Valley Senior Services
helping seniors maintain independence

Silver Quill

VALLEY SENIOR SERVICES OF TRAILL & STEELE COUNTIES

DECEMBER 2026 | VOLUME 36 NO. 12

Happy Holidays

Join us for a traditional Special Holiday Meal

Friday, December 11th

Hillsboro, Mayville, Buxton & Finley Senior Centers

Must sign up no later than 2:00 pm on Friday, December 4th.

To sign up for meals, call: 701-636-5954.



2026 Fund Drive

A big thank you to those listed below who generously donated to the 2026 Fund Drive:

Reynolds Lutheran Church
R. & B. Foss
Mavis Hettervig
Lorraine Rienpold
Ms. Violet M. Groven
Marlin D. Stokke
Darlene L. Moen
Stuart McCoy
Paula M. Tronson
S A Schlichtmann
TK Strecker
Duane Haugerud
Wayne T & Pamela J Koering
Marilyn Longthorne
James Andre
Gregory K Tastad
S Peterson
David W Moeller
Connie Christianson
MK or CE Gunderson
Harriet Schmidt
Mrs. Merwin J Lyng
Beverly J Devlin
Cindy Richards
Larry H & Jacqualine F Lovas
Glenn H Gustafson Jr.
Thomas H Vettel
Ina B Robertson
Barbara A Gilbertson
Anonymous
J Willard Donna Jacobson
Ella Mae Satrom
S. or J. Hansen
Twyla R Wastvedt
Alice Mc Donald
Linda A. Godejohn

OFFICE PHONE
701-636-5953
800-845-1715 (toll free)

MEAL RESERVATIONS
701-636-5954

TRANSPORTATION
701-636-5953 or
800-845-1715 (toll free)

WEBSITE
valleyseniorservices.org

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

Information and referrals always available by contacting Traill & Steele Program Assistant, Ashley, at 701-636-5954

Contents

02 | Dining Info
02 | Foot Care Clinics
03 | Food Pantries
03 | Center Highlights
04 | Nutrition
05 | Hillsboro Menu
06 | Mayville-Portland Menu
06 | Medicare Part D Open Enrollment
07 | Buxton and Finley Menus
07 | Diabetes Awareness Menus
08 | Transit Info

VSS will be closed 12/24 & 12/25. No Meals on Wheels, senior center activities or meals, or transportation.

Valley Senior Services

Traill & Steele Counties

valleyseniorservices.org

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

COUNTY PROGRAM SUPERVISOR:
Mia—Hillsboro
701-636-5953
800-845-1715

PROGRAM ASSISTANT:
Ashley
701-636-5954

HILLSBORO SITE:
205 N Main PO Box 506
Hillsboro, ND 58045

MAYVILLE SITE:
39 1st Ave NE
Mayville, ND 58257

PORTLAND SITE:
710 Parke Ave
Portland ND, 58274

FINLEY SITE:
301 Central Ave
Finley ND, 58230

BUXTON SITE:
315 Broadway
Buxton, ND 58218

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.

Dining Locations for Senior Meals

HILLSBORO SENIOR CENTER
Dine-in at 12:00 pm on Monday thru Friday: Take out also available, drive through on the south side of the senior center.
See menu on page 5.

MAYVILLE SENIOR CENTER
Dine-in at 11:30 am on Monday, Wednesday, Friday: Take out also available, drive through on the west side of the senior center.
See menu on page 6. Most meals include a bread option not noted on menu.

PORTLAND SENIOR CENTER
Dine-in at 11:30 am on Tuesday and Thursday: Take out also available, pick up at front door.
See menu on page 6. Most meals include a bread option not noted on menu.

BUXTON SENIOR CENTER
Dine-in at 11:30 am on Monday, Wednesday, Friday: Take out also available, pick up at front door.
See menu on page 7. Most meals include a bread option not noted on menu.

FINLEY SENIOR CENTER
Dine-in at 12:00 pm on Monday, Wednesday, Friday: Take out also available at senior center.
See menu on page 7. Most meals include a bread option not noted on menu.

Please call one day in advance by 2:00 pm to reserve your meal.
To reserve a meal on Mondays, call by 2:00 pm Friday.

TO SIGN UP FOR MEALS, CALL: 701-636-5954.

Traill & Steele County Foot Care

For services in Hillsboro and Buxton contact Deb Lessard. All other locations contact Jill Kent.

Just For You Footcare will be providing foot care at:

MAYVILLE
Dec 3 & 10

Call Jill at 218-242-1379 for appointment.

Debra Lessard, RN will be providing foot care at:

HILLSBORO
Dec 9, 21 & 28

KIWANIS
Dec 3

Call Deb at 701-430-2074 for schedule and appointment

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

Food Pantries

Traill County

HATTON

Hatton Helping Hand
1009 Dakota Ave, Hatton ND
(Goose River Bank front door)

2nd and 4th Wednesdays
4:00 – 6:00 pm

Contact:
Donalee Strand 701-371-1036 or
Faye Duncan 701-430-9869

HILLSBORO

Hillsboro Kiwanis Food Pantry
Hillsboro Armory
408 1st St. SE, Hillsboro ND

1st & 3rd Mondays 4:00-6:00 pm

Contact:
Rich Gehrke 701-436-5777

PORTLAND

May-Port Food Pantry
717 ½ Bennet Ave, Portland

3rd Thursday
9:00-10:00 am (for Seniors)
3:00-5:00 pm (public)

Contact:
Rita Balstad 701-430-1594

Steele County

FINLEY

Steele County Food Pantry
201 Washington Ave W,
(Courthouse)
Finley, ND

Call or text:
Brittany Olson 701-330-9736
Courtney Nygaard 701-789-1743

Center Highlights

HILLSBORO SENIOR CENTER

205 N Main Street
701-636-5954

MEALS: MON-FRI AT 12:00 PM

Dec 9, 21, 28 - Foot care at Senior Center*
Dec 24 - 1:30 Monthly business meeting (bingo to follow)
Every day - 8:00 Coffee
Every Tuesday - 9:00 Bone Builders; 1:00 Senior Fun Afternoon (games, cards, etc)
Every Thursday– 9:00 Bone Builders; 1:30 Bingo

To rent the center, call Lavonne Kozojed at 701-430-1229 or Marilyn Longthorne at 636-2092.

MAYVILLE SENIOR CENTER

39 1st Avenue NE
701-788-3453

MEALS: MON,WED,FRI AT 11:30 AM

Dec 3 & 10 - Foot care at Senior Center*
Dec 7 - 1:30 Monthly business meeting
Every Tuesday - 1:30 Bingo
Every Friday - 1:30 Cards

To rent the center, call Connie Mangan at 701-430-1981.

FINLEY SENIOR CENTER

301 Central Avenue
701-524-1818

MEALS: MON,WED,FRI AT 12:00 PM

Dec 8 - 12:45 Monthly business meeting
Every Tuesday - 2:00 Cards

PORTLAND GOLDEN AGE CLUB

710 Parke Avenue
701-788-3410

MEALS: TUES & THUS AT 11:30 AM

Dec 14 - 12:00 noon potluck meal; 12:45 monthly business meeting
Every Monday - 8:00-9:30 Coffee
Every Wednesday - 8:00-9:30 Coffee; 9:30 Bone Builders; 1:00 Cards
Every Friday - 8:00-9:30 Coffee; 9:30 Bone Builders

To rent the center, call Marie Hamm at 608-697-2106.

BUXTON TOWN & COUNTRY SENIOR CENTER

315 Broadway

MEALS: MON,WED,FRI AT 11:30 AM

Dec 28 - 12:30 Monthly business meeting with bingo to follow
Every Mon, Wed & Fri - 10:00 Bone Builders

To rent the center, call Arlan Vonesh at 847-2102, Rose Finstrom at 847-3052 or Wanda Knutsvig at 701-740-5751

HOPE SENIOR CENTER

211 Steele Avenue

Dec 1 - 1:30 Monthly business meeting
Dec 15 - 1:30 Social
Every Thursday - 1:30 Cards

To rent the center, call Edith Johnson at 701-840-1904.

*see Foot Care info on page 2

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.

Weather-related announcements can be found on KFGO 790 and KMAV 1550 radio, WDAY or KVLY TV or on facebook.com/ValleySeniorServices .

Traill/Steele County Transit

CALL 701-636-5953

Two vans are available for individual appointments with one being accessible for mobility aids. These vans are available Monday through Friday within Traill and Steele counties as well as to Fargo and Grand Forks. For information on cost, or to reserve a ride, please call 701-636-5953.

For information on the Steele County Bus, see back page.

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 7 for more information on diabetes

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 (for Monday call by 2pm Friday)

ALL MEALS INCLUDE 8oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01	**02**	**03**	**04**
	Lasagna Cheese Rollup Caprese Salad Squash Medley Cherries Garlic Toast	Cheeseburger Pie Glazed Sweet Potatoes Malibu Blend Veggies Fruit Cocktail WW Bread x2	Roast Beef & Gravy Garlic Mashed Potatoes Peas w/Fresh Dill Chilled Peaches Wheat Bread x 2	Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Bran Muffin LS Crackers
07	**08**	**09**	**10**	**11** HOLIDAY MEAL
Garlic & Sage Chicken Thighs 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	Savory Beef Tips Parslied Noodles Country Blend Veggies Mixed Berries Breadstick	Ham Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Pie Dinner Roll
14	**15**	**16**	**17**	**18**
Italian Beef Sandwich Paprika Potatoes Creole Green Beans Cinnamon Applesauce	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	Philly Cheese Chicken Sandwich Tator Tots Corn Ribs Tropical Fruit
21	**22**	**23**	**24**	**25**
Beef Taco Salad Tortilla Chips Salsa & Guacamole Whole 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	CLOSED *If you would like to receive a Frozen Meal, please call 701-636-5954*	CLOSED *If you would like to receive a Frozen Meal, please call 701-636-5954*
28	**29**	**30**	**31**	
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	Caprese Chicken Lemon Dill Orzo Green & Gold Beans Strawberries WW Bread	



06 MAYVILLE (701-788-3453)-PORTLAND (701-788-3410)

MONDAY MAYVILLE	TUESDAY PORTLAND	WEDNESDAY MAYVILLE	THURSDAY PORTLAND	FRIDAY MAYVILLE
	01 Lasagna Cheese Rollup Caprese Salad Squash Medley Cherries	**02** Cheeseburger Pie Glazed Sweet Potatoes Malibu Blend Veggies Fruit Cocktail	**03** Roast Beef & Gravy Garlic Mashed Potatoes Peas w/Fresh Dill Chilled Peaches	**04** Broccoli Cheese Soup Coleslaw Cottage Cheese & Fruit Bran Muffin
07 Garlic & Sage Chicken Thighs 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** Savory Beef Tips Parslied Noodles Country Blend Veggies Mixed Berries	**11** Ham Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Pie
14 Italian Beef Sandwich Paprika Potatoes Creole Green Beans Cinnamon Applesauce	**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** Philly Cheese Chicken Sandwich Tator Tots Corn Ribs Tropical Fruit
21 Beef Taco Salad Tortilla Chips Salsa & Guacamole Whole 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 701-636-5954*	**25** CLOSED *If you would like to receive a Frozen Meal, please call 701-636-5954*
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** Caprese Chicken Lemon Dill Orzo Green & Gold Beans Strawberries	

Part D Open Enrollment

MEDICARE PART D 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)

BUXTON (701-847-2069)

MONDAY	WEDNESDAY	FRIDAY
	02 Cheeseburger Pie Glazed Sweet Potatoes Malibu Blend Veggies Fruit Cocktail	**04** Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Bran Muffin
07 Garlic & Sage Chicken Thighs Chive Mashed Potatoes Squash Casserole Pear	**09** Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit Cup	**11** Ham Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Pie
14 Italian Beef Sandwich Paprika Potatoes Creole Green Beans Cinnamon Applesauce	**16** Seasoned Pork Roast Roasted Red Potatoes Roasted Brussel Sprouts Banana	**18** Philly Cheese Chicken Sandwich Tator Tots Corn Ribs Tropical Fruit
21 – Monday Beef Taco Salad Tortilla Chips Salsa & Guacamole Whole 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
28 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

FINLEY (701-524-1818)

MONDAY	WEDNESDAY	FRIDAY
	02 Cheeseburger Pie Glazed Sweet Potatoes Malibu Blend Veggies Fruit Cocktail	**04** Broccoli Cheese Soup Coleslaw Cottage Cheese and Fruit Bran Muffin
07 Garlic & Sage Chicken Thighs Chive Mashed Potatoes Squash Casserole Pear	**09** Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit Cup	**11** Ham Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Pie
14 Italian Beef Sandwich Paprika Potatoes Creole Green Beans Cinnamon Applesauce	**16** Seasoned Pork Roast Roasted Red Potatoes Roasted Brussel Sprouts Banana	**18** Philly Cheese Chicken Sandwich Tator Tots Corn Ribs Tropical Fruit
21 – Monday Beef Taco Salad Tortilla Chips Salsa & Guacamole Whole 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
28 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

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

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

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

STEELE COUNTY TRANSIT - DECEMBER 2026

Aneta - Buxton - Cooperstown - Hatton - Hillsboro - Northwood - Page - Mayville - Galesburg - Portland - Reynolds - Finley - Sharon - Hope - Rural Grand Forks County as noted

TO SCHEDULE A RIDE, CALL: 1 (800) 845-1715 OR (701) 636-5953 AT LEAST 2 DAYS IN ADVANCE.
THE COST FOR THESE RIDES IS $8.00 PER PERSON.

Rides will be provided on a first call, first serve basis. Hours spent in Fargo and Grand Forks will be between 9:30am to 2:30pm unless all riders are ready to leave earlier.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 **Grand Forks GF County**	02	03	04 **Fargo**
07 **Fargo**	08	09 **Fargo**	10 **Grand Forks GF County**	11
14 **Fargo**	15 **Grand Forks GF County**	16	17 **Grand Forks GF County**	18 **Fargo**
21 **Fargo**	22	23 **Fargo**	24 **Closed**	25 **Closed**
28 **Fargo**	29	30	31	

Van Schedules: Two vans are available for individual appointments with one being accessible for mobility aids. These vans are available Monday thru Friday within Traill and Steele counties as well as to Fargo and Grand Forks.