

How Scammers Find Your Personal Information Online

Scammers look up information about people before they contact them. They can find details on public records, people-search websites, and social media without needing to hack anything. In a matter of minutes, a scammer can gather enough information to make their scam seem real. Because scammers already know personal details, their messages often sound believable and convincing.

Personal Information Scammers Can See

- Your home address and places where you have lived before
- Names of your family members, such as parents, brothers, sisters, and children
- Your age, birthday, and phone number
- Photos you share on social media
- Where you work or have worked, and where you went to school
- Your hobbies, interests, and groups or causes you support
- Public court records or legal documents
- Information about things you buy online or reviews you post online
- Scammers can find email addresses on a funeral home website after you visit an obituary and leave a message for the family.

Why Certain Groups Are Targeted More.

Experts say scammers often target veterans, older adults, and people near retirement:

- Their personal information is often easy to find in public records
- They may trust messages that seem to come from official sources
- They may be using medical, financial, or government systems that scammers target

Steps to Protect Your Information Online.

1. Search your name online to see what information is public.
2. Remove your information from people-search sites like Whitepages, Spokeo, and MyLife.
3. Set your social media accounts to private.
4. Avoid sharing personal details like your birthday, travel plans, or military service.

Your online footprint is bigger than you think, and scammers use it to target people. You can lower your risk by sharing less personal information online and watching out for common scam tricks.

Reporting Medicare fraud:

If you suspect fraud, contact the ND SMP at ndsmp@minotstateu.edu or call 833-818-0029 or 701-858-3580. For non-Medicare fraud issues, contact the ND Attorney General's Office at 800-472-2600.

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/>

OFFICE PHONE

701-636-5953

800-845-1715 (toll free)

MEAL RESERVATIONS

701-636-5954

TRANSPORTATION

701-636-5953 or

800-845-1715 (toll free)

WEBSITE

valleyseniorservices.org

HOURS

Monday - Friday

8:00am-4:30pm

Information and referrals

**always available by
contacting**

Trail & Steele

Program Assistant,

Ashley,

at 701-636-5954

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*Valley Senior Services will
be closed September 7 -
no center meals or
activities, Meals on Wheels,
or transportation*

Valley Senior Services

Traill & Steele Counties

valleyseniorservices.org

EXECUTIVE DIRECTOR

Paul Grindeland
701-293-1440 or
877-827-1916

COUNTY PROGRAM**SUPERVISOR:**

Mia—Hillsboro
701-636-5953
800-845-1715

PROGRAM ASSISTANT:

Ashley
701-636-5954

HILLSBORO SITE:

205 N Main PO Box 506
Hillsboro, ND 58045

MAYVILLE SITE:

39 1st Ave NE
Mayville, ND 58257

PORTLAND SITE:

710 Parke Ave
Portland ND, 58274

FINLEY SITE:

301 Central Ave
Finley ND, 58230

BUXTON SITE:

315 Broadway
Buxton, ND 58218

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.

Dining Locations for Senior Meals

HILLSBORO SENIOR CENTER

Dine-in at 12:00 pm on Monday thru Friday: Take out also available, drive through on the south side of the senior center.
See menu on page 5.

MAYVILLE SENIOR CENTER

Dine-in at 11:30 am on Monday, Wednesday, Friday: Take out also available, drive through on the west side of the senior center.
See menu on page 6.

PORTLAND SENIOR CENTER

Dine-in at 11:30 am on Tuesday and Thursday: Take out also available, pick up at front door.
See menu on page 6.

BUXTON SENIOR CENTER

Dine-in at 11:30 am on Monday, Wednesday, Friday: Take out also available, pick up at front door.
See menu on page 7.

FINLEY SENIOR CENTER

Dine-in at 11:30 am on Monday, Wednesday, Friday: Take out also available at senior center.
See menu on page 7.

**Please call one day in advance by 2:00 pm to reserve your meal.
To reserve a meal on Mondays, call by 2:00 pm Friday.**

**TO SIGN UP FOR MEALS, CALL:
701-636-5954.**

Traill & Steele County Foot Care

For services in Hillsboro and Buxton contact Deb Lessard. All other locations contact Jill Kent.

Just For You Footcare will be providing foot care at:

MAYVILLE

September 3 & 24

Call Jill at 218-242-1379 for appointment.

Debra Lessard, RN will be providing foot care at:

SCHEDULE TO BE DETERMINED

Call Deb at 701-430-2074 for schedule and appointment

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: INFO@VALLEYSENIORS.ORG

Food Pantries

Trail County

HATTON

Hatton Helping Hand
1009 Dakota Ave, Hatton ND
(Goose River Bank front door)
2nd and 4th Wednesdays
4:00 – 6:00 pm

Contact:

Donalee Strand 701-371-1036 or
Faye Duncan 701-430-9869

HILLSBORO

Hillsboro Kiwanis Food Pantry
Hillsboro Armory
408 1st St. SE, Hillsboro ND
1st & 3rd Mondays 4:00–6:00 pm

Contact:

Rich Gehrke 701-436-5777

PORTLAND

May-Port Food Pantry
717 ½ Bennet Ave, Portland
3rd Thursday
9:00–10:00 am (for Seniors)
3:00–5:00 pm (public)

Contact:

Rita Balstad 701-430-1594

Steele County

FINLEY

Steele County Food Pantry
201 Washington Ave W,
(Courthouse)
Finley, ND

Call or text:

Brittany Olson
701-330-9736

or

Courtney Nygaard
701-789-1743



Center Highlights

HILLSBORO SENIOR CENTER

205 N Main Street
701-636-5954

MEALS: MON-FRI AT 12:00 PM

Sep 24- 1:30 Monthly business meeting
(bingo to follow)
Every day - 8:00 Coffee
Every Tuesday - 9:00 Bone Builders;
1:00 Senior Fun Afternoon (games,
cards, etc)
Every Thursday - 9:00 Bone Builders;
1:30 Bingo

To rent the center, call
Lavonne Kozojed at 701-430-1229 or
Marilyn Longthorne at 636-2092.

MAYVILLE SENIOR CENTER

39 1st Avenue NE
701-788-3453

MEALS: MON, WED, FRI AT 11:30 AM

Sep 7 - 1:30 Monthly business meeting
Sept 3 & 24- Foot care at Senior Center*
Every Tuesday - 1:30 Bingo
Every Friday - 1:30 Cards
To rent the center, call
Connie Mangan at 701-430-1981.

FINLEY SENIOR CENTER

301 Central Avenue
701-524-1818

MEALS: MON, WED, FRI AT 12:00 PM

Sep 8- 12:45 Monthly business meeting
Every Tuesday - 2:00 Cards

PORTLAND GOLDEN AGE CLUB

710 Parke Avenue
701-788-3410

MEALS: TUES & THUS AT 11:30 AM

Sep 14 - 12:00 noon potluck meal; 12:45
monthly business meeting
Every Monday - 8:00–9:30 Coffee
Every Wednesday - 8:00–9:30 Coffee;
9:30 Bone Builders; 1:00 Cards
Every Friday - 8:00–9:30 Coffee; 9:30
Bone Builders
To rent the center,
call Marie Hamm at 608-697-2106.

BUXTON TOWN & COUNTRY SENIOR CENTER

315 Broadway

MEALS: MON, WED, FRI AT 11:30 AM

Sep 21 - 2:00–4:00 Pie/Coffee Day
Sep 28 - 12:30 Monthly business
meeting with bingo to follow
Every Mon, Wed & Fri - 10:00 Bone
Builders
To rent the center,
call Arlan Vonesh at 847-2102,
Rose Finstrom at 847-3052 or
Wanda Knutsvig at 701-740-5751

HOPE SENIOR CENTER

211 Steele Avenue

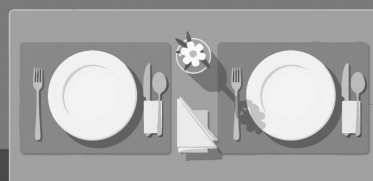
Sep 2 - 1:30 Monthly business meeting
Sep 15 - 1:30 Social
Every Thursday - 1:30 Cards
To rent the center, call
Edith Johnson at 701-840-1904.

*see Foot Care info on page 2

Word Twist

To play, unscramble the letters to
reveal the correct words.

Hint: Each puzzle has a common
theme!



Kitchen Table

aecbloht	rgswaelas
neurnr	teinussl
rfsko	bkeast
kvenis	cemplaat
sonpos	etspal

Answers

Placemat	Utensils	Spoons	Glassware	Basket
Runner	Forks	Knives	Tablecloth	



Healthy eating is not just ensuring that your plate is loaded with fruits and vegetables (although that does help!). Healthy eating has a wide range of components, and each principle can work together to give you an overall feeling of wellness.

THE SPECTRUM

- **Important Nutrients** – Fruits and vegetables are high in fiber, vitamins, minerals, and antioxidants that the body needs on a regular basis. Aim to have a colorful plate! Consider low-fat calcium-rich food sources for your dairy products. Protein is another vital nutrient and can be found in lean meats, fish high in omega-3's, and even from beans/legumes. Look for carbohydrates high in whole grain sources. Be mindful of all added sugars and sodium levels.
- **Water Intake** – Hydration is key!* The body expels water through many means on a daily basis and must be replaced by drinking the recommended amounts of water and/or consuming foods with a high water content. Sodas, sugary drinks, alcohol, and caffeinated beverages are not adequate sources for hydration, and must be consumed in moderation. Aim for 15.5 cups (3.7 liters) of fluids a day for men, 11.5 cups (2.7 liters) of fluids a day for women.
- **Emotional Eating** – Mental aspects are just as important for healthy eating. Listen to hunger cues. For example: how full are you truly feeling? Are you eating out of boredom or as a social aspect? Are you feeling any other physical symptoms along with hunger? What is your mood in and is that contributing to your desire to eat or not eat?
- **Food Labels** – Reading food labels can provide a great roadmap to healthy eating. Information commonly found on food labels includes portion size, vitamins, minerals, protein, carbohydrates, fiber, protein, fats and sodium content. Food labels can help you discern whether specific foods fit your personal criteria for healthy eating.
- **Mealtime Habits** – Healthy habits equal healthy eating! Are you distracted by technology during your meals? This has the potential to lead to mindless consumption and overeating. Are you taking your time chewing your food and not rushing? These factors have an impact on healthy eating.

**See page 6 for more information on hydration!*

HILLSBORO MENU (701-636-5954)

05

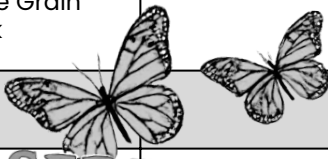
SEE PAGES 6-7 FOR ALL SITE MENUS-INFO ON ORDERING A MEAL FOR ALL SITES ON PAGE 2

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

Please call **701-636-5954** one day in advance by 2 pm Tuesday through Friday to reserve a meal

ALL MEALS INCLUDE 8oz 1% MILK (for Monday call by 2pm Friday)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01	02	03	04
	Baked Pork Chop Roasted Baby Potatoes Harvard Beets Chilled Peaches Wheat Bread x 2	Chef Salad Bowl Ranch Dressing Cantaloupe Whole Grain Breadstick	Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley Cherries Whole Grain Breadstick	Oven Fried Chicken Baked Beans Potato Salad Tropical Fruit Salad Wheat Bread x 2
07	08	09	10	11
CLOSED 	Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail Wheat Bread	Stuffed Manicotti Marinara Sauce House Salad Roasted Eggplant Strawberries Cake Whole Grain Breadstick	Beef Potato Hash Sicilian Blend Veggies Winter Fresh Fruit Salad Wheat Roll	Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana Wheat Roll
14	15	16	17	18
Stuffed Peppers Mashed Potatoes Green & Gold Beans Blackberries Low Fat Vanilla Yogurt Wheat Roll	Grandma's Hot Dish Zucchini & Cucumber Salad Mixed Veggies Honeydew Garlic Whole Grain Breadstick	Tuna Salad on Ciabatta Broccoli Slaw Potato Salad Mandarin Orange	Chicken & Noodles Seasoned Green Peas WG Bread Applesauce Margarine	Roast Beef & Gravy Dijon Red Potatoes Corn Peaches Wheat Bread x 2
21	22	23	24	25
Grilled Salmon Ckd Wild Rice Pilaf Lemon Asparagus Chilled Pears Wheat Bread	Chili w/ Beans Baked Potato Sliced Apples Wheat Bread	Hawaiian Chicken Lemon Rice Pilaf Balsamic Brussel Sprouts Orange & Avocado Salad Pineapple	Italian Meatballs Herbed Penne Pasta Tomato Sauce Squash & Peppers Pears with Vanilla Sauce Garlic Whole Grain Breadstick	Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Grapes Wheat Bread x 2
28	29	30	 SEPTEMBER 	
Beef Stroganoff Parslied Noodles Peas Mixed Root Veggies Banana Wheat Roll	Option 1: Liver & Onions Option 2: Salisbury Steak Mashed Potatoes Broccoli Blueberries Wheat Bread	Hot Pork Sandwich Ranch Beans Peas & Carrots Snicker & Apple Salad Wheat Roll		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 Baked Pork Chop Roasted Baby Potatoes Harvard Beets Chilled Peaches	02 Chef Salad Bowl Ranch Dressing Cantaloupe Whole Grain Breadstick	03 Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley Cherries	04 Oven Fried Chicken Baked Beans Potato Salad Tropical Fruit Salad
07 Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	08 Chicken Kiev O'Brien Potatoes Green Beans Oregano Fruit Cocktail Wheat Bread	09 Stuffed Manicotti Marinara Sauce House Salad Roasted Eggplant Strawberries Cake	10 Beef Potato Hash Sicilian Blend Veggies Winter Fresh Fruit Salad Wheat Roll	11 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana
14 Stuffed Peppers Mashed Potatoes Green & Gold Beans Blackberries Low Fat Vanilla Yogurt	15 Grandma's Hot Dish Zucchini & Cucumber Salad Mixed Veggies Honeydew	16 Tuna Salad on Ciabatta Broccoli Slaw Potato Salad Mandarin Orange	17 Chicken & Noodles Seasoned Green Peas WG Bread Applesauce	18 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches
21 Grilled Salmon Ckd Wild Rice Pilaf Lemon Asparagus Chilled Pears	22 Chili w/ Beans Baked Potato Sliced Apples Wheat Bread	23 Hawaiian Chicken Lemon Rice Pilaf Balsamic Brussel Sprouts Orange & Avocado Salad Pineapple	24 Italian Meatballs Herbed Penne Pasta Tomato Sauce Squash & Peppers Pears with Vanilla Sauce	25 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Grapes
28 Beef Stroganoff/ Parslied Noodles Peas Mixed Root Veggies Banana	29 Option 1: Liver & Onions Option 2: Salisbury Steak Mashed Potatoes Broccoli Blueberries	30 Hot Pork Sandwich Ranch Beans Peas & Carrots Snicker & Apple Salad		

Healthy Weight and Growth

ABOUT WATER AND HEALTHIER DRINKS



BENEFITS OF DRINKING WATER

Getting enough water every day is important for health. Drinking water can prevent dehydration, which may cause unclear thinking, mood change, overheating, constipation, and kidney stones. Water has no

calories, so replacing sugary drinks with plain water can help reduce caloric intake.

WATER HELPS YOUR BODY:

- Keep a normal temperature.
- Lubricate and cushion joints.
- Protect your spinal cord and other sensitive tissues

- Get rid of waste through urination, perspiration, and bowel movements.

YOUR BODY NEEDS MORE WATER WHEN YOU ARE:

- In hot climates.
- More physically active.
- Running a fever.
- Having diarrhea or vomiting.

MEETING YOUR WATER INTAKE EVERY DAY

Daily water intake recommendations vary by age, sex, pregnancy status, activity level, and breastfeeding status. Daily water intake is mostly from water and other beverages. Foods, especially those with high water content such as many fruits and vegetables, can also add to fluid intake.

(continued on page 7)

BUXTON (701-847-2069)

MONDAY	WEDNESDAY	FRIDAY
	02 Chef Salad Bowl Ranch Dressing Cantaloupe	04 Oven Fried Chicken Baked Beans Potato Salad Tropical Fruit Salad
08 - Tuesday Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	09 Stuffed Manicotti / Marinara Sauce House Salad Roasted Eggplant Strawberries Cake	11 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana
14 Stuffed Peppers Mashed Potatoes Green & Gold Beans Blackberries Low Fat Vanilla Yogurt	16 Tuna Salad on Ciabatta Broccoli Slaw Potato Salad Mandarin Orange	18 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches
21 Grilled Salmon Ckd Wild Rice Pilaf Lemon Asparagus Chilled Pears	23 Hawaiian Chicken Lemon Rice Pilaf Balsamic Brussel Sprouts Orange & Avocado Salad	25 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Grapes
28 Beef Stroganoff/ Parslied Noodles Peas Mixed Root Veggies Banana	30 Hot Pork Sandwich Ranch Beans Peas & Carrots Snicker & Apple Salad	

FINLEY (701-524-1818)

MONDAY	WEDNESDAY	FRIDAY
	02 Chef Salad Bowl Ranch Dressing Cantaloupe	04 Oven Fried Chicken Baked Beans Potato Salad Tropical Fruit Salad
08 - Tuesday Chicken Kiev O'Brien Potatoes Green Bean Oregano Fruit Cocktail	09 Stuffed Manicotti / Marinara Sauce House Salad Roasted Eggplant Strawberries Cake	11 Turkey Cutlet & Gravy Mashed Sweet Potatoes Maple Dijon Brussel Sprouts Banana
14 Stuffed Peppers Mashed Potatoes Green & Gold Beans Blackberries Low Fat Vanilla Yogurt	16 Tuna Salad on Ciabatta Broccoli Slaw Potato Salad Mandarin Orange	18 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches
21 Grilled Salmon Ckd Wild Rice Pilaf Lemon Asparagus Chilled Pears	23 Hawaiian Chicken Lemon Rice Pilaf Balsamic Brussel Sprouts Orange & Avocado Salad	25 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Grapes
28 Beef Stroganoff/ Parslied Noodles Peas Mixed Root Veggies Banana	30 Hot Pork Sandwich Ranch Beans Peas & Carrots Snicker & Apple Salad	

ABOUT WATER AND HEALTHIER DRINKS

(continued from page 6)

TIPS TO DRINK MORE WATER

- Carry a reusable water bottle with you.
- Freeze water in freezer-safe bottles for ice-cold water all day.
- Choose water over sugary drinks.
- Opt for water when eating out.
- Serve water during meals.
- Add a wedge of lime or lemon to your water.

OTHER BEVERAGES

- **Sugary drinks:** Regular sodas, fruit drinks, energy drinks, sweetened waters, and sweetened coffee and tea contain calories but little nutritional value.
- **Alcoholic drinks:** If you choose to drink alcohol, do so in moderation.
- **Caffeinated drinks:** Moderate caffeine consumption (up to 400 mg per day) can be

part of a healthy diet for most adults. That's about 2-3 cups of plain coffee.

- **Drinks with sugar alternatives:** Drinks that are labeled "sugar-free" or "diet" likely contain high-intensity sweeteners, such as sucralose, aspartame, or saccharine. These sweeteners may reduce caloric intake in the short term. However, there are many questions about the sweeteners' effectiveness for long-term weight management.
- **Energy drinks:** In addition to added sugar, these products may also contain large amounts of caffeine and other legal stimulants. Concerns have been raised about the potential health risks of these products, especially for young people.

(cdc.gov)



Valley Senior Services

P.O. Box 2217
Fargo, ND 58108

NON-PROFIT ORG
U.S. POSTAGE PAID
FARGO ND 58102
PERMIT NO. 1123

STEELE COUNTY TRANSIT - SEPTEMBER 2026

Aneta - Buxton - Cooperstown - Hatton - Hillsboro - Northwood - Page - Mayville - Galesburg -
Portland - Reynolds - Finley - Sharon - Hope - Rural Grand Forks County as noted

TO SCHEDULE A RIDE, CALL: 1 (800) 845-1715 OR (701) 636-5953 AT LEAST 2 DAYS IN ADVANCE.

THE COST FOR THESE RIDES IS \$8.00 PER PERSON.

Rides will be provided on a first call, first serve basis. Hours spent in Fargo and Grand Forks will be between 9:30am to 2:30pm unless all riders are ready to leave earlier.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 Grand Forks GF County	02	03	04 Fargo
07 Closed	08	09 Fargo	10 Grand Forks GF County	11
14 Fargo	15 Grand Forks GF County	16	17	18 Fargo
21 Fargo	22	23 Fargo	24 Grand Forks GF County	25 Fargo
28 Fargo	20	30		

Van Schedules: Two vans are available for individual appointments with one being accessible for mobility aids. These vans are available Monday thru Friday within Traill and Steele counties as well as to Fargo and Grand Forks.