

High Blood Pressure Make Changes that Count

The American Heart Association has found that almost half of American adults have high blood pressure, and many don't even know it. Often there are no warning signs. High blood pressure can quietly damage blood vessels and lead to serious health problems. Left untreated, high blood pressure can cause heart attack, stroke, and kidney failure.

Making simple changes to your food choices and lifestyle while under the care of your health care provider can improve your health.

Top 10 changes you can make to treat or prevent high blood pressure:

1. Know your numbers! Get your blood pressure checked. Watch your blood pressure over time to see if your blood pressure stays too high or too low. This will also help you to see if healthy lifestyle changes you make are working.
2. Eat a well-balanced diet. Try to eat a diet high in fruits, vegetables, whole grains, low-fat dairy, and lean meat.
3. Avoid extra salt intake. The American Heart Association recommends no more than 2,300 mg per day—that's equal to 1 teaspoon of table salt.
4. Limit alcohol intake. If you drink alcohol, try to have no more than two drinks per day for men and no more than one drink per day for women.
5. Get up and move. Regular exercise can help you have a healthy blood pressure. Try to get 30 minutes of physical activity per day, 5 days a week.
6. Be a healthy weight. If you are overweight, losing even 5 to 10 pounds may help lower your blood pressure.
7. Quit smoking. Every time you smoke, it causes a brief rise in blood pressure. Smoking is also known to cause a buildup of fat in your body, which is bad for your heart.
8. Manage stress. Learn habits that help lower stress such as physical activity and connecting with friends and family.
9. Take your medications as directed. If your blood pressure is high, medication may be needed to lower it. Follow your doctor's instructions carefully.
10. Work together with your health care provider. Ask about your blood pressure numbers at your next visit. If you are already being treated for high blood pressure, work with your doctor to make the best plan to reach your blood pressure goal.
11. Talk to a dietician on ways to lower your intake of salt.

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
Cathy-Wyndmere

FILL-IN KITCHEN STAFF
Kathy
Karen
Julie

TRANSPORTATION
Uri

INVENTORY & TRANSPORTATION
Shanel

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 June 2 & 16 & July 7 & 21
9:00am to 12:00pm on June 4 & July 2

Lidgerwood Senior Center
117 4th Street Southwest

9:00am to 1:00pm on
June 4 & July 2

Hankinson Senior Center
111 3rd Street Southwest

9:00am to 1:00pm on
June 11 & July 9

Wyndmere Senior Center
466 4th Street

10:00am to 1:00pm on
June 18 & July 16

**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

Root Beer Floats & Real Conversations

Wahpeton Senior Center
June 15th 12:00-1:00PM



Hankinson Senior Center
June 16th 12:00-1:00PM

Wyndmere Senior Center
June 22nd 12:00 - 1:00PM

Abercrombie Community Hall
June 23rd 12:30PM - 1:30PM

Lidgerwood Senior Center
June 25th 12:30-1:30PM



Come meet with the Resource
Specialist ask questions,
get resource assistance
and enjoy a root beer
float!



Valley
Senior Services
helping seniors maintain independence

Can Music Make You Happy?

Does music make you happy? If upbeat songs like "Get Happy" by Judy Garland or "Happy" by Pharrell Williams put a smile on your face, your answer to the question is probably "Yes."

Many scientific studies support the belief that music can influence our emotions and help elevate mood. How? Music can affect brain chemistry and spur a response that's unique to the person listening. When people listen to music that they personally enjoy and find to be "happy" music, it can stimulate the release of specific chemicals in the brain proven to make human beings feel "good" or "happy." Listening to soothing music can also calm feelings of stress, anger, and hurt.

Some studies indicate that rather surprising types of music also influence mood in a positive way. Research suggests that listening to louder, more aggressive music can actually help relieve difficult feelings in some people, including frustration or anger. Likewise, an individual who is experiencing unhappy, sad, or hurt feelings may benefit from listening to music reflecting those emotions. Of course, for others, listening to music reflecting their negative feelings may only serve to aggravate or elevate those feelings, which is not a welcome or desired response. But, plenty of folks do seem to find it comforting to listen to "break up" songs when a romance has soured.

So... can music make us happy? If the science behind the research is correct, there appears to be some compelling evidence of a link between music and mood. However, when it comes to using music to help make us happier, it is an experience unique to each individual. The answer of whether or not music can make us happy is one we have to each come to on our own. We have to figure out for ourselves the role music plays in our lives. So the answer to "Can music make you happy?" may be to simply let the music play... and see what happens.

A Few Favorite "Happy" Songs

"What a Wonderful World" by Louis Armstrong

"Don't Worry, Be Happy" by Bobby McFerrin

"I Got You (I Feel Good)" by James Brown

"I Gotta Feeling" by The Black Eyed Peas

"Walking on Sunshine" by Katrina and the Waves

"Uptown Funk" by Mark Ronson with Bruno Mars

"Sweet Caroline" by Neil Diamond

"Beautiful Day" by U2

"Make Someone Happy" by Jimmy Durante

"Oh Happy Day" by The Edwin Hawkins' Singers




"I Can See Clearly Now" by Jimmy Cliff

"If It Makes You Happy" by Sheryl Crow






Having Trouble Hearing? You're Not Alone.

Free Help & Resources for Adults with Hearing Loss





-  Do conversations feel harder than they used to?
-  Do you miss parts of phone calls or TV programs?
-  Are you avoiding activities because hearing is difficult?

Support is available — and it's free.

We Can Help With:

- Understanding hearing loss
- Communication tips and strategies
-  Telephone and assistive technology options
-  Connecting you to services and resources
-  One-on-one questions and guidance

Join Us at Your Senior Center

 Wyndmere Senior Center	June 2, 2026	11:30am
 Lidgerwood Senior Center	June 8, 2026	1:00pm
 Wahpeton Senior Center	June 11, 2026	10:30am
 Hankinson Senior Center	June 19, 2026	12:00pm

About Us

The ND School for the Deaf / Resource Center is a state agency providing free services and resources for adults who are Deaf or Hard of Hearing.

Contact Information

Dawn Sauvageau Adult Outreach Hearing Specialist

 701-239-7380  dawn.sauvageau@k12.nd.us



Dining Around the World



GERMAN RECIPE

German-Style Potato Salad

Kartoffelsalat - A classic German potato salad, dressed with vinegar, bacon, shallots & herbs.

INGREDIENTS

- » 1 tsp vegetable oil
- » 4 slices bacon cut into small diced pieces
- » 3 fresh shallots finely chopped
- » 1/3 cup apple cider vinegar
- » 1/4 cup chopped fresh flat leaf parsley
- » 1/4 tsp dry mustard powder
- » 1/2 cup prepared chicken bouillon or broth
- » 8 Yukon gold potatoes peeled and cut into large chunks
- » 1/3 cup vegetable oil



INSTRUCTIONS

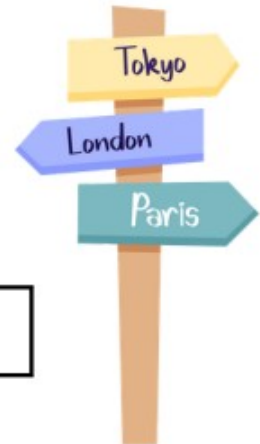
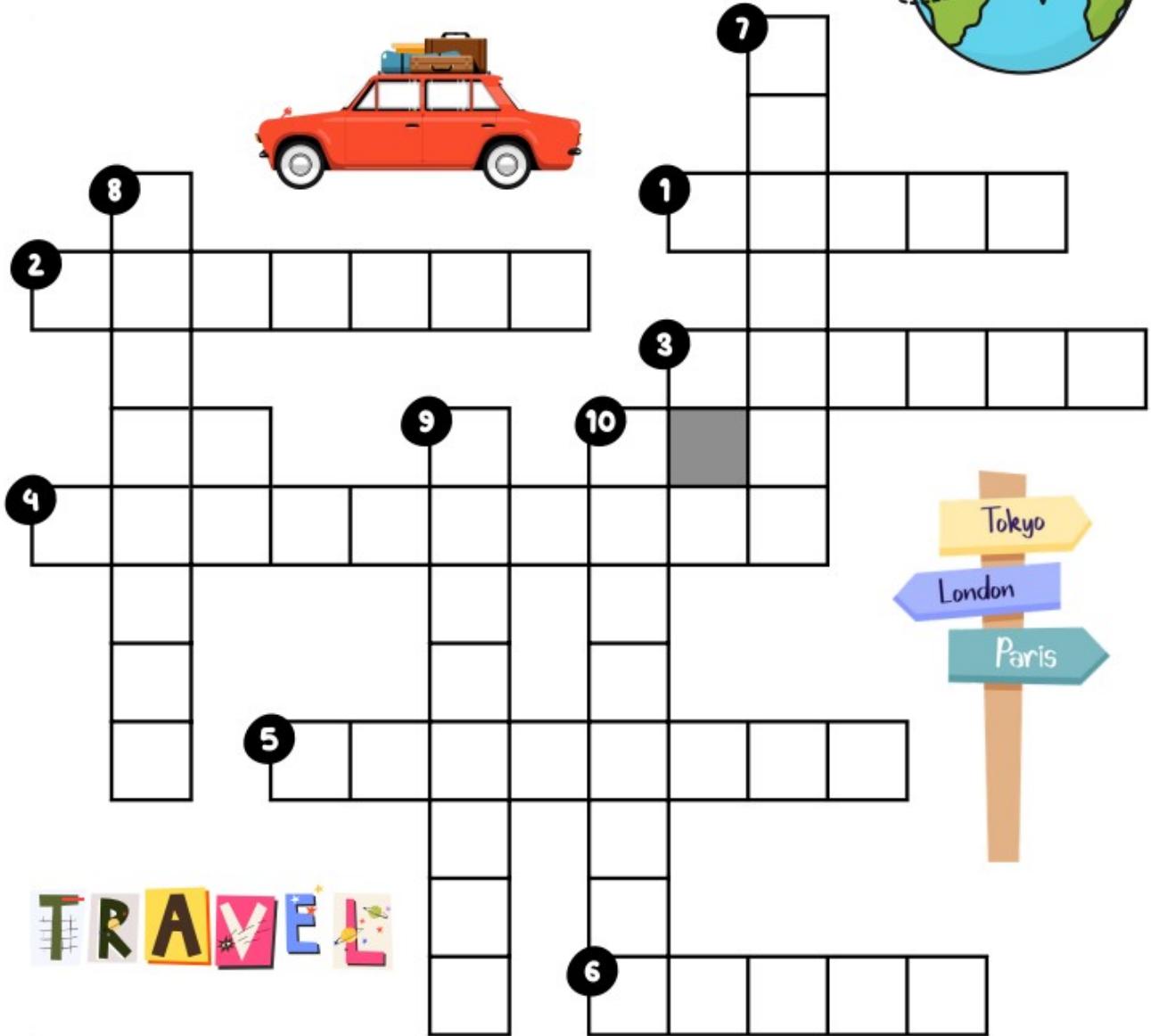
- In a medium sauté pan, add 1 teaspoon vegetable oil and cook bacon over medium heat until soft. Add shallots and cook until transparent.
- Remove pan from heat; stir in vinegar. Add parsley, mustard powder, chicken bouillon, and sea salt and freshly ground whole black peppercorns to taste.
- Boil potatoes until done but firm; drain. Add vinegar mixture to warm potatoes in a large bowl. Toss well and allow to rest for 5 minutes.
- Add 1/3 cup vegetable oil and mix well again. Adjust seasoning; serve at room temperature. **Enjoy!**

Sources:

<https://culturaryschools.org/international/german-cuisine.php>
<https://iamexpot.de/lifestyle/german-food-cuisine-dishes>
<https://germanfoods.org/recipes/recipe-german-style-potato-salad/>

TRAVEL FUN

COMPLETE THE CROSSWORD WITH WORDS RELATED TO TRAVEL.



ACROSS

1. PERSON WHO SHOWS TOURISTS AROUND
2. DAY SET ASIDE TO CELEBRATE, RELAX, OR TRAVEL
3. PROVES PAID PERMISSION TO ENTER
4. WHERE CUSTOMERS DINE
5. POPULAR TRAVEL BAG
- T. TO COACH OR TEACH



DOWN

7. SOMEONE VISITING FOR PLEASURE
8. SOMETHING PURCHASED TO REMEMBER A PLACE
9. CARRIES PERSONAL POSSESSIONS
10. CERTIFIES IDENTITY



FREE Nutrition Counseling

Better nutrition can help improve your overall health. North Dakota Health and Human Services Section has teamed up with registered dietitians at Dietary Solutions to provide you with one-on-one nutrition counseling at no cost to you!

Getting started is as easy as:

- 1** Agree to have your contact information shared with Dietary Solutions.
- 2** Answer a call from Dietary Solutions (701-205-4267) to schedule your first meeting.
- 3** Set up a phone call or Zoom meeting on a date and time that works for you!

Don't miss your chance for free nutrition information just for you! For questions, call 1-888-960-2180 or email counseling@dietarysolutions.net



SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Drive Classroom course and you could save on your car insurance. Refresh your driving skills and knowledge of the rules of the road. Learn techniques for handling left turns, right turns, right-of-way and roundabouts. Discover proven driving methods to help you and your loved ones stay safe on the road.

There are no tests to pass. The course is open to drivers of all ages. Cost of the course is \$20.00 for AARP members or \$25.00 for non-members. You may be eligible to receive a discount on your car insurance upon completing the course. Consult your insurance agent for details.

The course will be held on Thursday June 18th from 12:30-4:30pm. You may register by calling 701-642-3033. The course will be held at the Wahpeton Senior Center.

There is an optional lunch at 12 noon. Under 60 years of age it's \$11.75, over 60 a suggested donation of \$4.

Reserve your spot!





A conference for healthcare professionals, care partners, individuals living with mild cognitive impairment or early-stage dementia, and those interested in improving the quality of life for the memory loss community.

Redefining Memory Loss Conference

Tuesday June 9, 2026 | 8:00-4:30 | Delta Hotel | Fargo ND

This unique and local conference provides attendees the opportunity to learn from leading dementia experts. Attendees will gain valuable knowledge, practical tools, and helpful resources while also experiencing the empowerment that comes from connecting with others who share a commitment to improving dementia care and support.

KEYNOTE SESSION	<ul style="list-style-type: none"> • Updates on Alzheimer’s Disease and Related Neurodegenerative Diseases —Dr. Vijay Ramanan 	<h3>Keynote Speakers</h3> <div style="text-align: center;">  <p>Dr. Vijay Ramanan Mayo Clinic Neurologist—</p> </div> <div style="text-align: center; margin-top: 20px;">  <p>Jayne Clairmont Dementia Expert—</p> </div> <p>— Vendor Booths — Premier Raffle Prizes!</p>
SESSION 1 BREAKOUT OPTIONS	<ul style="list-style-type: none"> • Panel Discussion: More than a Diagnosis, Living Well with Dementia — Dr. Vijay Ramanan — Dr. Lindsey Dahl — Nicky Holzworth, OTRL — Deb Kaul, MCRRV Co-Founder • Every Moment Matters: Lessons, Insights & Honest Conversation That Change Professional Care — Jayne Clairmont 	
SESSION 2 BREAKOUT OPTIONS	<ul style="list-style-type: none"> • Advancing Dementia Care: A Provider-Focused Discussion — Dr. Vijay Ramanan • The Empowered Caregiver: Supporting Independence in Professional Care — Joan Danks, CTRS • Living Well, One Day at a Time: Practical Tips for Dementia Well Being — Nicky Holzworth, OTRL 	
KEYNOTE SESSION	<ul style="list-style-type: none"> • Forty-Four Years of Dementia Knowledge: Mistakes Made and Lessons Learned —Jayne Clairmont 	

This Activity has been approved for up to 4.5 credits AMA PRA Category 1 credits/ANCC contact hours.



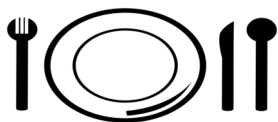
Cost	Before May 13	After May 13
Community Members	\$70	\$90
Community Group Rate	\$300 — fill a table of 6	
Professionals	\$100	\$120
Professional Group Rate	\$510 — fill a table of 6 <small>(Price does not include processing fees)</small>	

Register Early and Save

memorycaferrv.org



Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Pork Chop Baked Potato Harvard Beets Peaches Wheat Bread x 2	2 Steak & Mushroom Sauce Mashed Potatoes Lemon Asparagus Fruit Cocktail Dinner Roll	3 Chicken BLT Salad Blushing Pineapple Wheat Bread x 2	4 Shrimp Scampi Herbed Linguine Cucumber Dill Salad Whole Orange Dinner Roll	5 Shepherd's Pie Brussel Sprouts Mandarin Oranges Wheat Bread
8 Chicken Fried Steak Cream Gravy Roasted Red Potatoes Capri Blend Veggies Apple Wheat Bread x 2	9 Baked Fish w/ Dill Sauce Italian Pasta Salad Squash Medley Pears WG Breadstick	10 Birthday Dinner BBQ Chicken Breast Baked Potato Seasoned Green Peas Watermelon Cake Wheat Bread x 2	11 Gyros w/ Tzatziki Sauce Potatoes w/ Garlic Tomato & Cucumber Salad Strawberries & Yogurt	12 Loaded Turkey Sandwich Fresh Veggies Corn & Black Bean Salad Banana Hoagie Bun
15 Chicken Stir Fry Fluffy Rice Vegetable Egg Roll Pears w/ Blueberries	16 Root Beer Ribs Rosemary Potatoes Corn Cob Quarters Strawberry Applesauce Wheat Bread x 2	17 Beef Taco Salad Tortilla Chips Salsa Fresh Berries Whipped Topping	18 Grilled Bratwurst on Bun Coleslaw Baked Sweet Potato Fresh Plum	19 Chicken Fettuccine Alfredo House Salad Riviera Blend Veggies Tropical Fruit WG Breadstick
22 Tater Tot Casserole Southwest Corn Chilled Fruit Salad Wheat Bread	23 Meatloaf & Gravy Chive Mashed Potatoes 5 Way Mixed Veggies Blushing Pears Dinner Roll	24 Swiss Steak w/ Tomato Mushroom Gravy Mashed Red Potatoes Dilled Carrots Apple Crisp Cornbread	25 Herb Roasted Salmon Baked Potato Seasoned Broccoli Pineapple Wheat Bread x 2	26 Turkey al la King Brown Rice Malibu Blend Veggies Fresh Grapes Biscuit
29 Pork Loin Roast w/ Pork Gravy Mashed Potatoes Lemon Asparagus Chilled Applesauce Wheat Bread x 2	30 Chicken Divan Casserole Brown Rice Country Blend Veggies Cherries Wheat Bread x 1			



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 2026**Abercrombie Senior Center****553-8759**

1 Baked Pork Chop Baked Potato Harvard Beets Peaches Wheat Bread x 2	2 Steak & Mushroom Sauce Mashed Potatoes Lemon Asparagus Fruit Cocktail Dinner Roll	3 Shrimp Scampi Herbed Linguine Cucumber Dill Salad Whole Orange Dinner Roll
8 Chicken Fried Steak/ Cream Gravy Roasted Red Potatoes Capri Blend Veggies Apple Wheat Bread x 2	10 Baked Fish w/ Dill Sauce Italian Pasta Salad Green Beans Pears WG Breadstick	11 Loaded Turkey Sandwich on Hoagie Bun Fresh Veggies Corn & Black Bean Salad Banana
15 Beef Taco Salad Tortilla Chips & Salsa Fresh Berries Whipped Topping	16 Grilled Bratwurst on Bun Coleslaw Baked Sweet Potato Fresh Plum	17 Chicken Fettuccine Alfredo House Salad Riviera Blend Veggies Tropical Fruit WG Breadstick
22 Tater Tot Casserole Southwest Corn Chilled Fruit Salad Wheat Bread	23 Meatloaf & Gravy Chive Mashed Potatoes 5 Way Mixed Veggies Blushing Pears Dinner Roll	24 Swiss Steak w/ Tomato Mushroom Gravy Mashed Red Potatoes Dilled Carrots Apple Crisp Cornbread
29 Pork Loin Roast w/ Pork Gravy Mashed Potatoes Lemon Asparagus Chilled Applesauce Wheat Bread x 2	30 Chicken Divan Casserole Brown Rice Country Blend Veggies Cherries Wheat Bread x 1	

June 2026**Hankinson Senior Center****242-7742**

2 Steak & Mushroom Sauce Mashed Potatoes Lemon Asparagus Fruit Cocktail Dinner Roll	3 Shrimp Scampi Herbed Linguine Cucumber Dill Salad Whole Orange Dinner Roll	5 Baked Pork Chop Baked Potato Harvard Beets Peaches Wheat Bread x 2
9 Gyros w/ Tzatziki Sauce Red Potatoes w/ Garlic Tomato & Cucumber Salad Strawberries & Yogurt	10 Chicken Fried Steak/Cream Gravy Roasted Red Potatoes Capri Blend Veggies Apple Wheat Bread x 2	11 Baked Fish w/ Dill Sauce Italian Pasta Salad Squash Medley Pears WG Breadstick
16 Meatloaf & Gravy Chive Mashed Potatoes 5 Way Mixed Veggies Blushing Pears Dinner Roll	17 Root Beer Ribs Rosemary Potatoes Corn Cob Quarters Strawberry Applesauce Wheat Bread x 2	19 Chicken Fettuccine Alfredo House Salad Riviera Blend Veggies Tropical Fruit WG Breadstick
23 Shepherd's Pie Brussel Sprouts Mandarin Oranges Wheat Bread	24 Pork Loin Roast w/ Pork Gravy Mashed Potatoes Lemon Asparagus Chilled Applesauce Wheat Bread x 2	26 Herb Roasted Salmon Baked Potato Seasoned Broccoli Pineapple Wheat Bread x 2
30 Chicken Stir Fry Fluffy Rice Vegetable Egg Roll Pears w/ Blueberries		

June 2026**Lidgerwood Senior Center****538-4602**

1 Chicken BLT Salad Blushing Pineapple Wheat Bread x 2	2 Steak & Mushroom Sauce Mashed Potatoes Lemon Asparagus Fruit Cocktail Dinner Roll	4 Shrimp Scampi Herbed Linguine Cucumber Dill Salad Whole Orange Dinner Roll
8 Chicken Fried Steak Cream Gravy Roasted Red Potatoes Capri Blend Veggies Apple Wheat Bread x 2	9 Baked Fish w/ Dill Sauce Italian Pasta Salad Squash Medley Pears WG Breadstick	11 BBQ Chicken Breast Baked Potato Seasoned Green Peas Watermelon Cake Wheat Bread x 2
15 Chicken Stir Fry Fluffy Rice Vegetable Egg Roll Pears w/ Blueberries	16 Root Beer Ribs Rosemary Potatoes Corn Cob Quarters Strawberry Applesauce Wheat Bread x 2	18 Beef Taco Salad Tortilla Chips Salsa Fresh Berries Whipped Topping
22 Swiss Steak w/Tomato Mushroom Gravy Mashed Red Potatoes Dilled Carrots Apple Crisp Cornbread	23 Meatloaf & Gravy Chive Mashed Potatoes 5 Way Mixed Veggies Blushing Pears Dinner Roll	25 Herb Roasted Salmon Baked Potato Seasoned Broccoli Pineapple Wheat Bread x 2
29 Pork Loin Roast w/ Pork Gravy Mashed Potatoes Lemon Asparagus Chilled Applesauce Wheat Bread x 2	30 Chicken Divan Casserole Brown Rice Country Blend Veggies Cherries Wheat Bread x 1	

June 2026**Wyndmere Senior Center****439-2907**

1 Baked Pork Chop Baked Potato Harvard Beets Peaches Wheat Bread x 2	2 Steak & Mushroom Sauce Mashed Potatoes Lemon Asparagus Fruit Cocktail Dinner Roll	4 Shrimp Scampi Herbed Linguine Cucumber Dill Salad Whole Orange Dinner Roll
8 Chicken Fried Steak & Cream Gravy Roasted Red Potatoes Capri Blend Veggies Apple Wheat Bread x 2	9 Baked Fish w/ Dill Sauce Italian Pasta Salad Squash Medley Pears WG Breadstick	11 Gyros w/ Tzatziki Sauce Red Potatoes w/ Garlic Tomato & Cucumber Salad Strawberries & Yogurt
15 Chicken Stir Fry Fluffy Rice Vegetable Egg Roll Pears w/ Blueberries	16 Root Beer Ribs Rosemary Potatoes Corn Cob Quarters Strawberry Applesauce Wheat Bread x 2	18 Grilled Bratwurst on Bun Coleslaw Baked Sweet Potato Fresh Plum
22 Tater Tot Casserole Southwest Corn Chilled Fruit Salad Wheat Bread	23 Meatloaf & Gravy Chive Mashed Potatoes 5 Way Mixed Veggies Blushing Pears Dinner Roll	25 Herb Roasted Salmon Baked Potato Seasoned Broccoli Pineapple Wheat Bread x 2
29 Pork Loin Roast w/ Pork Gravy Mashed Potatoes Lemon Asparagus Chilled Applesauce Wheat Bread x 2	30 Chicken Divan Casserole Brown Rice Country Blend Veggies Cherries Wheat Bread x 1	

ND SMP Scam of the Month – June 2026

How to Spot Medicare Scams

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

Warning signs of a Medicare scam:

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

Protect yourself from Medicare scams:

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

Reporting Medicare fraud:

If you suspect fraud, contact the ND SMP at ndsmp@minotstateu.edu or call 833-818-0029 or 701-858-3580. For non-Medicare fraud issues, contact the ND Attorney General’s Office at 800-472-2600.

The information provided is intended to be a general summary only. Source of information: National Council on Aging (NCOA). (2025, February 24). 5 warning signs of a Medicare scam—and how to protect yourself. Medicare.

North Dakota Senior Medicare Patrol Phone: 833-818-0029 or (701) 858-3580

For more information or to locate your SMP, visit <https://ndcpd.org/smp/>

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Like us on Facebook: North Dakota Senior Medicare Patrol

Richland County Public Transit Schedules

June 2026 to August 2026

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 bi-monthly. **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

June 1 & 15

July 6 & 20

August 3 & 17

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**.



June: 2, 4, 9, 11, 16, 18, 23, 25, 30

July: 2, 7, 9, 14, 16, 21, 23, 28, 30

August: 4, 6, 11, 13, 18, 20, 25, 27

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

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"



**we're
HIRING**

**FT & PT DRIVERS
RICHLAND COUNTY**

Valley Senior Services
helping seniors maintain independence

Looking for a career that keeps you moving and lets you make a difference every day? 🚗 Valley Senior Services is hiring both a Full-Time and Part-Time Driver for our Richland County Public Transit program stationed out of Wahpeton.

These positions are about more than transportation. They are about helping people stay connected to their community with safe, reliable service and a friendly face along the way.

Our full-time position includes an excellent benefits package, while both positions give you the opportunity to do meaningful work in your community every day. If you enjoy being out on the road and serving others in a meaningful way, we'd love to hear from you.

Apply online at <https://www.valleyseniorservices.org/about-us/employment-careers/>