Valley Senior Services
helping seniors maintain independence

Silver Quill

VALLEY SENIOR SERVICES OF RANSOM & SARGENT COUNTIES

NOVEMBER 2026



Valley Senior Services
PO Box 387
Lisbon ND 58054

OFFICE PHONE
Office: 701-683-3131
Toll-free 877-857-3743

FAX
701-683-0352

WEBSITE
valleyseniorservices.org

HOURS
Monday - Friday
8:00am-4:30pm

Information and referrals available by contacting our Lisbon office at the numbers above!

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VSS will be closed November 11th, 26th & 27th. No Meals on Wheels, senior center activities or meals, or transportation.

Our Staff

Valley Senior Services

PO BOX 387
LISBON, ND 58054

FOR MEALS OR TRANSPORTATION
701-683-3131 OR
877-857-3743

EXECUTIVE DIRECTOR
Paul Grindeland
701-293-1440 or 877-827-1916

COUNTY PROGRAM SUPERVISOR
Vicki
701 -683-3131

PROGRAM MANAGER
Shelley Tollefson

PROGRAM ASSISTANT
Amber
701 -6 83-3131

MEAL DELIVERY
Brenda; Valerie

RANSOM KITCHEN STAFF
Janet; Vee; Nancy; Amber; Jean; Violet

SARGENT KITCHEN STAFF
Sandra; Carolyn; Diane; Valerie; Hannah; Kathy; Deb; Sasha

TRANSPORTATION
Bryan; Terry; John; Lenny; Tony

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 Information

Center Activities

LISBON

Mondays: 9:30 Chair Yoga
Tuesdays: 1:00 Bridge; 1:00 Hand & Foot
Wednesdays: Monthly Meeting 1st Wednesday of Month @ 12:15
Thursdays: 10:30 Chair Volleyball; 6:00pm Pinochle
Fridays: 9:30 Chair Yoga

Third Tuesday of each month: Celebrating Birthdays!

VSS will be having a birthday dinner every ***third*** Tuesday of the month at the Lisbon Center to celebrate anyone's birthday for that month!

Whether it's your birthday month, or you want to celebrate others' birthdays, please join us for dinner! And don't forget to call the kitchen at 683-4295 if you'd like to eat on this day.

To rent the Lisbon Senior Center, please contact Paula Ellingson at 701-678-2922.

FORMAN
Tuesdays & Thursdays: 9:00 Bone Builders

ENDERLIN
Tuesdays & Thursdays: 10:00 Bone Builders
Tuesdays: 12:30 Cards

RUTLAND
Tuesdays: 11:00 Chair Yoga

Hot Meals

All diners will have the option to eat at the center or pick up their meals and take them home.

Lisbon Center:
Please pick up to-go meals at 11:00 am

Anyone wanting a meal must call their meal site by 9:00 am:

Lisbon: 683-4295
Enderlin: 437-2669
Milnor: 427-9327
Gwinner: 678-3815
Forman: 724-3928
Cogswell: 724-3024
Rutland: 724-4074

ATTENTION SHELDON RESIDENTS!!
Would you like to receive Home Delivered Meals Monday through Friday?
If so, please call 683-3131 to get signed up!

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

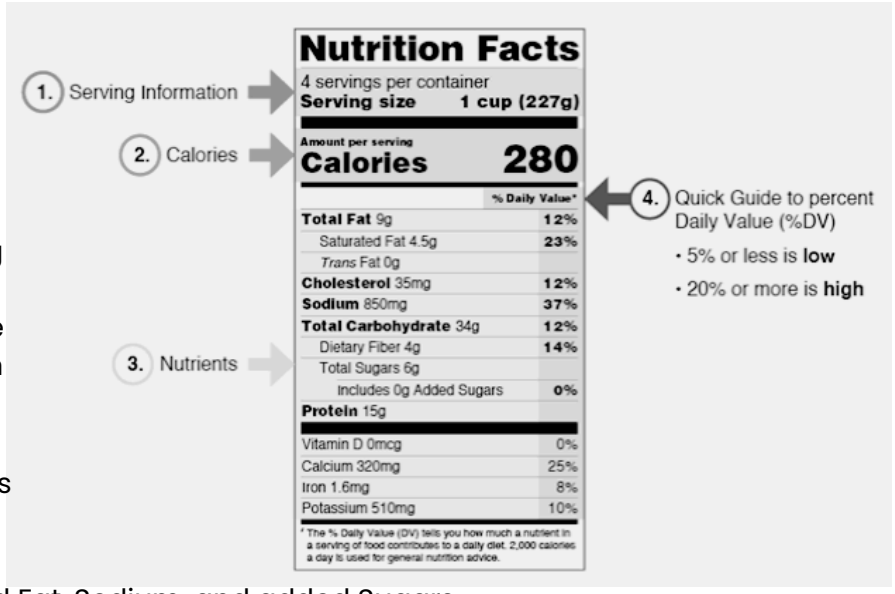
Nutrition



Understanding the Nutrition Facts Label

The Nutrition Facts label on food can help us make healthy choices. Choosing healthier foods and drinks will help you meet the Dietary Guidelines for Americans. It can also help lower the risk of health problems like high blood pressure, heart disease and diabetes. Get up and move. Regular exercise can help you have a healthy blood pressure. Try to get 30 minutes of physical activity per day, 5 days a week.

Reading the label:



1. Serving Size: All nutrient amounts listed on the label are for one serving. Make sure to read the serving size on the package and compare it to how much you eat. For some foods, the amount you eat may be more than one serving size.
2. Calories: The calories are in bold, large print. They tell you how much energy in in one serving of this food.
3. Nutrients: You can use the label information to get more of the nutrients you want to increase and less of the nutrients you may want to limit.
    - Limit these nutrients: Saturated Fat, Sodium, and added Sugars
    - Increase these nutrients: Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium
4. Percent Daily Value (%DV): Can help you know if a serving of food is high or low in a nutrient
    - 5% DV or less of a nutrient is considered low
    - 20% or more of a nutrient is considered high
5. Ingredient List: Tells you what the food is made of and if there are any common food allergens in it. Ingredients are listed in order of quantity. The first ingredient is what the product contains the most of. Try to pick foods with ingredients you are familiar with and words that are easy to read.

The nutrition label can be a useful tool for choosing healthy foods. We all have different dietary needs, and food nutrition labels can help us pick foods that support our individual health goals.

LISBON MENU (701-683-4295)

See pages 4-7 for all site menus-info on ordering a meal for all sites on page 2

VALLEY SENIOR SERVICES MEALS ON WHEELS & TAKE OUT/ MEALS AT CENTERS

Suggested donation $4.00 a meal for people 60+ and spouse of 60+

UNDER 60 IS A CHARGE OF $11.75 PER MEAL - SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02	**03**	**04**	**05**	**06**
Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Wheat Bread x2	Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus Kiwi Dinner Roll	Seafood Pasta Primavera House Salad & Dressing Seasoned Green Peas Strawberry Applesauce WG Breadstick	BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges	Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes Biscuit
09	**10**	**11**	**12**	**13**
Swiss Steak Buttered Red Potatoes Country Blend Veggies Raspberries Wheat Bread x1	Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Whole Orange Wheat Roll	CLOSED 	Beef Soft Tacos-2 Spanish Rice Caribbean Veggie Blend Salsa Guacamole Banana	Parmesan Chicken Buttered Spaghetti Marinara Sauce Prince Edward Veggies Fresh Fruit Salad Breadstick
16	**17**	**18**	**19** HOLIDAY MEAL	**20**
Beef & Broccoli Cilantro Rice Seasoned Snow Peas Vegtable Egg Roll Honeydew Cubes	Tuna Noodle Casserole California Blend Veggies Whole Orange Wheat Dinner Roll	Italian Sausage & Peppers Sesame Brown Rice Italian Blend Veggies Cantaloupe Wheat Bread x 2	Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Dinner Roll Pumpkin Pie	Mushroom Swiss Burger Roasted Red Potatoes Pepper Medley Apricots
23	**24**	**25**	**26**	**27**
Lemon Pepper Fish Whipped Sweet Potato Garden Blend Veggies Pineapple Wheat Bread x 1	Chicken Fried Steak Cream Gravy Potatoes & Onions Savory Carrots Ambrosia | Wheat Bread	Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail Wheat Bread	CLOSED 	CLOSED
30				
Rosemary Orange Chicken Rosemary Potatoes Garden Blend Veggies Rosy Applesauce WW Bread X 2				

ENDERLIN (701-437-2669)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear	**03** Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus Kiwi	**04** Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Whole Orange	**05** BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges	**06** Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes
09 Steak & Mushroom Sauce Mashed Potatoes Parslied Carrots Berry Crisp	**10** RS Ham Baked Potato Peas & Onions Banana	**11** Closed	**12** Beef Soft Tacos-2 Spanish Rice/ Salsa Caribbean Veggie Blend Guacamole Banana	**13** Parmesan Chicken Buttered Spaghetti Marinara Sauce Prince Edward Veggies Fresh Fruit Salad
16 Beef & Broccoli Cilantro Rice Seasoned Snow Peas Vegtable Egg Roll Honeydew Cubes	**17** Tuna Noodle Casserole California Blend Veggies Whole Orange	**18** Stuffed Peppers Mashed Potatoes Seasoned Green Beans Whole Orange Low Fat Vanilla Yogurt	**19** Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Pumpkin Pie	**20** Mushroom Swiss Burger Roasted Red Potatoes Pepper Medley Apricots
23 Beef Lasagna Herbed Green Beans Cantaloupe	**24** Chicken Fried Steak Cream Gravy Potatoes & Onions Savory Carrots Ambrosia	**25** Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	**26** Closed	**27** Closed
30 Chili w/ Beans House Salad Cornbread Fruit				

Word Twist

⇆ Word Twist

To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!



Thanksgiving

tusngffi _____ bensa _____

epsi _____ sptoeota _____

tkeury _____ resricarnbe _____

avgry _____ rcno _____

lsrol _____ kimpunp _____

Answers Stuffing, Turkey, Gravy, Pies, Rolls, Beans, Potatoes, Cranberries, Corn, Pumpkin

©LPi

06

MILNOR (701-427-9327)

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus	**04** Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear	**05** BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges	**06** Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes
09 - Monday Swiss Steak Buttered Red Potatoes Country Blend Veggies Raspberries	**10 - Tuesday** Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Whole Orange	**12** Beef Soft Tacos-2 Spanish Rice / Salsa Caribbean Veggie Blend Banana	**13** Parmesan Chicken Buttered Spaghetti Marinara Sauce Prince Edward Veggies Fresh Fruit Salad
17 Tuna Noodle Casserole California Blend Veggies Whole Orange	**18** Italian Sausage & Peppers Sesame Brown Rice Italian Blend Veggies Cantaloupe	**19** Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Pumpkin Pie	**20** Mushroom Swiss Burger Roasted Red Potatoes Pepper Medley Apricots
23 - Monday Lemon Pepper Fish Whipped Sweet Potato Garden Blend Veggies Pineapple	**24 - Tuesday** Chicken Fried Steak Cream Gravy Potatoes & Onions Savory Carrots Ambrosia	**25 - Wednesday** Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	**26 & 27** CLOSED

COGSWELL (701-724-3024) AND FORMAN (701-724-3928)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
02 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear	**03** Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus	**04** Seafood Pasta Primavera House Salad & Dressing Seasoned Green Peas Strawberry Applesauce	**05** BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges
09 Swiss Steak Buttered Red Potatoes Country Blend Veggies Raspberries	**10** Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Whole Orange	**12 - Thursday** Beef Soft Tacos-2 Spanish Rice / Salsa Caribbean Veggie Blend Guacamole Banana	**13 - Friday** Parmesan Chicken Buttered Spaghetti Marinara Sauce Prince Edward Veggies Fresh Fruit Salad
16 Beef & Broccoli Cilantro Rice Seasoned Snow Peas Vegtable Egg Roll Honeydew Cubes	**17** Tuna Noodle Casserole California Blend Veggies Whole Orange	**18** Italian Sausage & Peppers Sesame Brown Rice Italian Blend Veggies Cantaloupe	**19** Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Pumpkin Pie
23 Lemon Pepper Fish Whipped Sweet Potato Garden Blend Veggies Pineapple	**24** Chicken Fried Steak Cream Gravy Potatoes & Onions Savory Carrots Ambrosia	**25** Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	**26** **CLOSED**
30 Rosemary Orange Chicken Rosemary Potatoes Garden Blend Veggies Rosy Applesauce			

RUTLAND (701-724-4074)

TUESDAY	WEDNESDAY	THURSDAY
03 Pork Chop & Mushroom Sauce Seasoned Egg Noodles / Marinated Cucumbers Lemon Asparagus / Kiwi	**04** Beef Soft Tacos-2 / Spanish Rice Caribbean Veggie Blend / Salsa Guacamole | Banana	**05** BBQ Beef on a Bun / Mashed Potatoes Southwest Corn / Mandarin Oranges
09 - Monday Swiss Steak / Buttered Red Potatoes Country Blend Veggies / Raspberries	**10 - Tuesday** Honey Citrus Salmon / Wild Rice Pilaf Seasoned Snow Peas / Whole Orange	**12** Parmesan Chicken / Buttered Spaghetti Marinara Sauce / Prince Edward Veggies Fresh Fruit Salad
17 Beef & Broccoli / Cilantro Rice Seasoned Snow Peas / Vegtable Egg Roll Honeydew Cubes	**18** Mushroom Swiss Burge Roasted Red Potatoes Pepper Medley /Apricots	**19** Roast Turkey w/ Gravy / Mashed Potatoes Sage Bread Dressing / Cranberry Sauce Green Bean Almondine / Pumpkin Pie
23 - Monday Lemon Pepper Fish / Whipped Sweet Potato Garden Blend Veggies / Pineapple	**24 - Tuesday** Chicken Fried Steak / Cream Gravy Potatoes & Onions / Savory Carrots Ambrosia	**25 - Wednesday** Chicken Kiev / O'Brien Potatoes Green Bean Oregano / Fruit Cocktail

GWINNER (701)-678-3815

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear	**03** Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus Kiwi	**04** Seafood Pasta Primavera House Salad & Dressing Seasoned Green Peas Strawberry Applesauce	**05** BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges	**06** Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes
09 Swiss Steak Buttered Red Potatoes Country Blend Veggies Raspberries	**10** Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Whole Orange	**11** CLOSED	**12** Beef Soft Tacos-2 Spanish Rice / Salsa Caribbean Veggie Blend Guacamole | Banana	**13** Parmesan Chicken Buttered Spaghetti Marinara Sauce Prince Edward Veggies Fresh Fruit Salad
16 Beef & Broccoli Cilantro Rice Seasoned Snow Peas Vegtable Egg Roll Honeydew Cubes	**17** Tuna Noodle Casserole California Blend Veggies Whole Orange	**18** Italian Sausage & Peppers Sesame Brown Rice Italian Blend Veggies Cantaloupe	**19** Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Pumpkin Pie	**20** Mushroom Swiss Burger Roasted Red Potatoes Pepper Medley Apricots
23 Lemon Pepper Fish Whipped Sweet Potato Garden Blend Veggies Pineapple	**24** Chicken Fried Steak Cream Gravy Potatoes & Onions Savory Carrots Ambrosia	**25** Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	**26** CLOSED	**27** CLOSED
30 Rosemary Orange Chicken Rosemary Potatoes Garden Blend Veggies Rosy Applesauce				

MEDICARE PART D OPEN ENROLLMENT

Protect Yourself from Scams During Medicare Open Enrollment

Every year, scammers become more active during the Medicare Open Enrollment Period. They may target people with Medicare to steal their money, personal information, or both. Open Enrollment runs from **October 15 through December 7.** As you review your health and prescription plans, learn how to spot and avoid scams.

WATCH OUT FOR MEDICARE SCAMS

Scammers may pretend to be from Medicare. They may contact you when you are not expecting a call, text, or email. They may:

- Sound professional and know some of your personal information.
- Say you need a "new" or "updated" Medicare card.
- Ask for your Medicare number, bank account number, or credit card number.
- Offer you cash or gifts if you switch to their plan.
- Try to scare you by saying you must join a plan, or you will not have coverage next year.

REMEMBER

- Medicare cards are free. Medicare will mail your card to you automatically.
- Real Medicare representatives will not contact you out of the blue to ask for your Medicare number, financial information, or payment.

HOW TO PROTECT YOURSELF

Follow these tips to help protect yourself from Medicare scams during Open Enrollment:

- Do not share your information with unexpected callers. If someone asks for your Medicare, personal, or financial information, hang up.
- Medicare may ask you to verify information when you contact Medicare first.
- Medicare will not try to sell you a plan or make you pay for a Medicare card.

DO NOT TRUST YOUR CALLER ID.

- A scammer can make a call look like it is coming from Medicare. If you are not sure, hang up and call 1-800-MEDICARE (1-800-633-4227).

GET HELP COMPARING MEDICARE PLANS.

- North Dakota Insurance Department will be available by telephone for enrollment assistance. They can be contacted at 701-328-2440 Option #1 or 1-888-575-6611.
- You can also visit Medicare.gov, the official U.S. government website for Medicare.
- Or call 1-800-MEDICARE (1-800-633-4227).
- For residents of rural Cass County, Community of Care will provide assistance with Part D open enrollment in Arthur, ND at 335 1st Street. Call Lauren at 701-967-8502 for appointments.
- Valley Senior Services Resource Specialists will conduct Part D comparison sessions for 2027 Medicare Part D Prescription Drug Plans during the open enrollment period based on staff availability. **For appointments, lease call 701-683-3131 or toll-free at 877-857-3743.** Walk-ins cannot be accomodated.

Valley Senior Services Resource Specialists are acting in good faith to provide independent, impartial information. We do not sell, recommend, or endorse any specific insurance product. We will provide Part D plan comparison information provided by the Medicare Plan Finder website. Plan comparison information provided by the Medicare Plan Finder website is an estimate of costs. ***Please note, VSS comparisons are available for Part D plans only, for Medicare Supplement and Medicare Advantage plan comparisons, contact the ND State Health Insurance Department.**

Report Medicare fraud. Report Medicare impersonators and other Medicare scams at 1-800-MEDICARE (1-800-633-4227) or to the ND Senior Medicare Patrol at 1-833-818-0029. Then tell the FTC at ReportFraud.ftc.gov

The information provided is intended to be a general summary only. Source of information: Federal Trade Commission. (2025, September 30). This Medicare Open Enrollment season, learn how to protect yourself from scams.

Ransom & Sargent County Transportation

Valley Senior Services
helping seniors maintain independence

HANDICAP ACCESSIBLE

We will accommodate appointments of any kind, to ANY AGE, on a first call, first serve basis.

TO MAKE A RESERVATION, CALL 701-683-3131

Lisbon City Van

MONDAY - WEDNESDAY - FRIDAY
9:00am-3:00pm
Same day rides within Lisbon city limits
Out of town rides, 20 miles radius of Lisbon, please schedule the day before
$2-In-town round trip (includes 1 stop)
$5 Out-of-town round trip (includes 1 stop)
$1 for each additional stop

County Vans

AVAILABLE MONDAY-FRIDAY FOR OUT-OF-COUNTY TRIPS BY APPOINTMENT
In County = $5 per person
Out of County = $8 per person

Fargo Bus

The bus leaves from Lisbon at 8:30 am every Tuesday & Thursday morning.
It will leave Fargo no later than 3pm - please schedule your appointments accordingly.
$8 per person
To reserve your seat,call 683-3131

Passenger Policies

- Please have the exact fare. Drivers do not carry change.
- Passengers shall be courteous to the driver &any other passengers.
- The driver may refuse to give you a ride to locations that are not safe, including areas not cleared of snow.
- If requested the driver can provide an arm or hand to assist riders between the entrance to the building & the van.
- Passengers are expected to carry their own shopping bags.
- The driver may assist with shopping bags if time allows.
- It is at the discretion of the driver not to carry anything too heavy.
- Passengers may only be taken to the main entrance of their building or house no further.
- No smoking or drinking in the Transit vehicles.

CALL VSS AT 701-683-3131 TO RESERVE YOUR SEAT!

Valley Senior Services
P.O. Box 2217
Fargo, ND 58108

RETURN SERVICE REQUESTED

NON-PROFIT ORG
U.S. POSTAGE PAID
FARGO ND 58102
PERMIT NO. 1123

Ransom & Sargent County Information

Foot Care

RANSOM COUNTY PUBLIC HEALTH
Call 701-683-6140 for an appt.

SARGENT COUNTY PUBLIC HEALTH
Call 701-724-3725 for an appt.

Food Pantries

RANSOM COUNTY FOOD PANTRY
701-308-0905
Call Wednesday to order a basket;Thursday basket pick up 1:00-3:00pm

SARGENT COUNTY FOOD PANTRY
701-680-7049
Forman: 347 Main Street South
Mondays, 4-6pm
Gwinner: 104 Main Street North
Tuesdays, 1-4pm

Valley Senior Services

Helping Seniors Maintain Independence

Community Dining, Carry Out, and Meals on Wheels are offered in the towns of Cogswell, Enderlin, Forman, Lisbon, Milnor, and Rutland Don't live in one of these towns? Frozen meals are available to you!

Transportation is provided in Ransom and Sargent. These rides are open to all residents regardless of age.

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

VALLEY SENIOR SERVICES IS LOCATED IN THE LISBON SENIOR CENTER. WE ARE HERE TO HELP! STOP BY AND VISIT WITH US TODAY.
701-683-3131