Valley Senior Services
helping seniors maintain independence

Silver Quill

VALLEY SENIOR SERVICES OF RANSOM & SARGENT COUNTIES

DECEMBER 2026

Happy Holidays

Join us for a traditional Special Holiday Meal

Thursday, December 10th

Cogswell, Forman, Rutland & Gwinner Senior Centers

Friday, December 11th

Lisbon, Enderlin & Milnor Senior Centers

To reserve your spot or take a meal to-go, please call your local meal site by Friday, December 4th. Contact information for senior centers can be found on page 2.



Valley Senior Services
PO Box 387
Lisbon ND 58054

OFFICE PHONE
Office: 701-683-3131
Toll-free 877-857-3743

FAX
701-683-0352

WEBSITE
valleyseniorservices.org

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

Information and referrals available by contacting our Lisbon office at the numbers above!

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VSS will be closed December 24th & 25th. No Meals on Wheels, senior center activities or meals, or transportation.

Our Staff

Valley Senior Services

PO BOX 387
LISBON, ND 58054

FOR MEALS OR TRANSPORTATION
701-683-3131 OR
877-857-3743

EXECUTIVE DIRECTOR
Paul Grindeland
701-293-1440 or 877-827-1916

COUNTY PROGRAM SUPERVISOR
Vicki
701 -683-3131

PROGRAM MANAGER
Shelley Tollefson

PROGRAM ASSISTANT
Amber
701 -6 83-3131

MEAL DELIVERY
Brenda; Valerie

RANSOM KITCHEN STAFF
Janet; Vee; Nancy; Amber; Jean; Violet

SARGENT KITCHEN STAFF
Sandra; Carolyn; Diane; Valerie; Hannah; Kathy; Deb; Sasha

TRANSPORTATION
Bryan; Terry; John; Lenny; Tony

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 Information

Center Activities

LISBON

Mondays: 9:30 Chair Yoga
Tuesdays: 1:00 Bridge; 1:00 Hand & Foot
Wednesdays: Monthly Meeting 1st Wednesday of Month @ 12:15
Thursdays: 10:30 Chair Volleyball; 6:00pm Pinochle
Fridays: 9:30 Chair Yoga

Third Tuesday of each month: Celebrating Birthdays!

VSS will be having a birthday dinner every ***third*** Tuesday of the month at the Lisbon Center to celebrate anyone's birthday for that month!

Whether it's your birthday month, or you want to celebrate others' birthdays, please join us for dinner! And don't forget to call the kitchen at 683-4295 if you'd like to eat on this day.

To rent the Lisbon Senior Center, please contact Paula Ellingson at 701-678-2922.

FORMAN
Tuesdays & Thursdays: 9:00 Bone Builders

ENDERLIN
Tuesdays & Thursdays: 10:00 Bone Builders
Tuesdays: 12:30 Cards

RUTLAND
Tuesdays: 11:00 Chair Yoga

Hot Meals

All diners will have the option to eat at the center or pick up their meals and take them home. *See pages 4-8 for monthly menus. Please note: most meals include a bread option which is not noted except in the Lisbon menu.*

Lisbon Center:
Please pick up to-go meals at 11:00 am

Anyone wanting a meal must call their meal site by 9:00 am:

Lisbon: 683-4295
Enderlin: 437-2669
Milnor: 427-9327
Gwinner: 678-3815
Forman: 724-3928
Cogswell: 724-3024
Rutland: 724-4074

ATTENTION SHELDON RESIDENTS!!
Would you like to receive Home Delivered Meals Monday through Friday?
If so, please call 683-3131 to get signed up!

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

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 8 for more information on diabetes

LISBON MENU (701-683-4295)

See pages 4-7 for all site menus-info on ordering a meal for all sites on page 2

VALLEY SENIOR SERVICES 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 - SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01	**02**	**03**	**04**
	Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Chilled Mandarin Oranges WG Biscuit	Cheeseburger Pie Glazed Sweet Potatoes Malibu Blend Veggies Fruit Cocktail WW Bread x2	Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Bran Muffin LS Crackers	Roast Beef & Gravy Garlic Mashed Potatoes Peas w/Fresh Dill Chilled Peaches Wheat Bread x 2
07	**08**	**09**	**10**	**11** HOLIDAY MEAL
Garlic & Sage Chicken Breast Chive Mashed Potatoes Squash Casserole Pear Dinner Roll	Pulled Pork on Bun Rosemary Potatoes Garden Blend Veggies Strawberry Delight	Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit Cup Dinner Roll	Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin WW Bread	Ham Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Pie Dinner Roll
14	**15**	**16**	**17**	**18**
Sloppy joe WG Bun Peas & Carrots Tator Tots Blushing Pears	Orange Chicken Garlic Noodles Asian Blend Veggies Oranges in Whipped Topping Vegetable Egg Roll	Seasoned Pork Roast Roasted Red Potatoes Roasted Brussel Sprouts Banana Wheat Bread x 2	Meatloaf & Gravy Onion Mashed Potatoes Root Vegetable Medley Blushing Pineapple Dinner Roll	Beef Stew Cauliflower & Peas Fruit Cocktail WG Biscuit
21	**22**	**23**	**24**	**25**
Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange	Tortellini w/ Meat Sauce Broccoli & Cauliflower Salad 5 Way Veggies Berry Crisp Breadstick	Lemon Pepper Fish Whipped Sweet Potato Italian Blend Veggies Mandarin Oranges Wheat Bread x 2	**Christmas Eve Closed** *If you would like to receive a Frozen Meal, please call 701-683-4295*	**Christmas Closed** *If you would like to receive a Frozen Meal, please call 701-683-4295*
28	**29**	**30**	**31**	Merry Christmas
Chicken Dijon Summer Corn Pilaf Stewed Tomatoes Mixed Fruit Dinner Roll	Garlic Shrimp Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots Wheat Bread	Chili w/ Beans Baked Potato Apple Sauce Wheat Bread	

ENDERLIN (701-437-2669)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Chilled Mandarin Oranges	**02** Cheeseburger Pie Glazed Sweet Potatoes Malibu Blend Veggies Fruit Cocktail	**03** Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Bran Muffin	**04** Roast Beef & Gravy Garlic Mashed Potatoes Peas w/Fresh Dill Chilled Peaches
07 Garlic & Sage Chicken Breast Chive Mashed Potatoes Squash Casserole Pear	**08** Pulled Pork on Bun Rosemary Potatoes Garden Blend Veggies Strawberry Delight	**09** Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit Cup	**10** Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin	**11** Ham Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Pie
14 Sloppy joe w/WG Bun Peas & Carrots Tator Tots Blushing Pears	**15** Root Beer Ribs Hash Brown Casserole Corn Orange	**16** Seasoned Pork Roast Roasted Red Potatoes Roasted Brussel Sprouts Banana	**17** Meatloaf & Gravy Onion Mashed Potatoes Root Vegetable Medley Blushing Pineapple	**18** Beef Stew Cauliflower & Peas Fruit Cocktail WG Biscuit
21 Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange	**22** Tortellini w/ Meat Sauce Broccoli & Cauliflower Salad 5 Way Veggies Berry Crisp	**23** Lemon Pepper Fish Whipped Sweet Potato Italian Blend Veggies Mandarin Oranges	**24** Closed If you would like to receive a Frozen Meal, please call 701-437-2669	**25** Closed If you would like to receive a Frozen Meal, please call 701-437-2669
28 Chicken Dijon Summer Corn Pilaf Stewed Tomatoes Mixed Fruit	**29** Garlic Shrimp Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	**30** Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots	**31** Chili w/ Beans Baked Potato Apple Sauce	

MEDICARE OPEN ENROLLMENT CLOSES DECEMBER 7

Protect Yourself from Scams During Medicare Open Enrollment

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. 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.

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).

(www.ndcpd.org)

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MILNOR (701-427-9327)

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Chilled Mandarin Oranges	**02** Cheeseburger Pie Glazed Sweet Potatoes Malibu Blend Veggies Fruit Cocktail	**03** Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Bran Muffin	**04** Roast Beef & Gravy Garlic Mashed Potatoes Peas w/Fresh Dill Chilled Peaches
08 Pulled Pork on Bun Rosemary Potatoes Garden Blend Veggies Strawberry Delight	**09** Fish & Chips Coleslaw Tartar Sauce / Lemon Wedge Tropical Fruit Cup	**10** Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin	**11** Ham / Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Pie
15 Garlic & Sage Chicken Breast Chive Mashed Potatoes Squash Casserole Pear	**16** Sloppy Joe / WG Bun Peas & Carrots Tator Tots Blushing Pears	**17** Meatloaf & Gravy Onion Mashed Potatoes Root Vegetable Medley Blushing Pineapple	**18** Beef Stew Cauliflower & Peas Fruit Cocktail WG Biscuit
21 - Monday Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange	**22 - Tuesday** Tortellini w/ Meat Sauce Broccoli & Cauliflower Salad 5 Way Veggies Berry Crisp	**23 - Wednesday** Lemon Pepper Fish Whipped Sweet Potato Italian Blend Veggies Mandarin Oranges	**24 & 25** CLOSED If you would like to receive a Frozen Meal, please call 701-427-9327
28 - Monday Chicken Dijon Summer Corn Pilaf Stewed Tomatoes Mixed Fruit	**29 - Tuesday** Garlic Shrimp / Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	**30 - Wednesday** Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots	**31 - Thursday** Chili w/ Beans Baked Potato Apple Sauce

COGSWELL (701-724-3024) AND FORMAN (701-724-3928)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	01 Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Chilled Mandarin Oranges	**02** Cheeseburger Pie Glazed Sweet Potatoes Malibu Blend Veggies Fruit Cocktail	**03** Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Bran Muffin
07 Garlic & Sage Chicken Breast Chive Mashed Potatoes Squash Casserole Pear	**08** Pulled Pork on Bun Rosemary Potatoes Garden Blend Veggies Strawberry Delight	**09** Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit Cup	**10** Ham Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Pie
14 Sloppy Joe w/WG Bun Peas & Carrots Tator Tots Blushing Pears	**15** Orange Chicken Garlic Noodles Asian Blend Veggies Oranges in Whipped Topping Vegetable Egg Roll	**16** Seasoned Pork Roast Roasted Red Potatoes Roasted Brussel Sprouts Banana	**17** Meatloaf & Gravy Onion Mashed Potatoes Root Vegetable Medley Blushing Pineapple
21 Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange	**22** Tortellini w/ Meat Sauce Broccoli & Cauliflower Salad 5 Way Veggies Berry Crisp	**23** Lemon Pepper Fish Whipped Sweet Potato Italian Blend Veggies Mandarin Oranges	**24** **CLOSED** *If you would like to receive* *a Frozen Meal, please* *call 701-678-3815*
28 Chicken Dijon Summer Corn Pilaf Stewed Tomatoes Mixed Fruit	**29** Garlic Shrimp / Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	**30** Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots	**31** Chili w/ Beans Baked Potato Apple Sauce

RUTLAND (701-724-4074)

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TUESDAY	WEDNESDAY	THURSDAY
01 Chicken Drumsticks / Scalloped Potatoes Seasoned Green Peas Chilled Mandarin Oranges	**02** Cheeseburger Pie / Glazed Sweet Potatoes Malibu Blend Veggies / Fruit Cocktail	**03** Roast Beef & Gravy Garlic Mashed Potatoes Peas w/Fresh Dill / Chilled Peaches
08 Beef Stew / Cauliflower & Peas Fruit Cocktail	**09** Fish & Chips / Coleslaw / Tartar Sauce Lemon Wedge / Tropical Fruit Cup	**10** Ham / Glazed Sweet Potatoes Green Bean Casserole / Fresh Grapes / Pie
15 Sloppy Joe / WG Bun Peas & Carrots /Tator Tots Blushing Pears	**16** Seasoned Pork Roast Roasted Red Potatoes Roasted Brussel Sprouts / Banana	**17** Meatloaf & Gravy / Onion Mashed Potatoes Root Vegetable Medley Blushing Pineapple
21 - Monday Beef Enchiladas / Southwest Corn Black Bean Salad / Mandarin Orange	**22 - Tuesday** Tortellini w/ Meat Sauce / 5 Way Veggies Broccoli & Cauliflower Salad / Berry Crisp	**23 - Wednesday** Lemon Pepper Fish / Whipped Sweet Potato Italian Blend Veggies / Mandarin Oranges
29 Garlic Shrimp / Angel Hair Pasta Broccoli Salad / Capri Blend Veggies Peach Applesauce	**30** Stuffed Cabbage Roll / Mashed Potatoes Seasoned Zucchini / Raspberry Gelatin	**31** Chili w/ Beans / Baked Potato Apple Sauce

GWINNER (701)-678-3815

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Chilled Mandarin Oranges	**02** Cheeseburger Pie Glazed Sweet Potatoes Malibu Blend Veggies Fruit Cocktail	**03** Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Bran Muffin	**04** Roast Beef & Gravy Garlic Mashed Potatoes Peas w/Fresh Dill Chilled Peaches
07 Garlic & Sage Chicken Breast Chive Mashed Potatoes Squash Casserole Pear	**08** Pulled Pork on Bun Rosemary Potatoes Garden Blend Veggies Strawberry Delight	**09** Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit Cup	**10** Ham Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Pie	**11** Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin
14 Sloppy Joe w/WG Bun Peas & Carrots Tator Tots Blushing Pears	**15** Orange Chicken Garlic Noodles Asian Blend Veggies Oranges in Whipped Topping Vegetable Egg Roll	**16** Seasoned Pork Roast Roasted Red Potatoes Roasted Brussel Sprouts Banana	**17** Meatloaf & Gravy Onion Mashed Potatoes Root Vegetable Medley Blushing Pineapple	**18** Beef Stew Cauliflower & Peas Fruit Cocktail WG Biscuit
21 Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange	**22** Tortellini w/ Meat Sauce Broccoli & Cauliflower Salad 5 Way Veggies Berry Crisp	**23** Lemon Pepper Fish Whipped Sweet Potato Italian Blend Veggies Mandarin Oranges	**24** CLOSED If you would like to receive a Frozen Meal, please call 701-678-3815	**25** CLOSED *If you would like to receive a Frozen Meal, please call 701-678-3815*
28 Chicken Dijon Summer Corn Pilaf Stewed Tomatoes Mixed Fruit	**29** Garlic Shrimp Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	**30** Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots	**31** Chili w/ Beans Baked Potato Apple Sauce	

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

Ransom & Sargent County Transportation

Valley Senior Services
helping seniors maintain independence

HANDICAP ACCESSIBLE
We will accommodate appointments of any kind, to ANY AGE, on a first call, first serve basis.
TO MAKE A RESERVATION, CALL 701-683-3131

Lisbon City Van

MONDAY - WEDNESDAY - FRIDAY
9:00am-3:00pm
Same day rides within Lisbon city limits
Out of town rides, 20 miles radius of Lisbon, please schedule the day before
$2-In-town round trip (includes 1 stop)
$5 Out-of-town round trip (includes 1 stop)
$1 for each additional stop

County Vans

AVAILABLE MONDAY-FRIDAY FOR OUT-OF-COUNTY TRIPS BY APPOINTMENT
In County = $5 per person
Out of County = $8 per person

Fargo Bus

The bus leaves from Lisbon at 8:30 am every Tuesday & Thursday morning.
It will leave Fargo no later than 3pm - please schedule your appointments accordingly.
$8 per person
To reserve your seat,call 683-3131

Passenger Policies

- Please have the exact fare. Drivers do not carry change.
- Passengers shall be courteous to the driver &any other passengers.
- The driver may refuse to give you a ride to locations that are not safe, including areas not cleared of snow.
- If requested the driver can provide an arm or hand to assist riders between the entrance to the building & the van.
- Passengers are expected to carry their own shopping bags.
- The driver may assist with shopping bags if time allows.
- It is at the discretion of the driver not to carry anything too heavy.
- Passengers may only be taken to the main entrance of their building or house no further.
- No smoking or drinking in the Transit vehicles.

CALL VSS AT 701-683-3131 TO RESERVE YOUR SEAT!

Storm Policy

When inclement weather arises, community dining sites, Meals on Wheels delivery, and transit services will be canceled if we determine that conditions are dangerous to our clients, volunteers and staff. The menu listed for that day will be moved the to the next day. Weather-related announcements can be found on KQLX of Lisbon, KVLY TV or facebook.com/ValleySeniorServices.

Valley Senior Services
P.O. Box 2217
Fargo, ND 58108

NON-PROFIT ORG
U.S. POSTAGE PAID
FARGO ND 58102
PERMIT NO. 1123

Ransom & Sargent County Information

Foot Care

RANSOM COUNTY PUBLIC HEALTH
Call 701-683-6140 for an appt.

SARGENT COUNTY PUBLIC HEALTH
Call 701-724-3725 for an appt.

Food Pantries

RANSOM COUNTY FOOD PANTRY
701-308-0905
Call Wednesday to order a basket;Thursday basket pick up 1:00-3:00pm

SARGENT COUNTY FOOD PANTRY
701-680-7049
Forman: 347 Main Street South
Mondays, 4-6pm
Gwinner: 104 Main Street North
Tuesdays, 1-4pm

Valley Senior Services

Helping Seniors Maintain Independence

Community Dining, Carry Out, and Meals on Wheels are offered in the towns of Cogswell, Enderlin, Forman, Lisbon, Milnor, and Rutland Don't live in one of these towns? Frozen meals are available to you!

Transportation is provided in Ransom and Sargent. These rides are open to all residents regardless of age.

Our Resource Services are designed to assist individuals 60+. Resource Specialists help connect you to the services and supports youneed today and to plan ahead for the future.

VALLEY SENIOR SERVICES IS LOCATED IN THE LISBON SENIOR CENTER. WE ARE HERE TO HELP! STOP BY AND VISIT WITH US TODAY.
701-683-3131