Valley Senior Services
helping seniors maintain independence

Silver Quill

VALLEY SENIOR SERVICES OF TRAILL & STEELE COUNTIES

NOVEMBER 2026 | VOLUME 36 NO. 11



Thank you to Freddy's Lefse in West Fargo for the donation of lefse for our holiday meal!

OFFICE PHONE
701-636-5953
800-845-1715 (toll free)

MEAL RESERVATIONS
701-636-5954

TRANSPORTATION
701-636-5953 or
800-845-1715 (toll free)

WEBSITE
valleyseniorservices.org

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

Information and referrals always available by contacting Traill & Steele Program Assistant, Ashley, at 701-636-5954

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

Valley Senior Services

Traill & Steele Counties

valleyseniorservices.org

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

COUNTY PROGRAM SUPERVISOR:
Mia—Hillsboro
701-636-5953
800-845-1715

PROGRAM ASSISTANT:
Ashley
701-636-5954

HILLSBORO SITE:
205 N Main PO Box 506
Hillsboro, ND 58045

MAYVILLE SITE:
39 1st Ave NE
Mayville, ND 58257

PORTLAND SITE:
710 Parke Ave
Portland ND, 58274

FINLEY SITE:
301 Central Ave
Finley ND, 58230

BUXTON SITE:
315 Broadway
Buxton, ND 58218

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.

Dining Locations for Senior Meals

HILLSBORO SENIOR CENTER
Dine-in at 12:00 pm on Monday thru Friday: Take out also available, drive through on the south side of the senior center.
See menu on page 5.

MAYVILLE SENIOR CENTER
Dine-in at 11:30 am on Monday, Wednesday, Friday: Take out also available, drive through on the west side of the senior center.
See menu on page 6.

PORTLAND SENIOR CENTER
Dine-in at 11:30 am on Tuesday and Thursday: Take out also available, pick up at front door.
See menu on page 6.

BUXTON SENIOR CENTER
Dine-in at 11:30 am on Monday, Wednesday, Friday: Take out also available, pick up at front door.
See menu on page 7.

FINLEY SENIOR CENTER
Dine-in at 11:30 am on Monday, Wednesday, Friday: Take out also available at senior center.
See menu on page 7.

Please call one day in advance by 2:00 pm to reserve your meal.
To reserve a meal on Mondays, call by 2:00 pm Friday.

TO SIGN UP FOR MEALS, CALL:
701-636-5954.

Traill & Steele County Foot Care

For services in Hillsboro and Buxton contact Deb Lessard. All other locations contact Jill Kent.

Just For You Footcare will be providing foot care at:

MAYVILLE
Dec 3 & 10

Call Jill at 218-242-1379 for appointment.

Debra Lessard, RN will be providing foot care at:

HILLSBORO
Nov 12, 18, 23

BUXTON
Nov 19

Call Deb at 701-430-2074 for schedule and appointment

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

Food Pantries

Traill County

HATTON

Hatton Helping Hand
1009 Dakota Ave, Hatton ND
(Goose River Bank front door)
2nd and 4th Wednesdays
4:00 – 6:00 pm

Contact:
Donalee Strand 701-371-1036 or
Faye Duncan 701-430-9869

HILLSBORO

Hillsboro Kiwanis Food Pantry
Hillsboro Armory
408 1st St. SE, Hillsboro ND
1st & 3rd Mondays 4:00-6:00 pm

Contact:
Rich Gehrke 701-436-5777

PORTLAND

May-Port Food Pantry
717 ½ Bennet Ave, Portland
3rd Thursday
9:00-10:00 am (for Seniors)
3:00-5:00 pm (public)

Contact:
Rita Balstad 701-430-1594

Steele County

FINLEY

Steele County Food Pantry
201 Washington Ave W,
(Courthouse)
Finley, ND

Call or text:
Brittany Olson
701-330-9736
or
Courtney Nygaard
701-789-1743



Center Highlights

HILLSBORO SENIOR CENTER

205 N Main Street
701-636-5954

MEALS: MON-FRI AT 12:00 PM

Nov 12, 18, 23 - Foot care at Senior Center*
Nov 26 - 1:30 Monthly business meeting (bingo to follow)
Every day - 8:00 Coffee
Every Tuesday - 9:00 Bone Builders; 1:00 Senior Fun Afternoon (games, cards, etc)
Every Thursday– 9:00 Bone Builders; 1:30 Bingo

To rent the center, call Lavonne Kozojed at 701-430-1229 or Marilyn Longthorne at 636-2092.

MAYVILLE SENIOR CENTER

39 1st Avenue NE
701-788-3453

MEALS: MON,WED,FRI AT 11:30 AM

Nov 2 - 1:30 Monthly business meeting
Every Tuesday - 1:30 Bingo
Every Friday - 1:30 Cards

To rent the center, call Connie Mangan at 701-430-1981.

FINLEY SENIOR CENTER

301 Central Avenue
701-524-1818

MEALS: MON,WED,FRI AT 12:00 PM

Nov 10- 12:45 Monthy business meeting
Every Tuesday - 2:00 Cards

*see Foot Care info on page 2

PORTLAND GOLDEN AGE CLUB

710 Parke Avenue
701-788-3410

MEALS: TUES & THUS AT 11:30 AM

Nov 9- 12:00 noon potluck meal; 12:45 monthly business meeting
Every Monday - 8:00-9:30 Coffee
Every Wednesday - 8:00-9:30 Coffee; 9:30 Bone Builders; 1:00 Cards
Every Friday - 8:00-9:30 Coffee; 9:30 Bone Builders

To rent the center, call Marie Hamm at 608-697-2106.

BUXTON TOWN & COUNTRY SENIOR CENTER

315 Broadway

MEALS: MON,WED,FRI AT 11:30 AM

Nov 19- Foot care at Senior Center*
Nov 23 - 12:30 Monthly business meeting with bingo to follow
Every Mon, Wed & Fri - 10:00 Bone Builders

To rent the center, call Arlan Vonesh at 847-2102, Rose Finstrom at 847-3052 or Wanda Knutsvig at 701-740-5751

HOPE SENIOR CENTER

211 Steele Avenue

Nov 3 - 1:30 Monthly business meeting
Nov 24 - 1:30 Social
Every Thursday - 1:30 Cards

To rent the center, call Edith Johnson at 701-840-1904.

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, Rolls, Beans, Potatoes, Cranberries, Corn, Pumpkin, Pies

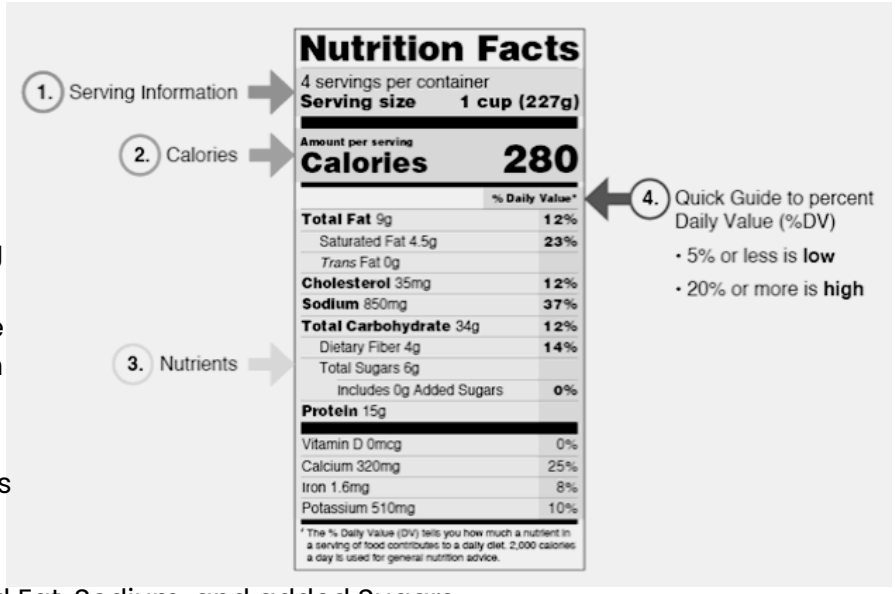
©LPi



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.

HILLSBORO MENU (701-636-5954)

SEE PAGES 6-7 FOR ALL SITE MENUS-INFO ON ORDERING A MEAL FOR ALL SITES ON PAGE 2

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

Please call 701-636-5954 one day in advance by 2 pm Tuesday through Friday to reserve a meal (for Monday call by 2pm Friday)

ALL MEALS INCLUDE 8oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02	**03**	**04**	**05**	**06**
Chicken Monterey Brown Rice Prince Edward Veggie Banana Whole Grain Breadstick	Seasoned Pork Roast Roasted Sweet Potatoes Roasted Brussels Sprouts Mandarin Oranges Wheat Bread x 2	Salmon Loaf Roasted Red Potatoes Mixed Veggies Berry Crisp Wheat Dinner Roll	Italian Pasta Bake House Salad Zucchini Grapes Wheat Bread x 1	Beef Steak & Gravy Mashed Potatoes Green Beans w/ Thyme Blueberries Wheat Dinner Roll
09	**10**	**11**	**12**	**13**
Chicken Fried Steak Cream Gravy Potatoes & Onions Lemon Butter Broccoli Fruit Cocktail Wheat Bread x 1	Sweet & Sour Pork Fried Rice Veggie Egg Roll Oriental Blend Veggies Seasonal Fresh Fruit Wheat Bread x1	CLOSED 	Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce Wheat Bread x 2	Chicken Supreme Mashed Potatoes Prince Edward Veggies Blushing Pineapple Wheat Bread x 2
16	**17**	**18** HOLIDAY MEAL	**19**	**20**
Chicken Drumsticks Baby Red Potatoes Seasoned Green Peas Chilled Mandarin Oranges Whole Grain Biscuit	Meatballs Brown Rice Seasoned Broccoli House Salad Mixed Fruit Wheat Bread x 1	Roast Turkey & Poultry Gravy Mashed Potatoes Green Bean Casserole Sage Bread Dressing Cranberry Sauce Pumpkin Pie Lefse	Macaroni Hotdish Green Beans Mandarin Oranges Breadstick	Honey Roast Pork Chop Coconut Rice Baby Lima Beans Hawaiian Roll Watermelon
23	**24**	**25**	**26**	**27**
Pork Wings Scalloped Potatoes Seasoned Carrots Pears Dinner Roll	Tater Tot Casserole Southwest Corn Sliced Apples Wheat Bread x 1	Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes Whole Grain Biscuit	CLOSED 	CLOSED
30				
Parmesan Chicken Angel Pasta/Marinara Italian Blend Veggies Strawberries Garlic Bread				



06 MAYVILLE (701-788-3453)-PORTLAND (701-788-3410)

MONDAY MAYVILLE	TUESDAY PORTLAND	WEDNESDAY MAYVILLE	THURSDAY PORTLAND	FRIDAY MAYVILLE
02 Chicken Monterey Brown Rice Prince Edward Veggie Banana	**03** Seasoned Pork Roast Roasted Sweet Potatoes Roasted Brussels Sprouts Mandarin Oranges	**04** Salmon Loaf Roasted Red Potatoes Mixed Veggies Berry Crisp	**05** Italian Pasta Bake House Salad Zucchini Grapes	**06** Beef Steak & Gravy Mashed Potatoes Green Beans w/ Thyme Blueberries
09 Chicken Fried Steak Cream Gravy Potatoes & Onions Lemon Butter Broccoli Fruit Cocktail	**10** Sweet & Sour Pork Fried Rice Veggie Egg Roll Oriental Blend Veggies Seasonal Fresh Fruit	**11** CLOSED	**12** Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce	**13** Chicken Supreme Mashed Potatoes Prince Edward Veggies Blushing Pineapple
16 Chicken Drumsticks Baby Red Potatoes Seasoned Green Peas Chilled Mandarin Oranges	**17** Meatballs Brown Rice Seasoned Broccoli House Salad Mixed Fruit	**18** Roast Turkey & Poultry Gravy Mashed Potatoes Green Bean Casserole Sage Bread Dressing Cranberry Sauce Pumpkin Pie / Lefse	**19** Macaroni Hotdish Green Beans Mandarin Oranges	**20** Honey Roast Pork Chop Coconut Rice Baby Lima Beans Hawaiian Roll Watermelon
23 Pork Wings Scalloped Potatoes Seasoned Carrots Pears	**24** Tater Tot Casserole Southwest Corn Sliced Apples	**25** Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes	**26** CLOSED	**27** CLOSED
30 Parmesan Chicken Angel Pasta/Marinara Italian Blend Veggies Strawberries				

Part D Open Enrollment

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.

(Continued on page 7)

BUXTON (701-847-2069)

MONDAY	WEDNESDAY	FRIDAY
02 Chicken Monterey Brown Rice Prince Edward Veggie Banana	**04** Salmon Loaf Roasted Red Potatoes Mixed Veggies Berry Crisp	**06** Beef Steak & Gravy Mashed Potatoes Green Beans w/ Thyme Blueberries
09 Chicken Fried Steak Cream Gravy Potatoes & Onions Lemon Butter Broccoli	**10 -Tuesday** Sweet & Sour Pork Fried Rice Veggie Egg Roll Oriental Blend Veggies	**13** Chicken Supreme Mashed Potatoes Prince Edward Veggies Blushing Pineapple
16 Chicken Drumsticks Baby Red Potatoes Seasoned Green Peas Chilled Mandarin Oranges	**18** Roast Turkey & Poultry Gravy Mashed Potatoes Green Bean Casserole Sage Bread Dressing Cranberry Sauce Pumpkin Pie/Lefse	**20** Honey Roast Pork Chop Coconut Rice Baby Lima Beans Hawaiian Roll Watermelon
23 Pork Wings Scalloped Potatoes Seasoned Carrots Pears	**24 - Tuesday** Tater Tot Casserole Southwest Corn Sliced Apples	**25 - Wednesday** Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes
30 Parmesan Chicken Angel Pasta/Marinara Italian Blend Veggies Strawberries		

FINLEY (701-524-1818)

MONDAY	WEDNESDAY	FRIDAY
02 Chicken Monterey Brown Rice Prince Edward Veggie Banana	**04** Salmon Loaf Roasted Red Potatoes Mixed Veggies Berry Crisp	**06** Beef Steak & Gravy Mashed Potatoes Green Beans w/ Thyme Blueberries
09 Chicken Fried Steak Cream Gravy Potatoes & Onions Lemon Butter Broccoli	**10 -Tuesday** Sweet & Sour Pork Fried Rice Veggie Egg Roll Oriental Blend Veggies	**13** Chicken Supreme Mashed Potatoes Prince Edward Veggies Blushing Pineapple
16 Chicken Drumsticks Baby Red Potatoes Seasoned Green Peas Chilled Mandarin Oranges	**18** Roast Turkey & Poultry Gravy Mashed Potatoes Green Bean Casserole Sage Bread Dressing Cranberry Sauce Pumpkin Pie/Lefse	**20** Honey Roast Pork Chop Coconut Rice Baby Lima Beans Hawaiian Roll Watermelon
23 Pork Wings Scalloped Potatoes Seasoned Carrots Pears	**24 - Tuesday** Tater Tot Casserole Southwest Corn Sliced Apples	**25 - Wednesday** Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes
30 Parmesan Chicken Angel Pasta/Marinara Italian Blend Veggies Strawberries		

MEDICARE PART D OPEN ENROLLMENT

(Continued from page 6)

- 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. Call 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).
- 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 at their Fargo office. For appointments, please call 701-356-1434 and leave a message. Walk-ins cannot be accomodated.
- Hillsboro Drug will help compare plans and apply for Medicare Part D Call Randy at 701-636-5231. *Must be a client of Hillsboro Drug.*
- Aasen Drug in Mayville will help compare plans but not assist with applying. Call Markus at 701-788-2552.

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

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

RETURN SERVICE REQUESTED

STEELE COUNTY TRANSIT - NOVEMBER 2026

Aneta - Buxton - Cooperstown - Hatton - Hillsboro - Northwood - Page - Mayville - Galesburg - Portland - Reynolds - Finley - Sharon - Hope - Rural Grand Forks County as noted

TO SCHEDULE A RIDE, CALL: 1 (800) 845-1715 OR (701) 636-5953 AT LEAST 2 DAYS IN ADVANCE.
THE COST FOR THESE RIDES IS $8.00 PER PERSON.

Rides will be provided on a first call, first serve basis. Hours spent in Fargo and Grand Forks will be between 9:30am to 2:30pm unless all riders are ready to leave earlier.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02	03 **Grand Forks GF County**	04 **Fargo**	05	06 **Fargo**
09 **Fargo**	10	11	12 **Grand Forks GF County**	13
16 **Fargo**	17 **Grand Forks GF County**	18	19 **Grand Forks GF County**	20 **Fargo**
23 **Fargo**	24	25 **Fargo**	26	27
30				

Van Schedules: Two vans are available for individual appointments with one being accessible for mobility aids. These vans are available Monday thru Friday within Traill and Steele counties as well as to Fargo and Grand Forks.