



Fiber is the part of the plant food that your body cannot digest. When you eat it, it's like a broom sweeping out all waste and leftovers from your food. Fiber comes from plant foods and is never in meat or milk.

TWO TYPES OF FIBER:

- Soluble Fiber – Mixes with water to form a gummy substance that sticks to cholesterol and helps it to not stay in your body. This helps to lower blood cholesterol levels. It also slows down how fast sugar gets into your blood; this helps with diabetes control.
 - * Sources: oats, seeds, beans, barley, peas, lentils, apples, citrus fruit, carrots, plums, and squash.
- Insoluble Fiber – This absorbs water. This fiber makes stools larger, softer, and easier to get rid of. It keeps the digestive system running smoothly. It reduces constipation and hemorrhoids. It can keep you from getting certain kinds of cancer.
 - * Sources: bran, whole grain products, skins of fruits and vegetables, and leafy greens

HOW MUCH DO I NEED?

- Adult males under 50 – 38 grams daily
- Adult males over 50 – 30 grams daily
- Adult females under 50 – 25 grams daily
- Adult females over 50 – 21 grams daily

HOW TO BOOST FIBER INTAKE:

- Replace white bread with whole wheat bread. Many types of bread are packed with fiber. Look for the words "whole wheat" at the top of the ingredient list. Read the label carefully – just because the bread claims to be "whole grain" or "wheat" doesn't mean it has a large dose of fiber. Look for at least 2-3 grams per slice.
- Leave the sugary cereals on the shelves. Whole grain cereals and bran flakes are usually packed with fiber – about 5 grams in one $\frac{3}{4}$ cup serving. Fiber One by General Mills is a great choice, packing 14 grams in each serving. If you are having a hard time swallowing these healthier cereals – try adding a little sweetness with fresh fruit, vanilla soy or almond milk, a little bit of honey, or a sugar-free sweetener.

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
Liz

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 May 5 & 19 and June 2 & 16
9:00am to 12:00pm on May 7 and June 4

Lidgerwood Senior Center
117 4th Street Southwest

9:00am to 1:00pm on
May 7 & June 4

Hankinson Senior Center
111 3rd Street Southwest

9:00am to 1:00pm on
May 14 & June 11

Wyndmere Senior Center
466 4th Street

10:00am to 1:00pm on
May 21 & June 18

**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



2026 SOUTHERN VALLEY AGING EXPO

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

Thursday, May 14 | 11:00 am - 2:30 pm

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

11:00am - 12:30pm	Visit Booths Balance & Falls Screening by Essentia Health
12:00 - 12:30pm	Hot Lunch — Free Will Offering Shredded beef on a bun, company potatoes, green & wax beans, & peaches
12:30 - 1:00pm	Planning for Peace: Funeral Planning
1:00- 1:15pm	Stretches
1:15 - 1:30pm	Break Door Prizes Cookies
1:30 - 2:00pm	Diabetes: Empowering Individuals
2:00 - 2:30pm	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.**

S P O N S O R E D B Y

Richland County Council on Aging, Valley Senior Services, Gate City Bank,
Plantastic, Doosan Bobcat, Cargill and Wahpeton Senior Center

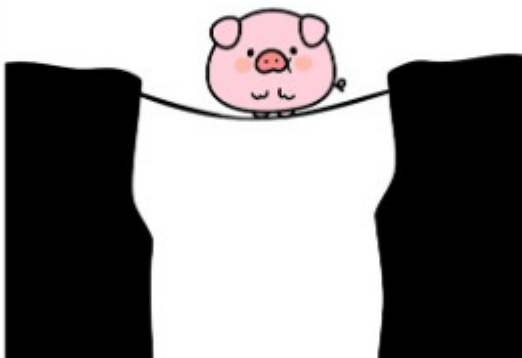
Continued from page 1

- **BEANS!** Beans are a healthy choice. They usually have 6 to 7 grams of fiber per ½ cup serving (cooked). Plus, you can add them to most meals. Try them heated up as a side, in soups like chili, added to salads. You can even have them as your main dish. Beans have a healthy mix of fiber, protein and good fat that keeps you feeling full.
- Sweeten with fruit and add in vegetables. Fruits and vegetables are larger portions that are low in calories and high in fiber. For example – 1 cup of fresh red raspberries has 8 grams of fiber!
- Should I take a fiber supplement? Only if you need to. These come as pills, biscuits, or drink mixes. Be careful –make sure you eat healthy food first.

NORTH
Dakota | Health & Human Services
Be Legendary.

**You are braver than the
fear that's whispering
to you.**

- Author unknown



SEASONEDTIMES.COM



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!



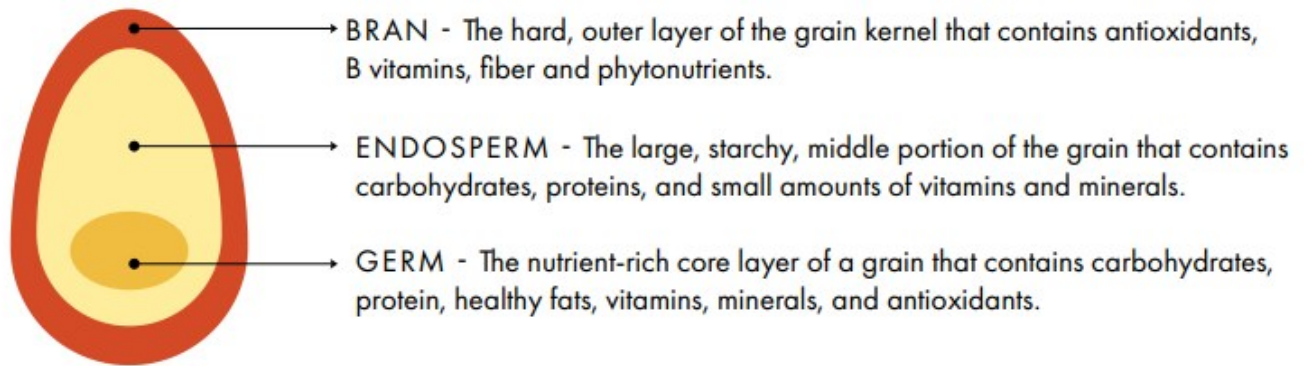


Whole Grains 101

Whole grains are a healthy choice to include in meals. They are an excellent source of nutrition, providing protein, fiber, vitamins, minerals, and antioxidants. But, when grains are processed, they often lose valuable nutrients, such as protein, vitamins, and minerals. For the best nutrition, it is essential to understand the difference between a whole grain and a refined grain.

WHAT MAKES A WHOLE GRAIN?

Whole grain kernels contain three edible parts, the bran, germ, and endosperm. When grains are milled, or refined, the bran and germ are removed, leaving only the endosperm.



Grain Recommendations

Make at least half your grains, whole grain. Experts recommend eating (6) 1-ounce equivalents of grain per day (1 piece of whole grain bread = 1-ounce equivalent)

IDENTIFYING WHOLE GRAINS ON FOOD LABELS

A whole grain stamp is a food labeling claim to help buyers quickly find products that contain at least half a serving of whole grains. There are three types of whole grain stamps:



Whole Grain

A product must contain at least 8 grams of whole grain per serving. Some of the ingredients may be refined grains.



100% Whole Grain

All grains in the product are 100% whole grain with a minimum of 16 grams of whole grain per serving.



50%+ Whole Grain

At least one-half of ingredients are whole grain with a minimum of 8 grams of whole grain per serving.

TWINS GAME

— YMCA FUN BUS —

Join us for a trip to Minneapolis to cheer on the MN Twins at Target Field! Skip the traffic and parking and enjoy a classic summer outing with family and friends.

MINNESOTA TWINS

VS

COLORADO ROCKIES

JUN 28 – 1:10 pm

- Home Plate Terrace
- Bus Departs Fercho 7:30 am
- Pick up Fergus Falls 8:30 am

(This package doesn't include food at the stadium.)

MINNESOTA TWINS

VS

PHILADELPHIA PHILLIES

AUG 16 – 1:10 pm

- Legends Landing
- Bus Departs Fercho 7:30 am
- Pick up Fergus Falls 8:30 am

(This package includes food at the stadium.)

Members: \$140
Non-Members: \$170



SCAN ME
To Register Online!
.....
SPOTS ARE LIMITED



Name: _____

Date: _____

National Barbeque Day

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

Word List:

BBQ
HAMBURGER
RUB
COOKOUT
BEER
BACKYARD
TEXAS
CAROLINA

BARBEQUE
BRAT
SAUCE
SAUSAGE
HICKORY
SPIT
KANSAS
HAWAIIAN

BRISKET
KEBAB
GRILL
RIBS
OAK
BEANS
MEMPHIS
JERK

PORK
STEAK
SMOKER
HOG
CHAR
PIT
CONTEST

**Are You Eligible for a
Renter's Refund?
APPLICATIONS DUE BEFORE JUNE 1ST**

The Renter's Refund program provides a partial refund on rent for a renter's place of residence or a mobile home lot. Refunds can be up to \$600. To be eligible for this program, you (the renter) must:

- Be 65 or older (or have a permanent disability)
- Have income of \$70,000 or less, including the income of your spouse and any dependents, for the calendar year preceding the assessment date.
- Have annual rent payments that are a certain percentage of your income. If 20% of your annual rent exceeds 4% of your annual income, you will receive a refund for the over payment. Refunds can be up to \$600.

Example: A renter pays \$800 per month in rent (\$9,600 per year) and the renter's income is \$35,000.

- 20% of \$9,600 is \$1,920
 - 4% of \$35,000 is \$1,400
- | |
|--------------------|
| 1,920 (% rent) |
| - 1,400 (% income) |
| <hr/> 520 |

**The renter is entitled to \$520 refund if they meet qualifications*

Renters must apply for a refund with the North Dakota Office of State Tax Commissioner by **May 31st** following the year which the refund is claimed. The application is available at www.tax.nd.gov/renter.

Applications must be sent to:
Office of State Tax Commissioner
600 E. Boulevard Ave, Dept. 127
Bismarck, ND 58505-0599

Do you need more information or assistance applying?
Valley Senior Services can help!
Call 701-642-3033 today!



2025 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.

2025 was a busy year for Valley Senior Services, overall, the number of meals, rides and resource visits provided by our agency increased over 2024.

**Richland County
Services provided in 2025**

Congregate Meals	8,143
Meals on Wheels	20,451
Take-out meals	6,583
Transportation	11,520
Resource Service	
Direct Services = 130 hours	
Home Delivered Meals = 109 hours	





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.



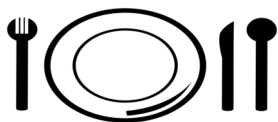
Cost	Before May 13	After May 13
Community Members	\$70	\$90
Community Group Rate	\$300 — fill a table of 6	
Professionals	\$100	\$120
Professional Group Rate	\$510 — fill a table of 6 <small>(Price does not include processing fees)</small>	

Register Early and Save

memorycaferrv.org



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Beef Steak & Gravy Mashed Potatoes Peas & Carrots Berry Crisp Wheat Roll
4 Roast Turkey & Gravy Mashed Potatoes Brussels Sprouts Blushing Pears Wheat Bread x 2	Cinco de Mayo 5 Pork Diablo Spanish Rice Mexican Corn Mexican Cornbread Chocolate Pudding	6 Spaghetti & Meat Sauce Green Beans Parmesan Cheese Apple WG Breadstick	7 Lemon Mustard Chicken Chive Mashed Potatoes Stewed Summer Squash Chilled Tropical Fruit Wheat Dinner Roll	8 Pulled Pork on Bun Corn on the Cob Cucumber Dill Salad Watermelon
11 Beef Pie w/Biscuit Topping Escalloped Tomatoes Whole Orange WG Breadstick	12 Breaded Cod Potato Salad Peas Cherries Wheat Bread x 2	Birthday Dinner 13 Sweet & Sour Chicken Brown Rice Potstickers Peppers & Onions Mandarin Oranges Cake	Expo 11-2:30pm 14 Only Home Delivered No Carry Out or Congregate Shredded Beef on Bun Company Potatoes Green & Wax Beans Diced Peaches Ketchup/BBQ Sauce	15 French Chicken Macaroni & Cheese Malibu Blend Veggies Poached Pears Dinner Roll
18 French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi	19 Chicken Supreme Cheesy Hashbrowns Prince Edward Veggies Blushing Pineapple	20 BBQ Pork Chop Garden Rotini Salad Parmesan 5 Way Veggies Fresh Plums Cornbread	21 Beef Mac Casserole Tossed Salad w/ Dressing Corn Fruit Cocktail Garlic Breadstick	22 Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Banana Dinner Roll
25 Closed If you would like to receive a frozen meal, please call the office at 701-642-3033.	26 Fried Chicken Parslied Potatoes Mixed Veggies Mango Wheat Bread x 2	27 Cheesy Baked Ziti Sicilian Blend Veggies Strawberries WG Breadstick	28 Pork Loin w/ Gravy Mashed Potatoes Lemon Asparagus Chilled Applesauce Wheat Bread x 2	29 Beef & Cabbage Bake Wax Beans & Peppers Fruity Tapioca Pudding Dinner 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.

<p>4</p> <p>Spaghetti & Meat Sauce Green Beans Parmesan Cheese Apple WG Breadstick</p>	<p>Cinco De Mayo</p> <p>5</p> <p>Roast Turkey & Gravy Mashed Potatoes Brussels Sprouts Blushing Pears Wheat Bread x 2</p>	<p>6</p> <p>Lemon Mustard Chicken Chive Mashed Potatoes Stewed Summer Squash Chilled Tropical Fruit Wheat Dinner Roll</p>
<p>11</p> <p>Breaded Cod Potato Salad Peas Cherries Wheat Bread x 2</p>	<p>12</p> <p>Sweet & Sour Chicken Brown Rice Potstickers Peppers & Onions Mandarin Oranges Cake</p>	<p>13</p> <p>Shredded Beef on Bun Company Potatoes Green & Wax Beans Diced Peaches Ketchup/BBQ Sauce</p>
<p>18</p> <p>French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi</p>	<p>19</p> <p>Chicken Supreme Cheesy Hashbrowns Prince Edward Veggies Blushing Pineapple</p>	<p>20</p> <p>BBQ Pork Chop Garden Rotini Salad Parmesan 5 Way Veggies Fresh Plums Cornbread</p>
<p>26</p> <p>Fried Chicken Parslied Potatoes Mixed Veggies Mango Wheat Bread x 2</p>	<p>27</p> <p>Cheesy Baked Ziti Sicilian Blend Veggies Strawberries WG Breadstick</p>	<p>28</p> <p>Pork Loin w/ Gravy Mashed Potatoes Lemon Asparagus Chilled Applesauce Wheat Bread x 2</p>

		<p>1</p> <p>Beef Steak & Gravy Mashed Potatoes Peas & Carrots Berry Crisp Wheat Roll</p>
<p>Cinco De Mayo</p> <p>5</p> <p>Pork Diablo Spanish Rice Mexican Corn Mexican Cornbread Chocolate Pudding</p>	<p>6</p> <p>Roast Turkey & Gravy Mashed Potatoes Brussels Sprouts Blushing Pears Wheat Bread x 2</p>	<p>8</p> <p>Beef Pie w/Biscuit Topping Escalloped Tomatoes Whole Orange WG Breadstick</p>
<p>12</p> <p>French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi</p>	<p>13</p> <p>Pulled Pork on Bun Corn on the Cob Cucumber Dill Salad Watermelon</p>	<p>15</p> <p>Sweet & Sour Chicken Brown Rice Potstickers Peppers & Onions Mandarin Oranges Cake</p>
<p>19</p> <p>BBQ Pork Chop Garden Rotini Salad Parmesan 5 Way Veggies Fresh Plums Cornbread</p>	<p>20</p> <p>Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Banana Dinner Roll</p>	<p>22</p> <p>Shredded Beef on Bun Company Potatoes Green & Wax Beans Diced Peaches Ketchup/BBQ Sauce</p>
<p>26</p> <p>Chicken Supreme Potato Salad Prince Edward Veggies Blushing Pineapple</p>	<p>27</p> <p>Beef Mac Casserole Tossed Salad w/ Dressing Corn Fruit Cocktail Garlic Breadstick</p>	<p>29</p> <p>Pork Loin w/ Gravy Mashed Potatoes Lemon Asparagus Chilled Applesauce Wheat Bread x 2</p>

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

<p>Roast Turkey & Gravy Mashed Potatoes Brussels Sprouts Blushing Pears Wheat Bread x 2</p>	4	<p style="text-align: center;">Cinco De Mayo</p> <p>Spaghetti & Meat Sauce Green Beans Parmesan Cheese Apple WG Breadstick</p>	5	<p>Pulled Pork on Bun Corn on the Cob Cucumber Dill Salad Watermelon</p>	7
<p>Beef Pie w/Biscuit Topping Escalloped Tomatoes Whole Orange WG Breadstick</p>	11	<p>Breaded Cod Potato Salad Peas Cherries Wheat Bread x 2</p>	12	<p>Shredded Beef on Bun Company Potatoes Green & Wax Beans Diced Peaches Ketchup/BBQ Sauce</p>	14
<p>French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi</p>	18	<p>Chicken Supreme Cheesy Hashbrowns Prince Edward Veggies Blushing Pineapple</p>	19	<p>Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Banana Dinner Roll</p>	21
<p>Fried Chicken Parslied Potatoes Mixed Veggies Mango Wheat Bread x 2</p>	26	<p>Beef & Cabbage Bake Wax Beans & Peppers Fruity Tapioca Pudding Dinner Roll</p>	27	<p>Pork Loin w/ Gravy Mashed Potatoes Lemon Asparagus Chilled Applesauce Wheat Bread x 2</p>	28

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

<p>Roast Turkey & Gravy Mashed Potatoes Brussels Sprouts Blushing Pears Wheat Bread x 2</p>	4	<p style="text-align: center;">Cinco de Mayo</p> <p>Pork Diablo Spanish Rice Mexican Corn Mexican Cornbread Chocolate Pudding</p>	5	<p>Lemon Mustard Chicken Chive Mashed Potatoes Stewed Summer Squash Chilled Tropical Fruit Wheat Dinner Roll</p>	7
<p>Beef Pie w/Biscuit Topping Escalloped Tomatoes Whole Orange WG Breadstick</p>	11	<p>Breaded Cod Potato Salad Peas Cherries Wheat Bread x 2</p>	12	<p>Sweet & Sour Chicken Brown Rice Peppers & Onions Potstickers Mandarin Oranges Cake</p>	13
<p>French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi</p>	18	<p>Chicken Supreme Cheesy Hashbrowns Prince Edward Veggies Blushing Pineapple</p>	19	<p>Beef Mac Casserole Tossed Salad w/ Dressing Corn Fruit Cocktail Garlic Breadstick</p>	21
<p>Fried Chicken Parslied Potatoes Mixed Veggies Mango Wheat Bread x 2</p>	26	<p>Cheesy Baked Ziti Sicilian Blend Veggies Strawberries WG Breadstick</p>	27	<p>Pork Loin w/ Gravy Mashed Potatoes Lemon Asparagus Chilled Applesauce Wheat Bread x 2</p>	28



Preventing Medicare Fraud

ND SMP Scam of the Month – May 2026

Fake Push Notifications: What Medicare Beneficiaries Should Know

What Is a Push Notification? A push notification is a short message that pops up on your phone, tablet, or computer screen. Many trusted organizations use them to send helpful updates.

Examples of Normal Push Notifications

- News apps send alerts about breaking news.
- Social media apps like Facebook or Instagram notify you about messages.
- Stores may tell you when an item ships or when there is a sale.
- Banks use them to confirm a payment or to send a code to make sure it's really you.

How Scammers Use Fake Notifications

- Scammers send **fake alerts** that look like they come from a trusted group.
- They may pretend to be from your bank or government programs like Medicare, Social Security Administration, or the Internal Revenue Service.
- The message often tries to scare you so you will act quickly.

Examples of Scam Messages

- "Your account is not secure. Click here to fix it."
- "We saw unusual activity. Verify your identity now."
- If you click the link, it may take you to a fake website.

Warning Signs of a Fake Notification

- You receive an unexpected alert you were not expecting.
- The message uses urgent words like ***Urgent, Action required, Warning.***
- The message says "Dear User" instead of your name.
- The message has misspellings or odd wording; the link may not match the company's website. You get a sign-in approval message for a login you did not try.

How to Protect Yourself

- Only allow notifications from apps and websites you trust.
- Think before you click on links.
- Use strong passwords and turn on Multi-Factor Authentication (MFA) when available.

What To Do If You Get a Fake Notification

- Do not click the link.
- Dismiss or delete the notification and block the sender if possible.
- Run a security scan on your device.

Remember: Stay alert. Stay informed. Taking a moment to check a message can help keep your personal information safe. Report suspected Medicare fraud to ND SMP at 1-833-818-0029 and non-Medicare fraud to the ND Attorney General's Office at 800-472-2600.

The information provided is intended to be a general summary only. Source of information: ScamBusters. (n.d.). *Fake push notifications: Don't take the bait!* Scambusters. <https://scambusters.org/fake-push-notifications.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/>

Richland County Public Transit Schedules

May 2026 to July 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 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 642-3033 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. The cost for these rides is **\$5.00 per person**.

FAIRMOUNT/HANKINSON/LIDGERWOOD WYNDMERE/MOORETON

May 4 & 18

June 1 & 15

July 6 & 20

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. The cost for these rides is **\$8.00 per person**.



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

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

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



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

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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
- You can donate with a credit card at our Wahpeton office.