



MAY 2025 | VOLUME 43 NO. 5

ARE YOU ELIGIBLE FOR A RENTER'S REFUND?

APPLICATIONS DUE BEFORE JUNE 1ST

The Renter's Refund program provides a partial refund on rent for a renter's place of residence or a mobile home lot. Refunds can be up to \$400.

To be eligible for this program, you (the renter) must:

- Be 65 or older (or have a permanent disability)
- Have income of \$70,000 or less, including the income of your spouse and any dependents, for the calendar year preceding the assessment date.
- Have annual rent payments that are a certain percentage of your income. If 20% of your annual rent exceeds 4% of your annual income, you will receive a refund for the over payment. Refunds can be up to \$400.

Example: A renter pays \$450 per month in rent (\$5,400 per year) and the renter's income is \$18,000.

- 20% of \$5,400 is \$1,080
- 4% of \$18,000 is \$720

1,080 (%rent)
-720 (% income)
\$360

**The renter is entitled to \$360 refund if they meet qualifications*

Renters must apply for a refund with the North Dakota Office of State Tax Commissioner **before June 1** following the year for which the refund is claimed. The application is available at www.tax.nd.gov/renter.

Applications must be sent to:

Office of State Tax Commissioner
600 E. Boulevard Ave, Dept 127
Bismarck, ND 58505-0599

*Do you need more information or assistance applying?
Valley Senior Services can help!*

Call 293-1440 to connect with one of our Resource Specialists.



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 on Monday, May 26th

No Meals on Wheels, senior center meals/ activities or transportation



STAFF LISTING

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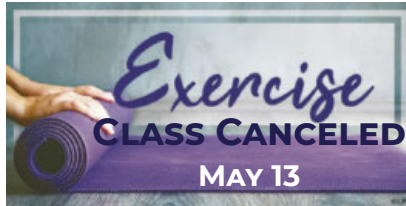
ADMINISTRATIVE ASSISTANTS

Em J.
 Kylee L.

SENIOR CENTER HIGHLIGHTS

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

May 2 - 12:30 Birthday cupcakes
 May 7 - 10:00 - 1:00 Foot care
 May 8 - 12:30 AARP Safe Driving
 Course
 May 13 - No Exercise



May 14 - 10:00 - 1:00 Foot Care
 May 21 - 10:00 - 1:00 Foot care
 May 26 - Center closed
 May 28 - 10:00 - 1:00 Foot Care
Every Monday - 12:30 Pinochle, cards
Every Tuesday - 9:30 Free exercise;
 12:30 Pinochle, cards
Every Wednesday - 10:00-2:00 Foot
 care; 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.
 reserve meals, please call 298-3976 by
 12:00 pm the day before.*

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

*West Fargo activities schedules are
 temporarily unavailable.
 We apologize for the inconvenience*

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



TROLLWOOD VILLAGE 3105 BROADWAY, FARGO DONNA 298-3975

May 7 - 1:00 Birthday cupcakes
 May 13 - 11:00 Fargo Public Library
 May 26 - Center closed
 May 27 - 11:00 Fargo Public Library
Every Monday - 9:30 Exercise
 (Theatre room); 12:30 Bingo
Every Tuesday - 12:30 Pinochle; 1:00
 Grocery bus; 2:00 Bible study in
 Library
Every Wednesday - 9:30 Exercise
 (Rosewood Rm); 12:30 Dominos;
 Whist
Every Thursday - 12:30 Bingo

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

BROADWAY STATION 1461 BROADWAY, FARGO EM 232-7936

May 26 - 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.*

**Reminder:
 Centers are closed
 May 26**

*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.*

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

THE IMPORTANCE OF FOOT CARE FOR OLDER ADULTS



Consistent care of the feet is fundamental to mobility, comfort, and independence especially in the elderly. Routine foot care is recommended for individuals living with underlying conditions such as diabetes, arterial insufficiency, gout and arthritis and those annoying corns and callouses. Sanford Home Care will provide a nurse to cut and file your toenails at Ed

Clapp Senior Center every Wednesday from 10:00 am to 1:00 pm:

ED CLAPP PARK CENTER

2801 32ND AVE S, FARGO

10:00 am - 1:00 pm

on

Wednesday, May 7

Wednesday, May 14

Wednesday, May 21

Wednesday, May 28

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).

You can also visit valleyseniorservices.org/foot-care-clinic to learn more about foot care clinics in your area.

**Your Home
Your Health**

Award-Winning Care in the comfort of your own home!

Medical and Non-Medical Services

Dakota HOME CARE
DakotaHomeCare.com

877-691-0015
701-663-5373

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Bill Clough

wclough@lpicommunities.com
(800) 950-9952 x2635

**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 | fargolibrary.org

Volunteer in Your Community

Lutheran Social Service of MN is seeking volunteers age 55 and over in your area to provide companionship to older adults. Volunteers commit to regular weekly hours for a tax-free stipend and mileage reimbursement. Please contact us at 701.389.3770 or AmeriCorpsSeniors@lssmn.org for more information and to make an impact in your community.



MAY SCHEDULE OF EVENTS:

May 7

1:00 pm

Concert with Sing from Your Heart Chorus

Hope Lutheran Church
South, Fargo

May 14

1:00 pm

Memory Café Art Show
Hjemkomst Center,
Moorhead

May 21

1:00 pm

Education: The Loneliness Epidemic with Wendy Tabor -Buth

Hope Lutheran Church
South Campus

May 28

9:30 am Moving Ahead Support Group
1122 1st Ave N, Fargo

1:00 pm Caregiver Cafe,
1122 1st Ave N, Fargo

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

A conference for healthcare professionals, care partners, person's living with mild cognitive impairment or early-stage dementia, and those interested in improving the quality of life for the memory loss community.



Redefining Memory Loss Conference

Tuesday June 3, 2025 | 8:00-4:30 | Holiday Inn | Fargo ND

This unique and local conference provides attendees the opportunity to learn from leading dementia experts. The conference will offer keynote and breakout sessions, extending an opportunity for attendees to learn valuable information, gain practical tools, and receive relevant resources, all while experiencing the empowerment that comes from connecting.

KEYNOTE SESSION	<ul style="list-style-type: none"> Understanding Dementia in 2025: What We Know, What's New, and What's Next—Dr. Stuart McCarter
SESSION 1 BREAKOUT OPTIONS	<ul style="list-style-type: none"> Overview of New Treatments in Alzheimer's Disease—Dr. Stuart McCarter How Do I Live This?—Nicky Holzworth, OT Activity Planning for People Living with Dementia—Joan Danks, CTRS
SESSION 2 BREAKOUT OPTIONS	<ul style="list-style-type: none"> Ask the Doctor—Dr. Stuart McCarter Beyond Medications - Reducing Behaviors that Challenge us in Persons Living with Dementia—Angela Lunde, MA
KEYNOTE SESSION	<ul style="list-style-type: none"> The Practice of Self-Kindness—Angela Lunde

Mayo Clinic Guest Speakers



Dr. Stuart McCarter
Neurologist—



Angela Lunde
MA—

Premier Raffle Prizes!

This Activity has been approved for up to 4.5 credits AMA PRA Category 1 Essentia Health

Cost	Before May 6	After May 6
Community Members	\$55	\$65
Community Group Rate	\$45—fill a table of 6	
Professionals	\$75	\$85
Professional Group Rate	\$65—fill a table of 6	

Register Early and Save

memorycaferrv.org



WEST FARGO POLICE DEPARTMENT COFFEE WITH A COP



**Wednesday, May 21
from 10:00 - 11:00 am
601 26th Ave E,
West Fargo**

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 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.

Volunteer SPOTLIGHT

This month we are featuring Meals on Wheels volunteer, Jodi, who has been delivering Meals on Wheels since February 2024. Here's what she has to say about volunteering:



Tell us a little bit about yourself:

I live in Horace with my Husband, Rick. We have horses and dogs and love the great outdoors. I enjoy spending time at the lake with family and friends, riding horse, running and reading .

How did you become interested in volunteering?

My parents were recipients of Meals on Wheels and I witnessed how great of a program this was for them. This is a program I support and believe in and I wanted to give back to the community in ways that I can help and hopefully make a difference.

What is your favorite part about delivering Meals on Wheels?

My absolute favorite part are the great people I get to meet on my route. I've gotten to know them and they're so kind, happy and appreciative. They give more back to me than I can ever do for them! I feel blessed to be part of this great organization!

THANK YOU, JODI, FOR YOUR DEDICATION TO MEALS ON WHEELS!

<p>Prairie Ridge Apartments Rental Criteria: 55 years of age or older and meet income criteria. Contact: Stephanie TO APPLY VISIT US IN PERSON OR EMAIL US AT stephanie@lcdgroup.org 3361 Westrac Drive So • Fargo, ND 58103 lpropertymanagement.org/property/prairie-ridge-apartments</p>	 <p>Lewis & Clark PROPERTY MANAGEMENT</p> <p>NeighborWorks CHARTERED MEMBER</p>	<p>THRIVE LOCALLY</p> 
<p>LET'S GROW YOUR BUSINESS Advertise in our Newsletter!</p> <p>CONTACT ME Bill Clough</p> <p>wclough@lpicommunities.com (800) 950-9952 x2635</p>		<p>Grow Bolder</p> <p>Growing Bolder means living life your way and Eventide is the perfect place to do it.</p> <p>EVENTIDE Senior Living Communities</p> <p>218-291-2200 eventide.org</p> <p>Moorhead Fargo West Fargo Jamestown Devils Lake</p>



DIET FOR DIVERTICULAR DISEASE

BY LANE LIPETZKY SWENSON, RD, LD, CGN

According to the National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK), around 30% of US adults over the age of 50, 50% over the age of 60 and upwards of 70% of adults over the age of 80 have diverticulosis. Diverticulosis is a condition where diverticula (small bulging pouches) form inside the colon. These diverticula often don't cause symptoms, however, they can become infected and inflamed which is considered diverticulitis. Luckily, not everyone with diverticulosis will develop diverticulitis and there are certain dietary patterns that can help decrease your risk. In this month's article we will discuss risk factors for diverticular disease and dietary patterns for prevention.

Risk Factors

As you may have noticed in the statistics above, increasing age is one of the main risk factors for diverticular disease. According to the Mayo clinic, additional risk factors include:

- A low fiber diet
- Obesity
- Smoking or heavy alcohol use
- High intake of red and processed meats
- Lack of exercise
- Low vitamin D levels
- Genetics
- Use of certain medications such as steroids, opioids and NSAIDs like ibuprofen

Not all risk factors are controllable, however, changes in diet, exercise, smoking and alcohol use and vitamin D supplementation may help decrease your risk for developing diverticulosis. If you already have diverticulosis, these changes can also decrease your risk for diverticulitis and the need for medical intervention.

Diet for Diverticular Disease

Advice used to be to avoid foods like popcorn, nuts and seeds. We now know that this is not necessary and actually may make it harder to meet your fiber needs. The latest diet recommendations are to follow a high fiber diet, drink plenty of fluids, limit red and processed meats and to be physically active. If you drink alcohol, do so in moderation and if you smoke, reduce your smoking or quit. You may also want to talk to your dietitian or doctor about vitamin D supplementation, especially in the fall and winter months. The bullet points below are specific diet recommendations for diverticular disease:


- Daily fiber recommendations: 21 grams a day for women over the age of 50 and 30 grams a day for men over 50
- Fluids: Aim for at least 8 cups, or 2 liters, of fluids a day to help soften stools and prevent constipation. This is especially important when you are increasing your fiber intake.
- There is no specific requirement on how much red or processed meat you can eat to limit your risk for diverticulitis. However, it is advisable to replace some of your red or processed meat intake with healthier alternatives such as poultry, eggs, fish, seafood and legumes for protein.
- Physical activity recommendations: at least 30 minutes of moderate physical activity (like brisk walking) 5 days a week can help reduce your risk.
- Alcohol: avoid alcohol during a flare, it can irritate your gastrointestinal tract and increase inflammation. If you choose to drink alcohol outside of a flare, do so in moderation.

Diet Progression After Diverticulitis

If you do develop diverticulitis, you may need to seek medical attention. You will likely be required to follow a clear liquid diet before advancing to a low fiber diet and eventually back to a high fiber diet. In next month's article, I will give examples of how and when to progress from clear liquids to a high fiber diet following a flare.

MAY 2025 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 Smothered Pork Chop Baked Potato Hawaiian Coleslaw Fresh Fruit Whole Wheat Bread x2	2 Spaghetti w/ Meatsauce Noodles Steamed Cauliflower Crinkle Cut Carrots Pineapple Tidbits
5 Baked Chicken Thigh Rosemary Roasted Potatoes Diced Beets Peaches Whole Wheat Bread x2	6 Lemon Pepper Fish Vegetable Rice Pilaf Creamed Peas Steamed Baby Carrots Fresh Fruit Whole Wheat Bread	7 Bronze Pork Loin Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread x2	8 Chicken & Noodles Tossed Salad Mixed Vegetables Rosy Applesauce Whole Wheat Bread	9 Meatloaf Baked Potato Stewed Tomatoes Peach n Creme Muffin Peaches Whole Wheat Bread x2
12 Potato Chip Fish Whole Wheat Bun Baked Sweet Potato Green Beans Almondine Mandarin Oranges	13 Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread	14 Tarragon Roasted Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread x2	15 Sweet & Sour Pork Brown Rice Tossed Salad Mixed Vegetables Cinnamon Applesauce	16 Country Meatballs Mashed Potatoes & Gravy Steamed Broccoli Tropical Fruit Whole Wheat Bread x2
19 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread x2	20 Chicken Wild Rice Hotdish Steamed Corn California Blend Vegetables Pineapple Tidbits Whole Wheat Bread	21 Citrus Glazed Fish Au Gratin Potatoes Seasoned Peas Pears	22 Sloppy Joe Whole Wheat Bun Potato Salad Parslied Carrots Warm Cinnamon Apples	23 Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
26 CLOSED 	27 Orange Marmalade Chicken Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread x2	28 Tuna Pasta Hotdish Peas & Carrots Green Beans Fresh Fruit Whole Wheat Bread	29 BBQ Chicken Thigh Baked Potato Maple Dijon Brussels Sprouts Tropical Fruit Whole Wheat Bread x2	30 Bratwurst Whole Wheat Bun Baked Beans Tossed Salad Angel Food Cake w/ Berries

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 2025 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Smothered Pork Chop Baked Potato Coleslaw Fresh Fruit Whole Wheat Bread	2 Pasta w/Meatsauce Steamed Cauliflower Crinkle Cut Carrots Pineapple Tidbits Whole Wheat Bread
5 Monterey Chicken Rosemary Roasted Potatoes Diced Beets Peaches Whole Wheat Bread	6 Lemon Pepper Fish Creamed Peas Steamed Baby Carrots Fresh Fruit Whole Wheat Bread	7 Roasted Pork Loin Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread	8 Chicken & Noodles Tossed Salad Mixed Vegetables Rosy Applesauce Whole Wheat Bread	9 Meatloaf Baked Potato Stewed Tomatoes Cookie Whole Wheat Bread
12 Potato Chip Fish Whole Wheat Bun Baked Sweet Potato Green Beans Almondine Mandarin Oranges	13 Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread	14 Tarragon Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread	15 Sweet & Sour Pork Brown Rice Tossed Salad Mixed Vegetables Cinnamon Applesauce	16 Country Meatballs Mashed Potatoes & Gravy Steamed Broccoli Tropical Fruit Whole Wheat Bread
19 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread	20 Chicken Wild Rice Hotdish Steamed Corn California Blend Vegetables Pineapple Tidbits Whole Wheat Bread	21 Herb Fish Au Gratin Potatoes Seasoned Peas Pears Whole Wheat Bread	22 Sloppy Joe Whole Wheat Bun Potato Salad Parslied Carrots Warm Cinnamon Apples	23 Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread
26 CLOSED 	27 Orange Marmalade Chicken Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Bread	28 Tuna Pasta Hotdish Peas & Carrots Green Beans Fresh Fruit Whole Wheat Bread	29 BBQ Chicken Thigh Baked Potato Maple Dijon Brussels Sprouts Tropical Fruit Whole Wheat Bread	30 Brat Whole Wheat Bun Baked Beans Tossed Salad Angel Food Cake w/ Berries & Whipped Topping

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
West Fargo356-2047
Casselton 347-8219
Meals on Wheels 293-1440

IMPORTANT UPDATE FROM SOCIAL SECURITY



The Social Security Administration (SSA) has taken proactive steps to enhance the security of its services by implementing stronger identity verification procedures. The updated measures will further safeguard Social Security records and benefits against fraudulent activity.

Over the month of March, SSA carefully transitioned to stronger identity proofing procedures for both benefit claims and direct deposit changes. Individuals seeking these services who cannot use their personal my Social Security account, which requires online identity proofing, will then need to visit a local Social Security office to prove their identity in person. At the same time, the agency will expedite processing all direct deposit change requests – both in person and online – to one business day. Prior to this change, online direct deposit changes were held for 30 days.

“Americans deserve to have their Social Security records protected with the utmost integrity and vigilance,” said Lee Dudek, Acting Commissioner of Social Security. “For far too long, the agency has used antiquated methods for proving identity. Social Security can better protect Americans while expediting service.”

Beginning March 31, 2025, SSA will enforce online digital identity proofing and in-person identity proofing. SSA will permit individuals who do not or cannot use the agency’s online my Social Security services to start their claim for benefits on the telephone. However, the claim cannot be completed until the individual’s identity is verified in person. The agency therefore recommends calling to request an in-person appointment to begin and complete the claim in one interaction. Individuals with and without an appointment will need to prove identity before starting a transaction. Individuals who do not or cannot use the agency’s online my Social Security services to change their direct deposit information, can visit a local office to process the change or can call 1-800-772-1213 to schedule an in-person appointment.

SSA plans to implement the Department of Treasury’s Bureau of the Fiscal Service’s payment integrity service called Account Verification Service (AVS). AVS provides instant bank verification services to proactively and timely prevent fraud associated with direct deposit change requests.

The agency will continue to monitor and, if necessary, make adjustments, to ensure it pays the right person the right amount at the right time while at the same time safeguarding the benefits and programs it administers.

People who do not already have a “my Social Security” account can create one at www.ssa.gov/myaccount/.

Information provided by the Social Security Administration at blog.ssa.gov



**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. Call 293-1440 for more info.

Don't have SNAP? You can donate in person, by mail, or online. Find out more at www.valleyseniorservices.org



ACTIVE AGERS PROGRAMS

SAIL fitness
Mondays, Wednesdays, Fridays
Free

feather yoga or chair yoga
Tuesdays in May
\$28 | 4 classes

coffee & crafts
Thursdays in May
\$40 | 4 classes



Fargo Parks is excited to offer Active Ager programs designed for those 55+ to stay engaged and active!

One of the highlights is the **Stay Active and Independent for Life (SAIL)** program, a free, evidence-based fitness class at the Fargo Parks Sports Center. Meeting on Mondays, Wednesdays, and Fridays, SAIL focuses on building strength, improving balance, and reducing the risk of falls. No registration is required—just bring comfortable clothing, a water bottle, and a willingness to move! Plus, Fargo Parks is looking for volunteers to help lead sessions, offering a great way to give back while staying active.

For those looking to combine wellness with relaxation, Fargo Parks offers **Chair Yoga, Feather Yoga, and Coffee & Crafts**.

- **Chair Yoga** provides a gentle, seated yoga practice for those needing balance support.
- **Feather Yoga** enhances flexibility and mindfulness for all fitness levels.

Both programs run in 4-week sessions on Tuesday mornings.

If crafting is more your style, join **Coffee & Crafts** at the Fargo Parks Sports Center for a fun, social hour filled with creativity and conversation. With a variety of engaging activities, Active Agers can find the perfect way to move, connect, and create!

Sign up today at:
fargoparks.com/adult-programs/active-agers



WFACP (Seniors group of West Fargo) will again sponsor an annual Extravaganza VII event May 8, 2025, 8:30 AM to 2:00 PM at the Rustad Recreation Center at 601 26th Ave. E, West Fargo. Other sponsors are Ethos, Home Instead, Valley Senior Services, City of West Fargo, and West Fargo Park District.

There is no fee, but pre-registration is required and may be done at wfparks.org or by calling 701-433-5360. They will want a full name, phone number, home address and email address (if available).

Opening speaker will be Kevin Wallevand from WDAY. Other speaker topics will include healthy senior activities, livable communities, downsizing your home, senior travels, and safe driving for seniors.

Beverages and lunch will be served. Over 30 vendor booths will be available to view and learn about. Join us for a day of fun and education!

ND SENIOR GAMES

Registration is now open for the annual North Dakota Senior Games.

Information and registration can be found at ndseniorgames.com. Registration closes August 1st.

Look for more information in our June newsletter!

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 meals.
The Café, Hunter ND (874-2100): Tuesday-Friday at 11:00-12:00. Please call ahead to order meals.
Martin’s Lutheran Church, Casselton ND (347-8219): Tues-Thurs-Fri at 11:30-12:30. Please call ahead to order meals.

CASS COUNTY COUNCIL ON AGING MEETING:

June 16 at 10:00 am in Horace

CASS COUNTY RURAL BUS SCHEDULE:

Routes:	<u>North Cass County</u>	<u>South Cass County</u>
	Hunter	Leonard
	Arthur	Kindred
	Casselton	Horace
	Fargo	Fargo

North route runs May 6, 13, 20 & 27. South route runs May 7, 14, 21, 28. Express van runs Mondays and Thursdays. Please call 356-7433 for more information or to schedule your ride. 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
June 11

Call Jill at 218-242-1379 for an appointment



*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



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](#)

Nelson, Donald & Judith

in memory of Sonja Diehl

Nelson, Donald & Judith

in memory of Joe Ruliffson

\$100.00 and Above

Dr. Michael & Marilyn Worner - \$100



Support Valley Senior Services
Your Generosity Helps Seniors Thrive

At Valley Senior Services, we are dedicated to providing essential services to seniors. Since 1971, our mission is to support those ages 60 and older, ensuring they can remain in their homes and continue to enjoy a high quality of life. Throughout our history of more than 50 years, no senior has been denied services due to an inability to pay.

Why Your Donation Matters

Every donation to Valley Senior Services directly impacts the lives of seniors in our community. Here are just a few ways your contribution helps:

- **Nutrition Program:** Ensuring seniors receive nutritious meals whether it's Meals on Wheels or in a community dining setting.
- **Transportation Services:** Providing rides to medical appointments, grocery stores, and social activities, helping seniors stay connected and active.
- **Resource Information:** Supplying valuable information to help seniors navigate available services and support.

A Growing Need

By 2025, it is projected that the age 60 and over population will comprise 25% of North Dakota's total population. To meet the needs of the increasing aging population, we have established a giving program. This initiative is crucial in preparing us financially to accommodate the growing number of seniors who will require our assistance.

Ways to Give

- **Donate Online or by Mail:** Visit our website at www.valleyseniorservices.org to make a secure online donation or send your donation to Valley Senior Services Inc. Your gift, no matter the size, will have an immediate impact.
- **Endowment Fund:** Considering donating \$5,000 or more? Our endowment fund with the Dakota Medical Foundation is the perfect option, as it helps ensure the long-term sustainability of our programs.
- **Planning Ahead:** Include Valley Senior Services in your will or estate planning. Your legacy will continue to support seniors for years to come.

We ask you to consider the unique and profound impact your donation to Valley Senior Services Inc. can have on the lives of seniors in our community. Imagine the joy and relief of a senior who receives a warm meal, a friendly visit, or a ride to a critical appointment—all thanks to your generosity. Together, we can make a lasting impact on the lives of seniors in our community and uphold our legacy of compassionate care.



2024 SERVICES DELIVERED REPORT

In 1971 Valley Senior Services began providing Congregate and Home Delivered meals, Transportation and Resource services to seniors 60 years and older in the Fargo/West Fargo area. Today, we serve seniors with meals, transportation, and resource services in six counties in southeastern North Dakota; our Metro Senior Ride Service operates in the Fargo-Moorhead metro area which includes the cities of West Fargo and Dilworth. As the population of North Dakota ages, Valley Senior Services will be prepared to provide services that help them stay independent and in their own homes for as long as possible; currently we are making plans to expand our number of meal sites and transit vehicles to keep up with demand.

2024 was a busy year for Valley Senior Services, overall, the number of meals, rides and resource visits provided by our agency increased over 2023.

SERVICES PROVIDED IN 2024

Congregate Meals

86,068

Take-out meals

64,215

Resource Service

Direct Services 1,307 hours
Home Delivered Meals 702 hours

Meals on Wheels

196,791

Transportation

54,049

VALLEY SENIOR SERVICES, INC BOARD MEETING

TUESDAY, MAY 13

9:30 AM

ED CLAPP SENIOR CENTER

2801 32ND AVE S

FARGO, ND

Please plan to attend the VSS board meeting; we will report on the accomplishments in 2024. and take comments on our Nutrition, Resource and Transportation services. During and after the board meeting, staff will take comments and answer questions about our Cass County Rural Public Transportation Services.



Preventing Medicare Fraud

ND SMP SCAM OF THE MONTH

MEDICARE'S NEW \$2,000 LIMIT ON PRESCRIPTION COSTS – WATCH OUT FOR SCAMS!

Starting January 1, 2025, Medicare will limit how much seniors must pay for prescription drugs to \$2,000 a year. This new rule applies to Medicare Part D and will help millions of people afford their medicine. But scammers might try to trick you by pretending to offer help or asking for money.

Be Careful of These Scams:

- Unwanted phone calls offering help
 - If someone calls you out of nowhere and says they can help with your Medicare drug benefits, be careful!
 - Never share personal details like your Medicare number or bank information.
- Fake fees or payments
 - Scammers might say you have to pay a fee to get the new \$2,000 cap.
 - Medicare will never ask you to pay ahead of time for benefits.
- No extra cards or paperwork needed

(Continued on page 15)

Birds of a Feather

W W E E D A K C I H C D R I B W O C S W
 O E O S T A R L I N G J U N C O P N R A
 O E K R U A L B A T R O S S U U O E J A
 D G W G R E A T B L U E H E R O N Z Q T
 T O A R K A F A L C O N C P L Y E B U R
 H L H U E R P N T N A A L G B N A F O H
 R D B H Y W O S S C R E R E A L T B E S
 U F A C V O B O I D M E V R T E I I G R
 S I L T U R U L I A K O C I D N R N R E
 H N D A L C E N R C D G M T H W D D O H
 R C E H T P A T E G N O I U F R V I S C
 E H A T U L I P N I R T M B I R X G B T
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 D B V W U H I S G K I E P E L C U N E L
 N R A O W O E B B K J O O B D K G T E F
 A A M I L U I I C A L U M I E L A I L R
 S W C E N R R O Y S C D H R E E E N R W
 L A R D D D M P I G E O N D R K S G R K

Word List:

ALBATROSS
 BLUEBIRD
 COWBIRD
 GOLDFINCH
 HAWK
 KILDEER
 NUTHATCH
 ROBIN
 STARLING
 WHOOPINGCRANE

BALDEAGLE
 BLUEJAY
 CROW
 GRACKLE
 HUMMINGBIRD
 LOONS
 PELICAN
 SANDPIPER
 TUFTEDTITMOUSE
 WOODPECKER

BALTIMOREORIOLE
 CARDINAL
 FALCON
 GREATBLUEHERON
 INDIGOBUNTING
 MOCKINGBIRD
 PIGEON
 SEAGULL
 TURKEYVULTURE
 WOODTHRUSH

BLACKBIRD
 CHICKADEE
 FLYCATCHERS
 GROSBEAK
 JUNCO
 MOURNINGDOVE
 PURPLEMARTIN
 SPARROW
 WARBLER
 WREN

SCAM OF THE MONTH

(Continued from page 13)

- If you are part of a Medicare Prescription Payment Plan, you don't need a special card or extra paperwork at the pharmacy.
- Your current Medicare or drug plan will handle everything as usual.

How to Stay Safe:

- Never share personal information with strangers on the phone or in email.
 - Don't click on unknown links in emails or texts.
- Check your Medicare statements for mistakes or charges you don't recognize.
- Treat your Medicare card like a credit card—keep it safe!
- Report suspicious activity.

Stay alert and protect yourself from scams!

Reporting Medicare fraud: If you think you have spotted fraud, report it right away. ND SMP will help seniors 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. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: NY SMP (14 Jan 2025) StateWide Fraud of the Month. Medicare Prescription Drug Cap Scams - FOX40

 <p>All Inclusive Care AT HOME AT YOUR PACE</p> <p>Our goal is to assist those 55 and over to remain living independently in their homes and communities for as long as safely possible.</p> <p>NORTHLAND PACE Senior Care Services</p> <p>northlandpace.com</p> <p>LOCATIONS Bismarck 701-751-3050 Dickinson 701-456-7387 Minot 701-857-8045 Fargo 701-412-2081</p>	<p>"You get to stay in your own home and they come to see you!"</p>  <p>House Calls Care that Comes to You</p> <p>Carolyn HOUSE CALLS PATIENT</p> <p>(800) 929-8891 CareThatComesToYou.org</p>
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