



Valley Senior Services
helping seniors maintain independence

Silver Quill



Valley Senior Services of Ransom & Sargent Counties

MARCH 2025



SMP
Senior Medicare Patrol

Preventing Medicare Fraud

MOST COMMON SCAMS TO WATCH FOR IN 2025

The new year doesn't always mean scammers change their tricks, but they update their scams by using new technology and taking ideas from old scams and big events happening in the world. Scammers always have the same goal—to get your personal information or money!

Types of scams to watch out for:

- ◆ **AI (ARTIFICIAL INTELLIGENCE) SCAMS**
Scammers might use AI to create fake people or change voices during calls to trick victims.
- ◆ **CRYPTOCURRENCY SCAMS**
People new to crypto investing are often targeted by fake investment offers, scams involving celebrities, or “pump and dump” schemes where prices are manipulated.
- ◆ **SYNTHETIC IDENTITY SCAMS**
Scammers make fake identities by mixing real and fake information. They use these identities to open credit accounts or take out loans.
- ◆ **ROMANCE AND CELEBRITY SCAMS**
These scams use AI-generated profiles to seem more believable. Victims might think they've started a relationship or friendship with a celebrity, but it's all fake.
- ◆ **NEW MEDICARE CARD SCAMS**
Scammers pretend to be Medicare workers. They call and say they need to update your Medicare card, asking for information like your Social Security or bank account numbers.

How to Protect Yourself

Scammers are always coming up with new tricks, but here are some ways to stay safe:

- ◆ Be suspicious of deals that seem too good to be true.
- ◆ Don't click on unknown links in emails or texts.
- ◆ Be careful with your phone and don't share personal information with strangers.
- ◆ Watch what you post on social media.
- ◆ Research companies or people before giving them any personal information.
- ◆ Report suspicious activity.

Reporting Medicare fraud: If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at ndsmp@minotstateu.edu or call 1-833-818-0029. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.



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



valleyseniorservices.org



701-683-3131 (Lisbon)
877-857-3743 (toll-free)

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

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The information provided is intended to be a general summary only. Source of information: Experian-Prevention (20 Dec 24). The latest scams you need to be aware of in 2025. Retrieved from <https://www.experian.com/blogs/ask-experian/category/fraud-and-identity-theft/prevention/>. AARP Scam and Fraud (16 Dec 2024). Here are five common scams to watch for in 2025. Retrieved from: <https://www.aarp.org/money/scams-fraud/nfo-2024/biggest-scams-2025.html>

Valley Senior Services

P.O. Box 387

Lisbon, ND 58054

www.valleyseniorservices.org

Office Phone:

701-683-3131

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

County Program Supervisor:

Vicki

701-683-3131

Program Assistant:

Amber

701-683-3131

Meal Delivery:

Russell; Brenda

Ransom Kitchen Staff:

Janet; Vee; Nancy; Amber;

Jean; Violet; Corinna

Sargent Kitchen Staff:

Gwen; Sandra; Carolyn; Diane;

Delores; Valerie; Hannah;

Kathy

Transportation:

Bryan; Terry; Allen; John;

Lenny

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 at the Lisbon Center to celebrate anyone's birthday for that month! Whether it's your birthday month, or not, come join us for dinner! 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 701-678-2922.

Forman:

Tuesdays & Thursdays: 9:00 Bone Builders

Enderlin:

Tuesdays & Thursdays: 10:00 Bone Builders

Tuesdays: 12:30 Cards

Last Thursday of every month: 12:30 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: 724-4074t

Frozen meal delivery to Gwinner on Fridays!

Call 683-3131 for more information or to sign up.

Attention Sheldon Residents!!

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

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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

PROTEIN INTAKE WITH CHRONIC KIDNEY DISEASE

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Chronic kidney disease (CKD) is a disease in which kidneys lose their ability to perform vital functions such as filtering waste and fluid from the blood, regulating blood pressure, producing red blood cells and keeping bones strong. In general, people experience a gradual decline in kidney function that is represented in stages 1 through 5. Over time, CKD can turn into end stage renal disease, requiring dialysis to help remove waste and fluids from the blood or a kidney transplant. Uncontrolled diabetes and high blood pressure are the two most common causes; however, autoimmune diseases, infections and genetic factors could also play a role.

In 2020 the National Kidney foundation released an updated Kidney Disease Outcomes Quality Initiative (KDOQI) along with the Academy of Nutrition and Dietetics as a nutrition guide for managing CKD. In this month's article we will go over the stages of CKD and the most up to date guidelines regarding protein intake for each stage. These guidelines provide nutritional guidance to help slow the progression into later stages of CKD, however, it is always best to follow the specific recommendations from your healthcare team.

Chronic Kidney Disease Stages

CKD is broken down into 5 stages based on globular filtration rate or GFR.

Stage	GFR Level	Description
1	90 or higher	Generally normal kidney function with some signs of kidney damage (e.g., protein in the urine)
2	60-89	Mild decrease in kidney function
3a	45-59	Moderate decrease in kidney function
3b	30-44	Moderate decrease in kidney function
4	15-29	Severe decrease in kidney function
5	Less than 15	Kidney failure, end stage renal disease

Protein Recommendations Based on Stage

Proper nutrition and management of chronic conditions can help slow the progression of CKD. Protein is an important dietary component that helps build and maintain muscle mass, fight infection and stay healthy. However, with CKD, too much protein can wear kidneys out faster and intake may need to be regulated if someone is not on dialysis. The recommendations for protein intake based on weight and stage of CKD are below.

- Stages 1-2 (mild to moderate): Aim for about 0.8 to 1.0 grams of protein per kilogram of body weight per day
- Stages 3-5 (not on dialysis): A lower protein intake of around 0.6 to .8 grams per kilogram of body weight per day may be recommended.
- Dialysis: Protein needs are higher due to the loss of protein during dialysis. The recommended intake is around 1.0 to 1.2 grams per kilogram of body weight per day.

An example of a protein calculation:

Individual who is 150 lbs with stage 3a CKD

$150 \text{ lbs} / 2.2 = 68 \text{ kilograms}$

$68 \text{ kg} \times 0.8 \text{ grams of protein} = 54 \text{ grams of protein a day}$

(Continued on page 5)

March 2025

Lisbon (701-683-4295)

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

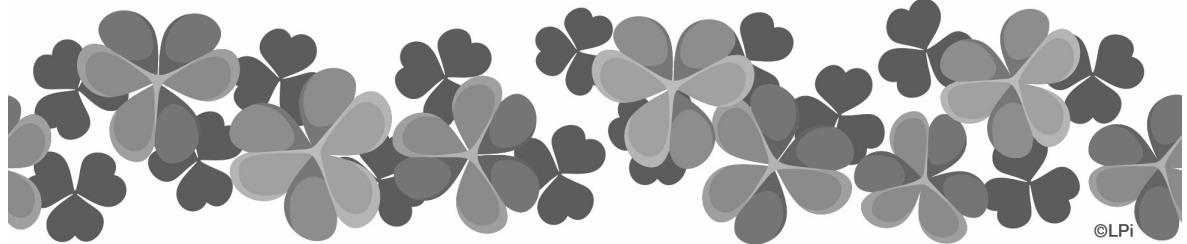
VALLEY SENIOR SERVICES

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
3 Chili w/ Beans Baked Potato Applesauce Cornbread	4 Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes Biscuit RTB	5 Tuna Noodle Casserole California Blend Veggies Wheat Dinner Roll Whole Orange	6 Caprese Chicken Lemon Dill Orzo Green & Gold Beans Pears Bread x1	7 Fish & Chips Tartar Sauce Coleslaw Tropical Fruit Lemon Wedge Dinner Roll
10 Beef Tips & Mushroom in Gravy Onion Mashed Potato California Blend Veggies Peaches Bread x2	11 Sweet & Sour Chicken Brown Rice Japanese Stir Fry Veggies Potstickers Orange	12 Spaghetti & MeatSauce Peas & Carrots Banana Breadstick Parmesan Cheese German Chocolate Cake	13 BBQ Ribs Peas Baked potato Sour Cream Fruit Cocktail Bread x2	14 Broccoli Cheese Soup / Crackers Coleslaw Cottage Cheese and Fruit Banana Bread
17 Corned Beef & Cabbage Roasted Red Potatoes Glazed Carrots Rye Bread-2 Seafoam Salad	18 Denver Scramble O'Brien Potatoes Roasted Veggies Banana WG Bagel / Jelly	19 Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp Dinner Roll	20 Crispy Beef Tacos Chuckwagon Corn Refried Beans Cherry Fruit Salad	21 Country Ham Scalloped Potatoes Malibu Blend Veggies Deluxe Fruit Bread x2
24 Zucchini & Cucumber Salad Grandmas Hotdish Italian Green Beans Garlic WG Breadstick Honeydew	25 Manhattan Meatballs Brown Rice House Salad Country Blend Veggies Seasonal Fresh Fruit Bread x 1	26 Honey Roast Pork Chop Stewed Summer Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	27 Tuna Melt Sandwich Rosemary Potatoes Tomato Cucumber Salad Lettuce, Tomato, Onion Peaches	28 Chicken & Dumplings Capri Blend Veggies House Salad Strawberries & Yogurt Biscuit
31 Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges Roll				

©LPI

ENDERLIN (701-437-2669)

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chili w/ Beans Baked Potato Applesauce Cornbread	4 Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes	5 Tuna Noodle Casserole California Blend Veggies Wheat Dinner Roll Whole Orange	6 Caprese Chicken Lemon Dill Orzo Green & Gold Beans Pears	7 Fish & Chips / Tartar Sauce Coleslaw Tropical Fruit
10 Beef Tips & Mushroom in Gravy Onion Mashed Potato California Blend Veggies	11 Sweet & Sour Chicken Brown Rice Japanese Stir Fry Veggies/Potstickers	12 Spaghetti & Meat Sauce Peas & Carrots Banana German Chocolate Cake	13 BBQ Ribs Peas Baked potato/Sour Cream Fruit Cocktail	14 Broccoli Cheese Soup / Crackers Coleslaw Cottage Cheese & Fruit
17 Corned Beef & Cabbage Roasted Red Potatoes Glazed Carrots Seafoam Salad	18 Denver Scramble O'Brien Potatoes Roasted Veggies WG Bagel / Jelly	19 Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp	20 Crispy Beef Tacos Chuckwagon Corn Refried Beans Cherry Fruit Salad	21 Country Ham Scalloped Potatoes Malibu Blend Veggies Deluxe Fruit
24 Zucchini & Cucumber Salad Grandmas Hotdish Italian Green Beans	25 Manhattan Meatballs Brown Rice House Salad Country Blend Veggies	26 Honey Roast Pork Chop Stewed Summer Squash Fresh Fruit Salad Hot Spiced Apples	27 Tuna Melt Sandwich Rosemary Potatoes Tomato Cucumber Salad Lettuce, Tomato, Onion	28 Chicken & Dumplings Capri Blend Veggies House Salad Strawberries & Yogurt
31 Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges				

PROTEIN INTAKE WITH CHRONIC KIDNEY DISEASE

(Continued from page 3)

Protein Containing Foods

Foods containing protein include fish, poultry, eggs, meat, dairy, dried beans or peas, whole grains, nuts and seeds. Examples of common protein sources are in the table below.

Food	Serving	Average grams of protein
Beef, lean	3 oz, cooked	22 grams
Chicken breast	3 oz, cooked	25 grams
Salmon	3 oz, cooked	21 grams
Large egg	1 egg	7 grams
Yogurt (not Greek yogurt)	1 cup	8 grams
Cottage Cheese	½ cup	13 grams
Black beans	1 cup cooked	15 grams
Lentils	1 cup cooked	15-18 grams

In conclusion, limiting protein intake can help slow the loss of kidney function in those with CKD. On the other hand, eating enough protein is important for lowering your risk of malnutrition. The amount of protein you need will depend on your size, stage of CKD, other chronic conditions and overall nutrition status. To know the exact amount of protein that is right for you, consult with your dietitian and healthcare team.

MILNOR (701-427-9327)

Tuesday	Wednesday	Thursday	Friday
4 Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes	5 Tuna Noodle Casserole California Blend Veggies Wheat Dinner Roll Whole Orange	6 Caprese Chicken Lemon Dill Orzo Green & Gold Beans Pears	7 Fish & Chips / Tartar Sauce Coleslaw Tropical Fruit Lemon Wedge
11 Beef Tips & Mushroom in Gravy Onion Mashed Potato California Blend Veggies	12 Spaghetti & Meat Sauce Peas & Carrots Breadstick German Chocolate Cake	13 BBQ Ribs Peas Baked potato / Sour Cream Fruit Cocktail	14 Broccoli Cheese Soup/ Crackers Coleslaw Cottage Cheese and Fruit
18 Denver Scramble O'Brien Potatoes Roasted Veggies WG Bagel / Jelly	19 Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp	20 Crispy Beef Tacos Chuckwagon Corn Refried Beans Cherry Fruit Salad	21 Country Ham Scalloped Potatoes Malibu Blend Veggies Deluxe Fruit
25 Manhattan Meatballs Brown Rice House Salad Country Blend Veggies	26 Honey Roast Pork Chop Stewed Summer Squash Fresh Fruit Salad Hot Spiced Apples	27 Tuna Melt Sandwich Rosemary Potatoes Tomato Cucumber Salad Lettuce, Tomato, Onion	28 Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges

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

Monday	Tuesday	Wednesday	Thursday
3 Chili w/ Beans Baked Potato Applesauce Cornbread	4 Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes	5 Country Beef & Veg Soup Egg Salad on Wheat Tomato & Cucumber Salad Lettuce & Tomato Slice	6 Fish & Chips / Tartar Sauce Coleslaw Tropical Fruit Dinner Roll
10 Beef Tips & Mushroom in Gravy Onion Mashed Potato California Blend Veggies Peaches	11 Sweet & Sour Chicken Brown Rice Japanese Stir Fry Veggies Potstickers	12 Spaghetti & Meat Sauce Peas & Carrots Breadstick German Chocolate Cake	13 BBQ Ribs Peas Baked potato / Sour Cream Fruit Cocktail
17 Corned Beef & Cabbage Roasted Red Potatoes Glazed Carrots Rye Bread-2 Seafoam Salad	18 Country Ham Scalloped Potatoes Malibu Blend Veggies Deluxe Fruit Bread x2	19 Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp Dinner Roll	20 Crispy Beef Tacos Chuckwagon Corn Refried Beans Cherry Fruit Salad
24 Zucchini & Cucumber Salad Grandmas Hotdish Italian Green Beans Garlic WG Breadstick Honeydew	25 Manhattan Meatballs Brown Rice House Salad Country Blend Veggies Seasonal Fresh Fruit	26 Honey Roast Pork Chop Stewed Summer Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	27 Chicken & Dumplings Capri Blend Veggies House Salad Strawberries & Yogurt Biscuit
31 Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges			

RUTLAND (701-724-4074)

Monday	Tuesday	Wednesday	Thursday
3 Chili w/ Beans Baked Potato Applesauce Cornbread	4 Turkey a la King Fluffy Rice Pacific Blend Veggies - 1 cup Fresh Grapes	5 Country Beef & Veg Soup Egg Salad on Wheat Tomato & Cucumber Salad Lettuce & Tomato Slice	6 Fish & Chips / Tartar Sauce Coleslaw Tropical Fruit Lemon Wedge
10 Beef Tips & Mushroom in Gravy Onion Mashed Potato California Blend Veggies Peaches Fruit Cocktail	11 Sweet & Sour Chicken Brown Rice Japanese Stir Fry Veggies Potstickers Orange	12 Spaghetti & Meat Sauce Peas & Carrots Breadstick Parmesan Cheese German Chocolate Cake	13 BBQ Ribs Peas Baked potato / Sour Cream Fruit Cocktail
17 Corned Beef & Cabbage Roasted Red Potatoes Glazed Carrots Rye Bread-2 Seafoam Salad	18 Country Ham Scalloped Potatoes Malibu Blend Veggies Deluxe Fruit	19 Beef Steak & Gravy Mashed Potatoes Mixed Veggies Berry Crisp Dinner Roll	20 Crispy Beef Tacos Chuckwagon Corn Refried Beans Cherry Fruit Salad
24 Zucchini & Cucumber Salad Grandmas Hotidsh Italian Green Beans Garlic WG Breadstick Honeydew	25 Manhattan Meatballs Brown Rice House Salad Country Blend Veggies Seasonal Fresh Fruit	26 Honey Roast Pork Chop Stewed Summer Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	27 Chicken & Dumplings Capri Blend Veggies House Salad Strawberries & Yogurt Biscuit
31 Sloppy Joe / Bun Baked Beans Potato Wedges			

TAX TIME IS COMING, AND AARP CAN HELP!



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. Local Tax-Aide Site information is below:

Moorhead Public Library

118 5th Street South, Moorhead, MN
Open Mondays and Wednesday from 9:00 am to 3:00 pm

Fargo Public Library, Carlson Branch

2801 32nd Avenue South, Fargo
Open Tuesdays from 10:00 am to 4:00 pm

Hjemkomst Center

202 1st Avenue North, Moorhead
Open Thursdays from 9:00 am to 3:00 pm

Appointments are required; you must call (701) 335-6509 to schedule an appointment at all sites. For more information, go to aarp.org/money/taxes/aarp_taxaide/ Tax-Aide locations will close in early- to mid-April.

RENT REFUNDS AND PROPERTY TAX CREDIT OPTIONS AVAILABLE

RENTER'S REFUND:

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. Renters must apply for by May 31, 2025.

HOMESTEAD PROPERTY TAX:

If you are a homeowner age 65 or older, you may qualify for the Homestead Property Tax Credit program. To be eligible for this program, you (the homeowner) must:

- Live at and be invested in the property
- Not have income that exceeds \$70,000, including the income of your spouse and any dependents, for the calendar year preceding the assessment date.

The homeowner does not qualify to receive the credit if the homestead is rented while the owner is temporarily absent, or the homestead is a farm structure.

Interested in applying? Contact your local assessor or county director of tax equalization. Homeowners must apply for a property tax credit by March 31.

PRIMARY RESIDENCE CREDIT:

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 2025 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. Questions? You can call 701-328-7988 or toll-free 1-877-649-0112. Applications are due by March 31, 2025.

(Information provided in part by aarp.org and tax.nd.gov)

MARCH 2025

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 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!

STORM POLICY

When inclement weather arises, and we cannot provide our services, Valley Senior Services will broadcast our closing announcements on the following Radio Stations: KQLX; TV Station: KVLV; along with our website (www.valleyseniorservices.org) and Facebook page (www.facebook.com/ValleySeniorServices/).



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

VALLEY SENIOR SERVICES

Foot Care

Ransom County Public Health

Call 701-683-6140 for an appt.

Sargent County Foot Care

701-724-3725

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

- 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