW Bread	15	Pulled Pork on a Bun Rosemary Potatoes Cauliflower Strawberries WG Bun	17	EASTER DINNER Country Ham Garlic Mashed Potatoes Glazed Carrots Banana Glorified Rice
21	Chicken Supreme Confetti Rice Broccoli Mixed Fruit	22	Meatloaf & Gravy Chive Mashed Potatoes Squash Medley Pineapple WW Dinner Roll	24	Chicken & Noodles Seasoned Green Peas Applesauce WG Bread
28	Lasagna House Salad Mixed Veggies Peaches WW Bread	29	Salisbury Steak Mashed Potatoes Broccoli Raspberries WW Bread		

April 2025**Wyndmere Senior Center****439-2907**

		1	Country Fried Steak/Brown Gravy Roasted Red Potatoes Parslied Carrots Blueberries WW Bread	3	Baked Fish/Dill Sauce Italian Pasta Salad Squash Medley Peaches WG Breadstick
7	Cheeseburger Dijon Red Potatoes Peas Grapes WG Bun	8	Ham & Bean Soup Winter Blend Veggies Pineapple Crisp Cornbread	10	Root Beer Ribs Hashbrown Casserole Corn Pears WB-2
14	Grilled Salmon Mashed Potatoes Squash Raspberries WW Bread	15	Pulled Pork on a Bun Rosemary Potatoes Cauliflower Strawberries WG Bun	16	EASTER DINNER Country Ham Garlic Mashed Potatoes Glazed Carrots Banana Glorified Rice WG Bread
21	Chicken Supreme Confetti Rice Broccoli Mixed Fruit	22	Meatloaf & Gravy Chive Mashed Potatoes Squash Pineapple WW Dinner Roll	24	Chicken & Noodles Seasoned Green Peas Applesauce WG Bread
28	Garlic Oregano Chicken Company Potatoes Herbed Green Beans Pineapple WB-2	29	Salisbury Steak Mashed Potatoes Broccoli Raspberries WW Bread		



ND SMP Scam of the Month – April 2025

Medicare's New \$2,000 Limit on Prescription Costs – Watch Out for Scams!

Starting January 1, 2025, Medicare will limit how much seniors must pay for prescription drugs to \$2,000 a year. This new rule applies to Medicare Part D and will help millions of people afford their medicine. But scammers might try to trick you by pretending to offer help or asking for money.

Be Careful of These Scams:

- Unwanted phone calls offering help
If someone calls you out of nowhere and says they can help with your Medicare drug benefits, be careful!
Never share personal details like your Medicare number or bank information.
- Fake fees or payments
Scammers might say you have to pay a fee to get the new \$2,000 cap.
Medicare will never ask you to pay ahead of time for benefits.
- No extra cards or paperwork needed
If you are part of a Medicare Prescription Payment Plan, you don't need a special card or extra paperwork at the pharmacy.
Your current Medicare or drug plan will handle everything as usual.

How to Stay Safe:

- Never share personal information with strangers on the phone or in email.
- Don't click on unknown links in emails or texts.
- Check your Medicare statements for mistakes or charges you don't recognize.
- Treat your Medicare card like a credit card—keep it safe!
- Report suspicious activity.

Stay alert and protect yourself from scams!

Reporting Medicare fraud: If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at ndsmp@minotstateu.edu or call 1-833-818-0029. 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: Experian-Prevention (20 Dec 24). *The latest scams you need to be aware of in 2025*. Retrieved from <https://www.experian.com/blogs/ask-experian/category/fraud-and-identity-theft/prevention/>. AARP Scam and Fraud (16 Dec 2024). *Here are five common scams to watch for in 2025*. Retrieved from: <https://www.aarp.org/money/scams-fraud/info-2024/biggest-scams-2025.html>

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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Richland County Public Transit Schedules

April 2025 to June 2025

Valley Senior Services Richland County Public Transportation can accommodate medical, dental and eye appointments, shopping, visiting and other personal needs on a first-call, first-serve basis. Please call us at 701-642-5746 at least 2 days in advance to ensure your ride reservation. Vehicles are equipped to accommodate accessibility needs. Our transportation is open to the public and is available to anyone of any age. We look forward to your call.

TRANSIT RIDES WITHIN WAHPETON/BRECKENRIDGE

We provide transportation in the Wahpeton/Breckenridge area Monday through Friday. The first ride is given at 8:15am and the last ride is given at 3:45pm. The cost for these rides is **\$1 per one way ride**. We ask that you limit your shopping bags to 6 or less, and you should be able to carry your own bags.

TRANSIT RIDES TO WAHPETON

We offer rides from surrounding towns in Richland County into Wahpeton bi-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 10:00am and 2:00pm if possible. The cost for these rides is **\$5.00 per person**.

FAIRMOUNT/HANKINSON/LIDGERWOOD WYNDMERE/MOORETON

April 14 & 28 May 12 & 19 June 9 & 23

TRANSIT RIDES TO FARGO

We provide transportation to Fargo on Tuesdays and Thursdays. **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. The cost for these rides is **\$8.00 per person**.

Please note: we will no longer have set routes to Fargo. Anyone in Richland County can ride our transportation on any Fargo date.

April: 1, 3, 8, 10, 15, 17, 22, 24, & 29

May: 1, 6, 8, 13, 15, 20, 22, 27, & 29

June: 3, 5, 10, 12, 17, 19, 24, 26

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

Coffee & Toast Social

Abercrombie—Monday, Tuesday, and Wednesday
from 8am-10am

Exercise

Lidgerwood—Exercise equipment available to use

Wahpeton—Bone Builders—Tuesday & Thursday
at 9am at the Wahpeton Community Center

Pot Luck

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

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**

**“Roll” into the weekend with us at the
Wahpeton Senior Center! Give us a call at
642-5746 before noon on Thursday and let us
know that you will be joining us for rolls
on Friday.**

**This ensures we will have
enough rolls for everyone! Then join us on
Friday between 8:30am—9:30am for a roll
and all you can drink coffee!
Suggested \$1.00 donation!**

Bridge

Wahpeton—Thursday at 12:30pm

Hand and Foot—Sign Up

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—Sign Up

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—Sign Up

Wahpeton—Monday at 12:30pm

Wyndmere— Thursday at 1pm

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

Wahpeton Harmony Senior Citizens Club, Inc
520 3rd Avenue South
Wahpeton, ND 58075

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

"Return Service Requested"



Valley Senior Services

helping seniors maintain independence

FOR MORE INFO, CONTACT US AT
INFO@VALLEYSENIORSERVICES.ORG OR
701-642-3033



TRANSPORTATION

Transportation is available in Wahpeton, to Fargo, and from surrounding towns into Wahpeton for all Richland County residents, regardless of age.



NUTRITIOUS MEALS

Community dining, Meals on Wheels, and to-go meals are available in Abercrombie, Hankinson, Lidgerwood, Wahpeton, and Wyndmere. Not in these towns? Frozen meals are available!



RESOURCES SERVICES

Our staff help clients 60+ identify needs and find services to maintain independence.