



ARTIFICIAL INTELLIGENCE IN FINANCIAL SCAMS AGAINST OLDER ADULTS

Artificial intelligence (AI) perpetrators are evolving new and nefarious ways to obtain the trust, and eventually money or resources, of people of all backgrounds. With the rise in use and development of generative AI, scammers are profiting far more from scam calls than ever before.

How do scammers use AI?

Some AI software can be used to generate new audio content based on existing recordings. Notoriously, these existing recordings are often taken from recorded calls, or audio/video content posted to social media or other online platforms. The new, cloned audio is intended to mimic an individual's voice as closely as possible, to present the content as if it was an original statement made by that person. Audio and video versions of this phenomenon are known as "deepfakes."

Using AI voice cloning, perpetrators can impersonate celebrities, authority figures, and sometimes even loved ones or relatives of the target, and convince them to offer financial assistance or resources. Through the cloned voice, they can present themselves more deceptively than ever, to be in danger, in need, or exceptionally persuasively, to earn whatever they need from their target.

How vulnerable are older adults to AI voice cloning scams?

While older adults may be especially vulnerable to deepfake audio scams, it is important to remember that the technology is so new, and thus people of all ages and backgrounds are susceptible to being harmed by their use in financial scams. It can be difficult for anyone to decipher whether a call is genuine, especially when it may sound like someone you love feeling scared, threatened or in desperate need for your help. Notable examples of older adults being specifically harmed by deepfake audio scams include:

◊ In 2023, two grandparents in Saskatchewan received a call from someone presenting themselves as their "grandson" telling them that he needed cash for bail money after landing in jail. When they attempted to withdraw thousands of dollars from their bank to rescue him, their bank manager pulled them aside to inform them that it was likely to be a scam, given that another client had received a similar call and later discovered it had been a deepfaked clone of their relative's voice.

◊ In 2023, a grandparent in Newfoundland, Canada reported that their "grandson" had been arrested following a car accident

(Continued on page 7)



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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Check us out online at
valleyseniorservices.org
or on our
Facebook page at
[facebook.com/
ValleySeniorServices](https://facebook.com/ValleySeniorServices)

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:

June 18: Join us for Bingo and Strawberry Shortcake from 1:00-3:00 pm hosted by VSS and Aging in Community!



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

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

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

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

ADVANCING DIET FROM CLEAR LIQUIDS TO HIGH FIBER

BY LANE LIPETZKY SWENSON, RD, LD, CGN

In last month's article, we discussed diverticular disease risk factors and preventing flares with a high fiber diet. In this article, we will review how to advance from a clear liquid diet during a diverticulitis flare to a normal high fiber diet to help prevent reoccurrence.

Clear Liquid Diet

During a diverticulitis flare, you will likely be instructed to follow a clear liquid diet. Your doctor will let you know when to start advancing your diet to solids. A clear liquid diet means no solid foods and liquids that you can see through. At this time, you may consume:

- Broth
- Water, clear juices such as apple, cranberry and grape (Avoid orange juice and pulp), sports drinks, coffee and tea without milk or creamer
- Jell-O without added fruit, popsicles

Advancing Diet

When your doctor has given you the green light to start eating solid foods, it is best to eat soft foods and a low fiber diet while healing. A low fiber diet generally refers to a diet with less than 8 grams of fiber per day. Low fiber foods include:

- Canned or cooked fruit without seeds or skin, such as applesauce and melon
- Canned or well-cooked vegetables without seeds and skin, vegetable juice
- Dairy products such as cheese, milk and yogurt
- Hot or cold low-fiber cereal like cream of wheat (less than 2 grams per serving)
- Meat that is ground or tender and well cooked, eggs or fish
- White pasta, bread and rice

After symptoms improve, (usually within four days) you may start to slowly add fiber back into your diet. Increasing fiber intake too quickly can cause negative side effects like gas and bloating. Aim to increase your fiber by about 5 grams every couple of days until you've reached your normal full fiber diet. Move slower if you start to experience discomfort.

Full Fiber Diet with Adequate Fluids

Once you have healed from a diverticulitis flare, the recommendation is to follow a high fiber diet

to help limit your risk of developing future flares. Fiber recommendations for men over the age of 50 is 30 grams a day and 28 grams a day for men over the age of 70. For women over the age of 50, the recommendation is 21 grams a day. In addition to meeting your fiber needs, drink at least 8 cups of fluids and be physically active to help with regular bowel movements.

Sample Menus to Advance Fiber Intake

11 Grams of Fiber

| Breakfast | Fiber |
|---|-----------|
| ½ cup instant cream of wheat | 1 gram |
| ½ banana | 1.5 grams |
| 1 cup milk | 0 grams |
| 2 hard-boiled eggs | 0 grams |
| Lunch | |
| Turkey & cheese sandwich on 2 pieces of white bread | 2 grams |
| 1/2 cup cooked carrots | 2.5 grams |
| 1/2 cup applesauce | 1 grams |
| 1 cup milk | 0 grams |
| Supper | |
| 3 oz baked cod | 0 grams |
| 1/2 cup mashed potatoes (no skins) | 1 gram |
| 1/2 cup cooked green beans | 2 grams |
| 1 cup milk | 0 grams |

15 Grams of Fiber

| Breakfast | Fiber |
|--|-----------|
| Egg, ham & cheese omelet | 0 grams |
| 1 cup strawberries | 3 grams |
| 1 cup milk | 0 grams |
| 1 piece white toast | 1 gram |
| Lunch | |
| 3 oz chicken breast | 0 grams |
| 1/2 cup sweet potatoes | 3 grams |
| 1/2 cup cooked broccoli | 2.5 grams |
| 1 cup milk | 0 grams |
| Supper | |
| 1 cup tomato soup | 1.5 grams |
| Grilled cheese sandwich on white bread | 2 grams |
| 1 cup side salad | 1 gram |
| 1/2 cup grapes | 1 gram |

(Continued on page 5)

JUNE 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 |
|---|---|--|--|--|
| 2 French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi | 3 Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange | 4 Chicken Monterey Brown Rice Prince Edward Veggie Watermelon Breadstick | 5 Hamburger Steak Squash Brussel Sprouts & Tomatoes Fresh Pineapple Bread-2 | 6 Herbed Fish Potatoes & Onions Key Biscayne Blend Veggies Cran Apple Cobbler Bread - 1 |
| 9 Spaghetti & Meat Sauce Green Beans Parmesan Cheese Apple Garlic Bread | 10 Pulled BBQ Chicken Ranch Beans Corn Coblette Fresh Strawberries Cornbread | 11 BBQ Beef Short Ribs Cheesy Hashbrowns Southwest Mixed Beans Cake Bread -2 | 12 Peach French Toast Bake Scrambled Egg Breakfast Potatoes Low Cal Syrup Banana | 13 Swedish Meatballs Mashed Potatoes Scandinavian Blend Veggies Fruit Bread - 2 |
| 16 Sloppy Joe Potato Wedges Baked Beans Orange Wheat Bun | 17 Pork Wings Egg Noodles in Gravy Capri Blend Veggies House Salad Strawberries Wheat Roll | 18 Italian Turkey Meatloaf Boiled Potatoes Green Beans with Thyme Berry Crisp Wheat Dinner Roll | 19 Teriyaki Chicken Sesame Brown Rice Asian Blend Veggies Vegetable Egg Roll Apple Crisp | 20 Italian Pasta Bake House Salad Italian Blend Veggies Grapes Bread - 1 |
| 23 Garlic Steak Bites Roasted Baby Potatoes Broccoli w/Onions & Peppers Blueberries Bread - 2 | 24 Beef Lasagna Herbed Green Beans Cantaloupe Breadstick | 25 Honey Roast Pork Chop Baby Carrots Fresh Fruit Salad Hot Spiced Apples Wheat Roll | 26 Ham & Beans Baked Potato Pears Corn Muffin | 27 Baked Chicken Thigh Cheesy Rice Casserole Parslied Zucchini Spring Salad Peaches & Cream Bread - 1 |
| 30 Fish Sandwich w/ Tartar Lettuce Tomato Onion Au gratin Potatoes Cinnamon Applesauce Wheat Bun |  | | | |

©LPi

ENDERLIN (701-437-2669)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 2 French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi | 3 Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange | 4 Chicken Monterey Brown Rice Prince Edward Veggie Watermelon | 5 Hamburger Steak Squash Brussel Sprouts & Tomatoes Fresh Pineapple | 6 Herbed Fish Potatoes & Onions Key Biscayne Blend Veggies Cran Apple Cobbler |
| 9 Spaghetti & Meat Sauce Green Beans Parmesan Cheese Apple | 10 Pulled BBQ Chicken Ranch Beans Corn Cobbette Fresh Strawberries | 11 BBQ Beef Short Ribs Cheesy Hashbrowns Southwest Mixed Beans Cake | 12 Peach French Toast Bake Scrambled Egg Breakfast Potatoes Low Cal Syrup | 13 Swedish Meatballs Mashed Potatoes Scandinavian Blend Veggies Fruit |
| 16 Sloppy Joe Potato Wedges Baked Beans Orange | 17 Pork Chops Egg Noodles in Gravy Capri Blend Veggies House Salad | 18 Italian Turkey Meatloaf Boiled Potatoes Green Beans with Thyme Berry Crisp | 19 Teriyaki Chicken Sesame Brown Rice Asian Blend Veggies Vegetable Egg Roll | 20 Italian Pasta Bake House Salad Italian Blend Veggies Grapes |
| 23 Garlic Steak Bites Roasted Baby Potatoes Broccoli w/Onions & Peppers Blueberries | 24 Beef Lasagna Herbed Green Beans Cantaloupe Breadstick | 25 Honey Roast Pork Chop Baby Carrots Fresh Fruit Salad Hot Spiced Apples | 26 Ham & Beans Baked Potato Pears Corn Muffin | 27 Baked Chicken Thigh Cheesy Rice Casserole Parslied Zucchini Peaches & Cream |
| 30 Fish Sandwich w/ Tartar Lettuce Tomato Onion Au gratin Potatoes Cinnamon Applesauce Blueberries | | | | |

ADVANCING DIET FROM CLEAR LIQUIDS TO HIGH FIBER

(Continued from page 3)

21 Grams of Fiber

| Breakfast | Fiber |
|----------------------------|-----------|
| 1 cup cooked oatmeal | 4 grams |
| 1/2 banana | 1.5 grams |
| 1/4 cup pecans | 2.5 grams |
| 1 cup milk | 0 grams |
| Lunch | |
| 4 oz salmon | 0 grams |
| 1/2 cup peas | 4 grams |
| 1/2 cup cooked brown rice | 1.5 grams |
| 1/2 cup cooked cauliflower | 2.5 grams |
| 1 cup milk | 0 grams |
| Supper | |
| Hamburger with bun | 1 gram |
| 1 oz baked potato chips | 1 gram |
| 1 cup raw baby carrots | 3.5 grams |
| 1 cup milk | 0 grams |

30 Grams of Fiber

| Breakfast | Fiber |
|--------------------------------|----------|
| 1/2 cup Greek yogurt | 0 grams |
| 1/2 cup raspberries | 4 grams |
| 1/2 cup blueberries | 2 grams |
| 1/2 cup muesli | 4 grams |
| Lunch | |
| 4 oz pork chop | 0 grams |
| 1 corn on the cob | 2 grams |
| 1 cup roasted Brussels sprouts | 6 grams |
| 1 cup milk | 0 grams |
| Supper | |
| 1.5 cups chili | 10 grams |
| 1 piece whole wheat bread | 2 grams |
| 1 peach | 2 grams |
| 1 cup milk | 0 grams |

All above menus are an estimation, there will be variability of fiber content in different products and brands. To check the fiber content on a food label, look at the section that reads "Dietary Fiber."

For a list of fiber containing foods visit:

<https://www.dietaryguidelines.gov/sites/default/files/2024-08/Food-Sources-Fiber-Standard-508C.pdf>

MILNOR (701-427-9327)

| Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|
| 3 Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange | 4 Chicken Monterey Brown Rice Prince Edward Veggie Watermelon | 5 Hamburger Steak Squash Brussel Sprouts & Tomatoes Fresh Pineapple | 6 Herbed Fish Potatoes & Onions Key Biscayne Blend Veggies Cran Apple Cobbler |
| 10 Spaghetti & Meat Sauce Green Beans Parmesan Cheese Apple | 11 BBQ Beef Short Ribs Cheesy Hashbrowns Southwest Mixed Beans Cake | 12 Peach French Toast Bake Scrambled Egg Breakfast Potatoes Low Cal Syrup | 13 Swedish Meatballs Mashed Potatoes Scandinavian Blend Veggies Fruit |
| 17 Sloppy Joe Potato Wedges Baked Beans Orange | 18 Italian Turkey Meatloaf Boiled Potatoes Green Beans with Thyme Berry Crisp | 19 Teriyaki Chicken/Sesame Brown Rice/Asian Blend Veggies Vegetable Egg Roll Apple Crisp | 20 Italian Pasta Bake House Salad Italian Blend Veggies Grapes |
| 24 Beef Lasagna Herbed Green Beans Cantaloupe Breadstick | 25 Honey Roast Pork Chop Baby Carrots Fresh Fruit Salad Hot Spiced Apples | 26 Ham & Beans Baked Potato Pears Corn Muffin | 27 Baked Chicken Thigh Cheesy Rice Casserole Parslied Zucchini Peaches & Cream |
| | | | |

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

| Monday | Tuesday | Wednesday | Thursday |
|--|--|---|--|
| 2 French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi | 3 Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange | 4 Chicken Monterey Brown Rice Prince Edward Veggie Watermelon | 5 Hamburger Steak Squash Brussel Sprouts & Tomatoes Fresh Pineapple |
| 9 Spaghetti & Meat Sauce Green Beans Parmesan Cheese Apple | 10 Pulled BBQ Chicken Ranch Beans/Corn Cobbette Fresh Strawberries Cornbread | 11 BBQ Beef Short Ribs Cheesy Hashbrowns Southwest Mixed Beans Cake | 12 Swedish Meatballs Mashed Potatoes Scandinavian Blend Veggies Fruit |
| 16 Sloppy Joe Potato Wedges Baked Beans Orange | 17 Pork Wings Egg Noodles in Gravy Capri Blend Veggies House Salad | 18 Italian Pasta Bake House Salad Italian Blend Veggies Grapes | 19 Teriyaki Chicken/Sesame Brown Rice/Asian Blend Veggies Vegetable Egg Roll Apple Crisp |
| 23 Baked Chicken Thigh Cheesy Rice Casserole Parslied Zucchini Peaches & Cream | 24 Beef Lasagna Herbed Green Beans Cantaloupe Breadstick | 25 Honey Roast Pork Chop Baby Carrots Fresh Fruit Salad Hot Spiced Apples | 26 Ham & Beans Baked Potato Pears Corn Muffin |
| 30 Fish Sandwich w/ Tartar Lettuce Tomato Onion Au gratin Potatoes Cinnamon Applesauce | | | |

RUTLAND (701-724-4074)

| Monday | Tuesday | Wednesday | Thursday |
|--|--|---|--|
| 2 French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi | 3 Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange | 4 Chicken Monterey Brown Rice Prince Edward Veggie Watermelon | 5 Hamburger Steak Squash Brussel Sprouts & Tomatoes Fresh Pineapple |
| 9 Spaghetti & Meat Sauce Green Beans Parmesan Cheese Apple | 10 Pulled BBQ Chicken Ranch Beans Corn Cobbette Fresh Strawberries | 11 BBQ Beef Short Ribs Cheesy Hashbrowns Southwest Mixed Beans Cake | 12 Swedish Meatballs Mashed Potatoes Scandinavian Blend Veggies Fruit |
| 16 Sloppy Joe Potato Wedges Baked Beans Orange | 17 Pork Wings Egg Noodles in Gravy Capri Blend Veggies House Salad | 18 Italian Pasta Bake House Salad Italian Blend Veggies Grapes | 19 Teriyaki Chicken/Sesame Brown Rice/Asian Blend Veggies Vegetable Egg Roll Apple Crisp |
| 23 Baked Chicken Thigh Cheesy Rice Casserole Parslied Zucchini Peaches & Cream | 24 Beef Lasagna Herbed Green Beans Cantaloupe Breadstick | 25 Honey Roast Pork Chop Baby Carrots Fresh Fruit Salad Hot Spiced Apples | 26 Ham & Beans Baked Potato Pears Corn Muffin |
| 30 Fish Sandwich w/ Tartar Lettuce Tomato Onion Au gratin Potatoes Cinnamon Applesauce | | | |

ARTIFICIAL INTELLIGENCE SCAMS

(continued from front page)

and needed over \$50,000 for bail. Unfortunately, she and many others were not able to evade the scam, with older adults in Newfoundland reportedly losing a combined US\$200,000 to AI voice cloning scams.

♦ In 2020, a well-established Philadelphia attorney with over 40 years of experience in legal practice was steps away from providing several thousands of dollars in bail money, to scammers using AI to impersonate three individuals – their “son,” their son’s “public defender,” and an “official” of the Montgomery County Court.

What can older adults do to avoid such scams?

There are small steps that individuals can take to further protect themselves if they ever receive a scam call:

⇒ Take a step back and think before acting – consider trying to call your relative or loved one back on their known contact number, or call another family member or close friend to let them know what has happened and ask for their support.

- ⇒ Report any scams to your financial services provider and to your Congressperson – this can help with spreading awareness of the issue, and address any scams that have particularly targeted your local community.
- ⇒ Establish a “code word” or secret phrase with your close family, friends or community – an AI voice clone might be able to impersonate your loved one, but might not know something specific to your life or the relationships you have. You could establish a secret question, phrase or word, such as knowing the correct answer to “what street did I grow up on” or a specific word you can ask them for if they’re really in danger.

Dinesh Napal, LL.M

American Bar Association at americanbar.org

Find out how scammers are using AI for Medicare scams in the North Dakota Senior Medicare Patrol's Scam of the Month Article on page 8

ND SMP SCAM OF THE MONTH - AI SCAMS & MEDICARE

What is AI? It is the study and creation of computer systems that can do things people usually do, like seeing, understanding speech, making decisions, and translating languages. Some scammers use AI to trick people with Medicare. These scams can lead to money loss, stealing personal information, and problems with healthcare. Examples of scams include fake bills, stealing medical records, and charging for treatments that aren't needed or never happened.

This is an example of an AI scam:

An AI robot tells you about “new Medicare laws” that make you “eligible for a flex card, a food card, lower medical bills, and \$180 cash back every month—all for free!” Does that sound too good to be true? That’s because it is, and it’s a scam.

The AI robot then says, “Since you have Medicare Parts A and B, I will now transfer you to our Senior Medical Supervisor to process this change.” The robot sends the call to a scam call center, often located in other countries. There, a person on the phone tells you they need to verify your information for the program that will give you all those benefits. They ask for your name, address, and Medicare number, while pretending they are calling from Medicare.

If you encounter this, HANG UP! Remember:

- **Medicare, or any other government agency like Social Security, will never call and ask for your Medicare or Social Security number.**
- Medicare is not offering flex cards, food cards, or any \$180 cash back benefits.
- If you feel unsure about a call, hang up right away. If you can, write down the caller’s name and/or organization to report it.
- Never give out your Medicare number, Social Security number, or personal information to anyone who calls, texts, or emails.

If you come across suspected Medicare phone scams or other healthcare fraud, report it.

Reporting Medicare fraud:

Contact the ND SMP at ndsmp@minotstateu.edu or call 1-833-818-0029. For non-Medicare fraud issues, contact the ND Attorney General’s Office at 1-800-472-2600. ND SMP will help Medicare beneficiaries prevent, detect, and report fraud.

*The information provided is intended to be a general summary only.
Source of information: NCOA. (2024, October 31). What are AI scams? A guide for older adults. Scam and fraud prevention. National Council on Aging.*

**North Dakota Senior Medicare Patrol Phone:
833-818-0029 or (701)858-3580**

**Happy Days
Lisbon, ND
June
14th - 21st**

**Join us at the Lisbon
Senior Center during
Happy Days on
June 18 from
1:00-3:00 pm for
strawberry shortcake
and bingo!**

Other events include
Father’s Day breakfast,
Theatre Grand
Reopening, Little Miss &
Mr., Crazy Day sales &
food trucks, pool party,
used book sale, root beer
floats, burger & brat feed,
car show, rummage sales
and much more!

Find out more online at
[cityoflisbon.net/event/
happy-days-4](http://cityoflisbon.net/event/happy-days-4).

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

RETURN SERVICE REQUESTED

RANSOM & SARGENT COUNTY INFORMATION

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

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