

HILLSBORO MENU (701-636-5954)

SEE PAGES 6-7 FOR ALL SITE MENUS-INFO ON ORDERING A MEAL FOR ALL SITES ON PAGE 2

MEALS ON WHEELS & TAKE OUT/ MEALS AT CENTERS

Suggested donation \$4.00 a meal for people 60+ and spouse of 60+; UNDER 60 IS A CHARGE OF \$11.75 PER MEAL

Please call **701-636-5954** one day in advance by 2 pm Tuesday through Friday to reserve a meal

ALL MEALS INCLUDE 8oz 1% MILK (for Monday call by 2pm Friday)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
Caprese Chicken Angel Pasta/Marinara Sicilian Blend Veggies Grapes Garlic Whole Grain Breadstick	Baked Pork Chop Baked Potato Harvard Beets Peaches Wheat Bread x 2	Tuna Salad on Wheat Cabbage & Apple Slaw Potato Salad Banana	Shepherds Pie Brussel Sprouts Mandarin Oranges Wheat Bread	Steak & Mushroom Sauce Mashed Potatoes Lemon Asparagus Fruit Cocktail Wheat Dinner Roll
08	09	10	11	12
Chicken Fried Steak Cream Gravy Roasted Red Potatoes Capri Blend Veggies Apples Wheat Bread X 2	Loaded Turkey Sandwich Fresh Veggies Corn & Black Bean Salad Strawberry Applesauce Hoagie Bun	BBQ Chicken Breast Baked Potato Seasoned Green Peas Watermelon - 1 Cup Cake Wheat Bread x 2	Baked Fish w/ Dill Sauce Italian Pasta Salad Squash Medley Peaches Whole Grain Breadstick	Beef Stroganoff Parslied Noodles Spinach Cheese Salad Seasoned Carrots Blushing Pineapple Wheat Dinner Roll
15	16	17	18	19
Hamburger Baked Beans Fresh Fruit Lettuce/Tomato/Onion Whole Grain Bun	Sweet & Sour Pork Fried Rice House Salad Oriental Blend Veggies Chilled Pears Wheat Bread	BBQ Beef Shortribs Company Potatoes Southwest Mixed Beans Berry Crisp Wheat Bread X 2	Meatloaf Sandwich Garlic Parmesan French Fries Mixed Veggies Cantaloupe	Chicken Fettuccine Alfredo House Salad Riviera Blend Veggies Blueberry Cup Whole Grain Breadstick
22	23	24	25	26
Chicken Kiev O'Brien Potatoes Green Bean Oregano Kiwi Wheat Bread x 2	Turkey a la King Brown Rice Malibu Blend Veggies Fresh Grapes Biscuit	Roast Beef on Bun Oven Brownd Potatoes Steamed Beets Peaches	Herb Roasted Salmon Baked Potato Lemon Asparagus Pineapple Wheat Bread x 2	Tater Tot Casserole Southwest Corn Chilled Fruit Salad Wheat Bread
29	30			
Baked Pork Chop Garlic Mashed Potatoes Cabbage & Carrots Applesauce Wheat Bread	Chicken Divan Casserole Brown Rice Mixed Veggies Whole Orange Wheat Bread x 1			

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01 Caprese Chicken Angel Pasta/Marinara Sicilian Blend Veggies Grapes	02 Baked Pork Chop Baked Potato Harvard Beets Peaches	03 Tuna Salad on Wheat Cabbage & Apple Slaw Potato Salad Banana	04 Shepherds Pie Brussel Sprouts Mandarin Oranges Wheat Bread	05 Steak & Mushroom Sauce Mashed Potatoes Lemon Asparagus Fruit Cocktail
08 Chicken Fried Steak Cream Gravy Roasted Red Potatoes Capri Blend Veggies Apples	09 Loaded Turkey Sandwich Fresh Veggies Corn & Black Bean Salad Strawberry Applesauce	10 BBQ Chicken Breast Baked Potato Seasoned Green Peas Watermelon Cake	11 Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley Peaches	12 Beef Stroganoff Parslied Noodles Spinach Cheese Salad Seasoned Carrots Blushing Pineapple
15 Hamburger Baked Beans Fresh Fruit Lettuce/Tomato/Onion	16 Sweet & Sour Pork Fried Rice House Salad Oriental Blend Veggies Chilled Pears	17 BBQ Beef Shortribs Company Potatoes Southwest Mixed Beans Berry Crisp	18 Meatloaf Sandwich Garlic Parmesan French Fries Mixed Veggies Cantaloupe	19 Chicken Fettuccine Alfredo House Salad Riviera Blend Veggies Blueberry Cup
22 Chicken Kiev O'Brien Potatoes Green Bean Oregano Kiwi	23 Turkey a la King w/Biscuit Brown Rice Malibu Blend Veggies Fresh Grapes	24 Roast Beef on Bun Oven Browned Potatoes Steamed Beets Peaches	25 Herb Roasted Salmon Baked Potato Lemon Asparagus Pineapple	26 Tater Tot Casserole Southwest Corn Chilled Fruit Salad
29 Baked Pork Chop Garlic Mashed Potatoes Cabbage & Carrots Applesauce	30 Chicken Divan Casserole Brown Rice Mixed Veggies Whole Orange			

Scam of the Month

How to Spot Medicare Scams

For older Americans, fraud can feel like a threat that is everywhere and hard to escape. Medicare scammers often use phone calls to find people, but they may also contact them by email, text messages, or mail. Another type of scam to watch for are artificial intelligence (AI) scams. AI scams are increasing, and right now they can be very hard to spot. Medicare scams can happen to anyone!

Warning signs of a Medicare scam:

- Promises of free services or supplies. Be careful of offers saying something is free.
- Pressure to change your Medicare plan. Someone may call and say you are "pre-approved" for a new plan.
- Notice of a new Medicare card. A scammer may call and say you need to activate, renew, or update your card.
- Threats to cancel your coverage. You may get a call saying there is a problem with your Medicare account, and they need to cancel your plan.
- Claims that you can get a refund. A scammer may say you can get money back. They may ask for your Medicare number, and even bank account information.

Protect yourself from Medicare scams:

- Only share your Medicare number or Social Security number with your doctor, pharmacy, or trusted Medicare helpers.

(Continued on page 7)

BUXTON (701-847-2069)

FINLEY (701-524-1818)

MONDAY	WEDNESDAY	FRIDAY
01 Caprese Chicken Angel Pasta Marinara Sicilian Blend Veggies Grapes	03 Tuna Salad on Wheat Cabbage & Apple Slaw Potato Salad Banana	05 Steak & Mushroom Sauce Mashed Potatoes Lemon Asparagus Fruit Cocktail
08 Chicken Fried Steak Cream Gravy Roasted Red Potatoes Capri Blend Veggies Apples	10 BBQ Chicken Breast Baked Potato Seasoned Green Peas Watermelon Cake	12 Beef Stroganoff Parslied Noodles Spinach Cheese Salad Seasoned Carrots Blushing Pineapple
15 Hamburger Baked Beans Fresh Fruit Lettuce/Tomato/Onion	17 BBQ Beef Shortribs Company Potatoes Southwest Mixed Beans Berry Crisp	19 Chicken Fettuccine Alfredo House Salad Riviera Blend Veggies Blueberry Cup
22 Chicken Kiev O'Brien Potatoes Green Bean Oregano Kiwi	24 Roast Beef on Bun Oven Browned Potatoes Steamed Beets Peaches	26 Tater Tot Casserole Southwest Corn Chilled Fruit Salad
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Scam of the Month

(Continued from page 6)

- Do not be afraid of threats to cancel your benefits, and do not talk to anyone who tries to pressure you to pick a certain plan.
- Do not reply to emails or text messages you weren't expecting, and do not click on any links in them—even if they look real.
- Do not talk to anyone who says they are from Medicare and tries to make you pick a certain plan. Medicare does not recommend any one plan.
- Do not accept genetic testing kits you didn't ask for. If your doctor didn't order it, refuse it or send it back.

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: National Council on Aging (NCOA). (2025, February 24). 5 warning signs of a Medicare scam—and how to protect yourself. Medicare.

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/>