



Valley
Senior Services
helping seniors maintain independence

Silver Quill



Valley Senior Services of Ransom & Sargent Counties

APRIL 2024 | VOLUME 42 NO. 4



APRIL 23

national TAKE A CHANCE DAY

Mark your calendars for April 23, National Take A Chance Day, a day dedicated to breaking out of your comfort zone and embracing new experiences! And what better way to celebrate than by joining us for Community Dining at your local senior center? Invite a friend, partner or neighbor to join you for a delightful lunch experience, filled with good company and great food. Stay a while for some engaging chit-chat, activities or the chance to make new friends. If you're pressed for time, don't worry—we offer convenient to-go meals at all our locations. Check out the menus on pages 4-7!

Ready to make it a date? Ensure your spot by signing up for meals! Simply call or drop by to add your name to the meal list, no later than 9:00 am the day before. We believe in fostering a sense of community, and that's why there's no fee for our meals. However, if you'd like to support our meal program, consider making a suggested donation of \$4 per meal. Rest assured, donations are anonymous, and we welcome everyone—no one will ever be turned away due to an inability to donate.

Join us for service with a smile, and we'll even take care of the dishes. Let's make National Take A Chance Day a day to remember, filled with new connections, delicious meals, and the joy of trying something different!



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



valleyseniorservices.org



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

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

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**Check us out online at
valleyseniorservices.org**

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

**County Program
Supervisor:**

Vicki Boschee

Resource Specialist:

Felicia Schultz
701-683-3131

Meal Delivery:

Russell Anderson; Brenda
Boschee

Ransom Kitchen Staff:

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

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

Forman: 724-3928

Enderlin: 437-2669

Cogswell: 724-3024

Milnor: 427-9327

Rutland: 683-4295 to order meals - call Lisbon and let them know you are ordering for Rutland. Rutland center number is 724-4074

Statement of Identification - Silver Quill
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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 us at: info@valleyseniors.org

UNDERSTANDING GLYCEMIC INDEX AND HOW IT AFFECTS BLOOD SUGAR CONTROL

BY LANE LIPETZKY SWENSON, RD, LD, CGN



Controlling your blood sugar is important for healthy aging. Insulin sensitivity, which is the ability for body cells to respond to insulin and use glucose, tends to decrease with age, making blood sugar control more difficult. Having high levels increases your risk for developing type II diabetes. Lifestyle factors like sleep, stress, exercise and certain medications can affect your blood sugar. However, the foods we eat may have the biggest impact. Eating a low glycemic index diet is often recommended to keep those blood sugar levels in check. In this month's article I will explain the terms glycemic index (GI) and glycemic load (GL) as well as discuss how they can be used to help steady your blood sugar.

Glycemic Index

Glycemic index is a ranking of carbohydrate containing foods according to their effect on blood sugar levels. It is a rating system from 0 to 100 that shows how quickly these foods raise your blood sugar after eating a 50-gram portion. If a food has a high glycemic index rating, this means the food is broken down quickly and raises your blood sugar rapidly. If a food has a low glycemic index, it is broken down more slowly and creates a gradual rise over time.

Healthy foods like fruits, vegetables, whole grains, nuts, seeds, dairy and legumes tend to have a lower GI while carbohydrates that are low in fiber or contain refined sugars tend to have a higher GI. As an example, the GI of white rice is 65 while the GI of brown rice is 50. Both contain the same amount of carbohydrates per serving but the brown rice will not spike your blood sugar as much as the white rice.

Sometimes, a healthy food will have a higher GI rating than a food that is considered unhealthy. Glycemic index is based on eating 50 grams of a carbohydrate containing food. Some processed foods contain 50 grams of carbohydrates in a relatively small portion size while a healthy food may need a much larger portion. For example, watermelon is given a rating of 76 while vanilla ice cream is rated 60. Watermelon contains more fiber and no added sugar; however, a 50-gram portion size of watermelon is much larger than that of ice

cream. You would have to eat over 4 cups of watermelon to reach 50 grams of carbohydrates and less than 2 cups of ice cream.

Glycemic Load

Glycemic load uses the GI rating but it takes portion size into account. Let's use the watermelon and ice cream example again. As mentioned above, you would need to eat over twice as much watermelon as you would ice cream to reach a 50 gram of carbohydrate portion size. Using the equation below, the glycemic load of watermelon is 5 while the glycemic load of ice cream is about 15 per serving. This means that if you ate one serving of watermelon and one serving of ice cream, the ice cream would raise your blood sugar more. Because glycemic load considers portion size, it creates a more accurate picture of how a food will affect blood sugar.

$$\text{Glycemic Load} = \frac{(\text{Glycemic Index} \times \text{grams per serving of carbohydrates})}{100}$$

Glycemic Response

Glycemic response, glycemic impact and glycemic effect all refer to the change in blood sugar after eating a carbohydrate containing food or meal. Two nutrients that have a great impact on glycemic response are fat and protein. If a food or meal contains fat or protein, digestion will be slower causing a lower glycemic response. This information is very important for blood sugar control! Slower digestion means glucose will be released into your blood stream at a slower pace, giving your body more time to respond to the insulin being released. Examples of ways to lower your glycemic response include:

- Eat fruit with nuts, Greek yogurt or cottage cheese
- Combine a starchy vegetable like potatoes, squash or corn with a protein source like chicken, beef or fish
- Eat a slice of whole grain bread with peanut butter or make a sandwich with meat and cheese

(Continued on page 5)

April 2024

Lisbon

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

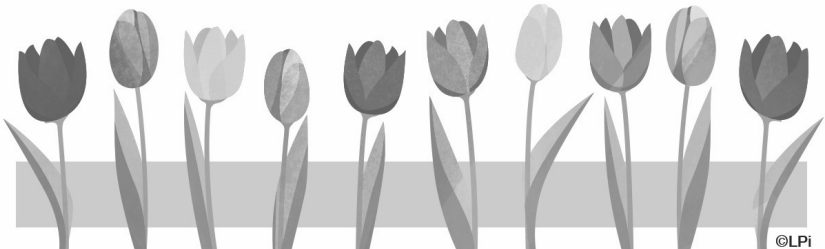
VALLEY SENIOR SERVICES

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 \$9.00 PER MEAL SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8oz 1% MILK

Monday	Tuesday	Wednesday	Thursday	Friday
1 Country Fried Steak / Country Gravy Rosemary Potatoes Parslied Carrots Tropical Fruit Whole Wheat Bread x2	2 Beef Stroganoff over Noodles House Salad Broccoli Mandarin Oranges Whole Wheat Bread	3 Beef Taco Salad Tortilla Chips Salsa Fresh Berries w/ Whipped Topping	4 Chicken Monterey Brown Rice Prince Edward Veggies Apple Whole Wheat Bread	5 Supreme Pizza Casserole Green Beans Oregano Apricots Whole Grain Breadstick
8 Beef Broccoli Stir Fry Brown Rice Vegetable Egg Roll Sweet & Sour Sauce Orange	9 Lemon Pepper Fish Whipped Sweet Potato Roasted Brussel Sprouts Applesauce Whole Wheat Bread x 2	10 Roast Turkey w/ gravy Mashed Potatoes Carrots Banana Whole Wheat Bread x 2	11 Beef Stew Peas House Salad Fruit Cocktail Biscuit	12 Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Tidbits Whole Grain Breadstick
15 Turkey a la King Fluffy Rice Mixed Veggies Grapes Biscuit	16 Chicken Fettucine Alfredo House Salad Savory Carrots Peaches / Orange Sauce Whole Grain Breadstick	17 Swedish Meatballs Noodles California Blend Fresh Fruit Whole wheat Bread	18 Grilled Chicken Breast Potato Salad Winter Blend Veggies Pears Whole Wheat Bread x2	19 Honey Roasted PorkChop Tuscany Summer Veggies Oranges/Pineapple/ Bananas Hot Spiced Apples Whole Wheat Bread x2
22 Sloppy Joe Baked Beans Oven Baked Fries Fresh Fruit WW Bun	23 Country Ham Scalloped Potatoes Corn Fruit Cocktail Carrot Cake Whole Wheat Bread x2	24 Beef Pot Roast Brown Gravy Mashed Potatoes Broccoli Plums Whole Wheat Bread x2	25 Swiss Steak Baby Red Potatoes Lemon Asparagus Fresh Fruit Salad Whole Wheat Bread x2	26 Baked Cod / Garlic Butter Lemon Dill Orzo Seasoned Zucchini Mandarin Oranges Whole Wheat Bread
29 Chicken Kiev O'Brien Potatoes Country Blend Veggies Ginger Baked Pears / Topping Whole Wheat Bread x2	30 Beef Tips Mushrooms / Gravy Baked Potato Green Beans Blueberries Whole Wheat Bread x2			

Enderlin

Monday	Tuesday	Wednesday	Thursday	Friday
1 Country Fried Steak / Country Gravy Rosemary Potatoes Parslied Carrots Tropical Fruit	2 Beef Stroganoff over Noodles House salad Broccoli Mandarin oranges	3 Beef Taco Salad Tortilla Chips Salsa Fresh Berries w/ Whipped Topping	4 Chicken Monterey Brown Rice Prince Edward Veggies Apple	5 Supreme Pizza Casserole Green Beans Oregano Apricots Whole Grain Breadstick
8 Beef Broccoli Stir Fry Brown Rice Vegetable Egg Roll Sweet & Sour Sauce Orange	9 Lemon Pepper Fish Whipped Sweet Potato Roasted Brussel Sprouts Applesauce	10 Roast Turkey w/ gravy Mashed potatoes Carrots Banana	11 Beef stew Peas House salad Fruit cocktail Biscuit	12 Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Tidbits
15 Turkey a la King Fluffy Rice Mixed Veggies Grapes	16 Chicken Fettucine Alfredo House Salad Savory Carrots Peaches / Orange Sauce	17 Swedish meatballs Noodles California Blend Fresh Fruit	18 Grilled Chicken Breast Potato Salad Winter Blend Veggies Pears	19 Honey Roasted Pork Chop Tuscany Summer Veggies Oranges/Pineapple/ Bananas Hot Spiced Apples
22 Spaghetti w/meatsauce House salad Cauliflower Fresh fruit	23 Country Ham Scalloped Potatoes Corn Fruit Cocktail Carrot Cake	24 Beef Pot Roast Brown Gravy Mashed Potatoes Broccoli Plums	25 Swiss Steak Baby Red Potatoes Lemon Asparagus Fresh Fruit Salad	26 Baked Cod / Garlic But- ter Lemon Dill Orzo Seasoned Zucchini Mandarin Oranges
29 Chicken Kiev O'Brien Potatoes Country Blend Veggies Ginger Baked Pears / Topping	30 Beef Tips Mushrooms / Gravy Baked Potato Green Beans Blueberries			

UNDERSTANDING GLYCEMIC INDEX

(Continued from page 3)

How can we use this information for blood sugar control?

Choose nutritious carbohydrate sources like fruits, vegetables, whole grains, nuts, seeds, dairy and legumes. Most of these foods will have a low glycemic load because they are high in fiber and low in refined sugars. Limit processed carbohydrates, refined grains and foods with added sugar. These foods will have a high glycemic load and a negative impact on your blood sugar control. Lastly, eat carbohydrate containing foods with a healthy fat or protein source. Doing so will slow digestion and slow the rate at which glucose enters your blood stream.

A Special Thank You to Those Who Donated for Giving Hearts Day!

Andersonn, Rick
Claus, Darline
Dawson Phyllis
Harrison, Carolyn
Mclaen, Caryn
Motl Ron & Linda
Spiekermeier Anna Mae
Suter, Timothy

We apologize if your donation was not acknowledged. All donations were listed in the Cass County Silver Quill March and April editions. You can check for your donation at
www.valleyseniorservices.org/senior-services/newsletters/ and click on the March and April Cass County links.

Milnor

Tuesday	Wednesday	Thursday	Friday
2 Beef Stroganoff over noodles House salad Broccoli Mandarin oranges	3 Beef Taco Salad Tortilla Chips/Salsa Fresh Berries w/ Whipped Topping	4 Chicken Monterey Brown Rice Prince Edward Veggies Apple	5 Country Fried Steak/Cntry Gravy Rosemary Potatoes Parslied Carrots Tropical Fruit
9 Lemon Pepper Fish Whipped Sweet Potato Roasted Brussel Sprouts Applesauce	10 Roast Turkey w/ gravy Mashed potatoes Carrots Banana	11 Beef stew Peas House salad Fruit cocktail	12 Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Tidbits
16 Chicken Fettucine Alfredo House Salad Savory Carrots Peaches / Orange Sauce	17 Swedish meatballs Noodles California Blend Fresh Fruit	18 Grilled Chicken Breast Potato Salad Winter Blend Veggies Pears	19 Honey Roasted Pork Chop Tuscany Summer Veggies Oranges/Pineapple/Bananas Apples
23 Country Ham/Scalloped Potatoes Corn Fruit Cocktail Carrot Cake	24 Beef Pot Roast/Brown Gravy Mashed Potatoes Broccoli Plums	25 Spaghetti w/meatsauce House salad Cauliflower Fresh fruit	26 Baked Cod / Garlic Butter Lemon Dill Orzo Seasoned Zucchini Mandarin Oranges
30 Chicken Kiev/O'Brien Potatoes Country Blend Veggies Ginger Baked Pears / Topping			

Cogswell and Forman

Monday	Tuesday	Wednesday	Thursday
1 Country Fried Steak/Country Gravy Rosemary Potatoes Parslied Carrots Tropical Fruit	2 Beef Stroganoff over noodles House salad Broccoli Mandarin oranges	3 Beef Taco Salad Tortilla Chips/Salsa Fresh Berries w/ Whipped Topping	4 Supreme Pizza Casserole Green Beans Oregano Apricots
8 Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple	9 Lemon Pepper Fish Whipped Sweet Potato Roasted Brussel Sprouts Applesauce	10 Country Ham/Scalloped Potatoes Corn Fruit Cocktail Carrot Cake	11 Beef stew Peas House salad Fresh Fruit
15 Turkey a la King Mashed Potatoes Mixed Veggies Grapes	16 Chicken Fettucine Alfredo House Salad Savory Carrots Peaches / Orange Sauce	17 Swedish meatballs Noodles California Blend Fresh Fruit	18 Grilled Chicken Breast Potato Salad Winter Blend Veggies Pears
22 Spaghetti w/Meatsauce House Salad Cauliflower Fresh fruit	23 Honey Roasted Pork Chop Tuscany Summer Veggies Oranges/Pineapple/Bananas Hot Spiced Apples	24 Beef Pot Roast/Brown Gravy Mashed Potatoes Broccoli Plums	25 Swiss Steak Baby Red Potatoes Lemon Asparagus Fresh Fruit Salad
29 Chicken Kiev O'Brien Potatoes Country Blend Veggies Ginger Baked Pears / Topping	30 Beef Tips/Mushrooms / Gravy Baked Potato Green Beans Blueberries		

Rutland

Monday	Tuesday	Wednesday	Thursday
1 Country Fried Steak/Country Gravy Rosemary Potatoes Parslied Carrots Tropical Fruit	2 Beef Stroganoff over noodles House salad Broccoli Mandarin oranges	3 Beef Taco Salad Tortilla Chips/Salsa Fresh Berries w/ Whipped Topping	4 Chicken Monterey Brown Rice Prince Edward Veggies Apple
8 Beef Broccoli Stir Fry/Brown Rice Vegetable Egg Roll Sweet & Sour Sauce Orange	9 Lemon Pepper Fish Whipped Sweet Potato Roasted Brussel Sprouts Applesauce	10 Roast Turkey w/ gravy Mashed Potatoes Carrots Banana	11 Beef Stew Peas House Salad Fruit Cocktail
15 Turkey a la King Fluffy Rice Mixed Veggies Grapes	16 Chicken Fettucine Alfredo House Salad Savory Carrots Peaches / Orange Sauce	17 Swedish Meatballs Noodles California Blend Fresh Fruit	18 Grilled Chicken Breast Potato Salad Winter Blend Veggies Pears
22 Sloppy Joe Baked Beans Oven Baked Fries Fresh Fruit	23 Country Ham/Scalloped Potatoes Corn Fruit Cocktail Carrot Cake	24 Beef Pot Roast/Brown Gravy Mashed Potatoes Broccoli Plums	25 Swiss Steak Baby Red Potatoes Lemon Asparagus Fresh Fruit Salad
29 Chicken Kiev O'Brien Potatoes Country Blend Veggies Ginger Baked Pears / Topping	30 Beef Tips/Mushrooms / Gravy Baked Potato Green Beans Blueberries		

AARP TAX AIDE

Now is the time 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. 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.*

APRIL IS VOLUNTEER APPRECIATION MONTH

Thank you to our dining center, activities, and Meals on Wheels volunteers! Thank you for your commitment to help pack, deliver hot nutritious meals, provide activities, and support dining center staff, to benefit the seniors in our community. This program would not be possible without you! We are grateful for your support in helping seniors maintain their independence and helping provide a welcoming environment.



FREE NUTRITION COUNSELING!

Better nutrition can help improve your overall health. North Dakota Health and Human Services, Adult and Aging Services Section has teamed up with registered dietitians at Dietary Solutions to provide you with one-on-one nutrition counseling at no cost to you!

Getting started is as easy as:

1. Agree to have your contact information shared with Dietary Solutions
2. Answer a call from Dietary Solutions to schedule your first meeting
3. Set up a phone call or Zoom meeting on a date and time that works for you

Don't miss this chance for free nutrition information just for you! Call 1-888-960-2180 or email counseling@dietarysolutions.net

Dietary Solutions is also providing free upcoming webinars:

Good Nutrition for Stress Management

April 18 at 10:30am CST

<https://bit.ly/NDStress>

Webinar ID: 966 3225 0578

Passcode: 693088

Managing Celiac Disease and Gluten Intolerance

May 16 at 10:30am CST

<https://bit.ly/NDCeliac>

Webinar ID: 988 99117398

Passcode: 657052

Webinars will be recorded and available at <https://bit.ly/NDRecordings>

Join the conversation about enhancing your well-being through balanced nutrition and health lifestyle choices. The Simply Nutritious Conversations and Simply Nutritious Diabetic Conversations programs are a friendly way to learn from registered dietitians and connect with other seniors.

Join our Simply Nutritious Conversations:

The Scoop on Processed Foods

April 23 at 2:00pm CST

<https://bit.ly/NDFoods>

Tips & Tricks for Grocery Shopping and Label Reading

May 21 at 2:00pm CST

<https://bit.ly/Labels>

Join our Simply Nutritious Diabetic Conversations:

Understanding the Glycemic Index

April 25 at 2:00pm CST

<https://bit.ly/NDGlycemicIndex>

Managing Your Diabetes While Traveling/ Dining Out

May 23 at 2:00pm CST

https://bit.ly/ND_Traveling

NORTH
Dakota Be Legendary.
Health & Human Services

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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Senior Services
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