

MARCH 2024 | VOLUME 42 NO. 3

Have Lunch With Us!



Are you looking for an affordable and nutritious lunch option? Please consider joining us for a meal at one of our conveniently located senior centers!

For adults 60+ and their spouses, there is no fee for the meals, however you can donate anonymously towards the meal program.

Stop in for service with a smile and let us handle the dishes!

You must sign up for meals no later than noon the day before you plan to eat. A registration form is required for new participants. Home Delivered Meals are available to those unable to attend a congregate dining site.

Please see pages 2 , 7 & 8 for more information and menus.

Don't have time to stay and eat?
We also offer To-Go meals at all Senior centers. Grab your meal and get on with your day!



2801 32nd Ave S
Fargo, ND 58103



701-293-1440



Monday - Friday
8:00 AM to 4:30 PM



valleyseniorservices.org

WHAT'S INSIDE

Center Highlights.....	2
Foot Care Clinics.....	3
AARP Tax Aide	4
Memory Cafe	4
Card Making with Jane....	4
Volunteer Spotlight	5
Nutrition.....	6
Fargo Menu	7
West Fargo Menu	8
VSS Website Redesign....	10
Rural Cass News	11
Rent Refunds/Property Tax Relief Options.....	12
Valley Triad Presents	12
Donations.....	13
Storm Policy.....	13

VALLEY SENIOR SERVICES WILL BE CLOSED FRIDAY, MARCH 29TH. NO MEALS ON WHEELS, SENIOR CENTER MEALS/ ACTIVITIES OR TRANSPORTATION.



STAFF LISTING

BOARD MEMBERS

Becky Christianson
JoEllen Harris
Kari Stoner
Marlene Batterberry
Connie Elledge
Ray Nelson
Jim Link
Matt Anderson
Georgia Dufault

DIRECTOR

Paul Grindeland

TRANSPORTATION MANAGER

Cindy G.

PROGRAM MANAGER

Kassie Emanuel

PROGRAM MANAGER

Shelley Tollefson

METRO SENIOR RIDE

SUPERVISOR

Cindy G.

DISPATCHERS

Mary Jo F.
Charlotte A.
Anita B.

VOLUNTEER COORDINATOR

Megan W.

RESOURCE SPECIALISTS

Patty Dahley
Jill McCall
Karleen Wyum
Jamie Heinen
Grace Ennen
Paul Steichen

ADMINISTRATIVE ASSISTANTS

Em Janes
Kylee L.

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: Paul Grindeland, Valley Senior Services, P.O. Box 2217, Fargo, ND 58108. (701) 293-1440.

SENIOR CENTER HIGHLIGHTS

ED CLAPP PARK CENTER 2801 32ND AVE S, FARGO EDEN SIVERTSON 298-3976

March 7 - 12:30 Birthday cupcakes
March 8 - 9:30 Chair yoga
March 13 - 10:00-2:00 Foot care; 1:00
Cookie decorating with students (call
298-3976 to register)
March 14 - 12:30-4:30 AARP Driving
Course (call 298-3976 to register)
March 18 - 1:30 Movie & popcorn
March 19 - 9:00 Exercise; 10:00-2:00
Foot care
March 20 - 10:00-2:00 Foot care; 1:00
Card making w/Jane (info on page 4)
March 21 - 9:00 Exercise; 10:00-2:00
Foot Care
March 29 - Center closed
Every Monday - 12:30 Pinochle, cards
Every Tuesday - 9:30 Free exercise;
12:30 Pinochle, cards
Every Wednesday - 12:30 Cards &
Mahjong; 1:00 Bridge
Every Thursday - 9:30 Free exercise;
1:00 Bingo & Mahjong
Every Friday - 12:30 Cards; 1:00
Bridge

*Meals served daily at 12:00 pm. To
reserve meals, please call 298-3976 by
12:00 pm the day before.*

TROLLWOOD VILLAGE 3105 BROADWAY, FARGO 298-3975

March 6 - 10:00-2:00 Foot care; 1:00
Birthday cupcakes
March 7 - 10:00-2:00 Foot care
March 12 - 11:00 Fargo Public Library
March 26 - 11:00 Fargo Public Library
March 29 - Center closed
Every Monday - 9:30 Exercise
(Rosewood room); 12:30 Bingo
Every Tuesday - 1:00 Grocery bus;
12:30 Pinochle; 2:30 Bible study in
library
Every Wednesday - 9:30 Exercise;
(Rosewood Room); 12:30 Dominos
Every Thursday - 12:30 Bingo
Every Friday - 12:30 Crafts

*Meals served daily at 11:30 am. To
reserve meals, please call
298-3975 by 12:00 pm the day before.*

WEST FARGO HIGH RISE 230 8TH AVE W, WEST FARGO

March 2 - 9:00 Senior breakfast @HR
March 4 - 12:15 Crafts
March 5 - 12:15 Chicken foot; 6:30
English Conversation @WF Library
March 7 - 7:00 Let's Talk Insurance
@WF Library
March 11 - 7:00 Book club @WF Lib
March 12 - 12:00 Birthdays; 12:15
Prize bingo
March 14 - 5:30 Soup & More @BSC
March 20 - 1:00 Book club
March 26 - 12:15 Prize bingo
March 28 - 5:30 Soup & More @BSC
March 29 - Center closed
Every Monday - 8:45 SAIL @ RRC;
1:30 Movie matinee @WF Library
Every Tuesday - 8:45 & 10:00 Bone
Builders @ Veterans Memorial; 3:00
Tech Tutors @WF Lib; 6:30 Cribbage
Club @WF Library
Every Wednesday - 8:45 SAIL @ RRC;
12:30 Cards/Whist
Every Thursday - 8:45 & 10:00 Bone
Builders @ VMA
Every Friday - 8:45 SAIL @ RRC
*All activities at West Fargo High Rise
unless otherwise noted. Call 433-5460
to register for library events*

*Meals served daily at WFHR and
Monterey at 11:30 am. To reserve
meals, please call 356-2047 at least
one day in advance.*

BROADWAY STATION 1461 BROADWAY, FARGO EM JAMES 232-7936

March 29 - Center closed
Every Monday - 10:15 Balance
Builders; 1:00 Open activities
Every Tuesday - 1:15 Bingo
Every Wednesday - 12:30 Pinochle
Every Thursday - 10:15 Balance
Builders/Chair Yoga; 11:30-3:30
Sewing/Crafts; 1:00 Open activities
Every Friday - 1:15 Bingo

*Meals served daily at 11:30 am. To
reserve meals, please call 232-7936 by
12:00 pm the day before.*

Statement of Identification - Silver Quill Published Monthly by:
Valley Senior Services, Inc.
2801 32nd Ave. S, P.O. Box 2217, Fargo, ND 58108
To receive the Silver Quill call 293-1440 or toll free 1-877-827-1916
or e-mail: info@valleyseniors.org

FOOT CARE CLINIC

Sanford Home Care will provide a nurse to cut and file your toenails at the following locations:

TROLLWOOD CENTER

3105 BROADWAY, FARGO

Wednesday, March 6
Thursday, March 7
Wednesday, April 3
Thursday, April 4
10:00 am - 2:00 pm

WEST FARGO HIGH RISE

230 8TH AVE W, WEST FARGO

Thursday, March 14
Thursday, April 11
10:00 am - 2:00 pm

ED CLAPP PARK CENTER

2801 32ND AVE S, FARGO

Wednesday, March 13
Tuesday, March 19
Wednesday, March 20
Thursday, March 21
Wednesday, April 10
Tuesday, April 16
Wednesday, April 17
Thursday, April 18
10:00 am - 2:00 pm

*Call 701-234-3204 for an appointment, please leave a message, someone will get back to you.
The fee for foot care is \$30 (cash or check).*

Your Home Your Health

Most individuals wish to age on their own terms in their own home. Let us help you do that.

Medical and Non Medical Home Care



DakotaHomeCare.com
(701) 663-5373
(877) 691-0015



Rare Opportunity to Live in an Affordable Townhome Community!

We offer multiple 55 & better senior townhome communities in convenient locations in South Fargo and West Fargo



Our tight knit communities offer two-bedroom single level townhomes with attached garages and a two-level option with a double stall attached garage.

No need to think about snow or lawn care, we take care of this headache for you. Central air in select units with some utilities paid make this an affordable community starting at \$950



701-532-3252

leasing@choosecentric.com

TECH HELP @ THE CARLSON LIBRARY

Tuesdays from 11:00 AM - 1:00 PM
Dr. James Carlson Library - Conference Room

Need assistance with your phone, tablet, laptop, iPad, Kindle or other device?

We can help!

Drop in or call ahead to make an appointment.



FREE | 2801 32nd Ave. S. | 701-476-5980 | fargolib.org



ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

To advertise here visit lpicommunities.com/adcreator



AARP TAX AIDE

Please note new Fargo Site!

Now is the time to get ready for tax-filing season, and AARP Foundation Tax-Aide is providing in-person and virtual tax preparation help to anyone, free of charge, with a focus on taxpayers over 50 and have low-to-moderate income. Tax-Aide volunteers are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code. In North Dakota, Tax Aide volunteers can be found in six cities, including Fargo-Moorhead:



Moorhead Public Library

118 5th Street South
Moorhead, MN

Open Monday and Wednesday from 9am - 3pm

Fargo Public Library

Carlson Branch - 2801 32nd Ave S
Fargo, ND

Open Tuesday from 10am - 4pm

Hjemkomst Center

202 1st Avenue North
Moorhead, MN

Open Thursday from 9am - 3pm

Appointments are required; you must call 701-850-0748 to make an appointment at all sites.

For further information, including other locations and information on online filing, go to: <https://states.aarp.org/north-dakota/tax-aide-available-in-five-north-dakota-cities>. *Due to overwhelming response, taxpayers may experience delays in scheduling and slots are expected to fill up. The IRS offers a free, online option for completing your tax return that can be found at IRS.gov. The ND Tax Department offers a ND Free File tool at www.tax.nd.gov/FreeFile to determine if you qualify to file your federal and state returns for free.*



MARCH SCHEDULE OF EVENTS:

March 6

Balloon Twisting with
Jeffrey Svaeson
Hope Lutheran Church
- South Campus

March 13

St. Patrick's Day Party
Hjemkomst Center

March 20

Music with the Golden
Oldies
Hope Lutheran
Church - South Campus

March 27

Caregiver Cafe,
Call 701-404-6712 for
details

1122 1st Ave N, Fargo

*All events start at 1:00 pm
and conclude by 2:30 pm*

*For more information call
Memory Cafe at
701-404-6712
or email us at:
hello@memorycaferrv.org*

CARD MAKING WITH JANE

Please join us at the Ed Clapp Senior Center for a card making class! The class is **FREE** to attend, and supplies will be provided. To ensure there are adequate supplies, please RSVP by calling Jane at 701-739-2464.

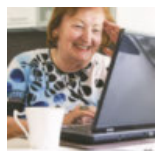
**Wednesday, March 20
from 1:00-3:00 pm**

**James Carlson Library Community Room,
2801 32nd Avenue South, Fargo, ND
Call 701-739-2464 to RSVP**

All levels of skill are welcome. Feel free to come alone or bring friends for a fun, interactive class. You will leave with your own artistic creations.

RECEIVE THE SILVER QUILL BY EMAIL!

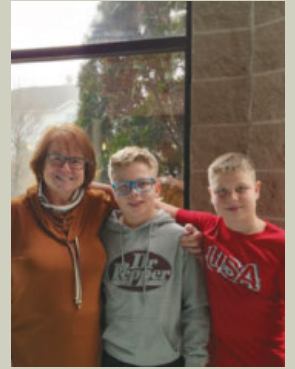
You now have
the option to
receive our Cass
County version of
the Silver Quill by
email!



Just send a note to
aellison@fargoparks.com
that you want the newsletter
emailed and we will get you
added to the list.

Volunteer SPOTLIGHT

This month we are featuring Meals on Wheels volunteer, Patrica. Here's what she has to say about volunteering:



Tell us a little bit about yourself:

I have been married to my wonderful husband, Larry for 43 years. I retired from healthcare after 40 years. I loved my job but knew my Grandsons were growing up fast! I was thrilled to spend this last summer with them! They started delivering Meals with me in July 2023.

How did you become interested in volunteering?

Having the summer off with the boys was a perfect opportunity to do something for others. I'm friends with the mother of Cassie, VSS Marketing Specialist, so I knew this would be a perfect fit for us!

What is your favorite part about delivering Meals on Wheels?

I guess the best part is spending time with my Grandsons but a VERY close second is visiting with our new friends. They bring me so much joy and they truly appreciate our delivery. The boys know the routes, know the apartment numbers and are at the door first! And the "Golden Rule" is always in the back of my mind, Do unto others as you would want them to do unto you.

Thank you, Patricia and grandsons, for your dedication to Meals on Wheels!



Assisted Living

Services customized to meet your unique needs.

bethanynd.org



Bethany Gables - 4255 30th Ave S | Bethany Towers - 201 University Dr S | 701.239.3000 

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635



Grow Bolder

Growing Bolder means living life your way and Eventide is the perfect place to do it.



218-291-2200
eventide.org

Moorhead | Fargo | West Fargo
Jamestown | Devils Lake



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Valley Senior Services, Fargo, ND

B 4C 02-1024

LEGUMES

BY LANE LIPETZKY SWENSON, RD, LD, CGN



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

Lentil Ragout (side dish)

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

MARCH 2024 MENU

FARGO MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS - TO MAKE A RESERVATION AT YOUR LOCAL MEAL SITE PLEASE CALL BEFORE 12:00 NOON ONE DAY IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pork Wing Scalloped Potatoes California Blend Vegetables Pineapple Tidbits Whole Wheat Bread X2
4 Salisbury Steak w Mushroom Gravy Baked Potato w/Sour Cream Stewed Tomatoes Peaches Whole Wheat Bread x2	5 Chicken Veronique Smashed Potatoes Green Beans Fresh Fruit Apricots Whole Wheat Bread x2	6 Hamburger on a Whole Wheat Bun Mushrooms & Onions Baked Beans Pears	7 Chicken & Noodles Winter Blend Vegetables Steamed Peas Tropical Fruit Whole Wheat Bread	8 Herb Baked Fish Wild Rice Blend Baked Sweet Potato Confetti Coleslaw Pineapple Tidbits Whole Wheat Bread
11 Tator Tot Hotdish Crinkle Cut Carrots Applesauce Whole Wheat Bread x2	12 Chicken Kiev Baby Baker Potatoes Steamed Broccoli Fresh Fruit Whole Wheat Bread x2	13 Beef Stroganoff Noodles Corn Brussels Sprouts Mandarin Oranges Whole Wheat Bread	14 Braised Pork Chop Mashed Potatoes & Gravy Tossed Salad w/Dressing Apricots Whole Wheat Bread x2	15 Cheesy Egg Bake Crispy Cubed Potatoes Mixed Vegetables Fresh Fruit Whole Wheat Bread x2
18 Shepherds Pie Filling Whipped Potatoes Pears and Festive Cookie Whole Wheat Bread Soda Bread	19 Rosemary Orange Chicken Corn Seasoned Green Beans Pineapple Tidbits Whole Wheat Bread x2	20 Stir Fry Pork Tossed Salad Winter Blend Vegetables Fresh Fruit Whole Wheat Bread	21 Gjetost Chicken Au Gratin Potatoes Parslied Carrots Fresh Fruit Whole Wheat Bread x2	22 Swedish Meatballs Mashed Potatoes Diced Beets Cinnamon Applesauce Whole Wheat Bread x2
25 Ranch Chicken Butter Parslied Potatoes Seasoned Broccoli Tropical Fruit Whole Wheat Bread x2	26 Cabbage Rolls Roasted Garlic Whipped Potatoes Steamed Baby Carrots Fresh Fruit Whole Wheat Bread x2	27 Seasoned Pork Roast with Gravy Baked Sweet Potato Creamed Peas Fresh Fruit Whole Wheat Bread x2	28 Chili w/Saltine Crackers Steamed Cauliflower Hot Spiced Apples Whole Wheat Bread	29 Closed 

FOR MEALS ON WHEELS CONTACT
 THE MAIN OFFICE AT 701-293-1440
 ALL MEALS INCLUDE 8 oz 1% MILK
 MENU SUBJECT TO CHANGE

To reserve a meal at a site, please call:
Ed Clapp 701-298-3976
Trollwood 701-298-3975
Broadway Station 701-232-7936

MARCH 2024 MENU

WEST FARGO MEALS ON WHEELS, CONGREGATE & TAKE OUT MEALS
WFACP - West Fargo High Rise 230 8th Ave. West

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pork Wing Scalloped Potatoes California Blend Vegetables Pineapple Tidbits Whole Wheat Bread
4 Salisbury Steak w Mushroom Gravy Baked Potato w/Sour Cream Stewed Tomatoes Peaches Whole Wheat Bread	5 Chicken Veronique Smashed Potatoes Green Beans Fresh Fruit Whole Wheat Bread	6 Herb Baked Fish Wild Rice Blend Baked Sweet Potatoes Confetti Coleslaw Mangos Whole Wheat Bread	7 Hamburger on a Whole Wheat Bun Baked Beans Salad w/tomatoes, onions & dressing Pears	8 Chicken & Noodles Winter Blend Vegetable Steamed Peas Tropical Fruit Whole Wheat Bread
11 Chicken Kiev Baby Baker Potatoes Steamed Broccoli Fresh Fruit Whole Wheat Bread	12 Tator Tot Hotdish Crinkle Cut Carrots Applesauce Whole Wheat Bread	13 Cheesy Egg Bake Crispy Cubed Potatoes Mixed Vegetables Fresh Fruit Whole Wheat Bread	14 Braised Pork Chop Mashed Potatoes & Gravy Tossed Salad w/Dressing Apricots Whole Wheat Bread	15 Beef Stroganoff Noodles Corn Brussel Sprouts Mandarin Oranges Whole Wheat Bread
18 Shepherds Pie Filling Whipped Potatoes Pears and Festive Cookie Bread	19 Salsa Chicken Corn Seasoned Green Beans Pineapple Tidbits Whole Wheat Bread	20 Stir Fry Pork Tossed Salad Peas & Carrots Peaches Whole Wheat Bread	21 Gjetost Chicken Au Gratin Potatoes Parslied Carrots Fresh Fruit Whole Wheat Bread	22 Swedish Meatballs Mashed Potatoes Diced Beets Cinnamon Applesauce Whole Wheat Bread
25 Ranch Chicken Butter Parslied Potatoes Seasoned Broccoli Tropical Fruit Whole Wheat Bread	26 Cabbage Rolls Roasted Garlic Whipped Potatoes Steamed Baby Carrots Fresh Fruit Whole Wheat Bread	27 Chili w/Saltine Crackers Steamed Cauliflower Hot Spiced Apples Cornbread	28 Seasoned Pork Roast with Gravy Baked Sweet Potatoes Creamed Peas Fresh Fruit Whole Wheat Bread	29 Closed 

FOR MEALS ON WHEELS CONTACT
THE MAIN OFFICE AT 701-293-1440
ALL MEALS INCLUDE 8 oz 1% MILK
MENU SUBJECT TO CHANGE

To reserve a congregate or take out
meal, call before noon at least one day
in advance..... 356-2047
Meals on Wheels293-1440

LEGUMES

(Continued from page 6)

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.
- 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!

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.

No matter how life changes... let us help you get there!



As a Senior Real Estate Specialist:

- I am your listing agent
- Assist with packing and moving
- Prepare your home for liquidation
- Senior Housing Resources
- Compassionate, Patient, Resourceful

SRES



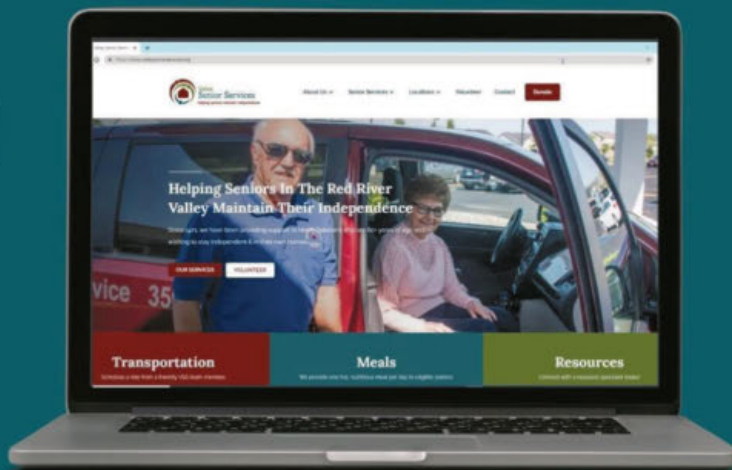
SEAN KIERNAN, REALTOR® *Full time/Full service Realtor*
 Fmhomes.com • Brother.seankiernan@gmail.com
 2521 South University Drive • Fargo, ND 58103
 Cell: 701.960.8965 | Office: 701.293.3333

FRESH DESIGN Timeless Care

Explore the new Valley Senior Services website!

Experience a seamless blend of familiar, valuable information and modern features designed for a user-friendly experience.

- Online payment for Metro Senior Ride punch cards
- Donate toward meals received
- Streamlined volunteer application experience
- User-friendly navigation to your county services
- Contact Us forms & MORE!



VALLEYSENIORSERVICES.ORG



*Want a fun lifestyle and time to do what you want?
Without home and yard maintenance...*

We welcome you to visit One Oak Place



One Oak Place is a community for baby boomers

which meets their expectations of living in an environment that provides them a good quality of life. Designed for a maintenance-free, engaging lifestyle with access to amenities and services including guest suites, pool, fitness center, woodshop, spacious patios, gardens, and eight acres of grounds to enjoy. Plus, so much more, right outside your door.

One Oak Place offers a monthly rental package to include all utilities, basic TV package, heated underground parking and storage.



Tour our 1, 2, or 3 bedrooms apartments, some with dens. Our designs highlight natural light and open concept styles with well-planned spacious storage.

www.oneoakplace.com • 1709 25th Ave. South, Fargo, ND 58103 • 701.234.1625

RURAL CASS NEWS

CONGREGATE DINING & TAKE OUT

Page Café, Page ND (668-2254): Monday-Friday at 11:30-12:30. Please call ahead to order your meals.

CASS COUNTY COUNCIL ON AGING MEETING:

Monday, March 18 at 10:00 am in Davenport.

CASS COUNTY RURAL BUS SCHEDULE:

Routes:	North Cass County	South Cass County
	Hunter 8:00 a.m.	Leonard 8:00 a.m.
	Arthur 8:20	Kindred 8:30
	Casselton 9:00	Horace 8:45
	Fargo 9:45	Fargo 9:15

North route runs March 5, 12, 19 & 26. South route runs March 6, 13, 20 & 27. Express van runs Mondays and Thursdays. Please call 356-7433 for more information or to schedule your ride. For Page residents: you can use Steele County bus to Fargo on March 11 & 22. Please call 1-800-845-1715 for pick-up information and to reserve a ride.



Just for You Foot Care LLC

Jill Kent, RN of Just For You Foot Care will be providing foot care services at:

Casselton City Hall

March 13

Page Senior Center

March 14

Call Jill at 218-242-1379 for an appointment

ADVERTISE HERE
to reach your community



Call 800-950-9952



House Calls
Care that Comes to You

Primary and Palliative Care
in Your Home.

CareThatComesToYou.org

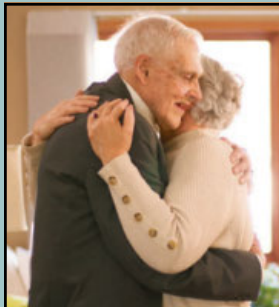
f t i in 800.929.8891

SUPPORT OUR ADVERTISERS!



**ARE YOU REACHING
THE MEMBERS IN YOUR
COMMUNITY?**

To advertise here
visit lpicommunities.com/adcreator



HOSPICE
RED RIVER VALLEY

Making each moment matter,
For You, For Them, For Us.

www.hrrv.org | 800.237.4629

f t i in questions@hrrv.org

NEW PROPERTY TAX RELIEF OPTIONS AVAILABLE TO NORTH DAKOTANS

In 2023, the ND Legislature added a new tax relief credit, and expanded an existing program. These changes mean property tax relief may be available to you even if they haven't been in the past.

Renter's Refund: EXPANDED!

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 \$400. 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 \$400.

For more information or to get an application, go to www.tax.nd.gov/renter. You may also call the State Tax Commissioner at 1-877-328-7088 option 5. If you need assistance with Rent Refunds, call our office at 293-1440. **Applications for rent refunds due by May 31st.**

Primary Residence Credit: NEW!

The Primary Residence Credit (PRC) provides all North Dakota homeowners with the option to apply for a state property tax credit. Homeowners with an approved application may receive up to a \$500 credit against their 2024 property tax obligation. **There are no age restrictions or income limitations for this credit.** To be eligible, you must:

- Own a home (house, mobile home, town home, duplex, or condo) in North Dakota, and reside in it as your primary residence.

For more information or to apply for the Primary Residence Credit, go to www.tax.nd.gov/prc. **Only one credit per household - apply before March 31, 2024.** Questions? You can call 701-328-7988 or toll-free 1-877-649-0112.

Our Resource Specialists can help! If you need assistance with any of the above applications, please call our office at 293-1440 or toll-free 1-877-827-1916.

(Information provided in part by states.aarp.org/north-dakota/nd-property-tax-relief and tax.nd.gov)



Valley Triad Presents:

911, WHAT'S YOUR EMERGENCY

Wednesday, March 27

1-3 pm at Hjemkomst Center,

No RSVP Required

Shannon Bozovsky, AT Consultant with ND Assistive presents:

Exploring diverse emergency response solutions for caregivers, seniors, and individuals of all abilities and ages. Topics include emergency response devices, wandering alerting systems, communication aids for seamless interaction with emergency responders, and additional safety tools designed to proactively reduce the likelihood of emergencies that require responder intervention.

THANK YOU TO OUR CONTRIBUTORS!

We appreciate the many donations we have received and thank each and every one of you for your support. All contributions can be sent to:

Valley Senior Services

P.O. Box 2217

Fargo, ND 58108

Gate City Bank

\$100.00 and Above

Ardent Mills - \$1,758

Francis Heier - \$500



Overflowing with gratitude for this incredible \$1000 donation from EagleRidge Companies! Thank you to **Edgewood in Fargo** and Marlene and Rose for honoring Lola with this truly amazing gift. Our hearts are full, and we're reminded that our passion for serving area seniors is fueled by the incredible support of our community. Thank you for making what we love to do possible!

Thank you, Edgewood, Marlene and Rose from the bottom of our hearts for nominating us for this gift. Your heartfelt gesture and beautiful smiles, made in honor of Lola, fill us with appreciation!

(Donations continued on page 14)

STORM POLICY

When inclement weather arises, community dining sites, Meals on Wheels delivery, and Metro Senior Ride will be canceled if we determine conditions are dangerous to our clients, volunteers and staff. When conditions are such that we cannot provide our services, Valley Senior Services will broadcast our closing announcements on the following radio stations: KFGO, WDAY; TV stations: KVRN, KVLV; along with our website (www.valleyseniorservices.org) and Facebook page (www.facebook.com/ValleySeniorServices/). If weather conditions are bad and you are unsure if we are open, call our office at 293-1440 or your meal site before going out.



**FOR ALL YOUR ESTATE
PLANNING NEEDS**

701-364-9595

Susan E. Johnson-Drenth, CELA*

*Only Certified Elder Law Attorney in ND by the
National Elder Law Foundation

- ◆ Estate Planning
- ◆ Wills/Trust
- ◆ Medicaid Planning
- ◆ Guardianships
- ◆ Probate
- ◆ Real Estate - Mineral Rights

~ Attorney with 26 Years of Experience ~

902 28th St S, Ste 2 ♦ Fargo, ND 58103

www.jdlegalplanning.com

Change is Good! Inc.
Helping you sort, organize and move

Call Joan Today, CRTS, SMMC

218-329-7442

HELPING SENIORS Move & Downsize without the chaos!

www.changeisgood.us.com

Serving Fargo, ND, Moorhead, MN and the surrounding area!



**FREE
AD DESIGN**
with purchase
of this space

CALL 800-950-9952

THANK YOU TO OUR CONTRIBUTORS!

Below are the individuals and businesses who donated for Giving Hearts Day. Please note the majority of Giving Hearts Day donors will be acknowledged in the April edition of the Silver Quill:

\$100.00 and Above

- Anonymous - \$10,000
- Mowery, Margaret - \$1,000
- Ozbun, Judith - \$700
- Chyle, GERALYN - \$300
- Zientara, Emily - \$300
- Grant, Carol - \$250
- Paulson, David - \$250
- Schenck, Clayton and Lori - \$250
- Hentges, Donna - \$250
- Helgeson, Sara - \$250
- Armstrong, Robert In Honor Of
Marilyn Bruckner- \$200
- Boe, Kevin - \$200
- Kavanaugh, Bonnie - \$200
- Haarstad, Geri - \$200
- Laughlin Barry & Charlotte
(Barry's Electric, LLC) - \$200
- Pomeroy, May - \$200
- Garske, John - \$175
- Frojen, Cindy - \$150
- Hickson Pleasant Senior Citizens - \$150
- Olson, Gladys - \$130
- Snortland, Julie - \$120
- Ames, Marlene - \$100
- Anonymous - \$100
- Bandemer, Brian & Ann - \$100
- Blazek, John - \$100
- Elledge, Connie - \$100
- Heley, Terry - \$100
- Johnson, Roger - \$100
- Meagher, Michael In Memory Of Mary
Lavelle- \$100
- Monteith, Donna - \$100
- Newgard, Joyce - \$100
- Nosbush, Lawrence - \$100

(Donations continued on page 15)

Giving Hearts Day Gratitude Alert!



A heartfelt THANK YOU to Next Blue of North Dakota for their incredible generosity! Their \$5,000 donation to our Giving Hearts Day match fund shows their unwavering support to area seniors and the Valley Senior Service's mission. Next Blue of North Dakota, an affiliate of Blue Cross Blue Shield of North Dakota, stands out as a champion for local communities. Their commitment to providing seniors across North Dakota with top-notch Medicare health care plans is truly awesome!



A huge THANK YOU to Sammons Financial for their remarkable generosity! Their \$2,500 donation to our Giving Hearts Day match fund is a testament to their support of making a positive impact for our senior community. This backing means the world to us! Their contribution will go a long way in helping Valley Senior Services achieve its mission of providing services to aid seniors in remaining independent and in their homes.

THANK YOU TO OUR CONTRIBUTORS!

(Continued from page 14)

\$100.00 and Above

Pierce, Deborah - \$100
 Olgaard, Ardys - \$100
 Overby, Sheila - \$100
 Rastedt, Paulette & Bill - \$100
 Richman, Daniel In Memory Of
 Delores Dunbar- \$100
 Schaefer, Kathy - \$100
 Schmid, Rodger - \$100
 Schumacher, Donna - \$100
 Tastad, Gregory - \$100
 Wolsky, James In Memory Of
 Kenwood Grewe - \$100
 Worner, Michael - \$100
 Yakowicz, Jack (AdShark)- \$100



Giving Hearts Day

Archer Real Estate
 Services (Shawn
 Ostlie) In Memory
 Of Patricia
 Ann Nelson
 Andres, Joanne
 Anonymous
 Bachinski, Diane
 Beck, Richard & Judy
 Bommersbach,
 Catherine
 Fedora, Linda
 Gunkelman, Mary
 Hall, Loretta
 Hammond, Frances
 Harrison, Jan

Haugen, Arlene
 Hill, Aaron
 Hippe, Delores
 Hovden, Lois
 Knutson, Jennifer
 LaPalm, George
 Larew, Donald
 Larsen, Joyce
 Lorz, Peggy
 Lundstrom, Bruce
 McDonald, Kristin
 Messelt, Em
 Mogard, Valerie In
 Memory Of Lavern
 Ouellette
 Monroe, Candice

Nelson, Raymon
 Nelson, Larry
 Olson, Virginia
 Olson, Pam
 Olson, Debra
 Raghieb, Kerry
 Schempp, Tammy
 Smith, Rebecca
 Soland, Nicole
 Stark, David
 Thiel-Johnson,
 Suzanne
 Thomas, Paula
 Thompson, Mary
 Walcker, Pamela
 Weidner, Shelley
 Weisser, Mary
 Wolbaum, John
 Zeien, James

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit

www.mycommunityonline.com

THRIVE LOCALLY

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

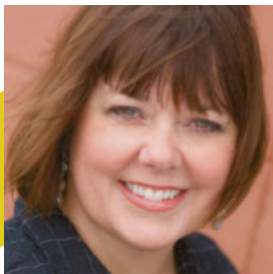




VALLEY SENIOR SERVICES

P.O. Box 2217
Fargo, ND 58108

NONPROF STD
U.S. Postage
PAID
PERMIT NO. 1123
Fargo ND 58102



Maren Day Woods
Guidance with Grace

Helping seniors buy, sell,
stage, lease, pack and move.

701-412-1952



**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide



SafeStreets

833-287-3502

**Your Added
Member Benefit**
Prairie Public | Passport



Support Prairie
Public and
get extended
access to your
favorite shows
& films with
the PBS app.



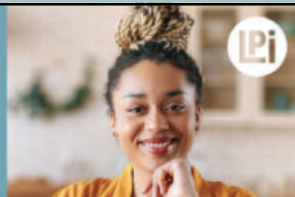
Become a member today:
prairiepublic.org/passport

WE'RE HIRING!

AD SALES EXECUTIVES

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



For ad info. call 1-800-950-9952 • www.lpcommunities.com

Valley Senior Services, Fargo, ND

H 4C 02-1024