

## Legumes

Lane Lipetzky, RDN—Valley Senior Services

Legumes are nutritious dietary staples that have been cultivated since 11,000 BC! Today, they are an inexpensive and easy to prepare part of a healthy diet. In this month's article we will cover the definition of legumes and pulses, why they are nutritious, how much to include in your diet and a few recipes to try.

### Legumes and Pulses

A legume refers to the seed, pod or other edible portion of a plant that comes from the Leguminous family while a pulse refers to just the dried seed portion of this plant. The terms are often used interchangeably to refer to a wide range of foods like beans, peas, lentils, chickpeas, peanuts and soybeans.

### Nutrition

Legumes are a great source of dietary fiber, complex carbohydrates, protein, iron, folate, potassium, B-vitamins, zinc, phosphorus and phytochemicals. According to the Harvard school of Public Health eating legumes as a part of a healthy diet may help decrease the development of several chronic diseases such as cardiovascular disease, certain cancers, diabetes, obesity and they help improve gut health. The U.S. dietary guidelines, the DASH diet and the Mediterranean diet all recommend eating about 3 cups of cooked legumes a week.

### Recipes

Legumes are versatile foods that you may already be eating in dishes like split pea soup, chili, hummus, rice and beans or calico beans. You may also be eating them in meat substitutes like black bean burgers or tofu. The recipes below are a few new ways to include legumes in your diet!

#### Garlic Parmesan White Beans (main dish)

3 Tbsp olive oil	½ tsp red pepper flakes optional
3-4 cloves garlic, minced	¼ cup chopped fresh parsley
2 15-ounce cans cannellini beans, rinsed	½ cup shaved parmesan cheese
½ cup water	Juice from half a lemon
1 cup cherry tomatoes, halved	Pepper to taste

### Instructions

- In a large pan, warm extra virgin olive oil over medium heat. Add the garlic and cook briefly until golden brown.
- Add the cannellini beans and water. Season with optional red pepper flakes. Add the tomatoes. Cook, stirring occasionally until warmed through (about 10 minutes)
- Stir in the parsley, cheese, and lemon juice.
- Serve immediately with your favorite bread.

*Continued on page 4:*

**Southeast 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**

Amy Laney

**RESOURCE SPECIALIST**

Amy Laney

**OFFICE ASSISTANT**

Deanna

**TRANSPORTATION & SITE ASSISTANT**

Sharilynne

**KITCHEN STAFF**

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Joanne Karen

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**TRANSPORTATION**

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Dawn

**INVENTORY & TRANSPORTATION**

Shanel

Keith

David

\*\*\*\*\*

**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:

Shelley Tollefson

Southeast Senior Services

520 3<sup>rd</sup> Avenue South

Wahpeton, ND 58075

642-3033

## 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**

11:00 am to 3:00 pm on  
March 5 & 19 and April 2 & 16

**Lidgerwood Senior Center**

**117 4th Street Southwest**

9:00 am to 1:00 pm on  
March 7 and April 4

**Hankinson Senior Center**

**111 3rd Street Southwest**

9:00 am to 1:00 pm on  
March 14 and April 11

**Wyndmere Senior Center**

**466 4th Street**

10:00 am to 1:00 pm on  
March 21 and April 18

**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.

**Southeast Senior Services  
Board of Directors**

Don Krassin

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Preventing Medicare Fraud

## ND SMP Scam of the Month March 2024

### Top 5 Medical Scams We Will See in 2024

Medicare scams can happen to anyone. Did you know that Medicare scams are a type of identity theft, and the most common scam among seniors? Medicare fraud is when someone scams Medicare beneficiaries and cheats Medicare. This can happen when someone steals your Medicare information or submits false claims to Medicare.

How does Medicare fraud work? Scammers often find information online from a people search site or it may happen following a data breach. The Medicare scammer will contact people with claims or offers of special treatment or services as part of a Medicare program. Knowing more about how Medicare scams happen and the kinds of scams we are seeing can help you stay protected.

#### 5 of the most common Medicare scams:

- 1. New Medicare Cards.** One common tactic scammers use is to offer you a new kind of card, one with a chip or a plastic card. **Medicare DOES NOT offer cards like that.** Scammers may also try to convince you that your card is outdated. Medicare cards don't expire!
- 2. Offers of cheaper plans or expanded drug coverage.** Scammers may promise better drug coverage or cheaper supplement plans. They may ask for payment or personal details to enroll you in a different plan, which may not always be the best plan for you.
- 3. Refunds or rebate offers.** There might be legitimate refunds and rebates out there, but your healthcare provider should inform you about any that you may qualify for.
- 4. Medicare plan cancellation.** This is one of the most common ways scammers try to get your personal information. Scammers may demand immediate payment or personal information to avoid cancellation of your Medicare benefits. Medicare will inform you in writing if you are at risk of losing coverage.
- 5. Offers of free medical supplies or tests.** Your physician knows best what supplies or tests you may need so always check with them first before agreeing to offers of "free" medical supplies or services. Remember, these tests are not really free, the fraudsters want your Medicare number so they can bill Medicare for the tests or supplies.

**Reporting Medicare fraud:** If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at [ndsmp@minotstateu.edu](mailto: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.

The information provided is intended to be a general summary only. Source of information: McGowan, E. (12 Sept. 23). LifeLock by Norton. 5 Medicare Scams to Avoid in 2024. Retrieved December 20, 2023, from <https://lifelock.norton.com/learn/fraud/medicare-scams>

**North Dakota Senior Medicare Patrol Phone: 800-233-1737 or (701) 858-3580**

For more information or to locate your SMP, visit [www.ndcpd.org/smp](http://www.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.

# Legumes

Lane Lipetzky, RDN—Valley Senior Services

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## Lentil Ragout (side dish)

1 Tbsp olive oil	1 bay leaf
1 garlic clove, minced	½ tsp dried thyme
½ yellow onion, diced	1 cup green lentils
1 large carrot, peeled and diced	3 cups vegetable stock
1 Tbsp tomato paste	1 Tbsp parsley, chopped

## Instructions

- Heat olive oil in a large saucepan over medium heat.
- Sauté garlic, carrot and onion until softened – around 5 minutes.
- Add tomato paste, bay leaf and thyme. Cook 2 minutes.
- Add lentils and stock. Stir, bring to simmer, then lower heat and simmer without a lid for 15 minutes until the lentils are soft.
- Stir through parsley. Taste and add more salt or pepper if needed.

## Tips for Cooking Legumes:

- If you buy dried legumes, most need to be soaked to make them easier to digest and the nutrients easier to absorb. Lentils and split peas, however, are dried legumes that you do not need to soak before preparation.
- Soak dried legumes overnight and rinse before cooking for best results.
- Use canned legumes to eliminate the soaking and cooking process. Rinse before using to reduce the sodium.
- Dried legumes are often cheaper to buy than canned but are more time consuming.
- To save time in future preparation, you can cook, drain and rinse extra legumes to put in a Ziplock bag and freeze. These can be added to soups or dishes at a later date!



## **ND Vocational Rehabilitation Low Vision Support**

### **Older Individuals who are Blind (OIB) Program**

The OIB program is designed to assist individuals (over the age of 55 who have a vision deficit, are not employed, and not in a nursing facility) improve their independence in their homes and communities by enhancing their quality of life. Vision deficiencies include macular degeneration, glaucoma, cataracts, or any other form of vision loss.

#### **OIB Services include (but not limited to):**

- Advocacy Training & Support
- Assistive Technology Devices
  - Magnifiers
  - Lighting
  - Glare control
- Assistive Technology Training
  - Communication Skills
  - Independent Living Skills

**Matt Bahr, Vision Rehabilitation Specialist, will present more information on this program at the senior centers in the following towns:**

<b><u>Location</u></b>	<b><u>Date</u></b>	<b><u>Time</u></b>
Wyndmere Senior Center	Thursday, March 14th	11:00am
Abercrombie Community Center	Tuesday, March 19th	12:30pm
Wahpeton Senior Center	Tuesday, March 19th	10:30am
Hankinson Senior Center	Tuesday, March 26th	12:00pm
Lidgerwood Senior Center	Tuesday, March 26th	10:00am

**Wahpeton  
642-5746**

**Southeast Senior Services  
March 2024**

**All Meals Served With  
1% Milk**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1
				Pork Wing Scalloped Potatoes California Blend Vegetables Pineapple Tidbits Whole Wheat Bread x 2
<b>MONDAY 4</b> Salisbury Steak Mushroom Gravy Baked Potato/Sour Cream Stewed Tomatoes Peaches Whole Wheat Bread x 2	<b>TUESDAY 5</b> Chicken Croquettes Mashed Potatoes Poultry Gravy Italian Blend Vegetables Apricots	<b>WEDNESDAY 6</b> Hamburger on a Bun Mushrooms & Onions Baked Beans Pears	<b>THURSDAY 7</b> Herb Baked Fish Wild Rice Blend Baked Sweet Potato Confetti Coleslaw Blackberries Whole Wheat Bread	<b>FRIDAY 8</b> Spaghetti / Meat sauce House Salad Green Beans Breadstick Parmesan Cheese Apple
<b>MONDAY 11</b> Tater Tot Hotdish Crinkle Cut Carrots Applesauce Whole Wheat Bread x 2	<b>TUESDAY 12</b> Chicken Kiev Baby Baker Potatoes Steamed Broccoli Strawberries Whole Wheat Bread x 2	<b>WEDNESDAY 13</b> <b>BirthDay Dinner</b> Herbed Pork Loin Sauerkraut Parslied Carrots Company Potatoes Pear Crisp St. Patrick's Day Dessert	<b>THURSDAY 14</b> Beef Stroganoff Noodles Corn Brussels Sprouts Mandarin Oranges Whole Wheat Bread	<b>FRIDAY 15</b> Cheesy Egg Bake Crispy Cubed Potatoes Mixed Vegetables Banana Whole Wheat Bread x 2
<b>MONDAY 18</b> Braised Pork Chop Mashed Potato/Gravy Squash Apricots Whole Wheat Bread x 2	<b>TUESDAY 19</b> Lemon Pepper Cod Baked Potato Mixed Vegetables Breadstick Pineapple Tidbits	<b>WEDNESDAY 20</b> Stir Fry Pork Brown Rice Tossed Salad Japanese Stir Fry Vegetables Fruit Cocktail Whole Wheat Bread	<b>THURSDAY 21</b> Swedish Meatballs Mashed Potatoes Diced Beets Cinnamon Applesauce Whole Wheat Bread x 2	<b>FRIDAY 22</b> Sloppy Joe on a Bun Baked Beans Oven Baked Potato Wedges Mandarin Oranges
<b>MONDAY 25</b> Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus Tropical Fruit Garlic Bread	<b>TUESDAY 26</b> Cabbage Rolls Garlic Whipped Potatoes Steamed Baby Carrots Grapes Whole Wheat Bread x 2	<b>WEDNESDAY 27</b> Seasoned Pork Roast / Gravy Baked Sweet Potato Creamed Peas Orange Whole Wheat Bread x 2	<b>THURSDAY 28</b> Chili / Saltine Crackers Baked Potato Hot Spiced Apples Whole Wheat Bread	<b>FRIDAY 29</b> <b>CLOSED</b>

**Richland County Meal Sites Monthly Menu. All Meals Include a Beverage & Bread.**

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4 Salisbury Steak Mushroom Gravy Baked Potato / Sour Cream Stewed Tomatoes	5 Hamburger on a Bun Mushrooms & Onions Baked Beans	6 Spaghetti & Meat Sauce House Salad Green Beans
11 Tater Tot Hotdish Crinkle Cut Carrots Applesauce	12 Chicken Kiev Baby Baker Potatoes Steamed Broccoli	13 Herbed Pork Loin Sauerkraut Parslied Carrots Company Potato
18 Braised Pork Chop Mashed Potatoes & Gravy Squash	19 Swedish Meatballs Mashed Potatoes Diced Beets	20 Sloppy Joe on a Bun Baked Beans Oven Baked Potato Wedges
25 Chili / Saltine Crackers Baked Potato Hot Spiced Apples	26 Cabbage Rolls Garlic Whipped Potato Steamed Baby Carrots	27 Seasoned Pork Roast Baked Sweet Potato Creamed Peas

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**Frozen meals are available to the meal participants of Fairmount. If you would like more info please call Southeast Senior Services at 701-642-3033.**

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		1 Pork Wing Scalloped Potatoes California Blend Vegetables
5 Chicken Croquettes Mashed Potato Poultry Gravy Italian Blend Vegetables	6 Hamburger on a Bun Mushrooms & Onions Baked Beans	8 Herb Baked Fish Wild Rice Blend Baked Sweet Potato Confetti Coleslaw
12 Chicken Kiev Baby Baker Potatoes Steamed Broccoli	13 Tater Tot Hotdish Crinkle Cut Carrots Applesauce	15 Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus
19 Lemon Pepper Cod Baked Potato Mixed Vegetables	20 Stir Fry Pork Brown Rice Tossed Salad Japanese Stir Veggies	22 Sloppy Joe on a Bun Baked Beans Oven Baked Potato Wedges
26 Cabbage Rolls Garlic Whipped Potato Steamed Baby Carrots	27 Seasoned Pork Roast / Gravy Baked Sweet Potato Creamed Peas	28 Cheesy Egg Bake Crispy Cubed Potato Mixed Vegetables

**Richland County Meal Sites Monthly Menu. All Meals Include a Beverage & Bread.**

**LIDGERWOOD**

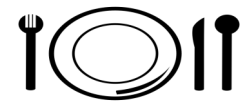
4 Salisbury Steak Mushroom Gravy Baked Potato/Sour Cream Stewed Tomatoes	5 Hamburger on a Bun Mushrooms & Onions Baked Beans	7 Herbed Pork Loin Sauerkraut Parslied Carrots Company Potato
11 Tater Tot Hotdish Crinkle Cut Carrots Applesauce	12 Chicken Kiev Baby Baker Potato Steamed Broccoli	14 Beef Stroganoff Noodles Corn Brussels Sprouts
18 Braised Pork Chop Mashed Potato/Gravy Squash	19 Lemon Pepper Cod Baked Potato Mixed Vegetables	21 Swedish Meatballs Mashed Potato Diced Beets
25 Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus	26 Cabbage Rolls Garlic Whipped Potato Steamed Baby Carrots	28 Seasoned Pork Roast / Gravy Baked Sweet Potato Creamed Peas

**WYNDMERE**

4 Salisbury Steak Mushroom Gravy Baked Potato / Sour Cream Stewed Tomatoes	5 Chicken Croquettes Mashed Potato Poultry Gravy Italian Blend Vegetables	7 Herbed Baked Fish Wild Rice Blend Baked Sweet Potato
11 Tater Tot Hotdish Crinkle Cut Carrots Applesauce	12 Chicken Kiev Baby Baker Potato Steamed Broccoli	14 Beef Stroganoff Noodles Corn Brussels Sprouts
18 Braised Pork Chop Mashed Potato/Gravy Squash	19 Lemon Pepper Cod Baked Potato Mixed Vegetables	21 Swedish Meatballs Mashed Potato Diced Beets
25 Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus	26 Cabbage Rolls Garlic Whipped Potato Steamed Baby Carrots	28 Chili / Saltine Crackers Baked Potato Hot Spiced Apples

**All of our meal sites provide congregate and home delivered meals in their towns. Meals are available for a suggested donation of \$4.00. All donations are used to help us keep up with the growing demand for these services.**

Abercrombie	Serves	M,T,W	553-8759
Hankinson	Serves	T,W,F	242-7742
Lidgerwood	Serves	M,T,TH	538-4602
Wyndmere	Serves	M,T,TH	439-2907
Wahpeton	Serves	M-F	642-5746



Please let your Meal Site know if you plan on eating with them!



# **SAVE THE DATE!!**

**What: Southern Valley Aging Expo**

**When: Thursday, May 9th, 2024**

**Where: Wahpeton Community Center  
304 5th Street South**

**Stay tuned for more information in our  
upcoming newsletters!**

## **SOUTHEAST SENIOR SERVICES**

**- Improving Peoples Lives One Resource At A Time -**

Community Dining, Carry Out Meals and Meals on Wheels are offered in the towns of Abercrombie, Hankinson, Lidgerwood, Wahpeton and Wyndmere. Don't live in one of these towns? Frozen meals are available to you!

Transportation is provided in Wahpeton, to Fargo and from surrounding towns into Wahpeton. These rides are open to all Richland County residents regardless of age.

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

**SSS** Southeast  
Senior Services  
Improving people's lives one resource at a time

**Richland County Public Transit Schedules for  
March 2023– May 2024**

**TRANSIT RIDES TO WAHPETON**

Southeast Senior Services offers rides from surrounding towns into Wahpeton 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 10am and 2:00pm if possible. The cost for these rides is **\$5.00 per person.**

**FAIRMOUNT/HANKINSON/LIDGERWOOD  
WYNDMERE/MOORETON**

Mar: 11 & 25

April 8 & 22

May 6 & 20

**ESTIMATED PICK UP TIMES FOR RIDES TO WAHPETON**

Fairmount 8:40 am

Hankinson 9:00 am

Lidgerwood 9:15 am

Wyndmere 9:30 am

Mooreton 9:45 am

**TRANSIT RIDES TO FARGO**

Southeast Senior Services provides transportation to Fargo on the 1st, 2nd, 3rd and 4th Tuesdays and Thursdays of most months. **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. Cost for these rides is **\$8.00 per person.** The routes will be as follows:

**Fargo North Run**  
Wahpeton, Abercrombie,  
Mooreton, Christine,  
Walcott, Galchutt

**Will run on  
these dates.** →

Mar: 5, 7, 12, 28  
Apr: 2, 4, 9, 25  
May: 2, 7, 14, 23

**Fargo South Run**  
Wahpeton, Fairmount,  
Hankinson, Lidgerwood,  
Wyndmere, Colfax

**Will run on  
these dates.** →

Mar: 14, 19, 26  
Apr: 11, 16, 23  
May: 21, 28

**Fargo Run**  
Wahpeton, Fairmount,  
Hankinson, Lidgerwood,  
Wyndmere, Mooreton,  
Abercrombie, Colfax,  
Christine, Walcott, Galchutt

**Will run on  
these dates.** →

Mar: 21  
Apr: 18  
May: 16

# 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

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## Coffee & Toast Social

Abercrombie—Monday, Tuesday, and Wednesday

Time: 8am-10am at the location listed above

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## Exercise

Lidgerwood—Exercise equipment available to use

Wahpeton—**Bone Builders**—Tuesday & Thursday at 9am  
at the Wahpeton Community Center

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## Pot Luck

Fairmount—2nd & 4th Wednesday of the month at 12pm

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## 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
Wii Games	Yahtzee	Phase 10

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**“Roll” into the weekend with us at the Wahpeton Senior Center! Give us a call at 642-5746 before 12:00 pm 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 \$1.00 donation!**

## Bridge

Wahpeton—Thursday at 12:30pm

## Hand and Foot

Abercrombie—Wednesday at 1pm

Lidgerwood—Tuesday at 1pm

Wahpeton—Wednesday at 12:15pm

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

## Other Card Games & Dominoes

Wyndmere—Monday—Friday at 3pm

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

## Pinochle

Wahpeton—Wednesday at 12:30pm

Wyndmere—Monday at 1pm

## Puzzles

Wahpeton—Monday — Friday 9am—3pm

Wyndmere—Monday—Friday 10am—6pm

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

## Social Hour

Abercrombie—Monday, Tuesday & Wednesday at 1pm

Wyndmere—Monday—Friday at 3pm

## Whist

Wahpeton—Monday at 12:30pm

Wyndmere— Thursday at 1pm

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

Wahpeton Harmony Senior Citizens Club, Inc  
520 3<sup>rd</sup> Avenue South  
Wahpeton, ND 58075

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"Return Service Requested"

# Thank You!

We are once again humbled by the outpouring of financial support that was given to us on Giving Hearts Day, on February 9th, 2024.

Because of you, we were able to raise

**\$11,937**