



## Valley Senior Services of Ransom & Sargent Counties

MAY 2026

### 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 \$600. 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 \$600.

**Example: A renter pays \$8000 per month in rent (\$9,600 per year) and the renter's income is \$35,000.**

- 20% of \$9,600 is \$1,920
  - 4% of \$35,000 is \$1,400
- |                    |
|--------------------|
| 1,920 (% rent)     |
| - 1,400 (% income) |
| <b>520</b>         |


**\*The renter is entitled to \$520 refund if they meet qualifications**

Renters must apply for a refund with the North Dakota Office of State Tax Commissioner by **May 31st** following the year which the refund is claimed. The application is available at [www.tax.nd.gov/renter](http://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 701-683-3131 or 877-857-3743 (toll-free) to connect with our Program Assistant.



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



[valleyseniorservices.org](http://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 May 25.*

*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 Grindelnd

701-293-1440 or 877-827-1916

### County Program Supervisor:

Vicki

701-683-3131

### Program Assistant:

Amber

701-683-3131

### Meal Delivery:

Brenda; Valerie

### Ransom Kitchen Staff:

Janet; Vee; Nancy; Amber;

Jean; Violet

### Sargent Kitchen Staff:

Sandra; Carolyn; Diane;

Valerie; Hannah; Kathy; Deb;

Sasha

### 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 Grindelnd, 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 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 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

## Tips & Tricks for Meal Planning

**Meal planning** is a way to help keep your meals predictable and organized. Meal planning means sitting down to plan out your meals (breakfast, lunch, dinner, and/or snacks) ahead of time for the week, or month. By doing this, you can create a “roadmap” for what your meals will look like. The stress and effort needed to decide what to eat for each meal can be overwhelming. This can increase the likelihood of choosing unhealthy meals if there is nothing preplanned. Meal planning is a way to reduce the stress and can lead to healthier meal choices.

There are many benefits to meal planning, including making budget friendly choices. When you sit down to plan out your meals for the week, or month, you will be able to see what ingredients you already have in your pantry or fridge and what items you will need to purchase. Meal planning helps you use what you already have and cut down on waste. The likelihood of overspending at the grocery store is also lower because you have a set list of ingredients needed for your meal plans. It truly is a win-win! Another major benefit to meal planning is the ability to eat healthier. By choosing healthy meals ahead of time, you can stick to the plan and are less likely to pick fast food or unhealthy meals if everything has already been preplanned.

By regularly planning ahead for meals, you will quickly see the benefits!

### Tips for Effective Meal Planning

1. Set aside time each week or month to plan out your meal plan. Use a paper calendar, journal, app, or notebook to plan out your breakfast, lunch, dinner, and snacks for the week.
2. Aim to use ingredients for your meal plans that you already have in your fridge or pantry. This helps cut back on food waste and you may be surprised to find how much you already have in your kitchen.
3. Use meal planning as an opportunity to try new recipes or use ones that you already know and love.
4. Be mindful of how much time you have to prepare your meals. If you know that a busy weekday full of plans is in the future, choose a simple dish to prepare or purchase for that day.
5. Leftovers can be a benefit to meal planning. Use dinner leftovers for lunch the next day to make planning simple and easy.
6. When it comes to meal planning, make sure that you have enough food planned for your week or month. Consider whether you will need to plan out more robust meals or snacks according to how busy your day might be.
7. Thinking back to healthy eating principles is a great place to start when creating a balanced meal plan. Meals should include protein, whole grains, and fruits and vegetables.
8. Variety is KEY when meal planning. Mix it up and have a variety of options for your meals and snacks. Otherwise, you may feel uninterested and unmotivated to stick to your plans.

Resources:

<https://www.myplate.gov/eat-healthy/healthy-eating-budget/make-plan>

# MAY 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
				
				<b>1</b> Italian Baked Fish Lemon Dill Orzo Brussels Sprouts/ Tomatoes Chilled Fruit Salad Wheat Bread
<b>4</b> Garlic & Sage Chicken Thighs Chive Mashed Potatoes Squash Casserole Pear WW Ciabatta Roll	<b>5</b> French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi	<b>6</b> Italian Pasta Bake House Salad Seasoned Zucchini Wheat Roll Dressing Cantaloupe	<b>7</b> Cheese Baked Potato Seasoned Broccoli Honeydew WW Dinner Roll	<b>8</b> Pork Wings Au Gratin Potatoes Seasoned Snow Peas WW Ciabatta Roll Cinnamon Bananas
<b>11</b> Parmesan Baked Cod Seasoned Roasted Baby Potato Asparagus Almondine Peaches Wheat Dinner Roll	<b>12</b> Sweet & Sour Chicken Brown Rice Peppers & Onions Potstickers Mandarin Orange	<b>13</b> Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana Cake Wheat Dinner Roll	<b>14</b> Spaghetti & Meat Sauce Green Beans WG Breadstick Parmesan Cheese Apple	<b>15</b> Beef Steak & Gravy Mashed Potatoes Peas & Carrots Berry Crisp Wheat Roll
<b>18</b> Stuffed Peppers Mashed Potatoes Seasoned Green Beans Raspberries Low Fat Vanilla Yogurt Wheat Roll	<b>19</b> Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple	<b>20</b> Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries	<b>21</b> Beef Mac Casserole Tossed Salad w/ Dressing Zucchini w/ Oregano Fruit Cocktail Garlic Breadstick	<b>22</b> BBQ Pork Chop Southwest Macaroni Salad Parmesan Lima Beans Combread Mixed Berries Dessert
<b>25</b> <p style="text-align: center;"><b>Closed</b></p> 	<b>26</b> Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges Wheat Bread x 2	<b>27</b> Egg Salad Sandwich on Wheat Tomato Slices Soft Marinated Broccoli Cottage Cheese & Fruit	<b>28</b> Chicken Fettuccine Alfredo Savory Carrots House Salad Chilled Peaches WW Bread	<b>29</b> Turkey & Dumplings Spinach Orange Salad W/Dressing Peas & Carrots Wheat Dinner Roll Honeydew

## ENDERLIN (701-437-2669)

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Italian Baked Fish Lemon Dill Orzo Brussels Sprouts/ Tomatoes Chilled Fruit Salad
4 Garlic & Sage Chicken Thighs Chive Mashed Potatoes Squash Casserole Pear	5 French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi	6 House Salad/Dressing Italian Pasta Bake Seasoned Zucchini Wheat Roll Cantaloupe	7 Cheese Baked Potato Seasoned Broccoli Honeydew WW Dinner Roll	8 Pork Wings Au Gratin Potatoes Seasoned Snow Peas WW Ciabatta Roll Cinnamon Bananas
11 Parmesan Baked Cod Seasoned Roasted Baby Potato Asparagus Almondine Peaches	12 Sweet & Sour Chicken Brown Rice Peppers & Onions Potstickers Mandarin Orange	13 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana	14 Spaghetti & Meat Sauce Green Beans WG Breadstick Parmesan Cheese Apple	15 Beef Steak & Gravy Mashed Potatoes Peas & Carrots Berry Crisp
18 Stuffed Peppers Mashed Potatoes Seasoned Green Beans Raspberries Low Fat Vanilla Yogurt	19 Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple	20 Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries	21 Beef Mac Casserole Tossed Salad w/ Dressing Zucchini w/ Oregano Fruit Cocktail	22 BBQ Pork Chop Southwest Macaroni Salad Parmesan Lima Beans Cornbread Mixed Berries/Dessert
25 <b>Closed</b>	26 Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges	27 Egg Salad Sandwich on Wheat Tomato Slices Soft Marinated Broccoli Cottage Cheese & Fruit	28 House Salad Chicken Fettuccine Alfredo Savory Carrots Chilled Peaches	29 Turkey & Dumplings Spinach Orange Salad W/Dressing Peas & Carrots Honeydew

## 2025 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 also includes the cities of West Fargo, Horace 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. We continue with plans to expand the number of meal sites and transit vehicles to keep up with demand.

2025 was a busy year for Valley Senior Services, overall, the number of meals provided by our agency increased over 2024.

### Services provided in 2025

#### CONGREGATE MEALS

79,569

#### TAKE-OUT MEALS

64,487

#### RESOURCE SERVICE

Direct Services 1,803 hours

#### MEALS ON WHEELS

201,501

#### TRANSPORTATION

52,321

## MILNOR (701-427-9327)

Tuesday	Wednesday	Thursday	Friday
			1 Italian Baked Fish Lemon Dill Orzo Brussels Sprouts/Tomatoes Chilled Fruit Salad
5 French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi	6 House Salad/Dressing Italian Pasta Bake Seasoned Zucchini Cantaloupe	7 Cheese Baked Potato Seasoned Broccoli Honeydew	8 Pork Wings Au Gratin Potatoes Seasoned Snow Peas Cinnamon Bananas
12 Parmesan Baked Cod Seasoned Roasted Baby Potato Asparagus Almondine Peaches	13 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana/Cake	14 Spaghetti & Meat Sauce Green Beans WG Breadstick Apple	15 Beef Steak & Gravy Mashed Potatoes Peas & Carrots Berry Crisp
19 Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple	20 Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries	21 Beef Mac Casserole Tossed Salad w/ Dressing Zucchini w/ Oregano Fruit Cocktail	22 BBQ Pork Chop Southwest Macaroni Salad Parmesan Lima Beans Mixed Berries/Dessert
26 Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges	27 Egg Salad Sandwich on Wheat Tomato Slices Soft Marinated Broccoli Cottage Cheese & Fruit	28 House Salad Chicken Fettuccine Alfredo Savory Carrots Chilled Peaches	29 Turkey & Dumplings Spinach Orange Salad W/Dressing Peas & Carrots Honeydew

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

Monday	Tuesday	Wednesday	Thursday
4 Garlic & Sage Chicken Thighs Chive Mashed Potatoes Squash Casserole Pear	5 French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi	6 House Salad/Dressing Italian Pasta Bake Seasoned Zucchini Cantaloupe	7 Cheese Baked Potato Seasoned Broccoli Honeydew
11 Parmesan Baked Cod Seasoned Roasted Baby Potato Asparagus Almondine Peaches	12 Sweet & Sour Chicken Brown Rice Peppers & Onions Potstickers	13 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana/Cake	14 Spagetti & Meat Sauce Green Beans WG Breadstick Apple
18 Stuffed Peppers Mashed Potatoes Seasoned Green Beans Raspberries Low Fat Vanilla Yogurt	19 Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple	20 Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries	21 Beef Mac Casserole Tossed Salad w/ Dressing Zucchini w/ Oregano Fruit Cocktail
26— <b>Tuesday</b> Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges	27— <b>Wednesday</b> Egg Salad Sandwich on Wheat Tomato Slices Soft Marinated Broccoli Cottage Cheese & Fruit	28— <b>Thursday</b> House Salad Chicken Fettuccine Alfredo Savory Carrots Chilled Peaches	29— <b>Friday</b> Turkey & Dumplings Spinach Orange Salad W/Dressing Peas & Carrots Honeydew

## RUTLAND (701-724-4074)

Tuesday	Wednesday	Thursday
5 French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi	6 House Salad/Dressing Italian Pasta Bake Seasoned Zucchini Cantaloupe	7 Cheese Baked Potato Seasoned Broccoli Honeydew
12 Pork Wings Au Gratin Potatoes Seasoned Snow Peas Cinnamon Bananas	13 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana/Cake	14 Spaghetti & Meat Sauce Green Beans WG Breadstick Apple
19 Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple	20 Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries	21 Beef Mac Casserole Tossed Salad w/ Dressing Zucchini w/ Oregano Fruit Cocktail
26 Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges	27 Egg Salad Sandwich on Wheat Tomato Slices Soft Marinated Broccoli Cottage Cheese & Fruit	28 BBQ Pork Chop Southwest Macaroni Salad Parmesan Lima Beans Mixed Berries/Dessert

## GWINNER (701)-678-3815

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Italian Baked Fish Lemon Dill Orzo Brussels Sprouts/Tomatoes Chilled Fruit Salad
4 Garlic & Sage Chicken Thighs Chive Mashed Potatoes Squash Casserole Pear	5 French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi	6 House Salad Italian Pasta Bake Seasoned Zucchini Cantaloupe	7 Cheese Baked Potato Seasoned Broccoli Honeydew	8 Pork Wings Au Gratin Potatoes Seasoned Snow Peas Cinnamon Bananas
11 Parmesan Baked Cod Seasoned Roasted Baby Potato Asparagus Almondine Peaches	12 Sweet & Sour Chicken Brown Rice Peppers & Onions Potstickers	13 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana/Cake	14 Spaghetti & Meat Sauce Green Beans WG Breadstick Apple	15 Beef Steak & Gravy Mashed Potatoes Peas & Carrots Berry Crisp
18 Stuffed Peppers Mashed Potatoes Seasoned Green Beans Raspberries/Vanilla Yogurt	19 Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple	20 Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries	21 Beef Mac Casserole Tossed Salad w/ Dressing Zucchini w/ Oregano Fruit Cocktail	22 BBQ Pork Chop Southwest Macaroni Salad Parmesan Lima Beans Mixed Berries/Dessert
25 <b>CLOSED</b>	26 Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges	27 Egg Salad Sandwich on Wheat Tomato Slices Soft Marinated Broccoli Cottage Cheese & Fruit	28 House Salad Chicken Fettuccine Alfredo Savory Carrots Chilled Peaches	29 Turkey & Dumplings Spinach Orange Salad W/Dressing Peas & Carrots Honeydew

# National BBQ Day

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

## Word List:

BBQ  
MESQUITE  
HAMBURGER  
PORK  
RIBS  
COLESLAW  
CAROLINA  
SMOKER  
KANSAS  
DIP

BARBEQUE  
OAK  
HOTDOG  
CHICKEN  
MOP  
BASTE  
TEXAS  
SPIT  
KEBABS

SMOKED  
APPLE  
BRISKET  
SAUCE  
RUB  
GRILL  
PIT  
BARK  
SLIDER

HICKORY  
CHERRY  
BEANS  
SMOKE  
PULLED  
MARINADE  
MEMPHIS  
BRINE  
CHOPPED

# RANSOM & SARGENT COUNTY TRANSPORTATION

## Handicap accessible



Valley  
Senior Services  
*helping seniors maintain independence*

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**