



Valley
Senior Services
helping seniors maintain independence

MARCH
2024



Silver Quill

Valley Senior Services of Ransom & Sargent Counties

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 9:00 am the day you plan to eat. A registration form is required for new participants. Suggested donation is \$4 per meal. Home Delivered Meals are available to those unable to attend a congregate dining site; you will need to visit with a Resource Specialist for this service.

Please see pages 2 & 5 for more information and menu.

**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!**

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*We will be closed
Friday, March 29th.
meals/activities Meal
on Wheels, or
transportation.*

INFORMATION AND REFERRALS

ALWAYS
AVAILABLE BY
CONTACTING
OUR LISBON
OFFICE -
683-3131
OR
TOLL-FREE
877-857-3743

Valley Senior Services
P.O. Box 387
Lisbon, ND 58054
www.valleyseniorservices.org

Office Phone:

683-3131
Toll-free 877-857-3743

Fax:

701-683-0352

For meals or transportation:

701-683-3131 or 877-857-3743

Executive Director:

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

Resource Specialist:

Felicia Schultz
701-683-3131

County Coordinator:

Vicki Boschee

Meal Delivery:

Russell Anderson; Brenda Boschee

Ransom Kitchen Staff:

Janet Skramstad; Vee Rohn;
Nancy Hanson; Amber Sadler;
Amber Mattis

Sargent Kitchen Staff:

Gwen Anderson; Sandra Hanson;
Carolyn Harrison; Diane Smith;
Delores Lysne; Valerie Anderson;
Hannah Sanford

Transportation:

Kevin Brummund; Bryan Stotts;
Terry Brown; Allen Halldorson;
John McCann

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: 10:30 Bone Builders; 1:00 Bridge; 1:00 Hand & Foot
Wednesdays: Monthly Meeting 1st Wednesday of Month @ 12:15
Thursdays: 10:30 Bone Builders; 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 to celebrate anyone's birthday for that month! Whether it's your birthday month, or not, come join us for dinner! We are starting this at this Lisbon Center and hope to expand our birthday celebration to other centers in the near future. Look for more information in upcoming newsletters! And don't forget to call kitchen at 683-4295 if you'd like to eat in on this day.

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

Forman:

Tuesdays & Thursdays: 9:00 Bone Builders

Enderlin:

Tuesdays & Thursdays: 10:00 Bone Builders

Tuesdays: 1:30 Cards

Last day of every month: 1:30 Dominoes

"To Go" Hot Meals Continue

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

Lisbon Center:

Please come into the senior center at 11:00am to pick up your meal if you would like to take it to go.

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

Lisbon: 683-4295

Enderlin: 437-2669

Milnor: 427-9327

Forman: 724-3928

Cogswell: 724-3024

Rutland: 724-4074

Storm Policy: *There will not be congregate or home delivered meals on days that schools are closed due to storm conditions. The menu listed for that day will be moved to the next day. Please call ahead at the numbers listed above if you're not sure before going out!*

Statement of Identification - Silver Quill

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To receive the Silver Quill call 293-1440 or toll free 1-877-827-1916
or e-mail us at: info@valleyseniors.org

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

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.

(Continued on page 6)

AARP TAX AIDE

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 32 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.

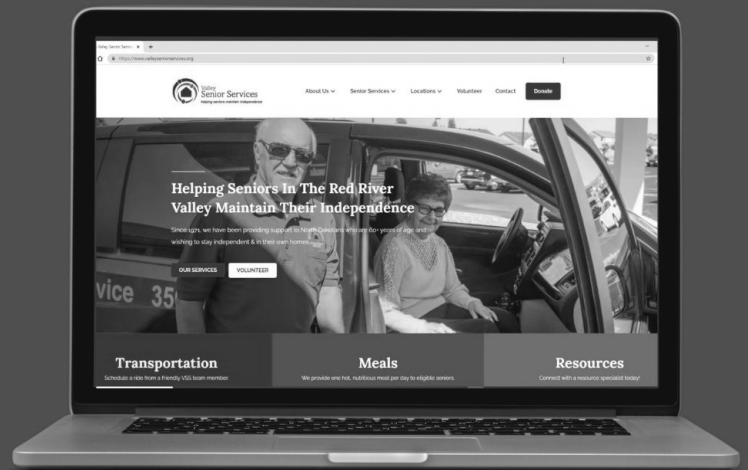
For further information, including other locations and information on online filing, go to: <https://states.aarp.org/north-dakota/tax-aide-available-in-five-north-dakota-cities>. *Due to overwhelming response, taxpayers may experience delays in scheduling and slots are expected to fill up. The IRS offers a free, online option for completing your tax return that can be found at [IRS.gov](https://www.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.*

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



Ransom Sargent Senior Services, a branch of Valley Senior Services, is a non-profit organization serving senior citizens in Ransom and Sargent Counties. Our services include: Home Delivered Meals, Frozen Meals, Community Dining, Transportation, Senior Centers, Outreach Assistance, and Medicare Part D assistance. In addition, we distribute a monthly publication—The Silver Quill—detailing current and upcoming events of interest to the senior community. If you would like additional information on our services please contact our office at 683-3131 or 1-877-857-3743.

Your tax deductible contribution to Valley Senior Services of Ransom and Sargent will help us to continue to meet the increasing demand for services. Your gift can be mailed to VSS, P.O. Box 387, Lisbon, ND 58054.

Your gift can be designated to *Home Delivered Meals *Congregate Dining *Outreach Assistance *Transportation
*Medicare Part D Assistance


March 2024

VALLEY SENIOR SERVICES: RANSOM/SARGENT REGIONAL 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 \$9.00 PER MEAL SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8oz 1% MILK

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Pork Wing Scalloped Potatoes California Blend Vegetables Pineapple Tidbits Whole Wheat Bread X2
4	5	6	7	8
Salisbury Steak w Mushroom Gravy Baked Potato w/Sour Cream Stewed Tomatoes Peaches Whole Wheat Bread x2	Chicken Veronique Smashed Potatoes Green Beans Fresh Fruit Apricots Whole Wheat Bread x2	Hamburger on a Whole Wheat Bun Mushrooms & Onions Baked Beans Pears	Ham Scalloped Potatoes Brussel spouts Tropical Fruit Whole Wheat Bread X2	Roast Beef Mashed Potatoes & Gravy Squash Apricots Whole Wheat Bread x2
11	12	13	14	15
Tator Tot Hotdish Crinkle Cut Carrots Applesauce Whole Wheat Bread x2	Chicken Kiev Baby Bakers Steamed Broccoli Fresh Fruit Whole Wheat Bread x2	Swiss Steak Seasoned Buttered Noodles Winter Blend Veggies Mandarin Oranges Whole Wheat Bread	Bratwurst Baked Sweet Potato Confetti Coleslaw Mangos Hot Dog Bun	Cheesy Egg Bake Crispy Cubed Potatoes Mixed Vegetables Fresh Fruit Whole Wheat Bread x2
18	19	20	21	22
Shepherds Pie Filling Whipped Potatoes Tossed Salad w/ Dressing Pears and Festive Cookie Whole Wheat Bread	Rosemary Orange Chicken Corn Seasoned Green Beans Pineapple Tidbits Whole Wheat Bread x2 Birthday Cake & Ice Cream	Stir Fry Pork Cauliflower Japanese Stir Fry Veggies Peaches Whole Wheat Bread	BBQ Ribs Baked potato Parslied Carrots Fresh Fruit Whole Wheat Bread x2	Lasagna Tossed salad Peas Cinnamon Applesauce Breadstick
25	26	27	28	29
Ranch Chicken Butter Parslied Potatoes Seasoned Broccoli Tropical Fruit Whole Wheat Bread x2	Cabbage Rolls Roasted Garlic Whipped Potatoes Steamed Baby Carrots Fresh Fruit Whole Wheat Bread x2	Roast Pork Smashed potatos Diced beets Fresh Fruit Whole Wheat Bread x2	Chili w/Saltine Crackers Baked Potato Hot Spiced Apples Whole Wheat Bread	CLOSED 

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 683-3131 or toll-free at 877-857-3743. **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 31st.** 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 683-3131 or toll-free 1-877-857-3743.

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

LEGUMES

(Continued from page 3)

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.
- 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!

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 683-3131

LISBON CITY VAN

Monday-Wednesday 8:00am-4:00pm

Thursday & Friday 8:15am-3pm

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-country trips by appointment.

In County = \$5 per person

Out of County = \$8 per person

FARGO BUS

The bus leaves from Lisbon at 8:30 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.
- They can only take them to the main entrance of your 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, Inc.
P.O. Box 2217
Fargo, ND 58108

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

RANSOM & SARGENT COUNTY INFORMATION

Foot Care

Ransom County Public Health

Call 683-6140 for an appt.

Sargent County Foot Care

724-3725

Food Pantries

Ransom County Food Pantry

701-308-0905

Call Wednesday to order a basket; Thursday
basket pick up 1:00-3:00 pm

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 you need 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



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