



Valley
Senior Services
helping seniors maintain independence

March
2024

VOLUME 34,
NO. 3



Silver Quill

Valley Senior Services of Traill & Steele Counties

Have Lunch With Us!



Are you looking for an affordable and nutritious lunch option? Please consider joining us for a meal at one of our conveniently located senior centers!

For adults 60+ and their spouses, there is no fee for the meals, however you can donate anonymously towards the meal program. Stop in for service with a smile and let us handle the dishes!

You must sign up for meals no later than 2:00 pm the day before you plan to eat. A registration form is required for new participants. Home Delivered Meals are available to those unable to attend a congregate dining site.

Please see pages 2 & 5 for more information and menu.

Don't have time to stay and eat? We also offer To-Go meals at all Senior centers. Grab your meal and get on with your day!

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*We will be closed
Friday, March 29th. No
Meals on Wheels,
Senior Center meals or
transportation.*

**Hannah Buzick,
Program
Assistant,
Traill & Steele
Counties
788-3453
or
1-800-
845-1715**

**County Meal &
Transportation
Coordinator:**

—Hillsboro
701-636-5953
800-845-1715

Program Assistant:

Hannah Buzick
701-788-3453

Hillsboro site:

205 N Main
PO Box 506
Hillsboro, ND 58045

Mayville site:

39 1st Ave NE
Mayville, ND 58257

Portland site:

710 Parke Ave
Portland ND, 58274

Finley site:

301 Central Ave
Finley ND, 58230

Buxton site:

315 Broadway
Buxton, ND 58218

Hope site:

Café 211
211 Steele Ave,
Hope, ND 58046
701-945-5850

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:

Director:

Paul Grindeland
Valley Senior Services
P.O. Box 2217
Fargo ND 58108
701-293-1440 or 877-827-1916

Dining Locations for Senior Meals

(Take-out meals available)

Hillsboro Senior Center – Dine-in at 12:00 pm on Monday thru Friday or take-out drive thru on the South side of the senior center.

Mayville Senior Center – Dine-in at 11:30 am on Monday, Wednesday and Friday or take-out drive thru on West side of the senior center.

Portland Senior Center – Dine-in at 11:30 am on Tuesday and Thursday or take-out pick up at front door.

Finley Senior Center – Dine-in at 12:00 pm on Monday, Wednesday and Friday or pick up take-out meals in the senior center.

Buxton Senior Center – Dine-in at 11:15 am on Monday, Wednesday and Friday or take-out at front door.

Hope (Café 211) – Dine-in at 11:30 am on Monday thru Friday or take-out is available.

Hillsboro, Buxton, Finley call: 636-5953 or 800-845-1715

Mayville/Portland call: 788-3453 (Mayville) or 788-3410 (Portland)

Hope 211 Café call: 945-5850

Please call one day in advance by 2:00 pm to reserve your meal.

To reserve a meal for Mondays, please call by 2:00 on Friday.

Trail & Steele County Foot Care

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

Mayville
March 21

Call Jill at 218-242-1379 for an appointment

Debra Lessard, RN will be providing foot care at:

Hillsboro
March 4 & 6

Buxton
March 26

Call Deb at 701-430-2074 for an appointment

Statement of Identification - Silver Quill

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To receive the Silver Quill call 293-1440 or toll free 1-877-827-1916
or e-mail us at: info@valleyseniors.org



Local Food Pantries Traill County

Hatton

Hatton Helping Hand
1009 Dakota Ave, Hatton ND
(Front door of Goose River Bank)
2nd and 4th Wednesdays
4:00 – 6:00 pm
Contact:
Donalee Strand
701-371-1036 or
Faye Duncan
701-430-9869

Hillsboro

Hillsboro Kiwanis Food Pantry
Hillsboro Armory
408 1st St. SE, Hillsboro ND
1st & 3rd Mondays
4:00-6:00 pm
Contact:
Rich Gehrke 701-436-5777

Portland

May-Port Food Pantry
713 Helen Ave, Portland
3rd Thursday—
9:00-10:00 am (for Seniors)
3:00-5:00 pm (public)
Contact:
Marilyn Koppang 218-230-3862

Steele County

Finley

Steele County Food Pantry
201 Washington Ave W,
(Courthouse) Finley, ND
Call or text:
Darci McCullough 701-789-1517
or Pam Montag 701-388-9622

CENTER HIGHLIGHTS

Mayville Senior Center

39 1st Avenue NE
701-788-3453

Meals: Mon, Wed, Fri at 11:30 am

March 4 - 1:30 monthly business meeting -
please join us for a celebration of the
Mayville Senior Center's 45th anniversary!
March 21 - Foot care at the Senior Center*
Every Tuesday - 1:30 Bingo
Every Friday - 1:30 Cards
*To rent the center, call Elva Carlson
at 788-2536.*

Hillsboro Senior Center

205 N Main Street
701-636-5953

Meals: Mon-Fri at 12:00 pm

March 28 - 1:30 Monthly business meeting
(bingo to follow)
March 4 & 6 - Foot care at Senior
Center*
Every day - 8:00 Coffee
Every Tuesday - 9:00 Bone Builders; 1:00
Senior Fun Afternoon (games, cards, etc)
Every Thursday - 9:00 Bone Builders;
1:30 Bingo
*To rent the center, call Lavonne Kozojed at
430-1229 or Marilyn Longthorne at
636-2092.*

Buxton Town & Country Senior Center

315 Broadway

Meals: Mon, Wed, Fri at 11:30 am

March 25 - 12:30 Monthly business meeting
with bingo to follow
March 26 - Foot care at Senior Center*
Every Mon, Wed & Fri - 10:00 Bone
Builders
*To rent the center, call Arlan Vonesh at
847-2102, Rose Finstrom at 847-3052 or
Wanda Knutsvig at 701-740-5751.*



Portland Golden Age Club

710 Parke Avenue
701-788-3410

Meals: Tues & Thurs at 11:30 am

March 11 - 12:00 noon potluck meal;
12:45 monthly business meeting
Every Monday - 8:00-9:30 Coffee
Every Wednesday - 8:00-9:30 Coffee;
9:30 Bone Builders; 1:00 Cards
Every Friday - 8:00-9:30 Coffee;
9:30 Bone Builders
*To rent the center, call Marie Hamm at
608-697-2106.*

Hope Senior Center

211 Steele Ave

March 5 - 1:30 Monthly business meeting
March 19 - 1:30 Social
Every Thursday - 1:30 Cards

Meals: Monday-Friday at 11:30 am

At Café 211
Call 701-945-5850
(LaDina Sanders)
*To rent the center, call Blanche Moore at
945-2478.*

Finley Senior Center

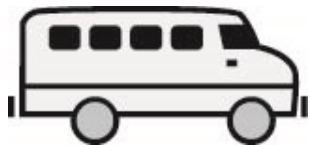
301 Central Avenue
701-524-1818

Meals: Mon, Wed, Fri at 12:00 pm

March 12 - 2:00 Social
Every Tuesday - 2:00 Cards

*See foot care schedule on page 2

Please note: If you need to report changes to your Center Highlights schedule, or have submissions to the Traill/Steele Silver Quill, please email them to Ann at aellison@fargoparks.com or call the Fargo office at 701-293-1440 or toll-free at 1-877-827-1916 and leave a message.



Steele County Transit

March 2024

Call 1 800-845-1715 or 636-5953 from 8:30AM - 3:30 PM to schedule a ride.

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

To schedule a ride, call 1-800-845-1715 (Hillsboro 636-5953) - 8:30am-3:30pm.

You must call the number listed for a ride

Monday	Tuesday	Wednesday	Thursday	Friday
Pickup Locations: <u>Aneta</u> - Cafe <u>Buxton</u> - Post Office <u>Cooperstown</u> - City Hall <u>Hatton</u> - Miller's Food <u>Hillsboro</u> - Senior Ctr <u>Northwood</u> - Senior Ctr <u>Mayville</u> -Senior Ctr <u>Galesburg</u> -Post Office <u>Portland</u> – The Hub <u>Reynolds</u> - Cafe <u>Finley</u> - Cenex <u>Sharon</u> - Bank <u>Hope</u> - Cenex				1
4	5 <u>GRAND FORKS</u> Cooperstown - 8:15 <u>call</u> Finley -8:30 <u>call</u> Sharon - 8:40 <u>call</u> Aneta - 8:55 <u>call</u> Northwood - 9:40 <u>call</u>	6 <u>FARGO</u> Finley - 8:15 <u>call</u> Sharon - 8:30 <u>call</u> Hatton - 8:50 <u>call</u> Portland - 9:15 <u>call</u> Mayville - 9:25 <u>call</u> Hillsboro -10:00 <u>call</u>	7	8
11 <u>FARGO</u> Aneta - 8:15 <u>call</u> Sharon - 8:30 <u>call</u> Finley - 8:45 <u>call</u> Hope - 9:10 <u>call</u> Page - 9:30 <u>call</u> Galesburg 10:00 <u>call</u>	12 <u>FARGO</u> Finley - 8:15 <u>call</u> Northwood -8:45 <u>call</u> Hatton - 9:15 <u>call</u> Portland - 9:30 <u>call</u> Mayville - 9:35 <u>call</u> Hillsboro - 10:00 <u>call</u>	13	14	15
18 <u>GRAND FORKS</u> Hatton - 8:45 <u>call</u> Portland - 9:15 <u>call</u> Mayville - 9:25 <u>call</u> Hillsboro - 9:55 <u>call</u> Buxton - 10:25 <u>call</u> Reynolds -10:35 <u>call</u>	19	20 <u>FARGO</u> Northwood - 8:45 <u>call</u> Hatton - 9:15 <u>call</u> Portland - 9:30 <u>call</u> Mayville - 9:35 <u>call</u> Hillsboro - 10:00 <u>call</u>	21 <u>GRAND FORKS</u> Hope - 8:10 <u>call</u> Finley - 8:30 <u>call</u> Sharon - 8:45 <u>call</u> Aneta - 9:00 <u>call</u> Northwood - 9:30 <u>call</u> GF County - <u>call</u>	22 <u>FARGO</u> Cooperstown - 8:10 <u>call</u> Luverne - 8:40 <u>call</u> Hope - 9:00 <u>call</u> Page - 9:30 <u>call</u> Galesburg - 10:00 <u>call</u>
25	26 <u>FARGO</u> Northwood - 8:45 <u>call</u> Hatton - 9:15 <u>call</u> Portland - 9:30 <u>call</u> Mayville - 9:35 <u>call</u> Hillsboro - 10:00 <u>call</u>	27 <u>FARGO</u> Sharon - 8:30 <u>call</u> Finley - 8:45 <u>call</u> Portland - 9:15 <u>call</u> Mayville - 9:25 <u>call</u> Hillsboro - 10:00 <u>call</u>	28 <u>GRAND FORKS</u> Finley - 8:30 <u>call</u> Sharon - 8:45 <u>call</u> Hatton - 9:15 <u>call</u> GF County - <u>call</u>	29

March 2024

VALLEY SENIOR SERVICES: TRAILL/STEELE MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Please call one day in advance by 2 pm Tuesday through Friday to leave reservation for a meal
(for Monday call by 2pm Friday)

Phone **636-5953** or **1-800-845-1715**

ALL MEALS INCLUDE 8oz 1% MILK

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Shrimp Scampi Pasta & Alfredo Sauce Tossed Salad & Dressing Grilled Asparagus Pineapple Tidbits Breadstick
4	5	6	7	8
Salisbury Steak w Mushroom Gravy Baked Potato w/Sour Cream Stewed Tomatoes Peaches Whole Wheat Bread x2	Chicken Veronique Smashed Potatoes Green Beans Fresh Fruit Apricots Whole Wheat Bread x2	Hamburger on a Whole Wheat Bun Mushrooms & Onions Baked Beans Pears	Chicken & Noodles Winter Blend Vegetables Steamed Peas Tropical Fruit Whole Wheat Bread	Herb Baked Fish Wild Rice Blend Baked Sweet Potato Confetti Coleslaw Mangos Whole Wheat Bread
11	12	13	14	15
Tator Tot Hotdish Crinkle Cut Carrots Applesauce Whole Wheat Bread x2	Chicken Kiev Baby Baker Potatoes Steamed Broccoli Fresh Fruit Whole Wheat Bread x2	Beef Stroganoff Noodles Corn Brussels Sprouts Mandarin Oranges Whole Wheat Bread	Braised Pork Chop Mashed Potatoes & Gravy Squash Apricots Whole Wheat Break x2	Cheesy Egg Bake Crispy Cubed Potatoes Mixed Vegetables Fresh Fruit Whole Wheat Bread x2
18	19	20	21	22
Stuffed Shells with Marinara Sauce Key Biscayne Vegetables Tossed Salad w/Dressing Pears and Festive Cookie Whole Wheat Bread	Rosemary Orange Chicken Corn Seasoned Green Beans Pineapple Tidbits Whole Wheat Bread x2	Stir Fry Pork Tossed Salad Japanese Stir Fry Veggies Peaches Whole Wheat Bread	BBQ Chicken Baby Baker Potatoes Parslied Carrots Fresh Fruit Whole Wheat Bread x2	Swedish Meatballs Mashed Potatoes Diced Beets Cinnamon Applesauce Whole Wheat Bread x2
25	26	27	28	29
Ranch Chicken Butter Parslied Potatoes Seasoned Broccoli Tropical Fruit Whole Wheat Bread x2	Cabbage Rolls Roasted Garlic Whipped Potatoes Steamed Baby Carrots Fresh Fruit Whole Wheat Bread x2	Seasoned Pork Roast with Gravy Baked Sweet Potato Creamed Peas Fresh Fruit Whole Wheat Bread x2	Chili w/Saltine Crackers Baked Potato Hot Spiced Apples Whole Wheat Bread	CLOSED 

LEGUMES

BY LANE LIPETZKY SWENSON, RD, LD, CGN



Legumes are nutritious dietary staples that have been cultivated since 11,000 BC! Today, they are an inexpensive and easy to prepare part of a healthy diet. In this month's article we will cover the definition of legumes and pulses, why they are nutritious, how much to include in your diet and a few recipes to try.

Legumes and Pulses

A legume refers to the seed, pod or other edible portion of a plant that comes from the Leguminous family while a pulse refers to just the dried seed portion of this plant. The terms are often used interchangeably to refer to a wide range of foods like beans, peas, lentils, chickpeas, peanuts and soybeans.

Nutrition

Legumes are a great source of dietary fiber, complex carbohydrates, protein, iron, folate, potassium, B-vitamins, zinc, phosphorus and phytochemicals. According to the Harvard school of Public Health eating legumes as a part of a healthy diet may help decrease the development of several chronic diseases such as cardiovascular disease, certain cancers, diabetes, obesity and they help improve gut health. The U.S. dietary guidelines, the DASH diet and the Mediterranean diet all recommend eating about 3 cups of cooked legumes a week.

Recipes

Legumes are versatile foods that you may already be eating in dishes like split pea soup, chili, hummus, rice and beans or calico beans. You may also be eating them in meat substitutes like black bean burgers or tofu. The recipes below are a few new ways to include legumes in your diet!

Garlic Parmesan White Beans (main dish)

3 Tbsp olive oil
3-4 cloves garlic, minced

2 15-ounce cans cannellini beans, rinsed
½ cup water
1 cup cherry tomatoes, halved
½ tsp red pepper flakes optional
¼ cup chopped fresh parsley
½ cup shaved parmesan cheese
Juice from half a lemon
Pepper to taste

Instructions

- In a large pan, warm extra virgin olive oil over medium heat. Add the garlic and cook briefly until golden brown.
- Add the cannellini beans and water. Season with optional red pepper flakes. Add the tomatoes. Cook, stirring occasionally until warmed through (about 10 minutes)
- Stir in the parsley, cheese, and lemon juice.
- Serve immediately with your favorite bread.

Lentil Ragout (side dish)

1 Tbsp olive oil
1 garlic clove, minced
½ yellow onion, diced
1 large carrot, peeled and diced
1 Tbsp tomato paste
1 bay leaf
½ tsp dried thyme
1 cup green lentils
3 cups vegetable stock
1 Tbsp parsley, chopped

Instructions

- Heat olive oil in a large saucepan over medium heat.
- Sauté garlic, carrot and onion until softened – around 5 minutes.
- Add tomato paste, bay leaf and thyme. Cook 2 minutes.
- Add lentils and stock. Stir, bring to simmer, then lower heat and simmer without a lid for 15 minutes until the lentils are soft.
- Stir through parsley. Taste and add more salt or pepper if needed.

Tips for Cooking Legumes:

- If you buy dried legumes, most need to be soaked to make them easier to digest and the nutrients easier to absorb. Lentils and split

(continued on page 7)

NEW PROPERTY TAX RELIEF OPTIONS AVAILABLE TO NORTH DAKOTANS

In 2023, the ND Legislature added a new tax relief credit, and expanded an existing program. These changes mean property tax relief may be available to you even if they haven't been in the past.

Renter's Refund: EXPANDED!

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.

For more information or to get an application, go to www.tax.nd.gov/renter. You may also call the State Tax Commissioner at 1-877-328-7088 option 5. If you need assistance with Rent Refunds, call our office at 683-3131 or toll-free at 877-857-3743. **Applications for rent refunds due by May 31st.**

Primary Residence Credit: NEW!

The Primary Residence Credit (PRC) provides all North Dakota homeowners with the option to apply for a state property tax credit. Homeowners with an approved application may receive up to a \$500 credit against their 2024 property tax obligation. **There are no age restrictions or income limitations for this credit.** To be eligible, you must:

- Own a home (house, mobile home, town home, duplex, or condo) in North Dakota, and reside in it as your primary residence.

For more information or to apply for the Primary Residence Credit, go to www.tax.nd.gov/prc. **Only one credit per household - apply before March 31st.** Questions? You can call 701-328-7988 or toll-free 1-877-649-0112.

Our Resource Specialists can help! If you need assistance with any of the above applications, please call our office at 683-3131 or toll-free 1-877-857-3743.

(Information provided in part by states.aarp.org/north-dakota/nd-property-tax-relief)

LEGUMES

(continued from page 6)

- peas, however, are dried legumes that you do not need to soak before preparation.
- Soak dried legumes overnight and rinse before cooking for best results.
- Use canned legumes to eliminate the soaking and cooking process. Rinse before using to reduce the sodium.
- Dried legumes are often cheaper to buy than canned but are more time consuming.
- To save time in future preparation, you can cook, drain and rinse extra legumes to put in a Ziplock bag and freeze. These can be added to soups or dishes at a later date!

Storm Policy

There will be no carry out, congregate or home delivered meals on the days that schools in the area are closed due to storm conditions. Weather related announcements can be heard by listening to KFGO 790 and KMAV 1550 radio and WDAY TV and KVLV TV.



Valley Senior Services, Inc.
P.O. Box 2217
Fargo, ND 58108

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U.S. POSTAGE PAID
FARGO, ND 58102
PERMIT NO. 1123

AARP TAX AIDE

Now is the time to get ready 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 and East Grand Forks:

Moorhead Public Library

118 5th Street South
Moorhead, MN

Open Monday and Wednesday from 9am - 3pm

Fargo Public Library

Carlson Branch - 2801 32 Ave S
Fargo, ND

Open Tuesday from 10am - 4pm

Hjemkomst Center

202 1st Avenue North
Moorhead, MN

Open Thursday from 9am - 3pm

EGF Campbell Public Library

422 4th St NW
East Grand Forks, MN

Open Wednesday from 1:30 - 5:30 pm; Friday from
9:30 am - 4:30 pm; Saturday from 10am - 1:30 pm

Appointments are required; you must call 701-850-0748 in Fargo/Moorhead and 701-850-5174 in East Grand Forks to make an appointment.

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 to determine if you qualify to file your federal and state returns for free.*