



Valley Senior Services
helping seniors maintain independence

Silver Quill



Valley Senior Services of Ransom & Sargent Counties

MAY 2025

ARE YOU ELIGIBLE FOR A RENTER'S REFUND?

APPLICATIONS DUE BEFORE JUNE 1ST

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.

Example: A renter pays \$450 per month in rent (\$5,400 per year) and the renter's income is \$18,000.

- 20% of \$5,400 is \$1,080
- 4% of \$18,000 is \$720

1,080 (%rent)
-720 (% income)
\$360

**The renter is entitled to \$360 refund if they meet qualifications*

Renters must apply for a refund with the North Dakota Office of State Tax Commissioner **before June 1** following the year for which the refund is claimed. The application is available at www.tax.nd.gov/renter.

Applications must be sent to:

Office of State Tax Commissioner
600 E. Boulevard Ave, Dept 127
Bismarck, ND 58505-0599

Do you need more information or assistance applying?

Valley Senior Services can help!

Call Amber at 701-683-3131 or toll-free 877-857-3743.



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 Monday, May 26th.

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;

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 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 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!

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

DIET FOR DIVERTICULAR DISEASE

BY LANE LIPETZKY SWENSON, RD, LD, CGN

According to the National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK), around 30% of US adults over the age of 50, 50% over the age of 60 and upwards of 70% of adults over the age of 80 have diverticulosis. Diverticulosis is a condition where diverticula (small bulging pouches) form inside the colon. These diverticula often don't cause symptoms, however, they can become infected and inflamed which is considered diverticulitis. Luckily, not everyone with diverticulosis will develop diverticulitis and there are certain dietary patterns that can help decrease your risk. In this month's article we will discuss risk factors for diverticular disease and dietary patterns for prevention.

Risk Factors

As you may have noticed in the statistics above, increasing age is one of the main risk factors for diverticular disease. According to the Mayo clinic, additional risk factors include:

- A low fiber diet
- Obesity
- Smoking or heavy alcohol use
- High intake of red and processed meats
- Lack of exercise
- Low vitamin D levels
- Genetics
- Use of certain medications such as steroids, opioids and NSAIDs like ibuprofen

Not all risk factors are controllable, however, changes in diet, exercise, smoking and alcohol use and vitamin D supplementation may help decrease your risk for developing diverticulosis. If you already have diverticulosis, these changes can also decrease your risk for diverticulitis and the need for medical intervention.

Diet for Diverticular Disease

Advice used to be to avoid foods like popcorn, nuts and seeds. We now know that this is not necessary and actually may make it harder to

meet your fiber needs. The latest diet recommendations are to follow a high fiber diet, drink plenty of fluids, limit red and processed meats and to be physically active. If you drink alcohol, do so in moderation and if you smoke, reduce your smoking or quit. You may also want to talk to your dietitian or doctor about vitamin D supplementation, especially in the fall and winter months. The bullet points below are specific diet recommendations for diverticular disease:

- Daily fiber recommendations: 21 grams a day for women over the age of 50 and 30 grams a day for men over 50
- Fluids: Aim for at least 8 cups, or 2 liters, of fluids a day to help soften stools and prevent constipation. This is especially important when you are increasing your fiber intake.
- There is no specific requirement on how much red or processed meat you can eat to limit your risk for diverticulitis. However, it is advisable to replace some of your red or processed meat intake with healthier alternatives such as poultry, eggs, fish, seafood and legumes for protein.
- Physical activity recommendations: at least 30 minutes of moderate physical activity (like brisk walking) 5 days a week can help reduce your risk.
- Alcohol: avoid alcohol during a flare, it can irritate your gastrointestinal tract and increase inflammation. If you choose to drink alcohol outside of a flare, do so in moderation.

Diet Progression After Diverticulitis

If you do develop diverticulitis, you may need to seek medical attention. You will likely be required to follow a clear liquid diet before advancing to a low fiber diet and eventually back to a high fiber diet. In next month's article, I will give examples of how and when to progress from clear liquids to a high fiber diet following a flare.

May 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 |
|---|--|--|---|--|
|  | | | 1 Meatloaf & Gravy Onion Mashed Potato Capri Blend Veggies WB-2 Strawberry Applesauce | 2 Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Chilled Mandarin Oranges WG Biscuit |
| 5 Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce WW Bread | 6 House Salad Italian Pasta Bake Seasoned Zucchini Wheat Roll Dressing Cantaloupe | 7 Baked Pork Chop Baked Potato Harvard Beets WB-2 Sour Cream Chilled Peaches | 8 Stuffed Peppers Mashed Potatoes Zucchini Whole Orange WW Roll Low Fat Vanilla Yogurt | 9 Chicken Fettuccine Alfredo House Salad Garden Blend Veggies Cranberry Fruit Salad Gelatin Breadstick |
| 12 Tater Tot Casserole Southwest Corn WW Bread Pear | 13 Orange Chicken LS Egg Roll Garlic Noodles Oriental Blend Veggies Oranges in Whipped Topping | 14 Cheese Tortellini Meatballs & Marinara Sauce Italian Veggie Blend WG Breadstick Strawberries Cheese Cake | 15 Beef Taco Salad Tortilla Chips Salsa Fresh Berries Whipped Topping | 16 Root Beer Ribs Hash Brown Casserole Corn WB-2 Orange |
| 19 Pork Wings Au Gratin Potatoes Seasoned Snow Peas WW Ciabatta Roll Honeydew | 20 Hot Dog on Bun Tator Tots Mixed Veggies Cantaloupe | 21 Chicken Salad on Wheat Chickpea Salad Lettuce, Tomato, Onion Watermelon | 22 Baked Lemon Tilapia Roasted Red Potatoes Asparagus WB-2 Fruited Mallow Gelatin | 23 Beef Marzetti House Salad Squash Garlic Bread Dressing Fruit Cocktail in Whip Topping |
| 26 <p style="text-align: center;">Closed</p> If you would like to receive a frozen meal on Friday, please call the office. | 27 Parmesan Chicken Buttered Spaghetti & Marinara Seasoned Broccoli Fresh Fruit Salad WW Dinner Roll | 28 Beef Stir Fry Herbed Orzo Pasta Stir Fry Veggie Blend Chilled Mandarin Oranges WW Bread | 29 Hamburger on Bun Sweet Potato Waffle Fries Baked Beans Lettuce, Tomato, Onion Watermelon & Cantaloupe | 30 Hot Roast Beef on Wheat Chived Mashed Potatoes Peas and Carrots Wheat Roll Snicker & Apple Salad |

ENDERLIN (701-437-2669)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| | | | 1 Meatloaf & Gravy Onion Mashed Potato Capri Blend Veggies Strawberry Applesauce | 2 Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Mandarin Oranges |
| 5 Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce | 6 House Salad Italian Pasta Bake Seasoned Zucchini Cantaloupe | 7 Baked Pork Chop Baked Potato Harvard Beets Chilled Peaches | 8 Stuffed Peppers Mashed Potatoes Zucchini Whole Orange | 9 Chicken Fettuccine Alfredo House Salad Garden Blend Veggies Cranberry Fruit Salad |
| 12 Tater Tot Casserole Southwest Corn WW Bread Pear | 13 Orange Chicken LS Egg Roll Garlic Noodles Oriental Blend Veggies | 14 Meatballs & Marinara Sauce Italian Veggie Blend Strawberries Cheese Cake | 15 Beef Taco Salad Tortilla Chips Salsa Fresh Berries | 16 Root Beer Ribs Hash Brown Casserole Corn Orange |
| 19 Pork Wings Au Gratin Potatoes Seasoned Snow Peas Honeydew | 20 Hot Dog on Bun Tator Tots Mixed Veggies Cantaloupe | 21 Chicken Salad on Wheat Chickpea Salad Lettuce, Tomato, Onion Watermelon | 22 Baked Lemon Tilapia Roasted Red Potatoes Asparagus Fruited Mallow Gelatin | 23 Beef Marzetti House Salad Squash Fruit Cocktail Whip Topping |
| 26 Closed If you would like to receive a frozen meal on Friday, please call the office. | 27 Parmesan Chicken Buttered Spaghetti & Marinara Seasoned Broccoli Fresh Fruit Salad | 28 Beef Stir Fry Herbed Orzo Pasta Stiry Fry Veggie Blend Mandarin Oranges | 29 Hamburger on Bun Sweet Potato Waffle Fries Baked Beans Watermelon & Cantaloupe | 30 Hot Roast Beef on Wheat Chived Mashed Potatoes Peas and Carrots Snicker & Apple Salad |

IMPORTANT UPDATE FROM SOCIAL SECURITY

The Social Security Administration (SSA) has taken proactive steps to enhance the security of its services by implementing stronger identity verification procedures. The updated measures will further safeguard Social Security records and benefits against fraudulent activity. Over the month of March, SSA carefully transitioned to stronger identity proofing procedures for both benefit claims and direct deposit changes. Individuals seeking these services who cannot use their personal my Social Security account, which requires online identity proofing, will then need to visit a local Social Security office to prove their identity in person. At the same time, the agency will expedite processing all direct deposit change requests – both in person and online – to one business day. Prior to this change, online direct deposit changes were held for 30 days.

Beginning March 31, 2025, SSA will enforce online digital identity proofing and in-person identity proofing. SSA will permit individuals who do not or cannot use the agency's online my Social

Security services to start their claim for benefits on the telephone. However, the claim cannot be completed until the individual's identity is verified in person. The agency therefore recommends calling to request an in-person appointment to begin and complete the claim in one interaction. Individuals with and without an appointment will need to prove identity before starting a transaction. Individuals who do not or cannot use the agency's online my Social Security services to change their direct deposit information, can visit a local office to process the change or can call 1-800-772-1213 to schedule an in-person appointment.

The agency will continue to monitor and, if necessary, make adjustments, to ensure it pays the right person the right amount at the right time while at the same time safeguarding the benefits and programs it administers.

People who do not already have a "my Social Security" account can create one at www.ssa.gov/myaccount/.

Information provided by the Social Security Administration at blog.ssa.gov

MILNOR (701-427-9327)

| Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|
| | | 1 Meatloaf & Gravy Onion Mashed Potato Capri Blend Veggies Strawberry Applesauce | 2 Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Chilled Mandarin Oranges |
| 6 House Salad/Dressing Italian Pasta Bake Seasoned Zucchini Cantaloupe | 7 Baked Pork Chop Baked Potato Harvard Beets Chilled Peaches | 8 Stuffed Peppers Mashed Potatoes Zucchini Whole Orange | 9 Chicken Fettuccine Alfredo House Salad Garden Blend Veggies Cranberry Fruit Salad Gelatin |
| 13 Orange Chicken/Garlic Noodles LS Egg Roll Oriental Blend Veggies Oranges in Whipped Topping | 14 Cheese Tortellini Meatballs & Marinara Sauce Italian Veggie Blend Strawberries/Cheese Cake | 15 Beef Taco Salad Tortilla Chips Salsa Fresh Berries /Whipped Topping | 16 Tater Tot Casserole Southwest Corn WW Bread Pear |
| 20 Hot Dog on Bun Tator Tots Mixed Veggies Cantaloupe | 21 Chicken Salad on Wheat Chickpea Salad Lettuce, Tomato, Onion Watermelon | 22 Baked Lemon Tilapia Roasted Red Potatoes Asparagus Fruited Mallow Gelatin | 23 Beef Marzetti House Salad/Dressing Squash Fruit Cocktail in Whip Topping |
| 27 Parmesan Chicken Buttered Spaghetti & Marinara Seasoned Broccoli Fresh Fruit Salad | 28 Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce | 29 Hamburger on Bun Sweet Potato Waffle Fries Baked Beans Watermelon & Cantaloupe | 30 Hot Roast Beef on Wheat Chived Mashed Potatoes Peas and Carrots Snicker & Apple Salad |

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

| Monday | Tuesday | Wednesday | Thursday |
|--|---|---|--|
| | | | 1 Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Chilled Mandarin Oranges |
| 5 Chicken Fettuccine Alfredo House Salad Garden Blend Veggies Cranberry Fruit Salad Gelatin | 6 House Salad/Dressing Italian Pasta Bake Seasoned Zucchini Cantaloupe | 7 Baked Pork Chop Baked Potato Harvard Beets Chilled Peaches | 8 Stuffed Peppers Mashed Potatoes Zucchini Whole Orange |
| 12 Root Beer Ribs Hash Brown Casserole Corn Orange | 13 Orange Chicken LS Egg Roll Garlic Noodles Oriental Blend Veggies | 14 Cheese Tortellini Meatballs & Marinara Sauce Italian Veggie Blend Strawberries/Cheese Cake | 15 Beef Taco Salad Tortilla Chips Salsa Fresh Berries /Whipped Topping |
| 19 Pork Wings Au Gratin Potatoes Seasoned Snow Peas Honeydew | 20 Hot Dog on Bun Tator Tots Mixed Veggies Cantaloupe | 21 Chicken Salad on Wheat Chickpea Salad Lettuce, Tomato, Onion Watermelon | 22 Meatloaf & Gravy Onion Mashed Potato Capri Blend Veggies Strawberry Applesauce |
| 27 - Tuesday Parmesan Chicken Buttered Spaghetti & Marinara Seasoned Broccoli Fresh Fruit Salad | 28 - - Wednesday Baked Lemon Tilapia Roasted Red Potatoes Asparagus Fruited Mallow Gelatin | 29 - Thursday Hamburger on Bun Sweet Potato Waffle Fries Baked Beans Watermelon & Cantaloupe | 30 - Friday Hot Roast Beef on Wheat Chived Mashed Potatoes Peas and Carrots Snicker & Apple Salad |

RUTLAND (701-724-4074)

| Monday | Tuesday | Wednesday | Thursday |
|--|---|---|--|
| | | | 1 Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Chilled Mandarin Oranges |
| 5 Chicken Fettuccine Alfredo House Salad Garden Blend Veggies Cranberry Fruit Salad Gelatin | 6 House Salad/Dressing Italian Pasta Bake Seasoned Zucchini Cantaloupe | 7 Baked Pork Chop Baked Potato Harvard Beets Chilled Peaches | 8 Stuffed Peppers Mashed Potatoes Zucchini Whole Orange |
| 12 Root Beer Ribs Hash Brown Casserole Corn Orange | 13 Orange Chicken/Garlic Noodles LS Egg Roll Oriental Blend Veggies Oranges in Whipped Topping | 14 Cheese Tortellini Meatballs & Marinara Sauce Italian Veggie Blend Strawberries/Cheese Cake | 15 Beef Taco Salad Tortilla Chips/Salsa Fresh Berries Whipped Topping |
| 19 Pork Wings Au Gratin Potatoes Seasoned Snow Peas Honeydew | 20 Hot Dog on Bun Tator Tots Mixed Veggies Cantaloupe | 21 Chicken Salad on Wheat Chickpea Salad Lettuce, Tomato, Onion Watermelon | 22 Meatloaf & Gravy Onion Mashed Potato Capri Blend Veggies Strawberry Applesauce |
| 27 - Tuesday Parmesan Chicken Buttered Spaghetti & Marinara Seasoned Broccoli Fresh Fruit | 28 - Wednesday Baked Lemon Tilapia Roasted Red Potatoes Asparagus Fruited Mallow Gelatin | 29 - Thursday Hamburger on Bun Sweet Potato Waffle Fries Baked Beans Watermelon & Cantaloupe | 30 - Friday Hot Roast Beef on Wheat Chived Mashed Potatoes Peas and Carrots Snicker & Apple Salad |



Valley
Senior Services
helping seniors maintain independence

2024 SERVICES DELIVERED REPORT

In 1971 Valley Senior Services began providing Congregate and Home Delivered meals, Transportation and Resource services to seniors 60 years and older in the Fargo/West Fargo area. Today, we serve seniors with meals, transportation, and resource services in six counties in southeastern North Dakota; our Metro Senior Ride Service operates in the Fargo-Moorhead metro area which includes the cities of West Fargo and Dilworth. As the population of North Dakota ages, Valley Senior Services will be prepared to provide services that help them stay independent and in their own homes for as long as possible; currently we are making plans to expand our number of meal sites and transit vehicles to keep up with demand.

2024 was a busy year for Valley Senior Services, overall, the number of meals, rides and resource visits provided by our agency increased over 2023.

SERVICES PROVIDED IN 2024

Congregate Meals

86,068

Take-out meals

64,215

Resource Service

Direct Services

1,307 hours

Home Delivered Meals

702 hours

Meals on Wheels

196,791

Transportation

54,049

Birds of a Feather

W W E E D A K C I H C D R I B W O C S W
 O E O S T A R L I N G J U N C O P N R A
 O E K R U A L B A T R O S S U U O E J A
 D G W G R E A T B L U E H E R O N Z Q T
 T O A R K A F A L C O N C P L Y E B U R
 H L H U E R P N T N A A L G B N A F O H
 R D B H Y W O S S C R E R E A L T B E S
 U F A C V O B O I D M E V R T E I I G R
 S I L T U R U L I A K O C I D N R N R E
 H N D A L C E N R C D G M T H W D D O H
 R C E H T P A T E G N O I U F R V I S C
 E H A T U L I P N I R T M B I R X G B T
 P R G U R N D I P E M M L B B G I O E A
 I E L N E O N O O O I A G L K R L B A C
 P L E I O R O R U N C N U U I A L U K Y
 D B V W U H I S G K I E P E L C U N E L
 N R A O W O E B B K J O O B D K G T E F
 A A M I L U I I C A L U M I E L A I L R
 S W C E N R R O Y S C D H R E E E N R W
 L A R D D D M P I G E O N D R K S G R K

Word List:

| | | |
|--------------|-----------------|--------------|
| ALBATROSS | LOONS | BLACKBIRD |
| BLUEBIRD | PELICAN | CHICKADEE |
| COWBIRD | SANDPIPER | FLYCATCHERS |
| GOLDFINCH | TUFTEDTITMOUSE | GROSBEAK |
| HAWK | WOODPECKER | JUNCO |
| KILDEER | BALTIMOREORIOLE | MOURNINGDOVE |
| NUTHATCH | CARDINAL | PURPLEMARTIN |
| ROBIN | FALCON | SPARROW |
| STARLING | GREATBLUEHERON | WARBLER |
| WHOOINGCRANE | INDIGOBUNTING | WREN |
| BALDEAGLE | MOCKINGBIRD | |
| BLUEJAY | PIGEON | |
| CROW | SEAGULL | |
| GRACKLE | TURKEYVULTURE | |
| HUMMINGBIRD | WOODTHRUSH | |



We're here to help!



Need More Food?

Call
855.405.0000

or email
snap@greatplainsfoodbank.org

to find a food pantry near you
or see if you qualify for SNAP.



DID YOU KNOW?

You can use your SNAP (Supplemental Nutrition Assistance Program) benefits to donate towards your home delivered or congregate meals.

Don't have SNAP? You can donate in person, by mail, or online. Find out more at valleyseniorservices.org

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



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