



Valley Senior Services  
helping seniors maintain independence

# Silver Quill



Valley Senior Services of Ransom & Sargent Counties

MAY 2024 | VOLUME 42 NO. 5

## Fall Prevention & Safety

©LPI

### FALL PREVENTION STRATEGIES FOR OLDER ADULTS

SANFORD HEALTH FARGO, TRAUMA SERVICES

Falls among older adults have the potential to result in serious injury or death. According to the CDC, **1 in 4 older adults fall each year**, without bringing it up to their healthcare provider. There are many different contributing factors to falls. Depending on the cause of the fall, there are different interventions that should be implemented. However, we want to give you resources to help prevent the first fall that could cause serious injury. Tripping, weakness, slipping and fainting, are the leading causes of falling in older adults.

**Tripping can be the result of objects being in the wrong spot or common walk ways, uneven surfaces, rugs in kitchens and bathrooms, or other mobility aids such as walkers.** One important way to reduce the risk of tripping is by conducting a home evaluation to identify potential tripping hazards. Family, or some Occupational Therapists can conduct a home visit and help with this.

**Weakness can be the result of multiple things such as illness, deconditioning and medication side effects.** Some ideas to address this are routine physical activity such as going on walks, low weight strength training and water exercise classes. If physical limitations prevent you from participating in these, preventative physical and occupational therapy may be right for you.

**Slipping, especially in the colder months, is the cause of major injury in older adults.** The force of hitting your head or other body parts on the ground while slipping can result in broken bones or internal bleeding. The best way to prevent slipping is by avoiding high-risk situations for slipping. Going to get the mail continues to be a high-risk situation for slipping, especially on concrete driveways. Try to develop a plan with neighbors or family to help get your mail when slippery conditions are present. Additionally, if you have to go outside, ensuring you have proper footwear and take careful steps to avoid slipping.

**Finally, syncope (fainting) can result in a fall that could harm you.** Often, people will faint or pass out right after getting up due to changes in blood flow within the body. We recommend that you

(Continued on page 8)



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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We will be closed  
Monday, May 27th. No  
Meals on Wheels,  
Senior Center meals or  
transportation.



**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 1<sup>st</sup> 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:** 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

**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  
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

# THE MEDITERRANEAN DIET

## BY LANE LIPETZKY SWENSON, RD, LD, CGN

Eating a balanced diet is essential for healthy aging. However, making the right food choices isn't always as straight forward as it should be. Luckily, following nutritious diets like the Mediterranean diet has been shown to decrease risk for chronic disease and support healthy aging. In this month's article we will cover the nutrition components of the Mediterranean diet and tips on how to follow it.

### What is the Mediterranean Diet?

The Mediterranean diet is a diet based on the traditional food choices of people living around the Mediterranean Sea. There is not one standard diet as there are 22 countries bordering the Mediterranean Sea, however, it generally emphasizes eating vegetables, fruits, whole grains, legumes, nuts & seeds, seafood, dairy, poultry and eggs. Additionally, the food is typically minimally processed and low in added sugars and excess saturated fat.

Because of the focus on plant-based foods like

fruits, vegetables and legumes the diet is naturally rich in vitamins, minerals, fiber, antioxidants and phytochemicals. The protein sources recommended on the diet also offer a lot of nutrition. For example, fish is rich in omega 3 fatty acids which help lower inflammation and are great for brain health while eggs are a great source of choline which can help slow cognitive decline. In fact, each dietary component of the Mediterranean diet offers nutrition to support healthy aging!

### Components of the Mediterranean Diet

If you're interested in following the Mediterranean diet you may be wondering, what should I eat? Below is a table of nutritious foods along with daily and weekly recommended intakes. Focusing on eating the recommended servings of these healthy foods will not only increase your overall nutrition but it will also naturally help decrease the room in your diet for processed foods and added sugars.

Food Group	Recommended Intake	Serving Size
Vegetables	4 or more servings daily	1 cup raw and ½ cup cooked
Fruits	3 servings a day	1 medium fruit or 1/2 cup fresh, frozen or canned fruit
Grains	4 or more servings of whole grains daily	1 slice of whole wheat bread, ½ cup cooked oatmeal, ½ cup pasta or rice
Fats/Oils	4 Tablespoons of olive oil daily	Olive oil, avocados or nut butters all contain healthy fats
Dried beans, nuts and seeds	3 or more servings of nuts/seeds a week and 3 or more servings of beans	1 serving of beans = ½ cup 1 serving of nuts or seeds = 1 oz. about 23 almonds or 14 walnut halves
Fish and Seafood	2-3 times a week	3 oz. of fish or 8-9 large shrimp
Dairy	2-3 servings a day	1 cup yogurt, 1.5 oz cheese, 1 cup milk
Poultry & Eggs	Choose daily to weekly	3 oz of poultry 1 egg

### Tips for Following the Mediterranean Diet

- To help meet your vegetable needs, make half your plate non-starchy vegetables.
- Choose to cook with olive oil or avocado oil instead of butter.
- Work on making at least half your grains whole grains, more is better!
- Try foods like hummus, lentil soup, or chili to help increase your intake of legumes.

- Eat fruit, nuts, seeds, hard boiled eggs and dairy for snacks.
- Replace sugary desserts with foods that are naturally sweet like fruit or yogurt.

Try the salmon recipe on page 5 for an easy way to include more seafood in your diet!

*(Continued on page 5)*

# MAY 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
		<b>1</b> Taco Casserole Spanish Rice Refried Beans Corn Rosy Applesauce	<b>2</b> Chili Baked Potato Fresh Plums Corn Muffin	<b>3</b> Tuna Salad on Wheat Cabbage/Apple Slaw Potato Salad Orange
<b>6</b> Honey Chicken Glazed Sweet Potatoes Beets Pear Dessert Bake Bread	<b>7</b> Herb & Mustard Crusted Pork Loin Potatoes & Onions Brussels Sprouts w/Bacon Mixed Berries Bread x2	<b>8</b> Roast Turkey / Gravy Mashed Potatoes Parslied Carrots Blushing Pineapple Bread x2	<b>9</b> Sloppy Joe on a Bun Baked Beans Oven Baked Fries Tropical Fruit	<b>10</b> Chicken Lasagna Zucchini Parmesan Garlic WG Breadstick Scalloped Apples
<b>13</b> Herb Roasted Salmon Rosemary Potatoes Broccoli Apricots Bread x2	<b>14</b> Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	<b>15</b> Caprese Chicken Carrot Pineapple Salad Sicilian Blend Veggies Watermelon Bread x2	<b>16</b> Sweet & Sour Chicken White & Wild Rice Blend Japanese Stir Fry Marinated Vegetable Salad Strawberries Bread	<b>17</b> Cheeseburger Pie Seasoned Green Peas House Salad Peaches in Orange Sauce Bread
<b>20</b> Beef Steak & Gravy Mashed potatoes Green beans /thyme Mandarin Oranges Bread x2	<b>21</b> Stuffed Shells/Sauce House Salad Italian Blend Veggies Grapes Birthday cake Breadstick	<b>22</b> BBQ Pork Ribs Baked Sweet Potato Mixed Veggies Apple Brown Betty Bread x2	<b>23</b> Meatloaf Parslied Potatoes Country Blend Veggies Fruit Cocktail Bread x2	<b>24</b> Southwest Chicken Caesar Salad Peach Crisp Breadstick
<b>27</b> CLOSED 	<b>28</b> Pork Chop Mushroom Sauce Seasoned Egg Noodles Lemon Asparagus Marinated Cucumbers Fresh Fruit Bread	<b>29</b> Denver Scramble O'Brian Potatoes Prince Edward Veg Blend Fresh Strawberries WG Bagel Jelly Cream Cheese	<b>30</b> Parmesan Baked Cod Sweet Potato Hash Summer Slaw Garlic Toast Cantaloupe	<b>31</b> Grilled Chicken on Bun French Fries Lettuce Tomato Onion Peas & Carrots Fresh Fruit Salad

# Enderlin

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Taco Casserole Spanish Rice Refried Beans Corn Rosy Applesauce	2 Chili Baked Potato Fresh Plums Corn Muffin	3 Tuna Noodle Casserole Mixed Veg. Banana Split Dessert WG Bread
6 Honey Chicken Glazed Sweet Potatoes Beets Pear Dessert Bake	7 Herb & Mustard Crusted Pork Loin Potatoes & Onions Brussels Sprouts w/Bacon Mixed Berries	8 Roast Turkey / Gravy Mashed Potatoes Parslied Carrots Blushing Pineapple	9 Sloppy Joe on a Bun Baked Beans Oven Baked Fries Tropical Fruit	10 Lasagna Zucchini Parmesan Garlic WG Breadstick Scalloped Apples
13 Herb Roasted Salmon Rosemary Potatoes Broccoli Applesauce	14 Meatballs Mashed Potatoes Green Beans Heavenly Hash	15 Caprese Chicken Carrot Pineapple Salad Sicilian Blend Veggies Watermelon	16 Sweet and Sour Chicken White & Wild Rice Blend Japanese Stir Fry Marinated Veg. Salad	17 Cheeseburger Pie Seasoned Green Peas House Salad Peaches in Orange Sauce
20 Beef Steak & Gravy Mashed potatoes Green beans /thyme Mandarin Oranges	21 Stuffed Shells/Sauce House Salad Cauliflower Grapes	22 BBQ Pork Ribs Baked Sweet Potato Mixed Veggies Apple Brown Betty	23 Meatloaf Parslied Potatoes Country Blend Veggies Fruit Cocktail	24 Southwest Chicken Caesar Salad Peach Crisp Breadstick
27 CLOSED	28 Pork Chop Seasoned Egg Noodles Lemon Asparagus Marinated Cucumbers Fresh Fruit	29 Denver Scramble O'Brian Potatoes Green Beans Fresh Strawberries WG Bagel	30 Parmesan Baked Cod Sweet Potato Summer Slaw Garlic Toast Cantaloupe	31 Grilled Chicken on Bun French Fries Lettuce Tomato Onion Peas & Carrots Fresh Fruit Salad

## THE MEDITERRANEAN DIET

(Continued from page 3)

### Easy Poached Salmon

Prep Time 10 minutes

Cook Time 10 minutes

Servings: 4 servings

#### Ingredients

- 2 lemons one thinly sliced for poaching and the other quartered for squeezing on top
- 1 small shallot thinly sliced
- 3 to 4 sprigs fresh herbs (dill, parsley, cilantro, etc)
- ½ cup white wine
- ½ cup water
- 4 (6-ounce) salmon filets
- kosher salt and freshly ground black pepper to taste

#### Instructions

1. Prepare the poaching liquid. In a large skillet add the sliced lemon, shallot, fresh herbs, wine, and water. Bring to a simmer over medium heat.
2. Add the salmon. Place the salmon filets (skin side down) in the pan, season with salt and pepper, cover the pan, and poach for 5 to 7 minutes, depending on the thickness of the salmon.
3. Garnish and serve. Garnish the poached salmon with fresh herbs and a squeeze of lemon!



# Milnor

Tuesday	Wednesday	Thursday	Friday
	1 Taco Casserole Spanish Rice/Refried Beans Corn Rosy Applesauce	2 Chili Baked Potato Fresh Plums Corn Muffin	3 Tuna Salad on Wheat Cabbage/Apple Slaw Potato Salad Orange
7 Herb & Mustard Crusted Pork Loin Potatoes & Onions Brussels Sprouts w/Bacon Mixed Berries	8 Roast Turkey / Gravy Mashed Potatoes Parslied Carrots Blushing Pineapple	9 Sloppy Joe on a Bun Baked Beans Oven Baked Fries Tropical Fruit	10 Honey Chicken Glazed Sweet Potatoes Beets Pear Dessert Bake
14 Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash	15 Caprese Chicken Carrot Pineapple Salad Sicilian Blend Veggies Watermelon	16 Herb Roasted Salmon Rosemary Potatoes Broccoli Apricots	17 Cheeseburger Pie Seasoned Green Peas House Salad Peaches in Orange Sauce
21 Beef Steak & Gravy Mashed potatoes Green beans /thyme Mandarin Oranges	22 BBQ Pork Ribs Baked Sweet Potato Mixed Veggies Apple Brown Betty	23 Meatloaf Parslied Potatoes Country Blend Veggies Fruit Cocktail	24 Southwest Chicken Caesar Salad Peach Crisp Breadstick
28 Pork Chop/Mushroom Sauce Seasoned Egg Noodles Lemon Asparagus Marinated Cucumbers	29 Denver Scramble/ O'Brian Potatoes Prince Edward Veg Blend Fresh Strawberries/WW Bagel	30 Parmesan Baked Cod Sweet Potato Hash Summer Slaw Garlic Toast	31 Grilled Chicken on Bun French Fries Lettuce Tomato Onion Peas & Carrots

# Cogswell and Forman

Monday	Tuesday	Wednesday	Thursday
<p><i>Please note: Center is closed Monday, May 27th for Memorial Day, meals that week will be Tuesday, May 28 through Friday, May 31 instead.</i></p>		1 Taco Casserole Spanish Rice/Refried Beans Corn Rosy Applesauce	2 Chili/Cornbread House Salad WW Crackers Fresh Fruit
6 Honey Chicken Glazed Sweet Potatoes Beets Pear Dessert Bake	7 Herb & Mustard Crusted Pork Loin Potatoes & Onions Brussels Sprouts w/Bacon Blueberries	8 Roast Turkey / Gravy Mashed Potatoes Parslied Carrots Blushing Pineapple	9 Sloppy Joe on a Bun Baked Beans Oven Baked Fries Tropical Fruit
13 Salmon Loaf Roasted Red Potatoes Mixed Veg. Berry Crisp	14 Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash	15 Parmesan Chicken Penne Pasta/Marinara Sauce Italian Blend Veg. Spiced Peaches	16 Cheeseburger Pie Seasoned Green Peas House Salad Peaches in Orange Sauce
20 Beef Steak & Gravy Mashed Potatoes Green Beans /Thyme Mandarin Oranges	21 Stuffed Shells/Sauce House Salad Italian Blend Veggies Grapes	22 BBQ Pork Ribs Baked Sweet Potato Mixed Veggies Apple Brown Betty	23 Tangy Meatloaf Parslied Potatoes Country Blend Veggies Fruit Cocktail
28—Tuesday Pork Chop/Mushroom Sauce Seasoned Egg Noodles Lemon Asparagus Marinated Cucumbers	29—Wednesday Grilled Chicken on Bun French Fries Lettuce Tomato Onion Peas & Carrots	30—Thursday Tuna Salad on Wheat Cabbage/Apple Slaw Potato Salad Orange	31—Friday Grandmas Hotdish Steamed Broccoli WG Garlic Breadstick Watermelon & Cantaloupe

## Rutland

Monday	Tuesday	Wednesday	Thursday
<p><i>Please note: Center is closed Monday, May 27th for Memorial Day, meals that week will be Tuesday, May 28 through Friday, May 31 instead.</i></p>		<p>1 Taco Casserole Spanish Rice/Refried Beans Corn Rosy Applesauce</p>	<p>2 Chili Baked Potato Fresh Plums Corn Muffin</p>
<p>6 Honey Chicken Glazed Sweet Potatoes Beets Pear Dessert Bake</p>	<p>7 Herb &amp; Mustard Crusted Pork Loin Potatoes &amp; Onions Brussels Sprouts w/Bacon Mixed Berries</p>	<p>8 Roast Turkey / Gravy Mashed Potatoes Parslied Carrots Blushing Pineapple</p>	<p>9 Sloppy Joe on a Bun Baked Beans Oven Baked Fries Tropical Fruit</p>
<p>13 Herb Roasted Salmon Rosemary Potatoes Broccoli Apricots</p>	<p>14 Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash</p>	<p>15 Caprese Chicken Carrot Pineapple Salad Sicilian Blend Veggies Watermelon</p>	<p>16 Sweet and Sour Chicken White &amp; Wild Rice Blend Japanese Stir Fry Marinated Vegetable Salad</p>
<p>20 Beef Steak &amp; Gravy Mashed Potatoes Green Beans /Thyme Mandarin Oranges</p>	<p>21 Stuffed Shells/Sauce/House Salad Italian Blend Veggies Grapes Birthday cake</p>	<p>22 BBQ Pork Ribs Baked Sweet Potato Mixed Veggies Apple Brown Betty</p>	<p>23 Meatloaf Parslied Potatoes Country Blend Veggies Fruit Cocktail</p>
<p>28—Tuesday Pork Chop/Mushroom Sauce Seasoned Egg Noodles Lemon Asparagus Marinated Cucumbers</p>	<p>29—Wednesday Denver Scramble O'Brian Potatoes Prince Edward Veg Blend Fresh Strawberries</p>	<p>30—Thursday Parmesan Baked Cod Sweet Potato Hash Summer Slaw Garlic Toast</p>	<p>31—Friday Grilled Chicken on Bun French Fries Lettuce Tomato Onion Peas &amp; Carrots</p>

## NORTH DAKOTA VOCATIONAL REHABILITATION ASSISTANCE FOR INDIVIDUALS WITH VISION IMPAIRMENTS

**North Dakota has resources to assist individuals with vision deficits. North Dakota Vocational Rehabilitation (VR) can assist individuals seeking employment or individuals who are wanting to maintain their independence.**

### **OLDER INDIVIDUALS WHO ARE BLIND (OIB)**

The OIB program is designed to assist individuals (over the age of 55 who have a vision deficit, are not employed, and not in a nursing facility) improve their independence in their homes and communities by enhancing their quality of life.

**Please contact us at:  
Matt Bahr – VRS  
701-298-4460  
mbahr@nd.gov**

### **OIB SERVICES INCLUDE (BUT NOT LIMITED TO):**

- Advocacy Training & Support
- Assistive Technology Devices:
  - ◊ Magnifiers
  - ◊ Lighting
  - ◊ Glare control
- Assistive Technology Training
- Communication Skills
- Independent Living Skills
- Information and Referral

# FALL PREVENTION STRATEGIES FOR OLDER ADULTS

(Continued from front page)

take 3-5 minutes between laying and standing to sit at the edge of the bed. In addition, when standing, stand near the chair until you are confident you will not pass out. Medication can be the cause of syncope such as blood pressure medication and heart medication. When making adjustments, take extra caution and consult your provider if you are experiencing lightheadedness or dizziness.

While we will do everything we can here at Sanford Heath to help you if you fall, **it is best to do everything you can to prevent the fall in the first place.** Reach out to your Primary Care Provider to discuss potential next steps for you to help prevent falls and keep living your life injury free.

## References

Centers for Disease Control and Prevention, Older Adult Fall Prevention. <https://www.cdc.gov/falls/index.html>

## 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](mailto: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](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**



Valley  
**Senior Services**

*helping seniors maintain independence*