



Valley Senior Services
helping seniors maintain independence

Silver Quill

Valley Senior Services of Trail & Steele Counties

APRIL 2025 | VOLUME 35 NO. 4

Take a Chance

Did you know that April 23rd is National Take a Chance Day - what better way to celebrate than joining us at your local Senior Centers. Stop by one of our senior centers to chit-chat, get some exercise, play a game, or check out some of our many other activities. You can find a list of sites and a schedule of activities on page 3 under Center Highlights. No need to make a reservation for activities unless noted.

Or, invite a friend or neighbor to join you for a hot, nutritious lunch, filled with good company and great food. Check out our menus on pages 5-7. If you're pressed for time, don't worry - we also offer convenient to-go meals at all our locations (see page 2 for more info).

Ready to make it a date? Simply call or drop by to sign up for a meal, no later than 2 PM the day before. Consider making a suggested donation of \$4 (for those age 60 and over; under 60 is \$11.75 per meal). Donation are anonymous, and we welcome everyone - no senior will ever be turned away due to inability to donate.

We'll even take care of the dishes!

April 23rd
is
National
Take a
Chance
Day!

Let's make National Take a Chance Day a day to remember, filled with new connections, and the joy of trying something different!



Thank you to all who donated for Giving Hearts Day!

- Beck, Judy
- Foss, R. & B.
- Heyerdahl, Donelda
- Jacobsen, Larry
- Knutsvig, Wanda
- Martin, Kay
- Moeller, David
- Moen, Darlene
- Nelson, Donna
- Portland Golden Age Club
- Skonseng, Msgr. Dennis
- Tronson, Paula
- \$100 and Above**
- Haugerud, Duane - \$500
- Hillsboro Senior Citizens Association, Inc. - \$200
- Fyre, Nancy - \$117.5
- Bakken, Norman - \$100
- Bohm, Bradley & Michelle - \$100

- Buxton Town & Country Club Chore Service - \$100
- Magidson, Diane & Nora Bakkum - \$100
- Reinbold, Lorraine - \$100
- Tastad, Gregory - \$100

We apologize if a name was missed - some names may also be in the April Cass County Silver Quill under the "About Us" tab at valleyseniors.org



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



valleyseniorservices.org



701-788-3453
800-845-1715 (toll-free)

Information and referrals always available by contacting Trail & Steele Program Assistant, Hannah, at the numbers above!

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Valley Senior Services will be closed on Friday, April 18th

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



Valley Senior Services Trail & Steele Counties

www.valleyseniorservices.org

County Program Supervisor:

Mia—Hillsboro
701-636-5953
800-845-1715

Program Assistant:

Hannah
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

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. See menu on p. 5.

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. See menu on p. 6.

Portland Senior Center – Dine-in at 11:30 am on Tuesday and Thursday or take-out pick up at front door. See menu on p. 6.

Buxton Senior Center – Dine-in at 11:15 am on Monday, Wednesday and Friday or take-out at front door. See menu on p. 7.

Finley Senior Center – Dine-in at 12:00 pm on Monday, Wednesday and Friday or pick up take-out meals in the senior center. See menu on p. 7.

Hillsboro, Buxton, Finley call:
701-636-5953 or 800-845-1715

Mayville/Portland call:
701-788-3453 (Mayville)
701-788-3410 (Portland)

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

For services in Hillsboro and Buxton contact Deb Lessard. All other locations contact Jill Kent. Cost for this service is \$35.00.

In February, Just For You Footcare will be providing footcare at:

Hope
April 2

Hatton
April 22

Call Jill at 218-242-1379 for appointment.

Debra Lessard, RN will be providing foot care at:

Hillsboro
April 2, 9 & 23

Buxton
April 10

Call Deb at 701-430-2074 for appointment

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To receive the Silver Quill call 701-293-1440 or toll free 1-877-827-1916
or e-mail us at: info@valleyseniors.org



Local Food Pantries Trail County

Hatton

Hatton Helping Hand
1009 Dakota Ave, Hatton ND
(Goose River Bank front door)
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

Hillsboro Senior Center

205 N Main Street
701-636-5953

Meals: Mon-Fri at 12:00 pm

April 2, 9, & 23 - Foot care at Senior Center*
April 24 - 1:30 Monthly business meeting (bingo to follow); **Join us for a presentation on the Senior Companion Program by LSS before the business meeting**

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 701-430-1229 or Marilyn Longthorne at 636-2092.

Mayville Senior Center

39 1st Avenue NE
701-788-3453

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

April 5 - 10:00 Freewill Rummage Sale

April 7 - 1:30 Monthly business

Every Tuesday - 1:30 Bingo

Every Friday - 1:30 Cards

To rent the center, call Connie Mangan at 701-430-1981.

Finley Senior Center

301 Central Avenue
701-524-1818

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

April 8 - 2:00 Monthly meeting

April 22 - 2:00 Social

Every Tuesday - 2:00 Cards

Hope Senior Center

211 Steele Ave

April 2 - Foot care at Senior Center*

March 4 - 1:30 Monthly business meeting

March 18 - 1:30 Social

Every Thursday - 1:30 Cards

To rent the center, call Edith Johnson at 701-840-1904.

*See foot care schedule on page 2

Buxton Town & Country Senior Center

315 Broadway

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

April 10 - Foot care at Senior Center*

April 21 - 2:00-4:00 Pie Day

April 28 - 12:30 Monthly business meeting with bingo to follow

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 14 - 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.

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 - all to benefit the seniors in our community. We are grateful for your support in helping seniors maintain their independence.

This program would not be possible without you!

THE UN-BEET-ABLE VEGETABLE!

BY LANE LIPETZKY SWENSON, RD, LD, CGN



Beets are a nutritious vegetable that can bring a pop of color to any meal! They are packed with vitamins, minerals and phytonutrients

that are crucial for our health. According to the American Heart Association (AHA), eating beets may help lower blood pressure, maintain healthy cells, reduce inflammation and reduce the risk for chronic diseases like cardiovascular disease. The AHA goes on to say that some studies suggest they could even protect against memory loss. In this month's article we will look into why both beetroots and greens are nutritious and I'll share a few recipes to help include them in your diet.

Why are beets nutritious?

Beetroot is a great source of vitamins C, A and folate (vitamin B9) as well as the mineral potassium. Beetroot is also packed with phytonutrients like betalain which gives the beets their red color. Betalains are known to be both antioxidants and anti-inflammatory agents meaning they can help repair cell damage and reduce risk of chronic disease. Additionally, beets contain nitrates which are plant-based compounds that may help to lower blood pressure.

There are many ways to prepare beetroots like adding them to salads or coleslaws, roasting or baking them, or you can even blend them into dips or smoothies. It is healthy to eat beets both raw and cooked, however, they will retain more nutrition if eaten raw. The best way to cook them to retain the most nutrition is to steam them for less than 15 minutes or roast them for less than an hour. Boiling or canning beets will lower the vitamin C, folate and betalain levels. If you do can or boil the beets, consume the water or canning liquid for the extra nutrition.

Beet greens are typically the less popular part of the beet but they are also packed with nutrition. They have high levels of both vitamin A and vitamin K and they are a great source of lutein and zeaxanthin, phytonutrients that are important for eye health. Beet greens will retain most of their nutrition even when they are cooked. Common ways to prepare beet greens include sautéing them or adding them to salads raw. They can be fairly bitter when eaten raw so pick young, tender leaves and pair them with strong flavors like lemon.

Phytonutrient definition– substances produced by plants that are beneficial to human health.

RECIPES

Sauteed Beet Greens

Author: Love & Lemons Website

- 1 bunch beet greens · 1 teaspoon extra-virgin olive oil · 1 garlic clove, finely chopped
- Sea salt and freshly ground black pepper
- 2 tablespoons golden raisins
- Lemon wedge, for squeezing
- 1 tablespoon chopped walnuts or pistachios

Instructions

1. Separate the stems from the beet greens. Finely chop the stems and coarsely chop the leaves.
2. Heat the olive oil in a large skillet over medium heat. Add the garlic and the beet stems and cook, stirring, for 1 minute. Add the beet greens, a few pinches of salt, and several grinds of pepper. Sauté, tossing, until just wilted.
3. Turn off the heat, add the raisins, and squeeze with lemon juice. Toss to combine. Transfer to a platter, top with the walnuts, and season to taste with more salt and pepper.

(Continued on page 6)

April 2025

Hillsboro (701-636-5953)


See pages 6-7 for all site menus - info on ordering a meal for all sites on page 2

MEALS ON WHEELS & 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 **701-636-5953** or **1-800-845-1715**

ALL MEALS INCLUDE 8oz 1% MILK

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Garlic Oregano Chicken Company Potatoes Peas & Carrots WB-2 Pineapple	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Banana Wheat Dinner Roll	3 Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley Peaches WG Breadstick	4 Mexican Meatballs Mashed Potatoes Mexican Corn WB-2 Honeydew Cubes
7 Cheeseburger Dijon Red Potatoes Peas Grapes	8 Country Beef & Veg Soup Egg Salad on Wheat Tomato & Cucumber Salad Lettuce & Tomato Slice Pear	9 House Salad Stuffed Manicotti Marinara Sauce Italian Green Beans Cantaloupe WG Breadstick Chocolate Cake	10 Tuna Noodle Casserole California Blend Veggies Wheat Dinner Roll Mandarin Oranges	11 Oven Fried Chicken Baked Beans Potato Salad WB-2 Peach Crisp
14 Grilled Salmon Ckd Mashed Potatoes Dilled Baby Carrots Raspberries WW Bread	15 Chicken Supreme Confetti Rice Broccoli Mixed Fruit	16 EASTER DINNER Country Ham Scalloped Potatoes Brussel Sprouts WG Bread Banana Glorified Rice	17 Beef & Cabbage Bake Winter Blend Veggies Cantaloupe WG Biscuit	18 Closed If you would like an additional hot meal on Tuesday, please call the office.
21 Pulled Pork on Bun Rosemary Potatoes Italian Vegetable Blend Strawberries	22 Meatloaf & Gravy Chive Mashed Potatoes Squash Pineapple W Dinner Roll	23 Chicken & Noodles Seasoned Green Peas WG Bread Applesauce Margarine	24 Broccoli Salad Garlic Shrimp Angel Hair Pasta Capri Blend Veggies Peach Applesauce	25 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots WB-2 Mixed Fruit
28 RS Country Fried Steak Brown Gravy Roasted Red Potatoes Corn Blueberries WW Bread	29 Option 1:Liver & Onions Option 2:Salisbury Steak Mashed Potatoes Broccoli Raspberries WW Bread	30 Lasagna House Salad Herbed Green Beans Peaches WW Bread Parmesan Cheese		

Mayville (701-788-3453)-Portland (701-788-3410)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 - PORTLAND Garlic Oregano Chicken Company Potatoes Peas & Carrots Pineapple	2 - MAYVILLE Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Banana	3 - PORTLAND Baked Fish w/Dill Sauce Italian Pasta Salad Squash Medley Peaches	4 - MAYVILLE Mexican Meatballs Mashed Potatoes Mexican Corn Honeydew Cubes
7 - MAYVILLE Cheeseburger Dijon Red Potatoes Peas Grapes	8 - PORTLAND Country Beef & Veg Soup Egg Salad on Wheat Tomato & Cucumber Salad Pear	9 - MAYVILLE House Salad Stuffed Manicotti Italian Green Beans Chocolate Cake	10 - PORTLAND Tuna Noodle Casserole California Blend Veggies Wheat Dinner Roll Mandarin Oranges	11 - MAYVILLE Oven Fried Chicken Baked Beans Potato Salad Peach Crisp
14 - MAYVILLE Grilled Salmon Ckd Mashed Potatoes Dilled Baby Carrots Raspberries	15 - PORTLAND Chicken Supreme Confetti Rice Broccoli Mixed Fruit Bread x1	16 - MAYVILLE EASTER DINNER Country Ham Scalloped Potatoes Brussel Sprouts Glorified Rice	17 - PORTLAND Beef & Cabbage Bake Winter Blend Veggies Cantaloupe WG Biscuit	18 - CLOSED If you would like an additional hot meal on Tuesday, please call the office.
21 - MAYVILLE Pulled Pork on Bun Rosemary Potatoes Italian Vegetable Blend Strawberries	22 - PORTLAND Meatloaf & Gravy Chive Mashed Potatoes Squash Pineapple	23 - MAYVILLE Chicken & Noodles Seasoned Green Peas Applesauce Garlic Toast	24 - PORTLAND Broccoli Salad Garlic Shrimp Angel Hair Pasta Capri Blend Veggies	25 - MAYVILLE Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Mixed Fruit
28 - MAYVILLE RS Country Fried Steak Brown Gravy Roasted Red Potatoes Corn	29 - PORTLAND Option 1:Liver & Onions Option 2:Salisbury Steak Mashed Potatoes	30 - MAYVILLE Lasagna House Salad Herbed Green Beans Peaches		

THE UN-BEET-ABLE VEGETABLE!

(Continued from page 4)

Roasted Beets

Author: Jeanine Donofrio

- 6 medium beets, tops removed, scrubbed well · Extra-virgin olive oil, for drizzling
- Sea salt and freshly ground black pepper

Instructions

1. Preheat the oven to 400°F.
2. Place each beet on a piece of foil. Drizzle generously with olive oil and sprinkle with salt and pepper. Wrap the beets in the foil, place on a baking sheet, and roast for 35 to 60 minutes, or until fork-tender. The timing will depend on the size and freshness of the beets.
3. Remove the beets from the oven, remove the foil, and set aside to cool. When the beets are cool to the touch, peel off the skins.

Shredded Raw Beet Salad Recipe

Author: Krissi Alori

- 3 medium to large beets peeled and trimmed
- 1 Valencia orange with zest
- 1 lime with zest · 2 tablespoons olive oil
- salt to taste
- 1/2 cup chives minced

Instructions

1. Shred 3 medium to large beets and add to bowl. Add zest and juice from an entire Valencia orange. Add zest and juice from lime to taste (this amount is subjective).
2. Add 2 tablespoons olive oil and toss to combine. Add salt to taste and toss to combine.
3. Add 1/2 cup chives just before serving

Buxton (701-847-2069)

	Wednesday	Friday
	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Banana	4 Mexican Meatballs Mashed Potatoes Mexican Corn Honeydew Cubes
7 Cheeseburger Dijon Red Potatoes Peas Grapes	9 House Salad Stuffed Manicotti Marinara Sauce Italian Green Beans Chocolate Cake	11 Oven Fried Chicken Baked Beans Potato Salad Peach Crisp
14 - Monday Grilled Salmon Ckd Mashed Potatoes Dilled Baby Carrots Raspberries	15 - Tuesday Chicken Supreme Confetti Rice Broccoli Mixed Fruit	16 - Wednesday EASTER DINNER Country Ham Scalloped Potatoes Brussel Sprouts Glorified Rice
21 Pulled Pork on Bun Rosemary Potatoes Italian Vegetable Blend Strawberries	23 Chicken & Noodles Seasoned Green Peas Applesauce	25 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Mixed Fruit
28 RS Country Fried Steak Brown Gravy Roasted Red Potatoes Corn	30 Lasagna House Salad Herbed Green Beans Peaches	

Finley (701-524-1818)

	Wednesday	Friday
	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Banana	4 Mexican Meatballs Mashed Potatoes Mexican Corn Honeydew Cubes
7 Cheeseburger Dijon Red Potatoes Peas Grapes	9 House Salad Stuffed Manicotti Marinara Sauce Italian Green Beans Chocolate Cake	11 Oven Fried Chicken Baked Beans Potato Salad Peach Crisp
14 - Monday Grilled Salmon Ckd Mashed Potatoes Dilled Baby Carrots Raspberries	15 - Tuesday Chicken Supreme Confetti Rice Broccoli Mixed Fruit	16 - Wednesday EASTER DINNER Country Ham Scalloped Potatoes Brussel Sprouts Glorified Rice
21 Pulled Pork on Bun Rosemary Potatoes Italian Vegetable Blend Strawberries	23 Chicken & Noodles Seasoned Green Peas Applesauce	25 Creamed Turkey Dutchess Potatoes Glazed Baby Carrots Mixed Fruit
28 RS Country Fried Steak Brown Gravy Roasted Red Potatoes Corn	30 Lasagna House Salad Herbed Green Beans Peaches	

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
 - 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.



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

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

Steele County Transit - April 2025

Aneta - Buxton - Cooperstown - Hatton - Hillsboro - Northwood - Page - Mayville - Galesburg - Portland - Reynolds - Finley - Sharon - Hope - Rural Grand Forks County as noted

To schedule a ride, call: 1 (800) 845-1715 or (701) 636-5953 at least 2 days in advance.

The cost for these rides is \$8.00 per person.

Rides will be provided on a first call, first serve basis. Hours spent in Fargo and Grand Forks will be between 9:30am to 2:30pm unless all riders are ready to leave earlier.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>GRAND FORKS</u> GF County	2	3	4 <u>FARGO</u>
7 <u>FARGO</u>	8	9 <u>FARGO</u>	10	11
14 <u>FARGO</u>	15 <u>GRAND FORKS</u> GF County	16	17 <u>GRAND FORKS</u> GF County	18 Closed
21 <u>FARGO</u>	22	23 <u>FARGO</u>	24 <u>GRAND FORKS</u> GF County	25 <u>FARGO</u>
28	29	30		

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.