



We are truly overwhelmed with gratitude - to every donor who gave, to every volunteer who shared our mission, to every business and community partner who supported us, and to every person who liked, commented, and spread the word about Giving Hearts Day on February 12th - thank you!

Your generosity ensures seniors across six counties will continue receiving nutritious meals, transportation, and essential services. It means more warm meals delivered. More safe rides to appointments. More connection. More independence.


The needs will continue long after Giving Hearts Day. Ways to Give:


- **Donate Online or by Mail:** Visit our website at www.valleyseniorservices.org to make a secure online donation or send your donation to Valley Senior Services Inc. Your gift, no matter the size, will have an immediate impact.
- **Endowment Fund:** Considering donating \$5,000 or more? Our endowment fund with the Dakota Medical Foundation is the perfect option, as it helps ensure the long-term sustainability of our programs.
- **Planning Ahead:** Include Valley Senior Services in your will or estate planning. Your legacy will continue to support seniors for years to come.


Every gift matters. Together, we can make a lasting impact on the lives of seniors in our community and uphold our legacy of compassionate care.

From all of us at Valley Senior Services, and from the seniors who lives will be better because of your donation, thank you for showing up with such heart.

See page 8 for acknowledgements of our Giving Hearts Day donors.

 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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*Valley Senior Services will be closed on April 3
No Meals on Wheels,
senior center meals/
activities or transportation*



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

Sargent Kitchen Staff:

Gwen; Sandra; Carolyn; Diane;

Valerie; Hannah; Kathy

Transportation:

Bryan; Terry; John; Lenny;

Tony

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 Chair Volleyball; 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 the month: 12:30 Dominoes

Rutland:

Mondays: 11:00 Chair Yoga

"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

Gwinner: 678-3815

Forman: 724-3928

Cogswell: 724-3024

Rutland: 724-4074t

Attention Sheldon Residents!!

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

Statement of Identification - Silver Quill
Published Monthly by: Valley Senior Services, Inc.
2801 32nd Ave. S, P.O. Box 2217, Fargo, ND 58108
To receive the Silver Quill call 293-1440 or toll free 1-877-827-1916
or e-mail us at: info@valleyseniors.org

HEALTHY EATING & MEAL PLANNING

What Does Healthy Eating Really Mean?

Healthy eating is more than just eating enough servings of fruits and vegetables. The phrase “**healthy eating**” involves focuses on adding a variety of vegetables, fruits, whole-grains and low-fat dairy options to your meals. It also emphasizes the importance of prioritizing nutritious proteins, such as lean meats, omega-3 rich fish, nuts, seeds, beans and legumes. In addition to choosing more healthy options for your meals, a healthy eating mindset must also take into consideration how much sodium, added sugar, fats and cholesterol are in your diet. It is important to keep in mind that healthy eating is specific to each individual and their dietary, health condition and weight management needs. It is always a great idea to consult your healthcare professional team for guidance on the healthy eating plan that works best for you and your body.

Benefits of Eating Healthy

- Increased fiber intake from more fruit and vegetable consumption
- Decreased risk of developing heart disease, diabetes, hypertension, and certain cancers
- Added vitamins and minerals
- Diversified tastebuds can be developed
- Appropriate weight maintenance

How to Start Eating Healthy

Making healthier food choices can seem overwhelming, especially those with more specific food preferences. The best place to start when making healthier food choices is to begin with the nutrient dense foods you already enjoy the most. From there, you can begin slowly trying new foods, such as new fruit and vegetable varieties. You may be surprised with which foods you end up enjoying. Another path to healthy eating is switching up the way you cook your food. Frying food with oils high in saturated fats can add unnecessary calories and fat. Instead, you can try roasting or baking your dishes using a small amount of cooking spray. Do you love pasta but are trying to cut back on complex carbohydrates? In this case, try healthier pasta swaps, such as whole wheat pasta or a vegetable instead. Zucchini cut into noodle shapes or spaghetti squash is a great alternative to pasta and can add fiber, vitamins and minerals.

All it takes are small steps to make positive changes!

Resources:

https://www.cdc.gov/healthyweight/healthy_eating/index.html

<https://www.who.int/initiatives/behealthy/healthy-diet#:~:text=A%20healthy%20diet%20is%20essential,are%20essential%20for%20healthy%20diet>

NORTH
Dakota | Health & Human Services

dietary
solutions

©LP!

Cardinals

Twins
Brewers
Giants

Astros
Dodgers
Yankees

Rockies
Braves
Diamondbacks

Word Twist Answers

APRIL 2026

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
		1 - Easter Dinner Country Ham Scalloped Potatoes Glazed Carrots Strawberries Cheesecake Hot Crossed Buns	2 Potato Chive Crusted Cod Cheesy Hashbrowns Green & Gold Beans Cinnamon Applesauce Wheat Bread x 2	3 CLOSED
6 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Apple	7 Salisbury steak Mushroom Gravy Mashed Potatoes Parsley Carrot WG bread Chilled Fruit Cocktail	8 Chicken Salad on Wheat Chickpea Salad Lettuce, Tomato, Onion Watermelon Cake	9 Manhattan Meatballs Barley Mushroom Pilaf Seasoned Broccoli House Salad Seasonal Fresh Fruit Wheat Bread x 1	10 Cheesy Baked Ziti Sicilian Blend Veggies Apple WG Breadstick
13 Parmesan Chicken Angel Hair Pasta/ Marinara Italian Blend Veggies Fruit Salad Breadstick	14 Tater Tot Casserole Southwest Corn WW Bread Pear	15 Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew Hawaiian Roll	16 Italian Turkey Meatloaf Boiled Potatoes Roasted Brussels Sprouts Berry Crisp Wheat Roll	17 BBQ Pork Ribs Au Gratin Potatoes Marinated Tomato Salad Fresh Whole Orange Wheat Bread x 2
20 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches Wheat Bread x 2	21 Grilled Salmon Mashed Potatoes Dilled Baby Carrots Kiwi Wheat Bread x 2	22 Chili w/ Beans House Salad Cornbread Fruit Wheat Crackers	23 Garlic Shrimp Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	24 Garlic Oregano Chicken Company Potatoes Herbed Green Beans Grapes Wheat Bread x 2
27 Sloppy Joe on Bun Potato Wedges Baked Beans Orange	28 Hamburger Steak Baked Sweet Potato Brussel Sprouts & Tomatoes WB-2 Fresh Pineapple	29 Chicken & Noodles Seasoned Green Peas Cantaloupe Wheat Bread x 1	30 Crispy Pork Loin White & Wild Rice Blend Sicilian Blend Veggies Marinated Cucumbers Pineapple	

ENDERLIN (701-437-2669)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Country Ham Scalloped Potatoes Glazed Carrots Strawberries/Cheesecake Hot Crossed Buns	2 Potato Chive Crusted Cod Cheesy Hashbrowns Green & Gold Beans Cinnamon Applesauce	3 CLOSED
6 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Apple	7 Salisbury Steak Mushroom Gravy Mashed Potatoes Parsley Carrot Chilled Fruit Cocktail	8 Chicken Salad on Wheat Chickpea Salad Lettuce, Tomato, Onion Watermelon Cake	9 Manhattan Meatballs Barley Mushroom Pilaf Seasoned Broccoli House Salad Seasonal Fresh Fruit	10 Cheesy Baked Ziti Sicilian Blend Veggies Apple WG Breadstick
13 Parmesan Chicken Angel Hair Pasta/ Marinara Italian Blend Veggies Fruit Salad	14 Tater Tot Casserole Southwest Corn WW Bread Pear	15 Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew Hawaiian Roll	16 Italian Turkey Meatloaf Boiled Potatoes Roasted Brussels Sprouts Berry Crisp	17 BBQ Pork Ribs Au Gratin Potatoes Marinated Tomato Salad Fresh Whole Orange
20 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches	21 Grilled Salmon Mashed Potatoes Dilled Baby Carrots Kiwi	22 Chili w/ Beans House Salad Cornbread Fruit Wheat Crackers	23 Garlic Shrimp Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	24 Garlic Oregano Chicken Company Potatoes Herbed Green Beans Grapes
27 Sloppy Joe on Bun Potato Wedges Baked Beans Orange	28 Hamburger Steak Baked Sweet Potato Brussel Sprouts & Tomatoes Fresh Pineapple	29 Chicken & Noodles Seasoned Green Peas Cantaloupe	30 Crispy Pork Loin White & Wild Rice Blend Sicilian Blend Veggies Marinated Cucumbers Pineapple	

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 and deliver hot nutritious meals, provide activities, and support dining center staff - all to benefit the seniors in our community. We are grateful for your support in helping seniors maintain their independence. This program would not be possible without you!



VOLUNTEERS DON'T
NECESSARILY HAVE TIME ...
THEY JUST HAVE
heart.

©LPi

MILNOR (701-427-9327)

Tuesday	Wednesday	Thursday	Friday
	1 Country Ham/Scalloped Potatoes Glazed Carrots Strawberries/Cheesecake Hot Crossed Buns	2 Potato Chive Crusted Cod Cheesy Hashbrowns Green & Gold Beans Cinnamon Applesauce	3 CLOSED
7 Salisbury Steak/Mushroom Gravy Mashed Potatoes Parsley Carrot Chilled Fruit Cocktail	8 Chicken Salad on Wheat Chickpea Salad Watermelon Cake	9 Manhattan Meatballs Barley Mushroom Pilaf Seasoned Broccoli House Salad	10 Cheesy Baked Ziti Sicilian Blend Veggies Apple
14 Tater Tot Casserole Southwest Corn Pear	15 Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew	16 Meatloaf Mashed Potatoes/Brown Gravy Sliced Dilled Carrots Minted Pears	17 BBQ Pork Ribs Au Gratin Potatoes Marinated Tomato Salad Fresh Whole Orange
21 Grilled Salmon Mashed Potatoes Dilled Baby Carrots Kiwi	22 Chili w/ Beans/Wheat Crackers House Salad Cornbread Fruit	23 Garlic Shrimp/Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce	24 Garlic Oregano Chicken Company Potatoes Herbed Green Beans Grapes
28 Hamburger Steak Baked Sweet Potato Brussel Sprouts & Tomatoes Fresh Pineapple	29 Chicken & Noodles Seasoned Green Peas Cantaloupe	30 Crispy Pork Loin White & Wild Rice Blend Sicilian Blend Veggies Marinated Cucumbers	

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

Monday	Tuesday	Wednesday	Thursday
		1 Country Ham Scalloped Potatoes Glazed Carrots Strawberries/Cheesecake	2 Potato Chive Crusted Cod Cheesy Hashbrowns Green & Gold Beans Cinnamon Applesauce
6 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Apple	7 Salisbury Steak/Mushroom Gravy Mashed Potatoes Parsley Carrot Chilled Fruit Cocktail	8 Chicken Salad on Wheat Chickpea Salad Watermelon Cake	9 Manhattan Meatballs Barley Mushroom Pilaf Seasoned Broccoli House Salad
13 Parmesan Chicken Angel Hair Pasta/Marinara Italian Blend Veggies Fruit Salad	14 Tater Tot Casserole Southwest Corn Pear	15 Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew	16 Italian Turkey Meatloaf Boiled Potatoes Roasted Brussels Sprouts Berry Crisp
20 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches	21 Grilled Salmon Mashed Potatoes Dilled Baby Carrots Kiwi	22 Chili w/ Beans/Wheat Crackers House Salad Cornbread Fruit	23 Garlic Shrimp/ Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce
27 Sloppy Joe on Bun Potato Wedges Baked Beans Orange	28 Hamburger Steak Baked Sweet Potato Brussel Sprouts & Tomatoes Fresh Pineapple	29 Chicken & Noodles Seasoned Green Peas Cantaloupe	30 Crispy Pork Loin White & Wild Rice Blend Sicilian Blend Veggies Marinated Cucumbers

RUTLAND (701-724-4074)

Tuesday	Wednesday	Thursday
	1 Country Ham/Scalloped Potatoes Glazed Carrots Strawberries/Cheesecake Hot Crossed Buns	2 Potato Chive Crusted Cod Cheesy Hashbrowns Green & Gold Beans Cinnamon Applesauce
7 Salisbury Steak/Mushroom Gravy Mashed Potatoes Parsley Carrot Chilled Fruit Cocktail	8 BBQ Pork Ribs Au Gratin Potatoes Marinated Tomato Salad Fresh Whole Orange	9 Manhattan Meatballs Barley Mushroom Pilaf Seasoned Broccoli House Salad
14 Tater Tot Casserole Southwest Corn WW Bread Pear	15 Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew /Hawaiian Roll	16 Sloppy Joe on Bun Potato Wedges Baked Beans Orange
21 Grilled Salmon Mashed Potatoes Dilled Baby Carrots Kiwi	22 Chili w/ Beans/Wheat Crackers House Salad Cumbread Fruit	23 Garlic Shrimp/Angel Hair Pasta Broccoli Salad Capri Blend Veggies Peach Applesauce
28 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches	29 Chicken & Noodles Seasoned Green Peas Cantaloupe	30 Crispy Pork Loin/White & Wild Rice Blend Sicilian Blend Veggies Marinated Cucumbers Pineapple

GWINNER (701)-678-3815

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Country Ham Scalloped Potatoes Glazed Carrots Strawberries/Cheesecake	2 Potato Chive Crusted Cod Cheesy Hashbrowns Green & Gold Beans Cinnamon Applesauce	3 CLOSED
6 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Apple	7 Salisbury steak Mushroom Gravy Mashed Potatoes Parsley Carrot	8 Chicken Salad on Wheat Chickpea Salad Lettuce, Tomato, Onion Watermelon	9 Manhattan Meatballs Barley Mushroom Pilaf Seasoned Broccoli House Salad	10 Cheesy Baked Ziti Sicilian Blend Veggies Apple WG Breadstick
13 Parmesan Chicken Angel Hair Pasta/ Marinara Italian Blend Veggies	14 Tater Tot Casserole Southwest Corn WW Bread Pear	15 Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew	16 Italian Turkey Meatloaf Boiled Potatoes Roasted Brussels Sprouts Berry Crisp	17 BBQ Pork Ribs Au Gratin Potatoes Marinated Tomato Salad Fresh Whole Orange
20 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches	21 Grilled Salmon Mashed Potatoes Dilled Baby Carrots Kiwi	22 Chili w/ Beans House Salad Cumbread Fruit	23 Garlic Shrimp Angel Hair Pasta Broccoli Salad Capri Blend Veggies	24 Garlic Oregano Chicken Company Potatoes Herbed Green Beans Grapes
27 Sloppy Joe on Bun Potato Wedges Baked Beans Orange	28 Hamburger Steak Baked Sweet Potato Brussel Sprouts & Tomatoes	29 Chicken & Noodles Seasoned Green Peas Cantaloupe	30 Crispy Pork Loin White & Wild Rice Blend Sicilian Blend Veggies Marinated Cucumbers	

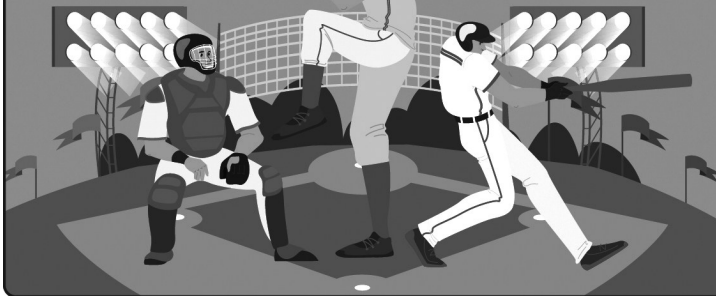
↻ Word Twist Baseball Teams

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!

BATTER	BALL	STRIKE	OUT
0 8	2	3	1

P	1	2	3	4	5	6	7	8	9	10
SI AWAY	1	0	1	1	2	0	0			
SB HOM	1	0	2	0	0	1				



cokries _____

vabres _____

mabcdiaksdon _____

sarost _____

gedodsr _____

senykea _____

wnist _____

serrewb _____

tsagin _____

nlascdria _____

©LPi

Word Twist Solution on page 3

GIVING HEARTS DAY CONTRIBUTORS

Breker, Lois

Brides by Julie

Cole, J & R

Dagman, Sheryl

Dawson, Harvey

Forman Seniors

Freeberg, Jean

Gangl, Carol

Hankel, Allan

Harrison, Carolyn

Lyons, James & Joanne

Mclae, Caryn

Motl, Ron & Linda

Olson, Patricia

Rebhahn, Muriel

Rutland Senior Citizens

Club

Skramstad, Janet

Spiekermeier, Connie

Spiekermeier, Mary

Ussatis, Kenneth &

Loretta

\$100.00 and Above

Huseth, Beverly - \$500

Schwandt Goodman Post 9050 - \$500

Claus, Darlene - \$300

Spiekermeier, Anna - \$150

Adair, Lanae - \$100

Butzon, Madeline - \$100

Daswson, Harvey & Phyllis - \$100

Gordy's Grill And Fill- \$100

Job Erection & Engineering, Inc - \$100

Storhoff, James & Marilyn - \$100

Venzke, Joy - \$100

Cash donations of \$1131.55



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 - Friday
9:00am-3:00pm

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

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