

MAY 2024 | VOLUME 42 NO. 5

Fall Prevention & Safety ©LPI

FALL PREVENTION STRATEGIES FOR OLDER ADULTS

SANFORD HEALTH FARGO, TRAUMA SERVICES

Falls among older adults have the potential to result in serious injury or death. According to the CDC, **1 in 4 older adults fall each year**, without bringing it up to their healthcare provider. There are many different contributing factors to falls. Depending on the cause of the fall, there are different interventions that should be implemented. However, we want to give you resources to help prevent the first fall that could cause serious injury. Tripping, weakness, slipping and fainting, are the leading causes of falling in older adults.

Tripping can be the result of objects being in the wrong spot or common walk ways, uneven surfaces, rugs in kitchens and bathrooms, or other mobility aids such as walkers. One important way to reduce the risk of tripping is by conducting a home evaluation to identify potential tripping hazards. Family, or some Occupational Therapists can conduct a home visit and help with this.

Weakness can be the result of multiple things such as illness, deconditioning and medication side effects. Some ideas to address this are routine physical activity such as going on walks, low weight strength training and water exercise classes. If physical limitations prevent you from participating in these, preventative physical and occupational therapy may be right for you.

Slipping, especially in the colder months, is the cause of major injury in older adults. The force of hitting your head or other body parts on the ground while slipping can result in broken bones or internal bleeding. The best way to prevent slipping is by avoiding high-risk situations for slipping. Going to get the mail continues to be a high-risk situation for slipping, especially on concrete driveways. Try to develop a plan with neighbors or family to help get your mail when slippery conditions are present. Additionally, if you have to go outside, ensuring you have proper footwear and take careful steps to avoid slipping.

(Continued on page 12)

-  2801 32nd Ave S
Fargo, ND 58103
-  701-293-1440
-  Monday - Friday
8:00 AM to 4:30 PM
-  valleyseniorservices.org

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**Valley Senior Services
will be closed
Monday, May 29th.
No Meals on Wheels,
Senior Center Meals/
activities or
transportation.**



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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

May 1 - 12:30 Birthday cupcakes
 May 8 - 10:00-2:00 Foot care
 May 9 - 12:30-4:30 AARP Driving Course (call 298-3976 to register)
 May 14 - 9:00 Exercise; 10:00-2:00 Foot care
 May 15 - 10:00-2:00 Foot care)
 May 16 - 9:00 Exercise; 10:00-2:00 Foot Care
 May 22 - 9:00-10:00 Free chair yoga
 May 27 - Center closed
Every Monday - 12:30 Pinochle, cards
Every Tuesday - 9:30 Free exercise; 12:30 Pinochle, cards
Every Wednesday - 12:30 Cards & Mahjong
Every Thursday - 9:30 Free exercise; 1:00 Bingo & Mahjong
Every Friday - 12:30 Cards

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

May 1 - 10:00-2:00 Foot care; 1:00 Birthday cupcakes
 May 2 - 10:00-2:00 Foot care
 May 7 - 11:00 Fargo Public Library
 May 21 - 11:00 Fargo Public Library
 May 27 - Center closed
Every Monday - 9:30 Exercise (Rosewood room); 12:30 Bingo
Every Tuesday - 12:30 Pinochle; 1:00 Grocery bus; 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.

Reminder - Centers are closed on May 27th

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

May 4 - 9:00 Senior breakfast
 May 6 - 12:15 Crafts
 May 7 - 12:00 Birthdays; 12:15 Prize Bingo
 May 9 - 10:00-2:00 Foot care; 5:30 Soup & more @BSC
 May 14 - 12:15 Chicken foot
 May 15 - 1:00 Book Club @WF Library
 May 16 - 1:30 Book Club @WF Library
 May 21 - 7:30 Intro to Udemy @WF Library
 May 23 - 5:30 Soup & more @BSC; 7:00 Writing Circle @WF Library
 May 25 - 1:00 Hand sewing class @WF Library
 May 27 - Center closed
 May 28 - 12:15 Special bingo
Every Monday - 8:45 SAIL @ RRC; 1:30 Movie matinee @WF Library
Every Tuesday - 8:45 & 10:00 Bone Builders @ Veterans Memorial
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

May 27 - Center closed
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



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

TROLLWOOD CENTER
3105 BROADWAY, FARGO

Wednesday, May 1
Thursday, May 2
Wednesday, June 5
Thursday, June 6
10:00 am - 2:00 pm

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

Thursday, May 9
Thursday, June 13
10:00 am - 2:00 pm

ED CLAPP PARK CENTER
2801 32ND AVE S, FARGO

Wednesday, May 8
Tuesday, May 14
Wednesday, May 15
Thursday, May 16
Wednesday, June 12
Tuesday, June 18
Wednesday, June 19
Thursday, June 20
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).

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MAY SCHEDULE OF EVENTS:

May 1

Musings on Life on the Northern Plains, Merrill Piepkorn
Hope Lutheran Church -
South Campus

May 8

Music & Laughter with Jerry Barnus
Hjemkomst Center

May 15

Emotional Aspects of a Dementia
Diagnosis; Dr. Kristen Juhl
and Dr. Lindsey Dahl
Hope Lutheran Church -
South Campus

May 22

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

*All events start at 1:00 pm and con-
clude by 2:30 pm*

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

Memory Cafe is hosting their annual **Redefining Memory Loss Conference: Recognizing the Intrinsic Value of Individuals Living With Memory Loss** at the Holiday Inn Fargo, ND on June 4th, 2024. Community members, family members, caregivers, healthcare professionals and members of the business and hospitality industry are encouraged to attend.

The conference will offer research-based instruction regarding highly individualized care approaches, verbal and non-verbal communication strategies, innovative techniques for deepening meaningful engagement, and assisting individuals living with all stages of memory loss to feel successful in their everyday activities.

The Keynote speaker is Chris Coehlo, Chief Operation Officer from Abe's Garden Community and his colleague, Kristy Mellon based out of Nashville, TN. Chris, Kristy and their team at Abe's Garden Community provide cutting edge, evidence-based dementia education throughout the world.

"Being able to have high quality dementia training and information right in our own backyard is sensational. I couldn't recommend this conference more!" - Denise Tollefson (Director of Serenity Assisted Living and Memory Care)

Registration: \$45 Community Members, \$65 Professionals seeking social work CEU credits (Prior to May 23rd), or \$36 for groups of six or more. Use the QR code to register or send your paper registration to Memory Cafe, PO Box 883, Fargo, ND 58107



Call 701--404-6712 or email hello@memorycaferrv.org for more information.

This conference has been approved by the MN and ND Boards of Social Work for 4 CEUs.

**VALLEY SENIOR SERVICES, INC
ANNUAL MEETING**

**TUESDAY, MAY 14
9:00 AM**

**CARLSON LIBRARY COMMUNITY ROOM
2801 32ND AVE S, FARGO, ND**

Volunteer SPOTLIGHT

This month we are featuring Meals on Wheels volunteers, Harvey & Mary. Here's what they have to say about volunteering:



Tell us a little bit about yourselves:

Harvey & I live north of Casselton and are a third generation family farm, growing corn and soybeans, and working our way into retirement. Our oldest son is in the farm operation with us. I am on the board of the Red River Valley Fair and Harvey & I are both very active volunteers there.

How did you become interested in volunteering?

We began volunteering with Meals on Wheels when our church, Westminster Presbyterian Church, took on the delivery of meals in Casselton on Wednesdays. There are a few of us parishioners that take turns delivering. We have been involved in this for over 12 years. The seniors are so grateful to be receiving these meals and they thank us many times. It is such a joy to be a part of this service.

What is your favorite part about delivering Meals on Wheels?

I love seeing and visiting with the seniors and hopefully, bringing a smile to their face with our visit. On occasion our two grandsons have helped us with deliveries and you can just see the joy on the faces of the seniors when they see the youth come to their door.

THANK YOU, HARVEY AND MARY, FOR YOUR DEDICATION TO MEALS ON WHEELS!

Bethany
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- Wellness care

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Bethany on 42nd 4255 30th Ave South | Fargo, ND | 701.478.8900
bethanynd.org

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Bill Clough

wclough@lpicommunities.com

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THE MEDITERRANEAN DIET

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Eating a balanced diet is essential for healthy aging. However, making the right food choices isn't always as straight forward as it should be. Luckily, following nutritious diets like the Mediterranean diet has been shown to decrease risk for chronic disease and support healthy aging. In this month's article we will cover the nutrition components of the Mediterranean diet and tips on how to follow it.

What is the Mediterranean Diet?

The Mediterranean diet is a diet based on the traditional food choices of people living around the Mediterranean Sea. There is not one standard diet as there are 22 countries bordering the Mediterranean Sea, however, it generally emphasizes eating vegetables, fruits, whole grains, legumes, nuts & seeds, seafood, dairy, poultry and eggs. Additionally, the food is typically minimally processed and low in added sugars and excess saturated fat.

Because of the focus on plant-based foods like fruits, vegetables and legumes the diet is naturally rich in vitamins, minerals, fiber, antioxidants and phytochemicals. The protein sources recommended on the diet also offer a lot of nutrition. For example, fish is rich in omega 3 fatty acids which help lower inflammation and are great for brain health while eggs are a great source of choline which can help slow cognitive decline. In fact, each dietary component of the Mediterranean diet offers nutrition to support healthy aging!

Components of the Mediterranean Diet

If you're interested in following the Mediterranean diet you may be wondering, what should I eat? Below is a table of nutritious foods along with daily and weekly recommended intakes. Focusing on eating the recommended servings of these healthy foods will not only increase your overall nutrition but it will also naturally help decrease the room in your diet for processed foods and added sugars.

Food Group	Recommended Intake	Serving Size
Vegetables	4 or more servings daily	1 cup raw and ½ cup cooked
Fruits	3 servings a day	1 medium fruit or 1/2 cup fresh, frozen or canned fruit
Grains	4 or more servings of whole grains daily	1 slice of whole wheat bread, ½ cup cooked oatmeal, ½ cup pasta or rice
Fats/Oils	4 Tablespoons of olive oil daily	Olive oil, avocados or nut butters all contain healthy fats
Dried beans, nuts and seeds	3 or more servings of nuts/seeds a week and 3 or more servings of beans	1 serving of beans = ½ cup 1 serving of nuts or seeds = 1 oz. about 23 almonds or 14 walnut halves
Fish and Seafood	2-3 times a week	3 oz. of fish or 8-9 large shrimp
Dairy	2-3 servings a day	1 cup yogurt, 1.5 oz cheese, 1 cup milk
Poultry & Eggs	Choose daily to weekly	3 oz of poultry 1 egg

Tips for Following the Mediterranean Diet

- To help meet your vegetable needs, make half your plate non-starchy vegetables.
- Choose to cook with olive oil or avocado oil instead of butter.
- Work on making at least half your grains whole grains, more is better!
- Try foods like hummus, lentil soup, or chili to help increase your intake of legumes.

(Continued on page 9)

MAY 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
		1 Orange Marmalade Chicken Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread x2	2 Hamburger Whole Wheat Bun Baked Beans Tossed Salad Peaches	3 Pork Wing Baked Potato Maple Dijon Brussels Spouts Tropical Fruit Whole Wheat Bread x2
6 Tator Tot Hotdish California Blend Vegetables Pears Whole Wheat Bread x2	7 Chicken Veronique Smashed Potatoes Diced Beats Fresh Fruit Whole Wheat Bread x2	8 Pork Roast w/Gravy Baked Sweet Potato Confetti Coleslaw Cinnamon Applesauce Whole Wheat Bread x2	9 Chicken Ala Kins with WW Pasta Steamed Baby Carrots Steamed Green Beans Fresh Fruit Whole Wheat Breadstick	10 Cheesy Egg Bake Steamed Peas Steamed Cauliflower Strawberry Rhubarb Muffin Whole Wheat Bread x2
13 Ranch Chicken Thigh Baked Potato Mixed Vegetables Peaches Whole Wheat Bread x2	14 Cabbage Rolls Parsley Buttered Potatoes Winter Vegetable Blend Fresh Fruit Whole Wheat Bread x2	15 Pulled Pork Sandwich Whole Wheat Bun Potato Salad Crinkle Cut Carrots Warm Spiced Apples	16 Taco Filling & Cheese Whole Grain Tortilla x2 Black Beans Seasoned Broccoli Florets Fresh Fruit	17 Chicken Kiev Scalloped Potatoes Peas & Carrots Mandarin Oranges Whole Wheat Bread x2
20 Rosemary Orange Chicken Parmesan Garlic Potatoes Steamed Brussels Sprouts Tropical Fruit Whole Wheat Bread x2	21 Beef Stroganoff Noodles Steamed Corn Mixed Vegetables Fresh Fruit Whole Wheat Bread	22 Braised Pork Chop Baked Sweet Potato Tossed Salad Pineapple Tidbits Whole Wheat Bread x2	23 Herb Baked Fish Brown Rice Parslied Carrots Steamed Broccoli Blushing Pears	24 Swedish Meatballs Mashed Potatoes Stewed Tomatoes Fresh Fruit Whole Wheat Bread x2
27 CLOSED 	28 Bratwurst Whole Wheat Hotdog Bun Baby Baker Potatoes Steamed Corn Apricot & Patriotic Cookie	29 Garden Chicken Breast Smashed Potatoes Steamed Baby Carrots Fresh Orange Whole Wheat Bread x2	30 Smothered Pork Chop Baked Potato Confetti Coleslaw Fresh Fruit Whole Wheat Bread x2	31 Spaghetti w/ Meatsauce Steamed Cauliflower Green Beans Pineapple Tidbits 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

MAY 2024 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Orange Marmalade Chicken Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread x2	2 Hamburger Whole Wheat Bun Baked Beans Tossed Salad Peaches	3 Pork Wing Baked Potato Maple Dijon Brussels Spouts Tropical Fruit Whole Wheat Bread x2
		6 Salmon w/Hollandaise Sauce White & Wild Rice Blend Steamed Peas House Salad Pineapple Tidbits	7 Tator Tot Hotdish California Blend Vegetables Pears Whole Wheat Bread	8 Chicken Veronique Mashed Potatoes Seasoned Green Beans Fresh Fruit Whole Wheat Bread
13 Monterey Chicken Baked Potato Steamed Brussels Sprouts Peaches Whole Wheat Bread x2	14 Cabbage Rolls Parsley Buttered Potatoes Winter Vegetable Blend Fresh Fruit Whole Wheat Bread x2	15 Chicken Kiev Cheesy Whipped Potatoes Peas & Carrots Mandarin Oranges Whole Wheat Bread	16 Beef Stroganoff Noodles Tossed Salad Corn Fresh Fruit	17 Pulled Pork Sandwich Whole Wheat Bun Potato Salad Crinkle Cut Carrots Warm Spiced Apples
20 Barbecue Chicken Au Gratin Potatoes Diced Beets Tropical Fruit Whole Wheat Bread x2	21 Swedish Meatballs Mashed Potatoes & Gravy Stewed Tomatoes Fresh Fruit Whole Wheat Bread	22 Braised Pork Chop w/Gravy Baked Sweet Potato Steamed Broccoli Pineapple Tidbits Whole Wheat Bread x2	23 Herb Baked Fish Vegetable Rice Pilaf Parslied Carrots Confetti Coleslaw Blushing Pears	24 Taco Filling & Cheese Whole Grain Tortilla Black Beans House Salad Fresh Fruit
27 CLOSED 	28 Brat or Polish Sausage On a Bun Baked Beans Steamed Corn Pears Dessert	29 Gjetost Chicken Roasted Garlic Whipped Potatoes Steamed Baby Carrots Peaches	30 Smothered Pork Chop Baked Potato Confetti Coleslaw Fresh Fruit Whole Wheat Bread x2	31 Spaghetti w/Meatsauce Steamed Cauliflower Green Beans Pineapple Tidbits 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 Wheels293-1440

THE MEDITERRANEAN DIET

(Continued from page 6)

- Eat fruit, nuts, seeds, hard boiled eggs and dairy for snacks.
- Replace sugary desserts with foods that are naturally sweet like fruit or yogurt.
- Try the salmon recipe below for an easy way to include more seafood in your diet!

Easy Poached Salmon

Prep Time 10 minutes

Cook Time 10 minutes

Servings: 4 servings

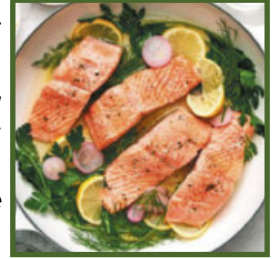
Ingredients

- 2 lemons one thinly sliced for poaching and the other quartered for squeezing on top
- 1 small shallot thinly sliced
- 3 to 4 sprigs fresh herbs (dill, parsley, cilantro, etc)
- ½ cup white wine

- ½ cup water
- 4 (6-ounce) salmon filets
- kosher salt and freshly ground black pepper to taste

Instructions

1. Prepare the poaching liquid. In a large skillet add the sliced lemon, shallot, fresh herbs, wine, and water. Bring to a simmer over medium heat.
2. Add the salmon. Place the salmon filets (skin side down) in the pan, season with salt and pepper, cover the pan, and poach for 5 to 7 minutes, depending on the thickness of the salmon.
3. Garnish and serve. Garnish the poached salmon with fresh herbs and a squeeze of lemon!



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*
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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

Dietary Solutions is also providing free upcoming webinars:

[Managing Celiac Disease and Gluten Intolerance](#)

May 16 at 10:30am CST

<https://bit.ly/NDCelliac>

Webinar ID: 988 9911 7398

Passcode: 657052

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:

[Tips and Tricks for Grocery Shopping and Label Reading](#)

May 21 at 2:00pm CST

<https://bit.ly/NDLabels>

Join our Simply Nutritious Diabetic Conversations:

[Managing Diabetes while Traveling/Dining Out](#)

May 23 at 2:00pm CST

https://bit.ly/ND_Traveling



*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 • 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.

Watch for updates regarding senior meals at the KD Café in Hunter!

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 May 7, 14, 21 & 28. South route runs May 1, 8, 15, 22 & 29. 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 May 13 & 24. 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:

Page Senior Center
May 9

Call Jill at 218-242-1379 for an appointment

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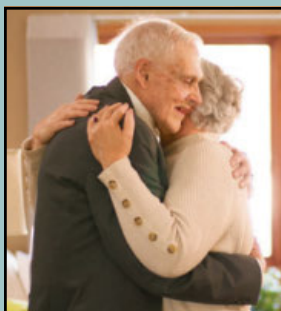
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FALL PREVENTION STRATEGIES FOR OLDER ADULTS

(Continued from front page)

Finally, syncope (fainting) can result in a fall that could harm you. Often, people will faint or pass out right after getting up due to changes in blood flow within the body. We recommend that you take 3-5 minutes between laying and standing to sit at the edge of the bed. In addition, when standing, stand near the chair until you are confident you will not pass out. Medication can be the cause of syncope such as blood pressure medication and heart medication. When making adjustments, take extra caution and consult your provider if you are experiencing lightheadedness or dizziness.

While we will do everything we can here at Sanford Heath to help you if you fall, **it is best to do everything you can to prevent the fall in the first place.** Reach out to your Primary Care Provider to discuss potential next steps for you to help prevent falls and keep living your life injury free.

References

Centers for Disease Control and Prevention, *Older Adult Fall Prevention.* <https://www.cdc.gov/falls/index.html>

RECEIVE THE SILVER QUILL BY EMAIL!



You now have the option to receive our Cass County version of the Silver Quill by email! Or, do you want to be taken off the print version and receive the digital version instead?

Just send a note to aellison@fargoparks.com that you want the newsletter emailed and if you want to be taken off the print list and we will get you added to the appropriate lists.

COFFEE WITH A COP

Wednesday, May 15

10:00-11:00 am

Rusted Rec Center

601 26th Ave E, West Fargo

Topic: Bike Patrol Team



The West Fargo Police Department “Coffee with a Cop” is a program designed to increase understanding between citizens and the police. At these events residents learn about law enforcement and can interact with officers.

This event is sponsored by the Community Outreach Programs and Services Unit (COPS). The COPS Unit organizes the department’s continued efforts to recognize West Fargo’s changing demographics and strengthen relationships with all members of the community. These efforts include community events, officers dedicated to the COPS Unit, and the completion of cultural awareness and diversity training for staff.

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](#)

Remark, Dorothy in memory of
 Connie Olson
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 Connie Olson
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 Connie Olson

\$100.00 and Above
 The Family of Connie Olson in memory of Connie Olson - \$385
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 Silver Lining Creamery - \$250

LEAVE A LASTING LEGACY BENEFITTING SENIOR CITIZENS IN NEED

Valley Senior Services Inc. has an Endowment Fund that allows for gifts to support the current needs of the organization and provides the opportunity for substantial tax benefits for the giver. Whether you choose to make a gift now or one in the future through your estate planning process, the gift can be designated to this fund.

Many of us do not have the resources presently available to support the organizations that are near and dear to our heart. However, support can be given in the future through the use of a properly worded bequest in your will or the designation of Valley Senior Services as a

beneficiary of life insurance or retirement funds such as 401K or an IRA. Valley Senior Services will work with you and your attorney to properly word a bequest or beneficiary designation to be a part of your will or trust document.

The Director of Valley Senior Services is ready to answer your gift planning questions; he can be reached at:

Paul W. Grindeland

Valley Senior Services
 2801 32nd Ave So.
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Assistance for Individuals with Vision Impairments

North Dakota has resources to assist individuals with vision deficits. North Dakota Vocational Rehabilitation (VR) can assist individuals seeking employment or individuals who are wanting to maintain their independence.

Vocational Rehabilitation

We provide high quality services to assist eligible individuals who are blind or visually impaired to obtain or maintain competitive employment. A team of specially trained vision rehabilitation specialists will work to accomplish employment needs in the home, community, workplace or school.

Older Individuals who are Blind (OIB)

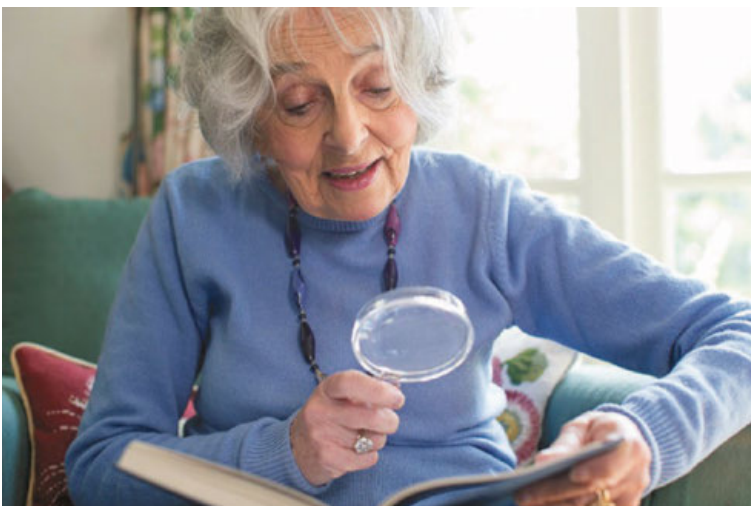
The OIB program is designed to assist individuals (over the age of 55 who have a vision deficit, are not employed, and not in a nursing facility) improve their independence in their homes and communities by enhancing their quality of life.

Employment Services include (but not limited to):

- Vocational Guidance & Counseling
- Vocational Exploration
- On-the-job Training
- Job Placement
- Resume Writing
- Interviewing Skills
- Assistive Technology
- Information and Referral

OIB Services include (but not limited to):

- Advocacy Training & Support
- Assistive Technology
 - * Magnifiers
 - * Lighting
 - * Glare Control
- Assistive Technology Training
- Communication Skills
- Independent Living Skills
- Information and Referral



Please contact us at:
Matt Bahr—VRS
701-298-4460



Connecting The Caregiver

2024 Caregiver Conference



June 12th | 1:00-4:00 PM

Hjemkomst Center, 202 1st Ave N, Moorhead, MN 56560

Join us at this year's Fargo-Moorhead collaborative caregiver conference centered around the theme of "Connecting the Caregiver." This half-day conference provides advice for managing the stress and fears of caregiving, with information and services relevant to the needs of both the caregiver and the individual being cared for. This event is free, but seating is limited.

To register, call Hope Their, 218.299.5514, or email Moorheadseniors@moorheadmn.gov, or online at Moorheadparks.activityreg.com.

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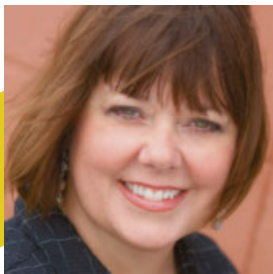


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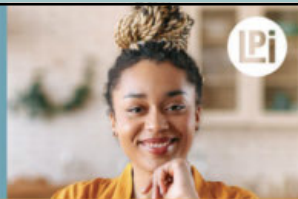
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