Silver Quill
ValleySeniorServices

NOVEMBER
2026

VOLUME 1
NO. 269

What is Diabetes?

Diabetes is a health condition when the body does not use food as energy correctly. Most of the food we eat is broken down into nutrients, including glucose (sugar), and used as energy. In a healthy body, when blood glucose levels rise, the pancreas releases insulin to carry blood sugar to the cells in our body. When you have diabetes, the body does not use or produce insulin correctly. This causes glucose to build up in the blood instead of being used for energy. The extra sugar in the blood is what leads to high blood glucose levels. If left untreated, diabetes can contribute to other health conditions, such as kidney or heart disease.

There are Three Types of Diabetes

- Type 1: **Type 1 diabetes** caused by an immune reaction that causes the pancreas to stop making insulin.
- Type 2: **Type 2 diabetes** occurs when insulin is not effectively used by the body, or the pancreas does not produce enough insulin.
- Prediabetes: **Prediabetes** is a "warning signal" telling us that blood sugar levels are higher than the normal range, but not yet high enough to be diabetes.

Testing for Diabetes

Many tests can measure blood sugar to identify diabetes or prediabetes. These include hemoglobin A1C blood tests, blood glucose tests, glucose intolerance tests, and even urinalysis tests for the presence of glucose.

Anyone with a Body Mass Index (BMI) of 25 or higher should begin regular screenings for diabetes. Adults 35 years or older should have blood glucose level screenings even if they are a healthy weight. Your healthcare professional will guide you on these important screenings.

Diabetes does not have a cure and can get worse over time. Here are some ways to help manage and slow the progression of diabetes, such as:

- Healthy eating
- Staying active
- Losing weight if overweight
- Taking medications as ordered
- Professional diabetic support and education
- Regular exams and appointments with health professionals

NORTH Dakota | Health & Human Services

dietary solutions

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
Nicole—Lidgerwood
Dawn—Wahpeton
Sharron—Wahpeton
Cathy—Wyndmere

FILL-IN KITCHEN STAFF
Kathy
Sheree
Karen
Julie
Janelle

TRANSPORTATION
Uri
Derek
Kari

INVENTORY & TRANSPORTATION
Dean

****

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 November 3 & 17 and December 1 & 15
9:00am to 12:00pm on November 5 and December 3

Lidgerwood Senior Center
117 4th Street Southwest
9:00am to 1:00pm on
November 5 and December 3

Hankinson Senior Center
111 3rd Street Southwest
9:00am to 1:00pm on
November 12 and December 10

Wyndmere Senior Center
466 4th Street
10:00am to 1:00pm on
November 19 and December 17

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**

Diabetes Awareness

Diabetes Statistics

New Cases

1.2 million

Americans are diagnosed with diabetes ever year

38.4 million

Americans have diabetes



1 out of 4 do not know they have it



Diabetes remains the **8th leading cause of death** in the United States

Diabetes Warning Signs

- Frequent Urination
- Increased Thirst
- Increased Hunger
- Extreme Fatigue
- Blurry Vision
- Cuts/Bruises that are slow to heal
- Weight Loss
- Tingling, pain, or numbness in the hands/feet

Tips to Reduce Your Risk for Diabetes

- ✓ **Make Healthy Food Choices**
- ✓ **Engage in Physical Activity**
- ✓ **Maintain a Healthy Body Weight**
- ✓ **Work with a Health Professional**

Resources: Centers for Disease Control and Prevention & Diabetes.org

NORTH Dakota Be Legendary. | Health & Human Services

dietary solutions

Valley Senior Services
helping seniors maintain independence

Medicare Part D Annual Open Enrollment

The prescription drug plans approved by Medicare are approved for one calendar year (January through December). The private companies offering these plans must apply to Medicare to be approved each year, so plans change from year to year. You can select the best plan that is available for you, with a goal of finding one that is the least expensive. These plans are very different for each individual based on your current medications and which pharmacy or pharmacies you use.

Options for Help

- Valley Senior Services Richland County Resource Specialist will be available to assist you with Medicare Part D enrollment **by appointment only** at the Wahpeton location on **Tuesdays beginning October 28th to December 1st.** Schedule your appointment by calling the Wahpeton Senior Center at 701-642-3033.

- North Dakota Insurance Department is available by telephone for enrollment assistance. They can be contacted at 1-888-575-6611. You can also compare plans using Medicare's online Drug Plan Finder at: https://www.medicare.gov

You Will Need

- Your Medicare card and current drug plan information.
- Your login information for your MyMedicare.gov account if you have one.
- Medications and/or a list of your prescriptions, including dosage and frequency.



AUTUMN'S HERE



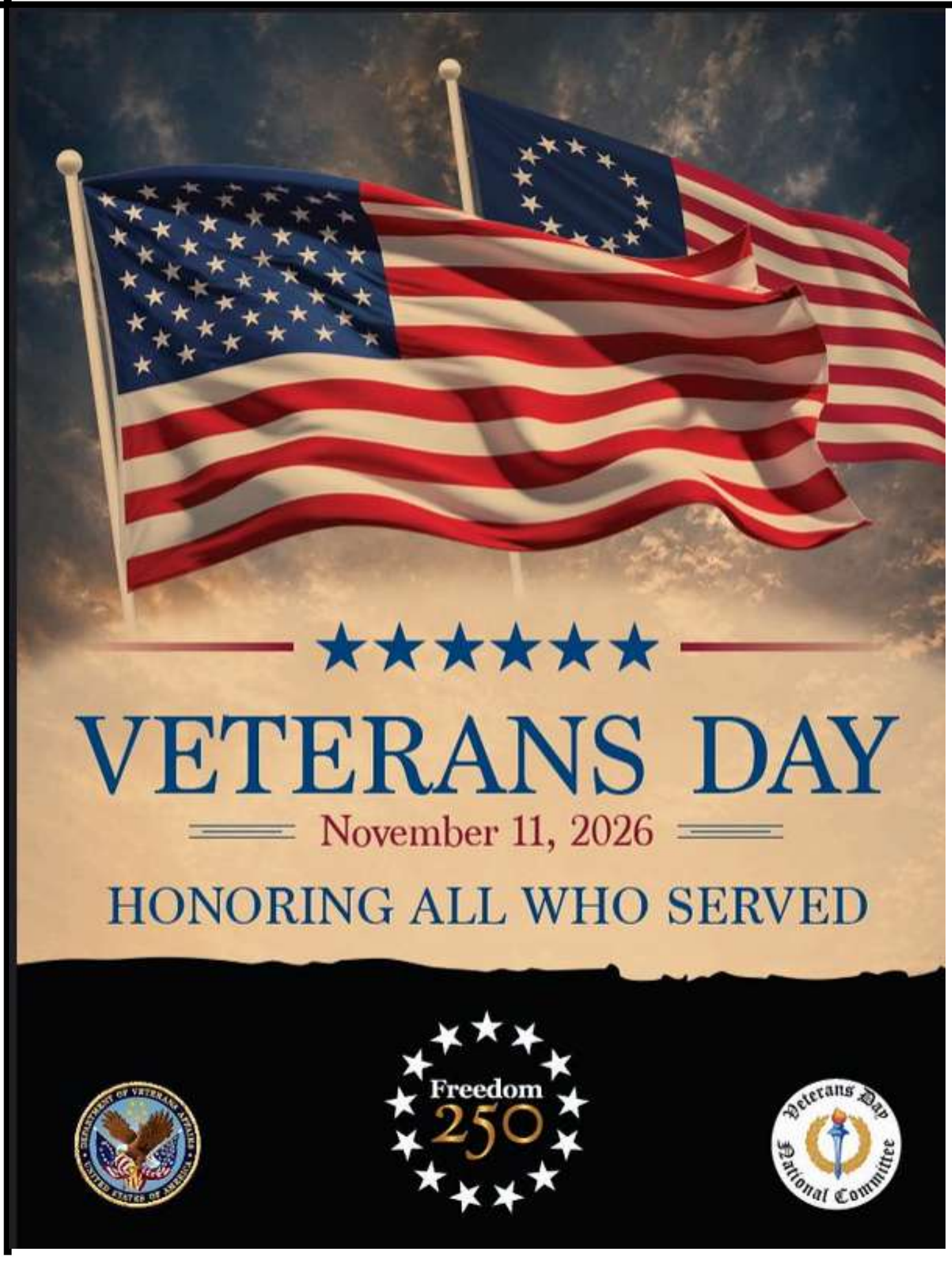
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HINT: A FEW WORDS MAY SHARE LETTERS.

SEASONEDTIMES.COM

PIE
HARVEST
LEAVES
SCARECROW
CROW
HAYRIDE
MAPLE
CHESTNUT
THANKSGIVING
HALLOWEEN
TURKEY
CORN MAZE




VETERANS DAY
November 11, 2026
HONORING ALL WHO SERVED
Freedom 250
Veterans Day National Committee



Living with Diabetes?

Nobody would ever choose to live with diabetes. It's a challenging and complex disease. But the fact is… many of us ARE living with it. According to The Diabetes Association, approximately 25 percent of Americans over 60 have the disease.

It's absolutely normal to be frightened by diabetes. The disease can lead to serious health problems. But, as daunting as diabetes can be, it's a manageable disease. It is possible to live a normal, enjoyable life with diabetes. It takes effort, determination, and resolve, of course. It also takes daily attention and daily steps.

Tips from folks living well with diabetes…

- See your doctor regularly. It's crucial to have all tests necessary to stay on top of diabetes and manage it appropriately. Not only is it important to have tests specific to diabetes, it's also important to be tested for health problems associated with the disease. Follow your doctor's recommendations and instructions, and always use medications as directed.

- Stay informed. Learn everything there is to know about diabetes. Keep abreast of progress made in the treatment of the disease. The more you know about diabetes the better you'll be able to deal with having the disease.

- Stay organized. Good organization can help you feel less fearful about living with diabetes and more in control of the disease. Keep detailed records that are easy to access and update. Keep your supplies together in a convenient spot.

- Know problem signs. The symptoms associated with a blood sugar problem can vary from person to person, but your doctor can help you figure out the signs to look out for in your personal situation. Symptoms could include lightheadedness, feeling clammy or sweaty, confusion or disorientation, rapid heartbeat, fatigue, dizziness, or a host of other issues. If you think you may be experiencing symptoms, check your blood glucose immediately and follow your doctor's instructions.

- Monitor consistently. It's vital that your blood sugar levels remain within your target range, which means you must keep track of your levels so you'll know when they are too high or too low. By monitoring on a regular basis, you can treat problem fluctuations immediately. Doing so will help you feel your best and prevent serious health issues.

- Make healthy choices. Think about how the things you do and decisions you make impact your health and your disease. Eat foods recommended by your doctor and steer clear of those you're supposed to avoid. Don't skip meals or go too long without eating. Stay well hydrated. Be conscious about staying at a proper weight. Keep your body as active as possible through age-appropriate activities. Check your blood sugar levels before, during, and after exercising.

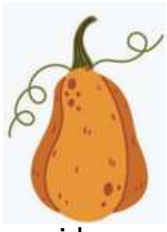
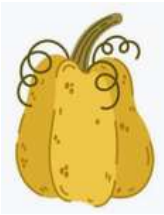
- Check your feet. Take time each day to give your feet a thorough going over. Look for any discoloration, breaks in the skin, sores, blisters, calluses, etc. It may be helpful to do the check at the same time each day as part of your daily routine so you don't forget. Let your doctor know about any changes.

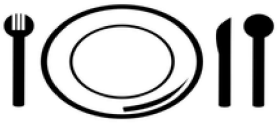
- Wear a diabetes identification. There may be an instance when you're experiencing a medical emergency but unable to communicate. That's why it is essential to wear a diabetes ID bracelet or something else that lets people know you have the disease. Even an emergency medical professional may not realize right away that you're diabetic.

SEASONEDTIMES.COM



November 2026 Wahpeton Senior Center 642-3033

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02	**03**	**04 Birthday Dinner**	**05**	**06**
Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Wheat Bread x 2	Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus Kiwi Dinner Roll	Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail Wheat Bread Cake	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 CLOSED**	**12**	**13**
Swiss Steak Buttered Red Potatoes Country Blend Veggies Raspberries Wheat Bread x 1	Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Whole Orange Dinner Roll	**Thank you for serving, Veterans!** If you would like a frozen meal, please call the office at 701-642-3033	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 THANKSGIVING**	**20**
Thai Beef w/ Basil Garlic Noodles Asian Blend Veggies Mango Wheat Bread x 2	Eggs Benedict Casserole Hollandaise Rosemary Potatoes Lemon Walnut Broccoli Cherry Crisp	Italian Sausage & Peppers Sesame Brown Rice Italian Blend Veggies Cantaloupe - 1 Cup 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 CLOSED**	**27 CLOSED**
Lemon Pepper Fish Whipped Sweet Potato Garden Blend Veggies Pineapple Wheat Bread	Chicken Fried Steak Cream Gravy Potatoes & Onions Savory Carrots Ambrosia Wheat Bread	Seafood Pasta Primavera House Salad & Dressing Seasoned Green Peas Strawberry Applesauce Breadstick	**Happy Thanksgiving!** If you would like a frozen meal, please call the office at 701-642-3033	If you would like a frozen meal, please call the office at 701-642-3033
30				
Chicken Paprikash Mashed Potatoes Corn Apple Wheat Bread x 2				



All of our meal sites provide congregate, carryout, 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.

November 2026 — Abercrombie Senior Center — 553-8759

2 Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus Kiwi | Dinner Roll	**3** Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail Wheat Bread | Cake	**4** BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges
9 Swiss Steak Buttered Red Potatoes Country Blend Veggies Raspberries | Wheat Bread	**10** Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Whole Orange | Wheat Roll	**12** Parmesan Chicken & Marinara Buttered Spaghetti Prince Edward Veggies Fresh Fruit | Breadstick
16 Italian Sausage & Peppers Sesame Brown Rice Italian Blend Veggies Cantaloupe - 1 Cup Wheat Bread x 2	**17** Mushroom Swiss Burger Roasted Red Potatoes Pepper Medley Apricots	**18** **Thanksgiving Dinner** Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Roll | Pumpkin Pie
23 Lemon Pepper Fish Whipped Sweet Potato Garden Blend Veggies Pineapple Wheat Bread	**24** Chicken Fried Steak Cream Gravy Potatoes & Onions Savory Carrots Ambrosia | Wheat Bread	**25** Seafood Primavera House Salad & Dressing Seasoned Green Peas Strawberry Applesauce Breadstick
30 Chicken Paprikash Mashed Potatoes Corn Apple | Wheat Bread x 2		

November 2026 — Hankinson Senior Center — 242-7742

3 Thai Beef w/ Basil Garlic Noodles Asian Blend Veggies Mango Wheat Bread x 2	**4** Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes Biscuit	**6** Seafood Pasta Primavera House Salad & Dressing Seasoned Green Peas Strawberry Applesauce Breadstick
9 BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges	**10** Italian Sausage & Peppers Sesame Brown Rice Italian Blend Veggies Cantaloupe - 1 Cup Wheat Bread x 2	**13** Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail Wheat Bread | Cake
17 Mushroom Swiss Burger Roasted Red Potatoes Pepper Medley Apricots	**18** **Thanksgiving Dinner** Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Roll | Pumpkin Pie	**20** Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus Kiwi Dinner Roll
23 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear | Wheat Bread x 2	**24** Beef Soft Tacos - 2 Spanish Rice Caribbean Veggie Blend Salsa & Guacamole Banana	**25** Lemon Pepper Fish Whipped Sweet Potato Garden Blend Veggies Pineapple | Wheat Bread

November 2026 — Lidgerwood Senior Center — 538-4602

2 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Wheat Bread x 2	**3** Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail Wheat Bread | Cake	**5** BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges
9 Swiss Steak Buttered Red Potatoes Country Blend Veggies Raspberries | Wheat Bread	**10** Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Whole Orange | Wheat Roll	**12** Beef Soft Tacos - 2 Spanish Rice Caribbean Veggie Blend Salsa & Guacamole | Banana
16 Italian Sausage & Peppers Sesame Brown Rice Italian Blend Veggies Cantaloupe - 1 Cup Wheat Bread x 2	**17** Mushroom Swiss Burger Roasted Red Potatoes Pepper Medley Apricots	**19** **Thanksgiving Dinner** Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Roll | Pumpkin Pie
23 Lemon Pepper Fish Whipped Sweet Potato Garden Blend Veggies Pineapple Wheat Bread	**24** Chicken Fried Steak Cream Gravy Potatoes & Onions Savory Carrots Ambrosia | Wheat Bread	**25** Seafood Primavera House Salad & Dressing Seasoned Green Peas Strawberry Applesauce Breadstick
30 Chicken Paprikash Mashed Potato Corn Apple | Wheat Bread x 2		

November 2026 — Wyndmere Senior Center — 439-2907

2 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear | Wheat Bread x 2	**3** Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Lemon Asparagus Kiwi | Dinner Roll	**5** BBQ Beef on a Bun Mashed Potatoes Southwest Corn Mandarin Oranges
9 Swiss Steak Buttered Red Potatoes Country Blend Veggies Raspberries | Wheat Bread	**10** Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Whole Orange Wheat Roll	**12** Beef Soft Tacos - 2 Spanish Rice Caribbean Veggie Blend Salsa & Guacamole Banana
16 Thai Beef w/ Basil Garlic Noodles Asian Blend Veggies Mango Wheat Bread x 2	**17** Eggs Benedict Casserole Hollandaise Rosemary Potatoes Lemon Walnut Broccoli Cherry Crisp	**19** **Thanksgiving Dinner** Roast Turkey w/ Gravy Mashed Potatoes Sage Bread Dressing Green Bean Almondine Cranberry Sauce Roll | Pumpkin Pie
23 Lemon Pepper Fish Whipped Sweet Potato Garden Blend Veggies Pineapple Wheat Bread	**24** Chicken Fried Steak Cream Gravy Potatoes & Onions Savory Carrots Ambrosia | Wheat Bread	**25** Seafood Primavera House Salad & Dressing Seasoned Green Peas Strawberry Applesauce Breadstick
30 Chicken Paprikash Mashed Potato Corn Apple | Wheat Bread x 2		

ND SMP Scam of the Month – November 2026

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.

- Your State Health Insurance Assistance Program (SHIP) can help you compare plans.
- You can also visit Medicare.gov, the official U.S. government website for Medicare.
- Or call 1-800-MEDICARE (1-800-633-4227).

Reporting 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.

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

November 2026 to January 2027

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 3 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 bimonthly. 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. We ask that you limit your shopping bags to 3 or less, and you should be able to carry your own bags. The cost for these rides is $5.00 per person.

FAIRMOUNT/HANKINSON/LIDGERWOOD WYNDMERE/MOORETON/COLFAX

November 9 & 23 December 7 & 21 January 11 & 25

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. We ask that you limit your shopping bags to 3 or less, and you should be able to carry your own bags. The cost for these rides is $8.00 per person.



November: 3, 5, 10, 12, 17, 19, 24

December: 1, 3, 8, 10, 15, 17, 22, 29, 31

January: 5, 7, 12, 14, 19, 21, 26, 28

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
Lidgerwood— Birthday Party on the last Thursday of the Month

Whist—Sign Up

Wahpeton— Monday at 12:30pm
Wyndmere—Thursday at 1pm
Hankinson—Tuesday, Wednesday & Friday at 12:00pm

The Low Income Energy Assistance Program (LIHEAP) helps eligible individuals and families pay part of their heating costs. Applications will be accepted until May 31, 2027. LI HEAP can help pay for the fuel you use to heat the home you live in from October through May if you buy your heating fuel from a fuel dealer or a utility company (fuel oil, propane, natural gas, electricity, wood coal or kerosene), or if your rent payments include heat and you do not receive a rent subsidy. The amount of benefits you may be eligible for depends on the type and size of your home and the type of fuel used to heat your home.

The program also covers:

- Weatherization Services (insulation, weather stripping, etc)
- Furnace cleaning, repair and replacement
- Chimney cleaning and inspection
- Emergency assistance

LIHEAP
Low Income Home Energy Assistance Program

Written proof or verification of your income, your heating bill, and medical expenses that can be deducted from your income is needed to be sure your eligibility and benefits are calculated correctly.

You can apply online by going to hhs.nd.gov/applyforhelp/liheap or in person at your local Human Service Zone office:

Richland County Human Service Zone
413 3rd Avenue N Wahpeton, ND 58075
701-642-7751



Happy Fall!

As autumn arrives, we are proud to launch the **2026 Richland County Senior Services Fund Drive**. Your support helps local seniors remain healthy, independent, and connected to their communities.

Every day, adults age 60 and older rely on Richland County Senior Services for **Meals on Wheels**, congregate dining, take-out meals, transportation, and resource assistance. So far this year, we have provided more than **25,000 meals** and over **6,000 rides** to medical appointments, grocery stores, and other essential destinations. Our free senior newsletter also reaches nearly **700 residents** throughout Richland County and the surrounding area.

These vital services are made possible through the generosity of our community. A contribution to the **2026 Richland County Senior Services Fund Drive** helps sustain and strengthen senior programs, encourage community support, and raise funds to replace our aging Meals on Wheels delivery van.

Every donation, regardless of size, makes a difference. Please consider supporting this year's fund drive by completing the donation form on the back of this page and returning it with your gift.

Together, we can continue meeting the growing needs of Richland County seniors in 2026 and beyond. Thank you for your generosity and commitment to our community.

Wahpeton Harmony Senior Citizens Club, Inc
520 3rd Avenue South
Wahpeton, ND 58075

"Return Service Requested"

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

✂️ _____ ✂️

Please detach and return this form with your donation.

🍂 2026 Richland County Senior Services Fund Drive 🍂

Yes! I would like to support local seniors.

Donation Amount

□ $25 □ $50 □ $100 □ $250

□ Other Amount: $_____

□ I wish to remain anonymous.

Payment Information
Make checks payable to:
Southeast Senior Services
Please write "FUND DRIVE" in the memo line.

Mail to:
Southeast Senior Services
520 3rd Avenue South
Wahpeton, ND 58075

Thank you for helping Richland County seniors remain healthy, independent, and connected.