

Advancing Diet from Clear Liquids to High Fiber

By Lane Lipetzky Swenson—RD, LD, CGN

In last month's article, we discussed diverticular disease risk factors and preventing flares with a high fiber diet. In this article, we will review how to advance from a clear liquid diet during a diverticulitis flare to a normal high fiber diet to help prevent reoccurrence.

Clear Liquid Diet

During a diverticulitis flare, you will likely be instructed to follow a clear liquid diet. Your doctor will let you know when to start advancing your diet to solids. A clear liquid diet means no solid foods and liquids that you can see through. At this time, you may consume:

- Broth
- Water, clear juices such as apple, cranberry and grape (avoid orange juice and pulp), sports drinks, coffee and tea without milk or creamer
- Jell-O without added fruit, popsicles

Advancing Diet

When your doctor has given you the green light to start eating solid foods, it is best to eat soft foods and a low fiber diet while healing. A low fiber diet generally refers to a diet with less than 8 grams of fiber per day. Low fiber foods include:

- Canned or cooked fruit without seeds or skin, such as applesauce and melon
- Canned or well-cooked vegetables without seeds and skin, vegetable juice
- Dairy products such as cheese, milk and yogurt
- Hot or cold low-fiber cereal like cream of wheat (less than 2 grams per serving)
- Meat that is ground or tender and well cooked, eggs or fish
- White pasta, bread and rice

After symptoms improve, (usually within four days) you may start to slowly add fiber back into your diet. Increasing fiber intake too quickly can cause negative side effects like gas and bloating. Aim to increase your fiber by about 5 grams every couple of days until you've reached your normal full fiber diet. Move slower if you start to experience discomfort.

Full Fiber Diet with Adequate Fluids

Once you have healed from a diverticulitis flare, the recommendation is to follow a high fiber diet to help limit your risk of developing future flares. Fiber recommendations for men over the age of 50 is 30 grams a day and 28 grams a day for men over the age of 70. For women over the age of 50, the recommendation is 21 grams a day. In addition to meeting your fiber needs, drink at least 8 cups of fluids and be physically active to help with regular bowel movements.

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
Sandra—Lidgerwood
Sharron-Wahpeton
Tanya—Wahpeton
Cathy-Wyndmere

FILL-IN KITCHEN STAFF
Kathy
Karen
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

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 June 3 and 17 & July 1 and 15
9:00am to 12:00pm June 5 and July 3

Lidgerwood Senior Center
117 4th Street Southwest

9:00am to 1:00pm on
June 5 & July 3

Hankinson Senior Center
111 3rd Street Southwest

9:00am to 1:00pm on
June 12 & July 10

Wyndmere Senior Center
466 4th Street

10:00am to 1:00pm on
June 19 & July 17

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

Pinky Rubish

Robert Wurl

Liz Mumm

Alisa Mitskog

Rich Hills



National Gardening Exercise Day

June 6th, 2025

On National Gardening Exercise Day, June 6, we appreciate the bodybuilding activity that is gardening by picking up our trowels and toiling in our gardens! Not only is it satisfying to grow your own flowers or herbs from seedling to sprout to a full-grown plant, but it's also great exercise! Any gardener will tell you that squatting to pick weeds or water a seedling will get those quads burning. Besides, working in the hot sun adds an extra athletic challenge.

National Gardening Exercise Day Activities

Get gardening in your own home

Whether it's a succulent on your kitchen table or a flower box at the windowsill, small gardens can exist anywhere in your home! They're beautifying, cleansing for the air, and add purpose to many people's lives. While it's not as much of a workout to spritz a fussy herb plant as plowing the fields of a farm, you can still add extra exercise to your gardening habits.

Visit a community garden

Depending on where you live, community gardens can be exclusive. If you're lucky enough to get into one, use it as much as you can! For an extra bit of exercise, walk to the community garden if you're able to.

Make gardening a workout

Today is the day to ditch any power tools that make gardening easier. If you don't typically use any, try incorporating a few extra squats or stretches into your gardening regime! Making both gardening and exercising a habit will only make it more likely you'll stick with it. Both your body and your plants will thank you.

5 Fun Facts about Gardening

Plants—they are listening!

Sing to your plants! The vibrations may aid plant growth.

Redwoods are the world's tallest trees

These giant trees mostly grow along the California coast.

Bees are your garden's best friends

Bees provide a crucial service for plant health—pollination.

Gardening burns calories

A gardener who spends 30-45 minutes out in the sun tending their crops is likely to burn 300 calories.

Gardens need earthworms

Worms help clean the soil our plants take root in by recycling organic material into nutrients.

Advancing Diet from Clear Liquids to High Fiber

Continued from Page 1

By Lane Lipetzky Swenson—RD, LD, CGN

Sample Menus to Advance Fiber Intake

11 Grams of Fiber

Breakfast	Fiber
½ cup instant cream of wheat	1 gram
½ banana	1.5 grams
1 cup milk	0 grams
2 hard-boiled eggs	0 grams
Lunch	
Turkey & cheese sandwich on 2 pieces of white bread	2 grams
½ cup cooked carrots	2.5 grams
½ cup applesauce	1 gram
1 cup milk	0 grams
Supper	
3 oz baked cod	0 grams
½ mashed potatoes (no skins)	1 gram
½ cup cooked green beans	2 grams
1 cup milk	0 grams

21 Grams of Fiber

Breakfast	Fiber
1 cup cooked oatmeal	4 grams
½ banana	1.5 grams
¼ cup pecans	2.5 grams
1 cup milk	0 grams
Lunch	
4 oz salmon	0 grams
½ cup peas	4 grams
½ cup cooked brown rice	1.5 grams
½ cup cooked cauliflower	2.5 grams
1 cup milk	0 grams
Supper	
Hamburger with bun	1 gram
1 oz baked potato chips	1 gram
1 cup raw baby carrots	3.5 grams
1 cup milk	0 grams

15 Grams of Fiber

Breakfast	Fiber
Egg, ham & cheese omelet	0 grams
1 cup of strawberries	3 grams
1 cup milk	0 grams
1 piece of white toast	1 gram
Lunch	
3 oz chicken breast	0 grams
½ cup sweet potatoes	3 grams
½ cup cooked broccoli	2.5 grams
1 cup milk	0 grams
Supper	
1 cup tomato soup	1.5 grams
Grilled cheese sandwich on white bread	2 grams
1 cup side salad	1 gram
½ cup grapes	1 gram

30 Plus Grams of Fiber

Breakfast	Fiber
½ cup Greek yogurt	0 grams
½ cup raspberries	4 grams
½ cup blueberries	2 grams
½ cup muesli	4 grams
Lunch	
4 oz pork chop	0 grams
1 corn on the cobb	2 grams
1 cup roasted brussels sprouts	6 grams
1 cup milk	0 grams
Supper	
1.5 cups chili	10 grams
1 piece whole wheat bread	2 grams
1 peach	2 grams
1 cup milk	0 grams

All above menus are an estimation, there will be variability of fiber content in different products and brands. To check the fiber content on a food label, look at the section that reads "Dietary Fiber." For a list of fiber containing foods visit:

<https://www.dietaryguidelines.gov/sites/default/files/2024-08/Food-Sources-Fiber-Standard-508C.pdf>

Richland County Council on Aging Board Meeting

When: June 13th, 2025, 12:00pm

Where: Wahpeton Senior Center 520 3rd Ave S Wahpeton ND

Valley Senior Services Transportation Program Public Comments Event

During and after the meeting, staff will take comments and answer questions about our Richland County Public Transportation Services.

Bone Builders

Bone Builders is a FREE exercise program that strives to work against the negative effects of osteoporosis. By doing some simple weight training to increase muscle strength and bone density, individuals can protect themselves from osteoporosis related fractures.

The benefits of the program are improved balance, increased energy and mobility, and increased bone density.

Where: Wahpeton Community Center

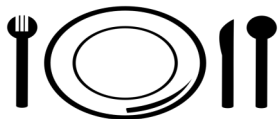
When: Tuesdays and Thursdays from 9am-10am

Advance registration is not required.

Come check out our fun and free program!

For more information, please contact Pam Facey at 218-643-1771

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Supreme Confetti Rice Glazed Carrots—1 cup Fresh Pear WW Roll	3 Hamburger Steak Baked Sweet Potato Mixed Veggies Fresh Peach WW Bread—2	4 Teriyaki Salmon Wild Rice Pilaf Seasoned Broccoli Spoonbread Cantaloupe	5 Italian Pasta Bake House Salad Italian Blend Veggies Grapes WW Bread	6 Turkey Dijonnaise Boiled Potatoes Brussel Sprouts Banana WW Bread—2
9 Spaghetti & Meat Sauce Green Beans Parmesan Cheese Apple WG Breadstick	10 BBQ Pork Ribs Rosemary Potatoes Broccoli Slaw Strawberries WW Bread	BIRTHDAY DINNER 11 Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots Carrot Cake WW Roll	12 Manhattan Meatball Brown Rice Winter Blend Seasonal Fresh Fruit House Salad WW Bread	13 Chicken Lasagna Parmesan Zucchini Chilled Pineapple WG Breadstick
16 BBQ Chicken Steamed Beets Baked Potato Sour Cream Mandarin Oranges WW Bread	17 Asian Pepper Steak Fried Rice Asian Veggie Mix Vegetable Egg Roll Chilled Pears Sweet & Sour Sauce	18 Hamburger on Bun Lettuce Tomato Onion Baked Beans Fresh Fruit	19 Braised Pork Chop Twice Baked Potato Prince Edward Blend Tangerine WW Bread	20 Beef Soft Tacos—2 Spanish Rice Caribbean Veggie Blend Salsa & Guacamole Raspberries
23 Garlic Steak Bites Glazed Sweet Potatoes Asparagus Blueberries WW Bread—2	24 Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit Cup WW Roll	25 Taco Stuffed Potato Red Beans & Rice Applesauce WG Breadstick	26 Cheesy Breadstick Marinara Caesar Salad/Dressing Melon WG Breadstick	27 Italian Turkey Meatloaf Baked Potato Green Beans with Thyme Berry Crisp WW Dinner Roll
30 Salisbury Steak Mushroom Gravy Mashed Potatoes Parslied Carrots Chilled Fruit Cocktail				



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.

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

Hamburger Steak Baked Sweet Potato Mixed Veggies Fresh Peach WW Bread—2	2	Teriyaki Salmon Wild Rice Pilaf Seasoned Broccoli Spoonbread Cantaloupe	3	Italian Pasta Bake House Salad Italian Blend Veggies Grapes WG Breadstick	4
BBQ Pork Ribs Rosemary Potatoes Broccoli Slaw Strawberries WW Bread	9	Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots Carrot Cake WW Roll	10	Chicken Lasagna Parmesan Zucchini Chilled Pineapple WG Breadstick	11
BBQ Chicken Steamed Beets Baked Potato Sour Cream Mandarin Oranges WW Bread	16	Pork Wings Au Gratin Potato Seasoned Snow Peas Cinnamon Bananas WW Roll	17	Beef Soft Tacos—2 Spanish Rice Caribbean Veggie Blend Salsa & Guacamole Raspberries	18
Garlic Steak Bites Glazed Sweet Potatoes Asparagus Blueberries WW Bread—2	23	Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit Cup WW Roll	24	Hamburger on Bun Lettuce Tomato Onion Baked Beans Fresh Fruit	25
Salisbury Steak Mushroom Gravy Mashed Potato Parslied Carrots Chilled Fruit Cocktail WW Bread	30				

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

Hamburger Steak Baked Sweet Potato Mixed Veggies Fresh Peach WW Bread—2	3	Italian Pasta Bake House Salad Italian Blend Veggies Grapes WG Breadstick	4	Teriyaki Salmon Wild Rice Pilaf Seasoned Broccoli Spoonbread Cantaloupe	6
Garlic Steak Bites Glazed Sweet Potatoes Asparagus Blueberries WG Breadstick	10	Chicken Supreme Confetti Rice Glazed Carrots—1 cup Fresh Pear WW Roll	11	BBQ Pork Ribs Rosemary Potatoes Broccoli Slaw Strawberries WW Bread	13
Beef Soft Tacos—2 Spanish Rice Caribbean Veggie Blend Salsa & Guacamole Raspberries	17	Braised Pork Chop Twice Baked Potato Prince Edward Blend Tangerine WW Bread	18	Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots Carrot Cake WW Roll	20
Pork Wings Au Gratin Potato Seasoned Snow Peas Cinnamon Bananas WW Roll	24	Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit Cup WW Roll	25	Salisbury Steak Mushroom Gravy Mashed Potato Parslied Carrots Chilled Fruit Cocktail WW Bread	27

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

2 Chicken Supreme Confetti Rice Glazed Carrots—1 cup Fresh Pear WW Roll	3 Hamburger Steak Baked Sweet Potato Mixed Veggies Fresh Peach WW Bread—2	5 Italian Pasta Bake House Salad Italian Blend Veggies Grapes WW Bread
9 Sausage & Sauerkraut Roasted Red Potatoes Parslied Carrots Apricots Carrot Cake WW Roll	10 BBQ Pork Ribs Rosemary Potatoes Broccoli Slaw Strawberries WW Bread	12 Manhattan Meatball Brown Rice Winter Blend Seasonal Fresh Fruit House Salad WW Bread
16 BBQ Chicken Steamed Beets Baked Potato Sour Cream Mandarin Oranges WW Bread	17 Taco Stuffed Potato Red Beans & Rice Applesauce WG Breadstick	19 Braised Pork Chop Twice Baked Potato Prince Edward Blend Tangerine WW Bread
23 Garlic Steak Bites Glazed Sweet Potatoes Asparagus Blueberries WW Bread—2	24 Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit WW Roll	26 Hamburger on Bun Lettuce Tomato Onion Baked Beans Fresh Fruit
30 Salisbury Steak Mushroom Gravy Mashed Potato Parslied Carrots Chilled Fruit Cocktail WW Bread		

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

2 Chicken Supreme Confetti Rice Glazed Carrots—1 cup Fresh Pear WW Roll	3 Hamburger Steak Baked Sweet Potato Mixed Veggies Fresh Peach WW Bread—2	5 Italian Pasta Bake House Salad Italian Blend Veggies Grapes WW Bread
9 Spaghetti & Meat Sauce Green Beans Parmesan Cheese Apple WG Breadstick	10 BBQ Pork Ribs Rosemary Potatoes Broccoli Slaw Strawberries WW Bread	12 Manhattan Meatball Brown Rice Winter Blend Seasonal Fresh Fruit House Salad WW Bread
16 BBQ Chicken Steamed Beets Baked Potato Sour Cream Mandarin Oranges WW Bread	17 Asian Pepper Steak Fried Rice Asian Veggie Mix Vegetable Egg Roll Chilled Pears Sweet & Sour Sauce	19 Braised Pork Chop Twice Baked Potato Prince Edward Blend Tangerine WW Bread
23 Garlic Steak Bites Glazed Sweet Potatoes Asparagus Blueberries WW Bread—2	24 Fish & Chips Coleslaw Tartar Sauce Lemon Wedge Tropical Fruit WW Roll	26 Cheesy Breadstick/Marinara Caesar Salad/Dressing Creamed Vegetables Melon WG Breadstick
30 Salisbury Steak Mushroom Gravy Mashed Potato Parslied Carrots Chilled Fruit Cocktail WW Bread		

ND SMP Scam of the Month – June 2025

AI (Artificial Intelligence) Scams & Medicare

What is AI? It is the study and creation of computer systems that can do things people usually do, like seeing, understanding speech, making decisions, and translating languages. Some scammers use AI to trick people with Medicare. These scams can lead to money loss, stealing personal information, and problems with healthcare. Examples of scams include fake bills, stealing medical records, and charging for treatments that aren't needed or never happened.

This is an example of an AI scam:

An AI robot tells you about “new Medicare laws” that make you “eligible for a flex card, a food card, lower medical bills, and \$180 cash back every month—all for free!” Does that sound too good to be true? That’s because it is, and it’s a scam.

The AI robot then says, “Since you have Medicare Parts A and B, I will now transfer you to our Senior Medical Supervisor to process this change.” The robot sends the call to a scam call center, often located in other countries. There, a person on the phone tells you they need to verify your information for the program that will give you all those benefits. They ask for your name, address, and Medicare number, while pretending they are calling from Medicare.

If you encounter this, **HANG UP!**

Remember:

- **Medicare, or any other government agency like Social Security, will never call and ask for your Medicare or Social Security number.**
- Medicare is not offering flex cards, food cards, or any \$180 cash back benefits.
- If you feel unsure about a call, hang up right away. If you can, write down the caller’s name and/or organization to report it.
- Never give out your Medicare number, Social Security number, or personal information to anyone who calls, texts, or emails.

If you come across suspected Medicare phone scams or other healthcare fraud, report it.

Reporting Medicare fraud:

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. ND SMP will help Medicare beneficiaries prevent, detect, and report fraud. The information provided is intended to be a general summary only. Source of information: NCOA. (2024, October 31). *What are AI scams? A guide for older adults*. Scam and fraud prevention. National Council on Aging.

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 90MPPG0021, from the Administration for Community Living, Department of Health and Human Services. Points of view or opinions do not necessarily represent official Administration for Community Living policy.

Like us on Facebook: North Dakota Senior Medicare Patrol

Richland County Public Transit Schedules

June 2025 to August 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

June 16 & 30

July 14 & 28

August 11 & 25

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.

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

July: 1, 3, 8, 10, 15, 17, 22, 24, 29, 31

August: 5, 7, 12, 19, 21, 26, 28

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 – 4pm 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
642-5746 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 \$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

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.