



Valley Senior Services
helping seniors maintain independence

Silver Quill

Valley Senior Services of Trail & Steele Counties

MAY 2024 | VOLUME 42 NO. 5

Fall Prevention & Safety ©LPI

FALL PREVENTION STRATEGIES FOR OLDER ADULTS SANFORD HEALTH FARGO, TRAUMA SERVICES

Falls among older adults have the potential to result in serious injury or death. According to the CDC, **1 in 4 older adults fall each year**, without bringing it up to their healthcare provider. There are many different contributing factors to falls. Depending on the cause of the fall, there are different interventions that should be implemented. However, we want to give you resources to help prevent the first fall that could cause serious injury. Tripping, weakness, slipping and fainting, are the leading causes of falling in older adults.

Tripping can be the result of objects being in the wrong spot or common walk ways, uneven surfaces, rugs in kitchens and bathrooms, or other mobility aids such as walkers. One important way to reduce the risk of tripping is by conducting a home evaluation to identify potential tripping hazards. Family, or some Occupational Therapists can conduct a home visit and help with this.

Weakness can be the result of multiple things such as illness, deconditioning and medication side effects. Some ideas to address this are routine physical activity such as going on walks, low weight strength training and water exercise classes. If physical limitations prevent you from participating in these, preventative physical and occupational therapy may be right for you.

Slipping, especially in the colder months, is the cause of major injury in older adults. The force of hitting your head or other body parts on the ground while slipping can result in broken bones or internal bleeding. The best way to prevent slipping is by avoiding high-risk situations for slipping. Going to get the mail continues to be a high-risk situation for slipping, especially on concrete driveways. Try to develop a plan with neighbors or family to help get your mail when slippery conditions are present. Additionally, if you have to go outside, ensuring you have proper footwear and take careful steps to avoid slipping.

(Continued on page 7)



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



valleyseniorservices.org



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

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

WHAT'S INSIDE

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We will be closed Monday, May 27th. No Meals on Wheels, Senior Center meals or transportation.



Valley Senior Services Trail & Steele Counties

www.valleyseniorservices.org

County Program Supervisor:

Myrt Baukol—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

May 14

Mayville

May 16 & 23

Hope

May 29

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

Debra Lessard, RN will be providing foot care at:

Hillsboro

May 1, 20, 22 & 29

Buxton

May 9

Call Deb at 701-430-2074 for an appointment

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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
(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



Mayville Senior Center

39 1st Avenue NE
701-788-3453

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

May 6 - 1:30 monthly business
May 16 & 23 - 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

May 1, 20, 22 & 29 - Foot care at Senior
Center*

May 23 - 5:00 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
430-1229 or Marilyn Longthorne at
636-2092.*

Buxton Town & Country Senior Center

315 Broadway

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

May 9 - Foot care at Senior Center*

May 27 - 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*

Portland Golden Age Club

710 Parke Avenue
701-788-3410

Meals: Tues & Thurs at 11:30 am

May 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.*

Hope Senior Center

211 Steele Ave

May 7 - 1:30 Monthly business meeting;
May 21 - 1:30 Social

May 29 - Foot care at the Senior Center*
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

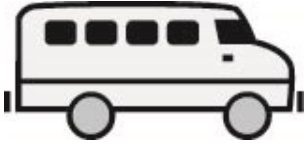
May 14 - 2:00 Monthly business meeting

May 28 - 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

MAY 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
<p>Pickup Locations:</p> <p>Aneta - Cafe Buxton - Post Office Cooperstown - City Hall Hatton - Miller's Food Hillsboro - Senior Ctr Northwood - Senior Ctr Page - Café</p> <p>Mayville -Senior Ctr Galesburg-Post Office Portland – The Hub Reynolds - Cafe Finley - Cenex Sharon - Bank Hope - Cenex</p>	<p style="text-align: center;">1</p>	<p style="text-align: center;">2</p>	<p style="text-align: center;">3</p>	
<p style="text-align: center;">6</p>	<p style="text-align: center;">7</p> <p>GRAND FORKS 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></p>	<p style="text-align: center;">8</p> <p>FARGO 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></p>	<p style="text-align: center;">9</p>	<p style="text-align: center;">10</p>
<p style="text-align: center;">13</p> <p>FARGO 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></p>	<p style="text-align: center;">14</p> <p>FARGO 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></p>	<p style="text-align: center;">15</p>	<p style="text-align: center;">16</p>	<p style="text-align: center;">17</p>
<p style="text-align: center;">20</p> <p>GRAND FORKS 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></p>	<p style="text-align: center;">21</p>	<p style="text-align: center;">22</p> <p>FARGO 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></p>	<p style="text-align: center;">23</p> <p>GRAND FORKS 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></p>	<p style="text-align: center;">24</p> <p>FARGO 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></p>
<p style="text-align: center;">27</p> <p style="text-align: center;"><i>Closed for Memorial Day</i></p>	<p style="text-align: center;">28</p> <p>FARGO 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></p>	<p style="text-align: center;">29</p> <p>FARGO 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></p>	<p style="text-align: center;">30</p> <p>GRAND FORKS Finley - 8:30 <u>call</u> Sharon - 8:45 <u>call</u> Hatton - 9:15 <u>call</u> GF County - <u>call</u></p>	

MAY 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 Taco Casserole Spanish Rice House Salad Corn Rosy Applesauce	2 Chili Baked Potato Fresh Plums Corn Muffin	3 Tuna Salad on Wheat Cabbage/Apple Slaw Potato Salad Orange
6 Honey Chicken Glazed Sweet Potatoes Beets Pear Dessert Bake Bread	7 Pork Chop Potatoes & Onions Brussels Sprouts w/ Bacon Blueberries Bread x2	8 Roast Turkey / Gravy Mashed Potatoes Parslied Carrots Blushing Pineapple Bread x2	9 Sloppy Joe on a Bun Baked Beans Oven Baked Fries Tropical Fruit	10 Lasagna Zucchini Parmesan Garlic WG Breadstick Apple
13 Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Apricots Bread x2	14 Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	15 Stuffed Shells/Sauce House Salad Italian Blend Veggies Grapes Birthday Cake Breadstick	16 Sweet & Sour Chicken White & Wild Rice Blend Japanese Stir Fry Marinated Vegetable Salad Strawberries Bread	17 Cheeseburger Pie Seasoned Green Peas House Salad Peaches in Orange Sauce Bread
20 Beef Steak & Gravy Mashed Potatoes Green Beans /Thyme Mandarin Oranges Bread x2	21 Caprese Chicken Carrot Pineapple Salad Veggies Blend Watermelon Bread x2	22 BBQ Pork Ribs Baked Sweet Potato Mixed Veggies Apple Brown Betty Bread x2	23 Tangy Meatloaf Parslied Potatoes Country Blend Veggies Fruit Cocktail Bread x2 2	24 Southwest Chicken Caesar Salad Peach Crisp Breadstick
27 CLOSED 	28 Pork Chop Mushroom Sauce Seasoned Egg Noodles Lemon Asparagus Marinated Cucumbers Kiwi Bread	29 Scrambled Egg Seasoned Steak Hash Browns Orange Vinaigrette Veggies Banana WW Bread Jelly	30 Parmesan Baked Cod Sweet Potato Hash Summer Slaw Garlic Toast Cantaloupe	31 Grilled Chicken on Bun French Fries Lettuce Tomato Onion Peas & Carrots Fresh Fruit Salad

THE MEDITERRANEAN DIET

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Eating a balanced diet is essential for healthy aging. However, making the right food choices isn't always as straight forward as it should be. Luckily, following nutritious diets like the Mediterranean diet has been shown to decrease risk for chronic disease and support healthy aging. In this month's article we will cover the nutrition components of the Mediterranean diet and tips on how to follow it.

What is the Mediterranean Diet?

The Mediterranean diet is a diet based on the traditional food choices of people living around the Mediterranean Sea. There is not one standard diet as there are 22 countries bordering the Mediterranean Sea, however, it generally emphasizes eating vegetables, fruits, whole grains, legumes, nuts & seeds, seafood, dairy, poultry and eggs. Additionally, the food is typically minimally processed and low in added sugars and excess saturated fat.

Because of the focus on plant-based foods like fruits, vegetables and legumes the diet is naturally rich in vitamins, minerals, fiber, antioxidants and phytochemicals. The protein sources recommended on the diet also offer a lot of nutrition. For example, fish is rich in omega 3 fatty acids which help lower inflammation and are great for brain health while eggs are a great source of choline which can help slow cognitive decline. In fact, each dietary component of the Mediterranean diet offers nutrition to support healthy aging!

Components of the Mediterranean Diet

If you're interested in following the Mediterranean diet you may be wondering, what should I eat? Below is a table of nutritious foods along with daily and weekly recommended intakes. Focusing on eating the recommended servings of these healthy foods will not only increase your overall nutrition but it will also naturally help decrease the room in your diet for processed foods and added sugars.

Food Group	Recommended Intake	Serving Size
Vegetables	4 or more servings daily	1 cup raw and ½ cup cooked
Fruits	3 servings a day	1 medium fruit or 1/2 cup fresh, frozen or canned fruit
Grains	4 or more servings of whole grains daily	1 slice of whole wheat bread, ½ cup cooked oatmeal, ½ cup pasta or rice
Fats/Oils	4 Tablespoons of olive oil daily	Olive oil, avocados or nut butters all contain healthy fats
Dried beans, nuts and seeds	3 or more servings of nuts/ seeds a week and 3 or more servings of beans	1 serving of beans = ½ cup 1 serving of nuts or seeds = 1 oz. about 23 almonds or 14 walnut halves
Fish and Seafood	2-3 times a week	3 oz. of fish or 8-9 large shrimp
Dairy	2-3 servings a day	1 cup yogurt, 1.5 oz cheese, 1 cup milk
Poultry & Eggs	Choose daily to weekly	3 oz of poultry 1 egg

Tips for Following the Mediterranean Diet

- To help meet your vegetable needs, make half your plate non-starchy vegetables.
- Choose to cook with olive oil or avocado oil instead of butter.
- Work on making at least half your grains whole grains, more is better!
- Try foods like hummus, lentil soup, or chili to help increase your intake of legumes.
- Eat fruit, nuts, seeds, hard boiled eggs and dairy for snacks.

- Replace sugary desserts with foods that are naturally sweet like fruit or yogurt.

Try the following salmon recipe for an easy way to include more seafood in your diet!

Easy Poached Salmon

Prep Time 10 minutes

Cook Time 10 minutes

Servings: 4 servings

(continued on back page)

FALL PREVENTION STRATEGIES

(Continued from front page)

Finally, syncope (fainting) can result in a fall that could harm you.

Often, people will faint or pass out right after getting up due to changes in blood flow within the body. We recommend that you take 3-5 minutes between laying and standing to sit at the edge of the bed. In addition, when standing, stand near the chair until you are confident you will not pass out. Medication can be the cause of syncope such as blood pressure medication and heart medication. When making adjustments, take extra caution and consult your provider if you are experiencing lightheadedness or dizziness.

While we will do everything we can here at Sanford Health to help you if you fall, **it is best to do everything you can to prevent the fall in the first place.** Reach out to your Primary Care Provider to discuss potential next steps for you to help prevent falls and keep living your life injury free.

References

Centers for Disease Control and Prevention, Older Adult Fall Prevention. <https://www.cdc.gov/falls/index.html>

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

Dietary Solutions is also providing free upcoming webinars:

Managing Celiac Disease and Gluten Intolerance

May 16 at 10:30am CST

<https://bit.ly/NDceliac>

Webinar ID: 988 9911 7398

Passcode: 657052

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:

Tips and Tricks for Grocery Shopping and Label Reading

May 21 at 2:00pm CST

<https://bit.ly/NDLabels>

Join our Simply Nutritious Diabetic Conversations:

Managing Diabetes while Traveling/Dining Out

May 23 at 2:00pm CST

https://bit.ly/ND_Traveling

Managing Your Diabetes While Traveling/Dining Out

May 23 at 2:00pm CST

https://bit.ly/ND_Traveling

NORTH
Dakota Be Legendary.
Health & Human 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

MEDITERRANEAN DIET

(continued from page 6)

Ingredients

2 lemons one thinly sliced for poaching
and the other quartered for squeezing on
top
1 small shallot thinly sliced
3 to 4 sprigs fresh herbs (dill, parsley, cilantro,
etc)
½ cup white wine
½ cup water
4 (6-ounce) salmon filets
kosher salt and freshly ground black pepper to
taste

Instructions

1. Prepare the poaching liquid. In a large skillet add the sliced lemon, shallot, fresh herbs, wine, and water. Bring to a simmer over medium heat.
2. Add the salmon. Place the salmon filets (skin side down) in the pan, season with salt and pepper, cover the pan, and poach for 5 to 7 minutes, depending on the thickness of the salmon.
3. Garnish and serve. Garnish the poached salmon with fresh herbs and a squeeze of lemon!

LINDAAS BARN DANCE 2024

Good wholesome family fun!
A variety of musicians each week.
Everyone welcome!

The following Saturdays 7:30 to 10:00 pm:

June 1
June 22
July 13
August 3
August 24
September 14

And Bluegrass Sunday - July 14th at 2:00 pm

Located at 735 153rd Ave NE - 2 miles east of Mayville on Hwy 200, then 1 1/4 miles north on County Rd 12

Schedule is subject to change in case of threatening weather. Check our Facebook page for the most current updates.

Free admission - donations are accepted to defray costs. Coffee and soda provided along with potluck snacks/treats. No alcoholic beverages allowed.

Lindaasbarndance.com | lindaasbarndance@gmail.com