

## Diet for Diverticular Disease

By Lane Lipetzky Swenson—RD, LD, CGN

According to the National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK), around 30% of US adults over the age of 50, 50% over the age of 60 and upwards of 70% of adults over the age of 80 have diverticulosis. Diverticulosis is a condition where diverticula (small bulging pouches) form inside the colon. These diverticula often don't cause symptoms, however, they can become infected and inflamed which is considered diverticulitis. Luckily, not everyone with diverticulosis will develop diverticulitis and there are certain dietary patterns that can help decrease your risk. In this month's article we will discuss risk factors for diverticular disease and dietary patterns for prevention.

### Risk Factors

As you may have noticed in the statistics above, increasing age is one of the main risk factors for diverticular disease. According to the Mayo clinic, additional risk factors include:

A low fiber diet	Obesity
Smoking or heavy alcohol use	Genetics
Lack of exercise	Low vitamin D levels
High intake of red & processed meats	Use of certain medications such as steroids, opioids and NSAIDs like ibuprofen

Not all risk factors are controllable, however, changes in diet, exercise, smoking and alcohol use and vitamin D supplementation may help decrease your risk for developing diverticulosis. If you already have diverticulosis, these changes can also decrease your risk for diverticulitis and the need for medical intervention.

### Diet for Diverticular Disease

Advice used to be to avoid foods like popcorn, nuts and seeds. We now know that this is not necessary and actually may make it harder to meet your fiber needs. The latest diet recommendations are to follow a high fiber diet, drink plenty of fluids, limit red and processed meats and to be physically active. If you drink alcohol, do so in moderation and if you smoke, reduce your smoking or quit. You may also want to talk to your dietitian or doctor about vitamin D supplementation, especially in the fall and winter months. The bullet points below are specific diet recommendations for diverticular disease:

- Daily fiber recommendations: 21 grams a day for women over the age of 50 and 30 grams a day for men over 50
- Fluids: Aim for at least 8 cups, or 2 liters, of fluids a day to help soften stools and prevent constipation. This is especially important when you are increasing your fiber intake.

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**

Administrative Specialist  
Deanna

COUNTY ASSISTANT  
Sharilynne

KITCHEN STAFF  
Carol-Abercrombie  
Sarah—Hankinson  
Sandra—Lidgerwood  
Sharron-Wahpeton  
Tanya—Wahpeton  
Cathy-Wyndmere

FILL-IN KITCHEN STAFF  
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 Grindelnd  
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 May 6 & 20 and June 3 and 17  
9:00am to 12:00pm May 1 and June 5

**Lidgerwood Senior Center**  
**117 4th Street Southwest**

9:00am to 1:00pm on  
May 1 and June 5

**Hankinson Senior Center**  
**111 3rd Street Southwest**

9:00am to 1:00pm on  
May 8 and June 12

**Wyndmere Senior Center**  
**466 4th Street**

10:00am to 1:00pm on  
May 15 and June 19

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

# 2025 SOUTHERN VALLEY AGING EXPO

**A Gathering of Experience and Support:**  
Empowering Seniors, Connecting Communities



**Thursday, May 15**  
**11:00 am - 2:30 pm**



**Wahpeton Community Center**  
**304 5th Street S | Wahpeton, ND 58075**



<b>11:00am - 12:30pm</b>	Visit Booths Balance & Falls Screening by Essentia Health
<b>12:00 - 12:30pm</b>	Hot Lunch — Free Will Offering
<b>12:30 - 1:00pm</b>	Mental Health: The Elephant in the Room
<b>1:00- 1:15pm</b>	Stretches
<b>1:15 - 1:30pm</b>	Break   Door Prizes   Cookies
<b>1:30 - 2:00pm</b>	Scam Prevention
<b>2:00 - 2:30pm</b>	Door Prizes   Surveys

**TIP: Bring address labels!** There will be plenty of door prizes and sign-up opportunities.

**CONNECT WITH LOCAL SERVICE PROVIDERS AND  
DISCOVER THE RESOURCES AVAILABLE TO YOU.**

### **SPONSORED BY**

Richland County Council on Aging, Valley Senior Services, Gate City Bank, Plantastic, Doosan Bobcat, Cargill, Wahpeton Senior Center and Thrifty White Pharmacy—Breckenridge

## Diet for Diverticular Disease

*Continued from Page 1*

- There is no specific requirement on how much red or processed meat you can eat to limit your risk for diverticulitis. However, it is advisable to replace some of your red or processed meat intake with healthier alternatives such as poultry, eggs, fish, seafood and legumes for protein.
- Physical activity recommendations: at least 30 minutes of moderate physical activity (like brisk walking) 5 days a week can help reduce your risk.
- Alcohol: avoid alcohol during a flare, it can irritate your gastrointestinal tract and increase inflammation. If you choose to drink alcohol outside of a flare, do so in moderation.

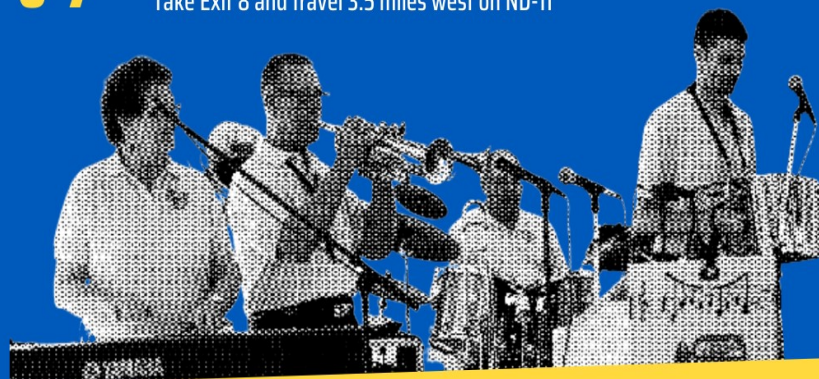
### Diet Progression After Diverticulitis

If you do develop diverticulitis, you may need to seek medical attention. You will likely be required to follow a clear liquid diet before advancing to a low fiber diet and eventually back to a high fiber diet. In next month's article, I will give examples of how and when to progress from clear liquids to a high fiber diet following a flare.

# HANKINSON'S 10TH ANNUAL MUSIC FEST 2025

**JUNE 6-7** HISTORIC DOWNTOWN HANKINSON, ND

Hankinson, North Dakota is located 60 miles south of Fargo on I-29  
Take Exit 8 and travel 3.5 miles west on ND-11



**TWO FULL DAYS OF MUSIC & DANCING**

### BAND SCHEDULE:

#### FRIDAY, JUNE 6

Noon-1:30 pm Leon Olsen Show  
1:30 -3:00 pm Matt Hodek's Dakota Dutchmen  
3:00-4:30 pm Leon Olsen Show  
4:30-6:00 pm Matt Hodek's Dakota Dutchmen

#### SATURDAY, JUNE 7

Noon-1:30 pm Matt Hodek's Dakota Dutchmen  
1:30 -3:00 pm Leon Olsen Show  
3:00-4:30 pm Matt Hodek's Dakota Dutchmen  
4:30-6:00 pm Leon Olsen Show

**ADMISSION: \$20/DAY OR \$30/2-DAY PASS**

**KICK OFF PARTY:**

**THURSDAY, JUNE 5 | 6:30-10 PM**

**\$10 ADMISSION | MUSIC BY LARRY RYSAVY**

**FREE RV PARKING - NO HOOKUPS | CONCESSIONS & FULL BAR AVAILABLE**

For more information: 701.899.3087 | [www.hankinsonnd.com/musicfest.html](http://www.hankinsonnd.com/musicfest.html)

## **CHI-St. Francis's Senior Life Solutions Help Older Adults Create the Life They Want to Live**

CHI-St. Francis's Senior Life Solutions is a program designed to meet the unique needs of individuals typically 65 and older, experiencing depression or anxiety related to life changes often associated with aging, is here to help address the behavioral and emotional health of the older adults in our community.

For older adults, depression, and anxiety often come about by a significant life change. Feelings of sadness, guilt, hopelessness, or worthlessness occur due to some of these common older adult life transitions: retirement, kids growing older with their own families, your physical abilities being different than they used to be, potential new home environment, losing loved ones, feeling more dependent on others for care. As we grow older, we experience more of these life transitions, and often they can be painful and more complex.

In older adults, symptoms of depression and anxiety often go unnoticed or overlooked. Even the person experiencing these feelings may think this is a normal part of aging. There is a large population of the elderly, and these adults need to know that they don't have to feel this way; it doesn't have to become their "norm." In fact, according to a recent study done by Mental Health America, about 58% of people aged 65 and older believe it is "normal" for people to get depressed as they grow older.

CHI-St. Francis's Senior Life Solutions program staff includes a board-certified psychiatrist, a nurse practitioner, a licensed therapist, a registered nurse, and other trained professionals dedicated to helping older adults in our community navigate difficult life transitions and regain their quality of life. Erica Wolden, Program Director of Senior Life Solutions says, "We are committed to providing excellent care to our community. We are available to answer questions about mental health, provide educational presentations, or provide information about our program to community members. We also educate other healthcare professionals about mental health and the specific challenges of aging."

Anyone can make a referral to our program, including self-referrals, primary care physicians, specialists, family members, friends, community groups, and nursing or residential facilities.

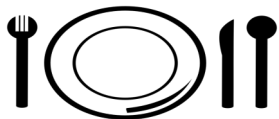
If you would like more information, education, or would like to discuss support for yourself or a loved one, please call us at **218-643-0700**

### **ABOUT SENIOR LIFE SOLUTIONS**

Founded in 2003, Senior Life Solutions is managed by Psychiatric Medical Care (PMC), a leading behavioral healthcare management company. PMC manages inpatient behavioral health units, intensive outpatient programs, and telehealth services in more than 25 states. For more information, visit [www.psychmc.com/seniorlifesolutions](http://www.psychmc.com/seniorlifesolutions).



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Baked Lemon Tilapia Roasted Red Potatoes Asparagus WW Bread x2 Fruited Mallow Gelatin	<b>2</b> Grilled Chicken/Bun Lettuce/Tomato/Onion Waffle Fries Corn Grapes
<b>5</b> Teriyaki Chicken Sesame Brown Rice Pacific Blend Veggies Vegetable Egg Roll Peach Crisp	<b>6</b> Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce WW Bread x2	<b>7</b> Baked Pork Chop Baked Potato/Sour Cream Harvard Beets WW Bread x2 Chilled Peaches	<b>8</b> Tater Tot Casserole Southwest Corn WW Bread Pear	<b>9</b> Turkey Mornay Garlic Mashed Potatoes Country Blend Veggies Chilled Pineapple WW Bread x2
<b>12</b> Rosemary Orange Chicken Rosemary Potatoes Garden Blend Veggies Rosy Applesauce WW Bread x2	<b>13</b> Stuffed Peppers Mashed Potatoes Zucchini Whole Orange WW Roll Low Fat Vanilla Yogurt	<b>BIRTHDAY DINNER 14</b> Chicken Fettuccine Alfredo House Salad Green Beans WG Breadstick Cranberry Fruit Salad Gelatin Cheesecake	<b>EXPO 11-2:30pm 15</b> <b>Home Delivered Only</b> <b>No Congregate/Carry Out</b> Pulled Pork/Bun Company Potatoes Coleslaw Mandarin Oranges	<b>16</b> Beef Taco Salad Tortilla Chips/Salsa Fresh Berries Whipped Topping
<b>19</b> Salisbury Steak w/ Mushroom Gravy Twice Baked Potato Seasoned Broccoli WW Bread x2 Strawberries	<b>20</b> Caprese Chicken Lemon Dill Orzo Green & Gold Beans Fresh Orange WW Bread x2	<b>21</b> Beef Marzetti House Salad/Dressing Squash Garlic Bread Fruit Cocktail w/ Whipped Topping	<b>22</b> Pork Wings Au Gratin Potatoes Seasoned Snow Peas WW Dinner Roll Honeydew Melon	<b>23</b> Chicken Salad on Wheat Chickpea Salad Lettuce/Tomato/Onion Watermelon
<b>26</b> <b>CLOSED</b> If you would like a frozen meal on Friday, please call the office. <b>642-5746</b>	<b>27</b> Hot Dog on a Bun Tater Tots Mixed Veggies Apple	<b>28</b> Beef Stir Fry Herbed Orzo Pasta Stir Fry Veggie Blend Chilled Mandarin Oranges WW Bread x2	<b>29</b> Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Deluxe Fruit WG Biscuit	<b>30</b> Southwest Veggie Pasta Mixed Veggies Kiwi WW Roll



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.**

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

Teriyaki Chicken Sesame Brown Rice Pacific Blend Veggies Vegetable Egg Roll Peach Crisp	<b>5</b>	Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce WW Bread x2	<b>6</b>	Baked Pork Chop Baked Potato/Sour Cream Harvard Beets WW Bread x2 Chilled Peaches	<b>7</b>
Stuffed Peppers Mashed Potatoes Zucchini Whole Orange WW Roll Low Fat Vanilla Yogurt	<b>12</b>	Pulled Pork on a Bun Company Potatoes Coleslaw Mandarin Oranges	<b>13</b>	Beef Taco Salad Tortilla Chips/Salsa Fresh Berries w/ Whipped Topping	<b>14</b>
Salisbury Steak/Mushroom Gravy Twice Baked Potato Seasoned Broccoli WW Bread x2 Strawberries	<b>19</b>	Caprese Chicken Lemon Dill Orzo Green & Gold Beans Fresh Orange WW Bread x2	<b>20</b>	Beef Marzetti House Salad/Dressing Squash Garlic Bread Fruit Cocktail /Whipped Topping	<b>21</b>
Hot Dog on a Bun Tater Tots Mixed Veggies Apple	<b>27</b>	Beef Stir Fry Herbed Orzo Pasta Stir Fry Veggie Blend Chilled Mandarin Oranges WW Bread x2	<b>28</b>	Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Deluxe Fruit WG Biscuit	<b>29</b>

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

		Teriyaki Chicken Sesame Brown Rice Pacific Blend Vegetables Vegetable Egg Roll Peach Crisp	<b>2</b>
Tater Tot Casserole Southwest Corn WW Bread Pear	<b>6</b>	Turkey Mornay Garlic Mashed Potatoes Country Blend Veggies Chilled Pineapple WW Bread x2	<b>7</b>
Beef Taco Salad Tortilla Chips/Salsa Fresh Berries w/ Whipped Topping	<b>13</b>	Pulled Pork on a Bun Company Potatoes Coleslaw Mandarin Oranges	<b>14</b>
Pork Wings Au Gratin Potatoes Seasoned Snow Peas WW Dinner Roll Honeydew Melon	<b>20</b>	Beef Marzetti House Salad/Dressing Squash Garlic Bread Fruit Cocktail/Whipped Topping	<b>21</b>
Salisbury Steak w/ Mushroom Gravy Twice Baked Potato Seasoned Broccoli WW Bread x2 Strawberries	<b>27</b>	Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Deluxe Fruit WG Biscuit	<b>28</b>
		Baked Pork Chop Baked Potato/Sour Cream Harvard Beets WW Bread x2 Chilled Peaches	<b>9</b>
		Chicken Fettuccine Alfredo House Salad Green Beans WG Breadstick Cranberry Fruit Salad Gelatin Cheesecake	<b>16</b>
		Stuffed Peppers Mashed Potatoes Mixed Veggies Whole Orange WW Roll Low Fat Vanilla Yogurt	<b>23</b>
		Beef Stir Fry Herbed Orzo Blend Stir Fry Veggie Blend Chilled Mandarin Oranges WW Bread x2	<b>29</b>

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

		Baked Lemon Tilapia Roasted Red Potatoes Asparagus WW Bread x2 Fruited Mallow Gelatin	<b>1</b>
Baked Pork Chop Baked Potato/Sour Cream Harvard Beets WW Bread x2 Chilled Peaches	<b>5</b>	Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce WW Bread x2	<b>6</b>
		Tater Tot Casserole Southwest Corn WW Bread Pear	<b>8</b>
Beef Taco Salad Tortilla Chips/Salsa Fresh Berries w/ Whipped Topping	<b>12</b>	Stuffed Peppers Mashed Potatoes Zucchini Whole Orange WW Roll Low Fat Vanilla Yogurt	<b>13</b>
		Pulled Pork on a Bun Company Potatoes Coleslaw Mandarin Oranges	<b>14</b>
Salisbury Steak/Mushroom Gravy Twice Baked Potato Seasoned Broccoli WW Bread x2 Strawberries	<b>19</b>	Caprese Chicken Lemon Dill Orzo Green & Gold Beans Fresh Orange WW Bread x2	<b>20</b>
		Beef Marzetti House Salad/Dressing Squash Garlic Bread Fruit Cocktail w/ Whipped Topping	<b>22</b>
Hot Dog on a Bun Tater Tots Mixed Veggies Apple	<b>27</b>	Beef Stir Fry Herbed Orzo Pasta Stir Fry Veggie Blend Chilled Mandarin Oranges WW Bread x2	<b>28</b>
		Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Deluxe Fruit WG Biscuit	<b>29</b>

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

		Baked Lemon Tilapia Roasted Red Potatoes Asparagus WW Bread x2 Fruited Mallow Gelatin	<b>1</b>
Teriyaki Chicken Sesame Brown Rice Pacific Blend Veggies Vegetable Egg Roll Peach Crisp	<b>5</b>	Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce WW Bread x2	<b>6</b>
		Tater Tot Casserole Southwest Corn WW Bread Pear	<b>8</b>
Rosemary Orange Chicken Rosemary Potatoes Garden Blend Veggies Rosy Applesauce WW Bread x2	<b>12</b>	Stuffed Peppers Mashed Potatoes Zucchini Whole Orange WW Roll Low Fat Vanilla Yogurt	<b>13</b>
		Chicken Fettuccine Alfredo House Salad Green Beans WG Breadstick Cranberry Fruit Salad Gelatin Cheesecake	<b>14</b>
Salisbury Steak/Mushroom Gravy Twice Baked Potato Seasoned Broccoli WW Bread x2 Strawberries	<b>19</b>	Caprese Chicken Lemon Dill Orzo Green & Gold Beans Fresh Orange WW Bread x2	<b>20</b>
		Pork Wings Au Gratin Potatoes Seasoned Snow Peas WW Dinner Roll Honeydew Melon	<b>22</b>
Hot Dog on a Bun Tater Tots Mixed Veggies Apple	<b>27</b>	Beef Stir Fry Herbed Orzo Pasta Stir Fry Veggie Blend Chilled Mandarin Oranges WW Bread x2	<b>28</b>
		Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Deluxe Fruit WG Biscuit	<b>29</b>





## ND SMP Scam of the Month – May 2025

### Beware of New Medicare Scam: Unwanted Ostomy Supply Charges

Medicare is getting reports about charges for ostomy pouches that people didn't ask for, don't need, or never got. This might be a new scam. Make sure to check your Medicare statements for any ostomy supplies.

#### What are ostomy supplies used for?

Ostomy supplies help people who have had surgery to create an opening (called a stoma) that lets urine or waste leave their body. Medicare covers these supplies for people who need them. Check your Medicare statements to make sure you aren't being charged for supplies you don't need.

Medicare will never call to offer you test kits, vaccines, supplies, miracle cures, or a plastic or chipped Medicare card. If you get a call from someone claiming to be from Medicare or working on behalf of Medicare...**it's a SCAM!**

- Medicare will never call you.
- Medicare is NOT issuing new Medicare cards.
- Medicare isn't calling with offers of "free" products or services of any kind.
- DO NOT give out personal information to someone who calls offering free supplies.

#### Tips for preventing fraud:

- Protect your Medicare number like you would a credit card.
- Protect your medical information.
- Be wary and ask questions. If it sounds too good to be true, it probably is!

#### Reporting Medicare Fraud:

If you suspect fraud, 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. 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: Experian-Prevention (20 Dec 24). *The latest scams you need to be aware of in 2025*. Retrieved from <https://www.experian.com/blogs/ask-experian/category/fraud-and-identity-theft/prevention/>. AARP Scam and Fraud (16 Dec 2024). *Here are five common scams to watch for in 2025*. Retrieved from: <https://www.aarp.org/money/scams-fraud/info-2024/biggest-scams-2025.html>

**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

May 2025 to July 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

May 12 & 19

June 16 & 30

July 14 & 28

## 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.**

**May:** 1, 6, 8, 13, 20, 22, 27, 29

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

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



## 2024 Services Delivered Report

In 1971 Valley Senior Services began providing congregate and home delivered meals, transportation and resource services to seniors 60 years and older in the Fargo/West Fargo area. Today, we serve seniors with meals, transportation, and resource services in six counties in southeastern North Dakota; our Metro Senior Ride Service operates in the Fargo-Moorhead metro area which includes the cities of West Fargo and Dilworth. As the population of North Dakota ages, Valley Senior Services will be prepared to provide services that help them stay independent and in their own homes for as long as possible; currently we are making plans to expand our number of meal sites and transit vehicles to keep up with demand.

2024 was a busy year for Valley Senior Services, overall, the number of meals, rides and resource visits provided by our agency increased over 2023.

### Services provided in 2024

#### **Congregate Meals**

86,068

#### **Meals on Wheels**

196,791

#### **Take-out meals**

64,215

#### **Transportation**

54,049

#### **Resource Service**

Direct Services = 1,307 hours

Home Delivered Meals = 702 hours



### **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 19th 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!

#### **“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!**

**\* Please note increase in suggested donation**

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

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

"Return Service Requested"



### Did You Know?

- You can use your SNAP benefits to donate for meals.
- You can donate with a credit card online at [valleyseniorservices.org](http://valleyseniorservices.org)
- NEW—You can donate with a credit card at our Wahpeton office.