



Valley  
Senior Services

helping seniors maintain independence

April  
2024

VOLUME 34,  
NO. 4



# Silver Quill

Valley Senior Services of Traill & Steele Counties



APRIL 23

## national TAKE A CHANCE DAY

Mark your calendars for April 23, National Take A Chance Day, a day dedicated to breaking out of your comfort zone and embracing new experiences! And what better way to celebrate than by joining us for Community Dining at your local senior center? Invite a friend, partner 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 menu on pages 5!

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 2:00 pm 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. 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!

### Thank you to All Who Donated for Giving Hearts Day!

Beck, Richard & Judy  
Lundstrom, Bruce  
Monroe, Candice  
Deleon, Myrna  
Flickinger, Gerald  
Hettervig, Mavis  
Knutsvig, Wanda  
Lodges, Loretta  
Walcker, Pamela  
Moeller, David  
Moen, Darlene  
Mustad, Sandra  
Smith, Lori  
Viken, Richard  
Mayville Senior  
Citizens  
Buxton Town & Country Club  
Chore Service

#### \$100 and Above

Duane Haugerud - \$500  
Hillsboro Senior Citizens  
Assoc. Inc - \$150  
Gregory Tastad - \$100

We apologize if your donation is not listed. All donations were listed in the Cass County Silver Quill March and April editions. You can check for your donation at:  
[www.valleyseniorservices.org/senior-services/newsletters/](http://www.valleyseniorservices.org/senior-services/newsletters/)  
and click on the March and April Cass County links.

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

**County Program**

**Supervisor:**

—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:

Hatton  
April 2

Mayville  
April 4

Hope  
April 17

**Call Jill at 218-Call 242-1379 for an appointment**

Debra Lessard, RN will be providing foot care at:

Hillsboro  
April 8, 10, 15 & 17

**Call Deb at 701-430-2074 for an appointment**

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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 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**

April 1 - 1:30 monthly business  
April 2 - 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**

April 25 - 5:00 Monthly business meeting  
(bingo to follow)  
April 8, 10, 15 & 17 - 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**

April 22 - 12:30 Monthly business meeting  
with bingo to follow  
May 9 - 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**

April 8 - 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

April 2- 1:30 Monthly business meeting;  
Foot care at the Senior Center\*  
April 16 - 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**

April 15 - 2:00 Monthly business meeting  
April 23 - 2:00 Social

\*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

## April 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
<b>1</b>	<b>2</b> <b>GRAND FORKS</b> 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>	<b>3</b> <b>FARGO</b> 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>	<b>4</b>	<b>5</b>
<b>8</b> <b>FARGO</b> 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>	<b>9</b> <b>FARGO</b> 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>	<b>10</b>	<b>11</b>	<b>12</b>
<b>15</b> <b>GRAND FORKS</b> 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>	<b>16</b>	<b>17</b> <b>FARGO</b> 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>	<b>18</b> <b>GRAND FORKS</b> 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>	<b>19</b> <b>FARGO</b> 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>
<b>22</b>	<b>23</b> <b>FARGO</b> 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>	<b>24</b> <b>FARGO</b> 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>	<b>25</b> <b>GRAND FORKS</b> Finley - 8:30 <u>call</u> Sharon - 8:45 <u>call</u> Hatton - 9:15 <u>call</u> GF County - <u>call</u>	<b>26</b>
<b>29</b>	<b>30</b>	<b>Pickup Locations:</b> Aneta - Cafe Buxton - Post Office Cooperstown - City Hall Hatton - Miller's Food Hillsboro - Senior Ctr Northwood - Senior Ctr Page - Café Mayville - Senior Ctr Galesburg - Post Office Portland - The Hub Reynolds - Cafe Finley - Cenex Sharon - Bank Hope - Cenex		

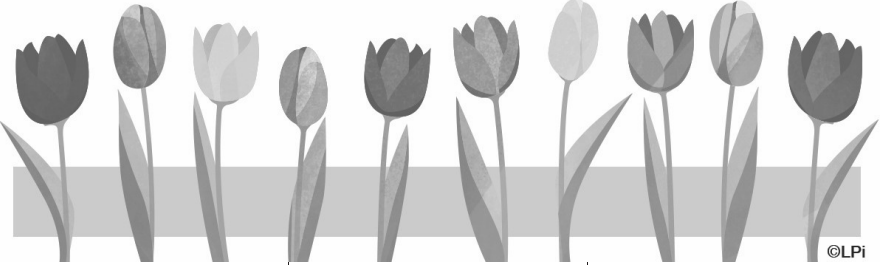
# April 2024

## 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
<b>1</b> Country Fried Steak / Country Gravy Rosemary Potatoes Parslied Carrots Tropical Fruit Whole Wheat Bread x2	<b>2</b> Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin Whole Wheat Bread x2	<b>3</b> Beef Taco Salad Tortilla Chips Salsa Fresh Berries w/ Whipped Topping	<b>4</b> Chicken Monterey Brown Rice Prince Edward Veggies Apple Whole Wheat Bread	<b>5</b> Supreme Pizza Casserole Green Beans Oregano Apricots Whole Grain Breadstick
<b>8</b> Beef Broccoli Stir Fry Brown Rice Vegetable Egg Roll Sweet & Sour Sauce Orange	<b>9</b> Lemon Pepper Fish Whipped Sweet Potato Roasted Brussel Sprouts Applesauce Whole Wheat Bread x 2	<b>10</b> Country Ham Scalloped Potatoes Corn Fruit Cocktail Carrot Cake Whole Wheat Bread x2	<b>11</b> Hamburger on a Bun Baked Beans Lettuce, Tomato, Onion Strawberries	<b>12</b> Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Tidbits Whole Grain Breadstick
<b>15</b> Turkey a la King Fluffy Rice Mixed Veggies Grapes Biscuit	<b>16</b> Chicken Fettucine Alfredo House Salad Savory Carrots Peaches / Orange Sauce Whole Grain Breadstick	<b>17</b> Mexican Meatballs Mashed Potatoes Chuckwagon Corn Deluxe Fruit Cornbread	<b>18</b> Grilled Chicken Breast Potato Salad Winter Blend Veggies Pears Whole Wheat Bread x2	<b>19</b> Honey Roasted Pork Chop Tuscany Summer Veggies Oranges/Pineapple/ Bananas Hot Spiced Apples Whole Wheat Bread x2
<b>22</b> Lasagna House Salad Wax Beans Peaches Parmesan Cheese Whole Grain Breadstick	<b>23</b> Pork Wings Au Gratin Potatoes Seasoned Snow Peas Cinnamon Bananas Whole Wheat Ciabatta Roll	<b>24</b> Beef Pot Roast Brown Gravy Mashed Potatoes Broccoli Plums Whole Wheat Bread x2	<b>25</b> Swiss Steak Baby Red Potatoes Lemon Asparagus Fresh Fruit Salad Whole Wheat Bread x2	<b>26</b> Baked Cod / Garlic Butter Lemon Dill Orzo Seasoned Zucchini Mandarin Oranges Whole Wheat Bread
<b>29</b> Chicken Kiev O'Brien Potatoes Country Blend Veggies Ginger Baked Pears / Topping Whole Wheat Bread x2	<b>30</b> Beef Tips Mushrooms / Gravy Baked Potato Green Beans Blueberries Whole Wheat Bread x2			

# 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 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

(continued on page 7)



Receive support in real-time using your telephone or computer, without the need to meet in person. Our teletherapy services are private, efficient, flexible, and keep you safe in your home.

- Caretakers who need emotional support
- Changes in appetite
- Difficulty sleeping
- Physical limitations requiring emotional support
- Fear of leaving home/isolation
- Feeling loss of independence
- Loss of interest in previously enjoy activities
- Loss of spouse or family member
- Recently experienced a traumatic event

If you would like more information, education, or would like to discuss support, please contact us at:

**Sanford Hillsboro Medical Center**  
12 Third St SE  
Hillsboro, ND 58045  
P: (701) 636-3322



## 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.

## FREE NUTRITION COUNSELING!

Better nutrition can help improve your overall health. North Dakota Health and Human Services, Adult and Aging Services Section 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 the Glycemic Index**

**April 25 at 2:00pm CST**

NORTH  
**Dakota** Be Legendary.  
Health & Human Services

## GLYCEMIC INDEX

(continued from page 6)

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.

## Annual Meeting to Be Held

**When: Thursday, April 18 at 1:00 pm**

**Where: Mayville Senior Center  
39 1st Ave NE, Mayville ND**

Please plan to attend the Traill County Senior Citizens Grantee Board, Inc Annual Meeting. We will report on our accomplishments in 2023 and take comments about our Nutrition, Resource and Transportation Services.



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

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

## **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 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](http://www.tax.nd.gov/FreeFile) to determine if you qualify to file your federal and state returns for free.*