



Valley
Senior Services
helping seniors maintain independence

Silver Quill



Valley Senior Services of Ransom & Sargent Counties

JULY 2025

July 4th INDEPENDENCE DAY

**VALLEY SENIOR SERVICES WILL BE CLOSED
FRIDAY, JULY 4TH - NO MEALS ON WHEELS,
SENIOR CENTER MEALS OR ACTIVITIES, AND
TRANSPORTATION.**

ENJOY YOUR 4TH OF JULY!

GET READY TO GO FOR THE GOLD!

Registration for the North Dakota Senior Games is open now through August 1, and this is your chance to compete, connect and celebrate the athlete in you! If you're 50 or better and love sports like golf, pickleball, swimming, track & field, power walking or even a 5K run and more, this is your time to shine. Join us in Fargo from August 13-15 for an unforgettable competition filled with energy, camaraderie and fun.



**REGISTRATION
NOW OPEN**

Learn more and register at NDSeniorGames.com



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:

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
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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

ANTIOXIDANT HEALTH BENEFITS

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Many of us have heard that antioxidants are good for our health, especially as we get older, but what exactly are they, and why are they important? You might also be curious about how to add more antioxidants to your daily meals. In this month's article, we'll explore what antioxidants do, how they can help with healthy aging, and simple ways to include them in your diet.

What are Antioxidants?

Antioxidants are helpful substances that protect our bodies from harm caused by something called free radicals. Free radicals are unstable molecules that form naturally in our bodies during certain processes, like when we digest food or when our bodies produce energy. These processes are important and healthy, and a small amount of free radicals can even help us fight off infections. However, when there are too many free radicals, they can cause a problem called oxidative stress. This can damage healthy cells and even harm our DNA. Over time, oxidative stress has been linked to chronic health conditions like diabetes, heart disease, inflammatory issues, Alzheimer's disease, and even cancer. It also plays a role in the aging process. Antioxidants help keep free radicals under control, which supports better health and may help reduce the risk of these diseases.

While we can't completely stop our bodies from producing free radicals, we can reduce the habits and environmental exposures that increase their production. Certain lifestyle choices like smoking cigarettes, drinking too much alcohol, or eating a diet high in processed foods, added sugars, refined carbohydrates, and processed meats can lead to more free radicals in the body. Environmental factors such as exposure to pesticides, pollution, and radiation can also raise free radical levels.

How to Increase Antioxidant Intake

Luckily, eating an antioxidant rich diet will help reduce the damage caused by free radicals and oxidative stress! Typically plant based foods are the highest sources of antioxidants, while animal foods

do contain small amounts. Below are some helpful tips to increase your antioxidant intake:

♦ Enjoy Colorful Fruits and Vegetables

Try to fill half your plate with a variety of colorful fruits and veggies like berries, oranges, spinach, carrots, and sweet potatoes. The brighter the color, the more antioxidants they usually have.

♦ Choose Whole Grains

Swap white bread and pasta for whole grain versions like brown rice, whole wheat bread, or oatmeal. Whole grains contain antioxidants and are great for digestion.

♦ Snack on Nuts and Seeds

Almonds, walnuts, sunflower seeds, and flaxseeds are tasty and packed with healthy fats. A small handful makes a nutritious snack.

♦ Eat Legumes

Beans, peas and lentils add a variety of antioxidants and fiber to your diet.

♦ Use Herbs and Spices

Adding herbs like parsley, thyme, and basil, or spices like turmeric, cinnamon, and ginger, can boost antioxidant intake while making meals more flavorful.

♦ Drink Tea

Drinking teas like green tea, black tea or herbal tea is an easy way to add antioxidants to your day. Try a cup in the morning or afternoon instead of sugary drinks.

♦ Limit Processed Foods

Try to cut back on processed snacks, sugary treats, and processed meats, which can increase free radicals in the body.

♦ Enjoy Dark Chocolate in Moderation

A small piece of dark chocolate (70% cocoa or higher) can provide antioxidants and a little treat to enjoy.

JULY 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 Fried Chicken Parslied Potatoes Mixed Veggies Baked Apple Wheat Bread x 2	2 Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Herbed Green Beans Kiwi Wheat Roll	3 Meatloaf & Gravy Onion Mashed Potato Capri Blend Veggies WB-2 Strawberry Applesauce	4 Closed If you would like an additional hot meal on Thursday, please contact your local meal site.
7 Swiss Steak Buttered Red Potatoes Lemon Asparagus Raspberries Wheat Bread x 2	8 Chili w/ Beans House Salad Wheat Crackers Mango Cornbread	9 Chicken Pesto Sandwich Garden Rotini Salad Broccoli Salad Berries & White Chocolate Cake	10 Seafood Fettuccini Alfredo Seasoned Zucchini Garden Salad Pears Wheat Bread	11 Mushroom Swiss Burger Tater Tots Pepper Medley Fresh Fruit
14 BBQ Pork on Bun Potato Wedges Corn Fresh berries w/ whip	15 Caprese Chicken Angel Pasta/Marinara Sicilian Blend Veggies Chilled Peaches Wheat Roll	16 Honey Apple Pork Loin Pumpkin Macaroni & Cheese Herbed Green Beans Fresh Grapes Onion Roll	17 Lemon Pepper Cod Colcannon Potatoes Green Beans & Pimento Watermelon Wheat Bread	18 Beef Stroganoff/ Parslied Noodles Spinach Cheese Salad Savory Carrots Blushing Pineapple Wheat Roll
21 Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail Wheat Bread	22 Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Peaches	23 Grilled Bratwurst w/ Sauerkraut Sweet Potato Waffle Fries Calico Beans Fruit Salad Wheat Bun	24 Italian Meatballs Herbed Penne Pasta Tomato Sauce Squash Medley Pears with Vanilla Sauce Garlic WG Breadstick	25 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Grapes Wheat Bread x 2
28 Country Fried Steak Brown Gravy Rosemary Potatoes Brussel Sprouts Banana Wheat Bread	29 Grandmas Hotdish Steamed Broccoli Florets Garlic WG Breadstick Apple	30 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake Wheat Bread x2	31 Tuna Salad on Wheat Cabbage & Apple Slaw Potato Salad Whole Orange	

ENDERLIN (701-437-2669)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Fried Chicken Parslied Potatoes Mixed Veggies Baked Apple	2 Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers	3 Meatloaf & Gravy Onion Mashed Potato Capri Blend Veggies Strawberry Applesauce	4 Closed If you would like an additional hot meal on Thursday, please contact your meal site.
7 Swiss Steak Buttered Red Potatoes Lemon Asparagus Raspberries	8 Chili w/ Beans House Salad Wheat Crackers Mango	9 Chicken Pesto Sandwich Garden Rotini Salad Broccoli Salad Berries & White Chocolate	10 Seafood Fettucini Alfredo Seasoned Zucchini Garden Salad Pears	11 Mushroom Swiss Burger Tater Tots Pepper Medley Fresh Fruit
14 BBQ Pork on Bun Potato Wedges Corn Fresh berries w/ whip	15 Caprese Chicken Angel Pasta/Marinara Sicilian Blend Veggies Chilled Peaches	16 Honey Apple Pork Loin Pumpkin Macaroni & Cheese Herbed Green Beans	17 Lemon Pepper Cod Colcannon Potatoes Green Beans & Pimento Watermelon	18 Beef Stroganoff/Parslied Noodles Spinach Cheese Salad Savory Carrots
21 Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	22 Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn	23 Grilled Bratwurst w/ Sauerkraut Sweet Potato Waffle Fries Calico Beans	24 Italian Meatballs Herbed Penne Pasta Tomato Sauce Squash Medley	25 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Grapes
28 Country Fried Steak Brown Gravy Rosemary Potatoes Brussel Sprouts Banana	29 Grandmas Hotdish Steamed Broccoli Florets Garlic WG Breadstick Apple	30 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake	31 Tuna Salad on Wheat Cabbage & Apple Slaw Potato Salad Whole Orange	

SUMMER SAFETY TIPS FOR ALL AGES

Most people look forward to the lazy days of summer all year long. This is especially true for those who live in colder climates, where winter often forces people to spend much of their time indoors. As we head into the warmest months of the year, it's essential to pause and learn more about summer safety.

6 Summer Safety Tips for Adults

1. Apply Sunscreen. A good majority of adults rarely wore sunscreen growing up. For many of them, the same still holds true today. As we age, skin usually becomes thinner and more fragile. That puts adults (especially seniors) at higher risk for sunburn or the more dangerous sun poisoning. Remember to apply and reapply sunscreen when spending any time outdoors or riding in a car. Sunscreen with an SPF of 30 to 50 should be applied and reapplied every two to four hours, or more frequently when swimming.



Sunscreen also helps protect you from another growing problem: skin cancer. It's one of the fastest-spreading, and most preventable, forms of cancer.

(Continued on page 7)

MILNOR (701-427-9327)

Tuesday	Wednesday	Thursday	Friday
1 Fried Chicken Parslied Potatoes Mixed Veggies Baked Apple	2 Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Herbed Green Beans	3 Meatloaf & Gravy Onion Mashed Potato Capri Blend Veggies Strawberry Applesauce	4 Closed If you would like an additional hot meal on Thursday, please contact your local meal site.
8 Chili w/ Beans House Salad Wheat Crackers Mango	9 Chicken Pesto Sandwich Garden Rotini Salad Broccoli Salad Berries & White Chocolate/Cake	10 Seafood Fettuccini Alfredo Seasoned Zucchini Garden Salad Pears	11 Mushroom Swiss Burger Tater Tots Pepper Medley Fresh Fruit
15 Caprese Chicken Angel Pasta/Marinara Sicilian Blend Veggies Chilled Peaches	16 Honey Apple Pork Loin Pumpkin Macaroni & Cheese Herbed Green Beans Fresh Grapes	17 Lemon Pepper Cod Colcannon Potatoes Green Beans & Pimento Watermelon	18 Beef Stroganoff/Parslied Noodles Spinach Cheese Salad Savory Carrots Blushing Pineapple
22 Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn	23 Grilled Bratwurst w/ Sauerkraut Sweet Potato Waffle Fries Calico Beans Fruit Salad	24 Italian Meatballs Herbed Penne Pasta Tomato Sauce Squash Medley	25 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Grapes
29 Grandmas Hotdish Steamed Broccoli Florets Garlic WG Breadstick Apple	30 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake	31 Tuna Salad on Wheat Cabbage & Apple Slaw Potato Salad Whole Orange	

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

Monday	Tuesday	Wednesday	Thursday
	1 Fried Chicken Parslied Potatoes Mixed Veggies Baked Apple	2 Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Herbed Green Beans	3 Meatloaf & Gravy Onion Mashed Potato Capri Blend Veggies WB-2
7 Swiss Steak Buttered Red Potatoes Lemon Asparagus Raspberries	8 Chili w/ Beans House Salad Wheat Crackers Mango	9 Chicken Pesto Sandwich Garden Rotini Salad Broccoli Salad Berries & White Chocolate/Cake	10 Seafood Fettuccini Alfredo Seasoned Zucchini Garden Salad Pears
14 BBQ Pork on Bun Potato Wedges Corn Fresh berries w/ whip	15 Caprese Chicken Angel Pasta/Marinara Sicilian Blend Veggies Chilled Peaches	16 Honey Apple Pork Loin Pumpkin Macaroni & Cheese Herbed Green Beans Fresh Grapes	17 Lemon Pepper Cod Colcannon Potatoes Green Beans & Pimento Watermelon
21 Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	22 Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn	23 Grilled Bratwurst w/ Sauerkraut Sweet Potato Waffle Fries Calico Beans Fruit Salad	24 Italian Meatballs Herbed Penne Pasta Tomato Sauce Squash Medley
28 Country Fried Steak Brown Gravy Rosemary Potatoes Brussel Sprouts	29 Grandmas Hotdish Steamed Broccoli Florets Garlic WG Breadstick Apple	30 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake	31 Tuna Salad on Wheat Cabbage & Apple Slaw Potato Salad Whole Orange

RUTLAND (701-724-4074)

Monday	Tuesday	Wednesday	Thursday
	1 Fried Chicken Parslied Potatoes Mixed Veggies Baked Apple	2 Pork Chop & Mushroom Sauce Seasoned Egg Noodles Marinated Cucumbers Herbed Green Beans	3 Meatloaf & Gravy Onion Mashed Potato Capri Blend Veggies Strawberry Applesauce
7 Swiss Steak Buttered Red Potatoes Lemon Asparagus Raspberries	8 Chili w/ Beans House Salad Wheat Crackers Mango	9 Chicken Pesto Sandwich Garden Rotini Salad Broccoli Salad Berries & White Chocolate/Cake	10 Seafood Fettuccini Alfredo Seasoned Zucchini Garden Salad Pears
14 BBQ Pork on Bun Potato Wedges Corn Fresh berries w/ whip	15 Caprese Chicken Angel Pasta/Marinara Sicilian Blend Veggies Chilled Peaches	16 Honey Apple Pork Loin Pumpkin Macaroni & Cheese Herbed Green Beans 1 cup Fresh Grapes	17 Lemon Pepper Cod Colcannon Potatoes Green Beans & Pimento Watermelon
21 Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	22 Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn	23 Grilled Bratwurst w/ Sauerkraut Sweet Potato Waffle Fries Calico Beans Fruit Salad	24 Italian Meatballs Herbed Penne Pasta Tomato Sauce Squash Medley
28 Country Fried Steak Brown Gravy Rosemary Potatoes Brussel Sprouts	29 Grandmas Hotdish Steamed Broccoli Florets Garlic WG Breadstick Apple	30 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake	31 Tuna Salad on Wheat Cabbage & Apple Slaw Potato Salad Whole Orange

SUMMER SAFETY TIPS FOR ALL AGES

(continued from page 5)

2. Wear Sunglasses. Sunglasses are more than just a fashion statement. They are also essential for protecting your eyes from the sun's harmful rays. Research shows that routinely wearing a quality pair of sunglasses aids in preventing cancerous growths and cataracts. Read up on tips from the American Academy of Ophthalmology to help you choose sunglasses that protect your eyes from UV rays.

3. Protect your Feet. While it's fun to wear attractive sandals during the summer months, footwear plays a vital role in summer safety. Shoes that cover the fragile skin on the top of the foot, as well as those that have a sturdy sole to protect against cuts and falls, are best.

4. Shield the Face and Neck. The face and back of the neck are two of the first places on the body where skin cancer develops. Augment your sunscreen by wearing a hat with a brim wide enough to shield both.

5. Stay Hydrated. Sometimes people have a difficult time adjusting to fluctuating

temperatures and humidity. Unfortunately, this put can put you at high risk for dehydration. Medication side effects and some health conditions, like chronic obstructive pulmonary disease, diabetes, and heart disease, further exacerbate the problem. Taking extra precautions to stay hydrated is vital.

6. Invest in Bug Spray. Insects that make their return during the warmer months are more than just pests. Some carry with them health concerns, such as Lyme disease and West Nile virus. Wear bug spray when you are outdoors. Long sleeves and pants offer another layer of protection. Also be sure to check your clothing, skin, and hair for ticks.

We hope these tips help you enjoy a safe summer. Please be sure to share them with loved ones in your life!

What precautions do you take to protect yourself during the summer?

©LPi

ND SMP SCAM OF THE MONTH -

MEDICARE FRAUD PREVENTION

Why Does Medicare Fraud Prevention Matter?

Medicare fraud hurts everyone. Each year, about \$60 billion is lost due to fraud. Sometimes these are honest errors, but other times, scammers are trying to steal money. This also includes medical identity theft, which means someone uses your Medicare number without asking. When this happens, it takes money away from the Medicare program. If you have Medicare, start MFPW by learning how to read your Medicare statements. These come to you in the mail (they are called MSNs or EOBs), or you can look them up online at Medicare.gov.

Examples of Medicare fraud include:

- Charging for services or supplies that were never given
- Faking a diagnosis, patient name, or service to get paid
- Ordering tests or procedures that aren't needed

Here are 3 easy steps to protect yourself:

1. Prevent:

Learn how to read your Medicare statements. You can also call or email ND SMP for help with protecting yourself from fraud, errors, or abuse.

2. Detect:

When you read your Medicare statements, check for: • Things you didn't get • Charges that are listed more than once • Services or items your doctor didn't order If you see anything that doesn't seem right, call your doctor or the company listed. If you're still not sure, contact ND SMP for help.

3 Report:

If you think there might be fraud or a mistake, call ND SMP and tell them what you found.

You can help stop Medicare fraud! Learning how to spot and report Medicare fraud is the best way to protect yourself and others. Fraud prevention starts with you!

Reporting Medicare fraud: If you think you have spotted fraud, report it right away. ND SMP will help you prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at ndsmp@minotstateu.edu or call 1-833-818-0029.

The information provided is intended to be a general summary only. Source of information: MP Resource Center (8 May 2025. Medicare Fraud Prevention Week

North Dakota Senior Medicare Patrol Phone:

833-818-0029 or (701)858-3580

For more information or to locate your SMP,
visit <https://ndcpd.org/smp/>



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

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**