

APRIL 2024 | VOLUME 42 NO. 4



## APRIL 23 national **TAKE A CHANCE** DAY

Mark your calendars for April 23, National Take A Chance Day, a day dedicated to embracing new experiences! And what better way to celebrate than by joining us for Community Dining at your local senior center? Invite a friend or neighbor to join you for a delightful lunch experience, filled with good company and great food. Stay a while for some engaging chit-chat, activities or the chance to make new friends. If you're pressed for time, don't worry—we offer convenient to-go meals at all our locations. Check out the menus on pages 7 & 8!

Ready to make it a date? Ensure your spot by signing up for meals! Simply call or drop by to add your name to the meal list, no later than noon the day before. We believe in fostering a sense of community, and that's why there's no fee for our meals. However, if you'd like to support our meal program, consider making a suggested donation of \$4 per meal. Rest assured, donations are anonymous, and we welcome everyone—no one will ever be turned away due to an inability to donate.

Join us for service with a smile, and we'll even take care of the dishes. Let's make National Take A Chance Day a day to remember, filled with new connections, delicious meals, and the joy of trying something different!



2801 32nd Ave S  
Fargo, ND 58103



701-293-1440



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



[valleyseniorservices.org](http://valleyseniorservices.org)

### WHAT'S INSIDE

Center Highlights.....	2
Foot Care Clinics.....	3
AARP Tax Aide .....	4
Memory Cafe .....	4
Card Making with Jane....	4
Volunteer Appreciation Month .....	5
Nutrition.....	6
Fargo Menu .....	7
West Fargo Menu .....	8
Free Nutrition Counseling.....	10
Rural Cass News .....	11
Donations.....	12
Donations.....	13
Donations.....	14
Donations.....	15



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

## STAFF LISTING

### BOARD MEMBERS

Becky Christianson  
JoEllen Harris  
Kari Stoner  
Marlene Batterberry  
Connie Elledge  
Ray Nelson  
Jim Link  
Matt Anderson  
Georgia Dufault

### DIRECTOR

Paul Grindeland

### TRANSPORTATION MANAGER

Cindy G.

### PROGRAM MANAGER

Kassie Emanuel

### PROGRAM MANAGER

Shelley Tollefson

### METRO SENIOR RIDE

### SUPERVISOR

Cindy G.

### DISPATCHERS

Mary Jo F.  
Charlotte A.  
Anita B.

### VOLUNTEER COORDINATOR

Megan W.

### RESOURCE SPECIALISTS

Patty Dahley  
Jill McCall  
Karleen Wyum  
Jamie Heinen  
Grace Ennen  
Paul Steichen

### ADMINISTRATIVE

### ASSISTANTS

Em Janes  
Kylee L.

*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 HIGHLIGHTS



### ED CLAPP PARK CENTER 2801 32ND AVE S, FARGO EDEN SIVERTSON 298-3976

April 1 - 12:30 Birthday cupcakes  
April 10 - 10:00-2:00 Foot care  
April 11 - 10:00-2:00 Foot care; 12:30-4:30 AARP Driving Course (call 298-3976 to register)  
April 15 - 1:30 Movie & popcorn  
April 16 - 9:00 Exercise; 10:00-2:00 Foot care  
April 17 - 10:00-2:00 Foot care; 1:00 Card making w/Jane (info on page 4)  
April 18 - 9:00 Exercise; 10:00-2:00 Foot Care  
Every Monday - 12:30 Pinochle, cards  
Every Tuesday - 9:30 Free exercise; 12:30 Pinochle, cards  
Every Wednesday - 12:30 Cards & Mahjong; 1:00 Bridge  
Every Thursday - 9:30 Free exercise; 1:00 Bingo & Mahjong  
Every Friday - 12:30 Cards; 1:00 Bridge

*Meals served daily at 12:00 pm. To reserve meals, please call 298-3976 by 12:00 pm the day before.*

### TROLLWOOD VILLAGE 3105 BROADWAY, FARGO 298-3975

April 3 - 10:00-2:00 Foot care; 1:00 Birthday cupcakes  
April 4 - 10:00-2:00 Foot care  
April 9 - 11:00 Fargo Public Library  
April 23 - 11:00 Fargo Public Library  
Every Monday - 9:30 Exercise (Rosewood room); 12:30 Bingo  
Every Tuesday - 1:00 Grocery bus; 12:30 Pinochle; 2:30 Bible study in library  
Every Wednesday - 9:30 Exercise; (Rosewood Rm); 12:30 Dominos; Whist  
Every Thursday - 12:30 Bingo  
Every Friday - 12:30 Crafts

*Meals served daily at 11:30 am. To reserve meals, please call 298-3975 by 12:00 pm the day before.*

### WEST FARGO HIGH RISE 230 8TH AVE W, WEST FARGO

April 2 - 12:15 Chicken foot; 6:30 English Conversation @WF Library  
April 6 - 9:00 Senior breakfast  
April 8 - 12:15 Crafts; 7:00 Book club @WF Library  
April 9 - 12:00 Birthdays; 12:15 Money bingo  
April 11 - 10:00-2:00 Foot care; 5:30 Soup & more @BSC  
April 17 - 1:00 Book club @WF Library  
April 18 - 1:00 Book club @WF Library  
April 23 - 12:15 Prize bingo; 6:30 Gardening club @WF Library  
April 25 - 5:30 Soup & more @BSC  
April 30 - 12:15 Chicken foot  
Every Monday - 8:45 SAIL @ RRC; 1:30 Movie matinee @WF Library  
Every Tuesday - 8:45 & 10:00 Bone Builders @ Veterans Memorial; 3:00 Tech Tutors @WF Library; 6:30 Cribbage Club @WF Library  
Every Wednesday - 8:45 SAIL @ RRC; 12:30 Cards/Whist  
Every Thursday - 8:45 & 10:00 Bone Builders @ VMA  
Every Friday - 8:45 SAIL @ RRC  
*All activities at West Fargo High Rise unless otherwise noted. Call 433-5460 to register for library events*

*Meals served daily at WFHR and Monterey at 11:30 am. To reserve meals, please call 356-2047 at least one day in advance.*

### BROADWAY STATION 1461 BROADWAY, FARGO EM JAMES 232-7936

April 11 - Center closing at 1:00 pm  
Every Monday - 10:15 Balance Builders; 1:00 Open activities  
Every Tuesday - 1:15 Bingo  
Every Wednesday - 12:30 Pinochle  
Every Thursday - 10:15 Balance Builders/Chair Yoga; 11:30-3:30 Sewing/Crafts; 1:00 Open activities  
Every Friday - 1:15 Bingo

*Meals served daily at 11:30 am. To reserve meals, please call 232-7936 by 12:00 pm the day before.*

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



# FOOT CARE CLINIC

Sanford Home Care will provide a nurse to cut and file your toenails at the following locations:

## TROLLWOOD CENTER

3105 BROADWAY, FARGO

Wednesday, April 3  
Thursday, April 4  
Wednesday, May 1  
Thursday, May 2  
10:00 am - 2:00 pm

## WEST FARGO HIGH RISE

230 8TH AVE W, WEST FARGO

Thursday, April 11  
Thursday, May 9  
10:00 am - 2:00 pm

## ED CLAPP PARK CENTER

2801 32ND AVE S, FARGO

Wednesday, April 10  
Tuesday, April 16  
Wednesday, April 17  
Thursday, April 18  
Wednesday, May 8  
Tuesday, May 14  
Wednesday, May 15  
Thursday, May 16  
10:00 am - 2:00 pm

*Call 701-234-3204 for an appointment, please leave a message, someone will get back to you.  
The fee for foot care is \$30 (cash or check).*

## Your Home Your Health

Most individuals wish to age on their own terms in their own home.  
**Let us help you do that.**

Medical and  
Non Medical  
Home Care



DakotaHomeCare.com  
(701) 663-5373  
(877) 691-0015



YOUR INDEPENDENCE MATTERS

## Rare Opportunity to Live in an Affordable Townhome Community!

We offer multiple 55 & better senior townhome communities in convenient locations in South Fargo and West Fargo



Our tight knit communities offer two-bedroom single level townhomes with attached garages and a two-level option with a double stall attached garage.

No need to think about snow or lawn care, we take care of this headache for you. Central air in select units with some utilities paid make this an affordable community starting at \$950



**701-532-3252**

leasing@choosecentric.com

## TECH HELP @ THE CARLSON LIBRARY

Tuesdays from 11:00 AM - 1:00 PM  
Dr. James Carlson Library - Conference Room

Need assistance with your phone, tablet, laptop, iPad, Kindle or other device?

**We can help!**

Drop in or call ahead to make an appointment.



FREE | 2801 32nd Ave. S. | 701-476-5980 | fargolib.org



## ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

To advertise here  
visit [lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Valley Senior Services, Fargo, ND

A 4C 02-1024

## AARP TAX AIDE

Now is the time for tax-filing season, and AARP Foundation Tax-Aide is providing in-person and virtual tax preparation help to anyone, free of charge, with a focus on taxpayers over 50 and have low-to-moderate income. Tax-Aide volunteers are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code. In North Dakota, Tax Aide volunteers can be found in six cities, including Fargo-Moorhead:



### Moorhead Public Library

118 5th Street South  
Moorhead, MN

Open Monday and Wednesday from 9am - 3pm

### Fargo Public Library

Carlson Branch - 2801 32nd Ave S  
Fargo, ND

Open Tuesday from 10am - 4pm

### Hjemkomst Center

202 1st Avenue North  
Moorhead, MN

Open Thursday from 9am - 3pm

**Appointments are required; you must call 701-850-0748 to make an appointment at all sites.**

For further information, including other locations and information on online filing, go to: <https://states.aarp.org/north-dakota/tax-aide-available-in-five-north-dakota-cities>. *Due to overwhelming response, taxpayers may experience delays in scheduling and slots are expected to fill up. The IRS offers a free, online option for completing your tax return that can be found at IRS.gov. The ND Tax Department offers a ND Free File tool at [www.tax.nd.gov/FreeFile](http://www.tax.nd.gov/FreeFile) to determine if you qualify to file your federal and state returns for free.*

## CARD MAKING WITH JANE

Please join us at the Ed Clapp Senior Center for a card making class! The class is **FREE** to attend, and supplies will be provided. To ensure there are adequate supplies, please RSVP by calling Jane at 701-739-2464.

**Wednesday, April 17**  
**from 1:00-3:00 pm**

**James Carlson Library Community Room,**  
**2801 32nd Avenue South, Fargo, ND**  
**Call 701-739-2464 to RSVP**

All levels of skill are welcome. Feel free to come alone or bring friends for a fun, interactive class. You will leave with your own artistic creations.



## APRIL SCHEDULE OF EVENTS:

### April 3

Impact of Social Isolation & Intergenerational Connections;  
Dr. Jeremy Holloway, UND  
Med School

Hope Lutheran Church -  
South Campus

### April 10

Music with The Norsky  
Brothers

Hjemkomst Center

### April 17

Volunteer Appreciation  
Celebration with Fargo Mayor  
Mahoney

Hope Lutheran Church -  
South Campus

### April 24

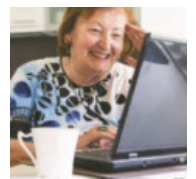
Caregiver Cafe,  
Call 701-404-6712 for details  
1122 1st Ave N, Fargo

*All events start at 1:00 pm and  
conclude by 2:30 pm*

*For more information call  
Memory Cafe at  
701-404-6712 or email us at:  
[hello@memorycaferrv.org](mailto:hello@memorycaferrv.org)*

## RECEIVE THE SILVER QUILL BY EMAIL!

You now have the option to receive our Cass County version of the Silver Quill by email!



Just send a note to [aellison@fargoparks.com](mailto:aellison@fargoparks.com) that you want the newsletter emailed and we will get you added to the list.

# APRIL IS VOLUNTEER APPRECIATION MONTH

Thank you to our dining center, activities, and Meals on Wheels volunteers! Thank you for your commitment to help pack, deliver hot nutritious meals, provide activities, and support dining center staff, to benefit the seniors in our community. This program would not be possible without you! We are grateful for your support in helping seniors maintain their independence and helping provide a welcoming environment.



## Assisted Living

*Services customized to meet your unique needs.*

[bethanynd.org](http://bethanynd.org)



Bethany Gables - 4255 30th Ave S | Bethany Towers - 201 University Dr S | 701.239.3000 

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Bill Clough**

[wclough@lpicommunities.com](mailto:wclough@lpicommunities.com)

(800) 950-9952 x2635



## Grow Bolder

Growing Bolder means living life your way and Eventide is the perfect place to do it.



**218-291-2200**

**[eventide.org](http://eventide.org)**

Moorhead | Fargo | West Fargo  
Jamestown | Devils Lake



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Valley Senior Services, Fargo, ND

B 4C 02-1024



# UNDERSTANDING GLYCEMIC INDEX AND HOW IT AFFECTS BLOOD SUGAR CONTROL

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Controlling your blood sugar is important for healthy aging. Insulin sensitivity, which is the ability for body cells to respond to insulin and use glucose, tends to decrease with age, making blood sugar control more difficult. Having high levels increases your risk for developing type II diabetes. Lifestyle factors like sleep, stress, exercise and certain medications can affect your blood sugar. However, the foods we eat may have the biggest impact. Eating a low glycemic index diet is often recommended to keep those blood sugar levels in check. In this month's article I will explain the terms glycemic index (GI) and glycemic load (GL) as well as discuss how they can be used to help steady your blood sugar.

## Glycemic Index

Glycemic index is a ranking of carbohydrate containing foods according to their effect on blood sugar levels. It is a rating system from 0 to 100 that shows how quickly these foods raise your blood sugar after eating a 50-gram portion. If a food has a high glycemic index rating, this means the food is broken down quickly and raises your blood sugar rapidly. If a food has a low glycemic index, it is broken down more slowly and creates a gradual rise over time.

Healthy foods like fruits, vegetables, whole grains, nuts, seeds, dairy and legumes tend to have a lower GI while carbohydrates that are low in fiber or contain refined sugars tend to have a higher GI. As an example, the GI of white rice is 65 while the GI of brown rice is 50. Both contain the same amount of carbohydrates per serving but the brown rice will not spike your blood sugar as much as the white rice.

Sometimes, a healthy food will have a higher GI rating than a food that is considered unhealthy. Glycemic index is based on eating 50 grams of a carbohydrate containing food. Some processed foods contain 50 grams of carbohydrates in a

relatively small portion size while a healthy food may need a much larger portion. For example, watermelon is given a rating of 76 while

vanilla ice cream is rated 60. Watermelon contains more fiber and no added sugar; however, a 50-gram portion size of watermelon is much larger than that of ice cream. You would have to eat over 4 cups of watermelon to reach 50 grams of carbohydrates and less than 2 cups of ice cream.



## Glycemic Load

Glycemic load uses the GI rating but it takes portion size into account. Let's use the watermelon and ice cream example again. As mentioned above, you would need to eat over twice as much watermelon as you would ice cream to reach a 50 gram of carbohydrate portion size. Using the equation below, the glycemic load of watermelon is 5 while the glycemic load of ice cream is about 15 per serving. This means that if you ate one serving of watermelon and one serving of ice cream, the ice cream would raise your blood sugar more. Because glycemic load considers portion size, it creates a more accurate picture of how a food will affect blood sugar.

$$\text{Glycemic Load} = \frac{(\text{Glycemic Index} \times \text{grams per serving of carbohydrates})}{100}$$

## Glycemic Response

Glycemic response, glycemic impact and glycemic effect all refer to the change in blood sugar after eating a carbohydrate containing food or meal. Two nutrients that have a great impact on glycemic response are fat and protein. If a food or meal contains fat or protein, digestion will be

(Continued on page 9)

## APRIL 2024 MENU

FARGO MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS - TO MAKE A RESERVATION AT YOUR LOCAL MEAL SITE PLEASE CALL BEFORE 12:00 NOON ONE DAY IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> BBQ Beef Patty Whole Wheat Bun Baked Beans Steamed Corn Pears	<b>2</b> Buttermilk Chicken Sister Shubert Roll Roasted Garlic Whipped Potatoes Glazed Carrots Peach Kuchen	<b>3</b> Smothered Pork Chop Baked Potato w/Sour Cream Confetti Coleslaw Fresh Fruit Whole Wheat Bread x2	<b>4</b> Dijon Chicken Smashed Potatoes California Blend Vegetables Apricots Whole Wheat Bread x2	<b>5</b> Spaghetti w/ Meatsauce Noodles Steamed Cauliflower Green Beans Pineapple Tidbits
<b>8</b> Baked Chicken Thigh Rosemary Roasted Potatoes Diced Beets Peaches Whole Wheat Bread x2	<b>9</b> Lemon Pepper Fish Vegetable Rice Pilaf Creamed Peas Steamed Baby Carrots Fresh Fruit Whole Wheat Bread x2	<b>10</b> Bronze Pork Loin Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread x2	<b>11</b> Chicken & Noodles Tossed Salad w/ dressing Mixed Vegetables Applesauce Whole Wheat Bread	<b>12</b> Meatloaf Baked Potato w/sour cream Stewed Tomatoes Blushing Pears Whole Wheat Bread x2
<b>15</b> Potato Chip Fish Whole Wheat Bun Baked Sweet Potato Green Beans Almondine Mandarin Oranges	<b>16</b> Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread	<b>17</b> Tarragon Roasted Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread x2	<b>18</b> Sweet & Sour Pork Brown Rice Whole Wheat Bread Tossed Salad w/dressing Mixed Vegetables Cinnamon Applesauce	<b>19</b> Country Meatballs Mashed Potatoes & Gravy Steamed Broccoli Tropical Fruit Whole Wheat Bread x2
<b>22</b> Chicken Wild Rice Hotdish Steamed Corn California Blend Veggies Pineapple Tidbits Whole Wheat Bread	<b>23</b> Salisbury Steak Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread x2	<b>24</b> Citrus Glazed Fish Au Gratin Potatoes Seasoned Peas Pears Whole Wheat Bread x2	<b>25</b> Sloppy Joe Whole Wheat Bun Potato Salad Parslied Carrots Warm Cinnamon Apples	<b>26</b> Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
<b>29</b> Beef Stew Whole Wheat Biscuit Peas & Carrots Apricots	<b>30</b> Tuna Pasta Hotdish Winter Blend Vegetables Green Beans Fresh Fruit Whole Wheat Bread			




FOR MEALS ON WHEELS CONTACT  
THE MAIN OFFICE AT 701-293-1440  
ALL MEALS INCLUDE 8 oz 1% MILK  
MENU SUBJECT TO CHANGE

To reserve a meal at a site, please call:  
**Ed Clapp** ..... 701-298-3976  
**Trollwood** ..... 701-298-3975  
**Broadway Station** ..... 701-232-7936

## APRIL 2024 MENU

WEST FARGO MEALS ON WHEELS, CONGREGATE & TAKE OUT MEALS  
WFACP - West Fargo High Rise 230 8th Ave. West

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> BBQ Beef Sandwich Whole Wheat Bun Baked Beans Steamed Corn Pears	<b>2</b> Homestyle Chicken Glazed Carrots Baby Bake Potato Dinner Roll Peach Kuchen	<b>3</b> Smothered Pork Chop Baked Potato Confetti Coleslaw Fresh Fruit Whole Wheat Bread x2	<b>4</b> Dijon Chicken Mashed Potatoes California Blend Vegetables Apricots Whole Wheat Bread x2	<b>5</b> Spaghetti w/ Meatsauce Noodles Steamed Cauliflower Green Beans Pineapple Tidbits
<b>8</b> Pork Wing Rosemary Roasted Potatoes Diced Beets Peaches Whole Wheat Breadx2	<b>9</b> Lemon Pepper Fish Vegetable Rice Pilaf Creamed Peas Steamed Baby Carrots Fresh Fruit Whole Wheat Bread x2	<b>10</b> Meatloaf Baked Potato Stewed Tomatoes Blushing Pears Whole Wheat Bread x2	<b>11</b> Roasted Pork Loin Scalloped Potatoes Brussel Sprouts Fresh Fruit Whole Wheat Bread	<b>12</b> Chicken & Noodles Tossed Salad Mixed Vegetables Apple Sauce Dinner Roll
<b>15</b> Potato Chip Fish Whole Wheat Bun Baked Sweet Potato Green Beans Almondine Mandarin Oranges	<b>16</b> Country Meatballs Mashed Potatoes & Gravy Steamed Broccoli Tropical Fruit Whole Wheat Bread	<b>17</b> Tarragon Roasted Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread x2	<b>18</b> Sweet & Sour Pork Brown Rice Dinner Roll Tossed Salad Mixed Vegetables Cinnamon Applesauce	<b>19</b> Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Dinner Roll
<b>22</b> Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread	<b>23</b> Salisbury Steak Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread x2	<b>24</b> Citrus Glazed Fish Au Gratin Potatoes Seasoned Peas Pears Whole Wheat Bread x2	<b>25</b> Sloppy Joe Whole Wheat Bun Potato Salad Parslied Carrots Warm Cinnamon Apples	<b>26</b> Chicken Wild Rice Hotdish Steamed Corn California Blend Veggies Pineapple Tidbits Whole Wheat Bread x2
<b>29</b> Beef Stew Whole Wheat Biscuit Peas & Carrots Apricots	<b>30</b> Tuna Pasta Hotdish Winter Blend Vegetables Green Beans Fresh Fruit Whole Wheat Bread			

FOR MEALS ON WHEELS CONTACT  
THE MAIN OFFICE AT 701-293-1440  
ALL MEALS INCLUDE 8 oz 1% MILK  
MENU SUBJECT TO CHANGE

To reserve a congregate or take out  
meal, call before noon at least one day  
in advance..... 356-2047  
Meals on Wheels .....293-1440



# UNDERSTANDING GLYCEMIC INDEX AND HOW IT AFFECTS BLOOD SUGAR CONTROL

(Continued from page 6 )

slower causing a lower glycemic response. This information is very important for blood sugar control! Slower digestion means glucose will be released into your blood stream at a slower pace, giving your body more time to respond to the insulin being released. Examples of ways to lower your glycemic response include:

- Eat fruit with nuts, Greek yogurt or cottage cheese
- Combine a starchy vegetable like potatoes, squash or corn with a protein source like chicken, beef or fish
- Eat a slice of whole grain bread with peanut butter or make a sandwich with meat and cheese

## How can we use this information for blood sugar control?

Choose nutritious carbohydrate sources like fruits, vegetables, whole grains, nuts, seeds, dairy and legumes. Most of these foods will have a low glycemic load because they are high in fiber and low in refined sugars. Limit processed carbohydrates, refined grains and foods with added sugar. These foods will have a high glycemic load and a negative impact on your blood sugar control. Lastly, eat carbohydrate containing foods with a healthy fat or protein source. Doing so will slow digestion and slow the rate at which glucose enters your blood stream.

## No matter how life changes... let us help you get there!



### As a Senior Real Estate Specialist:

- I am your listing agent
- Assist with packing and moving
- Prepare your home for liquidation
- Senior Housing Resources
- Compassionate, Patient, Resourceful

SRES



**SEAN KIERNAN, REALTOR®** *Full time/Full service Realtor*  
 Fmhomes.com • Brother.seankiernan@gmail.com  
 2521 South University Drive • Fargo, ND 58103  
 Cell: 701.960.8965 | Office: 701.293.3333

## FREE NUTRITION COUNSELING!

Better nutrition can help improve your overall health. North Dakota Health and Human Services, Adult and Aging Services has teamed up with registered dietitians at Dietary Solutions to provide you with one-on-one nutrition counseling at no cost to you!

Getting started is as easy as:

1. Agree to have your contact information shared with Dietary Solutions
2. Answer a call from Dietary Solutions to schedule your first meeting
3. Set up a phone call or Zoom meeting on a date and time that works for you

Don't miss this chance for free nutrition information just for you! Call 1-888-960-2180 or email [counseling@dietarysolutions.net](mailto:counseling@dietarysolutions.net)

Dietary Solutions is also providing free upcoming webinars:

### **Good Nutrition for Stress Management**

April 18 at 10:30am CST

<https://bit.ly/NDStress>

Webinar ID: 966 3225 0578

Passcode: 693088

Webinars will be recorded and available at <https://bit.ly/NDRecordings>

Join the conversation about enhancing your well-being through

balanced nutrition and health lifestyle choices. The Simply Nutritious Conversations and Simply Nutritious Diabetic Conversations programs are a friendly way to learn from registered dietitians and connect with other seniors.

Join our Simply Nutritious Conversations:

### **The Scoop on Processed Foods**

April 23 at 2:00pm CST

<https://bit.ly/NDFoods>

Join our Simply Nutritious Diabetic Conversations:

### **Understanding Glycemic Index**

April 25 at 2:00pm CST

<https://bit.ly/NDGlycemicIndex>



*Want a fun lifestyle and time to do what you want?  
Without home and yard maintenance...*

*We welcome you to visit One Oak Place*



One Oak Place is a community for baby boomers

which meets their expectations of living in an environment that provides them a good quality of life. Designed for a maintenance-free, engaging lifestyle with access to amenities and services including guest suites, pool, fitness center, woodshop, spacious patios, gardens, and eight acres of grounds to enjoy. Plus, so much more, right outside your door.

One Oak Place offers a monthly rental package to include all utilities, basic TV package, heated underground parking and storage.



Tour our 1, 2, or 3 bedrooms apartments, some with dens. Our designs highlight natural light and open concept styles with well-planned spacious storage.

**[www.oneoakplace.com](http://www.oneoakplace.com) • 1709 25th Ave. South, Fargo, ND 58103 • 701.234.1625**

## RURAL CASS NEWS

### CONGREGATE DINING & TAKE OUT

Page Café, Page ND (668-2254): Monday-Friday at 11:30-12:30. Please call ahead to order your meals.

### CASS COUNTY COUNCIL ON AGING MEETING:

Christmas Party on Monday, June 17 at 11:00 am in Hickson.

### CASS COUNTY RURAL BUS SCHEDULE:

Routes:	North Cass County	South Cass County
	Hunter 8:00 a.m.	Leonard 8:00 a.m.
	Arthur 8:20	Kindred 8:30
	Casselton 9:00	Horace 8:45
	Fargo 9:45	Fargo 9:15

North route runs April 2, 9, 16, 23 & 30. South route runs April 3, 10, 17 & 24. Express van runs Mondays and Thursdays. Please call 356-7433 for more information or to schedule your ride. For Page residents: you can use Steele County bus to Fargo on April 8 & 19. Please call 1-800-845-1715 for pick-up information and to reserve a ride.



Just for You Foot Care LLC

Jill Kent, RN of Just For You Foot Care will be providing foot care services at:

Casselton City Hall  
April 24th

Call Jill at 218-242-1379 for an appointment

**ADVERTISE HERE**  
to reach your community



Call 800-950-9952



**House Calls**  
Care that Comes to You

Primary and Palliative Care  
in Your Home.

[CareThatComesToYou.org](http://CareThatComesToYou.org)

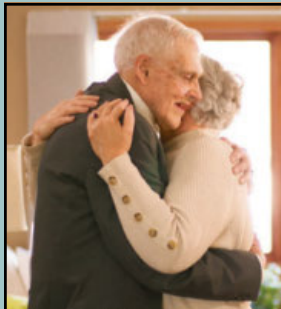
[f](#) [t](#) [i](#) [l](#) 800.929.8891

# SUPPORT OUR ADVERTISERS!



**ARE YOU REACHING  
THE MEMBERS IN YOUR  
COMMUNITY?**

To advertise here  
visit [lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



**HOSPICE**  
RED RIVER VALLEY

Making each moment matter,  
**For You, For Them, For Us.**

[www.hrrv.org](http://www.hrrv.org) | 800.237.4629

[f](#) [t](#) [i](#) [l](#) [questions@hrrv.org](mailto:questions@hrrv.org)



## THANK YOU TO OUR CONTRIBUTORS!

We appreciate the many donations we have received and thank each and every one of you for your support. All contributions can be sent to:

Valley Senior Services

P.O. Box 2217

Fargo, ND 58108

Hermann, Carol in memory of

Carol Zelensk

Moilanen, Erva in memory of

Lois Black

Salter, Greg & Terry in memory of

Dewey Salter

### **\$100.00 and Above**

Wayne Heflin in memory of

Roberta Heflin - \$100



*A huge thank you to the individuals and businesses listed below who donated for Giving Hearts Day. Please note some of Giving Hearts Day donors were acknowledged in the March edition of the Silver Quill:*

### **\$100.00 and Above**

Offutt Family Foundation - \$5000  
Holm, Robert, In Honor of volunteers that deliver meals & the resource staff - \$3000  
Cook, Jerry - \$1000  
Doosan Bobcat (Casey Nyhus) - \$1000  
McNair, David & Jan - \$1000  
DMF - Rick & Tracy Berg Family Fund - \$750

Smette, Shellie through AgCountry Farm Credit Service Giving and Growing Program - \$600  
Andersonn, Rick - \$500  
Bethlehem Lutheran Church - \$500  
Haugerud, Duane - \$500  
Geiger, Jill - \$500  
Mollet, Susan - \$500  
Losnegard, Vonnetta - \$350

Grindeland, Ryan - \$325  
Grimson, Ron & Pat - \$300  
VISIONBank ( Dan Carey) - \$300  
Clark, John - \$250  
Grindeland, Paul - \$250  
Sevald, Kristin - \$250  
Spiekermeier, Anna Mae - \$250  
Traynor, J. Patrick - \$250  
Dawson, Vicki and Steve - \$200

*(Donations continued on page 13)*

## THANK YOU TO OUR CONTRIBUTORS!

### \$100.00 and Above

(Donations continued from page 12)

Fargo Diversified Contractors (Nicki Johnson) - \$200	Beilke, Erwin - \$100	Hibl, Curt and Carol - \$100
Heilman, Heidi In Honor of Bernie Johnson - \$200	Borowicz, Michelle - \$100	Hilde, James - \$100
Van Dam Financial Group (Neil Van Dam) - \$165	Boutain, Carolyn - \$100	Huntley, Bonnie - \$100
Hillsboro Senior Citizens Assoc. Inc - \$150	Dawson, Phyllis - \$100	Jablon, Michael - \$100
Lucas, Lisa - \$150	Dombeck, James - \$100	Johnson, Devon - \$100
Sturlaugson, Amanda in Honor of Tom Hoepfner - \$150	Espe, William - \$100	Jordahl Custom Homes (Kim Erbes) - \$100
Valley Mortgage, Inc. (Darren Schmidt) - \$150	Evans, Patty - \$100	Knain, Todd - \$100
Albright, Marshal (Cass County Electric Cooperative Match) - \$100	Fargo Glass & Paint Co. (Daniel Martinson) - \$100	Krinke, Mary - \$100
Arett, Brian - \$100	Finstrom, Rose - \$100	Kruger, Stacy - \$100
Batterberry, Marlene - \$100	Firestone, Jim and Trish Venette - \$100	Lenzmeier, Frank & Darla - \$100
Bell Bank Pay It Forward - \$100	Fontaine, Duane - \$100	Lubben, Larry - \$100
Belling, Jillian - \$100	Goellner, Ryan - \$100	Magnuson, Deanna - \$100
	Gray, Wanda - \$100	Martel, Brenda - \$100
	Grindeland, Rosie - \$100	McCall, Jill - \$100
	Gulsvig, Dale & Mary - \$100	Montplaisir, Marjorie - \$100
	Harris, JoEllen - \$100	Orth, Paulette - \$100
	Haug, Steven - \$100	Putney, Linda - \$100
	Herrmann, Ed / Carol - \$100	

(Donations continued on page 14)



### FOR ALL YOUR ESTATE PLANNING NEEDS

**701-364-9595**

**Susan E. Johnson-Drenth, CELA \***

\*Only Certified Elder Law Attorney in ND by the  
National Elder Law Foundation

- ◆ Estate Planning
- ◆ Wills/Trust
- ◆ Medicaid Planning
- ◆ Guardianships
- ◆ Probate
- ◆ Real Estate - Mineral Rights

~ Attorney with 26 Years of Experience ~

**902 28th St S, Ste 2 ♦ Fargo, ND 58103**

**www.jdlegalplanning.com**

*Change is Good! Inc.*  
Helping you sort, organize and move

**Call Joan Today**, CRTS, SMMC

**218-329-7442**

**HELPING SENIORS Move & Downsize without the chaos!**

**www.changeisgood.us.com**

Serving Fargo, ND, Moorhead, MN and the surrounding area!



**FREE**  
**AD DESIGN**  
with purchase  
of this space

**CALL 800-950-9952**

## THANK YOU TO OUR CONTRIBUTORS!

(Donations continued from page 13)

### \$100.00 and Above

Quality Concrete & Quality Coatings & Tile  
(Tim Rude) - \$100

Reiser, Jan - \$100

Richardson, Muriel & Joe - \$100

Rostad, Jerry and Tami - \$100

Schmidt, Janell - \$100

Stenson, Jana in Memory of Shirley Kreie - \$100

Strode, Doreen - \$100

Sturlaugson, Jennifer - \$100

Swenson, Warren - \$100

Thompson, Thomas - \$100

Tinguely, Matthew - 100

Tschakert, Carol - \$100

Young, Larry - \$100

Anonymous Donations totaling over \$1300

Agnew, Robert

Almer, Kim in Memory of  
Hazel Hauff

Amann, Nora in memory  
of Norbert & Arleen  
Amann

Anderson, Corrine

Anderson, Donna, M

Anonymous

Anonymous In Memory  
Of Linda

Anonymous, In Memory  
of Kate Steinke

Archives Coffee House  
(Kyle Thorson)

Arneson, Ron

Ault, Delores

Bachmeier, Amy

Backer, Leon & Karen

Bak, Abby

Bares, Stephanie

Barnes, Jannel

Beauchamp, Kayla

Berg, Becky

Bergantine, Richard

Bergene, Constance

Bjelde, Kristine

Bjornstad, Linda & Stan

Bohm, Bradley

Bolt, Elise

Bond, Edelle

Borgen, Michelle

Bouton, Berndabee

Brazil, Virginia

Bunn, Gloria

Buxton Town & Country

Club Chore Service

Campbell, Lisa

Carley, Laura

Carlson, Linda

Chalimonczyk McGuinty,  
Paula

Chapman, David & Julie  
in Honor of All Area

Seniors Who Helped  
Build Our Community

Christiansen, Dallas

Claus, Darline

Dallmann, J.A.

Danielson, Christie

Delaney, Matthew

Deleon, Myrna

Denis, Dorothy

Desotel, Beth

Dietz, Janet

Doll, Casandra & Darren

Dubuque, Shauna &  
Chad

Dufault, Georgia

E, Kendall

EGge, Judith

Eide Bailly LLP

Erbstoesser, Janice

Erickson, Jennifer

Erickson, Trisha & Calvin

in Memory Of Ole &  
Verna Erickson

Fandrich, Mary

Fiechtner, Delores &

Russell

Finstad, Darlene

Flaig, Geraldine

Flickinger, Gerald

Fulfs, Danielle

Gibson, Valorie and Don

Grant, Norma

Green Team Realty

Powered by eXp

(Alicia Graves)

Greicar, Camille

Hager, Kim

Hager, LaurieBeth

Haley, Erin

Handi-Wheels

Transportation

(Roger Kjos)

Hanson, Amanda

Hanson, Myrna

Harmon, David

Harrison, Carolyn

Hass, Jalie

Haut, Melissa

Heglie, Sandra

Heimbuch, Halli in

Memory of Clara

Heimbuch

Heintzman, Holly

Helmick, Jay

Helmick, Betty

Hettervig, Mavis

Heyerman, Wyatt

Hilzendager, Sue

Hoglund, Beverly

Holten, Brittany

Honek, Lou Ann

Hoverson, Carol

Jaeger, Dorothy

Job, Carla in Memory of

Howard & Irene Job

Johnson, Danelle in

Honor of Maddnellyz

Johnson, Duane

Johnson, Judy

Johnson, Richard &

Joanne

Jones-Kremer, Corrin

Jorgenson, Diane

Juelke, Dolly

Kenward, James

Kenyon, Julie

Key Health Advantage-

Reflexology

(Barbara Flynn)

Klev, Joanne

Knutsvig, Wanda

Koppinger, Thomas in

Memory of Lolita

Koppinger

Lindstrom, John & Marie

Lisburg, Kylee

Lodges, Loretta

Mahoney, Timothy

Manock, Darlene

Marthe, Karla

Mashek, Dell Rae

Mayville Senior Citizens

Mclaen, Caryn

Mead, Janet

Miller, Dixie in Memory of

Dewey Salter

Miller, Donna

Miller, Kathryn

Miller, Marilyn

Mjelstad, Kevin & Susan

Moeller, David

Moen, Darlene

Mohr, Matthew

Montplaisir, Marty

Morken, Mike

Motl, Ron & Linda

Mustad, Sandra

(Donations continued on page 15)



## THANK YOU TO OUR CONTRIBUTORS!

(Continued from page 14)

Nelson, Donald in  
Memory of Jerry  
Mehlich

Nelson, Jean  
Nelson, Mike  
Newburgh, Diane  
Newgard, Julie  
Norheim, Connie  
Odegard, Dave  
Olsen, Martha  
Olson, Brett  
Olson, Donna  
Olson, Sandra  
Olson, Sharla  
Ortmeier, Maren  
Patenade, Chris  
Peck, Diane  
Petersen, Elizabeth  
Preabt, Shawn  
Puetz, Maranda

Quinnild Souba, Claudia  
Rabideaux, April in  
Memory of June and  
Alden Hedstrom  
Radke, Lucy  
Radniecki, Julie  
Rasmusson, Michael G  
Rerick, Rhonda in Honor  
of Jack Gust  
Rice, Merillyn  
Rice, Shelley in Memory  
of Dewey Salter  
Roehrich Financial  
Services Inc (Patty  
Roehrich)  
Roggensack, Rick & Jane  
Ronningen, Marian  
Rue, Marc & Maria  
Rund, Brooke  
Rutten, Delores

Ruud, Shirley  
Sand, Tyler  
Satrom, Nola  
Schaeffer Fraase, Kolby  
in Memory Of Kate  
Steinke  
Schuschke, Dennis  
Shannon, Lois  
Shawn, Jessica  
Sir Speedy (Kevin & Lora  
Elfstrum)  
Smith, Lori  
Sommerfeld, Gene  
Staber, Cassie  
Stadick, Betsy  
Steig, Jayme  
Strait, Pam  
Suter, Timothy  
Tareski, Neal in Memory  
of Val Tareski

Taylor, Wallace  
Thompson, Cindy  
Thorson, Ronald  
Tollefson, Shelley in  
Memory of Yoshiko  
Tollefson  
Tweeter, Valentina  
Viken, Richard  
Vogel, Steve  
Voigtschild, Miranda  
Wallace, Shirley  
Wangler, Pat & Mary  
Webb, Pat  
Werner, Paul  
Westrum, Dawn  
Winkelman, Dale  
Wyum, Kathleen  
Yost, Ross  
Zeis, Carol in Honor of  
Carol Zeis

# NEVER MISS OUR NEWSLETTER!

## SUBSCRIBE

Have our  
newsletter  
emailed  
to you.



Visit

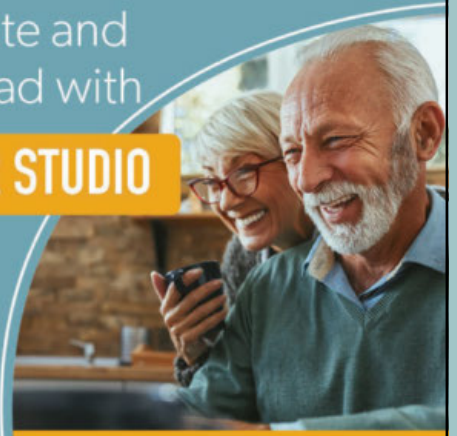
[www.mycommunityonline.com](http://www.mycommunityonline.com)

## THRIVE LOCALLY

### Place Your Ad Here and Support our Community!

Instantly create and  
purchase an ad with

### AD CREATOR STUDIO



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Valley Senior Services, Fargo, ND

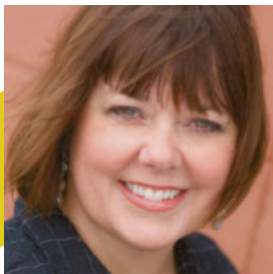
G 4C 02-1024



VALLEY SENIOR SERVICES

P.O. Box 2217  
Fargo, ND 58108

NONPROF STD  
U.S. Postage  
PAID  
PERMIT NO. 1123  
Fargo ND 58102



**Maren Day Woods**  
***Guidance with Grace***

Helping seniors buy, sell,  
stage, lease, pack and move.

**701-412-1952**



**ADT-Monitored  
Home Security**

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide



SafeStreets

**833-287-3502**

**Your Added  
Member Benefit**  
**Prairie Public | Passport**



Support Prairie  
Public and  
get extended  
access to your  
favorite shows  
& films with  
the PBS app.



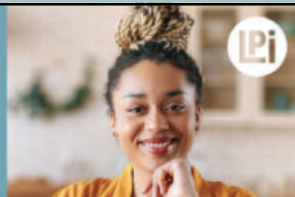
Become a member today:  
[prairiepublic.org/passport](http://prairiepublic.org/passport)

**WE'RE HIRING!**

**AD SALES EXECUTIVES**

BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
[careers@4lpi.com](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)



For ad info. call 1-800-950-9952 • [www.lpcommunities.com](http://www.lpcommunities.com)

Valley Senior Services, Fargo, ND

H 4C 02-1024