Silver Quill
ValleySeniorServices

DECEMBER
2026

VOLUME 1
NO. 270

How to Stay Hydrated for Better Health

Water isn't just a refreshing thirst-quencher. It's essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. Staying hydrated is a key part of maintaining good health. That's why the advice to "drink 8 glasses a day" has become a familiar mantra on morning talk shows and in magazines.

What is the meaning of "hydrated"? Being hydrated simply means that your body has enough fluids to function properly. According to the American Heart Association, the amount of water each person needs can vary. A quick way to tell if you're drinking enough is to check the color of your urine. If it's pale in color and clear, you are likely well-hydrated. If it's dark-colored with amber or brown tones, you may be dehydrated.

What is dehydration?

Dehydration is a potentially serious condition that can occur when you don't consume enough fluids for your body's needs. This can lead to health complications ranging from mild to life-threatening, such as urinary tract infections (UTIs), heat stroke, heart problems, kidney failure, and blood clot complications. Since dehydration affects the health of your cells, it can also lower your body's ability to ward off infections and heal from injury or illness. As you get older, it's even more important to stay hydrated. A study from the University of California, Los Angeles School of Nursing found that up to 40% of elderly people may be chronically underhydrated.

Seniors are more vulnerable to dehydration for a number of reasons:

- Appetite and thirst tend to diminish with age. This means that even when your body is craving fluids, you might not be aware of it—and you may drink less than you need to stay healthy.
- Older adults experience body composition changes over time that leave them with less water in their bodies to start with.
- Seniors are more likely to take medications that increase dehydration risk.

Additionally—according to a recent study—older adults' bodies don't regulate temperature as efficiently as those of younger people. This means that during exercise or activity, seniors are more likely to become dehydrated through sweating.

Symptoms of dehydration

Even mild dehydration can cause an array of uncomfortable and debilitating symptoms. Understanding the warning signs can help you take action before the situation becomes severe.

Early dehydration symptoms include:

- Dark-colored urine, urinating less frequently
- Fatigue, or feeling weak
- Irritability

continued on page 4

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
Malloreigh

ADMINISTRATIVE SPECIALIST
Deanna

COUNTY ASSISTANT
Sharilynne

KITCHEN STAFF
Carol—Abercrombie
Sarah—Hankinson
Nicole—Lidgerwood
Dawn—Wahpeton
Sharron—Wahpeton
Cathy—Wyndmere

FILL-IN KITCHEN STAFF
Kathy
Sheree
Karen
Julie
Janelle

TRANSPORTATION
Uri
Derek
Kari

INVENTORY & TRANSPORTATION
Dean

****

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 December 1 & 15 and January 5 & 19
9:00am to 12:00pm on December 3 and January 7

Lidgerwood Senior Center
117 4th Street Southwest
9:00am to 1:00pm on
December 3 and January 7

Hankinson Senior Center
111 3rd Street Southwest
9:00am to 1:00pm on
December 10 and January 14

Wyndmere Senior Center
466 4th Street
10:00am to 1:00pm on
December 17 and January 21

To schedule an appointment call Richland County Health Department at 642-7735
Cost: $30.00
***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	**Pinky Rubish**
Robert Wurl	**Liz Mumm**
Alisa Mitskog	**Rich Hills**



Caring for Your Mental Health During the Holidays

The holiday season can be a time of joy, celebration, and connection. It can also be a time when many older adults experience feelings of loneliness, grief, stress, or sadness. If you find yourself feeling a little more emotional during the holidays, know that you are not alone. Many people experience mixed feelings this time of year.

The holidays often bring memories of family traditions, loved ones who have passed away, or times when life looked different. While these memories can be comforting, they can also bring feelings of loss. Changes in health, mobility, living situations, or family circumstances may make it harder to celebrate the holidays in the ways we once did.

Be Kind to Yourself

It's important to remember that there is no "right" way to feel during the holidays. You do not have to be cheerful all the time. Allow yourself to experience your emotions without judgment. Feeling sad, missing someone you love, or wishing things were different does not diminish the meaningful moments that still exist.

Stay Connected

One of the best ways to support your mental health is to stay connected with others. Consider:

- Calling a friend or family member
- Attending community or church events
- Participating in activities at your residence or senior center
- Writing cards or letters to loved ones
- Inviting someone to share a meal or cup of coffee

Even small social interactions can boost mood and reduce feelings of loneliness.

Focus on What Matters Most

The holidays do not have to be perfect to be meaningful. Rather than focusing on what has changed, try focusing on what remains important to you. This might include:

- Spending time with loved ones
- Sharing stories and memories
- Listening to favorite holiday music
- Looking through family photographs
- Practicing your faith or spiritual traditions
- Enjoying simple pleasures and moments of gratitude

continued on page 8

continued from page 1



- Dizziness
- Headaches
- Muscle cramps in arms or legs
- Dry mouth
- Confusion, decreased cognitive function

The tiredness and lack of coordination that may result from dehydration can also lead to falls and injury. The best way to prevent dehydration is the simplest: drink more water throughout the day.

How much water do you need to stay hydrated?

As a general rule, you should take one-third of your body weight and drink that number of ounces in fluids. For example, if you weigh 150 pounds, aim to drink at least 50 ounces, or about 6 cups, of water each day. The National Academy of Medicine suggests an adequate intake of daily fluids of about 13 cups for men and 9 cups for women aged 51 and older. All sources of fluids--drinking water, food, and beverages—are counted in these recommendations.

However, it's best to talk to your doctor to determine how much water you should be drinking daily. They can review your medical history with you as well as any over-the-counter or prescription medications you're currently taking. Certain medications cause the body to flush out more water. And some medical conditions, such as cystic fibrosis, also make people more prone to dehydration.

How to stay hydrated every day

There are simple steps you can take to get the water your body craves. Below are some ideas to get you started:

- **Choose foods with high water content.** If you have trouble drinking fluids, try including water-rich foods with every meal. These include cucumbers, watermelon, lettuce, strawberries, tomatoes and celery. Soups, broths and stews are also a good way to boost your fluid intake, especially in the colder weather. If you're watching your sodium, be sure to opt for low-sodium versions.
- **Keep water with you, always.** Having hydration at your fingertips can make it easier to get the right amount of fluids. Carry a refillable water bottle with you wherever you go, or keep a lightweight water pitcher and cup near your favorite chair at home.
- **Avoid or reduce your alcohol intake.** Alcohol is a diuretic, which means it prompts your body to remove fluids from your bloodstream. Limiting alcoholic beverages can help your body hang on to more of the water it needs to thrive.
- **Change it up.** Pure, clean water is the best way to stay hydrated. But let's face it—drinking plain water all day can get boring! Try jazzing up your H2O by adding slices of fresh lemon, apple, cucumber or berries. You may also choose to switch up water with other options such as low-sugar sports drinks or protein and nutritional shakes specifically designed for seniors. Coffee and tea can have a slight dehydrating effect, so they should not be counted toward your daily fluid intake.
- **Build hydration into your routine.** Making it a point to drink water at certain times each day can help transform it into a healthy habit. For example, consume a glass of water when you wake

Getting enough water each day is an easy yet vitally important way to stay healthy and active as an older adult.

HOLIDAY SALE TIME



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

HINT: A FEW WORDS MAY SHARE LETTERS.

SEASONEDTIMES.COM

BARGAIN
BLACK
CLEARANCE
CONSUMER
DEALS
DISCOUNT
DOORBUSTERS
LOSS
PROFIT
RETAILER
SHOPPING
THANKGIVING



Living in the Present Can Make Life Better

If you're like lots of us, you probably feel as if time passes far too quickly. Of course, there's no way to slow time down, but life doesn't have to feel like it's passing by quite so swiftly. Making sure to fully experience the individual moments of life can help.

Far too often, we do not allow ourselves to fully experience life as it happens. We spend today thinking about yesterday or worrying about tomorrow. We let some pretty wonderous moments slip by underappreciated or unnoticed. We walk beneath beautiful blue skies or beside colorful flower gardens without seeing them. We talk with people without giving our full attention to what they are saying. We don't bother to listen to our own thoughts or feel or own emotions.

Studies have shown there are physical and mental benefits to living in the present. According to research, living in the present can help boost positive emotions like joy and contentment while reducing negative emotions like stress and anxiety. It can help improve memory and attention skills. Evidence even suggests that living in the present moment may help improve our physical health.

It's never too late to start making the most of the present or appreciating the many sounds, sights, colors, smells, and tastes we encounter each day. If you would like to try to become a little more in touch with the moments that compose your life, the following suggestions may offer some inspiration.

A few helpful suggestions…

- **Focus on today.** Be aware of what you are doing each day, rather than what you hope to accomplish tomorrow or what you did, or did not, do yesterday.
- **Concentrate on each experience.** Give your full attention to one thing at a time rather than multitasking. If you're reading a book, enjoy the book. If you're dancing, really dance. If you're golfing, just play the game. If you're talking with a friend or loved one, listen closely and give the person your complete attention.
- **Notice everything in your environment.** Wherever you may be, take a good look around you. Really see and experience everything you can, even the smallest things. Is there a bird singing in the tree outside your window? What are the colors of the sunset? Are there clouds in the sky? Are there cracks in the sidewalk?
- **Take your time.** Don't rush through life. Try not to fill up your day with such a myriad of things to accomplish that you end up rushing from one task to the next. Leave some breathing room in each day so you can slow down and really experience life.
- **Pay attention to your five senses.** Ask yourself the following questions: What do I see? What do I smell? What do I hear? What do I taste? What do I feel?
- **Don't let your troubles take the wheel.** Everyone has challenges and difficulties to face in life, but fretting about something today will not change what happens tomorrow. Worrying takes you away from the experience of living.
- **Breathe mindfully.** Feel air entering your nostrils. Feel it fill your lungs. Imagine each breath being carried throughout your body. Let the repetitive flow of breathing in and breathing out help relax you and keep you connected to the present moment.

PLEASE JOIN US FOR A

CHRISTMAS

DINNER

Abercrombie	December 16
Hankinson	December 16
Lidgerwood	December 17
Wahpeton	December 11
Wyndmere	December 11

HAM
GLAZED SWEET POTATOES
GREEN BEAN CASSEROLE
GRAPES
PIE
DINNER ROLL

Reserve your spot today!

continued from page 3

Take Care of Your Body

Physical and emotional health are closely connected. During the holiday season, try to:

- Get enough sleep
- Stay physically active as you are able
- Eat regular, balanced meals
- Take medications as prescribed
- Spend time outdoors when possible

Small healthy habits can make a big difference in your mood and energy level.

Honor Loved Ones

If you are grieving the loss of someone special, the holidays may be especially difficult. Consider finding meaningful ways to honor their memory, such as sharing favorite stories, displaying photographs, preparing a favorite recipe, or lighting a candle in their honor. Remember, there is no timeline for grief.

When to Seek Support

If feelings of sadness, anxiety, loneliness, or hopelessness begin interfering with your daily life, it may be helpful to talk with a healthcare provider, counselor, clergy member, or trusted friend. Reaching out for help is a sign of strength, not weakness.

A Holiday Message

As this holiday season approaches, remember that your presence, wisdom, and life experiences are gifts to those around you. Whether your celebration is large or small, there are opportunities each day to find moments of connection, comfort, and joy.

CHI St. Francis Healthcare's Senior Life Solutions program offers mental health support to older adults who are experiencing symptoms of depression, anxiety, and other behavioral health challenges related to aging. From all of us here at Senior Life Solutions, we wish you a holiday season filled with peace, meaningful connections, and hope for the year ahead.

Senior Life Solutions
CHI St. Francis Healthcare
2400 St Francis Dr
Breckenridge, MN 56520
218-643-0701

Weather Related Closures for Abercrombie, Hankinson, Lidgerwood, Wahpeton & Wyndmere Meal Sites

Weather related closures will be announced on the following media outlets:

Valley News Live Facebook KFGO 790

When we are closed, there will be no Carry Out, Congregate, Home Delivered Meals, Transportation or Activities that day.

December 2026 Wahpeton Senior Center 642-3033

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 Wheat Bread x 2	Roast Beef & Gravy Garlic Mashed Potatoes Peas w/ Fresh Dill Chilled Peaches Wheat Bread x 2	Broccoli Cheese Soup Coleslaw Cottage Cheese & Fruit Bran Muffin LS Crackers
07	**08**	**09 Birthday Dinner**	**10**	**11 Christmas Dinner**
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 Cake	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 Cup
21	**22**	**23**	**24 CLOSED**	**25 CLOSED**
Beef Taco Salad Tortilla Chips Salsa & Guacamole Whole Orange	Tortellini w/ Meat Sauce Broccoli & Cauliflower Salad 5 Way Veggies Berry Crisp Breadstick	Teriyaki Salmon Wild Rice Pilaf Italian Blend Veggies Mandarin Oranges Spoonbread	If you would like a frozen meal, please call the office at 701-642-3033	**Merry Christmas!** If you would like a frozen meal, please call the office at 701-642-3033
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 Wheat Bread	



All of our meal sites provide congregate, carryout, 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.

December 2026 — Abercrombie Senior Center — 553-8759

	1 Lasagna Cheese Rollup Caprese Salad Squash Medley Cherries | Garlic Toast	**2** Broccoli Cheese Soup Coleslaw Cottage Cheese & Fruit Bran Muffin | LS Crackers
7 Pulled Pork on Bun Rosemary Potatoes Garden Blend Veggies Strawberry Delight	**8** Fish & Chips Coleslaw | Tartar Sauce Lemon Wedge Tropical Fruit Cup Dinner Roll | Cake	**9** Philly Cheese Chicken Tator Tots Corn Ribs Tropical Fruit
14 Italian Beef Sandwich Paprika Potatoes Creole Green Beans Cinnamon Applesauce	**15** Meatloaf & Gravy Onion Mashed Potatoes Root Vegetable Medley Blushing Pineapple Dinner Roll	**16** **Christmas Dinner** Ham Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Pie | Dinner Roll
21 Beef Taco Salad Tortilla Chips Salsa & Guacamole Whole Orange	**22** Tortellini w/ Meat Sauce Broccoli & Cauliflower Salad 5 Way Veggies Berry Crisp | Breadstick	**23** Teriyaki Salmon Wild Rice Pilaf Italian Blend Veggies Mandarin Oranges Spoonbread
28 Chicken Dijon Summer Corn Pilaf Stewed Tomatoes Mixed Fruit Dinner Roll	**29** Garlic Shrimp Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	**30** Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots Wheat Bread

December 2026 — Hankinson Senior Center — 242-7742

1 Broccoli Cheese Soup Coleslaw Cottage Cheese & Fruit Bran Muffin LS Crackers	**2** Roast Beef & Gravy Garlic Mashed Potatoes Peas w/ Fresh Dill Chilled Peaches Wheat Bread x 2	**4** Lasagna Cheese Rollup Caprese Salad Squash Medley Cherries Garlic Toast
8 Fish & Chips Coleslaw | Tartar Sauce Lemon Wedge Tropical Fruit Cup Dinner Roll | Cake	**9** Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots Wheat Bread	**11** Italian Beef Sandwich Paprika Potatoes Creole Green Beans Cinnamon Applesauce
15 Philly Cheese Chicken Sandwich Tator Tots Corn Ribs Tropical Fruit Cup	**16** **Christmas Dinner** Ham Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Pie | Dinner Roll	**18** Meatloaf & Gravy Onion Mashed Potatoes Root Vegetable Medley Blushing Pineapple Dinner Roll
21 Orange Chicken Garlic Noodles Asian Blend Veggies Oranges in Whipped Topping Vegetable Egg Roll	**22** Teriyaki Salmon Wild Rice Pilaf Italian Blend Veggies Mandarin Oranges Spoonbread	**23** Tortellin w/ Meat Sauce Broccoli & Cauliflower Salad 5 Way Veggies Berry Crisp Breadstick
28 Beef Taco Salad Tortilla Chips Salsa & Guacamole Whole Orange	**29** Seasoned Pork Roast Roasted Red Potatoes Roasted Brussel Sprouts Banana Wheat Bread x 2	**30** Garlic Shrimp Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce

December 2026 — Lidgerwood Senior Center — 538-4602

	1 Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots Wheat Bread	**3** Broccoli Cheese Soup Coleslaw Cottage Cheese & Fruit Bran Muffin LS Crackers
7 Beef Taco Salad Tortilla Chips Salsa & Guacamole Whole Orange	**8** Teriyaki Salmon Wild Rice Pilaf Italian Blend Veggies Mandarin Oranges Spoonbread	**10** Seasoned Pork Roast Roasted Red Potatoes Roasted Brussel Sprouts Banana Wheat Bread x 2
14 Fish & Chips Coleslaw | Tartar Sauce Lemon Wedge Tropical Fruit Cup Dinner Roll | Cake	**15** Stuffed Manicotti & Marinara House Salad Italian Green Beans Diced Strawberries Breadstick	**21** **Christmas Dinner** Ham Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Pie | Dinner Roll
21 Meatloaf & Gravy Onion Mashed Potatoes Root Vegetable Medley Blushing Pineapple Dinner Roll	**22** Garlic Shrimp Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	**23** Garlic & Sage Chicken Thighs Chive Mashed Potatoes Squash Casserole Chilled Pears Dinner Roll
28 Pulled Pork on Bun Rosemary Potatoes Garden Blend Veggies Strawberry Delight	**29** Roast Beef & Gravy Garlic Mashed Potatoes Peas with Fresh Dill Chilled Peaches Wheat Bread x 2	**31** Philly Cheese Chicken Sandwich Tator Tots Corn Ribs Cherries

December 2026 — Wyndmere Senior Center — 439-2907

	1 Lasagna Cheese Rollup Caprese Salad Squash Medley Cherries Garlic Toast	**3** Roast Beef & Gravy Garlic Mashed Potatoes Peas w/ Fresh Dill Chilled Peaches Wheat Bread x 2
7 Garlic & Sage Chicken Thighs Chive Mashed Potatoes Squash Casserole Pear Dinner Roll	**8** Pulled Pork on Bun Rosemary Potatoes Garden Blend Veggies Strawberry Delight	**11** **Christmas Dinner** Ham Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Pie | Dinner Roll
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	**17** Meatloaf & Gravy Onion Mashed Potatoes Root Vegetable Medley Blushing Pineapple Dinner Roll
21 Beef Taco Salad Tortilla Chips Salsa & Guacamole Whole Orange	**22** Tortellini w/ Meat Sauce Broccoli & Cauliflower Salad 5 Way Veggies Berry Crisp | Breadstick	**23** Teriyaki Salmon Wild Rice Pilaf Italian Blend Veggies Mandarin Oranges Spoonbread
28 Chicken Dijon Summer Corn Pilaf Stewed Tomatoes Mixed Fruit Dinner Roll	**29** Garlic Shrimp Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	**31** Caprese Chicken Lemon Dill Orzo Green & Gold Beans Strawberries Wheat Bread

ND SMP Scam of the Month – December 2026

Medicare Open Enrollment Scams

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 many 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.

The **ND State Health Insurance Assistance Program (ND SHIP) provides free, unbiased help** to people with Medicare. Contact ND SHIP at 1-888-575-6611.

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 Messenger. (2025, September). Medicare Advantage Marketing: What to know as Medicare open enrollment approaches.

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/**

This project was supported, in part, by grant number 90MPPG0079, from the Administration for Community Living, Department of Health and Human Services. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

Richland County Public Transit Schedules

December 2026 to February 2027

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 701-642-3033 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 3 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 bimonthly. To schedule a ride call 642-3033 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. We ask that you limit your shopping bags to 3 or less, and you should be able to carry your own bags. The cost for these rides is $5.00 per person.

FAIRMOUNT/HANKINSON/LIDGERWOOD WYNDMERE/MOORETON/COLFAX

December 7 & 21 | January 11 & 25 | February 8 & 22

TRANSIT RIDES TO FARGO

We provide transportation to Fargo on Tuesdays and Thursdays. **To schedule a ride, call 642-3033 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. We ask that you limit your shopping bags to 3 or less, and you should be able to carry your own bags. The cost for these rides is $8.00 per person.



December: 1, 3, 8, 10, 15, 17, 22, 29, 31

January: 5, 7, 12, 14, 19, 21, 26, 28

February: 2, 4, 9, 11, 16, 18, 23, 25

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

Wyndmere—Bone Builders—Monday & Thursday at 10am at the Wyndmere Senior 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 – 3:30pm for any or all of the following games:

Cribbage Dice Mexican Train
Yahtzee Phase 10

"Roll" into the weekend with us at the Wahpeton Senior Center! Give us a call at 642-3033 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 $2.00 donation.

Hand and Foot—Sign Up

Lidgerwood—Tuesday at 1pm
Wahpeton—Wednesday at 12:15pm
Hankinson—Tuesday, Wednesday & Friday at 12:00pm

Other Card Games & Dominoes

Wyndmere—Tuesday & 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—Tuesday & Friday at 3pm
Hankinson—Tuesday, Wednesday & Friday at 12:00pm

Social Hour

Wyndmere—Tuesday & Friday at 3pm
Lidgerwood— Birthday Party on the last Thursday of the Month

Whist—Sign Up

Wahpeton— Monday at 12:30pm
Wyndmere—Thursday at 1pm
Hankinson—Tuesday, Wednesday & Friday at 12:00pm

The Low Income Energy Assistance Program (LIHEAP) helps eligible individuals 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 inspection
- Emergency assistance

LIHEAP
Low Income Home Energy Assistance Program

Written proof or verification of your income, your heating bill, and medical 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:

Richland County Human Service Zone
413 3rd Avenue N Wahpeton, ND 58075
701-642-7751

Happy Winter!

We are proud to launch the **2026 Richland County Senior Services Fund Drive**. Your support helps local seniors remain healthy, independent, and connected to their communities.

Every day, adults age 60 and older rely on Richland County Senior Services for **Meals on Wheels**, congregate dining, take-out meals, transportation, and resource assistance. So far this year, we have provided more than **25,000 meals** and over **6,000 rides** to medical appointments, grocery stores, and other essential destinations. Our free senior newsletter also reaches nearly **700 residents** throughout Richland County and the surrounding area.

These vital services are made possible through the generosity of our community. A contribution to the **2026 Richland County Senior Services Fund Drive** helps sustain and strengthen senior programs, encourage community support, and raise funds to replace our aging Meals on Wheels delivery van.

Every donation, regardless of size, makes a difference. Please consider supporting this year's fund drive by completing the donation form on the back of this page and returning it with your gift.

Together, we can continue meeting the growing needs of Richland County seniors in 2026 and beyond. Thank you for your generosity and commitment to our community.

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

"Return Service Requested"

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

✂️ _____ ✂️

Please detach and return this form with your donation.

🍂 2026 Richland County Senior Services Fund Drive 🍂

Yes! I would like to support local seniors.

Donation Amount

□ $25 □ $50 □ $100 □ $250

□ Other Amount: $_____

□ I wish to remain anonymous.

Payment Information
Make checks payable to:
Southeast Senior Services
Please write "FUND DRIVE" in the memo line.

Mail to:

Southeast Senior Services
520 3rd Avenue South
Wahpeton, ND 58075

Thank you for helping Richland County seniors remain healthy, independent, and connected.