



Valley Senior Services of Traill & Steele Counties

APRIL 2026 | VOLUME 36 NO. 4



We are truly overwhelmed with gratitude - to every donor who gave, to every volunteer who shared our mission, to every business and community partner who supported us, and to every person who liked, commented, and spread the word about Giving Hearts Day on February 12th - thank you!

Your generosity ensures seniors across six counties will continue receiving nutritious meals, transportation, and essential services. It means more warm meals delivered. More safe rides to appointments. More connection. More independence.

The needs will continue long after Giving Hearts Day. 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.

Every gift matters. Together, we can make a lasting impact on the lives of seniors in our community and uphold our legacy of compassionate care.

From all of us at Valley Senior Services, and from the seniors who lives will be better because of your donation, thank you for showing up with such heart.

See page 4 for acknowledgements of our Giving Hearts Day donors.



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



valleyseniorservices.org



701-636-5953
800-845-1715 (toll free)

Information and referrals always available by contacting Traill & Steele Program Assistant, Ashley, at 701-636-5954

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Valley Senior Services will be closed on April 3

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



Valley Senior Services Trall & Steele Counties

www.valleyseniorservices.org

County Program Supervisor:

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

Program Assistant:

Ashley
701-636-5954

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.

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.

To sign up for meals, call:

701-636-5954

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.

Just For You Footcare will be providing footcare at:

Mayville
April 4 & 16

Call Jill at 218-242-1379 for appointment.

Debra Lessard, RN will be providing foot care at:

Hillsboro
April 1, 15 & 20

Buxton
April 30

Call Deb at 701-430-2074 for schedule and appointment

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 701-293-1440 or toll free 1-877-827-1916
or e-mail us at: info@valleyseniors.org

CENTER HIGHLIGHTS

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:
Brittany Olson 701-330-9736
or Courtney Nygaard
701-789-1743

Hillsboro Senior Center

205 N Main Street
701-636-5954

Meals: Mon-Fri at 12:00 pm

April 1, 15, 20 - Foot care at Senior Center*
April 23 - 1:30 Monthly business meeting (bingo to follow)
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 6 - 1:30 Monthly business meeting
April 4 & 16- Foot care at Senior Center*
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

Every Tuesday - 2:00 Cards

Portland Golden Age Club

710 Parke Avenue
701-788-3410

Meals: Tues & Thurs at 11:30 am

April 13 - 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.

Buxton Town & Country Senior Center

315 Broadway

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

April 20 - 2:00-4:00 Pie/Coffee Day
April 27 - 12:30 Monthly business
April 30 - Foot care at Senior Center*
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.

Hope Senior Center

211 Steele Ave

April 7 - 1:30 Monthly business meeting
April 21 - 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

Word Twist Answers 

©LP!

Cardinals

Twins
Brewers
Giants

Astros
Dodgers
Yankees

Rockies
Braves
Diamondbacks

HEALTHY EATING & MEAL PLANNING

What Does Healthy Eating Really Mean?

Healthy eating is more than just eating enough servings of fruits and vegetables. The phrase “**healthy eating**” involves focuses on adding a variety of vegetables, fruits, whole-grains and low-fat dairy options to your meals. It also emphasizes the importance of prioritizing nutritious proteins, such as lean meats, omega-3 rich fish, nuts, seeds, beans and legumes. In addition to choosing more healthy options for your meals, a healthy eating mindset must also take into consideration how much sodium, added sugar, fats and cholesterol are in your diet. It is important to keep in mind that healthy eating is specific to each individual and their dietary, health condition and weight management needs. It is always a great idea to consult your healthcare professional team for guidance on the healthy eating plan that works best for you and your body.

Benefits of Eating Healthy

- Increased fiber intake from more fruit and vegetable consumption
- Decreased risk of developing heart disease, diabetes, hypertension, and certain cancers
- Added vitamins and minerals
- Diversified tastebuds can be developed
- Appropriate weight maintenance

How to Start Eating Healthy

Making healthier food choices can seem overwhelming, especially those with more specific food preferences. The best place to start when making healthier food choices is to begin with the nutrient dense foods you already enjoy the most. From there, you can begin slowly trying new foods, such as new fruit and vegetable varieties. You may be surprised with which foods you end up enjoying. Another path to healthy eating is switching up the way you cook your food. Frying food with oils high in saturated fats can add unnecessary calories and fat. Instead, you can try roasting or baking your dishes using a small amount of cooking spray. Do you love pasta but are trying to cut back on complex carbohydrates? In this case, try healthier pasta swaps, such as whole wheat pasta or a vegetable instead. Zucchini cut into noodle shapes or spaghetti squash is a great alternative to pasta and can add fiber, vitamins and minerals.

All it takes are small steps to make positive changes!

Resources:

https://www.cdc.gov/healthyweight/healthy_eating/index.html

<https://www.who.int/initiatives/behealthy/healthy-diet#:~:text=A%20healthy%20diet%20is%20essential,are%20essential%20for%20healthy%20>

GIVING HEARTS DAY CONTRIBUTORS

Beck, Richard
Buxton Town &
Country Club
Dokken, Barb
(AE2S match)
Hettervig, Mavis
Jacobsen, Larry
Johnson, Cheryl
Marchand,
Jamison

Moeller, David
Monroe, Candice
Mustad, Allen &
Sandra
Nelson, Donna
Skonseng, Msgr.
Dennis
Sorteberg,
Timothy
Walcker, Pamela

\$100.00 and Above

Haugerud, Duane - \$500
Wolla, Martin - \$300
Hillsboro Senior Citizens -
\$200
Bergantine, Richard - \$100
Bohm, Bradley - \$100
Foss, Becky - \$100

Gapp, Karen - \$100
Lundstrom, Bruce -
\$100
Reinpold, Lorraine -
\$100
Tastad, Greg - \$100

APRIL 2026

Hillsboro (701-636-5954)


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 **701-636-5954**

ALL MEALS INCLUDE 8oz 1% MILK

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
|  | | 1 - Easter Dinner Country Ham Scalloped Potatoes Glazed Carrots Strawberries Cheesecake Hot Crossed Buns | 2 Potato Chive Crusted Cod Cheesy Hashbrowns Baked Beans Cinnamon Applesauce Wheat Bread x 2 | 3 CLOSED If you would like an additional meal on Tuesday, please call the office. |
| 6 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Apple | 7 Mongolian Beef Brown Rice Oriental Blend Veggies Banana | 8 Chicken Salad on Wheat Chickpea Salad Lettuce, Tomato, Onion Watermelon Cake | 9 Manhattan Meatballs Brown Rice Seasoned Broccoli House Salad Seasonal Fresh Fruit Wheat Bread x 1 | 10 Beef Hungarian Goulash Macaroni Pasta w/ Parsley Peas Mixed Berries Breadstick |
| 13 Parmesan Chicken Angel Hair Pasta/ Marinara Italian Blend Veggies Fruit Salad Breadstick | 14 Eggs Benedict Casserole Hollandaise Sauce Rosemary Potatoes Lemon Garlic Asparagus Peaches & Yogurt | 15 Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew Hawaiian Roll | 16 Italian Turkey Meatloaf Boiled Potatoes Roasted Brussels Sprouts Berry Crisp Wheat Roll | 17 BBQ Pork Ribs Au Gratin Potatoes Squash Fresh Whole Orange Wheat Bread x 2 |
| 20 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches Wheat Bread x 2 | 21 Grilled Salmon Mashed Potatoes Dilled Baby Carrots Kiwi Wheat Bread x 2 | 22 Chili w/ Beans House Salad Cornbread Fruit Wheat Crackers | 23 Tortellini w/ Meat Sauce Broccoli Salad Italian Green Beans Fruit Cocktail Breadstick | 24 Garlic Oregano Chicken Company Potatoes Herbed Green Beans Grapes Wheat Bread x 2 |
| 27 Sloppy Joe on Bun Potato Wedges Baked Beans Orange | 28 Option 1: Liver & Onions Option 2: Garlic Steak Bites Horseradish Potatoes Winter Blend Veggie Gala Apple Wheat Bread x 2 | 29 Chicken & Noodles Seasoned Green Peas Cantaloupe Wheat Bread x 1 | 30 Crispy Pork Loin White & Wild Rice Blend Sicilian Blend Veggies Marinated Cucumbers Pineapple Wheat Bread x1 | |

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| | | 1 - MAYVILLE Country Ham Scalloped Potatoes Glazed Carrots Strawberries/Cheesecake | 2 - PORTLAND Potato Chive Crusted Cod Cheesy Hashbrowns Baked Beans Cinnamon Applesauce | 3 - MAYVILLE CLOSED - If you would like an additional meal on Tuesday, please call the office. |
| 6 - MAYVILLE BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Apple | 7 - PORTLAND Mongolian Beef Brown Rice Oriental Blend Veggies Banana | 8 - MAYVILLE Chicken Salad on Wheat Chickpea Salad Watermelon Cake | 9 - PORTLAND Manhattan Meatballs Brown Rice Seasoned Broccoli House Salad | 10 - MAYVILLE Beef Hungarian Goulash Macaroni Pasta w/ Parsley Peas Mixed Berries |
| 13 - MAYVILLE Parmesan Chicken Angel Hair Pasta/ Marinara Italian Blend Veggies Fruit Salad | 14 - PORTLAND Eggs Benedict Casserole Hollandaise Sauce Rosemary Potatoes Lemon Garlic Asparagus Peaches & Yogurt | 15 - MAYVILLE Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew Hawaiian Roll | 16 - PORTLAND Italian Turkey Meatloaf Boiled Potatoes Roasted Brussels Sprouts Berry Crisp | 17 - MAYVILLE BBQ Pork Ribs Au Gratin Potatoes Squash Fresh Whole Orange |
| 20 - MAYVILLE Roast Beef & Gravy Dijon Red Potatoes Corn Peaches | 21 - PORTLAND Grilled Salmon Mashed Potatoes Dilled Baby Carrots Kiwi | 22 - MAYVILLE Chili w/ Beans House Salad Cornbread Fruit Wheat Crackers | 23 - PORTLAND Tortellini w/ Meat Sauce Broccoli Salad Italian Green Beans Fruit Cocktail | 24 - MAYVILLE Garlic Oregano Chicken Company Potatoes Herbed Green Beans Grapes |
| 27 - MAYVILLE Sloppy Joe on Bun Potato Wedges Baked Beans Orange | 28 - PORTLAND Opt 1: Liver & Onions Opt 2: Garlic Steak Bites Horseradish Potatoes Winter Blend Veggie | 29 - MAYVILLE Chicken & Noodles Seasoned Green Peas Cantaloupe Whole Pear | 30 - PORTLAND Crispy Pork Loin White & Wild Rice Blend Sicilian Blend Veggies Marinated Cucumbers Pineapple | |

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 and 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!



VOLUNTEERS DON'T
NECESSARILY HAVE TIME ...
THEY JUST HAVE
heart.

©LPI

Buxton (701-847-2069)

| Monday | Wednesday | Friday |
|---|--|---|
| 1 - Wednesday Country Ham Scalloped Potatoes Glazed Carrots Strawberries Cheesecake | 2- Thursday Potato Chive Crusted Cod Cheesy Hashbrowns Baked Beans Cinnamon Applesauce | 3 CLOSED |
| 6 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Apple | 8 Chicken Salad on Wheat Chickpea Salad Watermelon Cake | 10 Beef Hungarian Goulash Macaroni Pasta w/ Parsley Peas Mixed Berries |
| 13 Parmesan Chicken Angel Hair Pasta/ Marinara Italian Blend Veggies Fruit Salad | 15 Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew | 17 BBQ Pork Ribs Au Gratin Potatoes Squash Fresh Whole Orange |
| 20 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches | 22 Chili w/ Beans House Salad Cornbread Fruit Wheat Crackers | 24 Garlic Oregano Chicken Company Potatoes Herbed Green Beans Grapes |
| 27 Sloppy Joe on Bun Potato Wedges Baked Beans Orange | 30 Chicken & Noodles Seasoned Green Peas Cantaloupe | |

Finley (701-524-1818)

| Monday | Wednesday | Friday |
|---|--|---|
| 1 - Wednesday Country Ham Scalloped Potatoes Glazed Carrots Strawberries Cheesecake | 2- Thursday Potato Chive Crusted Cod Cheesy Hashbrowns Baked Beans Cinnamon Applesauce | 3 CLOSED |
| 6 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Apple | 8 Chicken Salad on Wheat Chickpea Salad Watermelon Cake | 10 Beef Hungarian Goulash Macaroni Pasta w/ Parsley Peas Mixed Berries |
| 13 Parmesan Chicken Angel Hair Pasta/ Marinara Italian Blend Veggies Fruit Salad | 15 Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew | 17 BBQ Pork Ribs Au Gratin Potatoes Squash Fresh Whole Orange |
| 20 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches | 22 Chili w/ Beans House Salad Cornbread Fruit Wheat Crackers | 24 Garlic Oregano Chicken Company Potatoes Herbed Green Beans Grapes |
| 27 Sloppy Joe on Bun Potato Wedges Baked Beans Orange | 30 Chicken & Noodles Seasoned Green Peas Cantaloupe | |

Word Twist Baseball Teams

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!

| BATTER | BALL | STRIKE | OUT |
|--------|------|--------|-----|
| 0 8 | 2 | 3 | 1 |

| P | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---------|---|---|---|---|---|---|---|---|---|----|
| SI AWAY | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 |
| SB HOME | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |



- cokries _____
- vabres _____
- mabcdiaksdon _____
- sarost _____
- gedodsr _____
- senykea _____
- wnist _____
- serrewb _____
- tsagin _____
- nlascdria _____

Word Twist Solution on page 3



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 2026

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 | 2 | 3 CLOSED |
| 6 | 7 <u>GRAND FORKS</u> GF County | 8 <u>FARGO</u> | 9 <u>GRAND FORKS</u> GF County | 10 |
| 13 <u>FARGO</u> | 14 | 15 | 16 | 17 <u>FARGO</u> |
| 20 <u>FARGO</u> | 21 <u>GRAND FORKS</u> GF County | 22 <u>FARGO</u> | 23 <u>GRAND FORKS</u> GF County | 24 <u>FARGO</u> |
| 27 <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.